

# Among Friends



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

## MARCH 2014

~ Proudly serving the seniors in the Fond du Lac community for over 45 years! ~

MARCH brings thoughts of LUCK...we are so lucky to have such a wonderful Senior Center! Consider these opportunities available to our seniors and our community—and these are just some of the gems offered at this time. Look inside this newsletter for more information on these activities.

### INFORMATION / EDUCATION

- Estate Planning
- Senior Housing Options
- Investment Workshop
- Health Aging Concerns

### RECREATION

- Earth Day Party
- Movie
- Singing Class
- Happy Travelers
- Pages of options

### SERVICES

- Computer Lab
- Free Tax Assistance
- See page 16
- Senior Dining Program Monday thru Thursday

### HEALTH / WELLNESS

- Screenings
- Tai Chi & Other Exercise
- Yoga Classes
- Cancer Program for Ladies

### TECHNOLOGY / COMPUTERS

- Classes re iPad, cameras, Facebook, Craigslist, etc.
- Basic Computer Classes
- E-filing Tax Returns

### INTERGENERATIONAL

- Making Bird Feeders
- Easter Eggstravaganza
- Card Making Class
- Crops

### INVOLVEMENT

- SCAC
- AARP
- Register to win a POT OF GOLD in the This 'n That Craft & Gift Shoppe (by March 17th)

### OUTREACH

- Community Cares
- Seniors Visiting Seniors
- Senior Outreach Program

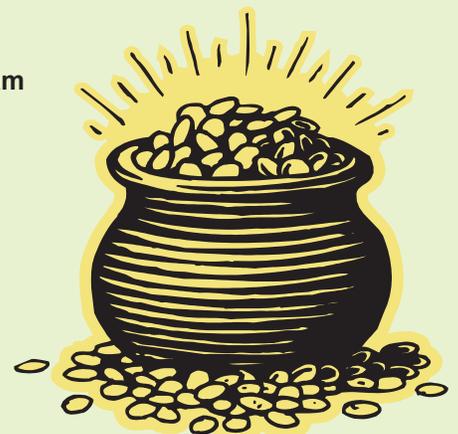
### ARTS / CRAFTS

- Fly Tying
- Quilting Class
- Scrapbooking & Crops
- Art Classes

### SUPPORT THE CENTER

- Pasta Fundraiser
- Brat Fry
- Join our 2,616 Friends for just \$10!

*We have a pot of gold!*



# WELCOME TO THE FOND DU LAC SENIOR CENTER

# March 2014



A Free Monthly Publication  
Vol. 5 • No. 3

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## Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

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

Email..... dwinkelman@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)

## 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.



2

The Friends of the Fond du Lac Senior Center organization is raising money with Fun Pasta Fundraising. We are excited to sell Fun Pasta because there is a large selection of pasta products, fun shapes for everyone, and "online sales" earn even more profit for our group! BUT...we need your help getting the word out...

## YOU CAN HELP BY:

...Selling pasta to your family, friends and neighbors—pick up a catalog at the front desk. Money is collected at time of order....OR by buying Fun Pasta in the This 'n That Craft & Gift Shoppe in the Center.

...Ordering online and encouraging all of your out-of-town family and friends to order. With each online order placed on our group's web page, 40% of the sale (excluding flat shipping rate of \$6.95) will go back to our group and help us achieve our fundraising goal!

## FUN PASTA FUNDRAISER DEADLINE IS MARCH 31st

## MORE ABOUT OUR PASTA FUNDRAISER

Most of the pasta sells for \$6.50 and \$7.50 per 14 oz. package and makes 6-8 servings. The pasta has a shelf life of 18-24 months. It is proudly made in the USA and is made in small batches the Old Italian way to insure quality, taste and texture.

## PRODUCTS:

### PASTA MEALS

- Cheesy Pasta (Mac 'n Cheese),
- Pasta Salad, Chicken Noodle Soup

### PASTA AVAILABLE IN MANY

### SHAPES

### Pasta with Personality:

- ABC Pasta—Shapes: A B C 1 2 3
- Girlfriend Pasta—purses, shoes, cell phones
- My First Pasta—teddy bears & ducks
- Music Pasta—musical notes & treble clefs
- Dog Lovers Pasta—bones & paws
- Cat Lovers Pasta—cat faces & paws
- Zoo Animals Pasta—pandas, elephants, monkeys, zebras
- Horsin' Around Pasta—horses & horseshoes



**Pasta For a Cause:** Pink Ribbon Pasta—ribbons; Support Our Troops Pasta—ribbons

### Sports-themed Pasta:

- Basketball Pasta—basketballs & whistles
- Tailgate & Celebrate Pasta—footballs & helmets
- Baseball Pasta—bats, gloves, balls
- Dance, Dance, Dance Pasta—dancers & ballet shoes
- Collegiate Pasta (including Wisconsin Badgers)



### Holiday Pasta:

- Good Luck Pasta (St. Patrick's Day)—shamrocks & clovers
- Bunny Hop Pasta (Easter)—bunnies
- American Pride Pasta (4th of July, Memorial Day, Labor Day—flags & stars
- Halloween Pasta—ghosts, spiders, pumpkins
- Snowman Pasta—snowmen & snowflakes

### Soup & Chili:

- Classic Chili—curly fettuccine with mild-med chili mix
- Wintertime Chili—snowman pasta with mild-med chili mix
- Chicken Noodle Soup—chicken pasta with chicken noodle soup mix

## ORDER FUN PASTA TODAY!

For more information about this fundraiser, contact Char Nelson at 922-8857.

