

# AMONG FRIENDS

## JULY 2019



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

JULY

A Free Monthly Publication  
Vol. 10 • No. 7

### What's Inside

Cathy's Corner .....	2
Special Event .....	3
Programs & Activities.....	4-7& 9
Monthly Movies.....	8
Health & Wellness .....	10-11
Outreach .....	12
Group of the Month.....	13
Activity Calendar .....	14-15
Programs & Activities.....	17
Happy Travelers .....	18-19
This & That .....	20
Brown Paper Packages Gift Shop ...	21
Please Join Us.....	22
Dining.....	23
Activities Index.....	24-25
Membership Application .....	27

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



### Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, WI 54935

Phone .....(920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 am- 4:30 pm

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

### Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities.

This tour is for new members or those who have not been very active but want to find out more about our Center.



I was at the grocery store the other day. It was one of those stops where I just needed to pick up a couple of things so I was navigating the store pretty quickly. As I came around the end of one of the aisles, a little girl pushing a cart was coming around from the opposite way and our carts almost collided. I quickly stopped my cart and said to her, "Oh I'm so sorry!" and her cheerful response was, "It's ok!" and she smiled at me. It made me smile! She was young – probably 4 or 5 years old - and as I walked away I kept thinking about that encounter. Obviously, I am still thinking about it.



How differently that exchange could have gone if the person that I encountered would have been crabby and responded in a mean way. The response very easily could have been, "Watch where you're going!", or even something more rude.

It made me think about a few things. How many times when we cross paths with someone, do we greet them with a cheerful smile? Are we in such a rush that we walk past people without a greeting, much less making eye contact and sharing a smile? How often when someone gets in our way do we cut them some slack and excuse them?

Whether it's in a store, on a sidewalk, or as we are driving down the street, I believe that we all have opportunities to make our encounters more positive. As cliché as it sounds, we never know how important a little bit of kindness is to someone with whom we cross paths.

I would bet that the little girl's parents have talked to her about being kind and friendly – and it showed. That little girl will probably never know it, but she made my day. Because of her response, MY day got better! That's pretty powerful stuff.

Hope you have a great month and that we see you soon!

*Cathy*

We sometimes  
underestimate  
the influence of  
little things.

*Charles W. Chestnutt*

## Friends of the Fond du Lac Senior Center ANNUAL RAFFLE FUNDRAISER

**It's Time For Our Annual Raffle Fundraiser And We Need Your Help!**

We are asking that each FRIENDS member buy or sell the raffle tickets inserted in the newsletter. We will award \$50 cash to the top raffle ticket seller, and \$25 cash to the second place seller.

### TICKETS ARE:

**\$1.00 each, 6 tickets for \$5.00 or 18 tickets for \$15**

Drawing will be held at the "End Of Summer Bash" on Thursday, August 29 at 5:00p.m., Lakeside Park Pavilion.

**STOP BY THE CENTER FOR A COMPLETE LIST OF PRIZES!**

**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](mailto:cloomans@fdl.wi.gov).

### Up-to-Date Information

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



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

Sponsored by Smith & Hatch Insurance.



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\*some restrictions apply

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## ► Reach the Senior Market ADVERTISE HERE

**CONTACT**

**Contact Peter Van Doren to place an ad today!**

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

**DON'T SHOP. AD. PT.**



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

A 4C 01-1122



# PROGRAMS & ACTIVITIES

## SCRAPBOOKING

Thursdays at 10:00am



### PLEASE NOTE:

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

## WINNEBAGO WOODWORKERS

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

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



## WOODCARVING GROUP



Mondays at 9:00am

New Members  
Always Welcome!

## 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!**

## GENEALOGY GROUP

2nd and 4th Wednesdays at 1:00pm  
New Members Always Welcome!



**Off For The Summer!**

Returning in Fall



## RED HAT HONEYS

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

Lunch at Pizza Ranch

Wednesday, July 10 at 11:30am

Cost: Dutch Treat Limit: No limit

Registration Deadline: Wednesday, July 3

Hostesses: Amy Mitchell, Donna Draves, Carol Shaw, Barb Pflum

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

### UPCOMING EVENT

Summer Daze

Faro's Family Restaurant

131 N Pioneer Rd, FDL

Wednesday, August 21 at 11:30am

Watch the August newsletter for more information.

