

AMONG FRIENDS

JUNE 2019



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



A Free Monthly Publication
Vol. 10 • No. 6

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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.



We talk often in our Center about breaking the stereotype of aging and of what people think a Senior Center looks like. Many times when someone stops in for a tour, they are amazed at the vibrancy here which always makes me wonder why there is such a stereotype of older adults – you know the one I'm talking about – the Walter Matthau "Grumpy Old Men" stereotype. And it isn't just men that are perceived as getting grumpier as they age, a card company has made millions of dollars selling cards and merchandise featuring "Maxine" – the grumpy, say it like it is, older woman.



So is there any truth to the perception that we get grumpier as we age? Actually there are some things that happen that do make us more prone to anger, these can include:

- ◆ Changes in our physical abilities – we may not be as strong, as fast, or as athletic as we used to be and this can cause frustration and anger
- ◆ Getting less exercise can cause irritability
- ◆ Aches and pains – pain is exhausting and can be debilitating
- ◆ Changes in our testosterone levels can cause low moods and irritability
- ◆ Retirement – many times our identity is tied to our jobs, and when we retire we often struggle with who we are. We are supposed to be happy and excited, but many people feel a loss.
- ◆ "The world these days" – there is so much negativity around us – the news and social media fuel themselves on negativity and it's easy to forget the good in the world!

Don't give in to the Grumpy Syndrome!

- ◆ Try something different – challenge yourself to do something that is outside of your comfort zone! Try an art class, take up an instrument, volunteer and make a difference in the lives of other people – all of these things can make you feel more positive about yourself and the world around you.
- ◆ Reinvent yourself! Who will you be in this phase of life? What will bring your joy and give your life meaning?
- ◆ Resist the stereotype! When something aggravates you, step back and decide if it's really worth the energy to get upset, or can you refocus that energy to make a positive change.
- ◆ Practice Mindfulness - live and appreciate each moment – life seems to move so fast that often we are thinking about the next things we need to do instead of enjoying life in the moment.
- ◆ Embrace! There is only one alternative to aging!

Hope you have a great month – and hope to see you soon.

Cathy



We have another successful brat fry season under our belts!

We could not have done it without all the amazing volunteers who continue to give their time and talents.

THANK YOU for making a difference!

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.

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CONTACT

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Ed**



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PROGRAMS & ACTIVITIES



GAME DAY

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

EVERYONE WELCOME!



BINGO

Tuesdays at 1:00pm

EVERYONE WELCOME!

STAMP CLUB

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



POOL LEAGUE

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

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

SUBS ALWAYS WELCOME!

Open pool except during league.

Off For The Summer!

Returning in Fall

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

Euchre - Mondays at 12:30pm

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

Cribbage - Tuesdays & Thursdays at 1:00pm

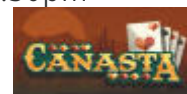
Hand and Foot - Wednesdays at 12:00pm

Poker - Mondays at 1:00pm

Recreational Sheephead - Wednesdays at 12:45pm

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

Skat - Tuesdays & Thursdays at 1:00pm



Wii Bowling

Fridays at 1:00pm

Off For The Summer!

Returning in Fall

QUILTING GROUPS

Flying Geese Quilting Club

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



Sunset Stitchers Quilt Guild

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

MAH JONGG

Tuesdays & Thursdays
12:00pm

New players always welcome!





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

Off For The Summer!

Returning in Fall



BEGINNING COUNTRY LINE DANCING

Saturdays 9:00am - 10:30am
June 8, 15, 22

COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm
June 6, 13, 20, 27

4 classes for only \$10.00
Punch cards available at the front desk.

Mondays at 1:00pm

**Everyone
Welcome!**

LEARN

German



Off For The Summer!

Returning in Fall

PROGRAMS & ACTIVITIES

SCRAPBOOKING

Thursdays at 10:00am



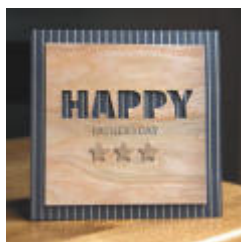
PLEASE NOTE:

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.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

Road Trip to New Holstein Area

Friday, June 14 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.

UPCOMING EVENT

Lunch at Pizza Ranch

Wednesday, July 10 at 11:30am

Watch the July newsletter for more information.



WOODCARVING GROUP

Mondays at 9:00am

New Members
Always Welcome!