# BRAT FRY AT PIGGLY WIGGLY

## BRAT FRY WORKERS WANTED

The Friends of the Fond du Lac Senior Center are overseeing 3 brat fry weekends in May and Senior Center groups are helping by being a SPONSOR, which will be listed in the May newsletter.

We need LOTS of volunteers—about 100—for this annual fundraiser! If you would be willing to help grill or serve, please call Rosemary Schorse at 921-6738 or the Senior Center at 322-3630. Check your calendar to see if you can help with a 3 hour shift on one of the following dates:



### 2014 Brat Fry Schedule at Piggly Wiggly

<b>Friday, May 2</b>	<b>Saturday, May 3</b>	<b>Sunday, May 4</b>
<b>Friday, May 9</b>	<b>Saturday, May 10</b>	<b>Sunday, May 11</b>
<b>Friday, May 16</b>	<b>Saturday, May 17</b>	<b>Sunday, May 18</b>

### Newsletter Crew

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

### Newsletter Deadline

The deadline for submission in April's *Among Friends* newsletter is Monday, March 3. Please submit information to Dottie Winkelmann.

### Up-to-Date Information

Tune in to KFIZ-  
AM 1450  
Monday  
mornings from  
9:10-9:25 a.m.



**The One You Depend On**  
for the Senior Center update.

Dottie Winkelmann, Senior Center Director, is 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.

# UPCOMING PROGRAMS

## Earth Day Celebration

Wednesday—April 23  
12:30 p.m.  
Fond du Lac Senior Center



We have a special party planned to celebrate spring and Earth Day. We will start with a **Sing-Along** with Jess Ellison. Join in the fun songs or just sit back and listen. Then we will play **Earth Bingo** with flowers and earth related prizes. If the weather cooperates, we would like to **plant a lilac bush** outside. Of course there will be a special treat, too. This event is free and open to all area seniors. You must pre-register to attend. The deadline to register is Monday, April 14. Call 322-3630 to register. Let's celebrate the Good Earth. *Special thanks to Karin Whealon who is helping to coordinate and sponsor this special event!*

### Estate Planning Seminar for Seniors

A choice of 2 presentations:

Friday—March 21 10:00 a.m. OR

Monday—April 14 1:30 p.m.

All area seniors are welcome to attend either of these seminars with Attorney JoAnn Gromowski of Mayville and Peggy Smithson, Asset Protection Specialist with Senior Strategies Asset Protection & Estate Planning.

Topics to be addressed:

- How to avoid Probate with your estate
- New Medicaid Laws for Wisconsin
- Protect assets if you go into a nursing home
- The new Estate Trust
- Using a Medicaid Exempt Funeral Trust
- Estate planning documents
- Top estate planning mistakes

These seminars are free. Refreshments will be provided and a door prize awarded. Please pre-register one week prior to the seminar so that enough hand-outs and materials will be available. Call the Senior Center at 322-3630 to register.

### INTRODUCTION TO FLY TYING

Thursday, March 13, at 1 p.m. ANOTHER OPPORTUNITY!

Tom Conley, an avid fly fisherman, along with 2 fellow fishing buddies, will continue to teach the art of tying flies for fly fishing. Learn how to make a fly that can be used on either a fly rod or a spinning rod. A class was held in February with several participants who wanted to learn more. If you did not attend in February, you are welcome to still come in March. Call 322-3630 to

4 pre-register.



Janice Paar learns fly tying from (left to right) Tom Conley, Jerry Smet, and Bob Hasee at a February introductory class at the Senior Center.



The Senior Wellness Coalition will sponsor a "Senior Housing Options" series of informational programs on the 2nd Friday of the months May through August at the Fond du Lac Senior Center.

The programs will *specifically* cover Fond du Lac housing/living for seniors, from aging in place in your own home to making a move—exploring all of the possible options. The format of the program will start with *optional* Health Screenings for blood pressure and blood sugar at 9:00 a.m., followed by a brief overview of the focus for that month at 9:30 a.m. Booths will be open from 9:00—10:30 a.m., giving seniors the opportunity to speak with representatives from many facilities and businesses in just one visit.

May 9	Independent Living Options
June 13	Home Care & Hospice Options
July 11	Assisted Living Options
August 8	Nursing Home Options

Pre-registration will be needed to plan for seating and to advise booth sponsors how many hand-outs to have and numbers to expect. Call 322-3630 to register. More details of the event will be in the May Senior Center newsletter and will include all businesses/facilities participating with a booth. THIS IS A FREE EVENT and open to all area seniors. Space may be limited due to number of participating booths and seniors. REGISTER EARLY!

