



Among Friends

SEPTEMBER 2011



Fond du Lac Senior Center ...where friends meet!

September is **WORLD**

ANIMAL REMEMBRANCE MONTH



“A worldwide observance to remember, respect and honor the memory of all animals — a month to pay tribute to companion animal family members; animal victims of abuse, cruelty and neglect; animals lost in natural disasters; and animals killed in the line of duty.”



Do you have special memories of a pet from your childhood? Or do you have a special animal friend with you now that deserves some special recognition? Honor your special friend (dog, cat, gerbil, hamster, snake, bird, fish, lizard, rabbit, etc.) with a place on our remembrance wall —

“Paws for a Cause”

During September, you can make a donation in memory of a pet that has passed on or in honor of a pet that is still living. Suggested donation is \$1, but no donation will be refused—and of course, larger donations are welcome. Your pet will have his or her name placed on the wall in the main lobby with the saying “(Pet’s name) left his (her) paw prints all over my heart.” You may also bring in a photo of your pet to be displayed. Donations to benefit the Fond du Lac Humane Society.



WELCOME TO THE FOND DU LAC SENIOR CENTER

SEPTEMBER



A Free Monthly Publication
Vol. 2 • No. 9

the SPOTLIGHT

Each month, *The Spotlight* features a noteworthy person, place, or thing that helps make the Fond du Lac Senior Center the fabulous place it is. If you have a suggestion for *The Spotlight*, please contact Dottie Winkelmann or Judy Lange.

This month the spotlight is on

ARDIS OHLINGER: *Commitment to Caring*

Ardis has been volunteering in the Senior Outreach Program since 2006. A retired Licensed Practical Nurse from Middleton, Ardis moved to Fond du Lac to be nearer to relatives. Ardis is very involved with the Senior Center's Senior Outreach Program. She has three clients through the program that she visits on a regular basis. In addition to participating in the monthly Senior Center's Community Cares Program, she also makes regular stops at Woodlands Senior Park, ManorCare and Lutheran Homes and Health Services on her own time to visit with residents. She says she enjoys visiting and helping residents, especially those who do not have family nearby. Ardis is a true example of what it means to be committed to caring, spending, on average, 30 hours per month sharing her generous spirit with seniors in our community. Thank you, Ardis, for your valuable community service and to making the Senior Center the wonderful place it is—the place where friends meet.



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2011 RAFFLE WINNERS

This year's raffle was a huge success, with \$10,788 in ticket sales.

Congratulations to the following winners in this year's raffle:

10th Prize	Night Stay at <i>Holiday Inn</i>	Nancy Abraham
9th prize	2 Rounds of Golf at <i>South Hills</i>	Joan Simon
8th prize	4 Rounds of Golf at <i>Rolling Meadows</i>	Jack Law
7th Prize	\$200 Gift Certificate at <i>Busy Acres Nursery</i>	Zita Stinemates
6th Prize	Night Stay at <i>Ramada</i> with Jacuzzi, Breakfast for Two, \$40 & 2 Drinks at <i>Cibo's</i>	Bea Cardinal
5th Prize	Crystal Lamp donated by <i>Ally's Furniture</i>	Irene Fails
4th Prize	Pendant & Earrings donated by <i>The Goldsmith</i>	Robert Prus
3rd Prize	\$400 Cash donated by <i>Zacherl Funeral</i>	Bob Noltner
2nd Prize	Park Bench donated by <i>BCI Burke</i>	Don Jaroch

and the Grand Prize Winner...

\$500 Cash donated by J.F. Ahern Co.

Joe Weninger

THANK YOU to Mach Funeral Chapel & Crematory and to Grand Cheese for the printing of the raffle tickets...to prize donors (over 70 in all)...and to all who supported the Center by purchasing raffle tickets! Thanks also to Carol Lange for record-keeping, and to Vivian Gorden, Jim Sabel, LeRoy Walters, and Ron Zaring, for their many hours soliciting prizes. A complete list of winners is available at the Senior Center's front desk. Congratulations to the winners and to those who didn't win...better luck next year!



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone..... (920)322-3630

Email dwinkelmann@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those individuals with disabilities.

SPECIAL EVENT FOR ALL SENIORS

Pumpkin Party

2012 Friends Membership Drive Kick-Off
Happy Travelers 2012 Trip Preview & MORE!

Friday, October 21

Come anytime between 1:30 – 3:30 p.m.

Fond du Lac Senior Center

151 E. 1st Street Fond du Lac 920-322-3630



Music by Kenny B



- **Basket Raffle to benefit Fond du Lac Area United Way**
Check out baskets in lobby starting October 10—until October 21 at 3:30 p.m.
\$1 per chance—put your ticket in the container to win your basket choice
- **Renew your FRIENDS membership for 2012** \$10 Single / \$15 Couple
Renew by December 30, 2011 to be eligible to win \$100 and other great prizes.
- **2012 Happy Travelers Trip Preview**
Pick up the PREVIEW list of more than 30 trips for next year.
- **Used Books & Puzzle Sale**
We have a huge selection of books and puzzles—all at very reasonable prices!
The sale will be in ROOM 4 ALL DAY FRIDAY 8:30 a.m.—3:30 p.m.
- **Craft Shoppe pumpkin gift items, autumn decorations, etc.**
Our Consignors will be bringing in autumn items—check them out!
- **Pumpkin Bake Sale**
Yum! Yum! Muffins, pies, breads, bars, cookies—everything pumpkin!
Donations for this sale can be dropped off any time Thursday or Friday morning.
- **Pumpkin Carving & Painting Contest**
Pick up an entry form with contest details after October 3rd at the front desk .
- **\$50 door prize & 2012 Dine Out Coupon Books**
Register in the Craft Shoppe 1:30—3:30 p.m. Need not be present to win.
- **FREE SNACKS:** popcorn, hot apple cider, apple juice and pumpkin dip with sweets

FREE & OPEN TO THE PUBLIC!

This Pumpkin Party is replacing the Community Craft Fair usually held at the Senior Center around this time of year.
PRE-REGISTRATION IS REQUESTED TO PLAN FOR REFRESHMENTS & SEATING. CALL 322-3630.

Newsletter Staff

Editor.....Dottie Winkelmann
Coordinator/Design/Writer.....Judy Lange
Writer.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Sandy Gerlach
Mail Crew.....20+ volunteers!

Newsletter Deadline

Information for October's newsletter is due on Tuesday, September 6. Give all articles and information to Judy Lange.

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Senior Center.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Senior Center report with Dottie Winkelmann, Director. Dottie is a guest of Wade Bates on the KFIZ (1450 AM) *After Breakfast Show* every Monday morning. Dottie visits the radio station to give a report about upcoming activities and events at the Senior Center.