## UMBRELLA BRIGADE

Come see their next performance:



Wednesday, July 31

2:30pm

Woodlands Senior Park

77 Wisconsin American Dr., FDL

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

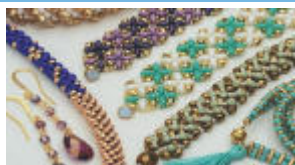


## RED HAT CHORUS

Fridays at 9:00am

**Off For The Summer!**

Returning in Fall



## BEADING BUDDIES

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays  
12:30 pm - 2:30pm

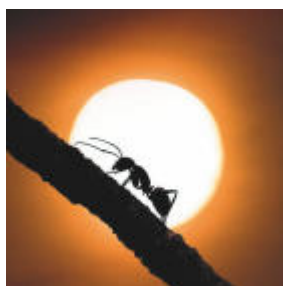
Are you interested in making earrings, bracelets and necklaces with beads but not sure where to start? Join the Beading Buddies to learn and share different beading techniques and projects. Bring you own supplies and tools!

## SENIOR SNAPPERS PHOTOGRAPHY GROUP

Review 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays at 1:00pm

**We are changing things up a little!**

Instead of getting together as a group to take photos, there will be assignments. After the assignment is completed, we will meet at the Senior Center to review the photos.



3<sup>rd</sup> assignment: Silhouettes

Review July 3 at 1:00pm

4<sup>th</sup> assignment: Landscapes

Review July 17 at 1:00pm

**No experience necessary! Everyone is welcome!!**

## PARKINSON'S MOVEMENT & DANCE CLASS

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

JULY 23	AUGUST 27	SEPT 24	OCT 22	NOV 26
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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, July 15  
9:30am - 10:30am

### BOOK OF THE MONTH:

The Peach Keeper  
By: Sarah Addison Allen  
Copies available at the Senior Center

## BOOK DUE BACK BY MONDAY, JULY 15

Willa Jackson of Walls of Water, North Carolina, has lately learned that an old classmate - socialite do-gooder Paxton Osgood - of the very prominent Osgood family, has restored her family's Blue Ridge Madam home to its former glory, with plans to open a top-flight inn. But when a skeleton, found buried beneath the lone peach tree on the property is found, Willa and Paxton must confront the dangerous passions and tragic betrayals that once bound their families.

## ALONG THE JOURNEY LUNCHEON

Friday, July 19 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 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!**

# 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 - 1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> 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 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!**







AARP Chapter 614

**Off For The Summer!**  
Will resume in September



4<sup>th</sup> Thursday on the odd months, January - September

**911 Dispatch Center Tour**  
**Thursday, July 25<sup>th</sup> at 1:00pm**  
**Meet at the Jail Entrance on Western Ave**

Join us on a tour of the Fond du Lac County 911 Dispatch Center. Meet the heroes who are the critical link between an emergency and assistance. With nerves of steel or patience and empathy, these men and women are one of the most valuable links to both emergency service agencies and the public at large.

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

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.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

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

### DIABETIC SUPPORT GROUP

3<sup>rd</sup> Tuesday at 3:00pm  
Aurora Health Center - Fond du Lac  
210 Wisconsin American Drive  
Community Education Room (1st floor off clinic lobby)  
No registration necessary. For more information, contact the Aurora Diabetes & Nutrition Center at 920-303-8700 ex 5770

### LOCAL PARENTS OF ANGELS

1st & 3rd Thursday 6:00pm - 8:00pm  
Fond du Lac Senior Center, 151 E. 1st Street  
*The Local Parents of Angels is a support group for parents who have lost a child - it can be a recent or a long-term loss. Everyone is welcome!*

### PARKINSON'S SUPPORT GROUP

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



### 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



## DANCES

\$4.00 donation  
Wednesdays - 7:30pm - 9:30pm

Call Judy at 920-922-5098  
for more information.

