

# Among Friends



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

**DECEMBER 2014**

Proudly serving the seniors in the Fond du Lac community for almost 50 years!

*During this holiday season,  
we remember friends like you  
and wish you all the blessings  
of the season.*

*May 2015 bring you peace,  
happiness and good health.*

**Season's Greetings**

*from the  
Fond du Lac Senior Center Staff*



# DINE OUT COUPON BOOK



**DECEMBER**

**2014**

A Free Monthly Publication  
Vol. 5 • No. 12

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## 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 with disabilities.*

Visit us online at [www.fdlSeniorCenter.com](http://www.fdlSeniorCenter.com)  
[Facebook.com/FondDuLacSeniorCenter](https://www.facebook.com/FondDuLacSeniorCenter)

## 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 Center.



Friends of the Fond du Lac Senior Center



**DINE  
OUT  
COUPON BOOK**

**BETTER  
THAN  
EVER!**

**COST:  
\$6.00**

includes  
**52 Coupons**  
with **SPECTACULAR  
SAVINGS** at 43 Area  
Restaurants

**A great  
Stocking  
Stuffer!**



**ON  
SALE  
NOW!**

**Surprise that special someone  
with the gift that gives all year long!**

**Discounts are good from January – December 2015**

Purchase books in the Senior Center's This 'n That Craft & Gift Shoppe  
Also available for sale at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank,  
KFIZ, Korneli's Main Street Express, Philly's on 4th and Pump 'n Pantry

*Thanks to these local restaurants and businesses for their participation in this year's coupon book (new participants appear in red):*

A&W Drive-In ▪ Ala Roma Italian Pizzeria & Pub ▪ **Ang N Eddies** ▪ Backyard Grill & Bar ▪ **Bagelmeister** ▪ **Benvenuto's** ▪ Blanck's Supper Club—Johnsburg ▪ Blanck's Lake Aire Supper Club ▪ Boda's ▪ Capone's ▪ Casa del Tequila ▪ Coliseum Sports Bar & Grill ▪ Commonwealth Coffee Co. & Deli ▪ Cool River Sports Grill ▪ Cousins Subs ▪ Dairy Queen East ▪ Dillion's—Ledgview Lanes ▪ Eden Café and Eden Grill in Taycheedah ▪ Fat Joe's ▪ Friar Tuck's ▪ Gille's Frozen Custard Drive-In ▪ Gino's Italian Restaurant ▪ Korneli's Main Street Express ▪ Mancino's ▪ Oak Central ▪ Philly's on 4th ▪ Philly's on the Miracle Mile ▪ Pioneer Pit Stop ▪ Pizza Ville ▪ Pump & Pantry ▪ Red Cabin at Green Acres ▪ Rolling Meadows Family Restaurant ▪ Salty's Seafood & Spirits ▪ Schmitt's Bar & Grill ▪ Sebastian's Steak House ▪ Sombrero's ▪ Subway ▪ Sunset on the Water ▪ **Taco Johns** ▪ Trinity ▪ Tuckers ▪ The Welsch ▪ Wendt's On the Lake

*...and **SPECIAL THANKS** to **GRANDE CHEESE** for their generous contribution toward the printing of this year's book.*

# 2015 MEMBERSHIP DRIVE

**What would Santa do?  
He'd tell you 'tis the  
season to RENEW!**

**If you haven't done so already,  
it's time to renew your Friends  
membership for a chance  
to win fabulous prizes in our  
2015 Membership Drive drawing  
that runs through December 31, 2014.**

Complete the membership form on page 13 and mail it with your check or drop it off with payment at the front desk **by December 31**, and you just might win a prize. You are automatically entered into the random drawing with your completed form.

Every 2015 Friend Member will receive a "Friends Perks" coupon booklet filled with discounts and deals at area businesses—pick it up at the Senior Center. This is FREE for all members and has a \$50+ value!

Not sure if you've already renewed for 2015? Look for your renewal date on the mailing label of this newsletter. If it says 01/01/14, you have not renewed. If it says 01/01/15, Santa already knows you've been good. 😊



**1<sup>st</sup> Place Prize:  
\$100 CASH**  
& OTHER GREAT MEMBERSHIP DRIVE PRIZES!

## Newsletter Crew

Editor.....Dottie Winkelmann  
Coordinator.....Joan Brezinsky  
Contributor.....Jean Holzman  
Labels.....Darlene Lyness  
Mail Crew.....20+ volunteers!

## Newsletter Deadline

The deadline to submit something for the January *Among Friends* newsletter is Friday, December 5. Please submit information to Joan Brezinsky.

## Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Dottie Winkelmann, *The One You Depend On* Senior Center Director, is the guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center. Sponsored by Smith & Hatch Insurance.

**ROSE Bertram, LLC**  
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Rose Bertram, LLC and Woodbury Financial Services, Inc. are not affiliated entities.

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969 E. Johnson St.  
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W6606 Hwy 23W  
(across from Menards)

81 W. Pioneer Rd  
(next to Pick 'N Save South)

The Macy Street Campus has undergone an amazing transformation.

Call today for a tour.  
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**LHHS**  
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**73 E. 1st Street**

langholfchiropractic.  
chiroweb.com

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Darlene Hoffmann, Mgr.

Call For Free Information  
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# HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

## UPCOMING TRIPS

SIGN UP FOR THE DECEMBER 16TH BAKERY BUS TOUR & 2015 JANUARY AND FEBRUARY TRIPS ASAP!

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.



## Get ready to pack your bags & have some fun!

The 2015 Happy Travelers Trip Schedule is available at the Senior Center. Pick up your copy and start planning your 2015 getaways today!

MAKE NEW FRIENDS AND HAVE SOME FUN WITH HAPPY TRAVELERS IN 2015!

### HAPPY TRAVELERS 2015 SNEAK PEEK



Sign up for one of  
these early  
2015 trips today!