The One You Depend On
WWW.KFIZ.COM

PAUSE for the PAWS Contest 
Hidden within this newsletter are 10 paw prints (see above). Your mission is to find all 10 (this does not include the paw print track seen on the middle of the front cover). Write down the 10 spots you have found the paws on a piece of paper along with your name and phone number and drop off in the contest box at the front desk. Winner will be randomly drawn among all correct entries and will receive \$10 cash plus \$10 donated in their name to "Paws for a Cause," September's event to benefit the FDL Humane Society.



The Senior Center will be CLOSED on MONDAY, SEPTEMBER 5, in observance of LABOR DAY.

UPCOMING PROGRAMS

POOL LEAGUE MEETING

Monday, September 12, at 9 a.m.



An organizational meeting will be held at the Senior Center to discuss the details of the fall pool leagues. Again this year there will be an 8-ball league and a 9-ball league. The meeting will take place on Monday, September 12, at 9 a.m. in the main activity room. Light refreshments will be served. If you would like to participate in pool leagues this year, be sure to attend the meeting or contact LeRoy Walters at 921-0671 if you would like to shoot, but can not attend the meeting.

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Or are you wanting to change your plan and not sure of how or when to do so? Do you have unanswered questions about Social Security or Medicare? If so, this presentation is for you!

WHEN I'M 65

Presented by Julie Hilbert

Benefit Specialist, Department of Senior Services, FDL County

Monday—September 12, at 1 p.m.

Monday—October 3, at 1 p.m. NOTE DATE CHANGE

Julie Hilbert will be at the Senior Center on the two dates above to present "When I'm 65." This presentation has been generated to assist anyone who is looking to retire and/or is confused with the Medicare system, insurance and prescription drug coverage. Julie will also answer questions for people who are looking to change plans during open enrollment under Part D as well as checking options for supplemental or advantage plans.



This presentation will answer your questions about:

- Changes in 2012
- Working Past Retirement Age
- Medicare
- Supplemental Insurance
- Medicare Advantage Plans
- Social Security
- Medicare Part D/Wisconsin SeniorCare

Please call the Senior Center at 322-3630 to register to attend either of the dates above.

NOTE: Due to a scheduling conflict, the presentation previously scheduled for Thursday, September 29, at 10 a.m. has been
4 changed to Monday, October 3, at 1 p.m.

BAGELS WITH A BROKER

Monday—September 12, at 9 a.m.

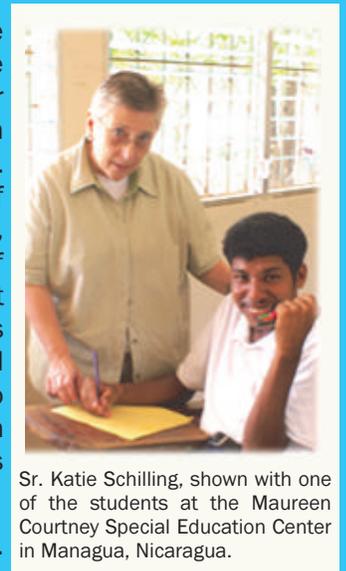
Have a bagel and chat with Ben Baertschy, Financial Advisor with Edward Jones, on the 1st Monday of each month at 9:00 a.m. Due to the Labor Day holiday, Ben will be coming on the second Monday in September. Chat includes market update and Q&A of market, economy, investments, and strategies. Bagels by "The Bagelmeister." Free to attend.

NICARAGUA PRESENTATION

Wednesday—September 21, at 10 a.m.

Sr. Katie Schilling of St. Agnes and Nicaraguan missionary will share her 24 years of experience on Wednesday, September 21, at 10 a.m. at the Senior Center.

Sr. Katie will focus on the school she started, The Maureen Courtney School for Special Needs Children, in Puerto Cabezas, Nicaragua. Schilling and a handful of teachers started the center, which sits on a cliff overlooking the Atlantic coast at the edge of Puerto Cabezas in 1991. The school, named for Sr. Maureen Courtney, who was killed in a Nicaraguan ambush in 1990, now serves 200+ special needs students.



Sr. Katie Schilling, shown with one of the students at the Maureen Courtney Special Education Center in Managua, Nicaragua.

Before going to Nicaragua, Sr. Katie taught in Oshkosh, Milwaukee, Fond du Lac, and Tucson, Arizona.

This program is free and open to the public. To help support her cause, Sr. Katie may bring items from Nicaragua for participants to purchase (optional).

LINETTES—New Members Welcome

The format of the Linettes Dance classes has changed. Anna Rose Riederer, of Riederer School of Dance, who has been with the Linettes for over 20 years, will continue on, but the classes will consist of review of the many dance routines learned over the years and no new dances. This is easy line dancing to nostalgic, popular, and Broadway show tunes. The cost is \$8 per month (payable one month at a time) and includes four one-hour review sessions (\$2 per week). The Linettes meet on Wednesday mornings at 9 a.m. *New students welcome!*



UPCOMING PROGRAMS

WANTED: GAME PLAYERS CRIBBAGE, CANASTA, AND EUCHRE

Wednesday—September 14, at 1 p.m.

There have been several requests to get a Cribbage group together and also a handful of seniors that have expressed some interest in Canasta and Euchre. If you think you may be interested in participating in these games, or any others not already offered here, come to an informal planning meeting on Wednesday, September 14, at 1 p.m. *Have some fun and be a game player!*



ART SHOWCASE

Tuesday—September 20 ~ 1-4 p.m.

Nearly a dozen award winning paintings from art students in Susan Lefeber's Tuesday art classes will be on display, including a Best of Show watercolor by Elizabeth Frank (shown at left). The awards were from the FDL Artists Association Membership Exhibit held this spring. The Center's new "gallery look" for the art work will also be dedicated. The artwork display was purchased from a donation from the late Elizabeth Wegner, a former Senior Center art student. The public is invited to the Open House to view dozens of paintings from the art classes and club at the Senior Center. Refreshments will be served and hand designed greeting cards will be given as door prizes.



HOBB'S WOODS HIKE

Tuesday—October 4, at 10 a.m.

Enjoy the splendor of Mother Nature's beauty!

The Senior Center Hikers are inviting newcomers to join them on a hike at scenic Hobb's Woods on Tuesday, October 4. The hike will last about an hour, but you may stop and turn back at any time.



There are also benches along the way for resting. If you would like to carpool, meet at the Center at 9:30 a.m. or meet at Hobb's Woods at 10 a.m. If there is questionable weather that day, call 322-3630 for info as to whether the hike is cancelled and when it would be rescheduled.

