

AMONG FRIENDS

SEPTEMBER 2019



HELLO **AUTUMN:**
MISTY MORNINGS
COSY NIGHTS
CRUNCHY LEAVES
& PUMPKIN SPICE!

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

Hello, September!

A Free Monthly Publication
Vol. 10 • No. 9

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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

Newcomer Tour

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

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



Happy National Senior Center Month!

The National Council on Aging has announced that this year's Senior Center Month theme is "SENIOR CENTERS The Key to Aging Well". When I started to think about what this means, a lot of different things came to mind. What is "Aging Well"? What role do we play in that? And are we doing what we can to encourage people 50+ to "age well"?



I believe that aging well is paying attention to the 8 dimensions of wellness – social, physical, emotional, spiritual, occupational, intellectual, financial, and environmental. When I look at our programs and activities, each of them is directly related to one of these dimensions - most encompass two or more – how awesome is that! I believe we are working hard to encourage people to age well – and I hope that you feel that way too. Our Senior Center is what it is because of YOU!

Here are some interesting facts:

- ♦ In the United States, nearly 11,000 Senior Centers serve over 1,000,000 people a DAY! A MILLION!!!!
- ♦ Research shows that compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction. Talk about aging well!

And about the Fond du Lac Senior Center specifically:

- ♦ Our average weekly participation has increased 31% over the last 5 years
- ♦ Our monthly activities have increased 112% over the last 5 years
- ♦ Our volunteers gave over 16,000 HOURS of service in 2018.

Wow!! On behalf of all of us at the Center, we are proud to serve you and hope you feel welcome and appreciated when you are here. We hope that you will stop in and see us this month – take advantage of some of the great programs and activities that we have to offer – and help us celebrate National Senior Center month!

Cathy



National Senior Center Month The Key to Aging Well

Celebrate with us on
Friday, September 27
10:00am - 2:00pm

We will have a variety of cupcakes for everyone to enjoy!
Please register at the front desk or call 322-3630.



Thank you GOEBEL Insurance and Financial
for sponsoring this event!

Newsletter Crew

Editor.....Cathy Loomans
Coordinator.....Lisa Cole
Mail Crew.....20+ Awesome Volunteers

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at cloomans@fdl.wi.gov.

Up-to-Date Information

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



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

Sponsored by Smith & Hatch Insurance.



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THE *Community*

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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 4th or 5th Thursday of the month.

WINNEBAGO WOODWORKERS

Tuesdays, 6:00pm - 8:00pm

- General meeting held at the FDL Senior Center on the 2nd Tuesday.
- Other Tuesdays held at NFDL High School.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

Brunch at the Village Grounds Coffee Shop

(formerly Bluemke's Hardware Store)
Tuesday, October 8 at 11:00am
Village Grounds Coffee Shop
100 S Main St, Rosendale

Cost: Dutch Treat Limit: 16

Registration Deadline: Friday, October 4

Hostesses: Lois Abitz - 922-0695, Lois Pflum - 922-7857

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



DANCES

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

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

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!



**Returning Wednesday,
September 11**



RED HAT CHORUS

Fridays at 9:00am

**Returning Friday,
September 6**



BEADING BUDDIES

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

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

SENIOR SNAPPERS PHOTOGRAPHY GROUP

Review 1st & 3rd 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.



1st Assignment: Scenes of the Season

Review Date: September 4

2nd Assignment: Scenes of the Season

Review Date: September 18

No experience necessary! Everyone is welcome!!

PARKINSON'S MOVEMENT & DANCE CLASS

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

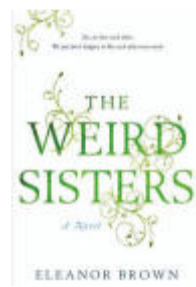
SEPT
24

OCT
22

NOV
26

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

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



BOOK CLUB

Monday, September 16
9:30am - 10:30am

BOOK OF THE MONTH:

The Weird Sisters

By: Eleanor Brown

Copies available at the Senior Center

BOOK DUE BACK BY MONDAY, SEPTEMBER 16

Three sisters have returned to their childhood home, reuniting the eccentric Andreas family. Their father, a professor of Shakespeare who speaks almost exclusively in verse, named them after the Bard's heroines. It's a lot to live up to.