#### UPCOMING MUSICALS:

“SENSATIONAL 70’S”

FIRESIDE

Thursday—January 15, 2015

“THE IMPORTANCE OF BEING EARNEST”

Grand Opera House

Thursday—February 12, 2015

“JERSEY BOYS”

APPLETON PAC

Wednesday—May 6, 2015

#### UPCOMING CASINO TRIPS:

ONEIDA

Thursday—February 5, 2015

Dinner at Schwarz’s

NORTH STAR

Thursday—March 5, 2015

Dinner at Jim & Linda’s

HO-CHUNK

Thursday—May 14, 2015

Wis. Dells Craft/Antique Mall (No Meal)

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### CHRISTMAS AROUND THE WORLD BAKERY BUS TOUR

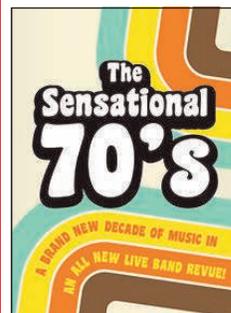
Tuesday, December 16 — \$102

Join us for a day of sweet treats!

We’ll be going to  
FOUR BAKERIES—The  
National, Canfora,  
Simma’s and La Tarte.  
Also making a stop at  
Ultimate Confections



(chocolates) and Rose’s Flower Shoppe  
(flowers). Lunch will be at Mader’s in  
Milwaukee. *What a delicious day!*



### “THE SENSATIONAL 70’S” FIRESIDE

Thursday, January 15—\$95

Come to this super charged show  
featuring the music of Neil  
Diamond; Bruce Springsteen;  
Stevie Wonder; Queen; Fleetwood  
Mac; the Bee Gees; Elton John;

Aerosmith; Chicago; Donna Summer; Led Zeppelin;  
Earth, Wind, and Fire; James Taylor; Jackson Five;  
ABBA and more. Performed by the Fireside Band.

Includes a fabulous buffet!