SINGING CLASS

Express yourself in music! You're never too old to sing...

Kathryn Staley-Hamm, voice teacher with Mike's Music of Fond du Lac, will be back to teach singing class at the Senior Center beginning in October. The class is aimed at all skill and experience levels, from beginner to advanced. With Kathryn's basic technique of singing approach, you can learn to sing, improve your talent and have fun experiencing different styles of music.

Share the spirit of Christmas in song!

Sessions consist of using the basic technique of singing and exercising and stretching your voice. This will be done using "The Twelve Carols of Christmas" (4 carols per session) There will also be optional solos and community caroling. All materials are included: folder, sheet music, practice CDs and books. The cost is \$20 for each 4-week session. The class will be held on **Wednesday mornings from 10–11 a.m.**



Session 1: October 5, 12, 19, 26

Session 2: November 2, 9, 16, 30 (Class Performance: Nov. 30)

Session 3: December 7, 14, 21, 28

Please register at the front desk. Payment is expected at time of registration. You need not take all sessions— you can take one, two, or all—whatever works best for you! **NO PRIOR SINGING EXPERIENCE NEEDED...OPEN TO ALL LEVELS, BEGINNER TO ADVANCED**

LINE DANCING CLASS

Looking for a little fun that also includes exercise for the body and the brain?

You'll find it in the Line Dancing Classes offered at the Fond du Lac Senior Center! Every Thursday evening from 6:00–7:30 p.m., instructor Mike Seurer teaches a group of enthusiastic adults, who test their balance, endurance, and memory, as he leads the way through various line dances. Sessions are on-going and each four-week session is just \$10. Registration is required — register at the front desk in the Senior Center lobby. Payment is expected at that time and can be made with cash or check, payable to *Friends, Inc.* No age limit — all ages welcome!

Line Dancing is just one of the art and recreational classes offered at the Senior Center. Others include:

- ◆ Oil Painting
- ◆ Drawing
- ◆ Abstract Acrylics
- ◆ Watercolor Painting
- ◆ Sewing Lab
- ◆ Singing

See page 17 for more information about the recreational classes offered at the Senior Center. **5**

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

Office Hours: Monday through Thursday, 1–4 p.m. Call 322-3635

A Fireside Christmas

Thursday—November 3

Fireside Theater—Fort Atkinson, WI

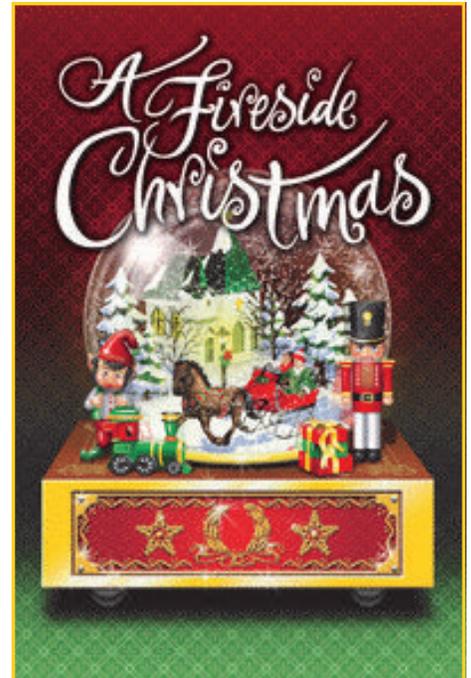


Cost: \$93

Always a holiday favorite—we welcome newcomers to join us for this wonderful show.

This season the Fireside returns to the tradition that has made them the number one choice for Christmas entertainment for hundreds of thousands of people from around the nation and around the world. The all new edition of A FIRESIDE CHRISTMAS was named one of the country's finest attractions by the National Bus Association. This year's show resumes its long history of beautiful singing, breath-taking dancing, gorgeous costumes, rib-tickling fun, and a deeply spiritual commitment to the real meaning of the holiday. It's always original with new songs, new dances, and a new cast, but the heart of the show never changes. It is the perfect way to capture the holiday spirit.

It is, simply, one of the best Christmas revues you'll ever see!



Menu: **Oriental Salad:** Napa Cabbage, Onions, Ramen Noodles, Sesame Seeds, Sliced Almonds and Diced Breast of Steamed Capon tossed in a Soy Red Wine Vinaigrette Dressing; **Freshly Baked Breads** from The Fireside Ovens; **Baked Holiday Ham:** Jones Cherry Wood Smoked Premium Ham with Golden Rum Raisin Sauce served with **Escaloped Potatoes au Gratin;** **Pineapple and Pecan Soufflé,** and **Asparagus Spears with Young Carrots;** **Santa's Chocolate Chimney:** Dark Chocolate Tower filled with White Chocolate Hazelnut Frangelico Mousse, topped with Red Cherries, presented on Crème Anglaise flavored with Grand Marnier; Coffee, Tea and Milk..

Leave: 8:15 a.m. Home: 6 p.m.

Irving
Berlin's

White Christmas

Wednesday—November 30

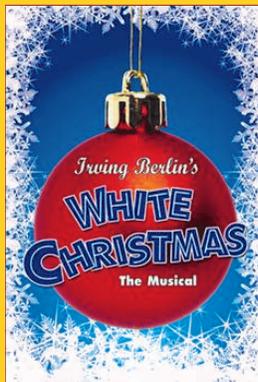
Marriott Theater—Lincolnshire, IL Cost: \$71

A brand new old-fashioned musical!

One of America's most beloved silver screen classics is now a brand new stage musical – Irving Berlin's WHITE CHRISTMAS. Packed with Irving Berlin hits like "Blue Skies," "Count Your Blessings," "I Love a Piano" and the title song "White Christmas," celebrate this magical time of year with this beautiful new musical.

Lunch will be DUTCH TREAT at the AVALON RESTAURANT in Gurnee, IL. Dinner will be a stop at Culver's on the way home (also Dutch treat).

Leave: 8 a.m. Home: 8:30 p.m.



Upcoming Gambling Trips SIGN UP ASAP

Cost: \$54

Thursday, September 15
Kodiak Jack's in Oshkosh

Thursday, October 20
Jim & Linda's
Lakeview Supper Club



Cost includes \$25 for gambling, bus transportation, a great dinner at featured restaurant—and camaraderie!

MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. These computer classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages. You do NOT have to be a member of the Senior Center to enroll.



MORAINÉ
PARK
TECHNICAL COLLEGE

HOW TO REGISTER Register at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number.

