

AMONG FRIENDS

MAY 2019



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



A Free Monthly Publication
Vol. 10 • No. 5

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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.



Happy Older Americans Month!

Years ago I taught a computer class for MPTC that was called "Intro to Computers for Older Adults". The best thing about that class is that nobody defined what "older" meant – so I had students in their 40's through their 80's who were just interested in learning more about technology. That was one of my absolute favorite classes to teach.



This month is Older Americans Month and I feel the same way about this designation as I did about that class. We're all older than someone. Getting older is a gift that many people aren't afforded – so we should appreciate that gift and celebrate!

Statistics show that the communities that encourage the contributions of older adults are stronger, and older adults play a key role in neighborhoods, networks and lives.

The theme of Older Americans Month 2019 is "Connect, Create, Contribute" and we want to take this opportunity to show the impact that we all have on our community. We are encouraging everyone to post a selfie to our Facebook page, or drop off a picture showing you Connecting, Creating or Contributing to our community. To encourage your participation, we will do a drawing each Friday in May from the entries and give out prizes – so let us see what you're up to!

Enjoy the month – celebrate being "Older" – and hope to see you soon!

Cathy



SPECIAL EVENT

3

FRIENDS OF THE FOND DU LAC SENIOR CENTER

BRAT FRY in MAY

Piggly Wiggly
131 University Dr., FDL
10:00am - 5:00pm



Thursday, May 9
Friday, May 10
Saturday, May 11

Thursday, May 16
Friday, May 17
Saturday, May 18

Thursday, May 23
Friday, May 24
Saturday, May 25

THANK YOU FOR YOUR SUPPORT!

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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Campbellsport, WI. EHO

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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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(across from Haentze Floral)

(920) 922-5606

ed@fdlmemorials.com

Quality Monument Foundations by Ron Steffes

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

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

A 4C 01-1122

PROGRAMS & ACTIVITIES

SEWING CLASS

Wednesday, May 1 & 8

Carol Lamont will be teaching a sewing class at the Senior Center.



All skill levels are welcome!

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 Stitches 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!



2nd Annual Just For Fun

MAH JONGG-A-THON

Thursday, May 9
12:45 - 6:00pm

12:45pm: Registration

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

5:00 - 6:00pm: Supper and Socializing

Sandwiches, Snacks & Refreshments will be provided

Sign up at the front desk, call 322-3630 or email sdocter@fdl.wi.gov by Thursday, May 2.

Space is limited and registration is required.



BINGO

Tuesdays at 1:00pm

EVERYONE WELCOME!

STAMP CLUB

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



CALLING ALL CARD PLAYERS

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



EVERYONE WELCOME!

Beginning Bridge - Thursdays 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 1:00pm

Hand and Foot - Wednesdays at 12:00pm

Poker - Mondays at 1:00pm



Recreational Sheephead - Wednesdays at 12:45pm

Sheephead - Mondays, Wednesdays & Fridays at 1:15pm

Skat - Tuesdays & Thursdays at 1:00pm



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.



BEGINNING COUNTRY LINE DANCING

Saturdays 9:00am - 10:30am
May 4, 11, 18

COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm
May 2, 9, 16, 23, 30
4 classes for only \$10.00
Punch cards available at the front desk.

TOPS

CHAPTER #0566
(Take Off Pounds Sensibly)

Thursdays at 5:45pm



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. Make sure your device is fully charged or bring a charger with you.

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



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!

GENEALOGY GROUP

2nd and 4th Wednesdays at 1:00pm

New Members
Always Welcome!



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

No event scheduled for May

Upcoming Event

Road Trip to New Holstein

Friday, June 7 at 9:00am

Cost: Dutch Treat at Altona Restaurant Limit: 25

Registration Deadline: Friday, May 31

Hostesses: LaVern Kabat - 921-5779 & Cathy Stratz

Please contact the event hostesses with questions.
Stop at the Senior Center or call 322-3630 to register.

UMBRELLA BRIGADE

Come see their next performance:



Wednesday, May 29

2:00pm

Touchstone

300 Winnebago St., NFDL

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!

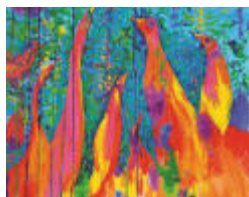
DANCES

\$4.00 donation

Wednesdays - 7:30pm - 9:30pm

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





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, May 14

Garden Post Painting \$45

Paint your very own 3 foot tall 4 x 4 post for your garden or patio. MaryAnn has lots of stencils you can trace or you can create your own design. No



experience needed. We will bring the posts and a stake to put it in the ground. Optional wood base is available for purchase to stand on your porch or patio.



