

Among Friends



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

SEPTEMBER 2016

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

National Senior Center Month

Find Balance at Your Center!

Friendship

Purpose



Fitness



Learning



2016



A Free Monthly Publication
Vol. 7 • No. 9

What's Inside

Cathy's Corner 2
 Find Your Purpose..... 3
 Programs & Activities..... 4, 5, 6,
 National Senior Center Month 7
 Programs & Activities..... 8, 9
 Health & Wellness10, 11
 September Calendar.....12, 13
 MPTC Classes 14
 Art & Recreation 15
 Scrip Gift Cards..... 16
 Brown Paper Packages 17
 Movie 18
 Services 19
 Happy Travelers20, 21
 Announcements..... 22
 Membership Application..... 23



Fond du Lac Senior Center

151 E. 1st St.
 Fond du Lac, Wisconsin 54935
 Phone (920)322-3630
 Email..... cloomans@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. Friends bylaws available at the Center. Visit us online at 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.



Happy National Senior Center Month!

This year, the National Council on Aging/ National Institute of Senior Centers have selected "Find Balance at Your Senior Center" as the theme for 2016's National Senior Center Month.



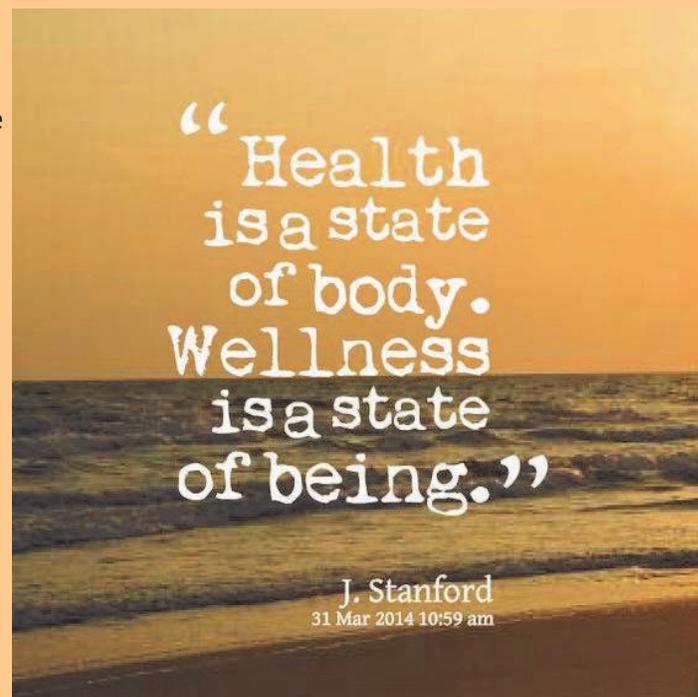
This year's theme is designed to highlight the many ways individuals find balance and whole person wellness at senior centers. What does this all mean? It means that as your Center, we try to design our programs around four core areas: **Fitness, Learning, Purpose** and **Friendship**. Each of these areas help us achieve overall well being.

As you look through our newsletter this month, take a look at how our programs fall under each of these core areas. And then I encourage you to broaden your involvement here and if you aren't participating in things in each of the core areas, try a new class or activity.

Over the last several months, we have been working to increase our program offerings so we hope that you will find something that interests you. And if you have any ideas for programs or activities that you would like us to try, just let us know. As part of our Senior Center Month celebration, we are asking people to register for a drawing each time they participate in a program at the Center. At the end of the month, we will celebrate and give away a prize that relates to each of the four core areas.

We hope you join us in celebrating National Senior Center Month—we look forward to seeing you!

Cathy



Find Your Purpose



Volunteer Fair

**Tuesday, September 13
1:00-3:00**

**(If you can't attend the fair, stop in
anytime for an application)**

Stop at our Volunteer Fair to learn about volunteer opportunities at the Center, including:

- * Veterans needed for our new "Veteran to Veteran Program"
- * Callers needed for our Friendly Phone Visit Program

Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities. Find your purpose and some added health benefits by becoming one of our volunteers!

Newsletter Crew

Editor..... Cathy Loomans
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

The deadline to submit something for the September *Among Friends* newsletter is Wednesday, September 3, 2016. Please submit information to Cathy Loomans.