BAGELS WITH BEN

(2nd Tuesday of every odd month)
Tuesday, July 9 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!**

UMBRELLA BRIGADE

Come see their next performance:



Wednesday, June 26
2:00pm

Lutheran Home
244 N Macy St., FDL

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

GENEALOGY GROUP

2nd and 4th Wednesdays at 1:00pm

New Members
Always Welcome!



CHORUS

Fridays at 9:00am



Off For The Summer!

Returning in Fall



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, June 4

Mandala Tree on a 12 x 12 canvas \$25

This unique style of painting will result in a fun piece of art. Step by step instruction with MaryAnn. Great project for all skill levels.



Tuesday June 11

Pick a Poppy on a 12 x 24 canvas \$35

Learn to paint lovely poppies with MaryAnn. These white poppies will pop off the canvas on a brightly colored background.



Tuesday June 18

Cone Flowers on a 12 x 30 board \$40
(\$35 if you have your sunflower board)

You will paint large cone flowers in your favorite colors on a large board! If you have a sunflower board from our previous class you can paint this on the back.



Tuesday June 25

Yellow Finches on a Post on 12 x 24 canvas for \$35

You will paint a fence post in the country with yellow finches. (we use bird stencils to help make each painting a success).

Learn to paint step by step at these fun classes. We look forward to seeing you.

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.



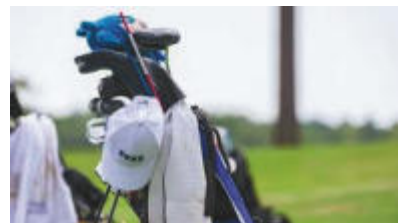
MEN'S SENIOR CENTER GOLF LEAGUE

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, JUNE 6

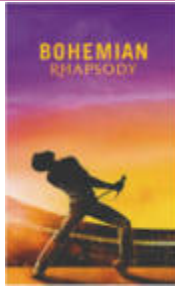
Bohemian Rhapsody

11:45am Lunch (optional)

1:00pm Movie

PG 13 · 2018 · Drama/Biography · 2h 13m

Starring: Rami Malek, Ben Hardy, Lucy Boynton, Mike Myers, Gwilym Lee



SUMMARY: Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet.

WEDNESDAY, JUNE 19

On the Basis of Sex

11:45am Lunch (optional)

1:00pm Movie

PG 13 · 2018 · Drama/Legal Drama · 2hrs

Starring: Felicity Jones, Armie Hammer, Justin Theroux, Kathy Bates, Sam Waterston, Jack Reynor



SUMMARY: Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.

Mark your calendar for July movies:

Thursday, July 4: CLOSED NO MOVIE

Wednesday, July 17: The Upside

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

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BEADING BUDDIES

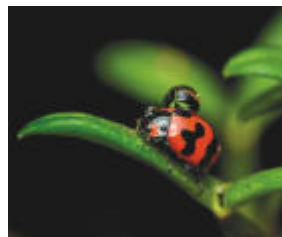
2nd & 4th Tuesdays
12:30 pm - 2:30pm

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!

SENIOR SNAPPERS

Photography Group

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.



Call the Senior Center for more information.
No experience necessary! Everyone is welcome!!

PARKINSON'S MOVEMENT & DANCE CLASS

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

JUNE
25

JULY
23

AUGUST
27

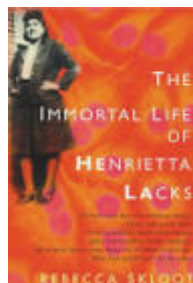
SEPT
24

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.



BOOK CLUB

Monday, June 17
9:30am - 10:30am

BOOK OF THE MONTH:

The Immortal Life of Henrietta Lacks

By: Rebecca Skloot

Copies available at the Senior Center

BOOK DUE BACK BY MONDAY, JUNE 17

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine. The first “immortal” human cells grown in culture, they are still alive today, though she has been dead for more than sixty years. . HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions.

ALONG THE JOURNEY LUNCHEON

Friday, June 21 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

SUMMER SESSION

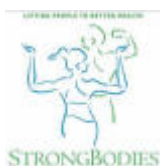
Tuesday, May 28 - Tuesday, August 6

Off Thursday, July 4

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

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

Watch the August
newsletter for new and
exciting fall classes!



For more information call
Sarah Docter at 322-3641.