The sisters have a hard time communicating with their parents and their lovers, but especially with one another. What can the shy homebody eldest sister, the fast-living middle child, and the bohemian youngest sibling have in common? Only that none has found life to be what was expected; and now, faced with their parents' frailty and their own personal disappointments, not even a book can solve what ails them.

OBAMACARE/ MEDICARE SEMINAR

3rd Tuesday of every month
Seminars at 3:30pm and 6:00pm

Speaker: Larry Goebel
GOEBEL Insurance & Financial

YOU WILL LEARN ABOUT:

- The differences between Medicare Supplement and Medicare Advantage plans.
- How you might qualify for ADDITIONAL Social Security Retirement Benefits.
- How you can retire NOW with little or no health Insurance premiums.

PROGRAMS & ACTIVITIES



GAME DAY

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

EVERYONE WELCOME!

POOL LEAGUE

8 Ball - 2 man - Tuesdays at 8:30am
League begins Tuesday, September 3

9 Ball - 1 man - Wednesdays at 8:30am
League begins Wednesday, September 4



Wii Bowling

Fridays at 1:00pm
September 13 - March 27

Call to get on the sub list!

2019/2020 schedules will be available at the
Senior Center starting Tuesday, September 3.

QUILTING GROUPS

Flying Geese Quilting Club

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



Sunset Stitchers Quilt Guild
2nd Thursday of each month
at 7:00pm

Call Laura at 920-923-1693 for info.



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

Cribbage - Tuesdays & Thursdays at 1:00pm

Hand and Foot - Wednesdays at 12:00pm

Poker - Mondays at 1:00pm

Recreational Sheephead - Wednesdays at 12:45pm

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

Skat - Tuesdays & Thursdays at 1:00pm



MAH JONGG

Tuesdays & Thursdays
12:00pm

New players always welcome!



Fond du Lac AARP Association Meeting
Thursday, September 19 at 1:00pm
Fond du Lac Senior Center

Speaker: Dr. Matthew Doll

Topic: Treffert Center

Join us to find out about the latest happenings at the Treffert Center. There will be time for Q&A as well.

EVERYONE IS WELCOME!



4th Thursday on the odd months, January - September

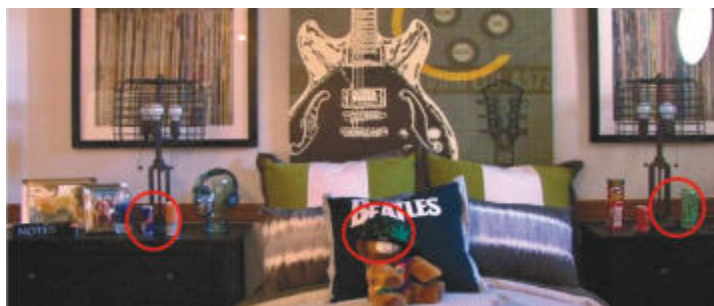
Thursday, September 26 at 1:00pm

Speaker: Ellen Sorenson of
Drug Free Communities

Topic: Hidden in Plain Sight

Step into the world of a young person who has made some bad choices in their life and has turned to drugs as the answer. With the reenactment of a full size teen bedroom, see some of the most common places they may hide or try to cover up their drugs or alcohol and how seemingly innocent household items can be used as drug paraphernalia.

Help us educate parents and other adults how to recognize the signs of drug use as well as learn about prevention strategies. Resources are available for anyone who has succumbed to drug addiction. As a community, we have a responsibility to be part of the solution, let's start here and now. **EVERYONE IS WELCOME!**



SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4th Thursday at 6:30pm

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

DIABETIC SUPPORT GROUP

3rd Tuesday at 3:00pm

Aurora Health Center - Fond du Lac

210 Wisconsin American Drive

Community Education Room (1st floor off clinic lobby)

No registration necessary. For more information, contact the Aurora Diabetes & Nutrition Center

at 920-303-8700 ex 5770

LOCAL PARENTS OF ANGELS

1st & 3rd Thursday 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

2nd 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!

