



# AMONG FRIENDS

## AUGUST 2019



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

# August

A Free Monthly Publication  
Vol. 10 • No. 8

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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, 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.



Have you heard the buzz word Senager? It's a senior that feels like a teenager. I can relate to feeling younger than I am because most days my brain still thinks I'm 23 – and then I realize that I'm 2.3 times 23. You're only as old as you feel, right?

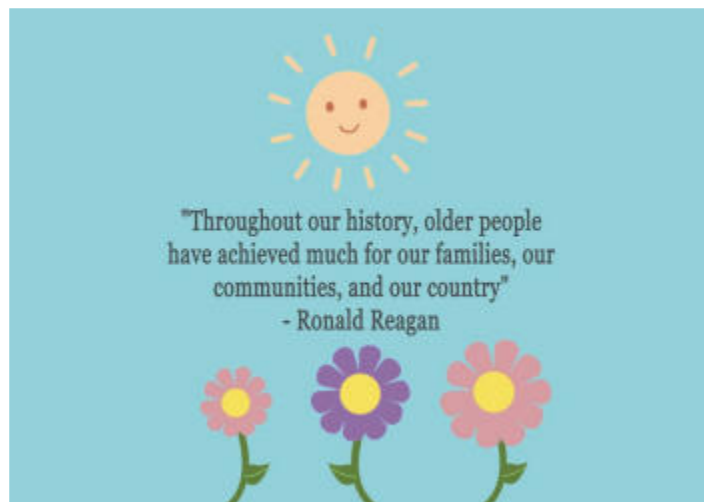
Anyway, I've seen several cute comments about being a "Senager" – things like:



- I have everything I wanted as a teenager but 60 years later!
- I don't have to go to school or work. I can lay around my house all day do nothing and get away with it.
- I have a monthly allowance.
- I have my own pad and can play my music as loud as I want.
- I don't have a curfew, I can stay out as late as I want and nobody asks me where I have been.
- I have my driver's license and my own car!
- I have an ID that gets me into bars, liquor stores and even topless joints if I want.
- I run around with people who are not scared of getting pregnant.
- I don't have acne.
- Life is great. I have made it Yes I am a SENAGER!!!

On August 19<sup>th</sup>, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21<sup>st</sup> as National Senior Citizens Day. This year, we will be celebrating on Wednesday, August 21<sup>st</sup> with an ice cream social. Join us between 2:00-3:30pm, and celebrate being a "Senager"!

Cathy





## Friends of the Fond du Lac Senior Center END OF

# SUMMER BASH

**Thursday, August 29 • 4:00 - 7:00pm**

**Lakeside Park Pavilion • 71 Promen Dr., FDL**

**Admission: \$2.00 At The Door**

4:00pm - Doors Open

5:00pm - Annual Raffle Drawing

6:00pm Live Entertainment by Elvis

Sloppy joes, shredded turkey sandwiches, chips, water and soda will be available for purchase

Register at the Senior Center or call 322-3630

Sponsored By Crossroads Care Center, Fox Valley Savings Bank, Goebel Insurance & Financial Inc., and Hometown Hospice & Homecare.

### 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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**(920) 533-6090**

**Campbellsport, WI. EHO**

➤ 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, September 10 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

Summer Daze

Wednesday, August 21 at 11:30am

Faro's Family Restaurant

131 N Pioneer Rd., FDL

Cost: Dutch Treat Limit: 35

Registration Deadline: Friday August 14

Hostesses: Sr. Angie Behen, 920-517-0427,  
Sr. Mary Rose, Mary Lee Pergande, Ceil Ries

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

### UPCOMING EVENT

Count Your Blessings

Wednesday, November 6 at 11:30am

Sunset on the Water

Watch the September newsletter for more information!

## UMBRELLA BRIGADE

Come see their next performance:



Wednesday, August 28  
2:30pm

Woodlands Senior Park  
Building 1446 - Lynn Ave

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

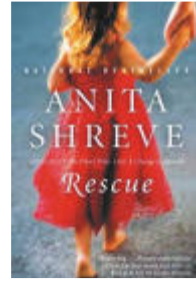




## BEADING BUDDIES

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!