## MONTHLY MOVIES

# Thursday, July 4



**NO MOVIE**  
**WE ARE CLOSED FOR**  
**INDEPENDENCE DAY**

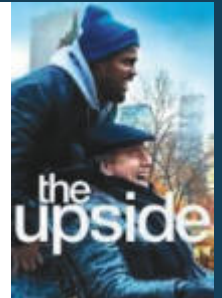
Mark your calendar for August movies:

Thursday, August 1: The Professor  
 Wednesday, August 21: The Mule

# WEDNESDAY, JULY 17

## The Upside

11:45am Lunch (optional)  
 1:00pm Movie  
 PG 13 · 2017 · Drama/Comedy · 2h 6m



**Starring:** Bryan Cranston, Kevin Hart, Nicole Kidman, Julianna Margulies, Aja Naomi King, Tate Donovan

**SUMMARY:** Inspired by a true story, The Upside is a heartfelt comedy about a recently paroled ex-convict who strikes up an unusual and unlikely friendship with a paralyzed billionaire.

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](mailto:juliehilbert@mtins.net)

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## 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 9:30am

## 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  
July 6, 13, 24

## COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm  
July 11, 18, 25

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

# HEALTH & WELLNESS

## TOTAL BODY 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!



## 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

### FALL SESSION

Thursday, September 19 - Thursday, November 7

Please register and pay at the front desk.



## 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!



## 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.

## 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

2<sup>nd</sup> Tuesday at 9:00am



When: Tuesday, July 2 (*special day*)

Where: Fondy Loop

Meet: By the water tower on Martin Ave

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!

## TAI CHI CLASS

Tuesdays 9:00am - 10:00am

8 classes for \$45

NEXT SESSION: August 6 - September 24

Please register and pay at the front desk.



## HIKING GROUP

Tuesdays & Thursdays at 10:00am

For more information,  
call Ruth at 921-7192



## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Crossroads Care Center

Friday, July 12 at 9:00am

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, July 12 at 9:00am

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

### FREE PAIN SCREENINGS



Sponsored by ATI Physical Therapy

Friday, July 12 at 9:00am

No appointment needed.

### FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice

Friday, July 12 at 9:00am

No appointment needed.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

- FREE hearing screenings
- FREE hearing aid cleaning.

Friday, July 12 at 9:00am

Friday, November 8 at 9:00am

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

### HEARING SCREENING

Sponsored by Affordable Audiology

- FREE hearing screenings

Watch the newsletter for upcoming dates.

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**



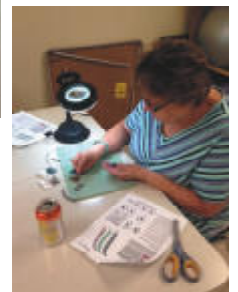
### OUTREACH VOLUNTEER MEETING

We will meet July 11<sup>th</sup> at 9:00am instead of July 4<sup>th</sup>.  
August will be back to meeting the 1<sup>st</sup> Thursday of the month.

## BEADING BUDDIES

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 12:30 - 2:30pm

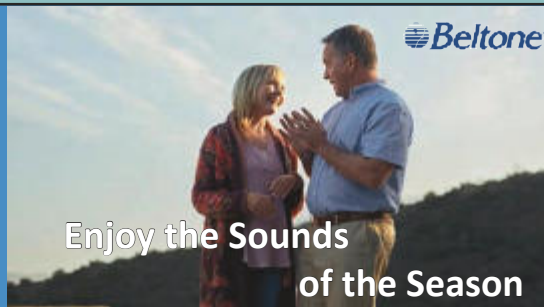
There is something about beading that draws people together whether it be beadwork or stringing beads using beading wire. Beading Buddies is a great group to discover your love for the creative hobby. A beader can follow a pattern, modify it or create one of their own. It's a fun way to express your creativity and end up with a lovely piece of jewelry to keep or give as a gift. We welcome all levels of beaders, including beginners. Bring your own supplies and we will get you started if you need help. It's also a way to make new friends!



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Beltone

Enjoy the Sounds  
of the Season



➤ Reach the Senior Market  
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#### CONTACT

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

**NEVER MISS A NEWSLETTER !**

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



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since 1892  
**920-921-4420**  
[www.kurkimachfuneralchapel.com](http://www.kurkimachfuneralchapel.com)  
**Don Kurki**  
Owner/Funeral Director