YOGA

Thursdays

Beginning: 9:00 - 10:00am

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

Summer Session

Thursday, June 13 - Thursday, August 8

No class Thursday, July 4

Please register and pay at the front desk.

8 CLASSES
\$40.00



NORDIC WALKING INFORMATIONAL MEETING

Wednesday, July 10
1:00pm

Everyone Welcome!

LOW IMPACT VIDEO EXERCISE

Wednesdays

10:00am - 10:30am

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



TOPS

(Take Off Pounds Sensibly)
Chapter #0566

Thursdays

5:30pm weigh in, 6:00pm meeting

BALANCE & STRETCH

Mondays 9:00 - 9:30am

Fridays 10:00 - 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.



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

BIKE RIDES

2nd Tuesday at 9:00am

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



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!

HIKING GROUP



Tuesdays & Thursdays
10:00am

For more information,
call Ruth at 921-7192

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 Generations Homecare & Hospice

Friday, June 14 at 9:00am

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, June 14 at 9:00am

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

FREE PAIN SCREENINGS

Sponsored by ATI Physical Therapy

Friday, June 14 at 9:00am

No appointment needed.



FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice

Friday, June 14 at 9:00am

No appointment needed.

HEARING SCREENING

Sponsored by Affordable Audiology

- FREE hearing screenings

Friday, June 14 at 9:00am

Please register at the front desk or call 322-3630

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

- FREE hearing screenings
- FREE hearing aid cleaning.

Friday, July 12 at 9:00am

Friday, November 8 at 9:00am

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

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

Parents of Angels

1st & 3rd Thursday 5:30 - 7:30pm

OUR MISSION IS TO GIVE SUPPORT AND COMFORT TO ANYONE WHO HAS LOST A CHILD.

This group consists of parents who have lost a child and is open to all. It is a free confidential service meant to give comfort & support to a grieving parent. It is a chance to share tears, hugs, laughter in a non-judgmental and safe place surrounded by people who know exactly what you are going through.

The word "child" does not mean just small children. It encompasses any child, any age and any time line. It doesn't matter how old your child was or how long they have been gone.

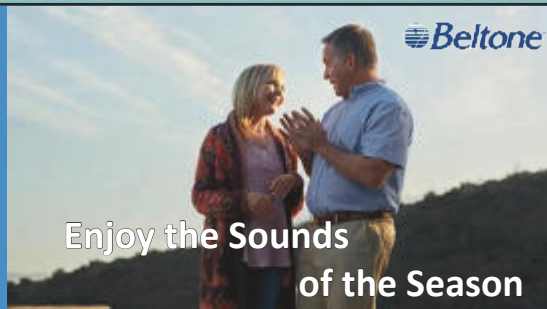
Join us at the Senior Center on the 1st and 3rd Thursday of each month from 5:30 - 7:30pm (or longer if needed).

EVERYONE IS WELCOME!

BELTONE HEARING AID SERVICE

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Don Kurki
Owner/Funeral Director

JUNE DAILY ACTIVITIES

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:00 Balance and Stretch 9:00 Woodcarving Club 12:30 Euchre 1:00 Poker 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 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	10:00 Beginning Bridge 10:00 Hiking/Walking 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Skat 5:30 TOPS #0566 Weigh in at 5:30 - Meeting at 6:00pm 6:10 Country Line Dancing	10:00 Balance and Stretch 1:00 Game Day 1:15 Sheepshead EVERY SATURDAY EVERY SUNDAY

JUNE

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.
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.				<u>1 Saturday</u> <u>2 Sunday</u>
3 9:30 Ladies Playful Golf Club 1:00 Day In our Boots	4 9:00 Strong Bodies 10:30 AARP Board Meeting 12:30 Art - Mandala Tree Painting 1:00 Bingo-Sponsor: FDL Lutheran Home 5:00 Senior Dining - Bublitz Cocktails at 5pm - Dinner at 6pm 5:00 Strong Bodies	5 9:00 Chime Choir 9:30 Ladies Playful Golf Club 10:00 Jam Session Practice 12:00 Canasta	6 8:30 Men's Senior Center Golf League 9:00 Beginning Yoga 9:00 Chime Choir 9:00 Senior Outreach Meeting 9:00 Strong Bodies 10:00 Scrapbooking 10:30 Beginning /Intermediate Yoga	7 9:00 Friends Board Meeting 9:00 Red Hat Honey's-- Road Trip to New Holstein area 8 Saturday