Up-to-Date Information

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

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his **KFIZ am 1450** *The One You Depend On* Breakfast Show every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Web www.kchallfdl.com

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www.lutheranhomesfonddulac.org

Programs & Activities

Art Corner

Be sure to take a look at the art that is featured each month in the east lobby at the Center. Our talented artists display their works of art for everyone to enjoy.

THE
"earth"
WITHOUT
"art"
IS
JUST
"eh."

Melodies and Memories Choir

Thursday, September 8

3:30– 4:30 p.m.

2nd Thursday of each month

Do you love to sing? Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.



Please call the Center at 322-3630 if you would like to join us.

Upcoming Umbrella Brigade Performance



The Red Hatter's Umbrella Brigade will be spreading a little sunshine on: Wednesday, September 28 at 2:00 p.m. at the Artisan Assisted Living.

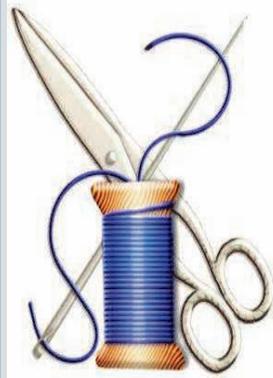
These ladies and their performance will make you smile!

Sewing Class Wednesdays

Sept. 7, 14, 21

3:30 – 6:30pm

\$9.00 for 9 hours.



Advance Planning

with attorney Michael Blum

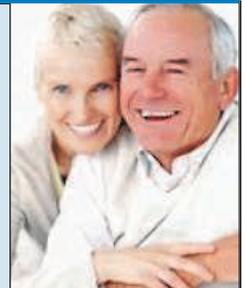
Wednesday, September 14

1:00 p.m.

Attorney Michael Blum will be at the Center to talk in depth about:

- Estate planning
- How to set up a will
- Living wills
- Advance directives.

Call 322-3630 by Monday, September 12 to register for this free presentation.



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 50 and older. Annual membership dues are \$5, plus your Friends membership.

Put on your hats, grab your purses, and come out and have a mysterious ball of fun!

Red Hat Get Together

Wednesday, September 20

1:30—??

Ashwood Grove Club House—W7033 Discovery Drive, FDL

Cost: \$3.00

Please sign up at the Senior Center front desk where additional information is available.

TRIAD/SALT MEETING
(Seniors and Law Enforcement Together)

Thursday, Sept. 22; 1:00 p.m.

Zacherl
FUNERAL HOME, INC.

Speaker: Dawn Nelson, Funeral Director,
Zacherl Funeral Home

Topic: What happens if you or a loved one pass away while vacationing in another state or while staying at your winter home? Come to find out important information on how to deal with a crisis and not be scammed during this time of stress.

Simple Will and Power of Attorney Help for Low Income Seniors



Fond du Lac County Department of Senior Services
in partnership with GWAAR present:

Wills for Seniors—a program to help low-income seniors prepare basic estate planning documents.

Program participants will meet with an attorney who will help them draft a basic will, power of attorney for finances, and/or power of attorney for health care and Authorization for Final Distribution (if desired).

This program is not designed for:

- * people with large or complicated estates
- * beneficiaries with special needs
- * beneficiaries who are unable to handle their own finances
- * people who want to set up or require sophisticated trusts
- * Medicaid, tax, or business succession planning
- * people who are not appropriate for a basic will

Date: Tuesday, September 27, 2016
Time: Appointments available between
8:00 am through 2:30 pm

*** YOU MUST HAVE AN APPOINTMENT TO PARTICIPATE ***

Location: Fond du Lac Senior Center
151 E. 1st Street
Contact: For an appointment, call GWAAR
(Greater Wisconsin Agency on Aging
Resources) at (608) 243-2881

Are You Eligible?

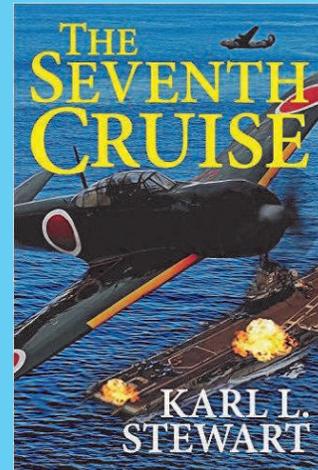
To participate, you must be:

Age: 60 or older
Income: Monthly income less than:
\$1,980 single person
\$2,670 married couple

For further questions, contact:
Julie Hilbert at (920) 929-3521

Meet the Author: Karl Stewart

Karl will be here to talk about his
newest book:



**September 21
1:00**

Set during WWII, *The Seventh Cruise*, Karl Stewart's third novel, finds See Bird Carpenter preparing his grandson, Stu Carter, for what is to come before the young man embarks on a long, four year, two ocean war. When Stu meets Maggie while on 'liberty', sparks fly. But can love survive the brutality of modern war?