# JULY DAILY ACTIVITIES

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<b>9:00</b> Balance and Stretch <b>9:00</b> Woodcarving Club <b>12:30</b> Euchre <b>1:00</b> Poker <b>1:15</b> Sheepshead <b>4:00</b> Walking Group <b>5:30</b> Zumba Gold	<b>9:00</b> Tai Chi <b>10:00</b> Art lab <b>10:00</b> <u>Hiking/Walking Club</u> <b>12:00</b> Mahjongg <b>12:30</b> Bridge <b>1:00</b> Cribbage <b>1:00</b> Skat <b>1:00</b> Stitchery Group	<b>9:30</b> SCAMP <b>10:00</b> Low Impact Video Exercise <b>12:00</b> Hand & Foot <b>12:45</b> Recreational Sheepshead <b>1:15</b> Sheepshead <b>4:00</b> Walking Group <b>7:30</b> Wed Night Dance	<b>10:00</b> Beginning Bridge <b>10:00</b> <u>Hiking/Walking</u> <b>12:00</b> Mahjongg <b>12:30</b> Bridge <b>1:00</b> Cribbage <b>1:00</b> Skat <b>5:30</b> TOPS #0566 Weigh in at 5:30 - Meeting at 6:00pm	<b>10:00</b> Balance and Stretch <b>1:00</b> Game Day <b>1:15</b> Sheepshead <u>EVERY SATURDAY</u> <u>EVERY SUNDAY</u>

## JULY

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.
<b>1</b> <b>9:30</b> Ladies Playful Golf Club <b>1:00</b> Bunco <b>1:00</b> Day in our Boots	<b>2</b> <b>9:00</b> Bike Rides - Fondy Loop <b>9:00</b> Strong Bodies <b>10:30</b> AARP Board Meeting <b>12:30</b> Art - Home Board Painting <b>1:00</b> Bingo-Sponsor: FDL Lutheran Home <b>5:00</b> Senior Dining - Altona Supper Club Cocktails at 5pm - Dinner at 6pm <b>5:00</b> Strong Bodies <b>6:00</b> Winnebago Woodworkers at NFDL HS	<b>3</b> <b>9:00</b> Chime Choir <b>9:30</b> Ladies Playful Golf Club <b>10:00</b> Jam Session Practice <b>12:00</b> Canasta <b>1:00</b> Senior Snappers photo review	<b>4</b> In observance of <b>INDEPENDENCE DAY</b> We will be closed <b>Thursday, July 4th</b> <b>and Friday July 5th</b>	<b>5</b> <b>CLOSED</b> <b>6 Saturday</b> <b>9:00</b> Beg. Country Line Dance <b>7 Sunday</b> HT Leaving for Canadian Rockies
<b>8</b> <b>9:30</b> Ladies Playful Golf Club <b>10:00</b> Parkinson's Support Group - Aurora Health Care <b>1:00</b> Bunco <b>1:00</b> Day in our Boots	<b>9</b> <b>9:00</b> Bagels with Ben <b>9:00</b> Strong Bodies <b>12:30</b> Art - Rainbow Trees on Canvas <b>12:30</b> Beading Buddies <b>1:00</b> Bingo-Sponsor: Comfort Keepers <b>2:00</b> Community Cares (Groups A) <b>5:00</b> Senior Dining - Fat Joes Cocktails at 5pm - Dinner at 6pm <b>5:00</b> Strong Bodies	<b>10</b> <b>9:00</b> Chime Choir <b>9:30</b> Ladies Playful Golf Club <b>10:00</b> Jam Session <b>11:30</b> Red Hat Honey's - Lunch at Pizza Ranch <b>1:00</b> Genealogy Group <b>1:00</b> Total Body Walking Informational Meeting	<b>11</b> <b>8:30</b> Men's Senior Center Golf League <b>9:00</b> Beginning Yoga <b>9:00</b> Chime Choir <b>9:00</b> Senior Outreach Meeting <b>9:00</b> Strong Bodies <b>10:00</b> Scrapbooking <b>10:30</b> Beginning / Intermediate Yoga <b>12:00</b> ROMEOS - Rolling Meadows	<b>12</b> <b>9:00</b> Blood Pressure & Blood Sugar <b>9:00</b> Hearing Screening <b>9:00</b> Pain Screenings <b>9:00</b> Strength Screening <b>13 Saturday</b> <b>9:00</b> Beg. Country Line Dance