## BOOK CLUB

Monday, August 19  
9:30am - 10:30am

### BOOK OF THE MONTH:

Rescue

By: Anita Scheve

Copies available at the Senior Center

## 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.



1<sup>st</sup> Assignment: Insects

Review Date: August 7<sup>th</sup>

2<sup>nd</sup> Assignment: Summer Flowers

Review Date: August 21<sup>st</sup>

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

## PARKINSON'S MOVEMENT & DANCE CLASS

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

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 DUE BACK BY MONDAY, AUGUST 19.

Peter Webster is a rookie paramedic when he pulls a young woman out of a car wreck that should have killed her. Sheila Arsenault haunts his thoughts, and despite his misgivings Peter is soon embroiled in an intense love affair--and in Sheila's troubled world.

Eighteen years later, Sheila is long gone and Peter is raising their daughter, Rowan, alone. But Rowan is veering dangerously off course, and for the first time in their quiet life together Peter fears for her future. He seeks out the only person who may be able to help Rowan, although Sheila's return is sure to unleash all the questions he has carefully been keeping at bay: Why did a mother leave her family? How did the marriage of two people so deeply in love unravel?

## ALONG THE JOURNEY LUNCHEON

Friday, August 16 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!**

## POOL LEAGUE MEETING

Thursday, August 22 at 9:00am

**GET UPDATES ON:**

League start dates

Sub sign-up

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

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



## Wii Bowling

Fridays at 1:00pm

September 13 - March 27

If you are new to Wii bowling or  
interested joining again, PLEASE

SIGN UP BY FRIDAY, AUGUST 30. Schedules will be  
available for pickup starting Tuesday, September 3.

**New bowlers and subs are always welcome!**

## QUILTING GROUPS

**Flying Geese Quilting Club**

1st Thursday of each month at 1:00pm

3rd Thursday of each month at 11:45am

Call Jean at 920-921-7359 for info.

**Sunset Stitches Quilt Guild**

2nd Thursday of each month

at 7:00pm

Call Laura at 920-923-1693 for info.



## BINGO

Tuesdays at 1:00pm

**EVERYONE WELCOME!**

## STAMP CLUB

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



## CALLING ALL CARD PLAYERS

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

**EVERYONE WELCOME!**

Beginning Bridge - Thursdays at 10:00am

Bridge - Tuesdays & Thursdays at 12:30pm

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

## MAH JONGG

Tuesdays & Thursdays

12:00pm

**New players always welcome!**





AARP Chapter 614

**Off For The Summer!**

Will resume in September



**S.A.L.T.**

Seniors And Law Enforcement Together

4<sup>th</sup> 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.

## QPR SUICIDE PREVENTION TRAINING

Thursday, August 8<sup>th</sup> 1p.m.

### QUESTION, PERSUADE, REFER

3 Simple Steps That Could Save a Life. Prevention training that prepares people to recognize a potential suicide crisis, respond in a safe and supportive way, and assist the individual in obtaining the help they need.

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



## DANCES

\$4.00 donation

Wednesdays -7:30pm - 9:30pm

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

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

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

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

### DIABETIC SUPPORT GROUP

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

Aurora Health Center - Fond du Lac

210 Wisconsin American Drive

Community Education Room (1st floor off clinic lobby)

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

### LOCAL PARENTS OF ANGELS

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

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!**

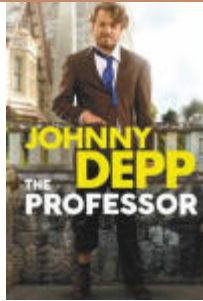
Returning in Fall



# MONTHLY MOVIES

## THURSDAY, AUGUST 1 The Professor

11:45am Lunch (optional)  
1:00pm Movie  
R · 2018 · Drama/Comedy · 2h 31m



**Starring:** Johnny Depp, Zoey Deutch, Odessa Young, Rosemarie DeWitt, Danny Huston

**SUMMARY:** After learning he has six months to live, a college lecturer transforms into a rebellious party animal. To the shock of his wife and school chancellor and to the delight of his students, he leads a crusade against authority and hypocrisy.