# 2015 HAPPY TRAVELERS

## JANUARY

**BE SURE TO SIGN UP  
ASAP FOR TRIPS SO THEY  
ARE NOT CANCELLED**

*Lunch or Dinner*

**Dutch Treat = DT**

**Included = IN**

### “Sensational 70’s”

Fireside Theatre  
Thursday—January 15 \$95  
8:15 a.m.-6:00 p.m. IN

## FEBRUARY

### Oneida Casino

Dinner—Schwarz’s, St. Anna  
Thursday—February 5 \$54  
10:00 a.m.-7:00 p.m. IN

### “The Importance of Being Earnest”

#### Grand Opera House

Dinner—Primo’s  
Thursday—February 12 \$40  
4:30 p.m.—10:00 p.m. DT

### Paine Art Center

Dinner—Blancks Lake Aire  
Thursday—February 19 \$35  
1:30—5:30 DT

## MARCH

### North Star Casino

Dinner—Jim & Linda’s  
Thursday—March 5 \$54  
8:30 a.m.-6:30 p.m. IN

### Gurnee Mills Shopping

Dinner—MJ Stevens  
Tuesday—March 10 \$60  
9:30 a.m.-6:30 p.m. IN

### Italy

#### Premier Tour

Thursday—Monday  
March 19 - 30 \$4199 Double

## APRIL

### Mystery Trip

Thursday—April 9 \$86  
7:30 a.m.-5:00 p.m. IN

### Chicago

Wednesday—Thursday  
April 15 - 16

### Washington DC

#### Diamond Tour

8 Day Trip: Thursday—Thursday  
April 23 - 30 \$769 Double

## MAY

### “Jersey Boys”

Appleton PAC  
Good Company Restaurant  
Wednesday—May 6

### Ho Chunk Casino

WIS Dells Craft/Antique Mall/No Meal  
Thursday—May 14 \$29

### Janesville Rotary Gardens

#### & K & W Greenery

Lunch—Rosewood, Delavan  
Wednesday—May 20

## JUNE

### Hiking Devil’s Lake/ Wis Dells Boat Ride

Lunch—Buffalo Bill’s  
Wednesday—June 3

### “Guys On Ice”

#### Fireside Theatre

Thursday—June 18 \$95

### Arlington Horse Races

Arlington Heights, IL  
Thursday—June 25 \$55

## JULY

### Brewers/Braves Game

Wednesday—July 8

### Discover LaCrosse

2 Day Trip: Wednesday—Thursday  
July 15 & 16

### NEW Zoo & Bay Beach

Grandparents/Grandkids Day  
Green Bay  
Wednesday—July 22

## AUGUST

### “Those Crazy Ladies In the House on the Corner”

Memories Dinner Show  
Tuesday—August 4

### North Star Casino

Dinner—Schwarz’s  
Wednesday—August 19 \$54

### Mt. Rushmore, Badlands & Black Hills of SD

Diamond  
Sunday—Saturday  
August 23- 29 \$615 Double

## SEPTEMBER

### Escape to Door County

3 Day Trip: Wednesday—Friday  
September 9—11

### Pacific Northwest & California

Collette Vacations  
8 Day Trip: Monday—Monday  
September 21- 28 \$2699 Double

## OCTOBER

### “Westside Story”

Fireside Theatre  
Wednesday—October 7 \$95

### Branson

#### Diamond

7 Day Trip: Sunday—Saturday  
October 18 - 24 \$615

### Keshena Casino

Dinner—Jim & Linda’s  
Thursday—October 29 \$54

## NOVEMBER

### Packer Stadium/ CBS 5 TV Station Tour

Thursday—November 12

### Dancing Horses/Birds

#### Holiday Show—Delavan

Dinner IN  
Wednesday—November 18

### Oneida Casino & Mystery Restaurant

Tuesday—November 24 \$54

## DECEMBER

### New Orleans Holiday

6 Day Trip: Tuesday—Saturday  
December 1-5 \$1595 Double

### Fond du Lac Senior Center

#### Christmas Party

Tuesday—December 8  
OPEN TO ALL FRIENDS MEMBERS

### “A Wonderful Life”

Fireside Theatre  
Tuesday—December 15 \$95

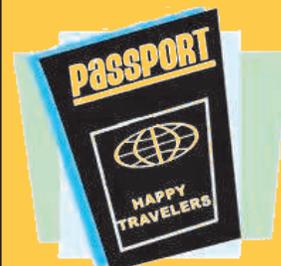
## Fond du Lac Senior Center

151 E. 1st Street

Fond du Lac, WI

920-322-3630

fdlseniorcenter.com



**CALL  
322-3635**

Mary Schneider  
Travel Coordinator

**OFFICE HOURS**  
Monday—Thursday  
9 am—3 pm  
Closed Fridays

**\$10 DEPOSIT  
REQUIRED**  
to hold most trips &  
**FINAL PAYMENT**  
due *at least 2 months*  
prior to trip date

# HEALTH & WELLNESS

## Keep Fit During the Holiday Season with our EXERCISE CLASSES

### LOW IMPACT CHAIR EXERCISE

With Jaime Roth

**Mondays 9:00 – 9:30 a.m.**

Sponsored by **All About Life Rehabilitation Center**

These exercises are similar to those in the Stepping On classes and will reduce your risk of falling.



### CHAIR EXERCISE VIDEO

**Wednesdays 9:45 – 10:15 a.m.**

Sponsored by **Lutheran Homes and Health Services**



### TAI CHI

The next eight week session will begin on January 6 and end on February 24. Classes meet **Tuesday mornings from 9—10 a.m.** The cost is \$45 for eight weeks. Participants should wear

loose comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.



If you are interested in starting a winter walking program ask for Jean, Pat or Cecelia so that we can get you started

with our Walk Live videos. Available times are Mondays or Thursdays at 3:45 p.m. This is a great way to keep fit during inclement weather.

## Hats Off to Lake View Place!

A special thank you to Lake View Place for all those delicious pancakes on Friday, November 21. Their hard work benefits the Senior Outreach Volunteer Program.



## OTHER EXERCISE

**Hikers** ..... Tuesday & Thursday mornings

**Line Dancing**....Thursdays 6—7:30 p.m.; \$10/ 4 weeks

**Beginning Line Dance**.....Saturdays; 10—11:30 a.m.

**Beginning Dance**..... Mondays; 7 p.m. \$5/session

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

**Zumba Gold**.....Moved to another location. Call Kirsten at 920-606-9078 for information.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Agnesian Home Care

**Friday, December 12; 9—10 a.m.** 2nd Friday of the month  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

**Friday, December 12; 9—10 a.m.** 2nd Friday of the month  
No appointment needed; Donations accepted. 12-hour fast required.

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab – of Agnesian HealthCare  
Lipid Panel + Glucose screening

**Tuesday, May 12; from 8:30—11 a.m.**

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

**Thursday, December 4, 11, 18**

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, February 13; from 8:30—10 a.m.**

FREE Hearing Screenings and FREE Hearing Aid Cleanings  
Call 322-3630 for appointment; Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

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

**Tuesday, December 23 ; 10 a.m.—4 p.m.**

Usually 4th Tuesday of the month

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

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, May 12; from 8:30 — 11 a.m.**

2nd Tuesday in May & November

Cost: \$45; Call 322-3630 for appointment.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, January 22; 6:30—8:00 p.m.** (4th Thursday)

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

### DIABETIC SUPPORT GROUPS

**Tuesday, December 16; 4:00—5:00 p.m.** (3rd Tuesday)

Aurora Health Care Center, 210 American Drive ~ American Room

**Tuesday, December 9; 6:00—7:00 p.m.**

St. Agnes Hospital, 430 E. Division Street ~ 5th Floor Meeting Room

### GLUTEN FREE SUPPORT GROUP

**Friday, February 20; 10—11 a.m.**

Festival Foods, Conference Room, 1125 E. Johnson Street

### PARKINSON'S SUPPORT GROUP

**Monday, December 8; 10:00—11:00 a.m.** (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER

**Tuesday, December 9; 8:30 a.m.** (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

# HEALTH & WELLNESS

## LOOK GOOD...FEEL BETTER Wednesday, January 14, 2015

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.



## Health Screenings Friday, December 12; 9-10 am

**Blood Sugar Screening**, (a 12 hour fast is required) *sponsored by Lutheran Homes & Health Services*

**Blood Pressure Screening** *sponsored by Agnesian Home Care*

## Heart Tree Ornaments Now until January 28

Honor a loved one, either living or deceased, with a Heart Tree ornament for only \$3 each. Order form on page 15. Purchase ornaments at the front desk. This is a fundraiser for the Senior Outreach Program. The Heart Tree Dedication will be held on Thursday, February 5, 2015 at 10 a.m. Please call 322-3630 to register.



## A Gift to Yourself: How to take Care of YOU During Holiday Stress

Join the discussion group on Wednesday, December 10, from 10 –11 a.m. (or just come to get information). The group is facilitated by Andrea Mitchell, MS. See page 12 for details.



## Seeking Clients for the Senior Outreach Program

If you or someone you know is homebound, lonely, needs help finding community resources, or just wants a friend to spend time with, call Jean at 322-3636. We have several newly trained volunteers and are able to take new referrals. Volunteers make a huge difference in a senior's life.

# SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## COMMUNITY CARES

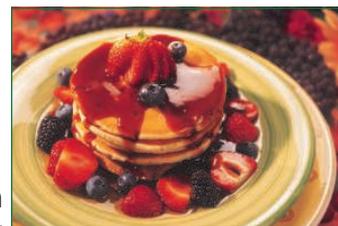
Volunteers will visit **Artisan Suites, 597 Kingswood Avenue, Tuesday, December 16, from 2 to 3 p.m.**

Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. This December visit will be special as

we will join with residents in singing Christmas carols, sharing refreshments, and will give small gifts. **Volunteers can be any age.** This is a small facility that is often overlooked at this time of the year. If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in the life of a lonely senior.