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 1

103-483-21669	Wednesday	September 7, 14, 21	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96
103-483-21670	Tuesday	October 4, 11, 18	3 wks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$31.96

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Each student is required to bring a jump drive to class.

COMPUTER BASICS 2

103-485-21672	Thursday	October 6, 13, 20	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Each student is required to bring a jump drive to class.

COMPUTER BASICS 3

103-490-21674	Tuesday	September 13, 20, 27	3 wks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$31.96
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Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1 and 2. Bring a jump drive to class.

COMPUTER BASICS 4

103-491-21677	Thursday	September 8, 15, 22	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96
103-491-21678	Monday	October 10, 17, 24	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Each student is required to bring a jump drive to class.

EXCEL WORKSHOP

103-452-21681	Wednesday	September 14	1 time	9:00 a.m.—Noon	3 hrs	Karen Beaman	\$4.00	\$15.19
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Introduces students to basic spreadsheet techniques including formulas, graphs and function wizards. Students will be able to build a simple spreadsheet and use formatting and other enhancements to make it look professional.

BEGINNING DIGITAL CAMERAS

105-605-21686	Wednesday	September 28	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
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Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as "megapixel" and "flash memory." Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

INTERMEDIATE DIGITAL CAMERAS

105-609-21689	Thursday	September 29	1 time	9 a.m.—1:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
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Discover tools to improve both your digital pictures and your digital photography skills.

DIGITAL SCRAPBOOKING

306-623-21695	Thursday	October 27	1 time	Noon—5:00 p.m.	5 hrs.	JoAnne Smith	\$25.94	\$33.25
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Learn to edit photos and create digital scrapbook pages to share with your family and friends. Digital scrapbooking programs and other online possibilities will be explored. Bring your photos on a jump drive or CD to use in class.

DIGITAL PHOTO FUN

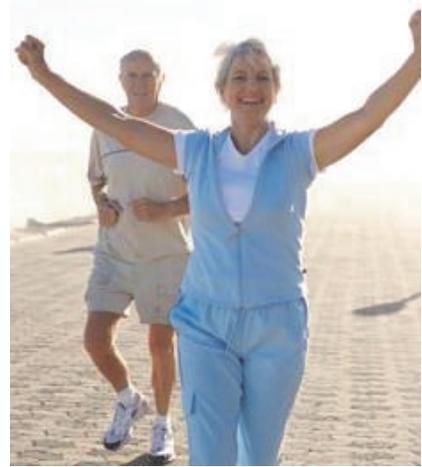
203-625-21692	Wednesday	October 26	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
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Learn fun and creative ways to use those digital photos you've taken. The class will touch on the techniques used in digital scrapbooking and how to create photo wear and gifts. Several software packages will be demonstrated to help you create photo "stories" to share! Come join in the fun!

SENIOR WELLNESS MORNING

Friday, September 9

Living **LONG,**
Living **WELL**



DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

Must visit at least 4 of the dozen booths in order to enter your name in the door prize drawing.

For planning purposes, call 322-3630 to pre-register.

9—10 a.m. Health Screenings ▪ Health Info Booths ▪ Demonstration
FAST REQUIRED FOR SUGAR 10+ HEALTH BOOTHS POSTURE CHECK—WINK CHIROPRACTIC

10—11 a.m. Speaker: **Mary Jo Neumann,**
Wellness Coordinator, Lutheran Homes & Health Services



Lutheran Homes & Health Services
living long. living well.



“Living Long, Living Well”

Aging well and staying healthy is a focus for all seniors today. Mary Jo will share information and tips on healthy lifestyle management to enhance the quality of life as we age. The presentation will focus upon 3 key areas: exercise, nutrition/diet and stress management. You will learn how to put together a healthy plate with a variety of colors and textures. Mary Jo will keep you moving as she demonstrates simple exercises using a chair for balance, weight bearing activities to support bone health, and interactive yoga poses to reduce stress and improve flexibility.

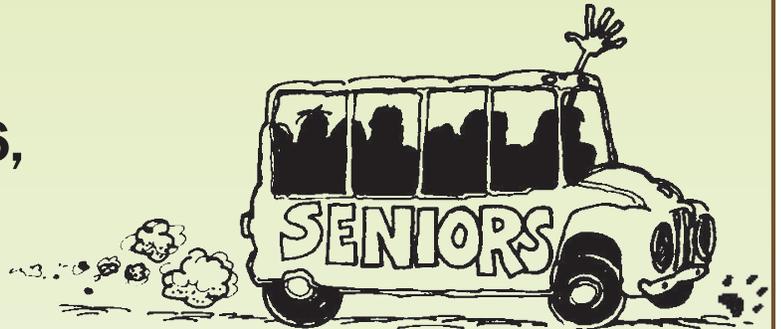
*The **Senior Wellness Morning** is held on the 2nd Friday of each month from 9-11 a.m. Each month offers different information booths, health screenings, demonstrations, and speakers. This month's Senior Wellness Morning is sponsored by LUTHERAN HOMES & HEALTH SERVICES.*

SENIOR HOUSING OPTIONS

Tours of Senior Housing Facilities

Moving to an assisted living facility or nursing home – or staying someplace for rehab after surgery or an illness – could be stressful. Take the stress out of the decision of *where to go*, by visiting local facilities on this special tour. For four Mondays we will tour different facilities, spending 30-45 minutes at each place. Come, tour with us...and you don't even have to drive!

Mondays
September 12, 19, 26,
& October 3
8:15 – 11:45 a.m.



MONDAY TOUR SCHEDULE

September 12: St. Peter's Place, Woodlands Senior Park, Lutheran Homes & Health Services

September 19: Walnut Grove Suites, Sterling House, ManorCare Health Services

September 26: Lake View Estates, Touchstone Living Center, All About Life & Rehab

October 3: St. Francis Home, concluding with lunch

On this last tour, transportation will be on your own – this tour will start at 9:00 a.m. at St. Francis Home (you'll be given detailed directions) and will conclude with a complimentary lunch at St. Francis Home for today's participants. Pre-registration is required. Space is limited to 60.

TRANSPORTATION PROVIDED – Because we will be taking 3 vans (sponsored by the facilities you will visit), we must limit the number of participants each week to a total of **36**. You must pre-register to attend any or all of the tours. Call the Senior Center at 322-3630 to register. As space is limited, call as soon as possible. Vans will leave the Senior Center promptly at 8:30 a.m. Please arrive by 8:15 a.m. Due to limited parking at these facilities in September, you must ride on the vans to participate in the Tours.