## WEDNESDAY, AUGUST 21 The Mule

11:45am Lunch (optional)  
1:00pm Movie  
R · 2018 · Drama/Mystery · 1h 55m



**Starring:** Bradley Cooper, Taissa Farmiga, Dianne Wiest, Andy Garcia, Manny Montana

**SUMMARY:** Broke, alone and facing foreclosure on his business, 90-year-old horticulturist Earl Stone takes a job as a drug courier for a Mexican cartel. His immediate success leads to easy money and a larger shipment that soon draws the attention of hard-charging DEA agent Colin Bates. When Earl's past mistakes start to weigh heavily on his conscience, he must decide whether to right those wrongs before law enforcement and cartel thugs catch up to him.

### Mark your calendar for September movies:

Thursday, September 5: Poms  
Wednesday, September 18: Breakthrough

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 and Goebel Insurance & Financial for sponsoring movies at our Center!**

**McNAMARA  
& THIEL**  
Insurance Agency

*The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 15 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group Health, Life/Final Burial and Long-Term Care insurance. Please give her a call today to schedule an appointment.*



Contact us for more information or to schedule an appointment.

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

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CONTACT

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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  
August 3, 17, 24

## COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm  
August 1, 8, 15, 22, 29

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



## TOPS

(Take Off Pounds Sensibly)  
Chapter #0566

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



## TOTAL BODY WALKING

Monday's at 10:00am

Pole walking improves cardio-respiratory fitness, especially in older adults for whom resistance training or high-impact sports are not ideal. It can also improve balance and reduce neck pain. It's a total body workout that's fun and that encourages a sense of adventure since it can be done everywhere from parks and roads to hiking trails. If you're interested in walking, call the front desk for additional details, location and to sign-up.

**EVERYONE IS WELCOME!**



## YOGA

Thursdays

8 CLASSES  
\$40.00

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

FALL SESSION

Thursday, September 19 - Thursday, November 7

Please register and pay at the front desk.

## LOW IMPACT VIDEO EXERCISE

Wednesdays  
10:00am - 10:30am

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



## STRONG BODIES

FALL SESSIONS



September 4 - November 11

Monday / Wednesday

8:30am - 9:30am

**(Lake View Place)**

September 3 - November 7

Tuesday / Thursday

9:00am - 10:00am

**(Lake View Place)**

September 3 - November 7

Tuesday / Thursday

5:00pm - 6:00pm

**(Senior Center)**

Please register and pay at the front desk.  
For more information call Sarah at 322-3641.



## 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

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



When: Tuesday, August 6 (*special day*)

Where: Wild Goose Trail

Meet: In the parking lot off Rolling Meadows Dr.

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 Hometown Hospice and Homecare

Friday, August 9 at 9:00am

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, August 9 at 9:00am

No appointment needed. 12-hour fast required.

Donations accepted.

### FREE PAIN SCREENINGS



Sponsored by ATI Physical Therapy

Friday, August 9 at 9:00am

No appointment needed.

### FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice

Friday, August 9 at 9:00am

No appointment needed.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Hearing Life, formerly known as

Avada Hearing Care Center

- FREE hearing screenings
- FREE hearing aid cleaning.

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

1<sup>st</sup> Thursday of every month at 9:00am.





JOIN US FOR AN  
**HERE'S THE SCOOP!**  
**ICE Cream Social**

To Celebrate  
National Senior Citizen Day  
Wednesday, August 21  
2:00 - 3:30pm

Register at the front desk or  
by calling 322-3630.

Thank you Northgate Senior Apartments,  
managed by Capri Senior Communities for  
sponsoring this years Ice Cream Social!



**INTERGENERATIONAL  
Candy Bar Bingo**

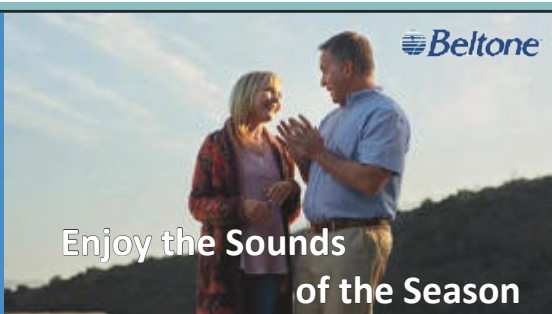
**Thursday, August 15  
1:30 - 3:00pm**

Register at the front desk  
or by calling 322-3630.