Profits from the sale of this book will go to the Disabled American Veterans.

AGING MASTERY PROGRAM Next Session Starts September 8th

Be a part of this
innovative
wellness program!

**Call to register:
322-3630**



Programs & Activities

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.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

CARD GAMES

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays at 12:00 p.m.

EUCHRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Tuesdays at 8:00 a.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

(starting up again on September 9th)

CLOWN TROOP

1st & 4th Wednesdays at 11:00 a.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesday 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GAME DAY

Fridays at 1:30 p.m.

GERMAN CLUB

(starting up again in September)

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

POOL Open Pool daily

Leagues

8-Ball Tuesdays (starting in September)

9-Ball Wednesdays. (starting in September)

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 Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; 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, September 1 Boda's

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.

STAMP CLUB

3rd Wednesday at 7:00 p.m.

(except March, July and December)

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Friday, September 16th

TJ's Harbor Restaurant

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

TOPS (Take Off Pounds Sensibly)

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. Starting Sept 16

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

New members welcome!

Celebrate National Senior Center Month

Friendship ✨ Purpose ✨ Fitness ✨ Learning

During the month of September, you are invited to stop in and try different programs to
“Find Balance At Your Senior Center”

For each activity you attend, you can register to win prizes. One prize will be given away in each of the four core areas:

Friendship - green entry forms,

Purpose - orange entry forms

Fitness - blue entry forms

Learning - yellow entry forms



Then, on Thursday,
September 29th
2:00 p.m.
It's time to Celebrate!

We will have prize drawings, refreshments, and
*The Happy Travelers will unveil our 2017
 Trip Schedule!*

Traveling with our Happy Travelers is a wonderful way to find balance! Come see the New Adventures we have lined up for you!



Keep up with Senior Center news and activities, like us on Facebook!

Programs & Activities

Get your investment questions answered at

BAGELS WITH BEN

Tuesday, October 11; 9:00–10:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies on Tuesday, August 9 from 9–10 a.m. at the Senior Center. Free to attend.

Call 322-3630 to register.
Bagels from The Bagelmeister.



Mark your calendars for this upcoming crop.

SCRAPBOOK CROP

Saturday, October 29; 9 a.m.—9 p.m.

For details on this upcoming scrapbook crop or to register, call Kim Wagner at 920-517-1108.

Beginners Card Making Class

Tuesday, September 20, 2–4 p.m.

with Christine Bertram

Cost: \$5.50 per person

Create these two beautiful cards! We will teach you everything you need to know about stamps, papers, inks, cutting tools and adhesives. All materials will be provided.

Registration and payment deadline is Thursday, September 15.



Euchre Card Club

Come join us for a fun time! Whether you have played before or are brand new to the game, we'd love to have you! Euchre is EASY to learn and fun to play.



Call 948-1606 for more information or drop in. See you Mondays from 1:00-3:00 in Room 4!

AARP MEETING

Thursday, September 15
1:30 p.m.



Join Agnesian Health Shoppe staff as they share information about some changes in Medicare and how they may affect you.

AARP Meetings are held the 3rd Thursday of the month at 1:30. They are free to attend and open to the public. Refreshments are served. The cost to join the local AARP chapter is \$3.

Memory Cafe

The first Friday of each month held at the Senior Center.

Friday, September 2; 10:00 a.m.

Activity: It's Apple Season!

We will taste test several varieties of apples and enjoy this special fall treat.



Next Cafe: Friday, October 7th 10:00 a.m.

Sponsored in part by:

ManorCare 
Health Services

NEW GAME! BID EUCHRE

Fun, laughter and the opportunity to make new friends when you join the new Recreational Bid Euchre group meeting every 4th Tuesday of the month from 1:00-3:00.



If you would like more information, please call (920) 948-1362.