**Returning Friday,
September 6**

MONTHLY MOVIES

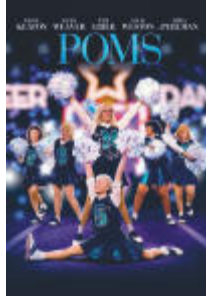
THURSDAY, SEPTEMBER 5 **Poms**

11:45am Lunch (optional)

1:00pm Movie

PG 13 • 2019 • Dance/Comedy • 1h 31m

Starring: Jacki Weaver, Diane Keaton, Rhea Perlman, Celia Weston, Pam Grier



SUMMARY: Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.

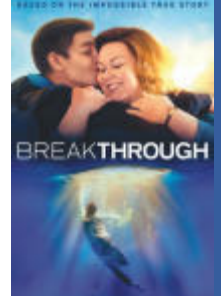
WEDNESDAY, SEPTEMBER 18 **Breakthrough**

11:45am Lunch (optional)

1:00pm Movie

PG • 2019 • Drama/Mystery • 1h 56m

Starring: Chrissy Metz, Marcel Ruiz, Josh Lucas, Topher Grace, Mike Colter



SUMMARY: Based on the inspirational true story of one mother's unfaltering love in the face of impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction. BREAKTHROUGH is an enthralling reminder that faith and love can create a mountain of hope, and sometimes even a miracle.

Mark your calendar for October movies:

Thursday, October 3 : Rocketman

Wednesday, October 16: A Dog's Journey

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

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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!

SPECIAL EVENT

Ukulele Sing-A-Long
Wednesday, September 25
11:15am - 11:45am

SCAMP BAND

Wednesdays at 9:30am

**MUSICIANS
WANTED!**



BEGINNING COUNTRY LINE DANCING

Saturdays 9:00am - 10:30am
September 7, 21, 28

COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm
September 5, 12, 19, 26

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

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.



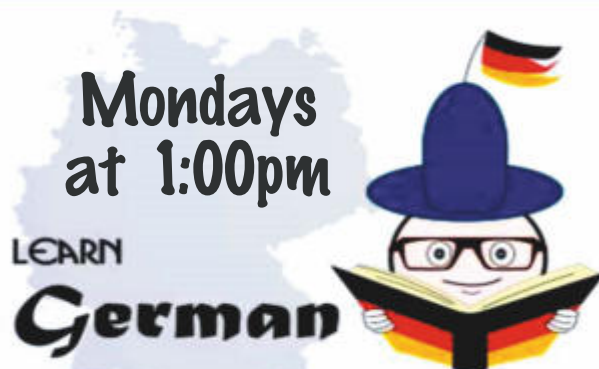
HANDCHIME CHOIR

Wednesday or Thursday at 9:00am
Call Gail Zimmerman at 924-0218
if you are interested in playing.



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!



**Mondays
at 1:00pm**

**Returning Monday,
September 9**



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 3 - November 7
Tuesday / Thursday
5:00pm - 6:00pm
(Senior Center)

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)

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

FREE SKIN CANCER SCREENINGS

Sponsored by Aurora

Wednesday, September 25, 10:00am - 2:00pm

At this FREE skin cancer screening Dr. Whittington from Aurora Health Care will:

- Examine your skin for moles, lesions, and/or suspicious skin discoloration
- Discuss ways you can protect yourself from skin cancer
- Provide information about how you can perform self examinations to look for changes in your skin.

Sign up at the front desk or call 322-3630

NO WALK-INS

BIKE RIDES

2nd Tuesday at 9:00am



When: Tuesday, September 3

Where: Mascoutin Trail

Meet: Parking lot off Rolling Meadows Drive

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

WALK THIS WAY

INDOOR WALKING GROUP



Mondays & Wednesdays at 4:00pm

Videos by Leslie Sansone 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: October 1 - November 19

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 Generations Homecare & Hospice

Friday, September 13 at 9:00am

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, September 13 at 9:00am

No appointment needed. 12-hour fast required.

Donations accepted.

FREE PAIN SCREENINGS



Sponsored by ATI Physical Therapy

Friday, September 13 at 9:00am

No appointment needed.

FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice

Friday, September 13 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

1st Thursday of every month at 9:00am.

TOTAL BODY WALKING

Mondays at 10:00am.

If you're interested in walking, call the front desk for additional details, location and to sign-up.