<p>6:00 Winnebago Woodworkers at NFDL HS</p>	<p>11:00 Bike Rides - Mascoutin Valley State Trail</p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Pick a Poppy Painting</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Harbor Haven</p> <p>2:00 Community Cares (Groups A)</p> <p>5:00 Senior Dining - Gino's</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p>	<p>12:00 Ladies Playful Golf Club</p> <p>9:30 Jam Session</p> <p>10:00 Genealogy Group</p> <p>HT - Day Mystery Trip</p>	<p>12:00 ROMEOS - Schmitt's Bar & Grill</p> <p>1:00 Flying Geese Quilting Club</p> <p>1:00 Movie - Bohemian Rhapsody</p>	<p>9:00 Beg. Country Line Dance</p> <p>HT - Daniel O'Donnell</p> <p>9 Sunday</p>
<p>10:00 Ladies Playful Golf Club</p> <p>10:00 Parkinson's Support Group - Aurora Health Care</p> <p>1:00 Bunco Informational Meeting</p> <p>1:00 Day in our Boots</p>	<p>11:00 Ladies Playful Golf Club</p> <p>10:00 Parkinson's Support Group - Aurora Health Care</p> <p>1:00 Bunco Informational Meeting</p> <p>1:00 Day in our Boots</p>	<p>12:00 Ladies Playful Golf Club</p> <p>9:30 Jam Session</p> <p>10:00 Genealogy Group</p> <p>HT - Day Mystery Trip</p>	<p>13:00 Men's Senior Center Golf League</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>1:00 Medicare: Where Do I Begin?</p> <p>5:00 Strong Bodies</p> <p>7:00 Sunset Stitches</p>	<p>14:00 Blood Pressure & Blood Sugar Testing</p> <p>9:00 Hearing Screenings</p> <p>9:00 Pain Screenings</p> <p>9:00 Strength Screening</p> <p>12:00 Along the Journey Luncheon - Rolling Meadows Restaurant</p> <p>5:00 Supper Club - Fin 'n' Feather Social at 5:00pm - Dinner at 5:30pm</p> <p>15 Saturday</p> <p>9:00 Beg. Country Line Dance</p> <p>16 Sunday</p>
<p>17:00 Book Club</p> <p>9:30 Ladies Playful Golf Club</p> <p>1:00 Day in our Boots</p>	<p>18:00 Strong Bodies</p> <p>12:30 Art - Cone Flowers on Boards</p> <p>1:00 Bingo-Sponsor: The Meadows</p> <p>3:00 Diabetic Support Group - Aurora Health Center - FDL</p> <p>5:00 Senior Dining - Sunset on the Water</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>19:00 Ladies Playful Golf Club</p> <p>10:00 Jam Session Practice</p> <p>12:00 Canasta</p> <p>1:00 AARP Picnic</p> <p>1:00 Movie - On the Basis of Sex</p> <p>1:30 Community Cares</p> <p>Enrichment Activity</p> <p>7:00 Stamp Club</p>	<p>20:00 Men's Senior Center Golf League</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>1:00 Flying Geese Quilting Club</p> <p>5:00 Strong Bodies</p> <p>5:30 Child Loss Group</p> <p>HT - That's What I Call Rock & Roll</p>	<p>21</p> <p>22 Saturday</p> <p>9:00 Beg. Country Line Dance</p> <p>23 Sunday</p>
<p>24:00 Newsletter Assembly</p> <p>9:30 Ladies Playful Golf Club</p> <p>1:00 Day in our Boots</p>	<p>25:00 Strong Bodies</p> <p>12:30 Art - Yellow Finches on a Post</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>2:00 Community Cares (Groups B)</p> <p>3:30 Parkinson Movement Class</p> <p>5:00 Senior Dining - Blanks Lake Aire</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>HT - Canadian Rockies Doc Meeting</p>	<p>26:00 Chime Choir</p> <p>9:30 Ladies Playful Golf Club</p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade - Lutheran Home</p> <p>HT - Wandering Tree Estate</p>	<p>27:00 Men's Senior Center Golf League</p> <p>9:00 Beginning Yoga</p> <p>9:00 Chime Choir</p> <p>9:00 Strong Bodies</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>5:00 Strong Bodies</p> <p>6:30 Alzheimer's Support Group</p>	<p>28</p> <p>29 Saturday</p> <p>30 Sunday</p>

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Center (ADRC).