Singing Class

September 13th— October 18th



No matter your skill or experience level, Kathryn Staley-Hamm's Sing Into Wellness Class will help you learn to sing, improve your talent and HAVE FUN experiencing different styles of music.

\$25 for 6 weeks
Call 322-3630 to register

BEGINNING YOGA

Thursdays beginning
September 8th



2 Sessions

9:00am-9:55am Course # 807-600-21063 or
10:35am-11:25am Course #: 807-600-21062

Introduces students to all the essentials of yoga. Practice breathing techniques, stretches, and posture. Please bring a yoga mat or blanket.

Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$28.80, under 62—\$36.60

Register at Moraine Park Technical College in person or call 922-8611 (ask for the registration desk). You will need the course number when you call. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes are held at the Senior Center.

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Integrity (in teg'rate) n. the quality of being of sound moral principle; honesty, sincerity.
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Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!



Tuesday mornings 9:00-10:00 a.m.

Next session: Sept. 20—Nov. 8 \$45

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

For more information, call 322-3630.

Bike Rides

Join us the 2nd Tuesday of the month April—October at 10 a.m.



September's bike ride will be Tuesday, September 13 at 10:00 a.m. Meet at the Rolling Meadows Trail Parking Lot to do a partial ride on the Wild Goose Trail. This trip is not a paved trail. Please call 322-3630 to register. 50¢ donation. Cancellations on ride day call Larry at 960-9100. Rain date

CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.



OTHER EXERCISE

Hikers

Tuesday & Thursday 10 a.m.
Call Ruth at 921-7192.

Line Dancing

Thursdays 6—7:30 p.m.
\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.; \$7.50/ 3 weeks
Summer hours: Thursdays 9:00—10:30 a.m.

ZUMBA

Mondays 5:30 - 6:30 p.m.

\$5 walk in/10 class punch cards \$40.00 at the door



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Generations Home Care & Hospice

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

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, September 9, 9—10 a.m.

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

CHOLESTEROL SCREENING

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

Tuesday, November 8; 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) - Cost \$25

Sponsored by FDL County Health Department

Thursday, September 8, 15, 22; October 6, 20, 27

Call 322-3630 for an appointment.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

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

Tuesday, September 27; 10 a.m.—2 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, November 8; 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, September 22; 6:30—7:30 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, September 20; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center, 210 Wisconsin American Drive
~ American Room

PARKINSON'S SUPPORT GROUP

Monday, September 12, 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center, 210 Wisconsin American Drive
~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, September 13; 8:30 a.m. (2nd Tuesday of the month)
Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Balance and Body Movement Class Fridays

Laurence Lewis, leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

These **free** classes will be held at the Senior Center on Fridays at 10 a.m. or 11:00 a.m.

Openings available - call to register - 322-3630



Self Defense Class

Is now being held weekly on **Fridays** at **9:00 a.m.**

Call to register for this **FREE** class!



Cardio Drumming - Mondays at 3:00 (starting again on September 12)

Give us a try! Your first class is free!

Purchase a punch card good for 8 classes for \$24.

Call 322-3630 for details!

Senior Outreach Program



Reaching Out – Touching Lives

Sponsored in part by the Fond du Lac Area United Way



Do you like to make others smile? Learn more about our Outreach Opportunities. Call Sarah at 322-3641.

Community Cares

Volunteers will visit **Brookdale, 1001 Primrose Lane Fond du Lac, Tuesday, September 27, 2:00 to 3:00 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. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



Senior Outreach Program

Outreach volunteers will meet on **Thursday, September 1 at 9:00 a.m.** to submit reports, share concerns and encourage each other. During this meeting we will also provide an opportunity for continuing education and work on resource building.



At 10:00 a.m. Heartland Hospice will be here to talk about Grief.