	<p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p>		<p><b>1:30</b> Cuba Revisited Presentation</p> <p>5:00 Strong Bodies</p> <p>6:10 Country Line Dancing</p> <p>7:00 Sunset Stitchers</p>	<p><b>14 Sunday</b></p>
<p><b>15</b></p> <p>9:30 Book Club</p> <p>9:30 Ladies Playful Golf Club</p> <p>1:00 Bunco</p> <p>1:00 Day in our Boots</p>	<p><b>16</b></p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Christmas in July</p> <p>1:00 Bingo-Sponsor: Almost Family</p> <p>3:00 Diabetic Support Group -</p> <p>Aurora Health Center - FDL</p> <p>5:00 Senior Dining - Wendts</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><b>17</b></p> <p>9:00 Chime Choir</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 - The Upside</p> <p>1:00 Senior Snappers photo review</p> <p>1:30 Community Cares</p> <p>Enrichment Activity</p> <p>Stamp Club</p> <p>7:00</p> <p>HT Brewers Game</p>	<p><b>18</b></p> <p>8:30 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>10:00 Scrapbooking</p> <p>10:30 Beginning / Intermediate Yoga</p> <p>11:45 Flying Geese Quilting Club</p> <p>1:30 Green Thumb Garden Club</p> <p>5:00 Strong Bodies</p> <p>5:30 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>	<p><b>19</b></p> <p>12:00 Along the Journey Luncheon - Rolling Meadows Restaurant</p> <p><b>20 Saturday</b></p> <p>9:00 Beg. Country Line Dance</p> <p>5:00 Supper Club - MJ Stevens</p> <p>Social at 11:00am - Lunch at 12pm</p> <p><b>21 Sunday</b></p>
<p><b>22</b></p> <p>8:30 Newsletter Assembly</p> <p>9:30 Ladies Playful Golf Club</p> <p>1:00 Bunco</p> <p>1:00 Day in our Boots</p>	<p><b>23</b></p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Birch Trees at Sunset on Canvas</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Grancare</p> <p>2:00 Community Cares (Groups B)</p> <p>3:30 Parkinson Movement Class</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 Winnebago Woodworkers at NFDL HS</p>	<p><b>24</b></p> <p>9:00 Chime Choir</p> <p>9:30 Ladies Playful Golf Club</p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p>	<p><b>25</b></p> <p>8:30 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>1:00 SALT/TRIAD 911 Center Tour</p> <p>5:00 Strong Bodies</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p> <p>HT Arlington Horse Races</p>	<p><b>26</b></p> <p><b>27 Saturday</b></p> <p><b>28 Sunday</b></p>
<p><b>29</b></p> <p>9:30 Ladies Playful Golf Club</p> <p>1:00 Bunco</p> <p>1:00 Day in our Boots</p>	<p><b>30</b></p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Life on the Beach on Canvas</p> <p>1:00 Bingo-Sponsor: Generations</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>HT Christopher Farm &amp; Garden</p>	<p><b>31</b></p> <p>9:00 Chime Choir</p> <p>9:30 Ladies Playful Golf Club</p> <p>10:00 Jam Session Practice</p> <p>12:00 Canasta</p> <p>2:30 Umbrella Brigade - Woodlands Senior Park</p>	<p><b>** All Brown Events are held Offsite.</b></p> <p><b>** All Red Events are New or Special Events.</b></p> <p><b>** All Green Events are Happy Travelers.</b></p> <p><b>BILLIARD ROOM</b></p> <p>Open daily for open pool except during league playing time.</p>	

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D 4C 01-1122



## 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, July 2

Paint on boards 8 x 30 \$35

"HOME" stencil with your choice of art for the letter "O". These boards can go indoors or out!



Tuesday July 9

Paint "Rainbow Trees" on a 12 x 24 canvas \$35

MaryAnn will instruct you on how to make these colorful trees come to life.



Tuesday July 16

"Christmas in July" \$25

Cool off with your choice of one of our popular paintings from winter. "Gazing Snowman", "Button Joy Tree" or a dot mandala snowflake.



Tuesday July 23

"Birch Trees at Sunset." on a 12 x 12 canvas \$25

Paint a forest of birch with a glorious summer sunset in the background. This easy painting is done with tape and is so much fun.



Tuesday July 30

"Life on the Beach" on a 12 x 16 canvas \$30

Learn to paint the ocean and sky with a fun fence and perhaps some flip flops in the foreground.



**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.



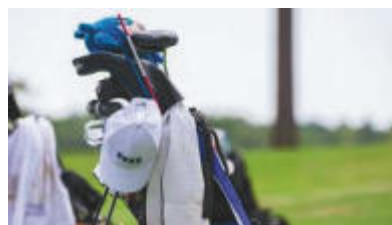
## MEN'S SENIOR CENTER GOLF LEAGUE

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!