LUNCH – The Facility Tours in September will originate at the Fond du Lac Senior Center and conclude at the Center, with the option of staying for a Dutch treat lunch at 11:45 a.m. with the FDL County Senior Dining Program (if you have pre-registered). On Monday, October 3, tour participants that day will have a complimentary lunch at St. Francis Home.

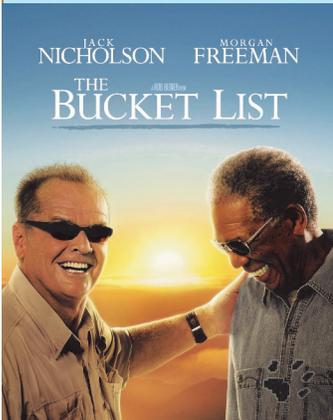
SPECIAL GIFTS – Each week a Senior Wellness Coalition* agency will provide a gift certificate (\$3 value) for each participant to receive a complimentary lunch with the FDL County Senior Dining Program, to be used at a later date.

DOOR PRIZE – A door prize, sponsored by that facility, will be drawn at each facility when your group tours.

REGISTER – Call the Senior Center at 322-3630 to register for any of all of the tours. Space is limited to 36 per week.

MONTHLY MOVIE

“THE BUCKET LIST” ~ Wednesday, September 28



11:45 a.m. Lunch (optional)

MENU: Pork Steak, Whipped Potatoes, Gravy, Peas & Carrots, Creamy Coleslaw, White Bread, Sherbet & Milk

12:30 p.m. Movie: *The Bucket List*

You only live once, so why not go out in style? That's what two cancer-ward roommates, an irascible billionaire and a scholarly mechanic, decide when they get the bad news. They compose a bucket list – things to do before you kick the bucket – and head off for the around-the-world adventure of their lives. In the process, both of them heal each other, become unlikely friends, and ultimately find joy in life. Under the nimble direction of Rob Reiner, the two great stars provide the heart and soul, wit and wiles of this inspired salute to life that proves that the best time of all is right now.

Stars: Jack Nicholson, Morgan Freeman, Sean Hayes, Rob Morrow. 2008, Rated: PG-13, 97 min., Comedy.

You must register separately for each activity.

Call 929-3937 by 1 p.m. on Tuesday, September 27, to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older).

Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free of charge and open to the public. FREE popcorn and refreshments. Donations accepted.

*Special thanks to **Family Video**, 32 E. Johnson Street, for generously allowing the Senior Center one free movie rental per month.*

RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

ART CLUB

Every Thursday at 1:00 a.m. 50¢ donation

BINGO

Every Tuesday at 1:00 p.m. 50¢ for 2 cards

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: ManorCare (odd months) or Rehab Arisces (even months)

2nd Tuesday: Comfort Keepers 3rd Tuesday: Walnut Grove

4th Tuesday: ACACIA Home Care 5th Tuesday: Roto-Rooter

BOOK CLUB *New members welcome!*

3rd Monday at 9:30 a.m. 50¢ donation

September 19 *Funny in Farsi* by Firoozeh Dumas

October 17 *Pearl of China* by Anchee Min

November 21 *Cimarron* by Edna Ferber

Pick up a synopsis of book club selections at the front desk.

BRIDGE

Every Tuesday at 12:45 p.m. \$1 donation

For information or to play, call Joan Christ at 921-9526.

Every Thursday at 12:45 p.m. \$1 donation

For information or to play, call Hilda Feldmann at 921-2889.

COIN CLUB **NOTE TIME CHANGE—NOW MEETING AT 6:30 p.m.**

2nd Tuesday (May—October) at 6:30 p.m. 50¢ donation

COMPUTER COLLEGE 50¢ donation

We are seeking someone to oversee this new club. A survey of possible topics was taken last spring...now to set up speakers. Let us know if you can help!

DANCES *Call Gerry at 921-9509 for information.*

Every Wednesday 7:30–10:00 p.m. \$3.00 fee

DOMINOES

3rd Wednesday at 12:30 p.m. 50¢ donation

GAMES

Every Wednesday at 1:00 p.m. 50¢ donation

GERMAN CLUB

Every Monday at 1:00 p.m. 50¢ donation

LINETTES

Every Wednesday at 9:00 a.m. 50¢ donation

PINOCHLE

Every Friday at 1:00 p.m. 50¢ donation

POKER

Every Monday at 1:00 p.m. 50¢ donation

POOL Open Pool daily (except Leagues on Tuesdays & Wednesdays until 1 p.m.); Contact LeRoy Walters at 921-0671 for info

QUILTING

1st Thursday from 10:00 am–3:00 p.m. 50¢ donation

Flying Geese Quilting Club: Call Nancy at 923-4494 for info.

2nd Thursday at 7:00 p.m. 50¢ donation

Sunset Stitches Quilt Guild: Call Laura at 923-1693 for info.

SCAMP (Senior Center Band)

Every Wednesday at 8:30 a.m. 50¢ donation

SCRAPBOOK CLUB

1st & 3rd Thursday from 6:00–8:00 p.m. 50¢ donation

R.O.M.E.O.

All men are welcome to join the “Retired Old Men Eating Out”

Thursday, September 1, at noon 50¢ donation

Schmitt’s Oar House (N7044 Winnebago Drive)

Thursday, October 6, at noon 50¢ donation

Holiday Inn

SHEEPSHEAD

Every Monday at 1:15 p.m. \$1 donation

Jack of Diamonds

Every Wednesday and Friday at 1:15 p.m. \$1 donation

Black Queens

SKAT

Every Tuesday at 9:00 a.m. 50¢ donation

SPANISH CLUB

Every Wednesday at 1:30 p.m. 50¢ donation

STAMP CLUB

3rd Wednesday at 7:30 p.m. 50¢ donation

STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m. 50¢ donation

SUPPER CLUB 50¢ donation

Dutch Treat. Everyone welcome! You MUST call the Center if attending.

Saturday, September 17, Social: 5:00 p.m.; Dinner: 5:30 p.m.

Cibo’s—inside Ramada Inn (1 N. Main Street)

WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo) 50¢ donation

On September 27, we’ll be racing APPLES.

Wii BOWLING

2nd & 4th Thursdays at 1:00 p.m. 50¢ donation

Open Bowling

Every Friday from 12:30-2:00 p.m. 50¢ donation

League Play

WINNEBAGO WOODWORKERS

1st Tuesday from 6:00–8:00 p.m. 50¢ donation

General meeting held at the FDL Senior Center

Every other Tuesday from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, N. Fond du Lac.

Contact Dennis Huff at 920-979-2641 for more information.

