

AMONG FRIENDS

OCTOBER 2019

Proudly serving the
Fond du Lac Community
for over 52 years!

...WHERE FRIENDS MEET!



A Free Monthly Publication
Vol. 10 • No. 10

What's Inside

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

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



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, WI 54935

Phone(920)322-3630

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

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

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

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.



Ugh! Did you ever need to get something finished but not even know where to start? That's how I'm feeling right now. Our newsletter is due to the printer and I have no idea what to write. So as I was wracking my brain, I was looking around my desk and noticed that so many items have information on them about other agencies, businesses, organizations, and associations. The lightbulb came on – Partnerships! We are able to do what we do, because we have AWESOME partners!



As most of you know, our Center is a department of the City of Fond du Lac. They provide us with our beautiful space, our overhead, and some of our staff – how fortunate we are that the City supports the work we do! But we do not operate within a vacuum. We have dozens of important partners that also support the work we do. I'd like to highlight a few for you.

- **The Friends of the Fond du Lac Senior Center, Inc.** - This 501(c)3 non-profit organization is the fundraising arm of our Center. The Friends organization is an essential part of what we do! If you have "joined" the Center, Thank You! The membership drive is the biggest fundraiser that the Friends do each year and without our Friends, things would be very different here. They support our special events, cover expenses that aren't part of the city's budget – covering the pool tables for example – and provide us with the additional staff we need to keep operating smoothly.
- **The Fond du Lac Area United Way** - We are so proud to be a United Way Partner and with the funding the Friends organization receives, we can continue to support our Outreach Program which is designed to reduce loneliness and isolation in our community.
- **Sponsors** - Whether it's sausage and pancakes for our Veteran's Breakfast, ice cream for National Senior Citizen's Day, or prizes and snacks for BINGO, our sponsors are AMAZING!!! As you read through our newsletter, please notice all of the different programs that we can provide because of our sponsors. I would encourage you to thank our sponsors if you have the chance.
- **Volunteers** - We have the best volunteers EVER! Last year, our volunteers gave over 16,000 to our center and our community. They welcome our visitors, they entertain with their musical abilities, they perform outreach, they help at events – they are AWESOME!!!
- **Community Partners** - Whether it is a local professional who comes to speak, an RN that takes blood pressures, the facilitator for a support group, or a business that provides us space for an event, our community partners are a VITAL part of what we do. We are so fortunate to have them!

As you read through the newsletter each month, please notice all of the partners that help us serve you. I think Bill Gates said it best, "Our success has really been based on partnerships from the very beginning." Thank you to all of our amazing partners, and thank you all for recognizing them. Have a great month – hope to see you soon!

Cathy



DRUG TAKE BACK EVENT

Friday, October 18
10:30am - 12:30pm

The City of Fond du Lac Senior Center, the City of Fond du Lac Police Department and Drug Free Communities of Fond du Lac County are partnering to sponsor this drug take back event. Bring your expired or no longer needed

medications to the Senior Center for disposal. To dispose of your medications at the event or drug drop boxes, remove pills from their original container and place in a sealed ziplock style bag. Empty bottles may be disposed of in your home recycling. Liquid medications should remain in their original containers, 3oz or less. If you miss the event you may drop your medications off at any of thirteen the permanent drug drop locations throughout Fond du Lac County that are open year round.

Visit www.csfdl.org/priorities/alcohol-drug-abuse/prescription-drug-misuse/ for more information on drug drop locations.

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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CONTACT

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

A 4C 01-1122



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

Luncheon and Take Away Bingo

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, November 12 at 9:00am.



Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies.

BAGELS FROM THE BAGELMEISTER. It's FREE to attend!

UMBRELLA BRIGADE

Come see their next performance:



Wednesday, October 30
10:30am

Diverse Options, Inc.
571 Fenton St., Ripon

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

GENEALOGY GROUP

2nd and 4th Wednesdays
1:00pm

New Members
Always Welcome!



RED HAT CHORUS

Fridays at 10:00am

The Center is alive with
the sound of music!

Come check them out!





BEADING BUDDIES

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

There is something about beading that draws people together whether it be beadwork or stringing beads using beading wire. A beader can follow a pattern, modify it or create one of their own. It's a fun way to express your creativity and end up with a lovely piece of jewelry to keep or give as a gift.

We welcome all levels of beaders, including beginners. Bring your own supplies and we will get you started if you need help.

SENIOR SNAPPERS PHOTOGRAPHY GROUP

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

Take pictures on your own. Come on the review dates to share your photos with the group.



1st Assignment: Changing of the Season
Review Date: October 2

2nd Assignment: Changing of the Season
Review Date: October 16

No experience necessary! Everyone is welcome!!