Health and Fitness Benefits of Total Body Walking

- Activates 90% of the body's muscles
- Burns up to 46% more calories than regular walking
- Increases aerobic effect by up to 25% compared to regular walking
- Decreases load and strain on the lower body
- Tones upper arms, shoulders and back muscles
- Improves lateral mobility of the spine
- Develops core stability and strength
- Promotes an upright posture



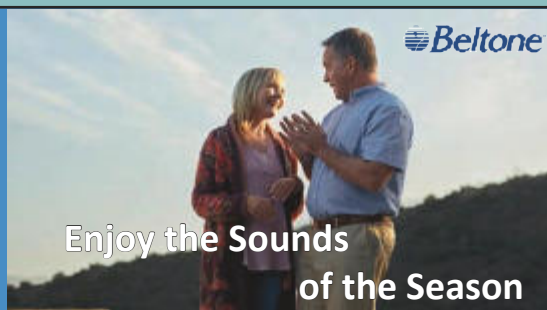
This program made possible by a grant from the
Fond du Lac Area Foundation.

We thank them for their support!

BELTONE HEARING AID SERVICE

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Enjoy the Sounds
of the Season



➤ Reach the Senior Market
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Don Kurki
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SEPTEMBER DAILY ACTIVITIES

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

SEPTEMBER

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.
2 We will be CLOSED TO OBSERVE LABOR DAY	3 9:00 Bike Rides - Mascoutin Trail 9:00 Strong Bodies 10:30 AARP Board Meeting 12:30 Art - Pumpkin or Snowman 1:00 Bingo-Sponsor: FDL Lutheran Home 5:00 Senior Dining - Blank's Lake Aire Cocktails at 5pm - Dinner at 6pm 5:00 Strong Bodies 6:00 Winnebago Woodworkers at NFDL HS	4 8:30 Strong Bodies 9:00 NO CHIME CHOIR 10:00 Jam Session Practice 12:00 Canasta 1:00 Red Hat Scrapbooking 1:00 Senior Snappers photo review	5 8:30 Men's Senior Center Golf 9:00 Senior Outreach Meeting 9:00 Strong Bodies 10:00 Scrapbooking 12:00 ROMEOS - Pizza Ranch 1:00 Flying Geese Quilting Club 1:00 Movie - POMS 5:00 Strong Bodies 5:30 Local Parents of Angels 6:10 Country Line Dancing	6 NO WII BOWLING 7 Saturday 9:00 Beg. Country Line Dance 8 Sunday
9 8:30 Strong Bodies 10:00 Parkinson's Support Group- Aurora Health Care 1:00 Day in our Boots	10 9:00 Bagels with Ben 9:00 Strong Bodies 12:30 Art - Rainbow Trees 12:30 Beading Buddies 1:00 Bingo-Sponsor: Comfort Keepers 2:00 Community Cares (Groups A) 5:00 Senior Dining - Blanks Supper Club Cocktails at 5pm - Dinner at 6pm	11 8:30 Strong Bodies 10:00 Jam Session 1:00 Genealogy Group 1:00 Medicare - Where Do I Begin	12 9:00 Strong Bodies 10:00 Cardio Drumming 10:00 Informational Meeting 10:00 Scrapbooking 1:00 What is CBD and what can it do for you 5:00 Strong Bodies 6:10 Country Line Dancing 7:00 Sunset Stitches	13 9:00 Blood Pressure & Blood Sugar 9:00 Pain Screenings 9:00 Strength Screening 1:00 WII BOWLING LEAGUE BEGINS 14 Saturday