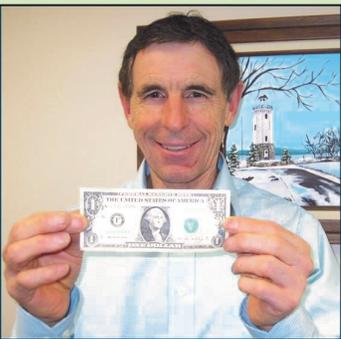
# UPCOMING PROGRAMS

## JEFF KEMP INVESTMENT WORKSHOP

**Mondays: 3:00 – 4:30 p.m.  
Continues through April 7**

### Jeff talks in easy-to-understand language...

The Fond du Lac community has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to the Senior Center every spring to present his financial workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.



All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. **You don't need to attend all seven sessions – attend as few or as many as**

**you like.** If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

### TOPICS INCLUDE:

**WEEKS 1 & 2: Investing in the stock market via mutual funds**

**WEEK 3: Bond investing**

**WEEK 4: Understanding what economic forces move markets**

**WEEK 5: Building a sound asset allocation**

**WEEK 6: Taxes and investing; exchange traded funds**

**WEEK 7: How to build and manage your own portfolio**

You need not attend all sessions - attend as few or many as you like. For room set up planning purposes, pre-registration is requested by calling 322-3630.

## Intergenerational Activity

### MAKING HOMEMADE BIRD FEEDERS

Area children—and seniors—are welcome to participate in a “Making Homemade Bird Feeders” workshop at 2:00 p.m. on **Monday, April 21**, at the Senior Center. We will furnish all of the supplies but pre-registration is necessary. There will be a **variety** of homemade bird feeders available to make...all will be super simple to do for ages 3 and older.

The deadline to register is Friday, April 11. This activity is free and open to seniors and their grandchildren, nieces, nephews, friends, and neighbors. Space will be limited, so please register early. NOTE that this event will be held during *Spring Break* so children can attend.



## FREE TAX ASSISTANCE

**Call 322-3630 to schedule an appointment**

Tax Aide volunteers will be at the Center on **Tuesdays, Wednesdays, & Thursdays**, from 8:30 a.m. until 4:30 p.m. Appointments will be available **through Thursday, April 10.**

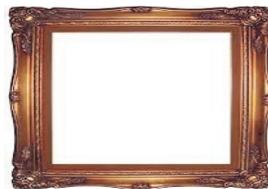
To make an appointment, call the Senior Center at 322-3630 **AS SOON AS POSSIBLE** as appointments fill quickly!

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 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 service.



## BAGELS WITH BEN

Ben Baertschy, Financial Advisor with Edward Jones Investments, has arranged to have Phil Shepherd talk about Estate Planning on **Tuesday, March 4, at 9 a.m.** Stop by the Senior Center for this informal presentation. Bagels from The Bagelmeister. Free to attend.



## ARTIST of the MONTH

**March: Jake Schommer**

**April: Fran Schmid**

An Artist of the Month is being featured in the east lobby at the Senior Center. One artist a month will display a work of art and have a photo and an Artist Statement or bio about the current artist. **We are looking for volunteers to display original art work.** Please sign up at the front desk.

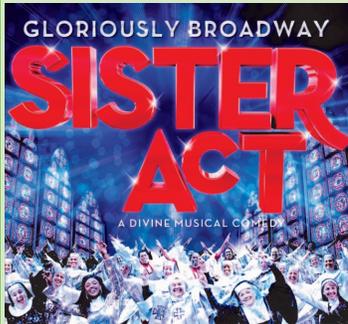
# HAPPY TRAVELERS

**Mary Schneider**, Travel Coordinator

**Call 322-3635**

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

Even though these trips are in May, **THEY WILL BE CANCELLED** unless we receive a minimum number of travelers by **March 17**. We try to finalize all trips at least 2 months in advance—which would be March 8. Participants need to sign up as soon as possible so that we will be assured that the trip will be held. We are very sorry to disappoint people, but planning takes several months...especially when tickets are involved. We lose money if we can't sell tickets that we have pre-purchased and can't return. Please call 322-3635 for more information or to sign up for a trip.



## “SISTER ACT”

Thursday – May 8

Fox Cities PAC  
Appleton, WI

Cost: \$85

*Reminder: You should eat dinner before you come, but we will stop at Culver's (Dutch treat) on the way home.*

### A SOUL-LIFTING, FEEL-GOOD, DIVINE MUSICAL COMEDY!

SISTER ACT is Broadway's feel-amazing musical comedy smash! The New York Post calls it, “ridiculously fun,” and audiences are jumping to their feet in total agreement. A sparkling tribute to the universal power of friendship, *Sister Act* is reason to rejoice!

Leave: 6:00 p.m. Home: 11 p.m.

## MAGGIE MAE'S BARN DANCE

Thursday – May 29

Oxford, WI

*with a stop at Kelley Country Creamery!*

Cost: \$72

Join us for a foot-stompin' good time and great food! This has been a favorite trip for our seniors for the last few years. Maggie Mae is warm and welcoming. You'll be sure to enjoy the day—and ending with a stop at Kelley Country Creamery...the perfect way to start summer.