WOODCARVERS GROUP

Every Monday at 9:00 a.m. 50¢ donation

WRITERS GROUP **Resumes September 16**

Every Friday at 1:00 p.m. 50¢ donation **13**

HEALTH & WELLNESS

SEPTEMBER BIKE RIDE

Get on your bike before the weather gets cold. Join us on **Wednesday, September 14, at 11 a.m.** at the DeNeveu Shelter in Lake Side Park. The ride will be 8–10 miles on a trail to Taycheedah and Sandy Beach. Remember to bring a water bottle and money for lunch. Call the Senior Center at 322-3630 if you'd like to sign up. If you can't make it on ride day, be sure to call LeRoy Walters at 517-3755 so the



group doesn't wait for you unnecessarily. Family and friends are welcome. 50¢ Donation.

EXERCISE CLASSES

Men & Women Welcome!

LOW IMPACT EXERCISE

Mondays 8:55 – 9:25 a.m.

Sponsored by **All About Life**

EXERCISE VIDEO

Wednesdays 10:15 – 10:45 a.m.

Video furnished by **Lutheran Homes and Health Services**



TAI JI

A new session will begin on **Tuesday September 20**. To sign up, call the Senior Center at 322-3630. Participants should wear loose comfortable clothing and tennis shoes for these classes held at the Senior Center from 9 to 10 a.m. The cost for the 8-week session will be \$45 and a Friends membership is required.



OTHER EXERCISE

Bikers Monthly rides April through October

Hikers Tuesday & Thursday mornings

Water Exercise Daily 8 a.m. at the Aquatic Center
..... \$3.75 per session

Zumba Gold Tuesday evenings, 5:30–6:30 p.m.
through **September 13**; \$5 per session—pay as you go

Zumba Gold New Session . . . Mondays 6:30 –7:30 p.m.
September 19 for 6 weeks; \$23 or \$5 per session

Country Line Dancing . . Thursdays evenings 6–7:30 p.m.
..... \$10 for 4 week session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Generations Home Care & Hospice Inc.

Friday, September 9 9 a.m.— 10 a.m.

2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, September 9 8:30 – 10 a.m.

2nd Friday of the month

No appointment needed; Donations accepted.

12-hour fast is required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, November 8 8:30 – 11 a.m.

2nd Tuesday in February, May, August, November

Cost: \$20. Call 322-3630 for appointment

12-hour fast is required.

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, September 1, 15, 29

Cost: \$20.00; Call 322-3630 for appointment

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, September 9 8:30 a.m.—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

2nd Friday of the month

Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, September 27 10 a.m. through the day

4th Tuesday of the month

Cost: \$20 for 30 minute session; Call 322-3630 for appointment

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Next meeting: **Wednesday, Sept. 28** (4th Wednesday of the month)

9–10 a.m. at Lutheran Homes & Health Services

244 N. Macy Street

DIABETIC SUPPORT GROUP FOR SENIORS

Next meeting: **Thursday, Sept. 8** (2nd Thursday of the month)

2–3 p.m. at Aurora Health Center, 210 Wisconsin American Drive

LOW VISION SUPPORT GROUP

Next meeting: **Wednesday, Sept. 14** (2nd Wednesday of the month)

12:30 p.m. at the Senior Center, 151 E. First Street

PROSTATE CANCER

Next Meeting: **Tuesday, Sept. 13** (2nd Tuesday of the month)

8:30 a.m. at Rolling Meadows Restaurant

947 S. Rolling Meadows Drive

CAREGIVER SUPPORT GROUP

Next Meeting: **Thursday, Sept. 21** (3rd Wednesday of the month)

7 p.m. at ManorCare Health Services, 265 S. National Avenue

HEALTH & WELLNESS

SENIOR WELLNESS MORNING

Friday, September 9 See page 8 for details

FREE SKIN CANCER SCREENINGS



Monday, October 17
8 a.m.—noon

Dr. Kevan Lewis



Dr. Kevan Lewis is a Board Certified Dermatologist and Dermatopathologist, trained in Mohs micrographic skin cancer surgery. His professional areas of interest are skin cancer detection/treatment and Mohs micrographic skin cancer surgery. Call 322-3630 to schedule an appointment.

The Importance of Reminiscing— Keeping your Memories Alive

Thursday, September 1 ~ 10 a.m.



Delores Moyer, MSN, FAAN, Founder of the Safe Harbor Program will speak on optimizing the positive effects of reminiscing and its contribution to normal aging. Practical approaches will be discussed. Call 322-3630 to register.

LOOK GOOD FEEL BETTER

The American Cancer Society is sponsoring a “Look Good...Feel Better” program at the Senior Center on Wednesday, October 5, from 9 to 11 a.m. This is a free public service program created to help any age woman undergoing cancer treatment look good, and manage her treatment and recovery with greater confidence. Advance registration is required. To register, call the American Cancer Society toll free at 1-800-227-2345. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies.

CELIAC DISEASE SUPPORT GROUP UPDATE

The mission of the Celiac Support Group is to connect individuals in the Fond du Lac area with support and resources that make living a gluten free life easier and more successful. The planning stages of the group are going well and it is anticipated that the first meeting will be in October. Watch the October newsletter for details or if you have questions you may call 322-3636.



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



ANNUAL SENIOR OUTREACH VOLUNTEER TRAINING

Are you a man or woman with a little spare time? Are you a good listener? Do you want to make a difference in the life of someone who is lonely? Come find out more about the Senior Outreach Program, learn effective listening skills, become aware of community resources and how to do activities with frail individuals. Mark your calendar now for **October 24, 25 and 28 from 9 to 11 a.m.** Continental breakfast will be provided. Call 322-3630 to register or details.



COMMUNITY CARES

Community Cares volunteers will be visiting Kindred Hearts, 566 Sherwood Drive, on Tuesday, September 27, from 2–3 p.m. Volunteers call on residents of a different local nursing home or assisted living facility each month to visit with residents who may not have family or friends nearby. A small gift is provided for those visited. **Volunteers**

can be any age and may visit just one time. This community outreach is a fun activity usually done in pairs. Call the Senior Center at 322-3630 to volunteer.