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

September

Monday

Tuesday

Wednesday

Thursday

Friday

LET'S DO LUNCH!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday 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. Registration for lunch is **Senior Dining** 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



Fellowship, Food & Fun

5

Center Closed



12

- 9:00 Low Impact Chair Exercise
- 9:00 Woodcarving Club
- 1:00 Euchre
- 1:00 German Club
- 1:00 Poker
- 1-1:15 Sheepshead

6

- 8:00 Skat
- 8:30 Pool League 8 Ball
- 9:00 Tai Chi
- 10:00 Hiking
- 10:00 Acrylic & Oil Painting Class
- 12:30 Bridge
- 1:00 Bingo—Sponsor: Lutheran Home
- 1:00 Stitchery Group
- 1:00 Drawing & Watercolor Class
- 3:00 Mixed Media Art Class
- 6:00 Winnebago Woodworkers at Horace Mann High School
- 6:30 Senior Dining—Jim & Linda's Social at 5:30

13

- 8:00 Skat
- 8:30 Pool League 8 Ball
- 9:00 Tai Chi
- 10:00 Hiking
- 10:00 Acrylic & Oil Painting Class
- 10:00 Singing Class
- 10:00 Bike Ride—Wild Goose Trail

1

OFFSITE SUPPORT GROUPS
 9/12 10:00 Parkinson's Support Group: Aurora Health Care
 9/13 8:30 Prostate Cancer Support Group—Rolling Meadows Family Rest.
 9/20 4:00 Diabetic Support Group at Aurora Health Care Center
 ** All Orange Events are held Offsite
 Open Pool daily except during league playing time.

2

- 9:00 Senior Outreach
- 9:00 Hand Chimes -No Rehearsal
- 10:00 Hiking
- 10:00 Scrapbooking
- 10:00 Beginning Bridge
- 12:00 ROMEO's—Boda's
- 12:30 Bridge
- 1:00 Flying Geese Quilters
- 1:00 Tech Tyme
- 5:45 TOPS #0566
- 6:00 Country Line Dancing
- 6:00 Chartastics Scrapbook Club

3

Saturday

4

Sunday

9

- 9:00 Self Defense
- 10:00 Memory Cafe
- 10:00 Balance and Body Movement
- 11:00 Balance and Body Movement
- 12:30 Wii Bowling
- 1:15 Sheepshead
- 1:30 Game Day

8

- 9:00 Foot Care
- 9:00 Hand Chimes
- 9:00 Senior Outreach Advisory
- 10:00 Hiking
- 10:00 Scrapbooking
- 10:00 Beginning Bridge
- 12:30 Bridge
- 1:00 Tech Tyme
- 1:30 Aging Mastery Program
- 3:30 Melodies and MemoriesChoir
- 5:45 TOPS #0566
- 6:00 Country Line Dancing
- 7:00 Sunset Stitches

9

- 9:00 Self Defense
- 9:00 Health Screenings
- 9:00 Hearing Screening/Hearing Aid Cleaning
- 10:00 Red Hat Chorus
- 10:00 Balance and Body Movement
- 11:00 Balance and Body Movement
- 12:30 Wii Bowling
- 1:15 Sheepshead
- 1:30 Game Day

10

Saturday

16

10:00 Beg. Country Line Dance

15

- 9:00/10:30 Yoga
- 9:00 Hand Chimes
- 9:00 Foot Care
- 10:00 Hiking
- 10:00 Scrapbooking
- 10:00 Beginning Bridge

16

- 9:00 Self Defense
- 10:00 Red Hat Chorus
- 10:00 Balance and Body Movement
- 11:00 Balance and Body Movement
- 12:30 Wii Bowling
- 1:00 Memories Writers Group

Moraine Park Classes



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—sign up soon!



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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BEGINNING YOGA

807-600-21062	R	September 8, 2016	6 weeks	10:35am-11:25am	6 hours	J. McDowell	\$28.80	\$36.90
807-600-21063	R	September 8, 2016	6 weeks	9:00am-9:55am	6 hours	J. McDowell	\$28.80	\$36.90

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

INTERNET SECURITY/YOUR COMPUTER

103-657-21330	W	September 14, 2016	1 day	9:00am-11:55am	3 hours	J. Schmitz	\$20.70	\$26.10
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Protect your computer, your data and your online accounts from hackers. Explore various types of malware threats and the use of protection software. Learn to schedule regular computer system maintenance and keep your computer clean and free from risks and threats.

PINTEREST INTERESTS

103-670-21260	T	September 20, 2016	1 day	9:00am-11:55am	3 hours	A. Mielke	\$20.70	\$26.10
---------------	---	--------------------	-------	----------------	---------	-----------	---------	---------

Pinterest is a virtual online pin board that is a fun way to discover new things and get inspiration from people who share your interests. Find share, and organize events, home decorating projects, recipes, craft and woodworking projects, inspirational quotes and more. This course is designed for beginning users as well as those who already have a Pinterest account.