Leave: 10 a.m. Home: 5 p.m.

## “FIDDLER ON THE ROOF”

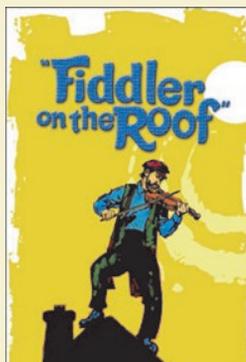
Sunday – May 18

Fireside Theater, Fort Atkinson, WI

Cost: \$95

*Includes a fabulous Fireside lunch*

Arguably the greatest musical ever written and certainly one of the most popular shows in Fireside history, *FIDDLER ON THE ROOF* makes a triumphant return to the Fireside stage for this very special anniversary season. This classic show held the title as Broadway's longest running musical for over twenty years, winning nine Tony Awards including Best Musical.



*Menu: Roast Beef Tenderloin, Chicken Breast, Escalloped Potatoes, Fresh Asparagus Spears, Broccoli & Cauliflower Salad, Freshly Baked Bread from Fireside Ovens, Tevye's Triple Crown Dessert, Coffee, Tea and Milk*

Leave: 8:30 a.m. Home: 6 p.m.



## CASINO TRIPS

*Sign up Now!*

### Ho Chunk Casino in the Dells

THURSDAY, MARCH 27 COST: \$54

Includes dinner at LOG CABIN in Baraboo and \$25 in free play on player card at casino Thursday is SILVER SENIOR DAY: Earn 10 points & receive \$10 in Free play

### 2 hour stop at Oneida Casino

*Included in our Green Bay Botanical Gardens day trip*

WEDNESDAY, APRIL 9 COST: \$45

See page 7 for more information about this trip.

### Ho Chunk Casino in the Dells

THURSDAY, JULY 10 - NO MEAL

At the request of some of our travelers, we are trying to offer a Casino trip without a meal. Sign up soon to be assured this will be held. COST: \$29

# HAPPY TRAVELERS

*We may still have tickets!*



## HARLEY MUSEUM LAKEFRONT BREWERY & CABELA'S

**Thursday – March 13**

**Cost: \$76**

*Lunch with a choice of delicious sandwiches at the Ale House Brew Pub*

Calling all MEN—here is a trip you should enjoy. Of course, LADIES will love it, too. There may still be space available. Call Mary at 322-3635 as soon as you get this to check availability. The Harley-Davidson Museum is listed as one of the top 10 travel destinations in Wisconsin.

**Leave: 8:30 a.m. Home: 5:45 p.m.**

*Plan now to **THINK SPRING** and get away for a day to enjoy a sneak peek at warm weather that is sure to come!*

## ONEIDA CASINO & GREEN BAY BOTANICAL GARDEN

**Wednesday – April 9**

**Cost: \$45**

*Dutch treat Dinner at Mackinaw's Grill & Spirits in Green Bay*

Join us for a fun day—with a stop at Oneida Casino where you will have a full two hours to gamble to your hearts content (without match-play deals), then on to Mackinaw's Grill & Spirits for a Dutch treat lunch, and finally a stop at Green Bay Botanical Garden, where you will feel like spring is really in the air and winter is *finally* over.



**Leave: 8:30 a.m. Home: 5:15 p.m.**



## 2015 EXTENDED TRIPS

### Come to our "PREVIEWS"

*We are already planning some 2015 trips!*

#### LAS VEGAS!

**January 25, 2015—6 days!**

TRIP PREVIEW AT SENIOR CENTER

**Tuesday—April 15**

**1:00 p.m.**

*This will be a great break from winter—especially if we have a repeat of this year!*



#### CLASSICAL ITALY featuring Rome, Florence & Venice

**March 19, 2015—12 days!**

TRIP PREVIEW AT SENIOR CENTER

**Thursday—May 15**

**9:30 a.m.**

*Come and hear about this 12 day trip of a lifetime!*

We will start taking reservations—with a discount—at these PREVIEW programs with Premier World Discovery. Please pre-register if you plan to attend so we can plan for refreshments and handouts. Flyers with trip details are available in the Travel Office.

## PLAN AHEAD FOR JUNE!

*We would be happy to have you sign up NOW for these June trips!*

We need travelers to sign up & pay **at least** 2 months in advance so that we can be assured that the trip will be held. Call 322-3635 for more information.

### ?? MYSTERY TRIP ??

**Wednesday – June 11**

*To destination unknown*

**Cost: \$76**

Join us on our first Mystery Trip for the Happy Travelers in a very long time. We would love to tell you where we are going and what we will be doing but it's more fun for Mary to keep you guessing!

### ARLINGTON HORSE RACES

**Thursday – June 26**

Arlington Heights, IL

**Cost: \$55**

This bus is already half full. Please do not put off registering to go on this trip. We have taken 2 buses in the past, but likely will not this year. We will dine Dutch treat at a Cracker Barrel on this day trip, which could include some shopping!