PARKINSON'S MOVEMENT & DANCE CLASS

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

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, October 21
9:30am - 10:30am

BOOK OF THE MONTH:

The Wife Between Us

By: Greer Hendricks & Sarah Pekkanen
Copies available at the Senior Center

BOOK DUE BACK BY MONDAY, OCTOBER 21

When you read this book, you will make many assumptions. You will assume you are reading about a jealous ex-wife. You will assume she is obsessed with her replacement – a beautiful, younger woman who is about to marry the man they both love. You will assume you know the anatomy of this tangled love triangle.

ASSUME NOTHING!

Twisted and deliciously chilling, *The Wife Between Us* exposes the secret complexities of an enviable marriage - and the dangerous truths we ignore in the name of love.

OBAMACARE/ MEDICARE SEMINAR

TUESDAY, OCTOBER 15

Seminars at 3:30pm and 6:00pm

THURSDAY, OCTOBER 24

Seminars at 1:30pm, 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.

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

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

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

SUBS WELCOME!



Wii Bowling

Fridays at 1:00pm
September 13 - March 27

Call to get on the sub list!



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

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!



TECH TYME

Thursdays
12:30pm - 4:00pm

Bring your tablet, smart phone, iPad or other electronic device and meet with the MPTC IT Club members for one-on-one help with your device.

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

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



Fond du Lac AARP Association Meeting
Thursday, October 17 at 1:00pm
Fond du Lac Senior Center

SPEAKER: Sarah Zenner, DPT of ATI Physical Therapy

TOPIC: Aging Joints

"Aging Joints" Is my pain normal, and do I have to live with it? Who doesn't have an ache or a pain these days, right? But have you chalked up your pains to "getting older" and "a normal part of aging?" If this sounds like you, come for an interactive conversation with Sarah Zenner, DPT Physical Therapist and Clinic Director at ATI Physical Therapy here in Fond du lac to talk about what kinds of aches and pains are "normal," when might be a good time to see someone about your pain, and stretches and exercises you can do to help decrease pain in your joints be it low back, shoulder, neck, etc. Sarah will also stay to discuss individual concerns and perform free injury screens to anyone who is interested or unsure of what their next step should be.

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

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

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

DIABETIC SUPPORT GROUP

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

LOCAL PARENTS OF ANGELS

1st & 3rd Thursday 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 Always Welcome!



WOODCARVING GROUP

Mondays at 9:00am

Never carved before?
No problem - come and learn
New Members Always Welcome!

MONTHLY MOVIES

THURSDAY, OCTOBER 3 Rocketman

11:45am Lunch (optional)

1:00pm Movie

R • 2019 • Biography/Fantasy • 2h 1m

Starring: Taron Egerton, Jamie Bell, Richard Madden



SUMMARY: ROCKETMAN is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John.

Mark your calendar for November movies:

Thursday, November 7 : Five Feet Apart

Wednesday, November 20: Yesterday

WEDNESDAY, OCTOBER 16 A Dog's Journey

11:45am Lunch (optional)

1:00pm Movie

PG • 2019 • Drama/Fantasy • 1h 48m

Starring: Josh Gad, Dennis Quaid, Kathryn Prescott



SUMMARY: Some friendships transcend lifetimes. In A Dog's Journey, the sequel to the heartwarming global hit A Dog's Purpose, beloved dog Bailey finds his new destiny and forms an unbreakable bond that will lead him, and the people he loves, to places they never imagined.

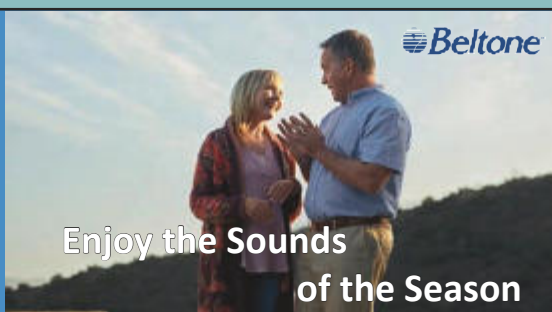
If you're interested in watching a movie, please call (920)322-3630 to register. See the Senior Dining Program on page 23 if you would like to join us for lunch.

Thanks to Moraine Park Technical College and GOEBEL Insurance & Financial for sponsoring movies at our Center!

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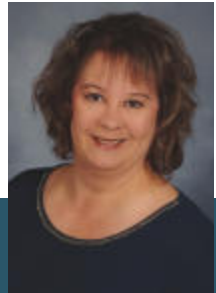
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Enjoy the Sounds
of the Season

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& THIEL**
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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.

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

B 4C 01-1122



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.



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!



BEGINNING COUNTRY LINE DANCING

Saturdays 9:00am - 10:30am
October 5, 12, 19

COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm
October 3, 10, 17, 24, 31

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

Everyone Welcome!