**FUN FOR THE WHOLE FAMILY!**

Thank you, Lakeview Place for sponsoring  
this year's Candy Bar Bingo!

**BELTONE HEARING AID SERVICE**  
Call Us Today for your  
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(920) 923-2000  
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**Beltone**

Enjoy the Sounds  
of the Season



**Thrive  
Locally**

➤ Reach the Senior Market  
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**CONTACT**  
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pvandoren@4LPi.com or (800) 950-9952 x2631

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to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)




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- 800-950-9952 -

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**Don Kurki**  
Owner/Funeral Director



# AUGUST 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> Bunco <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> <b>Hiking/Walking Club</b> <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> <b>Hiking/Walking</b> <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 <b>EVERY SATURDAY</b> <b>EVERY SUNDAY</b>

# AUGUST

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.

**\*\* All Brown Events are held Offsite.**

**\*\* All Red Events are New or Special Events.**

**\*\* All Green Events are Happy Travelers.**

<b>5</b> <b>9:30</b> Ladies Playful Golf Club <b>10:00</b> Total Body Walking <b>1:00</b> Day in our Boots	<b>6</b> <b>9:00</b> Bike Rides - Wild Goose Trail <b>9:00</b> Strong Bodies <b>12:30</b> Art - Sunset in the Birch <b>1:00</b> Bingo-Sponsor: FDL Lutheran Home <b>5:00</b> Senior Dining - Jim & Linda's Cocktails at 5pm - Dinner at 6pm <b>5:00</b> Strong Bodies <b>6:00</b> Coin Club	<b>7</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>HT - Mamma Mia</b>	<b>8</b> <b>8:30</b> Men's Senior Center Golf League <b>9:00</b> Beginning Yoga <b>9:00</b> Chime Choir <b>10:00</b> Scrapbooking <b>10:30</b> Beginning / Intermediate Yoga <b>1:00</b> QRP Suicide Prevention Training <b>6:10</b> Country Line Dancing	<b>9</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>10 Saturday</b> <b>Brat Fry at Festival Foods</b>
<b>** All Brown Events are held Offsite.</b> <b>** All Red Events are New or Special Events.</b> <b>** All Green Events are Happy Travelers.</b>	<b>BILLIARD ROOM</b> Open daily for open pool except during league playing time.		<b>1</b> <b>8:30</b> Men's Senior Center Golf <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 - Faros <b>1:00</b> Flying Geese Quilting Club <b>1:00</b> Movie - The Professor <b>9:00</b> Strong Bodies <b>5:30</b> Local Parents of Angels <b>6:10</b> Country Line Dancing	<b>2</b> <b>3 Saturday</b> <b>9:00</b> Beg. Country Line Dance <b>4 Sunday</b> <b>HT Leaving for Canadian Rockies</b>