# INTERGENERATIONAL PROGRAM

## EASTER EGGSTRAVAGANZA



**Friday  
April 11  
3:30—4:30 p.m.**

### BRING THE KIDS!

Seniors are invited to celebrate Easter fun with their grandchildren or other special youngster. There will be Easter egg decorating, an egg hunt, snack, and visit from the Easter Bunny! What a great way to spend time with that special little somebunny! **YOU MUST REGISTER FOR THIS EVENT** by calling 322-3630. There is no cost to attend, but space is limited. Register early!



## HOP IN AND JOIN THE FUN!

# NOTES & NEWS

## QUESTIONS ABOUT ANYTHING IN THIS NEWSLETTER?

The Receptionist or Staff would be happy to answer questions and explain more about anything you read. We want you to become involved. **JUST ASK! 920-322-3630**

## LET'S DO LUNCH

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday–Thursday** at **11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. If you haven't tried these delicious, nutritious lunches, what are you waiting for? Registration is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: [fdlseniorcenter.com](http://fdlseniorcenter.com)



## DINE OUT COUPON BOOKS

The Dine Out Coupon Book fundraiser for the Friends of the Fond du Lac Senior Center features **48 coupons** for dining at 39 area restaurants with savings of more than \$150.

**BIG \$SAVINGS!**

**The book costs just \$5** and offers discounts that are good through December 2014. Purchase coupon books in the This 'n That Craft & Gift Shoppe, located in the Senior Center, Monday – Friday, from 9 a.m. to 4 p.m. Books are also available at the front desk anytime between 8—4:30 p.m.

**ONE OF OUR BIGGEST FUNDRAISERS!**

# WE'VE GOT CLASS! REGISTER NOW!



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 COMPUTER CLASSES

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

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

103-483-30627	M, T, W	April 21, 22, 23	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
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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.

### COMPUTER BASICS 2

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

103-485-30628	M, T, W	April 28, 29, 30	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
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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.

### COMPUTER BASICS 3

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

103-490-30629	M, T, W	May 5, 6, 7	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
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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.

### COMPUTER BASICS 4

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

103-491-30630	M, T, W	May 12, 13, 14	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
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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.

# MPTC RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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## BEGINNING DIGITAL CAMERAS

203-640-31047	Friday	April 4	1 time	1:00—5:00 p.m.	4 hours	TBD	\$19.15	\$24.20
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Examine digital camera features; learn technology & jargon such as *megapixel* and *flash memory*. Experiment with different types of digital cameras. Learn how to share digital photos with friends & family by email or over the internet.

## IDENTITY THEFT AND SCAMS

102-601-30962	Friday	March 14	1 time	1:00—4:00 p.m.	3 hours	TBD	\$19.15	\$24.20
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Discover to do to protect yourself from identity theft and how thieves can obtain identity information. Explore the latest trends, common links and examples of consumer (including senior citizen) scams and fraud, and discover ways to protect yourself.

## PINTEREST

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

103-669-31021	Wednesday	May 7	1 time	1:00—3:00 p.m.	2 hours	JoAnne Smith	\$11.58	\$14.10
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Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse pinboards and get inspiration from others who share your interests.

## CONNECTING ON FACEBOOK

103-679-30646	Tuesday	April 15	1 time	8:00 a.m.—Noon	4 hours	JoAnne Smith	\$19.15	\$24.20
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. Learn how to find friends and share your favorite photos with others.

## IS THE iPad FOR YOU?

103-606-31014	Monday	May 5	1 time	1:00—4:00 p.m.	3 hours	JoAnne Smith	\$19.15	\$24.20
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Learn about the iPad to determine if you could use the iPad instead of a computer and/or as an additional computer. Connect wirelessly to the internet almost anywhere there is access to a cell tower to send and received email, read books, take pictures, look at photos, write letters and essays, research family trees, play games, watch movies, and listen to music—all with limited computer knowledge. Find out what decisions you need to make prior to purchase.

## INTRODUCTION TO USING THE IPAD

103-607-31016	M, T, W	May 12, 13, 14	3 days	1:00—4:00 p.m.	9 hours	JoAnne Smith	\$41.88	\$54.50
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Learn how to use the iPad including how to set it up, how to find, install and use productivity and entertainment apps, how to access the Internet and use email, how to create files, and tips on how to perform useful functions and enjoy other features. You will need to have your own iPad.

## SETTING UP A FACEBOOK PROFILE

103-678-30645	Thursday	May 8	1 time	8:00 a.m.—Noon	4 hours	JoAnne Smith	\$19.15	\$24.20
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an e-mail account.

## USING CRAIGSLIST

103-603-31012	Tuesday	May 6	1 time	1:00—5:00 p.m.	4 hours	Karen Beaman	\$19.15	\$24.20
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Learn about buying and selling items on Craigslist, including how to get started, how Craigslist works, understanding the options for listing and paying for items, and developing an awareness of security issues.