## Outreach Holiday Breakfast

Current Senior Outreach Volunteers and Senior Outreach Advisory Board members will meet on **Thursday, December 11, at 9 a.m.** for our annual holiday breakfast at **Rolling Meadows Restaurant**. If you did not sign up at the November meeting, please call the Senior Center by Monday, December 8, to make a reservation. Please bring your November reports. Join us for an enjoyable time of food, friendship and fellowship as we reflect on another year of volunteering.



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

# WE'VE GOT CLASS! REGISTER DEC. 2!



MORAINÉ  
PARK  
TECHNICAL COLLEGE

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

**HOW TO REGISTER:** Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!



## MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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### COMPUTER BASICS 1

\*Each student is required to bring a jump drive to class

103-483-30802	M, F	Jan 12, 16, 19, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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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. Registration starts December 2.

### COMPUTER BASICS 2

\*Each student is required to bring a jump drive to class

103-485-30822	M, F	Jan 23, 26, 30, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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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. Registration starts December 2.

### COMPUTER BASICS 3

\*Each student is required to bring a jump drive to class

103-490-30827	M, F	Feb 2, 6, 9, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Registration starts December 2.

### COMPUTER BASICS 4

\*Each student is required to bring a jump drive to class

103-491-30922	M, F	Feb 16, 20, 23, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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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. Registration starts December 2.

### COMPUTER FILES AND FOLDERS

\*Each student is required to bring a jump drive to class

106-630-30801	M	Jan 5, 2015	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.40	\$25.70
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Discover the difference between a file and a folder on your computer. Explore the different kinds of computer files and what they do on your computer. Practice using folders for organizing and storing files. Registration starts December 2.

# MPTC BASIC & RECREATIONAL COMPUTER CLASSES

## BEGINNING DIGITAL CAMERAS

203-641-30823	M	Jan 26, 2015	1 day	9:00 a.m.—1:00 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
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Examine the features of digital cameras and learn the technology and jargon associated with them. Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by email and over the Internet. Registration starts December 2.

## INTERMEDIATE DIGITAL CAMERAS

203-641-30826	F	Jan 30, 2015	1 day	9:00 a.m.—1:00 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
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Discover tools to improve both your digital pictures and your digital photography skills. Registration starts December 2.

## USING CRAIGSLIST

103-603-30879	F	Feb 6, 2015	1 day	1 p.m.—5 p.m.	4 hours	A. Mielke	\$20.40	\$25.70
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In this class, you will learn about selling and buying personal items on Craigslist for first time users. Students must have e-mail access. Bring a jump drive, digital camera and an item to sell. Registration starts December 2.

## GOOGLE ON

103-677-30880	M	Feb 9, 2015	1 day	12:30 p.m.—2:30 p.m.	2 hours	A. Mielke	\$12.45	\$15.10
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It's not just a search engine anymore. This class takes the student into all facets of Google (maps, earth, docs and more). You will be oohing and aahing as you discover the new things that Google does. Registration starts December 2.

9

## Southlake and Ashbury Senior Living

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## AGNESIAN HEALTH SHOPPE

Home Medical & Respiratory Equipment

327 Winnebago Dr., Fond du Lac • (920) 926-5277

It only takes one visit to see why senior living at Lake View Place is **different and better.**

### RESIDENTS ENJOY:

- Nurse on-site or on call 24 hours
- Housekeeping & laundry services
- Three meals served daily
- Emergency response system



CALL 920-926-1100 FOR A TOUR!

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Senior Living

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Affordable housing for older adults

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NEW PATIENTS WELCOME

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[www.omswinnbago.com](http://www.omswinnbago.com)

## Shepherd LAW OFFICES

Philip A. Shepherd

Wills, Trusts &

Powers of Attorney

920-933-3600



## St. Charles Cemetery

A Peaceful Country Place  
on the Ledge

W4287 Golf Course Drive  
Fond du Lac, WI 54937  
921-4381 or 921-0580

# RECREATION

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

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## ART CLASSES

Tuesday AM & PM See page 15

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): Rienzi Cemetery

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): FDL Lutheran Home

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Shepherd Law Office

4th Tuesday (even months): TBA

5th Tuesday: TBA

## BOOK CLUB

3rd Monday at 9:30 a.m.

Dec. 15 Breakfast at Faros

Jan. 19 *Orphan Train* by Christina Baker-Kline

Feb. 16 *The Invention of Wings*

by Sue Monk Kidd

*Book synopses available at front desk.*

New members welcome.

## BRIDGE

\$1 donation

Tuesdays: 12:45 p.m.

*For information or to play, call Arlene Love at 922-5668.*

Thursdays: 10:00 Beginners

*(subs needed)*

Thursdays: 12:45 p.m. Advanced

## CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

## CHORUS

Red Hat Honeys & Singing Classes

## COIN CLUB

2nd Tuesday at 6:30 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Gerry Krebsbach 921-9509 for info.

## GERMAN CLUB

Mondays at 1:00 p.m.

## HAND & FOOT (Card Game)

Wednesdays at Noon

## HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

## LINETTES (EZ Line Dancing)

Call for info 322-3630

## MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

## POKER

Mondays at 1:00 p.m.

## POOL Open Pool daily

Leagues

8-Ball Tuesdays 8:30 a.m.—12:30 p.m.

9-Ball Wednesdays 8:30 a.m.—12:30 p.m.

## QUILTING

*Flying Geese Quilting Club*

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

*Sunset Stitchers Quilt Guild*

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

## RED HAT HONEYS

Various activities include a Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues and a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

## ROMEOS

*All men are welcome to join the "Retired Old Men Eating Out" for lunch...*

*You don't have to be retired (or old) to join in on the camaraderie and fun!*

Thursday, December 4

Pizza Ville

Call the Center to pre-register!

## SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

## Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

*Jack of Diamonds*

Wednesdays and Fridays at 1:15 p.m.

*Black Queens*

## SKAT

Tuesdays at 9:00 a.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

**You MUST call the Senior Center if attending.**

Saturday, December 20

Blanck's Lake Aire

Social: 5:00 p.m.; Dinner: 5:30 p.m.

## TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

## Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

## WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High

School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

## WOODCARVERS GROUP

Mondays at 9:00 a.m.

## WRITERS GROUP

Fridays at 1:00 p.m.

*The Memories Writers meet to share and preserve life experiences and family history.*

*New members welcome!*

# ACTIVITIES & SPECIAL PROGRAMS

## ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting December 2, 9, 16, 30	Tues	10—noon	4	\$16
Drawing & Watercolor December 2, 9, 16, 30	Tues	12:45— 2:45 pm	4	\$16
Mixed Media December 2, 9, 16, 30	Tues	3—5:00 pm	4	\$16
Open Sewing Lab Watch newsletter for next session coming spring of 2015	Wed	3:30—6:30 pm	5	\$15
Country Line Dancing December 4, 11, 18	Thurs	6—7:30 pm	4	\$10
Beg. Country Line Dancing December 6, 13, 20	Sat	10-11:30 am	3	\$7.50
Singing December 2, 9, 16	Tues	10-11 a.m.	6	\$25

## ARTIST OF THE MONTH

### December: Rosie Steffen

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!



## CARD MAKING CLASS

with Jana Secord

2nd Tuesday of each month

*We will not be meeting in December.*

Next class: Tues., Jan. 13

3 sessions to choose from:

3:15—4:45p.m., 5:15—6:45 p.m. or 7—8:30 p.m.

Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 before January 1. Early reservations are appreciated.



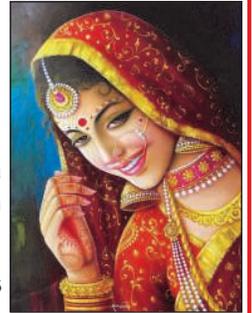
## INDIA CULTURE AND CUSTOMS

Thursday, December 11, 1:00 p.m.

Join Friends members Sud and Nima Ingle as they share their Indian culture and customs.

India's culture is among the world's oldest, going back about 5,000 years. Its very diverse and different regions have their own distinct cultures. Language, religion, food and the arts are just some of the various aspects of Indian culture.

This is sure to be interesting! Please call 322-3630 to register by Monday, December 8.



## Journaling

4th Thursday of every month  
Thursday, January 22  
10:00 a.m.

Journaling is a wonderful way to freely express yourself and in the process reduce stress, problem solve, clarify your thoughts and feelings, and get to know yourself better. Please call 322-3630 to register.



## NOTICE:

We will not be showing a movie in December. Join us in January for another great movie and popcorn!

## SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

Dec. 2 Fat Joe's

Dec. 9 Blanck's Supper Club

Dec. 16 Schmitt's Oar House  
(Christmas Party)

Dec. 23 Pizzaville

Dec. 30 Sunset on the Waters



A GREAT OPPORTUNITY TO SOCIALIZE  
& MEET NEW FRIENDS!

For information, please call Max at 920-269-4180.

# COUNSELING SERVICE

## MEET ANDREA MITCHELL—FOND DU LAC SENIOR CENTER COUNSELOR



Andrea has joined the Fond du Lac Senior Center as our older adult mental health counselor. She says, "I am passionate about working with older adults and am pleased to be a part of the Fond du Lac Senior Center!" Andrea has been a professional counselor for over 12 years and has a Bachelor of Science Degree in Psychology and a Master of Science Degree in Community Counseling. She is a Licensed Professional Counselor and has a Substance Abuse Counselor-In-Training License. She has special interest in working with older adults and family caregivers. Helping clients improve the quality of their lives is what Andrea enjoys most about her job.

She grew up in Green Bay and currently resides in the Appleton area. Her hobbies include spending time with family, gardening, travel, and watching baseball (she's an avid St. Louis Cardinals fan; don't worry, she's a Packer fan too).

### GROUP DISCUSSION WITH ANDREA

**Wednesday, December 10; Time 10-11 a.m.**

Andrea Mitchell, Senior Center counselor, will hold a group discussion on the topic of "A Gift to Yourself: How to Take Care of YOU During Holiday Stress."

For information or to register for this group discussion, call 322-3630.



12

Special thanks to Lutheran Social Services for this partnership!

### FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income  
No Asset Limitations**

#### Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

#### Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

#### Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

#### Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority  
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

### NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac  
CALL RHONDA AT (920) 929-9270

An Independent Living Community For 55+

-Certain Income Guidelines Apply-

1 and 2 Bedroom  
Apartments Available

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All Utilities Included (Except Electric)  
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### HOUSE CALLS ARE OUR SPECIALTY!

- Personal Care - Short or Long Term
- Homemaker Services - Short or Long Term
- Respite Care
- Companionship

Because we care  
Help is on the way



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### The Villas of the Holy Land

Providing skilled nursing care, assisted living and rehabilitative services to those in need.



- The Villa Rosa, a 20 unit assisted living apartment complex adjoins the existing Villa Loretto, a 50 bed skilled nursing home
- Villa Loretto: Medicare & Medicaid Certified

A Comprehensive approach to your rehabilitation needs.  
Services include: Physical Therapy, Occupational Therapy, Speech Language Pathology Services.  
Our services are available full time without age limitations and are not restricted to our residents.