6:00	Winnebago Woodworkers at NFDL HS	7:00	Sunset Stitchers									
12	9:30 Ladies Playful Golf Club 10:00 Parkinson's Support Group- Aurora Health Care 10:00 Total Body Walking 1:00 Day in our Boots	13	12:30 Art - Summer Jar of Flowers 12:30 Beading Buddies 1:00 Bingo-Sponsor: Harbor Haven 2:00 Community Cares (Groups A) 3:30 Goebel Insurance & Financial Inc 5:00 Senior Dining - Blanks Lake Aire Cocktails at 5pm - Dinner at 6pm 6:00 Goebel Insurance & Financial Inc 6:00 Winnebago Woodworkers HT - Wedding Bells	14	9:00 Chime Choir 9:30 Ladies Playful Golf Club 10:00 Jam Session 1:00 Genealogy Group 1:00 Red Hat - Special Surprise Game Day	15	8:30 Men's Senior Center Golf League 9:00 Chime Choir 10:00 Scrapbooking 11:45 Flying Geese Quilting Club 1:30 Intergenerational Candy Bar Bingo 5:30 Local Parents of Angels 6:10 Country Line Dancing	16	9:00 Friends Board Meeting 12:00 Along the Journey Luncheon - Rolling Meadows Restaurant	17 Saturday	9:00 Beg. Country Line Dance 5:30 Supper Club - Pamela's Social at 5:00pm - Dinner at 5:30pm	18 Sunday
19	9:30 Book Club 9:30 Ladies Playful Golf Club 10:00 Total Body Walking 1:00 Day in our Boots	20	12:30 Art - Vase of Flowers 1:00 Bingo-Sponsor - The Meadows 3:00 Diabetic Support Group - Aurora Health Center - FDL 5:00 Senior Dining - Goose Shot Cocktails at 5pm - Dinner at 6pm 6:00 Winnebago Woodworkers at NFDL HS	21	9:00 Chime Choir 9:00 Koffee with Kelly 9:30 Ladies Playful Golf Club 10:00 Jam Session Practice 11:30 Red Hat Honey's - Summer Daze - Faro's 12:00 Canasta 1:00 Movie - The Mule 1:00 Senior Snappers photo review 1:30 Community Cares Enrichment Activity 2:00 Ice Cream Social - National Senior Citizen Day 7:00 Stamp Club	22	8:30 Men's Senior Center Golf League 9:00 Chime Choir 9:00 Pool League Meeting 6:10 Country Line Dancing 6:30 Alzheimer's Support Group	23		24 Saturday	9:00 Beg. Country Line Dance	25 Sunday
26	8:30 Newsletter Assembly 9:30 Ladies Playful Golf Club 10:00 Total Body Walking 1:00 Day in our Boots	27	12:30 Art - Birds on a Branch 12:30 Beading Buddies 1:00 Bingo-Sponsor: Lincoln House 2:00 Community Cares (Groups B) 3:30 Parkinson Movement Class 5:00 Senior Dining - Sunset on the Water Cocktails at 5pm - Dinner at 6pm 6:00 Winnebago Woodworkers at NFDL HS	28	9:30 Ladies Playful Golf Club 10:00 Jam Session 1:00 Genealogy Group 2:30 Umbrella Brigade - Woodlands Senior Park HT - Onelda Casino / Schwarz's	29	8:30 Men's Senior Center Golf League 11:45 Flying Geese Quilting Club 1:00 Washington DC Doc Meeting 4:00 End of Summer Bash 5:30 Local Parents of Angels 6:10 Country Line Dancing	30	LAST DAY TO SIGN-UP FOR Wii BOWLING	24 Saturday		

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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, August 6

"Sunset in the Birch Forest" on a 12 x 16 canvas \$30

Learn to paint with tape and mixing of colors.



Tuesday August 13

"Summer Jar of Flowers" on a 12 x 16 canvas \$30



You will learn how to make pretty flowers in a blue mason jar.

Tuesday August 20

"Vase of Flowers" on a large 16 x 20 canvas \$35

Created with potatoes and celery and more! This will be so much fun for everyone. You won't want to miss this one. Seriously!



Tuesday August 27

"Birds on a Branch" 12 x 16 \$30



Something simple and fun with the use of stencils for the birds. Make them black or any other color you like.

**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.



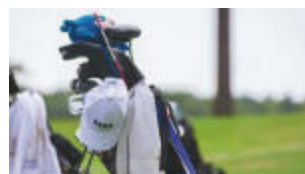
## MEN'S SENIOR CENTER GOLF LEAGUE

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



**SPECIAL DATE FOR AUGUST ONLY:**

The Coin Club will meet Tuesday, August 6.

**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



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# 2019 AT-A-GLANCE

COMING  
SOON

2020  
TRIPS

## AUGUST

### "Mamma Mia"

Palace Theater in the Dells  
Wednesday August 7  
\$89 IN

Call To Get On The Wait List!

### "Wedding Bells"

Memories  
& Kelley Country Creamery  
Tuesday August 13  
\$89 IN

### Oneida Casino

Schwarz's  
Wednesday, August 28  
\$60 IN

## SEPTEMBER

AVAILABLE  
NOW!

2 SEATS DUE TO CANCELLATIONS

### Washington D.C.

Diamond Tour  
September 12 - 18  
\$759 dbl / \$999 sgl



### "Buddy Holly"

Fireside  
Thursday  
September 19  
\$110 IN

## OCTOBER

### China Lights: Panda-Mania

Hales Corners  
Botanical Gardens  
Thursday October 10  
\$80 DT

Call To Get On The Wait List!