Tuesday, May 21

Flowers on Canvas to look like a board \$25

This class is so much fun. Substitute art teacher, Barb, will instruct you step by step on how to make the 12 x 12 canvas look like a board. Add your choice of a flower to make it your own.



No class May 28. Enjoy your Memorial Day Weekend.

Tuesday, June 4

Mandala Tree on 12 x 12 canvas

This unique style of painting will result in a fun piece of art. Step by step instruction with MaryAnn.

PAYMENT IS DUE AT TIME OF REGISTRATION.

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

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.

Weekly participation
is not required.

Come when you can!

If you have questions,
please contact Alice Dann
at 920-753-5126.



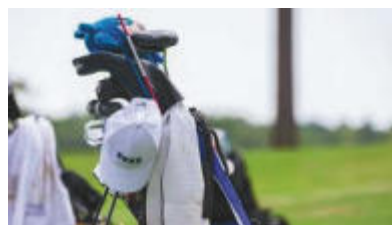
MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30am

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.



COIN CLUB

2nd Tuesday at 6:00pm
EVERYONE WELCOME!



MONTHLY MOVIES

THURSDAY, MAY 2 INSTANT FAMILY

11:45am Lunch (optional)
1:00pm Movie
PG 13 · 2018 · Drama/Comedy · 1h 58m



Starring: Mark Wahlberg, Rose Byrne, Octavia Spencer, Tig Notaro, Isabela Moner, Margo Martindale

SUMMARY: When Pete and Ellie decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl, they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family.

Mark your calendar for May movies:

Thursday, June 6: Bohemian Rhapsody
Wednesday, June 19: On the Basis of Sex

WEDNESDAY, MAY 15 BEN IS BACK

11:45am Lunch (optional)
1:00pm Movie
R · 2018 · Drama · 1h 44m



Starring: Julia Roberts, Lucas Hedges, Courtney B. Vance, Kathryn Newton

SUMMARY: Nineteen-year-old Ben Burns unexpectedly returns to his family's suburban home on Christmas Eve. Ben's mom, Holly, is relieved and welcoming but wary of her son's drug addiction. Over a turbulent 24 hours, new truths are revealed, and a mother's undying love gets put to the test as Holly does everything in her power to keep Ben clean

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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Tooth Removal



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CONTACT

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for Seniors

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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

BEADING BUDDIES

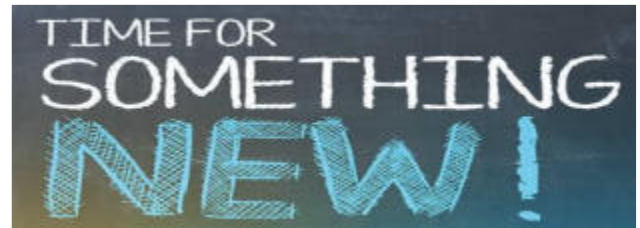
2nd & 4th Tuesdays
12:30 pm - 2:30pm



Are you interested in making earrings, bracelets and necklaces with beads but not sure where to start? Join the Beading Buddies to learn and share different beading techniques and projects. Bring your own supplies and tools!

BOOK CLUB

Monday, May 20
9:30am - 10:30am



BOOK OF THE MONTH: Choose your own book.

Read a Classic Book (adult classic or children's classic). Bring the name of the book and the author to the meeting. Be prepared to tell us a little about the book and why you chose the book.



MEMORY WRITERS GROUP

Fridays at 1:00pm
Join us to share and preserve life experiences and family history.
New Members Welcome!

PARKINSON'S MOVEMENT & DANCE CLASS

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

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.



STROKE AWARENESS PRESENTATION

Wednesday, May 29th at 1:00 p.m.

Brett Leidl BSN, RN, SCRNP, Stroke Coordinator, Quality Improvement Coordinator from Aurora Medical Center will be at the Center speaking about Stroke Awareness: stroke prevention, signs and symptoms, what to do if someone is having a stroke, stroke treatment, and stroke recovery.

EVERYONE IS WELCOME!

ALONG THE JOURNEY LUNCHEON

Friday, May 17 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 month's location.