SETTING UP A FACEBOOK PROFILE

103-678-21257	F	September 23, 2016	1 days	9:00am-12:55pm	4 hours	A. Mielke	\$20.70	\$26.10
---------------	---	--------------------	--------	----------------	---------	-----------	---------	---------

Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

CONNECTING ON FACEBOOK

103-679-21258	F	September 30, 2016	1 day	9:00am-12:55pm	4 hours	A. Mielke	\$20.70	\$26.10
---------------	---	--------------------	-------	----------------	---------	-----------	---------	---------

Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends, and share your favorite photos with others.

Art & Recreation Classes

15

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	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
September 6, 13, 20, 27; October 4, 11, 18, 25			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
September 6, 13, 20, 27; October 4, 11, 18, 25			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
September 6, 13, 20, 27; October 4, 11, 18, 25			
Country Line Dancing	Thursdays	6:00-7:30 p.m.	\$10 for 4 class punch card
September 1, 8, 15, 22; October 6, 13, 20			
Beg. Country Line Dancing	Saturdays	10-11:30 a.m.	\$7.50 for 3 class punch card
September 10, 17, 24; October 8, 15, 22			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
September 13, 20, 27; October 4, 11, 18			
Open Sewing Lab	Wednesdays	3:30-6:30 p.m.	\$9.00 for 9 hours
September 7, 14, 21			

OUR SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

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BUY GIFT CARDS HERE!

Scrip gift cards are now available in Brown Paper Packages Gift Shop for your everyday shopping and dining needs. Plus, when you buy gift cards here, the Center earns 2.5% - 15% on each card purchased!

- A& W Restaurant—\$5 cards—12%
- Culver's—\$10 cards—8%
- Festival Foods—\$25 cards—3%
- Fleet Farm—\$25 cards—5%
- Gilles—\$10 cards—10%
- Kwik Trip—\$25 cards—5% gas, 15% in store
- Pick 'n Save (Roundy's)—\$25 cards—4%
- Piggly Wiggly—\$25 cards—3%
- Schreiner's Restaurant—\$10 cards—5%
- Shopko—\$25 cards—3%
- Subway—\$10 cards—6%
- Walgreens—\$25 cards—6%
- Walmart - \$25 cards—2.5%

Purchase gift cards in Brown Paper Packages Gift Shop Monday—Friday 10 a.m.—4 p.m., Thursdays 10 a.m.—6 p.m., and the 3rd Saturday of each month 10 a.m.—2 p.m. Cash or check only.

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(920) 929-3466 OR 1-888-435-7335
adrc@fdlco.wi.gov

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Brown Paper Packages Gift Shop features the hand crafted work of over 40 local consignors.

From garden art to jewelry, wood working to pottery, we have the perfect gift for any occasion. (And you might find the perfect thing for yourself, too.)

Stop in and see the wonderful variety of items that we offer from these talented local artists!

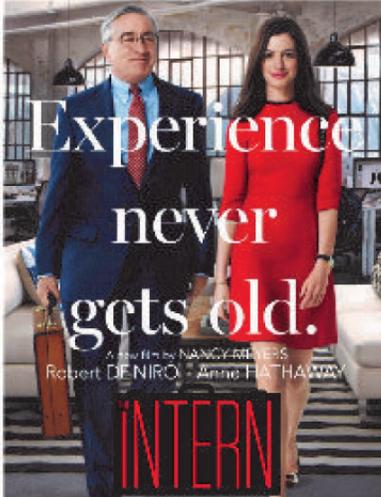
Monday—Friday 10 a.m.—4:00 p.m.,
Thursday evenings 4—6 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3637

Open to the public— Located inside the Fond du Lac Senior Center



Programs & Activities - Movie



The Intern

Wednesday, Sept. 7 & Monday, Sept. 19

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

September 7 Menu: Chicken and Biscuit Casserole

September 19 Menu: Glazed Ham

2015 movie; 1 hr 44 mins; PG; Drama; Starring: Ian McClellan, Laura Linney, Milo Parker

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.



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CONTACT

Tom Schmanski to place an ad today!
tschmanski@4LPi.com or (800) 950-9952 x2537

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.