# HAPPY TRAVELERS OFFICE

(920) 322-3635

Monday - Thursday, 9:00am - 3:00pm **CLOSED FRIDAYS**  
fondyhappytravelers.com • www.facebook.com/FondyHappyTravelers



## ACTIVITY LEVEL

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

## LUNCH OR DINNER

DT = Dutch Treat IN = Included



= Happy Travelers  
Exclusive Trip

# 2019 AT-A-GLANCE

## JULY

**Brewer Game  
Vs. Atlanta Braves** (A)  
Weds, July 17  
\$68.00



**Christopher Farm  
& Gardens** (M)  
Tuesday July 30  
\$69 IN  
Black Pig

## AUGUST

**"Mamma Mia"** (E)  
*Palace Theater in the Dells*  
Wednesday August 7  
\$89 IN

Call To Get On The Wait List!

**"Wedding Bells"** (E)  
*Memories*  
& *Kelley Country Creamery*  
Tuesday August 13  
\$89 IN

**Oneida Casino** (E)  
*Schwarz's*  
Wednesday, August 28  
\$60 IN

## SEPTEMBER

**AVAILABLE NOW**

**4 SEATS DUE TO CANCELLATIONS**

**Washington D.C.** (A)  
*Diamond Tour*  
7 Days  
September 12-18  
\$759 Dbl / \$999 Sgl



**"Buddy Holly"** (E)  
*Fireside*  
Thursday  
September 19  
\$110 IN

## OCTOBER

**China Lights:  
Panda-Mania** (M)  
*Hales Corners  
Botanical Gardens*  
Thursday October 10  
\$80 DT



**Spain** (A)  
*Collette Tours*  
14 Day Trip  
October 16-29  
\$5,399 Dbl  
\$6,599 Single  
(Call for availability)

## NOVEMBER

**Nashville** (A)  
*Diamond Tour*  
1 Day Trip  
November 3-9  
\$799 Dbl / \$1038 Sgl

Call To Get On The Wait List!



*Fireside*  
Wednesday November 20  
\$110 IN

## DECEMBER



**Southern Charm** (A)  
(Charleston, Savannah & Jekyll Is.)  
*Collette Tours*  
6 Day Trip  
December 1-6  
\$2,779 Dbl  
\$3,379 Single  
(Call for availability)



# HAPPY TRAVELERS

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

19

February 13 - 17, 2020



Collette Tour

### NEW ORLEANS

\$2,749 DBL \$3,549 SGL (Price guaranteed until Sept 13, 2019)

- ♦ 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.
- ♦ Embark on a walking tour of the French Quarter alongside an expert guide.
- ♦ Make sure to bring a bag along for all of the plush throws, beads and treasures you may catch!



March 5 - 20, 2020



### SOUTH AFRICA

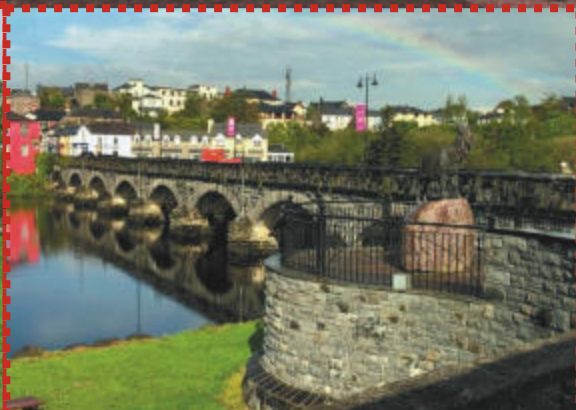
\$7,788 DBL \$9,088 SGL

(Price guaranteed until Sept 6, 2019)

**JOIN US**  
For This Once In A  
Lifetime Trip!

Collette Tour

- ♦ 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.





In observance of

**INDEPENDENCE  
DAY** We will be closed  
Thursday, July 4th  
and Friday July 5th

## 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



Friends of the Fond du Lac Senior Center

# BRAT FRY



Saturday, August 10

Festival Foods

1125 E Johnson St, FDL

We are looking for volunteers to help cook and serve. If you would like to help, stop by the Senior Center or call 322-3630 to get on the list! **THANK YOU!**

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# Brown Paper Packages Gift Shop

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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!