**Villa Loretto Nursing Home**  
N8114 Cty. WW, Mt. Calvary, WI 53057  
(920) 753-3211 • Fax (920) 753-3100  
Administrator: Sandra Randall

**Villa Rosa Assisted Living**  
N8120 Cty. WW, Mt. Calvary, WI 53057  
(920) 753-3015 • Fax (920) 753-2580  
Manager: Lynn Schmittz, LPN

### PORTLAND SQUARE APARTMENTS

### NOW RENTING

LARGE ONE BEDROOM  
APARTMENTS FOR SENIOR  
AND DISABLED

Rent is 30% of your  
monthly adjusted income.  
Convenient, Secure Location,  
Professional Management  
Home to Fond du Lac County  
Senior Meal Site  
Social Service Coordinator

Call Today  
920-922-2562



55 North Portland St.  
Fond du Lac, WI

# 2015 FRIENDS MEMBERSHIP APPLICATION

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, Wisconsin 54935

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

<b>NAME(s)</b> (both, if couple)	
<b>ADDRESS</b>	
<b>CITY, STATE, ZIP</b>	
<b>PHONE</b>	
<b>BIRTHDATE</b> (optional)	
<b>E-MAIL</b> (absolutely confidential)	
<b>CITY RESIDENT?</b>	<input type="checkbox"/> <b>City of Fond du Lac</b> <input type="checkbox"/> <b>Other:</b>
<input type="checkbox"/> <b>I'D LIKE TO GO GREEN!</b> <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

## CHOICE OF SUPPORT:

**\$10.00 Single**     **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.  
Value: \$50+    Coupons are good January 1—December 31, 2015  
and vary in value. This is a **FREE PERK** for ALL Friends members!

**\$\_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

**\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

**\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.  
PLEASE CHECK:     Yes, you CAN include my name when listing publicity.     No, please do NOT list my name.

\_\_\_\_\_ **TOTAL ENCLOSED** (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

### FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

NEW 2015 Member     Renewal    Receptionist Initials \_\_\_\_\_

FANATASTIC FRIENDS \$50     FABULOUS FRIENDS \$100     UTILITY DONATION: \$\_\_\_\_\_

Received *Among Friends* Newsletter     Received Happy Travelers Info     Red Hat Dues also paid

Received *Friends Perks Coupon Book*

# 2015 FRIENDS VOLUNTEER OPPORTUNITIES

The Fond du Lac Senior Center provides the programs and services it does because of the help of all our wonderful volunteers! We'd love to have you join us. Please indicate what areas you would be willing to assist us in and we'll contact you if we have an opening in that area.

- Receptionist—answer phones, handle money, take registrations, etc.
- Data Entry—enter attendance, membership information, etc.
- General Office Support—help with photocopies, stapling, folding, etc.
- Newsletter Crew—prepare monthly newsletter for mailing by taping sides and affixing labels
- Special Events—help set up, decorate, hand out information, etc.
- Marketing—solicit area businesses for donations for annual raffle, Dine Out Coupon Book, etc.
- Program Assistants—provide assistance to make sure programs and activities run smoothly
- Bingo — set up Bingo supplies, P.A. system, call Bingo, serve refreshments, clean up
- Brat Sale—grill brats and hamburgers
- Brat Sale—customer service, sell brats and hamburgers, handle money, serve food
- Bake Sale—make baked goods, sell baked items, handle money
- Craft Shoppe—customer service, assist with purchases, handle money
- Volunteer Coordinator—recruit, train, assign volunteers to events/programs
- Refreshment Assistants—help prepare and serve refreshments for programs and events
- Outreach Volunteers—visit seniors in their homes, nursing homes, or assisted living facilities
- Other Miscellaneous Help — odd jobs such as gluing, ironing, counting, organizing, etc.
- I have a special interest or hobby I'd like to share with others (please list below)

\_\_\_\_\_

Please tell us a little about yourself—work experience, hobbies, areas of expertise, etc.:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## FOR OFFICE USE ONLY

VOLUNTEER INTEREST INFORMATION ENTERED DATE \_\_\_\_\_  
Receptionist Initials \_\_\_\_\_

# HOLIDAY HAPPENINGS

## YOUR GRANDCHILDREN CAN TALK TO SANTA!



The Senior Center has special connections with Santa and Mrs. Claus, giving children the opportunity to make a local phone call and talk to the North Pole couple about gift wishes. With adult permission, children can call to talk to either Santa or Mrs. Claus **Monday, December 8, through Tuesday, December 23, between 3:30 and 4:30 p.m.** Thank you to the volunteers who make this fun service possible.

**Ho Ho Hotline  
322-3634**

Senior Outreach Volunteers of the Fond du Lac Senior Center invite you to help decorate our

## HEART TREE

*Delicate spun glass heart ornaments*  
**\$3.00 donation**



The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, Friends of the Senior Center and FDL Area Foundation. The program's mission is to create an awareness of community resources and to meet various needs of seniors in our community through one-to-one mentoring relationships with trained volunteers and a friendship program.

Open your heart to the Senior Outreach Program and donate \$3 for an ornament in memory of a loved one who is deceased or in honor of a family member, friend, co-worker, or other special person in your life. The purchase of each spun glass heart ornament is a donation to the program. Rather than keeping the ornament, the spun glass heart ornament will be placed on the Heart Tree at the Senior Center for the holidays. The deadline to dedicate ornaments for the tree is Wednesday, January 28. The Heart Tree will be located in the Senior Center lobby. Proceeds benefit the Senior Outreach Program. A heart tree dedication ceremony will be held on Thursday, February 5, 2015 at 10:00 a.m. at the Senior Center.

✂ \_\_\_\_\_

### HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

\_\_\_\_\_

\_\_\_\_\_

Please put a heart on the HEART TREE in honor of (Living) :

\_\_\_\_\_

\_\_\_\_\_

**\$3.00 EACH NAME Total Enclosed** \_\_\_\_\_

(Make check payable to: Friends of the Fond du Lac Senior Center)

**DONATED BY:**

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_



**Wednesday, December 17**  
**North Fond du Lac Community Center**  
281 Garfield Street North Fond du Lac

**Social ~ 11:30 a.m.**  
**Luncheon ~ Noon**

Followed by Musical Entertainment

**MENU:** Beef tips, chicken, mashed potatoes & gravy, green beans, fruit fluff, cake, and beverages

**COST: \$10 per person**

Make check payable to "AARP Chapter 614," and mail to Ardie Zarling, N7949 Lakeshore Drive, Fond du Lac, WI 54937. The deadline to register is Friday, December 12.