- September 6** **Jim & Linda's Lakeview**
- September 13** **Schreiner's**
- September 20** **Sunset on the Waters**
- September 27** **Pebbles Grille**

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

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

Senior Dining



September 2016 Fond du Lac County Senior Dining

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday 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. Register for lunch by calling 929-3937 at least one day in advance before 1 p.m.



Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Thursday, September 1: Beef Stew
- Friday, September 2: Chicken Teriyaki
- Monday, September 5: Closed
- Tuesday, September 6: Brat on a Bun
- Wed., Sept. 7: Chicken/Biscuit Casserole
- Thursday, September 8: Salisbury Steak
- Friday, September 9: Crispy Fish Filet
- Monday, September 12: Pot Roast
- Tuesday, September 13: Baked Chicken
- Wednesday, September 14: Chili Casserole
- Thursday, September 15: Pork Steak
- Friday, Sept. 16: Cranberry/Kraut Meatballs
- Monday, September 19: Glazed Ham
- Tuesday, September 20: Roast Turkey
- Wednesday, September 21: Meatloaf
- Thursday, Sept. 22: Lasagna Casserole
- Friday, September 23: Salisbury Steak
- Monday, September 26: Chicken Breast
- Tuesday, September 27: Sweet and Sour Pork over Brown Rice
- Wednesday, September 28: Baked Chicken
- Thursday, Sept. 29: Meatballs in Honey
- Friday, September 30: Roast Pork Loin

Come dine with friends!

- Free computer/Internet access in the lab & lobby for Friends 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 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- 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: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday 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.

**WE
ARE
HERE
TO
HELP**

Happy Travelers

Be a Happy Traveler... *We're going places!*



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.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

Now that Brett Favre is in the NFL Hall of Fame, it's time for a trip to the
*** Packer Hall of Fame * Tour of the historic Lambeau Field.**



November 2, 2016

Depart: 9:00 AM Return: 5:00 PM

Lunch at Lambeau Field—Dutch Treat

\$60.00

Yellowstone and Glacier Adventure

July 17– 27, 2017

11 days



- * 2 nights on the train
- * hotel accommodations for 8 nights
- * 18 meals
- * Salt Lake City Tour

* National Oregon/California Trail

* Grand Teton National Park

* Yellowstone National Park - Upper and Lower

* Deluxe motor coach transportation

**Filling Fast - Make
Your Reservation
Soon!**

\$2875 Db/\$3625 Sgl

Rail sleeping available as an upgrade

Happy Travelers

Be a Happy Traveler... We're going places!



Two Trip Preview
October 10
1:00

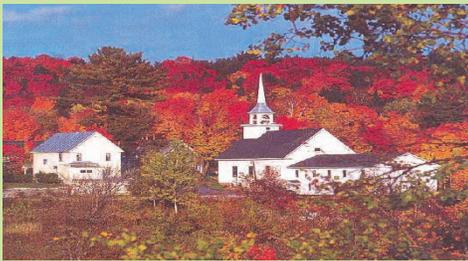


**South Pacific Wonders—
Australia and
New Zealand**

Oct. 31 - Nov. 14, 2017
With 4 Day/3 Night
Extension in Fiji

**Colors of New
England**

Sept. 26—Oct. 3, 2017



Representatives from Collette will be here to share the details of these two amazing trips! Call to register 322-3630



Limited seating available for these trips. Call soon to save your spot!

Day Trips

- Singin' in the Rain** September 1 - \$105
- Cookin' with Gus** September 28 - \$75
- Ho Chunk** October 11 - \$34
- Million Dollar Quartet** October 13 - \$105
- Lambeau Field and Packer Hall of Fame** - Nov. 2—\$60
- Churches and Chocolates** - November 10 - \$99
- North Star & Roepke's** - November 16 - \$59
- Fireside Christmas** - December 15 - \$105

Extended Trips

- Colorado Rail Adventure** **Filed**
SEPTEMBER 8—16 - 9 days \$2,150 pp/do
- Albuquerque Balloon Fiesta** **Filed**
6 Day Trip; October 4—9 \$2,599 pp/do
- Yellowstone & Glacier Adventure** **Filed**
11 days July 17-27, 2016 - \$2875 pp/do
- Tropical Costa Rica**
9 Day Trip; January 9—17, 2017
\$2,899 per person double occupancy
- South Pacific Wonders - Australia & New Zealand** **Filed**
October 31—November 14, 2017 with
Extension 4 Days/3 Nights in Fiji
- Colors of New England**
September 26—October 3, 2017

**Call for details or stop in to sign
up!
322-3635**

Announcements/Mark Your Calendar

Red Hat Halloween Chili Dump
Monday, October 24th
12:30-2:45



Come in your Halloween Costume and bring a pint of your favorite Chili to add to the Chili Dump. Be prepared for a *GHOST STORY* to chill your bones!



Big Brothers Big Sisters 2nd Annual 5K BIG Splash & Dash

Date: Saturday, September 10th

Time: 8:00am Registration

9:00am Fun Run

9:15am Fun Walk

Location: Veteran's Park, Downtown Fond du Lac

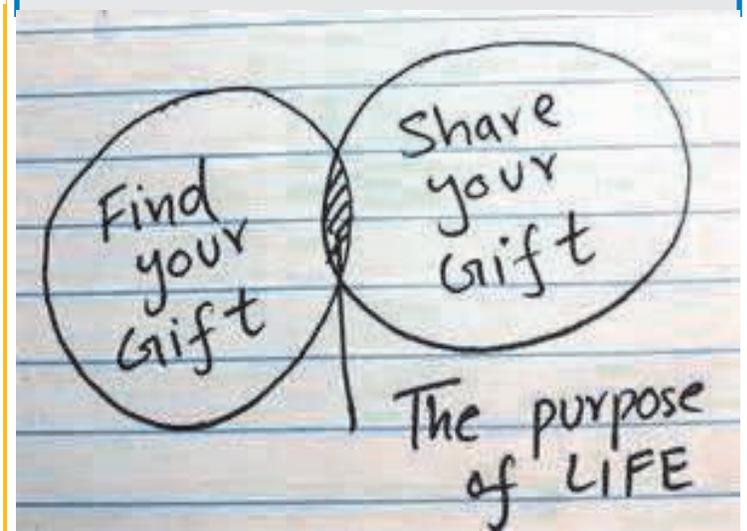
Cost: \$25/person through September 9th
\$30/person day of race; Children 6-17, \$10
Children 5 or under, FREE

For more information,
<http://www.bbbsfdl.org/bbbsfdl-events> or call the

BAKE SALE



Plans are underway to hold a Bake Sale on Election Day, November 8, 2016 to support the Fond du Lac Area United Way. We are looking for volunteers to donate baked goods for the sale. If you are interested in helping out, please sign up by calling 322-3630. Be sure to stop out that day to pick up a treat! Sale begins at 8:00am.



Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

SNOWBIRDS? MOVING?

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, **PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW!** Because of our bulk mailing status for our Among Friends newsletter, any newsletters that cannot be mailed will be returned to the Senior Center and *will be charged* to the Center. We have been getting many newsletters back each month and this can be quite costly. Or, give us your email address and we'll email the latest issue to you!



2016 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. We do not share your information with any outside organization.

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

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

NAME(s) (both, if couple)	
MAILING ADDRESS	APT #
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

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

CHOICE OF SUPPORT:

- \$10.00 Single** **\$15.00 Couple** (same address)
- \$_____ 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 2016 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 2016 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 2016 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 AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

- NEW 2016 Member Renewal Receptionist Initials _____
- FANTASTIC FRIENDS \$50 FABULOUS FRIENDS \$100
- Received Dine Out Book for Fantastic or Fabulous membership Received Happy Travelers Info
- Received *Among Friends* Newsletter

July 2016 Newsletter

_____ Card File

_____ Computer

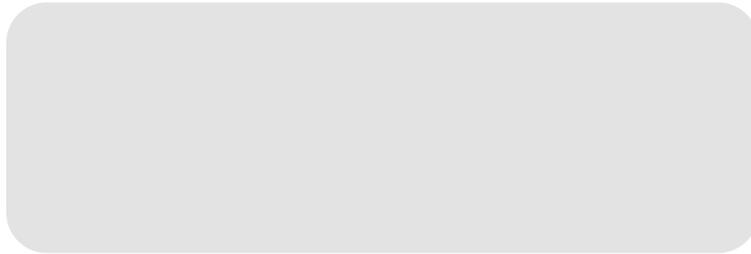


Fond du Lac Senior Center

151 E. First Street
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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

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.