### JULY CONSIGNOR OF THE MONTH

**Gladi Brown**  
**Shabby Chic by Gladi**



After almost 25 years in education, and raising five children Gladi decided to get back to her "crafting" roots! There weren't enough cold winter days to do all the projects she wanted to get her fingers into! One thing led to another, and now there is glue and glitter throughout her house! Retirement is lots of fun these days!

Welcome to our family, Gladi!

### SCRIP GIFT CARDS

Available in amounts from \$5  
Cash or Check Only. Other Cards  
may be available, please ask!



Are you wondering what to get that "hard to buy" person? Do you have a large purchase coming up? Stop by our gift shop or give Sandy a call at 322-3638 to special order those unique scrip gift cards.

A&W, Ala Roma/Schmitt's, Backyard Grill, Buffalo Wild Wings, Culver's, Dairy Queen, Dunkin' Donuts, Faro's, Festival, Fleet Farm, Friar Tucks, Gilles, Kohl's, Kwik Trip, McDonald's, Pic & Save, Piggly Wiggly and more!

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**Closed Saturday and Sunday**



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

## GREEN THUMB GARDEN CLUB CELEBRATING 69 YEARS

Thursday, July 18 at 1:30pm



Join us at the Senior Center to see what the Green Thumb Garden Club is all about. Enjoy some light refreshments and bring your gardening questions.

Flower designs and horticulture will be presented by our members. **EVERYONE IS WELCOME!**

## CUBA REVISITED

July 11 at 1:30pm

Are you interested seeing photos from a recent Happy Travelers trip to Cuba? Steve Victor has put together a PowerPoint presentation of his photos and will be on hand to answer any questions.



Everyone  
is  
Welcome!



New



Mondays 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

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, July 1: Mushroom Pork Cutlet
- Tuesday, July 2: Beef Stroganoff
- Wednesday, July 3: Chicken Breast
- Thursday, July 4: NO MEAL
- Friday, July 5: NO MEAL
- Monday, July 8: Meatballs in Honey Mustard Sauce
- Tuesday, July 9: Ham Rolls
- Wednesday, July 10: Country Fried Steak
- Thursday, July 11: Chicken, Broccoli & Rice Casserole
- Friday, July 12: Crispy Fish Fillet
- Monday, July 15: Roast Pork Loin
- Tuesday, July 16: Pepper Steak
- Wednesday, July 17: Baked Chicken
- Thursday, July 18: Beef Frank on a Bun
- Friday, July 19: Chopped Steak in Burg/Mush Sauce
- Monday, July 22: Roast Turkey
- Tuesday, July 23: Lasagna Casserole
- Wednesday, July 24: Hawaiian Meatballs
- Thursday, July 25: BBQ Pork Cutlet
- Friday, July 26: Chicken Cacciatore
- Monday, July 29: Meatloaf
- Tuesday, July 30: Baked Chicken
- Wednesday, July 31: Smoked Sausage

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

## Don't Forget To Purchase Your 2019 Dine Out Coupon Book!

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

**Save money while eating at  
your favorite local restaurants!**

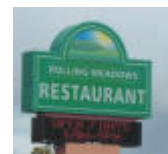


## ROMEOS

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!

### ROLLING MEADOWS

947 S Rolling Meadowws Dr., FDL  
Thursday, July 11 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.



### MJ STEVENS

5260 Aurora Road, Hartford  
Saturday, July 20  
Social at 11:00am | Lunch at 12:00pm

## 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

- July 2 Altona Supper Club, 2306 Calumet Dr., New Holstein
- July 9 Fat Joe's, 15 W Division St., FDL
- July 16 Wendt's, N9699 Lake Shore Dr., Van Dyne
- July 23 Gino's, 584 W Johnson St., FDL
- July 30 Sunset on the Water, N7364 Winnebago 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



# ACTIVITY INDEX

Call 322-3630 for more information about any of these activities. *NEW MEMBERS ARE ALWAYS WELCOME!*

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## ART & DANCE

### **ART LAB**

Tuesdays at 10:00am

### **ART**

#### **UNLEASHING YOUR CREATIVITY**

Tuesdays at 12:30pm

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

### **BEGINNING COUNTRY LINE DANCING**

Saturdays at 9:00am

### **COUNTRY LINE DANCING**

Thursdays at 6:10pm

### **DANCES**

\$4.00 donation

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

## DINING

### **ROMEOS**

(Retired Old Men Eating Out)

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

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

### **SUPPER CLUB**

Dates and restaurants vary.