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AARP Chapter 614 ANNUAL PICNIC

Wednesday, June 19
North Fond du Lac Community Center
280 Garfield St., NFDL
RSVP by Friday June 14
Entertainment: Senior Center Scamp Band
Lunch at 12:00pm • Cost \$7.00

MENU

Roast Beef Sandwich, American Potato Salad
Baked Beans, Strawberry Fluff
Fresh Fruit, Lemon Poppy Seed Cake
Stop by the Senior to pick up a reservation form.

Off For The Summer!

Will resume in September



MEMORY WRITERS GROUP

Fridays at 1:00pm

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

New Members
Welcome!

Off For The Summer!

Returning in Fall

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



4th Thursday on the 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.



DANCES

\$4.00 donation
Wednesdays 7:30pm - 9:30pm
Call Caroline at 920-929-9333
for more information.

HAPPY TRAVELERS

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EXTENDED TRIPS

February 13 - 17, 2020



Collette Tour

NEW ORLEANS

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



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

October 16 - 29

Collette Tour

Spain's Classics & Portugal

\$5399 DBL \$6599 SGL

PAST SEAT REDUCTION DATE, CALL FOR CURRENT RATES!



March 5 - 20, 2020

Collette Tour

SOUTH AFRICA

\$7,788 DBL

\$9,088 SGL



- ◆ 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.



December 1 - 6



Collette Tour

Southern Charm Holiday

\$2,679 DBL \$3,279 SGL

BOOK NOW! GUARANTEED PRICE UNTIL JUNE 1!





HAPPY TRAVELERS

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


19



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

Tuesday, July 30

Ⓜ



Christopher Farm and Gardens - Sheboygan

\$69 IN *Black Pig* 17 seats available



Welcome to The Christopher Farm & Gardens, where garden design, horticulture, wildlife and education intertwine to create a magical place. It is comprised of over 500 acres along a mile of Lake Michigan shoreline with 50 acres of botanical gardens. This all is the result of owner, Jay W. Christopher's interest in sharing the beauty of God's creation to help inspire others.



Tuesday, August 13

Ⓔ

Wedding Belles - Memories Theatre, Port Washington

\$89 IN *Field to Fork* 25 seats available



Four garden-club ladies meet a young girl who has come to their little Texas town to marry an infantryman before he ships off for World War II. The women

impulsively decide to throw the girl an elaborate wedding, and their lives and friendships are thrown into turmoil as they race to accomplish the nuptials in one frenzied afternoon.



Thursday, June 20 Ⓔ **That's What I Call Rock n Roll** \$110 IN Fireside 19 seats available

Wednesday, June 26 Ⓐ **Wandering Tree Estate** - Lake Zurich, IL \$99 IN *Chessies* 13 seats

Wednesday, July 17 Ⓜ **Brewers vs Atlanta Braves** \$68 23 seats available

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

Wednesday, August 7 Ⓔ **Mamma Mia** - The Palace Theater in the Dells \$89 IN WAIT LIST

Wednesday, August 28 Ⓔ **Oneida Casino/Schwartz's** \$60 IN SIGN UP TODAY

Thursday, September 19 Ⓔ **Buddy** - Fireside \$110 IN 28 seats available

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.

SAVE THE DATE

Senior Center "End of Summer Bash"!

Thursday, August 29

Lakeside Park Pavilion, 4:00 - 7:00pm

Admission: \$2.00 at the door



4:00p.m. - Doors open

5:00p.m. - Annual Raffle Drawing

6:00p.m. - Entertainment by Elvis

911 EMERGENCY PHONES

The Senior Center has FREE emergency 911 cell phones for people that need them. These phones will only dial 911 and can be used to get help in an emergency.

If you need a phone for emergency use only, please stop and pick up one at the Senior Center.



LOAN CLOSET

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

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



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Monday through Friday, 10:00am to 4:00pm

Closed Saturday and Sunday



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



PLEASE JOIN US...

MEDICARE: WHERE DO I BEGIN?

Thursday, June 11 at 1:00pm

Speaker: Julie Hilbert
McNamara & Thiel Ins Agency



Retirement can be confusing with all the choices folks have and all the materials they are sent. Julie Hilbert has the knowledge and experience to present "Medicare, Where do I begin?" An hour long

educational presentation explaining Medicare, Social Security, insurance and prescription drug coverage. Please bring your questions and fears as they will be answered and comforted.