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

EVERYONE IS WELCOME!

MINDFULNESS SERIES

Monday May 6 at 1:00pm

"Mindfulness is the awareness that arises from paying attention in a particular way: on purpose, moment by moment, and non-judgmentally."

HEALTH & WELLNESS

STRONG BODIES



SUMMER SESSION

Wednesday, May 29 - Monday, August 5

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

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

SUMMER SESSION

Tuesday, May 28 - Tuesday, August 6

OFF THURSDAY, JULY 4

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

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

We have room for new members in all classes.
Sign up by May 23rd to reserve your spot!

For more information call Sarah Docter at 322-3641

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

YOGA

Thursdays

Beginning: 9:00am - 10:00am

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

Spring Session

Thursday, April 11 - Thursday, June 6

No class Thursday, May 16

Summer Session

Thursday, June 13 - Thursday, July 8

No class Thursday, July 4

Please register and pay at the front desk.



8 CLASSES
\$40.00

TAI CHI IN THE PARK

Every Saturday & Sunday

At 10:00am

Lakeside Park

(weather permitting)

On the lakeshore off of Frasier Drive
Across from the children's play area.



This is a free
drop-in program.
All Levels Welcome!

BIKE RIDES

2nd Tuesday at 9:00am

When: Tuesday, May 14th at 9:00 a.m.

Where: Wild Goose State Trail

Meeting: In the parking lot by the trail off of Rolling Meadows Drive

When: Tuesday, June 11th at 9:00 a.m.

Where: Mascoutin Valley State Trail

Meeting: at Target

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

WALK THIS WAY INDOOR WALKING GROUP

Mondays & Wednesdays at 4:00pm

SPECIAL TIME: May 6 & 8 at 4:30pm



Videos by Leslie Sandone 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!

TAI CHI CLASS

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



NEXT SESSION: June 11 - July 30

Please register and pay at the front desk.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Crossroads Care Center

Friday, May 10 at 9:00am

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, May 10 at 9:00am

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

FREE PAIN SCREENINGS

Sponsored by ATI Physical Therapy

Friday, May 10 at 9:00am

No appointment needed.



FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice

Friday, May 10 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.

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!**

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

Walk This Way Indoor Walking Group

Mondays & Wednesday s at 4:00pm
SPECIAL TIME: May 6 & 8 at 4:30pm

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

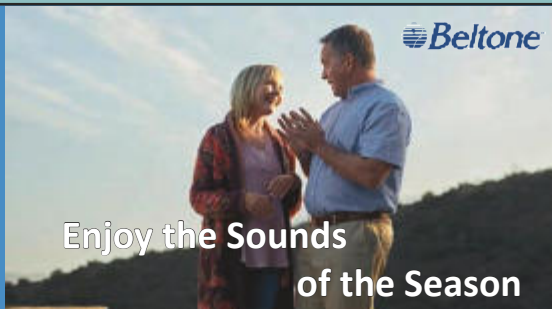
This is a free drop-in program.
Everyone Welcome!



BELTONE HEARING AID SERVICE

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

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Lake View Place
Senior Living



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OF THIS SPACE.
— 800-950-9952 —

MAY 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 Sheepshead 4:00 Walking Group 5:30 Zumba Gold	9:00 Tai Chi 10:00 Art lab 10:00 Hiking/Walking Club 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Skat 1:00 Stitchery Group	8:30 SCAMP 9:00 Chime Choir 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:45 Recreational Sheepshead 1:15 Sheepshead 4:00 Walking Group 7:30 Wed Night Dance	9:00 Chime Choir 10:00 Beginning Bridge 10:00 Hiking/Walking 12:00 Mahjongg 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 Sheepshead EVERY SATURDAY 10:00 Tai Chi in the Park EVERY SUNDAY 10:00 Tai Chi in the Park