<p>5:00 Strong Bodies 6:00 COIN CLUB WILL NOT MEET 6:00 Winnebago Woodworkers</p>	<p>5:00 Strong Bodies 6:00 COIN CLUB WILL NOT MEET 6:00 Winnebago Woodworkers</p>	<p>HT Leaving for Washington DC</p>	<p>18 8:30 Strong Bodies 9:00 Koffee with Kelly 10:00 Jam Session Practice 12:00 Canasta 1:00 Movie - Breakthrough 1:00 Senior Snappers photo review 1:30 Community Cares Enrichment Activity 7:00 Stamp Club</p>	<p>19 9:00 Beginning Yoga 9:00 Strong Bodies 10:00 Scrapbooking 10:30 Beginning / Intermediate Yoga 11:45 Flying Geese Quilting Club 1:00 AARP Meeting 5:00 Strong Bodies 5:30 Local Parents of Angels 6:10 Country Line Dancing HT - Buddy Holly</p>	<p>20 9:00 Friends Board Meeting 5:30 Supper Club - Blank's Lake Aire Social at 5:00pm - Dinner at 5:30pm 21 Saturday 9:00 Beg. Country Line Dance 22 Sunday</p>	<p>27 10:00 National Senior Center Month Cupcake Celebration 28 Saturday 9:00 Beg. Country Line Dance 29 Sunday</p>	<p>BILLIARD ROOM Open daily for open pool except during league playing time.</p>
<p>16 8:30 Strong Bodies 9:30 Book Club 1:00 Day in our Boots</p>	<p>17 9:00 Strong Bodies 12:30 Art - This Old Truck 1:00 Bingo-Sponsor - Almost Family 3:00 Diabetic Support Group - Aurora Health Center - FDL 3:30 Obamacare / Medicare Seminar 5:00 Senior Dining - Gino's Cocktails at 5pm - Dinner at 6pm 5:00 Strong Bodies 6:00 Obamacare / Medicare Seminar 6:00 Winnebago Woodworkers at NFDL HS</p>	<p>24 9:00 Newsletter Assembly 8:30 Strong Bodies 1:00 Day in our Boots</p>	<p>25 8:30 Strong Bodies 10:00 Jam Session 10:00 Skin Cancer Screens 11:15 Ukulele Sing-A-Long 1:00 Genealogy Group 2:30 Umbrella Brigade - Woodlands Senior Park 6:00 Slow Roll Fondy</p>	<p>26 9:00 Beginning Yoga 9:00 Strong Bodies 10:30 Beginning / Intermediate Yoga 1:00 TRIAD / SALT 5:00 Strong Bodies 6:10 Country Line Dancing 6:30 Alzheimer's Support Group</p>	<p>** All Brown Events are held Offsite. ** All Red Events are New or Special Events. ** All Green Events are Happy Travelers.</p>	<p>** All Brown Events are held Offsite. ** All Red Events are New or Special Events. ** All Green Events are Happy Travelers.</p>	
<p>30 8:30 Strong Bodies</p>	<p>30 8:30 Strong Bodies</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, September 3

"Pumpkin or Snowman" on an 8 x 8 canvas

1 painting \$15 or both for \$25

We can get a jump start on the upcoming holiday season with some simple paintings



Tuesday, September 10

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

Paint with big brushes and learn how to make some trees. A MaryAnn favorite.



Tuesday, September 17

"This Old Truck" on a 12 x 16 canvas \$30

We offer two different styles of this new painting by MaryAnn.

You make it your own!



Tuesday, September 24

"Pumpkin Posts" 3 for \$40

Paint these 3 posts with your favorite Jack O Lantern face! We have everything you need to make them your own personalized version of pumpkins and Jack O Lanterns.



PAYMENT IS DUE AT TIME OF REGISTRATION.

Please register and pay at the front desk.

No experience necessary. All levels welcome!

WOODCARVING GROUP

Mondays at 9:00am

New Members Always Welcome!



Congrats to Mary Wirth, a young 90 year old, who has been woodcarving for over 45 years.

Living the farm life where one does so much with their hands, Mary began to carve as a means of relaxation when she had some spare time. This love soon became an inspiration as a hobby and she continues to carve to this day. In addition to the Woodcarving Club here at the Senior Center, she also belongs to a woodcarving group in Chilton where she initially improved her woodcarving skills by taking classes there.

Truly an inspiration and role model to so many, thank you from all of us for sharing your special talent and friendship with your Fond du Lac Senior Center family.

MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30am



League End Date is Thursday, September 5

Hope to see you next year!

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!



COIN CLUB WILL NOT MEET IN SEPTEMBER



HAPPY TRAVELERS OFFICE

(920) 322-3635

Monday - Thursday, 9:00am - 3:00pm **CLOSED FRIDAYS**
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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 TRIPS

Washington D.C.