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

Everyone Is Welcome!



Informational Meeting
Monday, June 10 at 1:00pm

Bunco is an exciting game for anyone who can throw dice and count! It's not just for the ladies, so guys come on out and have some fun too!

BACK BY POPULAR DEMAND

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.

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 .

- **Monday, June 3:** Chopped Beef Steak
- **Tuesday, June 4:** Hawaiian Meatballs
- **Wednesday, June 5:** Chicken Cacciatore
- **Thursday, June 6:** Glazed Ham
- **Friday, June 7:** Beef Stew
- **Monday, June 10:** Ring Bologna
- **Tuesday, June 11:** Baked Chicken
- **Wednesday, June 12:** Liver & Onions
- **Thursday, June 13:** Macaroni & Cheese Casserole
- **Friday, June 14:** Pork Steak
- **Monday, June 17:** Roast Turkey
- **Tuesday, June 18:** Baked Spaghetti
- **Wednesday, June 19:** Swiss Steak
- **Thursday, June 20:** BBQ Meatballs
- **Friday, June 21:** Bratwurst on a Bun
- **Monday, June 24:** Salisbury Steak
- **Tuesday, June 25:** Sweet & Sour Pork over Rice
- **Wednesday, June 26:** Baked Chicken
- **Thursday, June 27:** Meatloaf
- **Friday, June 28:** Chili Casserole

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!

SCHMITTY'S BAR & GRILL

N7044 Winnebago Dr., FDL
Thursday, June 6 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.



FIN 'N' FEATHER SUPPER CLUB

22 W Main St, Winneconne
Friday, June 14
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

- June 4 **Bublitz**, 580 East Ave, Lomira
- June 11 **Gino's**, 584 W Johnson St., FDL
- June 18 **Sunset on the Water**, N7364 Winnebago Dr., FDL
- June 25 **Blanck's Lake Aire**, N8751 Lakeshore Dr., FDL

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: 5:30 weigh in
6:00 meeting

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 & STRETCH

Mondays at 9:00am

Fridays at 10:00am

BIKE RIDE

2nd Tuesday at 9:00am

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

HIKING/WALKING CLUB

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

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

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

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.

PARENTS OF ANGELS

1st & 3rd Thursday at 5:30pm

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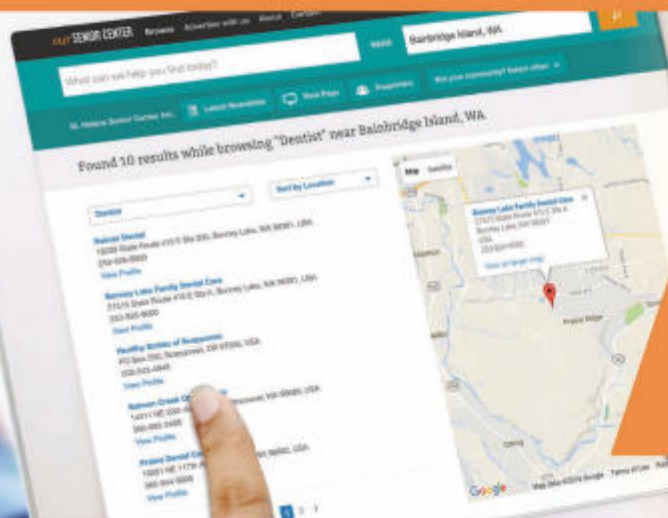
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

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

June 2019 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

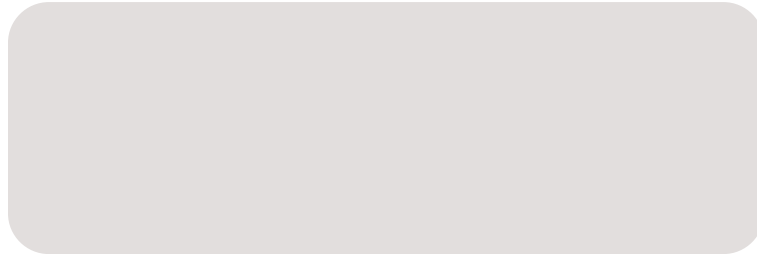
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FOND DU LAC SENIOR CENTER 920-322-3630

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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.