Mondays
at 1:00pm

LEARN

German



SLOW ROLL FONDY

4th Wednesday of the month

Wednesday, October 23

Meet at Gilles on Main St

5:30 PM Social Time

6:00 PM (promptly) Ride area of Camelot Dr

7:00 PM (approximately) End at Gilles for more socializing

**Optional decorate bike and/or self for Halloween*

Slow Roll is a social group bicycle ride that has expanded into a Global network of community rides. Slow Roll began in 2010 in Detroit as a free and inclusive way to bring people from all walks of life together and reconnect the community. Slow Roll Fondy is open to bicyclists of all ages – bring your friends and family!

This is not a race – it is a SLOW ROLL!

No registration necessary, just show up and have fun!



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

EVERYONE IS WELCOME!

LOW IMPACT VIDEO EXERCISE

Wednesdays
10:00am - 10:30am

This is a free drop-in program.
Everyone 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.

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.

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

STRONG BODIES



New sessions starting in November.
Call the Senior for details.

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

ZUMBA GOLD

Mondays at 5:30pm



\$5 walk in or a 10 class punch card for \$40.00.
Available from Instructor Kirsten Quam



CARDIO DRUMMING

Fridays at 10:45am

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!**

This is a free drop-in program, **Everyone Welcome!**

BIKE RIDES

9:00am



When: Tuesday, October 1

Where: Wild Goose Trail

Meet: Parking lot off Rolling Meadows Drive

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

SPECIAL ONE-TIME CLINIC

BLOOD PRESSURE CLINIC

Sponsored by Moraine Park Nursing Students

Wednesday, October 2 from 8:45am - 9:45am

No appointment needed. Donations accepted.

BLOOD PRESSURE TESTING

Sponsored by Crossroads Care Center

Friday, October 11 at 9:00am

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, October 11 at 9:00am

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

Donations accepted.



FREE PAIN SCREENINGS

Sponsored by ATI Physical Therapy

Friday, October 11 at 9:00am

No appointment needed.

FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice

Friday, October 11 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.

DISCOVERY SERIES

13

Mondays at 1:00pm

October 7: Poco Pizza

Shawn Pollack whose family has a dairy farm in the Van Dyne area will talk about how he had a commercial kitchen installed right at the farm which was the start of Poco Pizza. Now Shawn strives to produce a line of frozen pizzas made with toppings from the family dairy farm, neighboring farms, and local small businesses. Shawn will talk about the business, the idea behind it and progress.



October 14: Compost Joe's

Sarah Everson from Compost Joe's Premium Soils and Organics will be coming to talk about their Compost, why it's important, and the progress of the business.



October 28: The Honey Queen

Come learn from the 2019 American Honey Queen Hannah Sjostrom of Wisconsin about how honeybees play an avid role in our society, how beekeepers advance agriculture throughout the United States, the medical properties of honey, and the mechanics that make up a beehive. The presentation will be capped off with demonstrations on how to incorporate honey into some easy recipes.



GOEBEL Insurance

Presents **FREE Seminar: Medicare • Obamacare • Maximizing Social Security • Financial**

At this seminar you will learn:

- How to qualify for ACA/Obamacare Tax Credits so your health insurance will cost you little or NOTHING so that you can retire NOW!!
 - The differences between Medicare Supplement and Medicare Advantage plans so you can choose the most appropriate Medicare plan for YOUR situation!!
- How you may qualify for EXTRA Social Security benefits. We have helped many people get extra Social Security that they NEVER knew they qualified for. The only way to know if YOU qualify for EXTRA money from Social Security is to come to our seminar!!

To register for this FREE Seminar or make an appt simply call our office at 921-7526 or visit our website at goebelins.com

Sept 12: 1:00 pm & 3:30 pm | Sept 17 • Oct: 15 3:30 pm & 6:00 pm
Fond du Lac Senior Center: 151 E 1st St • Fond du Lac, WI 54935



Briana Gens



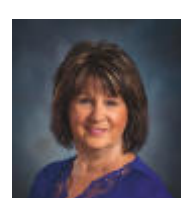
Emily Lackas



Larry Goebel



Kelly Ryan-Kuzulka



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

C 4C 01-1122

OCTOBER 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 1:15 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 12:30 Tech Tyme 1:00 Cribbage 1:00 Skat 5:30 TOPS #0566 Weigh in at 5:30 - Meeting at 6:00pm	10:00 Balance and Stretch 10:00 Red Hat Chorus 10:45 Cardio Drumming 1:00 Game Day 1:00 Memory Writers 1:00 Wii Bowling 1:15 Sheepshead EVERY SATURDAY EVERY SUNDAY