Diamond To
WAITING LIST
September 12 - 18
Double \$759
Single \$999 (A)

Buddy Holly

Fireside
WAITING LIST
September 19
\$110 IN (E)

China Lights:

Panda-Mania
Hales Corners
Wanouch Gardens
WAITING LIST
Thursday October 10
\$80 DT (M)

A Christmas Story

Fireside
Wednesday
November 20
\$110 IN (E)

JUST ADDED

(E)

The Nutcracker

Marcus Center - Milwaukee

Sunday, December 15, 2019

\$114 DT

→ **SPECIALTY TRIP** ←
Full Payment Due with Reservation



As Milwaukee's holiday entertainment jewel, Michael Pink's production of The Nutcracker is a dazzling journey to a magical land where dolls, toys and snowflakes come to life under the direction of Tchaikovsky's unforgettable score. With the Milwaukee Ballet Orchestra performing alongside the Milwaukee Children's Choir, you'll be absolutely charmed by this feast for the senses.

Collette Tour

new

Pacific Northwest & California

(A)

Featuring Washington, Oregon and California

September 27 - October 4, 2020

Double \$3,099 | Single \$4,049

TRIP PREVIEW

TUESDAY, OCTOBER 1 2019 AT 11:00am

- Explore Seattle's colorful waterfront area and historic Pioneer Square with a local guide.
- Discover the awe-inspiring landscapes of the magnificent Columbia River and Multnomah Falls, a 611-foot-tall roaring cascade.
- Take in the breathtaking scenery of California's redwood country, travel through Redwood National Park, home to trees that can reach nearly 300 feet. See for yourself why the sun seldom hits the ground.
- Enjoy lunch on Pier 39 with views of San Francisco's Golden Gate Bridge.
- In Oregon, travel along some of the country's most beautiful coastlines!
- Visit lively Pike Place Market, Seattle's famous fish and vegetable market - PLUS MUCH MORE!



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

ALL**2020 EXTENDED TRIPS****FEBRUARY****NEW ORLEANS**

Collette Tour

February 13 - 17

Double \$2,799

Single \$3,599

(Call for availability and rates)

**MARCH****SOUTH AFRICA**

Collette Tour

March 5 - 20

Double \$7,788

Single \$9,088

(Price until Sept 6)

**JUNE****PUZZLING
MYSTERY TRIP**

Diamond Tour

June 14 - 20

Double \$769

Single \$994

**JULY****NIAGARA FALLS**

Diamond Tour

July 12 - 18

Double \$769

Single \$1,054

**AUGUST****SWITZERLAND, AUSTRIA &
BAVARIA w/OBERAMMERGAU
PASSION PLAY - Collette Tour**August 13 - 19
Double \$3,599 | Single \$6,749**DOOR COUNTY**

August 25 - 28

**SEPTEMBER****PACIFIC NORTHWEST**

Collette Tour

September 27 - October 4

Double \$3,099

Single \$4,049

**OCTOBER****NEW YORK**

Diamond Tour

October

WATCH FOR DETAILS**NOVEMBER****MEMPHIS**

Diamond Tour

November 9 - 14

Double \$609

Single \$854

**TRIPS FILL FAST****SIGN UP
NOW!****WATCH THE OCTOBER NEWSLETTER
FOR NEW 2020 DAY TRIPS!**

MEDICARE: WHERE DO I BEGIN?

Wednesday, September 11 at 1:00pm

Speaker: Julie Hilbert

McNamara & Thiel Ins Agency



Retirement can be confusing with all the choices folks have and all the materials they are sent. Julie Hilbert has the knowledge and experience to present "Medicare, Where do I begin?" An hour long educational presentation explaining Medicare, Social Security, insurance and prescription drug coverage. Please bring your questions and fears as they will be answered and comforted.

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

Everyone Is Welcome!