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In addition to the daily activities above. 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.	In addition to the daily activities above. 1 7:00 Strong Bodies 9:00 Strong Bodies 10:00 Jam Session Practice 12:00 Canasta 3:30 Sewing Class	In addition to the daily activities above. 2 8:30 Men's Senior Center Golf League 9:00 Beginning Yoga 9:00 Senior Outreach Meeting 9:00 Strong Bodies 10:00 Scrapbooking 10:30 Beginning / Intermediate Yoga 12:00 ROMEOS - Gino's 1:00 Flying Geese Quilting Club 1:00 Movie - Instant Family 5:00 Strong Bodies 6:00 Local Parents of Angels	In addition to the daily activities above. 3 9:00 Friends Board Meeting 4 Saturday 9:00 Beg. Country Line Dance 5 Sunday	In addition to the daily activities above. 10 9:00 Health Screenings 9:00 Pain Screenings 9:00 Strength Screening 10:00 Brat Fry 11 Saturday 9:00 Beg. Country Line Dance
6 7:00 Strong Bodies 9:00 Apple iPad Basics II 9:00 Strong Bodies 9:30 Ladies Playful Golf Club 1:00 Day in our Boots 1:00 Mindfulness Series	7 9:00 Strong Bodies 10:30 AARP Board Meeting 1:00 Bingo-Sponsor: FDL Lutheran Home 5:00 Senior Dining - Wendt's Cocktails at 5pm - Dinner at 6pm 5:00 Strong Bodies	8 7:00 Strong Bodies 9:00 Strong Bodies 9:30 Ladies Playful Golf Club 10:00 Jam Session 11:00 Energy Assistance Program 12:30 AARP Drivers Safety Class 1:00 Genealogy Group	9 8:30 Men's Senior Center Golf League 9:00 Beginning Yoga 9:00 Strong Bodies 10:00 Brat Fry 10:00 Scrapbooking 10:30 Beginning / Intermediate Yoga 1:00 Mah Jongg-A-Thon	10 9:00 Health Screenings 9:00 Pain Screenings 9:00 Strength Screening 10:00 Brat Fry 11 Saturday 9:00 Beg. Country Line Dance

<p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>3:30 Sewing Class</p> <p>5:00 Strong Bodies 7:00 Sunset Stitchers</p> <p>10:00 Brat Fry 10:00 Fondy Rocks Hamilton Park</p> <p>12 Sunday</p>					
<p>13</p> <p>9:30 Ladies Playful Golf Club</p> <p>10:00 Parkinson's Support Group - Aurora Health Care</p> <p>1:00 Day in our Boots</p> <p>1:00 Senior Snappers - Photography Group</p> <p>Informational Meeting</p>	<p>14</p> <p>9:00 Bagels with Ben</p> <p>9:00 Bike Rides - Wild Goose State Trail</p> <p>12:30 Art - Garden Post Painting</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Southern Care</p> <p>2:00 Community Cares (Groups A)</p> <p>5:00 Senior Dining - Benvenuto's</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p>	<p>15</p> <p>9:30 Ladies Playful Golf Club</p> <p>10:00 Jam Session Practice</p> <p>12:00 Canasta</p> <p>1:00 Movie - Ben is Back</p> <p>1:30 Community Cares</p> <p>Enrichment Activity</p> <p>7:00 Stamp Club</p>	<p>16</p> <p>8:30 Men's Senior Center Golf League</p> <p>9:00 Beginning Yoga</p> <p>10:00 Brat Fry</p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning / Intermediate Yoga</p> <p>1:00 AARP Meeting</p> <p>1:00 Flying Geese Quilting Club</p> <p>6:00 Local Parents of Angels</p>	<p>17</p> <p>10:00 Brat Fry</p> <p>10:00 Green Thumb Garden Club Plant Sale</p> <p>12:00 Along the Journey Luncheon - Rolling Meadows Restaurant</p> <p>5:00 Supper Club - Sunset</p> <p>Social at 5:00pm - Dinner at 5:30pm</p> <p>18 Saturday</p> <p>8:00 Green Thumb Garden Club Plant Sale</p> <p>9:00 Beg. Country Line Dance</p> <p>9:00 Master Gardner Garden Fair and Plant Sale</p> <p>10:00 Brat Fry</p> <p>HT - Lavern & Shirley</p> <p>19 Sunday</p>	
<p>20</p> <p>8:30 Newsletter Assembly</p> <p>9:30 Book Club</p> <p>9:30 Ladies Playful Golf Club</p> <p>1:00 Day in our Boots</p>	<p>21</p> <p>12:30 Art - Flowers on canvas painted to look like a board</p> <p>1:00 Bingo-Sponsor: Almost Family</p> <p>3:00 Diabetic Support Group - Aurora Health Center - FDL</p> <p>5:00 Senior Dining - Roepke's</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p>	<p>22</p> <p>9:30 Ladies Playful Golf Club</p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p>	<p>23</p> <p>8:30 Men's Senior Center Golf League</p> <p>9:00 Beginning Yoga</p> <p>10:00 Bid Euchre</p> <p>10:00 Brat Fry</p> <p>10:30 Beginning / Intermediate Yoga</p> <p>1:00 SALT/TRIAD Jail Tour</p> <p>6:30 Alzheimer's Support Group</p> <p>HT - Door County Doc Meeting</p>	<p>24</p> <p>10:00 Brat Fry</p> <p>25 Saturday</p> <p>10:00 Brat Fry</p> <p>26 Sunday</p>	
 <p>CLOSED FOR MEMORIAL DAY</p>	<p>28</p> <p>9:00 Strong Bodies</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Grancare Rehab</p> <p>2:00 Community Cares (Groups B)</p> <p>3:30 Parkinson Movement Class</p> <p>5:00 Senior Dining - Jim & Lindas</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p>	<p>29</p> <p>7:00 Strong Bodies</p> <p>9:00 Strong Bodies</p> <p>9:30 Ladies Playful Golf Club</p> <p>1:00 Stroke Awareness</p> <p>Presentation</p> <p>1:00 Umbrella Brigade - Touchstone</p>	<p>30</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:30 Beginning / Intermediate Yoga</p> <p>5:00 Strong Bodies</p>	<p>31</p>	