SENIOR OUTREACH VOLUNTEERS

Senior Outreach Program Volunteers will meet Thursday, September 1, at 9 a.m. to turn in reports, provide support, info, and camaraderie for each other. This will be followed by a presentation at 10 a.m. by Delores Moyer, MSN, FAAN of Harbor House on the importance of reminiscing. Delores has worked 45 years as a RN and since 1979 as registered Geriatric Nurse.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

RED HAT HONEYS

THE FOND DU LAC SENIOR CENTER
CHAPTER OF THE RED HAT SOCIETY

INTRODUCING OUR NEW QUEEN BEE: Shirley Hanke



Shirley Hanke is the newest Queen Bee of the Red Hat Honeys. She joined the Red Hats almost 2 years ago. About the Red Hat Honeys, Shirley says she "just loves it!" She enjoys everything the Honeys do: being with and talking with other Honeys and loves all of the different clothing, red hats and accessories. Shirley says she was excited to discover a

trove of Red Hat stuff while on a recent bus trip to Ohio with her husband Bob. Her brother, sister, grandson and granddaughters all laugh at her new found excitement. Shirley was very proud to walk recently in the Relay for Life, not only as the Red Hat Queen (with crown), but also as a survivor of 20 years. Welcome Queen Bee Shirley & her Court ~ Judi Walters & Vivian Gorden.

HAIL TO HRH QUEEN SHIRLEY!

(Special thanks to Cathy Stratz for interviewing the new Queen Bee for this article AND for being the Red Hat Honeys *What's Buzzin'* monthly newsletter editor.)

PREVIEW OF FOOD 'ROUND THE WORLD: Chinese Lunch

Lunch at the NEW Yang's Kitchen, 876 E. Johnson
Wednesday, September 14

11:15 (sharp! so that we can beat the rush)

Dutch treat—10% Senior Discount

Limit of 20 lucky ladies

Hostesses: Srs. Angie & Mary Rose, Bette Arnold, Mary Lee Pergande

FOOD AROUND THE WORLD—9th Anniversary Party

Celebrating Our 9 years with the Red Hat Society!

Thursday—September 29 at the Senior Center

11:30 a.m. Cost: \$4—\$2 for party and \$2 for donation to the Salvation Army Food Pantry

Do you have a favorite food of your heritage or just a favorite family recipe? Sign up for this potluck luncheon by Sept. 22.

Hostesses: LaVerne Kabat, Sr. Angie Behen, Sr. Mary Rose Meis, Audrey Mathieu, Gail Zimmerman, Bev DeMille, and Cathy Stratz

LABOR DAY PARADE

Monday, September 5

Decorating at 9 a.m. and parade starts at 10 a.m.

Meet in G&L parking lot but please sign up in the 3-ring binder or call Judi Walters if participating.

PICK UP A DETAILED COPY OF THE NEWSLETTER AT THE FRONT DESK OR INQUIRE ABOUT HAVING IT EMAILED TO YOU.

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THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC
Monday—Friday 9 a.m.—4 p.m.

This year, in place of the annual Community Craft Fair usually held in October, we will be holding a Pumpkin Party on Friday, October 21, from 1:30 to 3:30 p.m. at the Senior Center. Consignors are encouraged to bring pumpkin, autumn, and holiday handcrafted items to the Craft Shoppe during Intake on Mondays, October 3, 10, and 17. Register in the Craft Shoppe during the party to win \$50 or other prizes. See page 3 of this newsletter for more details of this event that is FREE and open to the public. Also, check out the BOOK SALE in room 4 all day (8:30—3:30).

WIN \$50 at the PUMPKIN PARTY!



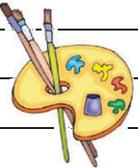
SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room; TOPS meets Mondays at 5 p.m.
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m. Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m. Crafters welcome to inquire about consignment opportunities
- Department of Senior Services Dining Program
Meals served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made no later than 1 p.m. the day before you plan to attend. Menus are available at the front desk.
Suggested donation of \$3.00 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- Fond du Lac County Senior Services Benefit Specialist Julie Hilbert can be reached at 929-3521.

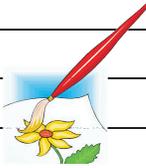
ART & RECREATION CLASSES

HOW TO REGISTER Register in person at the Senior Center front desk. Payment (cash or check payable to *Friends, Inc.*) is expected at the time of registration. Some classes may have limits as to the minimum number of students, so prompt registration is encouraged so that classes are not unnecessarily cancelled. If you have any questions about the content of these classes, please call the Senior Center at 322-3630.

OIL PAINTING

Tuesdays 10:00 a.m. - Noon	4 week session
Cost: \$15.00 per session	Instructor: Susan Lefebber
September 6, 13, 20, 27	
October 4, 11, 18, 25	
November 1, 8, 15, 22	
December 6, 13, 20, 27	
Explores oil painting at your skill level. Have fun creating an oil painting. Students are required to purchase their own supplies (list available).	

WATERCOLOR & PASTEL PAINTING

Tuesdays 1:00 – 3:00 p.m.	4 week session
Cost: \$15.00 per session	Instructor: Susan Lefebber
September 6, 13, 20, 27	
October 4, 11, 18, 25	
November 1, 8, 15, 22	
December 6, 13, 20, 27	
Explores watercolor and pastel painting at your skill level. Students are required to purchase their own supplies (list available).	

MIXED WATER MEDIA

Tuesdays 3:00 – 4:30 p.m.	4 week session
Cost: \$10.00 per session	Instructor: Susan Lefebber
September 6, 13, 20, 27	
October 4, 11, 18, 25	
November 1, 8, 15, 29	
December 6, 13, 20, 27	
Learn a special technique of using acrylic paint and alcohol to create abstract paintings. No experience or artistic talent is necessary. Students are required to purchase their own supplies (list available).	

FUNDAMENTALS OF DRAWING

Wednesdays 6:00 – 8:00 p.m.	4 week session
Cost: \$15.00 per session	Instructor: Susan Lefebber
September 7, 14, 21, 28	
October 5, 12, 19, 26	
November 2, 9, 16, 30	
December 7, 14, 21, 28	
Apply basic drawing skills to produce expressions of art. Through exercises, students determine how to perceive objects as shapes and lines. Students are required to purchase their own supplies (list available).	

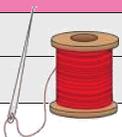
COUNTRY LINE DANCING

Thursdays 6:00 – 7:30 p.m.	4 week session
Cost: \$10.00 per session	Instructor: Mike Seurer
September 1, 8, 15, 22	
October 6, 13, 20, 27	
November 3, 10, 17, December 1	
Explore and practice common country line dancing techniques. Couples or individuals are encouraged to participate.	

SINGING

Wednesday 10:00 – 11:00 a.m.	4 week session
Cost: \$20.00 per session	Instructor: Kathryn Staley-Hamm
October 5, 12, 19, 26	
November 2, 9, 16, 23	
December 7, 14, 21, 28	
Sessions consist of using the basic technique of singing and exercising and stretching your voice. We will be using "The Twelve Carols of Christmas" (4 carols per session). There will also be optional solos and community caroling. All materials are included: folder, sheet music, practice CDs and books. No prior singing experience necessary. Open to all levels, beginner to advanced.	