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

### **SENIOR DINING GROUP**

Tuesdays at 5:00pm

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

## GROUPS

### **BAGELS WITH BEN**

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

### **BOOK CLUB**

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

### **BEADING BUDDIES**

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays at 12:30pm

## GROUPS (cont.)

### **BUNCO**

Mondays at 1:00pm

### **COIN CLUB**

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

### **GAME DAY**

Fridays at 1:00pm

### **GENEALOGY**

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

### **GERMAN CLUB**

Mondays at 1:00pm

### **HANDCHIME CHOIR**

Wednesdays & Thursdays at 9:00am

### **JAM SESSION**

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

### **JAM SESSION PRACTICE**

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

### **MELODIES & MEMORIES CHOIR**

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

### **SENIOR SNAPPERS**

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

## **QUILTING**

### **FLYING GEESE QUILTING CLUB**

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

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

Call Jean at 921-7359 for info.

### **SUNSET STITCHERS QUILT GUILD**

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

Call Laura at 923-1693 for info.

### **RED HAT HONEYS**

Activities include Chorus, 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 9:30am

### **SCRAPBOOK CLUB**

Thursdays at 10:00am

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

## GROUPS (cont.)

### **STITCHERY**

Tuesdays at 1:00pm

### **STAMP CLUB**

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

(except March, July and December)

### **TECH TYME**

Thursdays at 1:00pm

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

#### **Chapter #0566**

Thursdays: 5:30 weigh in

6:00 meeting

### **WINNEBAGO WOODWORKERS**

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

General meeting held at the FDL Senior Center.

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

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

### **WOODCARVING GROUP**

Mondays at 9:00am

### **MEMORY WRITERS GROUP**

Fridays at 1:00pm

## HEALTH & WELLNESS

### **BALANCE & STRETCH**

Mondays at 9:00am

Fridays at 10:00am

### **BIKE RIDE**

2<sup>nd</sup> 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.

### **LOW IMPACT VIDEO EXERCISE**

Wednesdays at 10:00am

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

### **“WALK THIS WAY”**

#### **Indoor Walking Group**

Mondays & Wednesdays at 4:00pm

### **YOGA**

Thursdays

Beginning

9:00am - 10:00am

Beginning/Intermediate

10:30am - 11:30am

### **ZUMBA GOLD**

Mondays at 5:30pm

## RECREATION (cont.)

### **CARDS**

#### **CANASTA**

1st, 3rd & 5th Wednesdays

at 12:00pm

#### **CRIBBAGE**

Tuesdays & Thursdays at 1:00pm

#### **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

#### **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

## RECREATION

### **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): Comfort Keepers

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

### **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.*



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

**Call 920.922.8770 today to  
schedule a personal tour**

 **Woodlands  
SENIOR PARK**

**W**oodlands 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.

77 Wisconsin American Dr., Fond du Lac, WI  
(near the Aurora Clinic)

**[WoodlandsSeniorPark.com](http://WoodlandsSeniorPark.com)**

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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

July 2019 Newsletter

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

\_\_\_\_\_ Computer



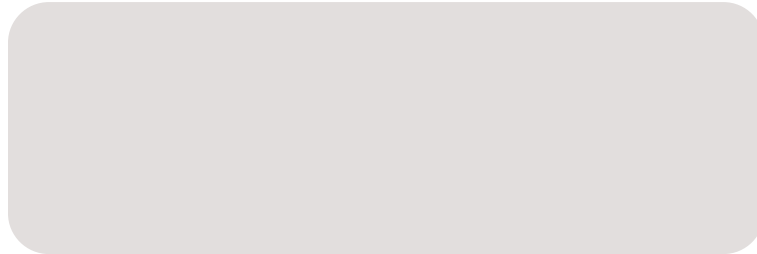
## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935



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

### STAFF

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### FRIENDS BOARD OF DIRECTORS

*Kate Barr*  
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*Kevin Dickie*  
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Fond du Lac Senior Center  
is a member of **WASC**

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Association of  
Senior  
Centers



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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.*