LIVING WELL WITH CHRONIC CONDITIONS

Tuesdays, September 24 – October 29, 1:30 pm-4:00 pm.
Northgate Senior Apartments, 350 Winnebago St., NFDL

This FREE annual workshop is called Living Well With Chronic Conditions and is sponsored by Fond du Lac County Senior Services. Those with chronic health issues can learn ways to cope with these challenges and improve their quality of life. The workshop empowers those living with conditions such as arthritis, heart problems, Parkinson Disease, cancer, asthma, stroke, pain, osteoporosis, diabetes, obesity, high blood pressure, COPD, etc. The workshop meets once a week on Tuesdays, for six weeks. The following topics are covered:

- Symptom management
- Dealing with emotions such as anger and depression
- Goal setting and problem solving
- Improving nutrition & developing a suitable exercise program
- Medication management
- Breathing exercises and managing stress

Communicating with family, friends and health care professionals

Reserve your seat now because workshop size is limited!
Registration is required by calling Marion at 920-929-3114.

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

Closed Saturday and Sunday



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SLOW ROLL FONDY

4th Wednesday of the month

FIRST RIDE SEPTEMBER 25

- Park at KFIZ
- Socialize at 5:30 p.m. at A&W
- Bike ride promptly at 6:00 p.m.
- Bike through Lakeside Park
- End at A&W to socialize

CARDIO DRUMMING INFORMATIONAL MEETING

Thursday, September 12 at 10:00am

Cardio drumming takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great.

What are the benefits of cardio drumming?



There are many! Cardio drumming will raise your heart rate and help you burn hundreds of calories, improve your coordination and ability to focus, and help strengthen many muscle groups, including your core.

The best part about cardio drumming? It's fun!

EVERYONE IS WELCOME!

KOFFEE WITH KELLY

3rd Wednesday of every month at 9:00am

Please join Kelly Ryan-Kuzulka from GOEBEL Insurance and Financial every 3rd 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!

You Don't Want To Miss This Event!



WHAT IS CBD AND

WHAT CAN IT DO FOR YOU?

Thursday, September 12 at 1:00pm

Speaker: Doug Paust
Green Acres CBD

Doug Paust has worked for the last 20 years in retail pharmacy and witnessed firsthand the problems associated with some pharmaceuticals to include side effects and ineffectiveness of some medication treatments. Additionally, Doug holds degrees in Biochemistry and Molecular Biology and can therefore help explain the chemistry behind the use of cannabidiol (CBD) in the body.

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

EVERYONE IS WELCOME!

DAY IN OUR BOOTS PROGRAM

Mondays at 1:00pm
Through 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

Sept 9: Crime Scene Investigation

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, September 2: CLOSED FOR LABOR DAY
- Tuesday, September 3: Roast Pork Loin
- Wednesday, September 4: Chicken and a Biscuit Casserole
- Thursday, September 5: Meatloaf
- Friday, September 6: Chili Casserole
- Monday, September 9: Chicken Cacciatore
- Tuesday, September 10: BBQ Meatballs
- Wednesday, September 11: Chicken Breast
- Thursday, September 12: Beef & Pork Chop Suey over Rice
- Friday, September 13: Roast Beef
- Monday, September 16: Mush Pork Cutlet
- Tuesday, September 17: Baked Chicken
- Wednesday, September 18: Salmon Loaf
- Thursday, September 19: Beef Stroganoff
- Friday, September 20: Crispy Fish Fillet
- Monday, September 23: Swiss Steak
- Tuesday, September 24: Ham Rolls
- Wednesday, September 25: Chicken Tetrassini
- Thursday, September 26: Hawaiian Meatballs
- Friday, September 27: Beef Frank on a Bun
- Monday, September 30: Baked Chicken

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!

PIZZA RANCH

1235 W Johnson., FDL
Thursday, September 5 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.



Blanck's Lake Aire

N8751 Lakeshore Dr., FDL
Friday, September 20
Social at 5:00pm | Supper 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

- Sept 3 Blanck's Lake Aire, N8751 Lakeshore Dr., FDL
- Sept 10 Blanck's Supper Club, W2655 Co Rd Q, Malone
- Sept 17 Gino's, 584 W Johnson St, FDL
- Sept 24 Jim & Linda's, W3496 County Rd W, Malone

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

For more information, Call Vince at 922-3457
For rides, call Max 269-4180, Jim, Pat 923-0295

ACTIVITY INDEX

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

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

ART & DANCE

ART LAB

Tuesdays at 10:00am

ART

UNLEASHING YOUR CREATIVITY

Tuesdays at 12:30pm

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

BEGINNING COUNTRY LINE DANCING

Saturdays at 9:00am

COUNTRY LINE DANCING

Thursdays at 6:10pm

DANCES

\$4.00 donation

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

DINING

ROMEOS

(Retired Old Men Eating Out)

1st Thursday at 12:00pm

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

SUPPER CLUB

Dates and restaurants vary.