### Spain & Portugal

Collette Tours  
14 Day Trip  
October 16-29  
\$5,399 dbl - \$6,599 sgl  
(Call for availability)

## NOVEMBER

### Nashville

Diamond Tour  
5 Day Trip  
November 3-9  
\$799 Dbl / \$1038 Sgl

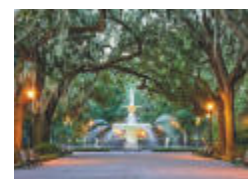
Call To Get On The Wait List!



### Fireside

Wednesday November 20  
\$110 IN

## DECEMBER



### Southern Charm

(Charleston, Savannah & Jekyll Is.)

Collette Tours

6 Day Trip

December 1-6

\$2,779 dbl

\$3,379 sgl

(Call for availability)



# HAPPY TRAVELERS

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

19

October 16 - 29, 2019 (A)

### SPAIN'S CLASSIC & PORTUGAL

\$5,399 DBL \$6,599 SGL (Call for availability)

- ◆ Feel the energy of Spain at a flamenco performance in Seville.
- ◆ Step back in time in Toledo, the former capital of the Spanish Empire.
- ◆ Join a local expert for a tour of the world-famous Alhambra palace.
- ◆ Savor a "paella experience" including a paella-making demonstration and lunch.
- ◆ In Cordoba, take a walking tour of the Mezquita, a religious marvel
- ◆ Get to know Seville's quaint, old Santa Cruz Quarter

Collette Tour



December 1 - 6, 2019 (A)

### SOUTHERN CHARM

Charleston, Savannah & Jekyll Island

\$2,779 DBL \$3,379 SGL (Call for availability)

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

Collette Tour



February 13 - 17, 2020 (A)

### 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!

Collette Tour



March 5 - 20, 2020

### SOUTH AFRICA (A)

\$7,788 DBL \$9,088 SGL (Price guaranteed until Sept 6, 2019)

Optional 5 day - 3 night Dubai pre-tour extension \$649/person  
double occupancy, plus airfare - **CALL FOR TOTAL COST**

- ◆ 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.

Collette Tour





# Thank You!

Goebel Insurance & Financial Inc.,  
for sponsoring this month's coffee!



Friends of the Fond du Lac Senior Center

## BRAT FR

Saturday, August 10

Festival Foods

1125 E Johnson St, FDL



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# Brown Paper Packages Gift Shop

## Offering Your Favorite Things!

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



### AUGUST CONSIGNOR OF THE MONTH

#### Patti McGuire

#### "Patti's Rock Art"

Patti has always enjoyed doing crafts. She had a small collection of rocks & stones and decided to start making something unique from them. Patti began slowly but with encouragement from friends, she started to create several beautiful pieces. If you're looking for something unique, stop by the gift shop to see Patti's beautiful creations!

Welcome to our family, Patti!

### 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!

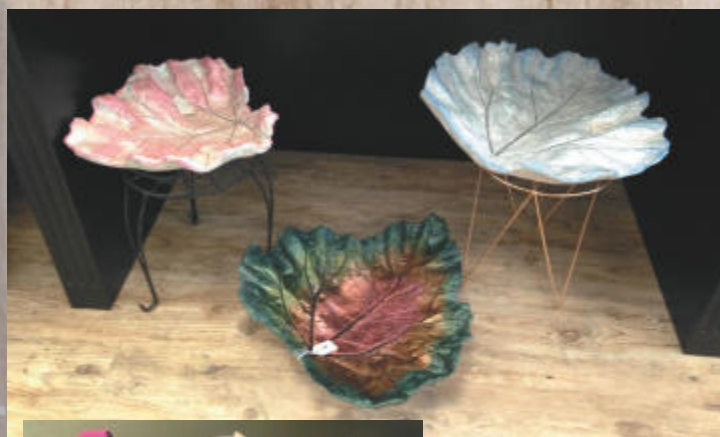
**151 E. 1st Street, Fond du Lac**

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

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

**Monday through Friday, 8:00am to 4:00pm**

**Closed Saturday and Sunday**



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



## MEDICARE, OBAMACARE & MAXIMIZING SOCIAL SECURITY

Tuesday August 13  
Seminars at 3:30pm and 6:00pm  
Speaker: Larry Goebel  
Goebel Insurance & Financial

### YOU WILL LEARN ABOUT:

- I am thinking of retiring soon, what do I need to know?
- I am currently working only because I need health insurance; is it true my premium could be ZERO thru Obamacare? Answer - YES!!!
- When and how should I take my Social Security?
- How can I increase my Social Security benefits?
- What are Medicare Parts A, B, C, D?
- What are the differences between Medicare Advantage plans and Medicare Supplements?
- Should I stay on my group health plan or go onto Medicare?
- Am I in the most appropriate Medicare plan for my situation?
- Do I qualify for an Obamacare Tax Credit and how much would it be?