# MOVIE THIS MONTH

## “A LATE QUARTET”

Thursday—March 13, 2014

### 11:45 a.m. Lunch *(optional)*

**MARCH 13 MENU:** Glazed Ham, Sweet Potato Bake, Green Beans, Pineapple Tidbits, Rice Pudding, Dinner Roll, and Milk

### 12:30 p.m. Movie: “A LATE QUARTET”

When the beloved cellist of a world-renowned string quartet receives a life changing diagnosis, the group's future suddenly hangs in the balance: suppressed emotions, competing egos, and uncontrollable passions threaten to derail years of friendship and collaboration. As they are about to play their 25th anniversary concert, quite possibly their last, only their intimate bond and the power of music can preserve their legacy. Inspired by and structured around Beethoven's Opus 131 String Quartet in C-sharp minor, A LATE QUARTET pays homage to chamber music and the cultural world of New York.



**Starring:** Phillip Seymour Hoffman, Christopher Walken, Catherine Keener, 2012, **Rated: R (2 scenes) 105 min., Drama. 7.1/10**

You must register separately for each activity. Call 929-3937 by 1 p.m. *on the day before (or on Friday for a Monday movie)* to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older; mandatory charge of \$9.25 for those under age 60). Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.

**12** 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!

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 17

## 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): Hospice Advantage  
2nd Tuesday: Comfort Keepers  
3rd Tuesday (odd months): ResCare HomeCare  
3rd Tuesday (even months): Lake View Estates  
4th Tuesday (odd months): Shepherd Law Office  
4th Tuesday (even months): Riverside Sr. Apts.  
5th Tuesday: Right at Home

## BOOK CLUB

3rd Monday at 9:30 a.m.

March 17

*The Storyteller* by Jodi Picoult

*Book synopses available at front desk.*  
New members welcome.

## BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

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

Thursdays at 12:45 p.m.

*For information or to play, call the Senior Center at 322-3630.*

## CANASTA

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

## CHORUS

*Red Hat Honeys & Singing Classes are available—call 322-3630 for info*

## COIN CLUB

2nd Tuesday at 6:30 p.m.

## CRIBBAGE

Wednesdays at 1:00 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 during tax season

## 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, March 6, at noon

## 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.

## STITCHERY CLUB

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

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

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

Saturday, March 15

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

**A & A Chinese Buffet in Forest Mall**

*Door Prize: \$15 gift certificate to Craft Shoppe*

## TOPS (Take Off Pounds Sensibly)

**Chapter #1159**

Mondays at 5:00 p.m.

**Chapter #0566**

Thursdays at 6:00 p.m.

## WACKY RACES

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

## Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September–April)

## 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.

*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 meets to share and preserve life experiences and family history. New members welcome!*

# HEALTH & WELLNESS

## WALKING CLASS

Walking class meets every **Monday afternoon (Room 3) and Thursday afternoon (Activity Room) at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. Don't risk falling on icy sidewalks but come to the warm, dry Senior Center and exercise with us. No need to register, just come.



## NEXT TAI CHI SESSION TO BEGIN MARCH 18 WITH MICHAEL FRICKE

The Fond du Lac Senior Center welcomes Michael Fricke as the new Tai Chi Instructor. He comes to us with 40 years of experience with Tai Chi. He has taught at

St. Joseph's Convent in Campbellsport and with the Sisters of Agnesian in Fond du Lac and at the Fond du Lac Center for Spirituality. The eight week session will end on May 6. **Classes meet on Tuesday morning 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.

## EXERCISE CLASSES



### LOW IMPACT CHAIR EXERCISE

With **Jaime Roth**

**Mondays 9:00 – 9:30 a.m.**

Sponsored by **All About Life Rehabilitation Center**

### CHAIR EXERCISE VIDEO

**Men & Women Welcome!**

**Wednesdays 10:10 – 10:40 a.m.**

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

## OTHER EXERCISE

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

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

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

**Beginning Line Dancing** .....Saturdays, 10–11:30 a.m.

March 1, 8, & 15 ; \$7.50 for 3 weeks

**Water Exercise**.....

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

**Zumba Gold**.....Monday evenings 5:30 to 6:30 p.m.

\$5 walk ins Call 920-606-9078 for info.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Agnesian HomeCare

**Friday, March 14;** from 9–10 a.m. *2nd Fri. of the mo.*

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

**Friday, March 14** from 9–10 a.m. *2nd Fri. of the month*

No appointment needed; Donations accepted. *12-hour fast required.*

### CHOLESTEROL SCREENING

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

**Tuesday, May 13;** from 8:30– 11 a.m.

*2nd Tuesday in February, May, August, November*

Cost: \$20; Call 322-3630 for appointment. *12-hour fast required.*

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

**Thursday, March 13, 20, 27**

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

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, April 11;** 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, March 25;** 10 a.m. through the day

*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 13;** from 8:30 – 11 a.m.