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

D 4C 01-1122



Odd months January - September

Thursday, May 23 at 1:00pm
Jail Tour

Meet at the Jail Entrance on Western Ave.

Sign up at the front desk or call 322-3630
Space is limited and registration is required.



Fond du Lac AARP Association Meeting
Thursday, May 16 at 1:00pm
Fond du Lac Senior Center

Speaker: Susan Bach, Regional Director for the Better Business Bureau (BBB) Serving Wisconsin

Topic: New scams targeting seniors, identity theft, how to be a smarter consumer and more.

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

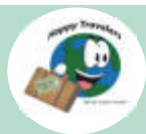
MPTC COURSES

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
103-613	31016	Apple iPad Basics II	Kraft,Karon	09:00AM	11:55AM	M	6-May-19



HAPPY TRAVELERS


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



ACTIVITY LEVEL

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

LUNCH OR DINNER

DT = Dutch Treat IN = Included
 = Happy Travelers Exclusive Trip

CALLING ALL DAY TRIPPERS

Saturday, May 18 Ⓜ 

LaVerne & Shirley Style - Milwaukee Tour

\$123 IN 18 seats available

Schlemeil, Schlimazel, Hasenpfeffer Incorporated!

Enjoy a stop at the Bronze Fonz and a tour of the Lakefront Brewery. Everyone will receive 2 beer samples and a glass to take home (non-alcoholic beverage is available for those who do not consume alcohol). You'll enjoy an Italian Pizza Family-Style Lunch at a local Italian family owned restaurant. We'll also take in a game of mini-bowling



NOTE: This trip is NOT wheelchair accessible. Please let us know if you use a walker.

Wednesday, June 26 Ⓐ 

Wandering Tree Estate - Lake Zurich, IL

\$99 IN Chessies 20 seats available

Wonder the beautiful gardens and enjoy a rare glimpse of this private estate and the famous model train exhibits.



- Guests must be sure-footed and be capable of walking on uneven terrain with no assistance, such as with a walker, scooter or wheel chair. Wear comfortable walking shoes.
- No food, tobacco products, chewing gum or beverages (other than water) allowed.



Saturday, June 8 Ⓔ

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 Ⓔ

That's What I Call Rock'n Roll

\$110 IN Fireside 29 seats available

Wednesday, July 17 Ⓜ

Brewers vs Atlanta Braves

\$68 31 seats available

Thursday, July 25 Ⓜ

Arlington Horse Races

\$65 *Sign Up Today!*

Tuesday, July 30 Ⓜ 

Christopher Farm and Gardens - Sheboygan

\$69 IN Field to Fork 28 seats available

Wednesday, August 7 Ⓔ

Mamma Mia - The Palace Theater in the Dells

\$89 IN 12 seats available

Tuesday, August 13 Ⓔ

Wedding Bells - Memories

\$89 IN Field to Fork 35 seats available

Wednesday, August 28 Ⓔ

Oneida Casino/Schwartz's

\$60 IN

Thursday, September 19 Ⓔ

Buddy - Fireside

\$110 IN

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.