## KOFFEE WITH KELLY

3<sup>rd</sup> Wednesday of every month  
at 9:00am

Please join Kelly Ryan-Kuzulka from GOEBEL Insurance and Financial every 3<sup>rd</sup> Wednesday from 9:00 to 10:00 am to answer your questions on Medicare, Drug plans, Obamacare and Maximizing Social Security.

If you have questions there is only one way to find out the answers – ASK!!

**Hope to see you there!**

## DAY IN OUR BOOTS PROGRAM

Mondays at 1:00pm  
May 6 - September 23

Join us for in-depth discussions of specialized fields within the Fond du Lac City Police Department and Critical Incident Stress Management (CISM).

### 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!**

**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!





## 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.

- Thursday, August 1: Swiss Steak
- Friday, August 2: Fruited Chicken Salad over lettuce
- Monday, August 5: Pork Jaegerschnitzel
- Tuesday, August 6: Hungarian Goulash
- Wednesday, August 7: Salisbury Steak
- Thursday, August 8: Bratwurst on a Bun
- Friday, August 9: Swedish Meatballs
- Monday, August 12: Baked Chicken
- Tuesday, August 13: Glazed Ham
- Wednesday, August 14: Pot Roast
- Thursday, August 15: Chicken Marsala
- Friday, August 16: Beef Stew
- Monday, August 19: Cranberry/Kraut Meatballs
- Tuesday, August 20: Country Fried Steak
- Wednesday, August 21: Chicken Teriyaki
- Thursday, August 22: Pork Steak
- Friday, August 23: White Chicken Chili
- Monday, August 26: Escalloped Potatoes & Ham Casserole
- Tuesday, August 27: Liver and Onions
- Wednesday, August 28: Baked Chicken
- Thursday, August 29: Baked Spaghetti
- Friday, August 30: Chopped Steak in Burg/Mush Sauce

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!

### FAROS

131 N Pioneer., FDL  
Thursday, August 1 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.



### PAMELA'S

N7640 County Rd WH, Fond du Lac  
Saturday, August 17  
Social at 5:00pm | Lunch 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

- |        |   |
|--------|---|
| Aug 6  | Jim and Linda's, W3496 County Rd W, Malone    |
| Aug 13 | Blanks Lake Aire, N8751 Lakeshore Dr., FDL    |
| Aug 20 | Goose Shot, 5 W Main, Waupun                  |
| Aug 27 | 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

### **SENIOR SNAPPERS**

Review dates:

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

## **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. See the Health & Wellness section for more details.

### **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**

*Senior Center*

Tuesday and Thursday 5:00pm

*Lake View Place: 545 Luco Road*

Monday and Wednesday 8:30am

Tuesday and Thursday 9:00am

### **TAI CHI**

Tuesdays at 9:00am

### **TOTAL BODY WALKING**

Mondays at 10:00am

Locations vary. See the Health & Wellness section for more details.

### **“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.*

# Join us

## 2019 UnitedHealthcare® Benefit Showcase

If you're turning 65 or new to Medicare, we're here to help you understand your options. Please join us to learn about the benefits of a UnitedHealthcare Medicare Advantage plan.

*The 2019 UnitedHealthcare Benefit Showcase is an interactive experience where you can browse at your leisure, ask questions and get answers on a variety of topics, including:*

- The differences between your Medicare coverage options
- Passport® coverage while you travel
- Over-the-counter health products catalog
- Renew Active™ fitness membership
- Part D prescription drug coverage

*You will have the opportunity to attend a group presentation and meet one-to-one with a local licensed sales representative.*

**LEARN. ASK. ENROLL.**

### **RSVP Requested**

Please call Jirschele Insurance, LLC  
at **920-744-2050**

8 a.m. – 8 p.m. local time, 7 days a week.  
Feel free to bring a friend.