*2nd Tuesday in February, May, August, November*

Cost: \$40; Call 322-3630 for appointment.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, March 27; 6:30–8:00 p.m.** (*4th Thursday of the month*)

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

### DIABETIC SUPPORT GROUPS

**Tuesday, March 18; 4:00–5:00 p.m.** (*3rd Tuesday of the month*)

Aurora Health Care Center, 210 American Drive ~ American Room

**Tuesday, April 8; 6:00–7:00 p.m.** (*2nd Tuesday of the month*)

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

### GLUTEN FREE SUPPORT GROUP

**Friday, March 21; 9:00–10:00 a.m.**

Festival Foods, 1125 E. Johnson Street ~ Conference Room

### PARKINSON'S SUPPORT GROUP

**Monday, March 10; 10:00–11:00 a.m.** (*2nd Monday of the month*)

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTRATE CANCER

**Tuesday, March 11; 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, April 9**

**10 a.m. – Noon**

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, tell her about this beneficial program. **Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.**

## Concerns Regarding the Aging Process: How to Help Yourself, Your Family and Friends

**Thursday, March 6**  
**10–11 a.m.**



Tiffany Fisher, Physical Therapist with Aurora Rehabilitation Center, will share tips on reducing the risk of falls, osteoporosis, fractures, and issues with bladder and bowel control. These may not be issues we like to think about but all of us have family or friends that could use medical information to make wise decisions on the best treatments to pursue. Tiffany will share helpful hints. Please call 322-3630 to register to attend this program.



## HEALTH SCREENINGS MORNING:

**Friday, March 14**

**9–10 a.m.**

**Blood Pressure**

**Blood Sugar (fast required)**

## SENIOR WELLNESS MORNING:

**Friday, April 11**

**9 – 11 a.m.**

**9–10 a.m. Health Booths, Health Screenings**

**10 a.m. Chaplain Dean Desilet**

Chaplain Desilet of Lutheran Homes and Health Services will explore the Spiritual Dimension of Wellness. Learn practical insights for overall good health.

## SAVE THE DATE: July 16, 2014

Mark your calendar so you don't miss the fun at the **Senior Summer Games** at Taylor Park—which will include horseshoes, bingo, yolf, softball throw, water aerobics, prizes, picnic lunch with brats or burgers *and more!*



## Seeking Seniors who visit other Seniors

We would like to meet with you **May 8 at 2 p.m.** to explain how you can be part of our Outreach Program. If you are visiting a neighbor, a long time acquaintance, or someone you just met, you could join the Friendly Visitors part of the Senior Outreach Program. We want to hear what you are doing and share how we could assist you and the person you visit. For more information, call Jean at 322-3636.

# SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## COMMUNITY CARES

Volunteers will visit **Artisan Assisted Living and Memory Care**, 154 S. Pioneer Parkway, **Tuesday, March 25, 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 for these one-on-one visits. We furnish a small gift for the person visited. Volunteers can be any age. New volunteers are welcome. If you would like to participate or have questions, call 322-3630.



## SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, March 6, from 9 – 11 a.m.** At 9 a.m. we will meet to submit reports, share concerns, and encourage each other. At 10 a.m. **Tiffany Fisher, physical therapist with Aurora Rehabilitation Center**, will present a program on some of the issues that come with aging including the risk of falls, fractures, bladder control or bowel control issues or osteoporosis. Learn helpful hints and what treatments are available.

**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

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt.—have a perfect fit to your car
- 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
- 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.—NOON (March & April due to Tax Aid Program and activities being moved)**  
**Crafters welcome to inquire about consignment opportunities**
- FDL County 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 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 Service Benefit Specialist  
Julie Hilbert can be reached at 929-3521.

## SENIOR CITIZEN ADVISORY BOARD

- 2 openings for Friends-elected
- 1 opening for City Council-appointed

Nominations for a Friends representative to serve on the Senior Citizen Advisory Committee (SCAC) will be accepted April 7 – 11, 2014. An election will be held April 21–25 at the Center. SCAC members represent senior citizens in the community, be aware of their concerns, make recommendations, and serve in an advisory capacity to the Senior Center. There is a **Fond du Lac residency requirement** and meetings are held at 8:30 a.m. on the 3rd Friday of the month. The term begins May 16, 2014. If interested in running for this Committee, please pick up an application from Dottie at the Senior Center by April 1. There is also an opening for a City Council-appointed member.

**Vote at the front desk April 21–25.**

## AARP MEETING Thursday, March 20 ~ 1:30 p.m.

**Guest Speaker: FDL County District Attorney Eric Toney**

AARP meetings are held at the Fond du Lac Senior Center every **3rd Thursday** of the month at **1:30 p.m.** They are free to attend and open to the public — all ages are welcome. Refreshments

# CLASSES & CROPS

## 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
<b>Singing</b>	Tuesday	10–11 am	6	\$25
April 8, 15, 22, 29, May 6, 13				
<b>Oil Painting</b>	Tuesday	10 am–noon	4	\$15
March 11, 18, 25, April 8				
<b>Drawing &amp; Watercolor</b>	Tuesday	1–3 pm	4	\$15
March 11, 18, 25, April 8				
<b>Mixed Media Art</b>	Tuesday	3–4:30 pm	4	\$10
March 11, 18, 25, April 8				
<b>Open Sewing Lab</b>	Wednesday	3:30–6:30 pm	5	\$15
April 2, 9, 16, 23, 30		October 1, 8, 15, 22, 29		
<b>Country Line Dancing</b>	Thursday	6–7:30 pm	4	\$10
March 6, 13, 20, 27		April 3, 10, 17, 24		
<b>Beg. Country Line Dance</b>	Saturday	10–11:30 am	3	\$7.50
March 1, 8, 15		April 5, 12, 19		

## SING INTO WELLNESS

**New SINGING CLASS begins April 8 through May 6 TUESDAY MORNINGS from 10–11 a.m.**

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 starting a new 6-week singing class 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. Sessions will feature various genres of music and will include a vocal guide book and music and accompaniment CD.

