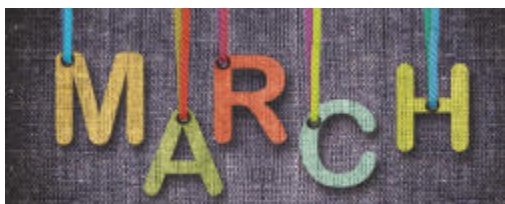


# AMONG FRIENDS

## MARCH 2019



Proudly serving the Fond du Lac Community for over 52 years!  
...WHERE FRIENDS MEET!



A Free Monthly Publication  
Vol. 10 • No. 3

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**ALL ACTIVITIES HELD AT THE  
SENIOR CENTER UNLESS NOTED.**



### 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 am- 4:30 pm

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at [www.fdlseiorcenter.com](http://www.fdlseiorcenter.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 our Center.



Do you remember the first time you got a membership packet from AARP in the mail? I got one shortly before I turned 50, and my reaction was "YIKES I'm not ready for AARP!" What I have learned since then is that AARP does a lot to advocate for people 50 and over. Right now, they are launching a multi-year campaign to lower prescription drug prices for all Americans.



The reason I am brining this up is because this issue faces more and more people each year. I have been surprised by the number of times that I have sat down with someone who is trying to figure out how to afford both food and their medication. Recently someone I know passed away, and after she passed her family became aware that she was only taking half of medication dosage to try and make it last longer. Stories like this break my heart.

As part of AARP's work addressing this issue, the national AARP office is looking for individuals who would be willing to share their story about why affordable medications are critically important. If you have prescription drug costs that you are struggling to afford, and are willing to be part of their campaign, please either let me know or reach out to Jim Flaherty at Wisconsin's State AARP office. His contact information is [jflaherty@aarp.org](mailto:jflaherty@aarp.org) or 608-286-6308.

And while we are talking about AARP, are you aware that Fond du Lac has a local AARP Chapter? They meet monthly at the Center and their meetings typically include speakers on a variety of interesting topics and dessert! J This month Dr. Jim Sebert will be here to talk about the Fond du Lac School District's work on a Facilities Improvement Referendum. Mark your calendar for 1:00 on the March 21<sup>st</sup> and join us. Anyone is welcome at the meetings, and to join the local chapter, dues are \$5 for a calendar year.

Hope to see you soon!

Cathy

**Life Begins  
at 50  
the last 49 years  
Have Just Been  
A Practice**



## Brat Fry

We are looking for volunteers to help grill and serve at our brat fry fundraisers. If you're able to help make the 2019 brat fry season a success, stop by the Senior Center or call 322-3630 to get on the list.

### THANK YOU!



**PDQ - NFDL**

Saturday

April 6<sup>th</sup>

8:00am - 5:00pm

**1<sup>st</sup> WEEKEND**

**Piggly Wiggly**

Thursday, May 9

Friday, May 10

Saturday, May 11

**2<sup>nd</sup> WEEKEND**

**Piggly Wiggly**

Thursday, May 16

Friday, May 17

Saturday, May 18

**3<sup>rd</sup> WEEKEND**

**Piggly Wiggly**

Thursday, May 23

Friday, May 24

Saturday, May 25

### Newsletter Crew

Editor.....Cathy Loomans  
Coordinator.....Lisa Cole  
Mail Crew.....20+ Awesome Volunteers

### Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at [cloomans@fdl.wi.gov](mailto:cloomans@fdl.wi.gov).

### Up-to-Date Information

Tune in to KFIZ-AM 1450 on Monday mornings at 9:35 for the Senior Center update.



*The One You Depend On*

Listen in for information about upcoming activities and events at the Senior Center each Monday when Cathy Loomans, Senior Center Director, joins Bob Hoffmaster on his Morning Show.

Sponsored by Smith & Hatch Insurance.



**Call Matt and Lisa**

Love-Care-Comfort & Secure Dog Boarding  
920-589-2430 | [www.curvecrestkennels.com](http://www.curvecrestkennels.com)

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- Utilities Included\*
- Small pets welcome\*

\*some restrictions apply

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Ed**



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Quality Monument Foundations by Ron Steffes

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- Respite Care • Companionship

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Opportunity  
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286 18th Street • Fond du Lac

# PROGRAMS & ACTIVITIES

We  Our Volunteers  
Save the Date!

## Volunteer Appreciation Party

Thursday, April 25 | 11:00 - 1:30  
Lakeside Park Pavilion

Watch the April newsletter for  
more information!



## Fond du Lac AARP Association Meeting

Thursday, March 21 at 1:00pm  
Fond du Lac Senior Center

**Speaker:** Superintendent Dr. Jim Sebert

**Topic:** Facility Referendum Information Session

After thorough review and assessment of information obtained from a recent community survey, the Fond du Lac School District Board of Education has elected to ask the Fond du Lac community for its consideration of two referendum questions, totaling 98.5 million, on April 2.

Superintendent Dr. Jim Sebert would like to share details about that decision and the specific projects that would be addressed in schools across the District. The presentation will last approximately 30 minutes and will also include a question-and-answer session.

We are hoping that in learning more about the referendum, community members will be better informed about this district-wide initiative that will surely benefit today's students and generations to come.

**EVERYONE IS WELCOME!**



Odd months January - September

Thursday, March 28 at 1:00pm

**Speakers:** Diane Burton and Kerrie Ahrens  
of Juvenile Court Services

**Topic:** Juvenile Court Services

Long gone are the "backyard wood sheds" and orphanages. So how are our youth assisted when they go astray, need assistance or guidance? Juvenile Court Services is the answer. Come and learn more about Intake Services, Supervision Services, Teen Court, Restitution Programs and so much more. **See you there!**

SALT is a voice to advocate for action to ensure that Seniors live in a healthy, safe, enjoyable and vibrant community. Join us as we link seniors and service providers in the Fond du Lac County Area.



Thursday, March 14 | 10:00am - 1:00pm

Join us for this **FREE** event to  
celebrate PI Day with delicious pie!

*Thank you Lake View Place for sponsoring this event!*

Stop at the Senior Center or call 322-3630 to register.

## MPTC COURSES

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 (920) 922-8611 or 1-800-472-4554



Course #	CRN	Title	Instructor	Start Time	End Time	Day	Start/End Date
103-606	31014	Is an iPad or Tablet for You?	Kraft,Karon	09:00AM	11:55AM	M	1-Apr-19
103-611	31015	Apple iPad Basics	Kraft,Karon	09:00AM	11:55AM	M	29-Apr-19
103-613	31016	Apple iPad Basics II	Kraft,Karon	09:00AM	11:55AM	M	6-May-19

## SCAMP BAND

Wednesdays at 8:30a.m

## MUSICIANS WANTED!

The "Scamp" Band is looking for musicians to play in their band. If you're interested in playing or know someone who is, please contact the Senior Center at 322-3630.



## HANDCHIME CHOIR

Wednesday or Thursday  
at 9:00am

Call Gail Zimmerman at 924-0218  
if you are interested in playing.



## TECH TYME

Thursdays at 1:00pm

Bring your tablet, smart phone, iPad or other electronic device and meet with the MPTC IT Club members for one-on-one help with your device.

\*Sessions are limited to 15 minutes per person if other people are waiting.



## BEGINNING COUNTRY LINE DANCING

Saturdays 9:00am - 10:30am  
March 2, 9, 16

## COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm  
March 7, 14, 21, 28

4 classes for only \$10.00

Punch cards available at the front desk.

## TOPS

CHAPTER #0566

(Take Off Pounds Sensibly)

Thursdays at 5:45pm



## Mondays at 1:00pm

Everyone  
Welcome!

LEARN

German





# PROGRAMS & ACTIVITIES

## SCRAPBOOKING

Thursdays at 10:00am



PLEASE NOTE:

Group does not meet the  
4<sup>th</sup> or 5<sup>th</sup> Thursday  
of the month.

## WINNEBAGO WOODWORKERS

2nd Tuesday, 6:00pm - 8:00pm

General meeting at the  
FDL Senior Center.  
Other Tuesdays at  
NFDL High School.



## WOODCARVING GROUP



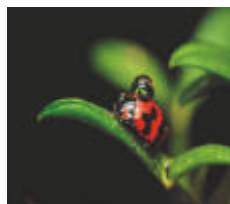
Mondays at 9:00am

New Members  
Always Welcome!

## PHOTOGRAPHY GROUP

OFF FOR THE WINTER. WATCH THE  
NEWSLETTER FOR SPRING SESSIONS!

No experience necessary.  
All levels welcome.



## POOL LEAGUE

8 Ball - 2 man - Tuesdays at 8:30am

9 Ball - 1 man - Wednesdays at 8:30am

SUBS ALWAYS WELCOME!



## RED HAT HONEYS

### THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

#### SPRING FLING

Rolling Meadows Restaurant

947 S Rolling Meadows Dr

Wednesday, March 20 at 12:00pm

Cost: \$12 Limit: 30

Registration Deadline: Wednesday, March 13  
Stop at the Senior Center or call 322-3630 to register.

Hostesses: Elaine Katzfey 923-5179, Rosie Hernandez, Barb  
Buday, Donna Born, and Marion Greuel.

Please contact the event hostesses with questions.

## UMBRELLA BRIGADE



If you are interested in  
joining the Umbrella  
Brigade or looking for  
information, call the Senior  
Center at 322-3630.

## CHORUS

Fridays at 9:00am

The Center is alive with  
the sound of music!  
Come check them out!



## DANCES

\$4.00 donation

Wednesdays - 7:30pm - 9:30pm

Call Caroline at 920-929-9333  
for more information.



## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

4<sup>th</sup> Thursday at 6:30pm

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

### DIABETIC SUPPORT GROUP

3<sup>rd</sup> Tuesday at 3:00pm

Aurora Health Center - Fond du Lac

210 Wisconsin American Drive

Community Education Room (1st floor off clinic lobby)

No registration necessary. For more information, contact the Aurora Diabetes & Nutrition Center at 920-303-8700 ex 5770

### LOCAL PARENTS OF ANGELS

1st & 3rd Thursday 6:00pm - 8:00pm

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

*The Local Parents of Angels is a support group for parents who have lost a child - it can be a recent or a long-term loss. Everyone is welcome!*

### PARKINSON'S SUPPORT GROUP

2<sup>nd</sup> Monday at 10:00am

Aurora Health Center - Fond du Lac

210 Wisconsin American Drive ~ American Room

- ♦ **March:** Importance of Physical Activity with Parkinson Disease. Presenter: Joel Mason, PT, Sports Certified Specialist, Agnesian Healthcare



Senior Outreach invites you to the  
**HEART TREE DEDICATION**  
Thursday, March 7th at 10:00am



## STITCHERY GROUP

Tuesdays at 1:00pm  
Bring your project and join us!

## LADIES PLAYFUL GOLF CLUB

Watch the April Newsletter for information on the upcoming orientation meeting.

The Ladies Playful Golf Club is not a league, but rather an informal way to get together and socialize with other ladies who like to golf. It's all about fun and making new friends! This club is open to any lady golfer with the basic knowledge of golf.



### MEN'S GOLF LEAGUE

Informational Meeting

Thursday, April 18  
10:00am

Whispering Springs Golf Club  
380 Whispering Springs Dr, FDL



# MONTHLY MOVIES

## THURSDAY, MARCH 7 First Man

11:45am Lunch (optional)

1:00pm Movie

PG • 2018 • Drama/Science Fiction • 2h 22m

**Starring:** Ryan Gosling, Claire Foy, Jason Clarke, Kyle Chandler, Corey Stoll, Ciarán Hinds



**SUMMARY:** On the heels of their six-time Academy Award®-winning smash, La La Land, Oscar®-winning director Damien Chazelle and star Ryan Gosling reteam for Universal Pictures' First Man, the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years 1961-1969.

### Mark your calendar for April movies:

Thursday, April 4: The Wife

Wednesday, April 17: Can You Ever Forgive Me

## WEDNESDAY, MARCH 20 Green Book

11:45am Lunch (optional)

1:00pm Movie

R • 2018 • Drama/Comedy • 2h 10m

**Starring:** Viggo Mortensen, Mahershala Ali



**SUMMARY:** When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans.

If you're interested in watching a movie, please call (920)322-3630 to register. See the Senior Dining Program on page 23 if you would like to join us for lunch.

**Thanks to Moraine Park Technical College for sponsoring movies at our Center!**

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& THIEL**  
Insurance Agency

*The former Benefit Specialist for Fond du Lac County, Julie served older adults for the past 15 years. She will provide the same experience and expertise in her new role as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group Health Insurance, and Life Insurance.*

Contact us for more information or to schedule an appointment.

(920) 923-2626 • juliehilbert@mtins.net

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Tooth Removal



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CONTACT

Contact Peter Van Doren to place an ad today!

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OF THIS SPACE.  
— 800-950-9952 —

**Bay Shore**

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Elegant Living on Beaver Dam Lake  
for Seniors

RENT BASED-ON INCOME

**(920) 557-6992**

FREE ADMISSION

23/151

**FLEA MARKET**

FREE PARKING

**THE SHACK (FORMERLY THE CADDY SHACK) INDOOR EVENT**  
W4786 ST. RD. 23 ( JOHNSON ST) FOND DU LAC, WI 54935 | HIGH TRAFFIC INTERSECTION OFF ST. RD. 23 AND HWY. 151

THIS WILL BE OUR FIRST EVENT IN 2019, FEBRUARY 17 FLEA MARKET IS CANCELED

**SUNDAY MARCH 31**

**8 A.M. - 3 P.M.**

ANTIQUES, COLLECTIBLES, CRAFTS, TOYS, JEWELRY, TOOLS, CANDY,  
MANY NEW ITEMS AND MUCH MORE COME AND CHECK IT OUT

**VENDORS WANTED**

FOR THE 2019 SEASON, INDOOR/OUTDOOR OPEN SUNDAYS APRIL 14 (WEATHER PERMITTING).  
OCTOBER 13 (BI-WEEKLY EVENT 2ND AND 4TH SUNDAY OF THE MONTH)

VENDOR INFORMATION: MARIA MUNOZ (920) 376-3597 OR E-MAIL: [mariagm03@gmail.com](mailto:mariagm03@gmail.com) • Also follow us on Facebook: 23/151 Flea Market



For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

Friends of Fond du Lac Sr. Center, Fond du Lac, WI

B 4C 01-1122



## PARKINSON'S MOVEMENT & DANCE CLASS

Tuesday, March 26 at 3:30pm  
4th Tuesday of each month | March - November

This **FREE** class will include chair and standing movements to music for group fitness and fun!

Learn more and sign up at:  
wiparkinson.org or 414-312-6990



## MINDFULNESS SERIES

Mondays, April 1 - May 6 at 1:00pm  
Cost \$5.00

It's everywhere - in corporate boardrooms, hospital staff meetings, and kindergarten classrooms. Mindfulness is a movement which appears to be growing in momentum around the world. But what exactly is mindfulness? A classic definition is that of Jon Kabat-Zinn: "Mindfulness is the awareness that arises from paying attention in a particular way: on purpose, moment by moment, and non-judgmentally." If you'd like to learn more about the practice of mindfulness and its potential to lessen stress and anxiety and enhance enjoyment of everyday pleasures, consider enrolling in the Center's six week "Introduction to Mindfulness" program. The class will be taught by Karen Lindberg-Schuppe, a long-time student and practitioner of mindfulness, who specializes in adult education.

Stop at the Senior Center to register.  
Payment due at time of registration.

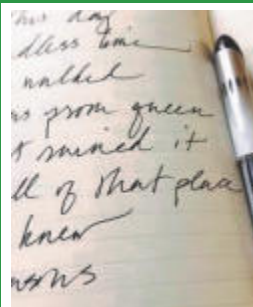
## MELODIES AND MEMORIES CHOIR



2nd Thursday of the month  
3:30pm - 4:30pm  
*This is a FREE Program,  
just drop in!*

**Watch the Newsletter for 2019 dates!**

All singers welcome, including those with the early stages of dementia, along with their care partners.



## MEMORY WRITERS GROUP

Fridays at 1:00pm

Join us to share and preserve life experiences and family history.

**New Members Welcome!**

## GENEALOGY GROUP

2nd and 4th  
Wednesday  
At 1:00pm



## FRIENDS ALONG THE JOURNEY

Sponsored by Kurki-Mach Funeral Chapel  
2nd and 4th Fridays of the month  
1:00pm - 3:00pm

Karen Kraus, an Outreach Chaplain from Kurki-Mach Funeral Chapel, invites those who are bereaved to share life experiences and make new friends.

***EVERYONE IS WELCOME!***

## ALONG THE JOURNEY LUNCHEON

Friday, March 15 at 12:00pm  
Rolling Meadows Restaurant - Dutch Treat  
947 S Rolling Meadows Dr., FDL

Karen Kraus, an Outreach Chaplain from Kurki-Mach Funeral Chapel, invites you to a **NEW** Luncheon Program called, "Friends Along the Journey". This luncheon program is designed for anyone who has experienced a loss just to get together and share a meal. Karen believes that "healing is in the relationship"

The luncheons will be at a different location the third Friday of every month at 12:00pm. Watch the newsletter for the next months location.

Sign up at the front desk or call 322-3630.

***EVERYONE IS WELCOME!***

# HEALTH & WELLNESS

## STRONG BODIES

Monday / Wednesday  
7:00am - 8:00am  
(Senior Center)

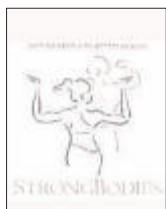
Monday / Wednesday  
9:00am - 10:00am  
(UW FDL)

SPRING SESSION  
Monday, March 4 - Wednesday, May 8

Tuesday / Thursday  
5:00pm - 6:00pm  
(Senior Center)

Tuesday / Thursday  
9:00am - 10:00am  
(UW FDL)

SPRING SESSION  
Tuesday, March 5 - Thursday, May 9



For more information,  
call Sarah Docter at  
(920) 322-3641

## YOGA

Thursdays

Beginning: 9:00am - 10:00am  
Beginning/Intermediate: 10:30am - 11:30 am

Winter Session

No class Thursday, March 21

Spring Session

Thursday, April 11 - Thursday, June 6  
No class Thursday, May 16



8 CLASSES  
\$40.00

## TAI CHI IN THE PARK

Every Saturday & Sunday at 10:00am  
Held at the Senior Center in rooms 2 & 3.



This is a free  
drop-in program.

All Levels Welcome!

## LOW IMPACT VIDEO EXERCISE

Wednesdays  
10:00am - 10:30am

This is a free drop-in program.  
Everyone Welcome!



## HIKING GROUP



Tuesdays & Thursdays  
10:00am

For more information,  
call Ruth at 921-7192

## CHAIR TAI CHI CONCEPTS

Fridays 9:00am - 9:45am



This is a free drop-in program.  
Everyone Welcome!

A perfect program whether you want to practice  
Tai Chi from a standing or sitting position.

## LOW IMPACT HEAD TO TOE STRETCH WITH SARAH DOCTER

Mondays, 9:00am - 9:30am

This is a free drop-in program.  
Everyone Welcome!



## ZUMBA GOLD

Mondays at 5:30pm



\$5 walk in or a 10 class punch card for \$40.00.  
Available from Instructor Kirsten Quam



## FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice  
**Friday, March 8 at 9:00am**  
No appointment needed.

Please join Tamara Warnecke for a monthly wellness screen where she will utilize her Occupational Therapy background to assess your upper body strength and balance. You will leave this screening with a better understanding of what muscles you could further develop to keep safe from falls, as well as, practical techniques to improve them.

Tamara will have her upper body strength instruments set up monthly. All participants will receive a post card with their pinch and grip strength recordings and their percentile according to age standards on it so you can keep track of your progress month to month.

## WALK THIS WAY

### INDOOR WALKING GROUP

Mondays & Wednesdays at 4:00pm

Videos by Leslie Sandstone will be used to walk your way to a leaner, stronger you with this total body workout!



This is a free drop-in program.  
**Everyone Welcome!**

## BALANCE & BODY MOVEMENT

Fridays 10:00am - 10:30am

Join us for this ongoing weekly program which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

**NO REGISTRATION REQUIRED  
FREE ADMISSION, JUST DROP IN!**

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Generations Homecare and Hospice  
**Friday, March 8 at 9:00am**  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes  
**Friday, March 8 at 9:00am**  
No appointment needed. *12-hour fast required.*  
Donations accepted.

### FREE PAIN SCREENINGS

Sponsored by ATI Physical Therapy  
**Friday, March 8 at 9:00am**  
No appointment needed.



### HEARING SCREENING

Sponsored by Affordable Audiology  
• FREE hearing screenings  
Watch newsletter for upcoming dates.  
Please register at the front desk or call 322-3630

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center  
• FREE hearing screenings  
• FREE hearing aid cleaning.  
**Friday, March 8 at 9:00am**  
**Friday, July 12 at 9:00am**  
**Friday, November 8 at 9:00am**  
Please register at the front desk or call 322-3630.

## TAI CHI CLASS

Tuesdays 9:00am - 10:00am  
8 classes for \$45



**NEXT SESSION: April 9 - June 4**  
Please register and pay at the front desk.



# OUTREACH

## SENIOR OUTREACH PROGRAM

Become an Outreach Volunteer!

The gift of your time can make a giant impact in the life of a lonely or isolated senior.

There are many ways to make a difference including:

- ♦ Community Cares
- ♦ Friendly Visits
- ♦ Group Community Cares Enrichment Activities
- ♦ Caring Companions
- ♦ Caring Companion Community Partnerships
- ♦ Veterans to Veterans



For more information call  
Sarah Docter at (920) 322-3641

## Outreach Schedule:

### GROUP COMMUNITY CARES ENRICHMENT ACTIVITY

3rd Wednesday of every month at 1:30pm

For information, call Sarah Docter  
(920) 322-3641

### COMMUNITY CARES

Community Cares Visits

Group A: 2nd Tuesday of every month at 2:00pm

Group B: 4th Tuesday of every month at 2:00pm

Locations to be announced.  
Call Sarah for more details.

Each month volunteers go to different local nursing homes or assisted living facilities to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

Sharing an hour of your time can have a big impact!

**THE SENIOR OUTREACH PROGRAM  
IS FUNDED IN PART BY THE  
FOND DU LAC AREA UNITED WAY**

**United  
Way**



### OUTREACH VOLUNTEER MEETING

1st Thursday of every month at 9:00am



Meet two of the Senior Centers "Knitwits on a Mission" knitters!



## KNITWITS

Knitwits was founded by Molly Cooper 12 years ago when she was a junior at Springs. She learned how to knit and decided that she wanted to knit a scarf for everyone that showed up to eat at Loaves and Fishes that Thanksgiving. She was told she would need about 300, so she taught her Mom, Aunts, neighbors and friends to knit. She was on a Mission! The first year she collected over 1200 knit items! Knitwits on a Mission was born! Every year they distribute yarn, and collect the beautiful handmade items which are donated to Loaves and Fishes, area schools, the warming shelter and the Milwaukee Rescue Mission. What started out as scarves now includes hats mittens and blankets. We find a home for everything!

If you know how to knit and would like to use your incredible talents, we invite you to join Knitwits on a Mission.

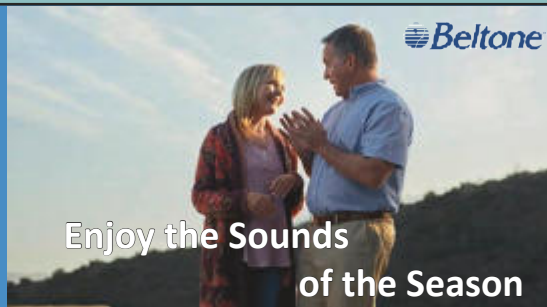
For more information, call the Senior Center at 322-3630.



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# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LET'S DO LUNCH!</b></p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday - Friday at 11:45am, 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 required by calling the Department of Senior Services, 929-3937 at least one day in advance by 1:00p.m. If you have questions about the menu or the dining program, call the Department of Senior Services at 929-3937.</p> 				
<p><b>4</b></p> <p>7:00 StrongBodies</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p><b>9:00 StrongBodies</b></p> <p>9:00 Woodcarving Club</p> <p>12:30 Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>1:00 German Club</p> <p>4:00 Walking Group</p> <p>5:30 Fond du Lac Artist Assoc.</p> <p>5:30 Zumba Gold</p>	<p><b>5</b></p> <p>8:30 Pool League 8 Ball</p> <p><b>9:00 StrongBodies</b></p> <p>9:00 Tai Chi</p> <p>10:00 Art Lab</p> <p><b>10:00 Hiking/Walking Club</b></p> <p>10:30 AARP Board Meeting</p> <p>12:00 Mahjongg</p> <p>12:30 Art - Tulips/Flowers on boards</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: FDL Lutheran Homes</p> <p>1:00 Cribbage</p> <p>1:00 Skat</p> <p>1:00 Stitchery Group</p> <p><b>5:00 Senior Dining - Blank's Lake Alre Cocktails at 5pm - Dinner at 6pm</b></p> <p><b>5:00 StrongBodies</b></p> <p><b>6:00 Winebago Woodworkers @ NFDL HS</b></p>	<p><b>** All Orange Events are held Offsite.</b></p> <p><b>** All Red Events are New or Special Events.</b></p>	<p><b>1</b></p> <p>9:00 Chair Tai Chi Concepts</p> <p>9:00 Friends Board Meeting</p> <p>9:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>1:00 Game Day</p> <p>1:00 Memory Writers</p> <p>1:00 Wii Bowling</p> <p>1:15 Sheephead</p> <p><b>2 Saturday</b></p> <p>9:00 Beg. Country Line Dance</p> <p><b>10:00 Tai Chi in the Park</b></p> <p><b>3 Sunday</b></p> <p><b>10:00 Tai Chi in the Park</b></p>	<p><b>8</b></p> <p>9:00 Chair Tai Chi Concepts</p> <p><b>9:00 Health Screenings</b></p> <p>9:00 Red Hat Chorus</p> <p><b>9:00 Strength Screening</b></p> <p>10:00 Balance and Body Movement</p> <p><b>1:00 Friends Along the Journey</b></p> <p>1:00 Game Day</p> <p>1:00 Memory Writers</p> <p>1:00 Wii Bowling</p> <p>1:15 Sheephead</p> <p><b>5:00 Supper Club - Knights of Columbus Social at 5:00pm - Dinner at 5:30pm</b></p> <p><b>9 Saturday</b></p> <p>9:00 Beg. Country Line Dance</p> <p><b>10:00 Tai Chi in the Park</b></p> <p><b>10 Sunday</b></p> <p><b>10:00 Tai Chi in the Park</b></p>
<p><b>11</b></p> <p>7:00 StrongBodies</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p><b>9:00 StrongBodies</b></p>	<p><b>12</b></p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Bagels with Ben</p> <p><b>9:00 StrongBodies</b></p> <p>9:00 Tai Chi</p> <p>10:00 Art Lab</p>		<p><b>14</b></p> <p>9:00 Beginning Yoga</p> <p>9:00 Chime Choir</p> <p><b>9:00 StrongBodies</b></p> <p>10:00 Beginning Bridge</p>	<p><b>15</b></p> <p>9:00 Chair Tai Chi Concepts</p> <p>9:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p><b>12:00 Friends Along the Journey Luncheon</b></p>
<p><b>7:00</b> StrongBodies</p> <p><b>9:00</b> Low Impact Head to Toe</p> <p><b>9:00</b> Stretch</p> <p><b>9:00</b> Woodcarving Club</p> <p><b>12:30</b> Euchre</p> <p><b>1:00</b> Poker</p> <p><b>1:15</b> Sheephead</p> <p><b>1:00</b> German Club</p> <p><b>4:00</b> Walking Group</p> <p><b>5:30</b> Fond du Lac Artist Assoc.</p> <p><b>5:30</b> Zumba Gold</p>	<p><b>8:30</b> Pool League 8 Ball</p> <p><b>9:00 StrongBodies</b></p> <p><b>9:00</b> Tai Chi</p> <p><b>10:00</b> Art Lab</p> <p><b>10:00 Hiking/Walking Club</b></p> <p><b>10:30</b> AARP Board Meeting</p> <p><b>12:00</b> Mahjongg</p> <p><b>12:30</b> Art - Tulips/Flowers on boards</p> <p><b>12:30</b> Bridge</p> <p><b>1:00</b> Bingo-Sponsor: FDL Lutheran Homes</p> <p><b>1:00</b> Cribbage</p> <p><b>1:00</b> Skat</p> <p><b>1:00</b> Stitchery Group</p> <p><b>5:00 Senior Dining - Blank's Lake Alre Cocktails at 5pm - Dinner at 6pm</b></p> <p><b>5:00 StrongBodies</b></p> <p><b>6:00 Winebago Woodworkers @ NFDL HS</b></p>	<p><b>7:00</b> StrongBodies</p> <p><b>8:30</b> Pool League 9 Ball</p> <p><b>8:30</b> SCAMP</p> <p><b>9:00</b> Chime Choir</p> <p><b>9:00 StrongBodies</b></p> <p><b>10:00</b> Jam Session Practice</p> <p><b>10:00</b> Low Impact Video Exercise</p> <p><b>12:00</b> Canasta</p> <p><b>12:00</b> Hand &amp; Foot</p> <p><b>12:45</b> Recreational Sheephead</p> <p><b>1:15</b> Sheephead</p> <p><b>4:00</b> Walking Group</p> <p><b>7:30</b> Wed Night Dance</p>	<p><b>7</b></p> <p>9:00 Beginning Yoga</p> <p>9:00 Chime Choir</p> <p>9:00 Senior Outreach Meeting</p> <p><b>9:00 StrongBodies</b></p> <p>10:00 Beginning Bridge</p> <p><b>10:00 Heart Tree Dedication</b></p> <p><b>10:00 Hiking/Walking</b></p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>12:00 Mahjongg</p> <p><b>12:00 ROMEOS - Bada's</b></p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Flying Geese Quilting Club</p> <p><b>1:00 Movie - First Man</b></p> <p>1:00 Skat</p> <p>1:00 Tech Tyme</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>	<p><b>9</b></p> <p>9:00 Chair Tai Chi Concepts</p> <p><b>9:00 Health Screenings</b></p> <p>9:00 Red Hat Chorus</p> <p><b>9:00 Strength Screening</b></p> <p>10:00 Balance and Body Movement</p> <p><b>1:00 Friends Along the Journey</b></p> <p>1:00 Game Day</p> <p>1:00 Memory Writers</p> <p>1:00 Wii Bowling</p> <p>1:15 Sheephead</p> <p><b>5:00 Supper Club - Knights of Columbus Social at 5:00pm - Dinner at 5:30pm</b></p> <p><b>9 Saturday</b></p> <p>9:00 Beg. Country Line Dance</p> <p><b>10:00 Tai Chi in the Park</b></p> <p><b>10 Sunday</b></p> <p><b>10:00 Tai Chi in the Park</b></p>



<p>9:00 Woodcarving Club</p> <p>10:00 Parkinson's Support Group - Aurora Health Care</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>5:30 Zumba Gold</p>	<p>10:00 Art Lab</p> <p>10:00 Hiking/Walking Club</p> <p>12:00 Mahjong</p> <p>12:30 Art - Rustic Floral Wreath on canvas</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: SouthernCare Hospice</p> <p>1:00 Cribbage</p> <p>1:00 Skat</p> <p>1:00 Stitchery Group</p> <p>2:00 Community Cares (Groups A)</p> <p>5:00 Senior Dining - Sunset on the Water</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 StrongBodies</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p>	<p>9:00 StrongBodies</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>7:30 Wed Night Dance</p>	<p>10:00 Hiking/Walking Club</p> <p>10:00 National PI Day</p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>12:00 Mahjong</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Skat</p> <p>1:00 Tech Tyme</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>7:00 Sunset Stitchers</p>	<p>1:00 Game Day</p> <p>1:00 Memory Writers</p> <p>1:00 Wil Bowling</p> <p>1:15 Sheephead</p> <p>16 Saturday</p> <p>9:00 Beg. Country Line Dance</p> <p>10:00 Tai Chi in the Park</p> <p>17 Sunday</p> <p>10:00 Tai Chi in the Park</p>	Rolling Meadows Restaurant
<p>18</p> <p>7:00 StrongBodies</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 StrongBodies</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>5:30 Zumba Gold</p>	<p>19</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 StrongBodies</p> <p>9:00 Tai Chi</p> <p>10:00 Art Lab</p> <p>10:00 Hiking/Walking Club</p> <p>12:00 Mahjong</p> <p>12:30 Art - 4 Seasons on Canvas</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Almost Family</p> <p>1:00 Cribbage</p> <p>1:00 Skat</p> <p>1:00 Stitchery Group</p> <p>3:00 Diabetic Support Group - Aurora Health Center - FDL</p> <p>5:00 Senior Dining - Paddy's - Eden</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 StrongBodies</p> <p>6:00 Winnebago Woodworkers @ NFDL HS</p>	<p>20</p> <p>7:00 StrongBodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Chime Choir</p> <p>9:00 StrongBodies</p> <p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Canasta</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Red Hat Henys - Spring Fling</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Movie - Green Book</p> <p>1:15 Sheephead</p> <p>1:30 Community Cares</p> <p>Enrichment Activity</p> <p>4:00 Walking Group</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>21</p> <p>9:00 Chime Choir</p> <p>9:00 StrongBodies</p> <p>10:00 Beginning Bridge</p> <p>10:00 Hiking/Walking Club</p> <p>10:00 Scrapbooking</p> <p>11:45 Flying Geese Quilting Club</p> <p>12:00 Mahjong</p> <p>12:30 Bridge</p> <p>1:00 AARP Meeting</p> <p>1:00 Cribbage</p> <p>1:00 Skat</p> <p>1:00 Tech Tyme</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>	<p>22</p> <p>9:00 Chair Tai Chi Concepts</p> <p>9:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>1:00 Friends Along the Journey</p> <p>1:00 Game Day</p> <p>1:00 Memory Writers</p> <p>1:00 Wil Bowling</p> <p>1:15 Sheephead</p> <p>23 Saturday</p> <p>10:00 Tai Chi in the Park</p> <p>24 Sunday</p> <p>10:00 Tai Chi in the Park</p>	
<p>25</p> <p>7:00 StrongBodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 StrongBodies</p> <p>9:00 Woodcarving Club</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>5:30 Zumba Gold</p>	<p>26</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 StrongBodies</p> <p>9:00 Tai Chi</p> <p>10:00 Art Lab</p> <p>10:00 Hiking/Walking Club</p> <p>12:00 Mahjong</p> <p>12:30 Art - Are The Fish Biting? On canvas</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Grancare</p> <p>1:00 Cribbage</p> <p>1:00 Skat</p> <p>1:00 Stitchery Group</p> <p>2:00 Community Cares (Groups B)</p> <p>3:30 Parkinson Movement Class</p> <p>5:00 Senior Dining - Goose Shot</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 StrongBodies</p> <p>6:00 Winnebago Woodworkers @ NFDL HS</p>	<p>27</p> <p>7:00 StrongBodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Chime Choir</p> <p>9:00 StrongBodies</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade</p> <p>1:15 Sheephead</p> <p>4:00 Walking Group</p> <p>7:30 Wed Night Dance</p>	<p>28</p> <p>9:00 Beginning Yoga</p> <p>9:00 Chime Choir</p> <p>9:00 StrongBodies</p> <p>10:00 Beginning Bridge</p> <p>10:00 Bid Euchre</p> <p>10:00 Hiking/Walking Club</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>12:00 Mahjong</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 HT - Mystery Trip Dec Meeting</p> <p>1:00 Skat</p> <p>1:00 Tech Tyme</p> <p>1:00 TRIAD/SALT</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>29</p> <p>9:00 Chair Tai Chi Concepts</p> <p>9:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>1:00 Game Day</p> <p>1:00 Memory Writers</p> <p>1:00 Wil Bowling</p> <p>1:15 Sheephead</p> <p>30 Saturday</p> <p>10:00 Tai Chi in the Park</p> <p>31 Sunday</p> <p>10:00 Tai Chi in the Park</p>	



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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

D 4C 01-1122



## BAGELS WITH BEN

(2nd Tuesday of every odd month)  
Tuesday, March 12 at 9:00am.

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies. BAGELS FROM THE BAGELMEISTER.

**It's FREE to attend!**



## BINGO

Tuesdays at 1:00pm

**EVERYONE WELCOME!**

## STAMP CLUB

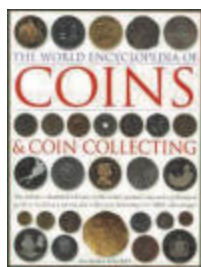
3rd Wednesday at 7:00pm  
(except March, July and December)



## COIN CLUB

2nd Tuesday at 6:00pm

**EVERYONE WELCOME!**



## CALLING ALL CARD PLAYERS

Check out the monthly calendar for dates and times.  
Come and try your hand at one of your favorite games!

**EVERYONE WELCOME!**

- ♦ Bid Euchre
- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead
- ♦ Sheephead
- ♦ Skat
- ♦ Poker

## QUILTING GROUPS



### Flying Geese Quilting Club

1st Thursday of each month at 1:00pm  
3rd Thursday of each month at 11:45am  
Call Jean at 920-921-7359 for info.

### Sunset Stitchers Quilt Guild

2nd Thursday of each month at 7:00pm  
Call Laura at 920-923-1693 for info.

## MAH JONGG

Tuesdays & Thursdays  
12:00pm

**New players always welcome!**



## JAM SESSION

2nd and 4th Wednesdays at 10:00am  
Practice - 1st & 3rd Wednesdays at 10:00am

Get out your instruments and come "Jam Out" with us! **Any instrument welcome!**



## GAME DAY

Join us every Friday from  
1:00pm - 3:30pm  
for fun and games!

**EVERYONE WELCOME!**



## Wii Bowling

Fridays at 1:00pm

Openings for substitute bowlers.  
If interested call Sarah at 322-3641.



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## 2020 EXTENDED TRIPS

Collette Tour



February 13 - 17, 2020

5 Days • 6 Meals

DBL \$2,749 SGL \$3,549

**TRIP PREVIEW: Monday, April 1, 2019 at 1:30pm**

- Reserved seating at Mardi Gras parades.
- Experience a spiced jazz revue at a jazz club in the French Quarter.
- Soak in the ambiance of the old South with a drive along St. Charles Avenue.
- Enjoy a panoramic tour of New Orleans featuring St. Louis Cemetery, opened in 1853.
- Embark on a walking tour of the French Quarter alongside an expert guide.
- Discover how to cook New Orleans-style at the New Orleans School of Cooking.
- Indulge in a taste of a New Orleans favorite - beignets at Café Du Monde.
- Make sure to bring a bag along for all of the plush throws, beads and treasures you may catch!



## SOUTH AFRICA



Collette Tour

April 23 - May 8, 2020

16 Days • 26 Meals

DBL \$8,138 SGL \$9,438

**TRIP PREVIEW: Thursday, April 18, 2019 at 1:00pm**



- Search for the "Big 5" on an open-air safari game.
- Visit one of the oldest working ostrich farms in Oudtshoorn - the ostrich capitol of South Africa.
- Experience a thrilling cable car ride rising more than 3,000 feet.
- Marvel at the breathtaking Drakensberg Mountains.
- Join locals for lunch at a nearby Shebeen, or house tavern.
- Experience an unforgettable African "Boma" dinner.
- Spend 3 days at one of the world's natural wonders, Victoria Falls.
- Enjoy a leisurely cruise on the Zambezi River taking in the majestic African sunset.





# HAPPY TRAVELERS

## BE A HAPPY TRAVELER... WE'RE GOING PLACES!

19



### ACTIVITY LEVEL

- (E) = **Easy:** Easy programs involving minimal walking and not too many stairs  
 (M) = **Moderate:** Expect to walk up to a mile a day or to stand for an extended period of time  
 (A) = **Active:** You will likely walk as much as two miles a day and potentially climb stairs

### LUNCH OR DINNER

Dutch Treat = DT Included = IN



= Happy Travelers  
Exclusive Trip

## 2019 DAY TRIPS

Wednesday, April 3 (E)

**Come From Away** - Fox Cities PAC

\$120 IN *Victoria's* 27 seats available

Saturday, May 18 (M)

**LaVerne & Shirley Style** - Milwaukee Tour

\$123 IN 20 seats available

Saturday, June 8 (E)

**Daniel O'Donnell** - Crystal Grand Theatre - WI Dells

\$130 IN *Monk's Bar & Grill* Sign Up Today!

**FULL PAYMENT DUE WITH RESERVATION**

Wednesday, June 12 (M)

**Day Mystery Trip**

\$112 IN 6 seats available

Thursday, June 20 (E)

**That's What I Call Rock'n Roll**

\$110 IN *Fireside* 36 seats available

Wednesday, June 26 (A)

**Wandering Tree Estate** - Lake Zurich, IL

\$99 IN *Chessies* 25 seats available

Wednesday, July 17 (M)

**Brewers vs Atlanta**

\$68 Sign Up Today!

Thursday, July 25 (A)

**Arlington Horse Races**

\$65 Sign Up Today!

Tuesday, July 30 (M)

**Christopher Farm and Gardens** - Sheboygan

\$69 IN *Field to Fork* 35 seats available

## 2019 EXTENDED TRIPS

April 7 - 12 (A)

**Mystery Trip**

\$559 DBL \$709 SGL 2 seats available

April 29 - May 11 (A)

**Shades of Ireland** Collette Tour

**CALL FOR AVAILABILITY**

June 5 - 7 (A)

**Door County**

\$440 DBL \$513 SGL

**CALL NOW! RESERVATION DUE BY THURSDAY, APRIL 18**

September 12 - 18 (A)

**Washington, DC** Diamond Tour

\$759 DBL **WAITING LIST FOR SECOND BUS**

October 16 - 29 (A)

**Spain's Classics & Portugal** Collette Tour

\$5099 DBL \$6299 SGL **(UNTIL APRIL 17)**

November 3 - 9 (A)

**Nashville** Diamond Tour

\$799 DBL \$1038 SGL

**2<sup>ND</sup> BUS - 18 SEATS AVAILABLE**

December 1 - 6 (A)

**Southern Charm Holiday** Collette Tour

\$2,679 DBL \$3,279 SGL **(Until June 1)**

## REMINDERS

- A \$50 non-refundable deposit is required for all day trips.
- Friends of the Fond du Lac Senior Center annual membership is required to travel with the Happy Travelers.  
*Membership fees are \$10 for a single and \$15 for a married couple.*
- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.
- Payments for day trips and extended bus trips can be paid by cash or check, payable to Happy Travelers.
- Collette trips can be paid by credit card or check, payable to Collette.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves time.



# DID YOU KNOW...

## 2018-2019 FOND DU LAC SCHOOL DISTRICT COMPLIMENTARY TICKETS



The Senior Center has 10 complimentary tickets to FDL School District events for the 2018-2019 school year. *They must be checked out by the user and returned to the Senior Center within 2 days of the event.*

These tickets can be used by Seniors for FREE admission to:

- All regular season sporting events - one senior and their guest get in free.
- Music department musicals and plays - each senior must take a complimentary ticket to the box office. One senior ticket is free, guest must purchase one.

## 911 EMERGENCY PHONES



The Senior Center has FREE emergency 911 cell phones for people that need them. These phones will only dial 911 and can be used to get help in an emergency. If you need a phone for emergency use only, please stop and pick up one at the Senior Center.

## LOAN CLOSET

The Fond du Lac County Health Department provides durable medical equipment such as wheelchairs, walkers, commodes and other medical equipment free of charge to Fond du Lac County/City residents for up to 6 months. Some equipment is limited in numbers and may not always be available.

For more information contact the Fond du Lac County Health Department at 929-3085.



*the Meadows* of Fond du Lac  
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**Diann Roberts, Program Director**  
(920) 933-8090 | [www.themeadowsfdl.com](http://www.themeadowsfdl.com)

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Contact us for details  
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We provide a warm heart and a helping hand!

The **Wisconsin Veterans Home at King** is a long term and rehabilitative care facility serving veterans and their eligible dependents. Residency requirement has been lifted and we do not have a waiting list. Call us at 715.256.5027 for a tour.

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

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Fond du Lac  
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Campbellsport  
**920-533-4422**

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# Brown Paper Packages Gift Shop

## Offering Your Favorite Things!

When you shop at the Brown Paper Packages Gift Shop, you help support the programs and activities at the Fond du Lac Senior Center!



### MARCH CONSIGNOR OF THE MONTH JANE SABBY



Jane has been a member of the Senior Center for 2 years. She volunteers in the Gift Shop, where her hot pads, bowl cozies, kitchen towels and travel pillows are sold.

Her passion for sewing and collecting fabric, began at 13 when she got her first sewing machine.

Now retired, with 4 grandkids and 2 "grand" dogs. She can be found most days sitting at her sewing machine by a sunny window. Jane, also operates an online Etsy shop where she is known as "Calamity Jane".

Thank you, Jane for being part of our family!

**151 E. 1st Street, Fond du Lac**

*We are located inside the Fond du Lac Senior Center and open to the public!*

(920) 322-3638 [brownpaperpackagesfdl.com](http://brownpaperpackagesfdl.com)

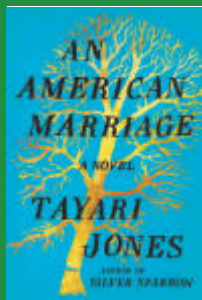
**Monday through Friday, 10:00am to 4:00pm**  
Closed Saturday and Sunday



<https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac>



# PROGRAMS & ACTIVITIES



## BOOK CLUB

Monday, March 18

9:30am - 10:30am

Copies available at the Senior Center.

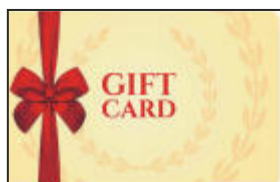
### BOOK OF THE MONTH:

"An American Marriage" by Tayari Jones

Newlyweds Celestial and Roy are the embodiment of both the American Dream and the New South. He is a young executive, and she is an artist on the brink of an exciting career. But as they settle into the routine of their life together, they are ripped apart by circumstances neither could have imagined. Roy is arrested and sentenced to twelve years for a crime Celestial knows he didn't commit.

*Book due back by Monday, March 18.*

## SCRIP GIFT CARDS



In amounts from \$5

Cash or Check Only.

Other Cards may be available, please ask!

Including: A&W, Ala Roma/Schmitt's, Annie's Fountain City Café, Backyard Grill, Buffalo Wild Wings, Culver's, Dairy Queen, Dunkin' Donuts, Faro's, Festival, Fleet Farm, Friar Tucks, Gilles, Kohl's, Kwik Trip, McDonald's, Menards, Noodles & Co., Panera Bread, Piggly Wiggly, Pizza Hut, Roundy's, Schreiner's, Shopko, Starbuck's, Subway, Taco Bell, Target, Walgreen's, Walmart, & and more!

Are you wondering what to get that "hard to buy" person? Do you have a large purchase coming up?

We can special order scrip gift cards.  
Call 322-3638 for more information!

## OPEN ART LAB

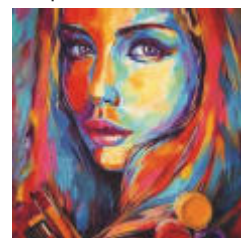
Tuesdays 10:00am - 12:00pm

Bring your project and join the fun!

*(Alcohol Ink not allowed)*

This is a free drop-in lab.

All Levels Welcome!.



## ART

### Unleashing Your Creativity

Tuesdays 12:30 - 3:30

#### Tuesday March 5

#### Tulips/Flowers on boards \$40

This is the board painting class you have been waiting for. Paint tulips or other flowers on a 12" x 30" board. Includes all materials and instruction by MaryAnn. You will be able to paint a sunflower on the reverse side at a future class.



#### Tuesday March 12

#### Rustic Floral Wreath on canvas \$30



In this class you will paint a 12 x 16 canvas to look like a board with a floral wreath. You choose the colors and flowers. Includes all materials and instruction by MaryAnn.

#### Tuesday March 19

#### 4 Seasons on canvas \$30

This amazing painting of the trees in all 4 seasons is easy for all skill levels. Paint on a 12 x 16 canvas, the class includes all materials and instruction by MaryAnn.

#### Tuesday March 26

#### Are The Fish Biting? on canvas \$30

Created by MaryAnn, this painting depicts a young boy and his dog fishing off the pier on a 12 x 16 canvas. Includes all materials and instruction by MaryAnn.

### PAYMENT IS DUE AT TIME OF REGISTRATION.

Please register and pay at the front desk.  
No experience necessary. All levels welcome!





## 2019 FOND DU LAC COUNTY SENIOR DINING

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday through Friday at 11:45am, 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 required by calling the Department of Senior Services, 929-3937 at least one day in advance by 1:00pm .**

- Friday, March 1: Country Fried Steak
- Monday, March 4: Roast Pork Loin
- Tuesday, March 5: Baked Chicken
- Wednesday, March 6: Crispy Fish Filet
- Thursday, March 7: Glazed Ham
- Friday, March 8: Macaroni & Cheese
- Monday, March 11: Swiss Steak
- Tuesday, March 12: Chicken Marsala
- Wednesday, March 13: Hungarian Goulash
- Thursday, March 14: Swedish Meatballs
- Friday, March 15: Salmon Loaf
- Monday, March 18: Corned Beef
- Tuesday, March 19: Baked Spaghetti
- Wednesday, March 20: Chicken Breast
- Thursday, March 21: Smoked Sausage
- Friday, March 22: Tuna Casserole
- Monday, March 25: Roast Turkey
- Tuesday, March 26: Meatloaf
- Wednesday, March 27: Baked Chicken
- Thursday, March 28: Beef Stew
- Friday, March 28: Seafood Creole

If you have questions about the menu or the dining program, call the Department of Senior Services at 929-3937.

## ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

### BODA'S

277 S Pioneer Rd., FDL  
Thursday, March 7 at 12:00pm



**Call the Senior Center at (920) 322-3630 to register!**  
The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if interested!

## SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! **Call the Senior Center at (920) 322-3630 to make your reservation** so we can let the restaurant know how many people to expect.



## KNIGHTS OF COLUMBUS

795 Fond du Lac Ave., FDL  
Friday, March 8  
Social at 5:00pm  
Dinner at 5:30pm

## TUESDAY NIGHT DINING GROUP

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 5:00pm and dinner at 6:00pm

- |          |  |
|----------|--|
| March 5  | Blanck's Lake Aire, N8751 Lakeshore Dr, FDL  |
| March 12 | Sunset on the Water, N7364 Winnebago Dr, FDL |
| March 19 | Paddy's Pizza, 302 W Main St. Eden           |
| March 26 | Goose Shot, 5 W Main St, Waupun              |

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!  
For more information, Call Vince at 922-3457  
For rides, call Max 269-4180, Jim, Pat 923-0295

# ACTIVITY INDEX

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 & DANCE

### **ART LAB**

Tuesdays at 10:00am

### **ART**

#### **UNLEASHING YOUR CREATIVITY**

Tuesdays at 12:30pm

Dates and classes vary, please check the Art section in the Newsletter for more details.

### **BEGINNING COUNTRY LINE DANCING**

Saturdays at 9:00am

### **COUNTRY LINE DANCING**

Thursdays at 6:10pm

### **DANCES**

\$4.00 donation

Wednesday 7:30pm – 9:30pm Call Caroline at 929-9333 for info.

## DINING

### **ROMEOS**

(Retired Old Men Eating Out)

1<sup>st</sup> Thursday at 12:00pm

Restaurants vary. Check the “Dining” section in the Newsletter for more details.

### **SUPPER CLUB**

Dates and restaurants vary.

Check the “Dining” section in the Newsletter for more details.

### **TUESDAY NIGHT DINING**

Tuesdays at 5:00pm

Restaurants vary. Check the “Dining” section in the Newsletter for more details.

## GROUPS

### **BAGELS WITH BEN**

2<sup>nd</sup> Tuesday of every odd month at 9:00am

### **BOOK CLUB**

3<sup>rd</sup> Monday at 9:30am

### **COIN CLUB**

2<sup>nd</sup> Tuesday at 6:00pm

## GROUPS (cont.)

### **GAME DAY**

Fridays at 1:00pm

### **GENEALOGY**

2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 1:00pm

### **GERMAN CLUB**

Mondays at 1:00pm

### **HANDCHIME CHOIR**

Wednesdays & Thursdays at 9:00am

### **JAM SESSION**

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays at 10:00am

### **JAM SESSION PRACTICE**

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays at 10:00am

### **MELODIES & MEMORIES CHOIR**

2<sup>nd</sup> Thursday at 3:30pm

### **PHOTOGRAPHY**

3<sup>rd</sup> Wednesday at 2:00pm

### **QUILTING**

#### **FLYING GEESE QUILTING CLUB**

1<sup>st</sup> Thursday at 1:00pm

3<sup>rd</sup> Thursday at 11:45pm

Call Jean at 921-7359 for info.

#### **SUNSET STITCHERS QUILT GUILD**

2<sup>nd</sup> Thursday at 7:00pm

Call Laura at 923-1693 for info.

### **RED HAT HONEYS**

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

### **RED HAT HONEYS CHOIR**

Fridays at 9:00am

### **SCAMP (Senior Center Band)**

Wednesdays at 8:30am

### **SCRAPBOOK CLUB**

Thursdays at 10:00am

Group does not meet 4<sup>th</sup> Thursday of the month.

### **STITCHERY**

Tuesdays at 1:00pm

## GROUPS (cont.)

### **STAMP CLUB**

3<sup>rd</sup> Wednesday at 7:00pm

(except March, July and December)

### **TECH Tyme**

Thursdays at 1:00pm

### **TOPS (Take Off Pounds Sensibly)**

#### **Chapter #0566**

Thursdays at 5:45pm

### **WINNEBAGO WOODWORKERS**

2<sup>nd</sup> Tuesday at 6:00pm

General meeting held at the FDL Senior Center.

#### **Other Tuesdays 6:00pm**

Workshop meetings at Horace Mann High School, North Fond du Lac. Call Dave Jackson at 923-5233 for more info.

### **WOODCARVING GROUP**

Mondays at 9:00am

### **MEMORY WRITERS GROUP**

Fridays at 1:00pm

## HEALTH & WELLNESS

### **BALANCE & BODY**

Fridays at 10:00am

### **BIKE RIDE**

Call for details!

### **CHAIR TAI CHI CONCEPTS**

Fridays 9:00am

### **HIKING/WALKING CLUB**

Tuesdays & Thursdays at 10:00am  
9:30am from May - August.

### **LOW IMPACT HEAD TO TOE STRETCH**

Mondays at 9:00am



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.

## HEALTH & WELLNESS

(cont.)

### **STRONGBODIES**

*At the Senior Center*

Monday and Wednesday 7:00am

Tuesday and Thursday 5:00pm

*At UWFDL*

Monday and Wednesday 9:00am

Tuesday and Thursday 9:00am

### **TAI CHI**

Tuesdays at 9:00am

### **TAI CHI IN THE PARK**

Saturdays & Sundays at 10:00am

### **LOW IMPACT VIDEO EXERCISE**

Wednesdays at 10:00am

### **“WALK THIS WAY”**

### **Indoor Walking Group**

Mondays & Wednesdays at 4:00pm

### **YOGA**

Thursdays

Beginning

9:00am - 10:00am

Beginning/Intermediate

10:30am - 11:30am

### **ZUMBA GOLD**

Mondays at 5:30pm

## RECREATION (cont.)

### **EUCHRE**

**BID** - 4<sup>th</sup> Thursday of the month at 10:00am

**REGULAR** - Mondays at 12:30 pm

### **HAND & FOOT (Card Game)**

Wednesdays 12:00pm

### **POKER**

Mondays at 1:00pm

### **SHEEPSHEAD**

**Mondays at 1:15pm**

*Jack of Diamonds \$1.50*

**Wednesdays & Fridays at 1:15pm**

*Black Queens \$1.50.*

### **RECREATIONAL SHEEPSHEAD**

Wednesdays at 12:45pm - 3:00pm

### **SKAT**

Tuesdays & Thursdays at 1:00pm

**BINGO** 50¢ for 2 cards

**Tuesdays at 1:00 pm**

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

1st Tuesday: Fond du Lac Lutheran Home

2nd Tuesday (odd months): Southern Care

2nd Tuesday (even months): Harbor Haven

3rd Tuesday (odd months): Almost Family

3rd Tuesday (even months): The Meadows

4th Tuesday (odd months): Grancare Rehab

4th Tuesday (even months): Lincoln House

5th Tuesday: Generations

### **MAHJONGG**

Tuesdays at 12:00pm

Thursdays at 12:00pm

### **POOL**

Open Pool daily.

### **POOL LEAGUES**

8 Ball Tuesdays 8:30am

9 Ball Wednesdays 8:30am

### **Wii BOWLING**

Fridays at 1:00pm - 3:00pm

League Play (September - April)

Subs needed for league play.

## MEETINGS & SPECIAL

### EVENTS

### **AARP MEETING**

3<sup>rd</sup> Thursday at 1:00pm

### **MOVIES**

1<sup>st</sup> Thursday and 3<sup>rd</sup> Wednesday at 1:00pm (dates could vary)

### **PARKINSON'S MOVEMENT & DANCE CLASS**

4<sup>th</sup> Tuesday at 3:30pm

### **TRIAD/SALT**

(Seniors and Law Enforcements Together)

4<sup>th</sup> Thursday at 1:00pm

*Odd months January—September.*

## SUPPORT GROUPS

### **ALZHEIMER'S SUPPORT GROUP**

4<sup>th</sup> Thursday at 6:30pm

Except November when they meet the 5<sup>th</sup> Thursday - FDL Senior Center

### **DIABETIC SUPPORT GROUP**

3<sup>rd</sup> Tuesday at 3:00pm

Aurora Health Center - FDL

### **FRIENDS ALONG THE JOURNEY**

2<sup>nd</sup> & 4<sup>th</sup> Friday at 1:00pm

FDL Senior Center

### **FRIENDS ALONG THE JOURNEY LUNCHEON**

3<sup>rd</sup> Friday of the month at 12:00pm

Locations vary. Watch the newsletter for next month's location.

### **LOCAL PARENTS OF ANGELS**

1<sup>st</sup> & 3<sup>rd</sup> Thursday at 6:00pm

FDL Senior Center

### **PARKINSON'S SUPPORT GROUP**

2<sup>nd</sup> Monday at 10:00am

Aurora Health Center - FDL

## RECREATION

### **CARDS**

#### **BRIDGE**

Tuesdays at 12:30pm

Thursdays: 10:00am Beginners

Thursdays: 12:30 pm

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

#### **CANASTA**

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Wednesdays

at 12:00pm

#### **CRIBBAGE**

Tuesdays & Thursdays at 1:00pm



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921-4381 or 921-0580

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### CONTACT

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[pvandoren@4LPi.com](mailto:pvandoren@4LPi.com) or (800) 950-9952 x2631

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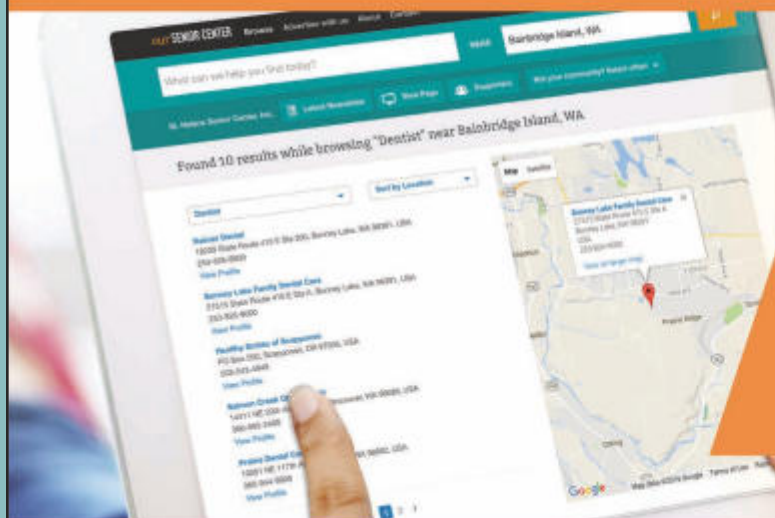
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

F 4C 01-1122



# 2019 Friends Membership Application

27

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 for the 2019 calendar 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, WI 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
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:

**THANK YOU FOR SUPPORTING THE FRIENDS!**

☐ **\$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 2019 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 our Center and is much appreciated. You will receive a 2019 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 our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. In recognition of your support, you will receive two 2019 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.

**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 can be paid at the same time as the Friends membership. 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 2019 Member      ☐ Renewal      Receptionist Initials \_\_\_\_\_  
☐ FANTASTIC FRIENDS \$50      ☐ FABULOUS FRIENDS \$100  
☐ Received Dine Out Book - 1 for Fantastic or 2 for Fabulous Memberships      ☐ Received Happy Travelers Info  
☐ Received *Among Friends* Newsletter

March 2019 Newsletter

\_\_\_\_\_ Card File

\_\_\_\_\_ Computer



## Fond du Lac Senior Center

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## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

Cathy Loomans 322-3632  
cloomans@fdl.wi.gov

#### TRAVEL COORDINATOR

Mary Schneider 322-3635  
mschneider@fdl.wi.gov

#### BOOKKEEPER

Pat Heyer 322-3639  
pheyer@fdl.wi.gov

#### PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641  
sdocter@fdl.wi.gov

#### OFFICE ASSISTANT

Lisa Cole 322-3640  
lcole@fdl.wi.gov

#### GIFT SHOP COORDINATOR

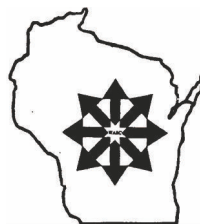
Sandy Foote 322-3638  
sfoote@fdl.wi.gov

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### 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 content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.