### **Upcoming Benefit Showcase Events:**

August 1,6,14,20,29 11AM & 6PM Each Date <b>Jirschele Insurance, LLC</b> 923 South Main Street Oshkosh, WI 54902 Light Snack & Refreshment	August 7,21 11AM Each Date <b>Rolling Meadows Restaurant</b> 947 S Rolling Meadows Dr Fond du Lac, WI 54937 Coffee & Water Provided
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August 13,28 6PM Each Date <b>Rolling Meadows Restaurant</b> 947 S Rolling Meadows Dr Fond du Lac, WI 54937 Coffee & Water Provided	August 5,26 Enrollment Center Hours 9AM-7PM <b>Jirschele Insurance, LLC</b> 923 South Main Street Oshkosh, WI 54902 Call For Additional Dates & Times
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\*Benefits vary by plan.

\*\*Renew by UnitedHealthcare is not available in all plans.

Participation in the Renew Active™ by UnitedHealthcare program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Equipment and classes may vary by location. Services, including equipment, classes, personalized fitness plans provided by fitness centers, and brain activities provided by BrainHQ, are provided by third parties not affiliated with UnitedHealthcare. UnitedHealthcare does not endorse and is not responsible for the services or information provided by this program. Availability of the Renew Active™ program varies by plan/area.

For accommodation of persons with special needs at sales meetings, call 920-744-2050, TTY 711. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change on January 1 of each year. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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# 2019 Friends Membership Application

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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

August 2019 Newsletter

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

\_\_\_\_\_ Computer



## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

## PLEASE JOIN US

Friends of the Fond du Lac Senior Center

### End Of Summer Bash

Thursday, August 29<sup>th</sup> | 4:00 - 7:00pm

Lakeside Park Pavilion

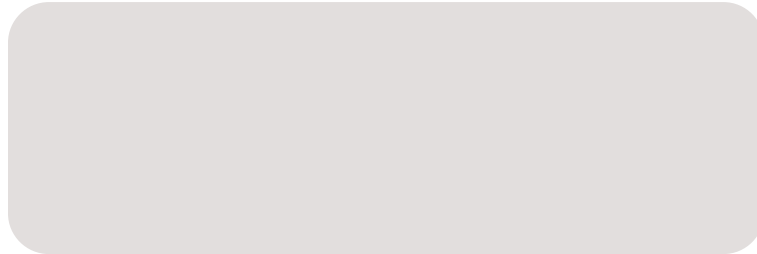
Promen Dr., Fond du Lac

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U.S. POSTAGE

**PAID**

FOND DU LAC, WIS  
PERMIT NO. 129

OR CURRENT RESIDENT



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

### STAFF

#### DIRECTOR

*Cathy Loomans* 322-3632  
[cloomans@fdl.wi.gov](mailto:cloomans@fdl.wi.gov)

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635  
[mschneider@fdl.wi.gov](mailto:mschneider@fdl.wi.gov)

#### BOOKKEEPER

*Pat Heyer* 322-3639  
[pheyer@fdl.wi.gov](mailto:pheyer@fdl.wi.gov)

#### PROGRAM/OUTREACH COORDINATOR

*Sarah Docter* 322-3641  
[sdocter@fdl.wi.gov](mailto:sdocter@fdl.wi.gov)

#### OFFICE ASSISTANT

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#### GIFT SHOP COORDINATOR

*Sandy Foote* 322-3638  
[sfoote@fdl.wi.gov](mailto:sfoote@fdl.wi.gov)

### FRIENDS BOARD OF DIRECTORS

*Kate Barr*  
*Joanne Bunkelman*  
*Kevin Dickie*  
*Robert Katzfey*  
*Vickie Michels*  
*Terri Resop*  
*Kathy Schreiber*  
*Judi Walters*  
*Everett Werth*

Fond du Lac Senior Center  
is a member of **WASC**

Wisconsin  
Association of  
Senior  
Centers



@FondduLacSeniorCenter  
@FondyHappyTravelers  
@BrownPaperPackagesGift  
ShopFondduLac

### 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.*