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EXTENDED TRIPS

October 16 - 29 (A)

Collette Tour

Spain's Classics & Portugal

\$5399 DBL \$6599 SGL

- ◆ Feel the energy of Spain at a flamenco performance in Seville.
- ◆ Step back in time in Toledo, the former capital of the Spanish Empire.
- ◆ Join a local expert for a tour of the world-famous Alhambra palace.
- ◆ Savor a "paella experience" including a paella-making demonstration and lunch.



Some destinations included in this trip are Lisbon, Fatima, Seville, Granada, Barcelona plus more!



February 13 - 17, 2020 (A)

New Orleans Collette Tour

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



December 1 - 6 (A)

Collette Tour

Southern Charm Holiday \$2,679

DBL \$3,279 SGL

BOOK NOW! Guaranteed Price Until June 1!



- ◆ Explore the 19th-century Andrew Low House and Gardens.
- ◆ Drive through enchanting James Island County Park, decorated with over 500,000 lights.
- ◆ Get to know Charleston's cobblestone streets, historic homes and restored buildings.
- ◆ Enjoy a holiday-themed trolley tour of Savannah's sprawling Historic District.
- ◆ Experience a guided tour of the Jekyll Island Club and savor a festive holiday dinner.



April 23 - May 8, 2020 (A)

South Africa Collette Tour

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



ENERGY SERVICES AND ADVOCAP WEATHERIZATION PROGRAM

Wednesday, May 8 at 11:00am

Could you use some help with your energy bills? Representatives from Energy Services, Inc. and ADVOCAP's Weatherization Program will be processing Energy Assistance applications on-site. If you qualify for Energy Assistance, you may also benefit from ADVOCAP's Weatherization Program, all at no cost to you. For income guidelines and more information, stop by the Senior Center to pickup a flyer.



Presented by City of Fond du Lac

Saturday May 11th
10:00 a.m. - 2:00 p.m.

FONDY ROCKS HAMILTON PARK

Meet and Greet

Pajama Masks & Princesses
11:00 a.m. - Noon Noon - 1:00 p.m.

FDL Police K-9
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

E 4C 01-1122

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



MAY CONSIGNOR OF THE MONTH JOHN HAUCH



John has been consigning with the Senior Center for over 15 years.

He enjoys being outdoors, bow hunting, gardening and wood working.

He is also a "Happy Traveler"

Thank you, John for being part of our family!

2019 Dine Out Books



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

Save money while eating at your favorite local restaurants!

Purchase your coupon book today!



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

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Closed Saturday and Sunday



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MASTER GARDENER

University of Wisconsin-Extension

Garden Fair & Plant Sale

Saturday, May 18th

9:00am - 3:00pm

Fond du Lac County Fairgrounds

Cow Palace

**GREEN THUMB GARDEN CLUB****Annual Plant Sale**

Perennials, Herbs & Surprises!

Friday, May 17th • 10:00am - 5:00pm

Saturday, May 18th • 8:00am - 1:00pm

American Legion Post 75 (inside the hall)

500 Fond du Lac Ave, Fond du Lac

For more information call 923-6085

Email: smetsgardens@charter.net

<http://greenthumbgardenclub.webs.com/>**SENIOR SNAPPERS**

Photography Group Informational Meeting

Monday, May 13 at 1:00pm

If you enjoy taking pictures in a fun and relaxed atmosphere, join us in discovering and sharing tips and techniques using a camera or smart phone.

**No experience necessary! Everyone is welcome!!****DAY IN OUR
BOOTS PROGRAM**

Mondays at 1:00pm

May 6 - September 23

Join us for 1 or all 19 in-depth discussions of specialized fields within the Fond du Lac Fire Department, Law Enforcement, District Attorney's Office, Emergency Management and CISM.

City of Fond du Lac Fire/Rescue

May 6: Hazmat

May 13: EMS/Rescue Task Force

May 20: Fire Prevention/Youth Fire Intervention Program

Fond du Lac County Sheriff Department

June 3: Canine

June: 10 Drug Interdiction

June 17: Process Service/Sheriff Sales

June 24: Boat Patrol/Water Rescue

July 1: Jail/Inmate Diversion Program

July 8: Highway Safety/Accident Reconstruction

Fond du Lac District Attorney Office

July 15: Prosecutions/Chips/TRP/John Doe Hearings

Fond du Lac Emergency Management

July 22: Disaster Relief/Restoration

July 29: 911 Dispatch Center

Fond du Lac City Police Department

August 5: Resource Officers/Schools

August 12: Active Shooter Preparedness

August 19: Force Science/Use of Force

August 26: Criminal Investigation Division

Sept 9: Cyber Crimes/Forensic/ICAC Investigations

Sept 16: Swat/Negotiations

Critical Incident Stress Management (CISM)

Sept 23: Critical Incident Stress Debriefings

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

EVERYONE IS 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 .