**\*GREAT FOOD \*ENTERTAINMENT \*FUN**

\*Opportunity Raffle – get a raffle ticket for a chance to win a prize—you'll receive a ticket for each canned good donation (the more cans you bring, the better your chances to win)

Deadline to register: Friday, December 12; Limit of 80 attendees

\*If you would like to join for \$3, your membership is good now through December 2015. Those joining by January 31 will be eligible for a \$25 gift certificate in a random membership drawing to be held at the AARP General Meeting at the Senior Center on Thursday, February 19, 2015.

# SENIOR CENTER SERVICES

- Free computer/Internet access in the lab & lobby for members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- 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
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the 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.

**WE ARE  
HERE  
— TO —  
HELP**

**Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.**

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 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.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

## Rienzi Cemetery, Chapel & Mausoleums



Rae Nell Halbur  
Family Service Counselor

№6101 Highway K  
Fond du Lac, WI 54937

Scenic, Historic, Affordable  
Non Profit Since 1845

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Email: [rienzi@tds.net](mailto:rienzi@tds.net) • [www.rienzicemetery.com](http://www.rienzicemetery.com)

Make your final resting place part of  
Fond du Lac History at Rienzi.

Find us on Facebook

## Fond du Lac Memorials

651 Fond du Lac Ave., Fond du Lac, WI 54935

(across from Haentze Floral)

(920) 922-5606 • Toll Free 877-494-9072

[kschumacher@nahsi.com](mailto:kschumacher@nahsi.com)

Quality Monument Foundations by Ron Steffes

**Now  
Leasing!**



**Ages 62+ and/or disabled**

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room
- Laundry room on each floor
- 1 pet allowed (size restrictions apply) with pet deposit
- Professional Management • Social Service Coordinator

**Convenient Location**

**101 Western Avenue, Fond du Lac**

**Call or stop by today! 920-921-7298**

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**Does Someone You Love  
Need Help with Memory Care?**

- Gentle Quiet Alzheimer's Support
- Small Community, Safe Residential Neighborhood
- Trained Dementia Care Specialists
- Secure, Furnished Private Rooms
- Extended Stay or Respite Care Available

[www.khearts.com](http://www.khearts.com)

Call to visit or receive information:  
920-946-2295



Integrity (in te grãtã) n. the quality of being  
of sound moral principle; honesty, sincerity.

[www.jhcontrols.com](http://www.jhcontrols.com)

PERFORMANCE • INTEGRITY

## AGING & DISABILITY RESOURCE CENTER OF FOND DU LAC COUNTY

- \*FREE INFORMATION & REFERRAL
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- \*OPTIONS COUNSELING AND LONG TERM CARE
- \*INFORMATION ABOUT ELDER ABUSE/NEGLECT



MONDAY TO FRIDAY 8AM TO 4:30 PM

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[adrc@fdlco.wi.gov](http://adrc@fdlco.wi.gov)

"Acceptance Of Paid Political  
Advertising Does Not  
Constitute An Endorsement  
By The Fond du Lac Senior  
Center, staff or the Publisher  
of the Newsletter."

## FIGHTING FOR THE 52ND!

**Jeremy  
Thiesfeldt**

WISCONSIN STATE ASSEMBLY

Paid for by Citizens for Jeremy Thiesfeldt, Linda Wendt, Treasurer

# REMINDERS

## SEEKING FRIENDS BOARD MEMBERS

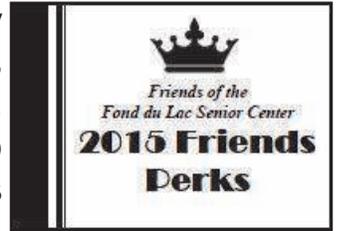
Get involved with our Senior Center! The Fond du Lac Senior Center Friends Board is seeking five (5) new members to serve on the Friends Board for 2015-17. The election will be at the January Annual Meeting but we need to establish a slate of potential members prior to Friday, January 30, 2015. If you're interested or would like more information, call Dottie Winkelmann at 322-3630.



*Thank you to our 2014 Friends Board!*

## ATTENTION 2015 FRIENDS MEMBERS

If you've already renewed your Friends membership for 2015, stop in and pick up your FREE Friends Perks Coupon Booklet.



It's filled with deals and discounts from area businesses. It's just a small way for us to say "Thank You" for being a Friends member!

Looking for great stocking stuffers or gifts?  
The Fond du Lac Senior Center has something  
for everyone on your list!



**KWIK  
TRIP**

*For teenage drivers or the person who has everything:*  
**KWIK TRIP  
GIFT CARDS!**

For every \$25 card you buy,  
the Senior Center  
makes \$2.50!

Buy your Kwik Trip Gift Cards at the Senior Center. They can be used at any Kwik Trip for gas or in-store purchase.

*For the chocolate lover:*  
**SEROOGY'S  
CANDY BARS!**



Serogy's candy bars are now available at the Senior Center's receptionist desk and in the Craft Shoppe for \$1.50 each.

\*Mint Meltaway \*Almond Meltaway  
\*Peanut Butter Crisp

*What a delicious way to support the Senior Center!*

*For the foodie:*



*Friends of the  
Fond du Lac Senior Center*

**DINE OUT  
COUPON BOOKS**

Includes 53 coupons with SPECTACULAR SAVINGS from 42 area restaurants. Only \$6!