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

SENIOR DINING GROUP

Tuesdays at 5:00pm

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

GROUPS

BAGELS WITH BEN

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

BOOK CLUB

3rd Monday at 9:30am

BEADING BUDDIES

2nd & 4th Tuesdays at 12:30pm

GROUPS (cont.)

BUNCO

Mondays at 1:00pm

COIN CLUB

2nd Tuesday at 6:00pm

GAME DAY

Fridays at 1:00pm

GENEALOGY

2nd & 4th Wednesday at 1:00pm

GERMAN CLUB

Mondays at 1:00pm

GOEBEL INSURANCE & FINANCIAL

3rd Tuesday at 3:30pm & 6:00pm

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00am

JAM SESSION

2nd & 4th Wednesdays at 10:00am

JAM SESSION PRACTICE

1st & 3rd Wednesdays at 10:00am

KOFFEE WITH KELLY

3rd Wednesday at 9:00am

SENIOR SNAPPERS

Review dates:

1st & 3rd Wednesdays at 1:00pm.

QUILTING

FLYING GEESE QUILTING CLUB

1st Thursday at 1:00pm

3rd Thursday at 11:45pm

Call Jean at 921-7359 for info.

SUNSET STITCHERS QUILT GUILD

2nd Thursday at 7:00pm

Call Laura at 923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

RED HAT HONEYS CHOIR

Fridays at 9:00am

SCAMP (Senior Center Band)

Wednesdays at 9:30am

SLOW ROLL FONDY

4TH Wednesday at 6:00pm

GROUPS (cont.)

SCRAPBOOK CLUB

Thursdays at 10:00am

Group does not meet 4th Thursday of the month.

STITCHERY

Tuesdays at 1:00pm

STAMP CLUB

3rd Wednesday at 7:00pm

(except March, July and December)

TECH TYME

Watch for details

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays: 5:30 weigh in
6:00 meeting

WINNEBAGO WOODWORKERS

2nd Tuesday at 6:00pm

General meeting held at the FDL Senior Center.

Other Tuesdays 6:00pm

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVING GROUP

Mondays at 9:00am

MEMORY WRITERS GROUP

Fridays at 1:00pm

HEALTH & WELLNESS

BALANCE & STRETCH

Mondays at 9:00am

Fridays at 10:00am

BIKE RIDE

2nd Tuesday at 9:00am

Locations vary. 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

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:

September 5, 10, 16, 26 11AM & 5PM Each Date Jirschele Insurance, LLC 923 South Main Street Oshkosh, WI 54902 Light Snack & Refreshment	September 4, 20 11AM Each Date Rolling Meadows Restaurant 947 S Rolling Meadows Dr Fond du Lac, WI 54937 Coffee & Water Provided
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September 12, 23
5PM Each Date
Rolling Meadows Restaurant
947 S Rolling Meadows Dr
Fond du Lac, WI 54937
Coffee & Water Provided



Jirschele Insurance, LLC
Certified Enrollment Center



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

F 4C 01-1122

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

September 2019 Newsletter

_____ Card File

_____ Computer

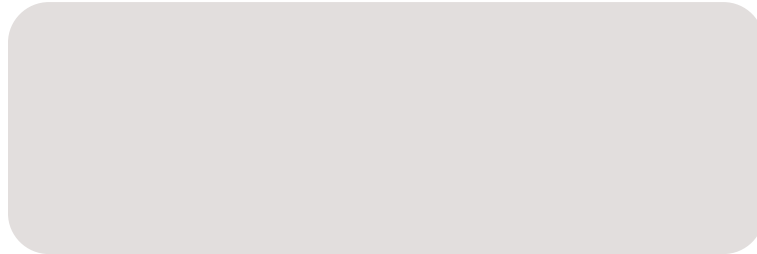


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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OR CURRENT RESIDENT



FOND DU LAC SENIOR CENTER 920-322-3630

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FRIENDS BOARD OF DIRECTORS

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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



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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.