The cost is \$25 for the entire 6-week session. Register and pay at the front desk.

**NO PRIOR SINGING EXPERIENCE NEEDED...  
OPEN TO ALL LEVELS, BEGINNER TO ADVANCED**



## MPTC CLASSES THIS SPRING

Recreational classes offered at the Senior Center:

### QUILTING TECHNIQUES FOR PROFIT

Learn a variety of techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual projects.

Instructor: Beth Herriges

Cost for the 2-week session:

Age 62 or over—\$4.00; Under 62—\$22.34

Course #: 301-413-31695

Dates: Thursday—May 1 & May 8

Time: 1–4 p.m.



### BEGINNING YOGA

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Please bring a yoga mat or blanket.

Instructor: Jeanie McDowell

Cost for the 6-week session:

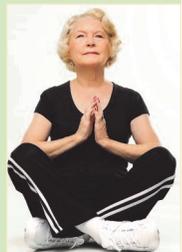
Age 62 or over—\$41.88 Under 62—\$54.50

Course #: 807-600-31249

Dates: Thursdays

April 3, 10, 17, 24, May 1, 8

Time: 10:30–11:30 a.m.



Register for these classes 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 when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes often fill fast.

## CARD MAKING CLASS with Jana Secord

2nd Tuesday of each month

Next class: Tuesday, March 11

3 sessions to choose from:

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



It's SALEABRATION TIME!

We will be using products from the **SPRING** and **SALEABRATION** items to make 3 gorgeous cards!

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 or [stampinjana@charter.net](mailto:stampinjana@charter.net)

## SCRAPBOOK CROP

Colette Jaeger will hold a Scrapbooking Crop at the Senior Center on **Saturday, March 22**, from **9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and space to scrapbook away. To register: please call Colette at 602-2486.



# 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. Those under 50 are considered “Pink Hatters” and wear lavender attire with a pink hat as they are *in training* to become old. Ladies over 50 wear purple with a red hat. ALL ages have fun! The cost to join is \$5 per year and membership to the Friends organization (\$10 annually) is required. A monthly newsletter, *What’s Buzzin*, tells about current activities and is available at the front desk at the Senior Center. Anyone can take a copy—membership is not required to find out what’s happening in the chapter. Find out about monthly outings, luncheons, and fun activities! Pre-registration is required for all chapter activities. Members of the Red Hat Honeys may also be involved in subgroups within the chapter. Current groups include:

- ◆ **Red Hat Honeys Chorus**—meets on Friday mornings and new members welcome! Check out the newsletter for details.
- ◆ **Good Deed Gals**
- ◆ **Umbrella Brigade**
- ◆ **Scrapbookers**
- ◆ **Queens Club**
- ◆ **Community Cares—Touchstone**



CHECK OUT THE **AWESOME** EVENT APRIL 24th!  
**18** YOU WON'T WANT TO MISS IT!

# THIS ‘n THAT

Craft & Gift Shoppe

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

 **THINK  
SPRING!**



Here is something different for Easter...or any time...

**LOCALLY** made popcorn from Faris Gourmet Popcorn, right here in Fond du Lac and local honey, too! Or, how about a Wisconsin shaped wooden cutting board made by a local craftsman?

**GREAT GIFT IDEAS!**

## INTAKE TIME CHANGE DUE TO TAX AIDE PROGRAM

Intake for March 11, March 25, and April 8 will conclude at NOON.  
If you need a special time to bring items in, please contact Pat Lefebber.

# 2014 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>

## CHOICE OF SUPPORT:

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



- \$\_\_\_\_\_ 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 2014 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 2014 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 2014 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 2014 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

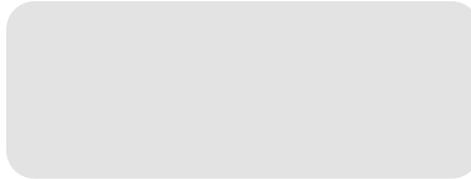


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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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

### FRIENDS BOARD OF DIRECTORS

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

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

Wisconsin  
Association of  
Senior  
Centers



### SENIOR CITIZEN

#### ADVISORY COMMITTEE

*Sr. Angie Behen*  
*Kathryn Curran*  
*Susanne Dennis*  
*Joyce Dille*  
*Barbara Lukas, Chair*  
*Councilman Gary Miller*  
*Dave Redman*  
*John Silah*

### MISSION

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



Visit us online: [www.fdlSeniorcenter.com](http://www.fdlSeniorcenter.com)  
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