*Available now at the Senior Center.*

*For everyone else:*

This 'N That Craft Shoppe always has great gift ideas! Unique handmade and locally produced items including: quilts, jewelry, scarves, hats, towels, baby items, bird houses, hand-carved canes and other wooden items, ornaments, honey, soup mixes, black walnuts, pickles, jams and the list goes on and on. Stop in for a one-of-a-kind gift today!



# RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies—any age. Pick up a “What’s Buzzin” newsletter at the front desk to see details about chapter activities.

## RED HAT HONEYS CHRISTMAS PARTY

Wednesday ~ December 10, 2014

11:30 a.m.

Ashwood Grove Club House

Cost: \$12

DEADLINE TO REGISTER: THURSDAY, DECEMBER 4

HOSTESSES: Donna Born, Marian Greuel, Rosie Hernandez & Elaine Katzfey—*thanks ladies!*

Lunch will be at noon, followed by live entertainment and then games. Please bring a picture of yourself as a child or baby (if you have one) for a game.

It will be returned to you (put it in a sealed envelope). ALSO, it will be optional to bring a \$5 toy for a donation to charity.

WE WILL ALSO CROWN A NEW QUEEN!



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# THIS ‘n THAT

## Craft & Gift Shoppe

OPEN TO THE PUBLIC

Monday—Friday 9 a.m.—4 p.m.

Or by appointment evenings & weekends!

## Great Gifts for Everyone on Your List!

Stop in and let our friendly volunteers help you pick out the perfect gift! We feature unique handmade and locally produced items including: quilts, jewelry, scarves, hats, towels, baby items, bird houses, hand-carved canes and other wooden items, ornaments, honey, soup mixes, black walnuts, pickles, jams and the list goes on and on. Stop in for a great one-of-a-kind gift today!



## All About Life Rehabilitation Center

OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

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920.923.7040

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....helping people live better

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\*some restrictions apply

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Home Care Services

920-933-5550

[www.aboveandbeyondcaresolutions.com](http://www.aboveandbeyondcaresolutions.com)



920-922-1560 or 1-800-HOSPICE

79 N Pioneer Rd, Fond du Lac

[www.hospiceadvantage.com](http://www.hospiceadvantage.com)

## Twohig Funeral Home

[www.twohigfunerals.com](http://www.twohigfunerals.com)

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbelsport  
920-921-0960 920-533-4422

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Robert J. Twohig Casey W. Twohig Gianna Wachholz Ehlert



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# COMMUNITY ANNOUNCEMENTS

## FREE TAX ASSISTANCE

Call beginning January 26  
to schedule an appointment

The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, & Thursdays from 8:30 a.m. until 4:30 p.m. Appointments will be available from Monday, February 2 through Wednesday, April 15. We will start scheduling appointments on Monday, January 26. To make an appointment, please call the Senior Center at 322-3630 on or after that date.

The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers can also help all low-to-moderate income age groups. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.



## A SPECIAL THANK YOU...

to those who baked goodies for our Election Day Bake Sale and to those who helped price and sell the goodies. The bake sale raised over \$100 for the Friends organization.

## TRIAD MEETING

Thursday, December 18

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Refreshments are served and a door prize is awarded. Check out the new TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

*Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.*

*- Louise Hay*

## COMPLIMENTARY TICKETS

The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season athletic contests and music department concerts.



These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the

Senior Center for use by others.

For more information contact 322-3630.

## FOOD DRIVES

*Make a Difference in the Community!*



### Cereal Drive

The Salvation Army needs cereal donations. Please place your donation in the box located in the lobby of the Senior Center.

### Soup Drive

The Senior Center has collected over 3,250 cans of soup to date. Your donations help the Salvation Army Food Pantry feed almost 400 families each month. When you visit the Senior Center, please consider dropping off a can of soup in the large soup pots at the Senior Center entrances. Thank you for your support!



## Lutheran Homes & Health Services

*is proud to present*



Where: Tarfa Terrace Dining Room

54 W. Arndt Street—1st Floor

When: 3rd Friday of every month—Dec. 19

Time: 2:00-3:00 p.m.

Please bring a quarter per card. Pay one-time only.

*Community welcome!*

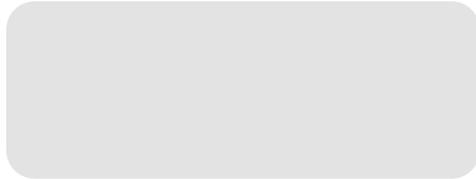


## Fond du Lac Senior Center

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# FOND DU LAC SENIOR CENTER 920-322-3630

## STAFF

### DIRECTOR

*Dottie Winkelmann* 322-3630  
dwinkelmann@fdl.wi.gov

### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

### WELLNESS COORDINATOR

*Jean Holzman* 322-3636

### CRAFT SHOPPE COORDINATOR

*Pat Lefeber* 322-3638

### BOOKKEEPER

*Pat Heyer* 322-3639

### OFFICE ASSISTANT

*Cecilia Lynch* 322-3639

### PROGRAM COORDINATOR

*Cathy Halfmann* 322-3633

### MARKETING/FUND COORDINATOR

*Joan Brezinsky* 322-3640

### CENTER CARETAKER

*Bob Rose* 322-3630

### COUNSELOR

*Andrea Mitchell* 920-225-1709

## FRIENDS BOARD OF DIRECTORS

*Kate Barr*  
*Joanne Bunkelman*  
*Susanne Dennis*  
*Jerry Gordon*  
*Mary Kind*  
*Vickie Michels*  
*Charlotte Nelson*  
*Irv Pea*  
*Ruth Smith*

## SENIOR CITIZEN ADVISORY COMMITTEE

*Ruth Dauterman*  
*Barbara Lukas, Chair*  
*Councilman Gary Miller*  
*Charlotte Nelson*  
*Ross Purcell*  
*Dave Redman*  
*Jaime Roth*  
*John Silah*  
*Ruth Smith*

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.

## VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY