

AMONG FRIENDS

APRIL 2019



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



A Free Monthly Publication
Vol. 10 • No. 4

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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

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.



Did you ever turn on your phone, computer, or tablet and suddenly everything looks different - kind of like some magic technology fairy got into there and switched everything around? I don't know about you, but typically my first reaction is – "Ugh! How am I ever going to find all my stuff!?" Sometimes those "updates" end up being good things, and sometimes they drive me crazy! It seems that eventually we all get used to the changes and it ends up ok.



Are you wondering where I'm going with this? Well ... this month when you look at the middle pages of our newsletter you'll see that we tried something new with our calendar. Before this month, the calendar listed every day of the month and all of the programs and activities going on each day. What we were finding is that some days we would have to use an 8 point font in order to fit everything into a day. I don't know about you and your eyes, but to me, 8 point is REALLY SMALL!!

What we are trying this month is a split calendar. The top of the calendar has the days of the week with the schedule of activities that consistently happen that day of the week all year long. The lower part of the calendar shows the unique events to that day of the month. These events may have a different location each week (like Tuesday's Senior Dining), a different sponsor each week (like Bingo), may be a class that meets for several weeks and then has a break, or may be things that happen only once a month.

Our hope is that with the new format, we can keep the size of the type large enough to be easy to read, yet simple enough so that someone can understand it at first glance.

If you use our calendar, I would appreciate your feedback on the new layout. The goal of our newsletter each month is to provide information about all of the great things we have going on here, and the calendar is just one piece of that.

And while you're looking at the calendar, why not find a new program or activity to attend? Hope to see you soon!

Cathy

The Senior Center's Volunteer Appreciation Party

Thursday, April 25
11:00am - 1:30pm (open house)
Lakeside Park Pavilion
71 Promen Dr.

RSVP at the front desk or
call 322-3630 by Thursday, April 18.

WE THINK
YOU'RE KIND OF A
BIG DEAL!

Thanks for Volunteering With Us

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.

Up-to-Date Information

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



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.



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*some restrictions apply

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► Reach the Senior Market ADVERTISE HERE

CONTACT

Contact Peter Van Doren to place an ad today!
pvandoren@4LPi.com or (800) 950-9952 x2631

Fond du Lac
Ed



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ed@fdlmemorials.com

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PROGRAMS & ACTIVITIES

SEWING CLASS

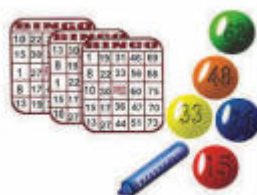
Wednesdays, April 3, 10, 17, May 1 & 8
3:30p.m. - 6:30p.m.

Cost: \$15.00 (payment due at time of registration)

Carol Lamont will be teaching a 5 week sewing class at the Senior Center. *All skill levels are welcome!*



Please register and pay at the Senior Center.



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!



QUILTING GROUPS

Flying Geese Quilting Club

1st Thursday of each month at 1:00pm
3rd Thursday of each month at 11:45am

Will not meet Thursday, April 18

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.

CALLING ALL CARD PLAYERS

Come and try your hand at one of your favorite games!



EVERYONE WELCOME!

Beginning Bridge - Thursday at 10:00am

Bridge - Tuesdays & Thursdays at 12:30pm

Bid Euchre - 4th Thursday at 10:00am

Euchre - Mondays at 12:30pm

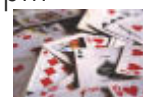


Canasta - 1st, 3rd, & 5th Wednesdays at 12:00pm

Cribbage - Tuesdays & Thursdays at 10:00am

Hand and Foot - Wednesdays at 12:00pm

Poker - Mondays at 1:00pm



Recreational Sheephead - Wednesdays at 12:45pm

Sheephead - Monday, Wednesday & Friday at 1:15pm

Skat - Tuesdays & Tuesdays at 1:00pm

MAH JONGG

Tuesdays & Thursdays
12:00pm

New players always welcome!



SAVE THE DATE

Thursday, May 9

2nd Annual Just For Fun MAH JONGG-A-THONG

12:45pm: Registration

1:00 - 5:00pm: Mah Jongg Games

5:00pm - Light Supper (sandwiches)

Watch the May newsletter for more details.



GAME DAY

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

EVERYONE WELCOME!



STITCHERY GROUP

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



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!

SCAMP BAND

Wednesdays at 9:00am

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.



KNITTWITS

If you know how to knit or crochet and would like to use your incredible talents to make hats, gloves, scarves or blankets, we invite you to join Knitwits on a Mission.

For more information, call 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
April 13, 20, 27

COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm
April 4, 11, 18, 25
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 4th or 5th 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!



BAGELS WITH BEN

(2nd Tuesday of every odd month)
Tuesday, May 14 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!

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

Almost Tax Relief Party

Tuesday, April 9 at 11:30pm

Fanna's Market & Eatery

1211 Rickmeyer Dr, Suite A - (across from Menards)

Cost: \$13 or \$11 with \$2 off coupon from the Dine Out Book
Limit: 30

Registration Deadline: Wednesday, March 13

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

Hostesses: Cathy Stratz 517-3634, LaVern Kabat & Amy Mitchell
Please contact the event hostesses with questions.

UMBRELLA BRIGADE

Come see their next performance at:

Edenbrook

(Formerly ManorCare)

265 S National Ave, FDL

Wednesday, April 24

2:00pm



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.



MONEY SMART WEEK

March 30 - April 6

Please register at the front desk or call 322-3630.

Tuesday, April 2 at 8:15 - 9:15am

Identifying & Avoiding Scams

Learn how to identify & avoid types of scams: financial and more. Know what resources are available to you if you are a victim of a scam.

Tuesday, April 2 at 9:30 - 10:20am

Identifying & Preventing Identity Theft

Learn how to identify & prevent types of identity theft. Know what resources are available to you if you are a victim of identity theft.

Wednesday, April 3 at 10:00 - 11:00am

Money Smart for Older Adults

Learn how to recognize & reduce the risk of elder financial exploitation, guard against identity theft, plan for unexpected loss of the ability to manage your finances and find other helpful resources on managing money and reporting financial exploitation.

Wednesday, April 3 at 1:00 - 2:00pm

How to be Cyber Smart - Online & On The Go

Learn how to be Cyber Smart online and on the go with a mobile phone. Includes identifying scams, what to know about Wi-Fi and what information not to share.

Friday, April 5 at 9:00 - 10:00am

Get Involved, Stay Safe - Stop Elder Financial Abuse

Discuss Elder Financial Abuse – a growing problem and one of the most under reported types of elder abuse.

SHRED DAY

Saturday, April 6 | 8:00am - 11:00am

National Exchange Bank - 130 S Main St, FDL

Saturday, April 27 | 9:00am - 11:30am

Fox Valley Savings Bank - 51 E 1st St, FDL

LADIES PLAYFUL GOLF CLUB

Mondays and Wednesdays

May 6 - August 28 at 9:30a.m.

Annual registration fee is \$8.00

Payment is due at time of registration.

Register and pay at the Senior Center.

There are also golf fees, which can be paid at the golf course each time you play.

Luncheon Orientation Meeting

Wednesday, April 17

Lunch at 11:30am with meeting to follow

Sunset On The Water

N7364 Winnebago Dr., FDL

Lunch reservation deadline is April 12th

If you are a **NEW** member coming to lunch, or if you have questions regarding the LPG Club, please contact Alice Dann at 920-753-5126.



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 SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30am

Informational Meeting: Thursday, April 18 at 10:00am
Whispering Springs Golf Club - 380 Whispering Springs Dr.

League Start Date: Thursday, May 2

Tee Time: 8:30am

If you have questions, call John Paluchniak at 960-8688 or Keith Kaiser at Whispering Springs, 921-8053.



MONTHLY MOVIES

THURSDAY, APRIL 4 THE WIFE

11:45am Lunch (optional)

1:00pm Movie

R · 2018 · Drama · 1h 41m

Starring: Glenn Close, Jonathan Pryce, Christian Slater, Max Irons, Harry Lloyd



SUMMARY: Joan and Joe remain complements after nearly 40 years of marriage. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. As Joe is about to be awarded the Nobel Prize for his acclaimed and prolific body of work, Joan starts to think about the shared compromises, secrets and betrayals.

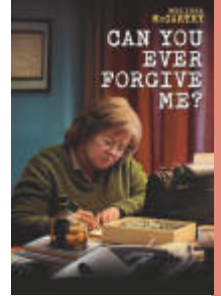
WEDNESDAY, APRIL 17 CAN YOU EVER FORGIVE ME

11:45am Lunch (optional)

1:00pm Movie

R · 2018 · Drama/Crime · 1h 47m

Starring: Melissa McCarthy, Richard E. Grant, Dolly Wells, Jane Curtin, Ben Falcone



SUMMARY: Celebrity biographer Lee Israel makes her living profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack.

Mark your calendar for May movies:

Thursday, May 2: Instant Wife

Wednesday, May 15: Ben is Back

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!

**McNAMARA
& 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

Visit our website at: www.mtins.net | 879 Forest Avenue • Fond du Lac, WI 54935



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Mark J. Ridenour DDS**

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Tooth Removal



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CONTACT

Contact Peter Van Doren to place an ad today!

pvandoren@4LPi.com or (800) 950-9952 x2631

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Bay Shore

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for Seniors

RENT BASED-ON INCOME

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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 • Also follow us on Facebook: 23/151 Flea Market



For ad info. call 1-800-950-9952 • www.4lpi.com

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

B 4C 01-1122

PARKINSON'S AWARENESS MONTH

PARKINSON'S AWARENESS DAY

Thursday, April 11

PARKINSON'S SUPPORT GROUP

2nd Monday at 10:00am

Aurora Health Center - Fond du Lac

210 Wisconsin American Drive ~ American Room

PARKINSON'S MOVEMENT & DANCE CLASS

4th Tuesday of each month | 3:30 - 4:30pm

APRIL 23	MAY 28	JUNE 25	JULY 23
AUGUST 27	SEPT 24	OCT 22	Nov 26

Instructor Kate Mann will lead this **FREE** class including chair and standing movements to music for group fitness and fun. Come alone or bring your care partner to participate with you!

Questions? Contact
Laurie Couillard
at 414-386-2305.



MINDFULNESS SERIES

Mondays, April 1 - May 6 at 1:00pm

Cost \$5.00

"Mindfulness is the awareness that arises from paying attention in a particular way: on purpose, moment by moment, and non-judgmentally. Join our six week "Introduction to Mindfulness" program by Karen Lindberg-Schuppe

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



MEMORY WRITERS GROUP

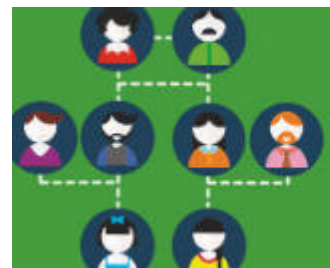
Fridays at 1:00pm

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

New Members Welcome!

GENEALOGY GROUP

2nd and 4th
Wednesday
At 1:00pm



Odd months January - September

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.

ALONG THE JOURNEY LUNCHEON

Friday, April 12 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!

STRONG BODIES

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

Monday / Wednesday
9:00am - 10:00am
(Lakeview Place)

SPRING SESSION
Monday, March 4 - Wednesday, May 8

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

Tuesday / Thursday
9:00am - 10:00am
(Lakeview Place)

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

8 CLASSES
\$40.00

Spring Session

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



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, April 12 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.

**SPECIAL
TIME**

WALK THIS WAY INDOOR WALKING GROUP

Mondays & Wednesdays
4:30PM

Videos by Leslie Sandson 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 Hometown Hospice and Homecare
Friday, April 12 at 9:00am
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

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

FREE PAIN SCREENINGS

Sponsored by ATI Physical Therapy
Friday, April 12 at 9:00am
No appointment needed.



HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

- FREE hearing screenings
- FREE hearing aid cleaning.

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



Thank you to everyone who helped make our 2nd Annual Soup Contest Fundraiser a huge success. We raised \$500 which will be donated to the Fond du Lac Area United Way. We couldn't have done it without you!



1st Place
White Chicken Chili
from the kitchen of
Judy Jones, Frontida
Assisted Living.



2nd Place
Brat Stew from the
kitchen of Tammy
Brown, Account
Manager, Hometown
Hospice & Homecare.



3rd Place
Cheesy Asparagus
Soup from the
Kitchen of Nan
McGhee

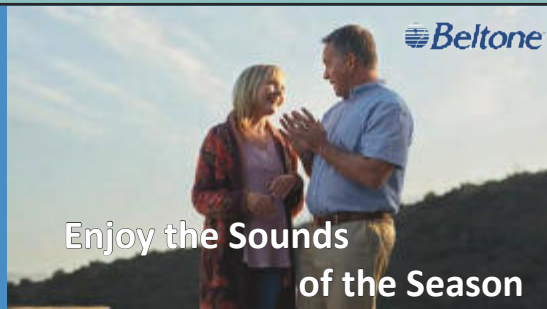


We are looking for a Volunteer Receptionist to work Monday afternoons, 12:15pm - 4:30pm. If you're interested, please call Lisa at 322-3640.

BELTONE HEARING AID SERVICE

Call Us Today for your
FREE Hearing Screening
(920) 923-2000

525 E. Division St., Ste. 106 • Fond Du Lac



Enjoy the Sounds
of the Season



Award Winning Senior Care Three Years In A Row!

Visit our remarkable community today and see why families rated Lake View Place the best of assisted living, **three** years in a row.

Call 920-375-5291 to schedule your personalized tour.



Lake View Place
Senior Living

517 Luco Road
Fond du Lac, WI 54935
920-375-5291

enlivant.com




APRIL DAILY ACTIVITIES

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:00 Low Impact Head to Toe Stretch 9:00 Woodcarving Club 12:30 Euchre 1:00 Poker 1:00 German Club 1:15 Sheephead 4:30 Walking Group 5:30 Zumba Gold	8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 NO ART LAB: April 2 or April 16 10:00 Hiking/Walking Club 12:00 Mahjongs 12:30 Bridge 1:00 Cribbage 1:00 Skat 1:00 Stitchery Group	8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Chime Choir 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:45 Recreational Sheephead 1:15 Sheephead 4:30 Walking Group 7:30 Wed Night Dance	9:00 Chime Choir 10:00 Beginning Bridge 10:00 Hiking/Walking 12:00 Mahjongs 12:30 Bridge 1:00 Cribbage 1:00 Skat 1:00 Tech Tyme 5:45 TOPS #0566 6:10 Country Line Dancing	9:00 Chair Tai Chi Concepts 9:00 Red Hat Chorus 10:00 Balance and Body Movement 1:00 Game Day 1:00 Memory Writers 1:15 Sheephead EVERY SATURDAY 10:00 Tai Chi in the Park EVERY SUNDAY 10:00 Tai Chi in the Park

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.
1 7:00 Strong Bodies 9:00 Is an iPad or Tablet for? 9:00 Strong Bodies 1:00 Mindfulness Series 1:30 Trip Preview - New Orleans 6:30 Fond du Lac Concert Assoc.	2 8:15 Identifying & Avoiding Scams 9:00 Strong Bodies 9:30 Identifying & Preventing Identity Theft 10:30 AARP Board Meeting 12:30 NO ART - SPRING ELECTIONS 1:00 Bingo-Sponsor: FDL Lutheran Homes 5:00 Strong Bodies 5:00 Senior Dining - Gino's Cocktails at 5pm - Dinner at 6pm 6:00 Winnebago Woodworkers at NFDL HS	3 7:00 Strong Bodies 9:00 Strong Bodies 10:00 Jam Session Practice 10:00 Money Smart for Older Adults 12:00 Canasta 1:00 How to be Cyber Smart - online and on the go 3:30 Sewing Class HT - Come From Away	4 9:00 Beginning Yoga 9:00 Senior Outreach Meeting 9:00 Strong Bodies 10:00 Scrapbooking 10:30 Beginning /Intermediate Yoga 12:00 ROMEOS - Sunset on the Water 1:00 Flying Geese Quilting Club 1:00 Movie - The Wife 5:00 Strong Bodies 6:00 Local Parents of Angels	5 9:00 Friends Board Meeting 9:00 Get Involved, Stay Safe - Stop Elder Financial Abuse 6 Saturday 8:00 Brat Fry at PDQ 8:00 Shred Day at NEBAT 7 Sunday HT - Leaving for Mystery Trip
8 7:00 Strong Bodies 9:00 Strong Bodies 10:00 Parkinson's Support Group- Aurora Health Care 1:00 Mindfulness Series	9 9:00 Strong Bodies 11:30 Red Hat Honey's - Almost Tax Relief Party 12:00 Community Cares (Groups A) 12:30 Art - Come Fly a Kite on canvas 1:00 Bingo-Sponsor: Harbor Haven	10 7:00 Strong Bodies 9:00 Strong Bodies 10:00 Jam Session 1:00 Genealogy Group 3:30 Sewing Class	11 9:00 Beginning Yoga 9:00 Strong Bodies 10:00 Scrapbooking 10:30 Beginning /Intermediate Yoga 5:00 Strong Bodies 7:00 Sunset Stitchers	12 9:00 Health Screenings 9:00 Pain Screenings 9:00 Strength Screening 12:00 Friends Along the Journey Luncheon - Rolling Meadows Restaurant

5:00 Senior Dining - Casa Del Tequila Cocktails at 5pm - Dinner at 6pm 5:00 Strong Bodies 6:00 Coin Club 6:00 Winnebago Woodworkers	16 9:00 Strong Bodies 10:00 Five Wishes Presentation 12:30 Art - Sunflowers by the Barn on canvas 1:00 Bingo-Sponsor: The Meadows 3:00 Diabetic Support Group - FDL 5:00 Aurora Health Center - FDL 5:00 Senior Dining - Sunset on the Water 5:00 Cocktails at 5pm - Dinner at 6pm 6:00 Strong Bodies 6:00 Winnebago Woodworkers at NFDL HS	17 7:00 Strong Bodies 9:00 Strong Bodies 10:00 Jam Session Practice 11:30 Ladies Playful Golf 12:00 Canasta 1:00 Movie - Can You Ever Forgive Me 1:30 Community Cares 3:30 Enrichment Activity 7:00 Sewing Class Stamp Club	18 9:00 Beginning Yoga 9:00 Strong Bodies 10:00 Men's Senior Center Golf 10:00 League Informational Meeting 10:00 Scrapbooking 10:30 Beginning /Intermediate Yoga 1:00 AARP Meeting 1:00 Doc Party - Iceland 2:30 Trip Preview - Africa 5:00 Strong Bodies 6:00 Local Parents of Angels	19 9:00 Beg. Country Line Dance 5:00 Supper Club - Benvenuto's Social at 5:00pm - Dinner at 5:30pm 14 Sunday	13 Saturday 9:00 Beg. Country Line Dance 5:00 Supper Club - Benvenuto's Social at 5:00pm - Dinner at 5:30pm 14 Sunday	1:00 Wii Bowling Banquet
22 7:00 Strong Bodies 8:30 Newsletter Assembly 9:00 Strong Bodies 1:00 Mindfulness Series	23 9:00 Strong Bodies 12:30 Art - Tallwaggers Pet Painting on canvas 1:00 Bingo-Sponsor: Lincoln House 2:00 Community Cares (Groups B) 3:30 Parkinson Movement Class 5:00 Senior Dining - Blank's Lake Aire 5:00 Cocktails at 5pm - Dinner at 6pm 6:00 Strong Bodies 6:00 Winnebago Woodworkers at NFDL HS	24 7:00 Strong Bodies 9:00 Strong Bodies 10:00 Jam Session 1:00 Genealogy Group 1:00 Umbrella Brigade - Edenbrook HT - Menopause - The Musical	25 9:00 Beginning Yoga 9:00 Strong Bodies 10:00 Bid Euchre 10:30 Beginning /Intermediate Yoga 11:00 Volunteer Appreciation Party 5:00 Strong Bodies 6:30 Alzheimer's Support Group	26 9:00 Beg. Country Line Dance 9:00 Shred Day at Fox Valley Savings Bank 28 Sunday	27 Saturday 9:00 Beg. Country Line Dance 9:00 Shred Day at Fox Valley Savings Bank 28 Sunday	9:00 Wii Bowling Banquet
29 7:00 Strong Bodies 9:00 Apple iPad Basics 9:00 Strong Bodies 1:00 Mindfulness Series 6:30 Fond du Lac Concert Assoc. HT - Leaving for Ireland	30 9:00 Strong Bodies 12:30 Floral Cascade On canvas 1:00 Bingo-Sponsor: Generations Home Care & Hospice 5:00 Senior Dining - Blank's Johnsburg 5:00 Cocktails at 5pm - Dinner at 6pm 6:00 Strong Bodies 6:00 Winnebago Woodworkers at NFDL HS	<div>  <h2>LET'S DO LUNCH!</h2> <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> </div>				BILLIARD ROOM Open daily for open pool except during league playing time. ** All Brown Events are held Offsite. ** All Red Events are New or Special Events. ** All Green Events are Happy Travelers.

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

D 4C 01-1122



Wii Bowling

No bowling Friday, April 5

End of Year Banquet:
Friday, April 12 at 1:00pm



Fond du Lac AARP Association Meeting
Thursday, April 18 at 1:00pm
Fond du Lac Senior Center

Speaker: Allan Buechel

Topic: Fond du Lac County Updates

EVERYONE IS WELCOME!

AARP DRIVER'S SAFETY

Wednesday, May 8

- ♦ Register and Pay: 12:30pm
- ♦ Class: 12:45pm - 4:30pm
- ♦ Cost: \$15 AARP Members
\$20 Non Members

Participants should bring their drivers license and AARP membership cards.

Please register at the front desk or call 322-3630.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4th Thursday at 6:30pm
Fond du Lac Senior Center, 151 E. 1st. Street

DIABETIC SUPPORT GROUP

3rd 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

2nd Monday at 10:00am
Aurora Health Center - Fond du Lac
210 Wisconsin American Drive ~ American Room

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

HAPPY TRAVELERS

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EXTENDED TRIPS

June 5 - 7 (A)

Door County

All Inclusive

\$440 DBL \$513 SGL

CALL NOW! RESERVATION DUE BY THURSDAY, APRIL 4

At Rowleys Bay Resort, you will find a secret escape that welcomes you, revives you, lifts your spirits and soothes your soul.



Relax and enjoy great food and unbeatable views while on this Happy Travelers Exclusive Door County Excursion.

September 12 - 18 (A)

Washington, DC Diamond Tour

\$759 DBL \$999 SGL

WAIT LIST FOR 2ND BUS

October 16 - 29 (A)

Spain's Classics & Portugal Collette Tour

\$5099 DBL \$6299 SGL (Guaranteed Price Until April 17)

December 1 - 6 (A)

Southern Charm Holiday Collette Tour

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

GREAT TRIP

Book now to save your seat before it's too late!

February 13 - 17, 2020 (A)

New Orleans Collette Tour

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

April 23 - May 8, 2020 (A)

South Africa Collette Tour

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

TRIP PREVIEW: Thursday, April 18, 2019 at 2:30pm

- Search for the "Big 5" on an open-air safari game drive.
- Experience a thrilling cable car ride rising more than 3,000 feet.



- Spend 3 days at one of world's natural wonders, Victoria Falls.
- Enjoy a leisurely cruise on the Zambezi River taking in the majestic African sunset.
- Marvel at the breathtaking Drakensberg Mountains.
- Join locals for lunch at a nearby Shebeen, or house tavern.

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.



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

CALLING ALL DAY TRIPPERS

Saturday, May 18 (M)
LaVerne & Shirley Style - Milwaukee Tour
 \$123 IN 18 seats available

Saturday, June 8 (E)
Daniel O'Donnell - Crystal Grand Theatre - WI Dells
 \$130 IN *Monk's Bar & Grill* Call for seat availability
FULL PAYMENT DUE WITH RESERVATION

Thursday, June 20 (E)
That's What I Call Rock'n Roll
 \$110 IN *Fireside* 32 seats available

Wednesday, June 26 (A)
Wandering Tree Estate - Lake Zurich, IL
 \$99 IN *Chessies* 24 seats available

Wednesday, July 17 (M)
Brewers vs Atlanta Braves
 \$68 38 seats available

Thursday, July 25 (M)
Arlington Horse Races
 \$65 Sign Up Today!

Tuesday, July 30 (M)
Christopher Farm and Gardens - Sheboygan
 \$69 IN *Field to Fork* 33 seats available

Wednesday, August 7 (E)
Mamma Mia - The Palace Theater in the Dells
 \$89 IN 24 seats available

Tuesday, August 13 (E)
Wedding Bells - Memories
 \$89 IN *Field to Fork* 35 seats available

Wednesday, August 28 (E)
Oneida Casino/Schwartz's
 \$60 IN

Thursday, September 19 (E)
Buddy - Fireside
 \$110 IN

Wednesday, August 21 (A)
Rocks & Wine

House on the Rock & Wollersheim Winery
 \$88 *Culvers*

House on the Rock is unlike any tourist attraction you've ever visited. Perched on a rocky outcropping in Spring Green, the dwelling is home to many bazaar and incredible collections considered a 'magical complex.'



Enjoy a unique tour of Wollersheim Winery.

Thursday, September 5 (E)
Dogs, Goats, Apples, Greens
 Siberian Outpost, Little Farmer, Park Ridge Organics
 \$87 IN *LaClare Family Creamery*

Join us for a day of fun - not far from home!! Tour the Siberian Outpost, where you'll learn how these dogs are trained to mush. LaClare



Family Creamery will tickle your fancy with the adorable goats, along with samples of the fantastic goat cheese. And who doesn't love a visit to the



Little Farmer, including yummy pies, caramel apples and more. It's always a fun atmosphere. Last, see all that Park Ridge Organics has to offer.

Friends of the Fond du Lac Senior Center

BRAT FRY**SATURDAY, APRIL 6****9:00am - 5:00pm****Butcher Block (Formerly PDQ)
400 Prospect Ave, NFDL**

We are looking for volunteers to help grill and serve at our Piggly Wiggly brat fry fundraiser in May. 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!**1st WEEKEND****Piggly Wiggly**

Thursday, May 9

Friday, May 10

Saturday, May 11

2nd WEEKEND**Piggly Wiggly**

Thursday, May 16

Friday, May 17

Saturday, May 18

3rd WEEKEND**Piggly Wiggly**

Thursday, May 23

Friday, May 24

Saturday, May 25

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- ♦ There are over 40 restaurants participating!
- ♦ Some old favorites plus some new!

Purchase your coupon book today!



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Closed Saturday and Sunday



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





BOOK CLUB

Monday, April 15
9:30am - 10:30am

Copies available at the Senior Center.

Book due back by Monday, April 15

BOOK OF THE MONTH:

"I Gave My Heart to Know This" by Ellen Baker

In January 1944, Grace Anderson, Lena Maki, and Lena's mother, Violet, have joined the growing ranks of women working for the war effort. Though they find satisfaction in their work in a Wisconsin shipyard, it isn't enough to distract them from the anxieties of wartime, or their fears for the men they love: Lena's twin brother, Derrick, and Grace's high school sweetheart, Alex.

Beautifully written and profoundly moving, I Gave My Heart to Know This is a riveting story of loyalties held and sacred bonds broken; of crushing loss and enduring dreams; and what it takes – and what it means – to find the way home.

NATIONAL HEALTHCARE DECISIONS DAY

April 16 | 10:00am - 12:00pm

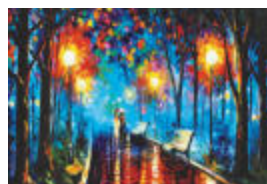
Join us as we use the Five Wishes model to discuss these important considerations:

- Who will make health care decisions for me when I can't make them for myself
- My wish for the kind of medical treatment I want or don't want
- My wish for how comfortable I want to be
- My wish for how I want people to treat me
- My wish for what I want my loved ones to know

Make sure that your wishes are expressed and respected

Forms will be available for you to fill out or take home. Time will be available after the conversation if you want to work 1:1 on your Five Wishes document.

Please register at the front desk or call 322-3630.



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!.

NO ART LAB APRIL 2 OR APRIL 16

ART

Unleashing Your Creativity

Tuesdays 12:30 - 3:30

NO ART APRIL 2

Tuesday, April 9

"Come Fly a Kite" on canvas \$30

Painting with MaryAnn is always an adventure. This painting includes 2 kids flying brightly colored kites on a bright sunny day on a 12 x 16 canvas.



Tuesday, April 16

"Sunflowers by the Barn".on canvas \$30

Paint a little country with this fun painting. Lots of sunflowers against a red barn on a 12 x 16 canvas.

Tuesday, April 23

"Tailwaggers Pet Painting" on canvas \$30

You will get to choose a cat or dog stencil and paint them with vibrant colors on a 12 x 12 canvas



Tuesday, April 30

"Floral Cascade" on canvas \$30

This painting is the 2nd place winner of our "you pic the painting" contest. Lots of brilliant flowers cascading down a 12 x 16 canvas. It is sure to make your day brighter.

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 .

- Monday, April 1: Honey Mustard Meatballs
- Tuesday, April 2: Pork Jaegerschnitzel
- Wednesday, April 3: Liver & Onions
- Thursday, April 4: Chicken Breast
- Friday, April 5: Crispy Fish Fillet
- Monday, April 8: Hamburger on a Bun
- Tuesday, April 9: Country Fried Steak
- Wednesday, April 10: Orange Chicken
- Thursday, April 11: Mush Pork Cutlet
- Friday, April 12: Spinach Lasagna
- Monday, April 15: Salisbury Steak
- Tuesday, April 16: Ham Rolls
- Wednesday, April 17: Baked Chicken
- Thursday, April 18: Pepper Steak
- Friday, April 19: **CLOSED - GOOD FRIDAY**
- Monday, April 22: Glazed Ham
- Tuesday, April 23: Swiss Steak
- Wednesday, April 24: Chicken, Broccoli & Rice Casserole
- Thursday, April 25: Bratwurst on a Bun
- Friday, April 26: Swedish Meatballs
- Monday, April 1: BBQ Pork Cutlet
- Tuesday, April 2: Baked Chicken

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!

SUNSET ON THE WATER

N7364 Winnebago Dr., FDL
Thursday, April 4 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.



BENVENUTO'S

625 W Rolling Meadows Dr., FDL
Saturday, April 13
Social at 5:00pm | Dinner at 5:30pm

SENIOR 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

- April 2 **Ginos**, 584 W Johnson St, FDL
- April 9 **Casa Del Tequila**, 525 N Peters Ave, FDL
- April 16 **Sunset on the Water**, N7364 Winnebago Dr, FDL
- April 23 **Blanck's Lake Aire**, N8751 Lakeshore Dr, FDL
- April 30 **Blanck's Johnsburg**, W2655 County Rd Q, Johnsburg

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)

1st 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.

SENIOR DINING GROUP

Tuesdays at 5:00pm

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

GROUPS

BAGELS WITH BEN

2nd Tuesday of every odd month at 9:00am

BOOK CLUB

3rd Monday at 9:30am

COIN CLUB

2nd Tuesday at 6:00pm

GROUPS (cont.)

GAME DAY

Fridays at 1:00pm

GENEALOGY

2nd & 4th Wednesday at 1:00pm

GERMAN CLUB

Mondays at 1:00pm

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00am

JAM SESSION

2nd & 4th Wednesdays at 10:00am

JAM SESSION PRACTICE

1st & 3rd Wednesdays at 10:00am

MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30pm

PHOTOGRAPHY

3rd Wednesday at 2:00pm

QUILTING

FLYING GEESE QUILTING CLUB

1st Thursday at 1:00pm

3rd Thursday at 11:45pm

Call Jean at 921-7359 for info.

SUNSET STITCHERS QUILT GUILD

2nd Thursday at 7:00pm

Call Laura at 923-1693 for info.

RED HAT HONEYS

Activities include Chorus, 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 9:00am

SCRAPBOOK CLUB

Thursdays at 10:00am

Group does not meet 4th Thursday of the month.

STITCHERY

Tuesdays at 1:00pm

GROUPS (cont.)

STAMP CLUB

3rd 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

2nd 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 Lake View Place: 545 Luco Road

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

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

1st, 3rd & 5th Wednesdays

at 12:00pm

CRIBBAGE

Tuesdays & Thursdays at 1:00pm

RECREATION (cont.)

EUCHRE

BID - 4th 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

KNITWITS

Pick up yarn and drop off knitted or crocheted hats, gloves, scarves and blankets at the Senior Center. For more information call 322-3630.

MAHJONGG

Tuesdays & 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

3rd Thursday at 1:00pm

MOVIES

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

PARKINSON'S MOVEMENT & DANCE CLASS

4th Tuesday at 3:30pm

TRIAD/SALT

(Seniors and Law Enforcements Together)

4th Thursday at 1:00pm

Odd months January—September.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4th Thursday at 6:30pm

Except November when they meet the 5th Thursday - FDL Senior Center

DIABETIC SUPPORT GROUP

3rd Tuesday at 3:00pm

Aurora Health Center - FDL

FRIENDS ALONG THE JOURNEY LUNCHEON

3rd Friday of the month at 12:00pm

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

LOCAL PARENTS OF ANGELS

1st & 3rd Thursday at 6:00pm

FDL Senior Center

PARKINSON'S SUPPORT GROUP

2nd Monday at 10:00am

Aurora Health Center - FDL



St. Charles Cemetery

*A Peaceful Country Place
on the Ledge*

W4287 Golf Course Drive
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921-4381 or 921-0580

► Reach the Senior Market ADVERTISE HERE

CONTACT

Contact Peter Van Doren to place an ad today!

pvandoren@4LPi.com or (800) 950-9952 x2631

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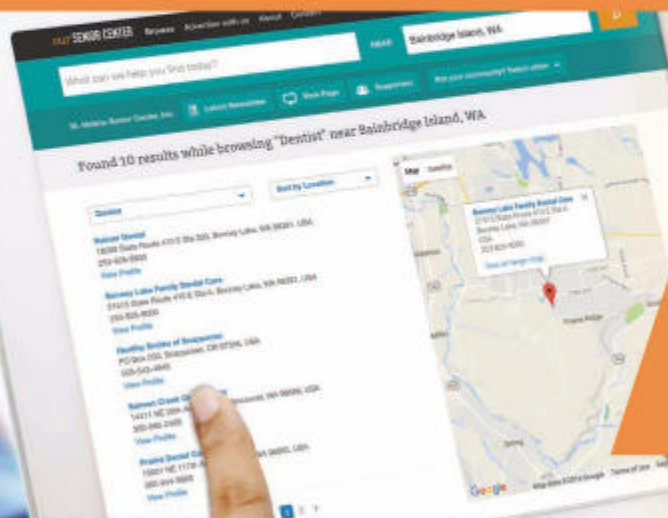
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

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! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

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

April 2019 Newsletter

Card File

Computer



Fond du Lac Senior Center

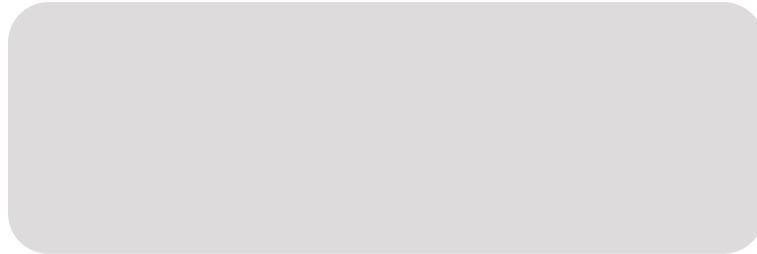
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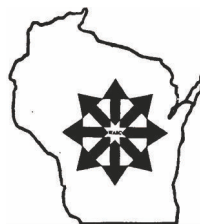
Sandy Foote 322-3638
sfoote@fdl.wi.gov

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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.