- Wednesday, May 1: Beef Stroganoff
- Thursday, May 2: Roast Turkey
- Friday, May 3: Beef Bologna
- Monday, May 6: Chicken Teriyaki
- Tuesday, May 7: Meatballs in Honey
- Wednesday, May 8: Roast Pork Loin
- Thursday, May 9: Chicken and a Biscuit Casserole
- Friday, May 10: Escalloped Potatoes & Ham Casserole
- Monday, May 13: Meatloaf
- Tuesday, May 14: Baked Chicken
- Wednesday, May 15: Chili Casserole
- Thursday, May 16: Country Fried Steak
- Friday, May 17: Ham Rolls
- Monday, May 20: Lasagna Casserole
- Tuesday, May 21: Salisbury Steak
- Wednesday, May 22: BBQ Pork Cutlet
- Thursday, May 23: Chicken Breast
- Friday, May 24: Pepper Steak
- Monday, May 27: CLOSED - MEMORIAL DAY
- Tuesday, May 28: Hamburger on a Bun
- Wednesday, May 29: Baked Chicken
- Thursday, May 30: Crispy Fish Fillet
- Friday, May 31: Mushroom Pork Cutlet

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!

GINO'S

584 W Johnson St., FDL
Thursday, May 2 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.



SUNSET ON THE WATER

N7364 Winnebago Dr., FDL
Friday, May 17
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

- | | |
|----------|---|
| May 7 | Wendt's, N9699 Lakeshore Dr., Van Dyne |
| May 14 | Benvenuto's, 625 W Rolling Meadows Dr., FDL |
| April 16 | Roepke's Village Inn, W2686 St Charles Rd., Chilton |
| May 21 | Blanck's Lake Aire, N8751 Lakeshore Dr., FDL |
| May 28 | Jim & Linda's, W3496 County Rd W., Malone |

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

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

BEADING BUDDIES

2nd & 4th Tuesdays at 12:30pm

GROUPS (cont.)

COIN CLUB

2nd Tuesday at 6:00pm

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

SENIOR SNAPPERS

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 TIME

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

2nd Tuesday at 9:00am

Locations vary. Check the Health & Wellness section for more information.

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

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
Fond du Lac, WI 54937

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

**Call 920.922.8440 today to
schedule a personal tour**

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Woodlands is a family owned business dedicated to providing a high quality home-like environment. We provide onsite medical care, hospice care, and independent care for those who want to escape the burden of owning their own home.

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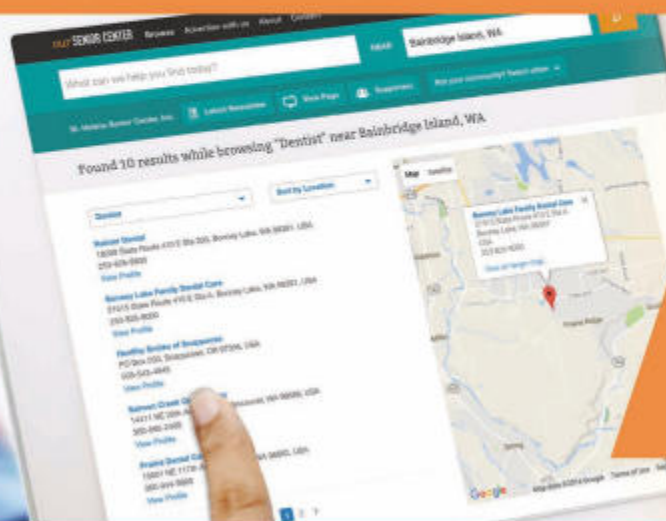
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

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

May 2019 Newsletter

Card File

Computer



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

MOTHER'S DAY IS MAY 12th

Come check out the unique
items in our Gift Shop!

See page 21 for more information.

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PAID

FOND DU LAC, WIS
PERMIT NO. 129

OR CURRENT RESIDENT

FOND DU LAC SENIOR CENTER 920-322-3630

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Fond du Lac Senior Center
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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.