OPEN LAB SEWING

	Wednesdays 3:30 – 6:30 p.m.	4 week session
	Cost: \$12.00 per session	Instructor: Carol Lamont
	October 19, 26, November 2, 9	

S.A.L.T. SENIOR SAFE DRIVING EXPO



Thursday—September 22

9:00 – 11:59 a.m.

FDL County Expo Building

Fond du Lac County Fairgrounds on Fond du Lac Avenue

Please call the Fond du Lac Senior Center at 322-3630 if you plan to attend this event and to pre-register for the Car Fit Program; HOWEVER, drop-ins are welcome, too! Although not required, pre-registration will help with planning for hand-outs, refreshments, and volunteers needed.

IT'S A BIG AUTO EVENT FOR SENIORS 50+!

Free Car Fit Program – 15 minutes of your time for a FREE “perfect fit” of your car seat and mirrors while you stay in your car! Simply DRIVE THRU the Expo Center and a trained volunteer will fit you to your particular needs. **Please call the Senior Center at 322-3630 to register for an appointment**—although you may still participate in the Car Fit program on a drop-in basis.

Free Auto Inspection – Available for those who participate in Car Fit. Sign up for a **FREE auto inspection** at various dealerships in the FDL area for the following week (9/26 thru 9/30). Bring your calendar to see what date works best for you.

Free Tire Inspection – An expert on tire tread wear and tire pressure will check your tires and provide a report.

Presentations – Guest speakers will offer 15 minute talks on the following topics:

Operation Delicate Cargo Latest Driving Law Changes AARP Driver Safety Program Senior Driving Services

These four programs will be offered each hour 9–10, 10–11, and 11–12.

- **FREE Eye Screening**
- **Tables with Information**
- **911 Cell Phone**

SENIORS: Months of planning have gone into this by many groups and organizations to bring **EVERYTHING AUTO** into a single big event at the Fairgrounds. The mission is to provide information to our seniors so they can be safe, informed drivers. Door prizes throughout the morning and 8 **GRAND** door prizes are just a plus in attending. When learning of this opportunity, one senior thought the event was a good idea because...

“The life you save, may be your own!”



Door Prize Drawing every 15 minutes! – Auto-themed door prizes (free Jet Stream car washes, free Kwik Trip gas cards, free oil changes and much more) will be **drawn every 15 minutes** and **8 GRAND PRIZES** will be awarded at **11:45 a.m.** including: tickets for Timber Rattlers, Brewers, Bucks, Blizzards, AND 2 Fireside Theater tickets; 2 canvas gallery gleece wraps of a vintage auto and a vintage truck; AND an autographed Packers football. **GRAND PRIZES!** Stop by to check out the valuable information, get Car Fit, and register for **HUNDREDS OF DOLLARS IN PRIZES!** Need not be present to win.

FREE RERESHMENTS, TOO!

COMMUNITY

RIENZI CEMETERY CAR TOUR



Rienzi is pleased to offer “car tours” around their beautiful cemetery. Many people have said they would like to learn more of the history of Rienzi Cemetery but are unable to participate in the Walking Tours - so here’s an alternative - drive your own car.

Each tour begins in the Chapel Mausoleum for an overview of the cemetery. Then it’s off for an adventure. The first stop is the Civil War section where numerous soldiers

from this life-changing war were laid to rest. Hear the story

of Nathan Tallmudge (senator and third Territorial Governor of Wisconsin) and his wife Abby and why they felt it was so important to established Rienzi. A few steps from this location you’ll visit the final resting places of Dr. Mason Darling (Father of Fond du Lac) and



Receiving Vault—Opened in 1864

General Edward S. Bragg. Other stops include the Receiving Vault, Memorial Home and other locations that folks find interesting. Each tour will be a bit different pending on the desires of the group. Tours will last about



Memorial Home—Opened in 1930

one hour. Each tour is limited to 10 cars so that no one has to walk very far.

First tour: September 13, at 10:00 a.m.

Additional tours will be scheduled for future Tuesdays same time, pending on interest. Registration is required by calling Diane at 920-922-4543. Cost is \$10.00 per car no matter how many people in your vehicle.

SOUP DRIVE OVER 1400 CANS COLLECTED!

The SOUP GROUP continues its Soup Drive to benefit the Salvation Army Food Pantry. Please drop your donations in the large soup pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, these donations have been deeply appreciated.

WANTED: HAWAIIAN SOUVENIRS

Do you have souvenirs of a trip to Hawaii that are gathering dust in your attic? We’re looking for donations of LIKE NEW items that may be given as gifts to participants in the Armchair Travel Program, a Hawaiian special event planned for Friday, October 7. Drop off donations at the front desk by September 16.



ICE CREAM SOCIAL

FREE



Get the SCOOP about Alzheimer’s Disease

World Alzheimer’s Day

Wednesday, September 21 ~ 1–3 p.m.

Aging & Disability Resource Center

50 N. Portland Street

FREE Ice Cream Social to celebrate “World Alzheimer’s Day.” Come and meet Tammy Dickman, local Alzheimer’s Association representative, and learn more about this disease while satisfying your sweet tooth.

Co-sponsored by the Aging and Disability Resource Center and the Alzheimer’s Association.

AARP

Thursday, September 15, at 1:30 p.m.

The general meeting of AARP Chapter #614 will take place on Thursday, September 17, at 1:30 p.m. at the Senior Center. The featured speaker will be Gregg Underheim, Senior Citizen Liaison for the Office of Congressman Tom Petri. He will discuss topics of interest to seniors, such as social security, Medicare, etc. Meetings are free to attend and open to the public — all ages are welcome. They are held at the Senior Center every 3rd Thursday of the month. Refreshments are served. The cost to join the local AARP chapter is \$3.

SCRAPBOOK CROP ✂---✂---✂

Danielle Mader will hold Scrapbooking Crops at the Senior Center on the following Saturdays: September 24 and November 5, from 9 a.m. to 11 p.m. The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more info, contact Danielle at 517-3496 or email creativemomto3peas@yahoo.com.

Kim Stern will hold a Scrapbooking Crop and Workshop at the Senior Center on Saturday, October 29, 9 a.m. to 9 p.m. All skill levels are welcome and registration is open to all ages. The \$18 registration fee includes lunch and dinner, a “make & take” and a large space to scrapbook away. For more details or to register, contact Kim at 517-1108 or email kimstern1986@yahoo.com.



Fond du Lac Senior Center

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Fond du Lac, WI 54935

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Patsy Lefeber
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Jim Sabel

Donna Jean Trapp

Judi Walters

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.