OCTOBER

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. BILLIARD ROOM Open daily for open pool except during league playing time.	1 9:00 Bike Rides - Wild Goose Trail 9:00 Strong Bodies 10:00 HT - Spain Doc Meeting 10:30 AARP Board Meeting 11:00 HT - Trip Preview for Pacific NW 12:30 Art - Open Paint Day 1:00 Bingo-Sponsor: FDL Lutheran Home 5:00 Senior Dining - Brick House Cocktails at 5pm - Dinner at 6pm 5:00 Strong Bodies 6:00 Winnebago Woodworkers NFDL HS	2 8:30 Strong Bodies 8:45 Blood Pressure Clinic 10:00 Jam Session Practice 12:00 Canasta 1:00 Calling all Seniors on Medicare 1:00 Senior Snappers photo review	3 9:00 Beginning Yoga 9:00 Senior Outreach Meeting 9:00 Strong Bodies 10:00 Scrapbooking 10:30 Beginning / Intermediate Yoga 12:00 ROMEOS - Sunset on the Water 1:00 Flying Geese Quilting Club 1:00 Movie - Rocketman 5:00 Strong Bodies 5:30 Local Parents of Angels 6:10 Country Line Dancing	4 5 Saturday 9:00 Beg. Country Line Dance 6 Sunday
7 8:30 Strong Bodies 9:45 Sewing Class 1:00 Discovery Series - Poco Pizza	8 9:00 Bagels with Ben 9:00 Strong Bodies 11:00 Red Hat Honeyds - Brunch at Village Grounds Coffee Shop 12:30 Art - Sunflowers & Pumpkins 12:30 Beading Buddies 1:00 Bingo-Sponsor: Comfort Keepers	9 8:30 Strong Bodies 10:00 Jam Session 1:00 Genealogy Group	10 9:00 Beginning Yoga 9:00 Strong Bodies 10:00 Scrapbooking 10:30 Beginning / Intermediate Yoga 5:00 Strong Bodies 6:10 Country Line Dancing 7:00 Sunset Stitchers	11 9:00 Blood Pressure & Blood Sugar 9:00 Pain Screenings 9:00 Strength Screening 12 Saturday 9:00 Beg. Country Line Dance

<p>2:00 Community Cares (Groups A)</p> <p>5:00 Senior Dining - Blank's Lake Aire Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p>		<p>HT - China Lights: Panda -Mania</p>	<p>9:00 Beg. Country Line Dance</p> <p>13 Sunday</p>
<p>14</p> <p>8:30 Strong Bodies</p> <p>10:00 Parkinson's Support Group - Aurora Health Care</p> <p>9:45 Sewing Class</p> <p>1:00 Discovery Series - Compost Joe</p>	<p>15</p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Spooky Tree</p> <p>1:00 Bingo-Sponsor - The Meadows</p> <p>1:00 Red Hat Scrapbookers</p> <p>3:00 Diabetic Support Group - Aurora Health Center - FDL</p> <p>3:30 Obamacare/ Medicare Seminar</p> <p>5:00 Senior Dining - Pamela's Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Obamacare/ Medicare Seminar</p> <p>6:00 Winnebago Woodworkers NFDL HS</p>	<p>16</p> <p>8:30 Strong Bodies</p> <p>9:00 Koffee with Kelly</p> <p>10:00 Jam Session Practice</p> <p>12:00 Canasta</p> <p>1:00 Movie - A Dog's Journey</p> <p>1:00 Senior Snappers photo review</p> <p>1:30 Community Cares</p> <p>Enrichment Activity</p> <p>7:00 Stamp Club</p> <p>HT leaving for Spain & Portugal</p>	<p>17</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>11:45 Flying Geese Quilting Club</p> <p>1:00 AARP Meeting</p> <p>5:00 Strong Bodies</p> <p>5:30 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p> <p>18</p> <p>9:00 Friends Board Meeting</p> <p>10:30 Drug Take Back Event</p> <p>19 Saturday</p> <p>9:00 Beg. Country Line Dance</p> <p>5:30 Supper Club - Gino's Social at 5:00pm - Dinner at 5:30pm</p> <p>20 Sunday</p>
<p>21</p> <p>8:30 Strong Bodies</p> <p>9:30 Book Club</p>	<p>22</p> <p>9:00 Strong Bodies</p> <p>12:30 Art - NEW class: Painters Choice</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Lincoln house</p> <p>2:00 Community Cares (Groups B)</p> <p>3:30 Parkinson Movement Class</p> <p>5:00 Senior Dining - El Patrón Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers NFDL HS</p>	<p>23</p> <p>8:30 Strong Bodies</p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p> <p>6:00 Slow Roll Fondy</p>	<p>24</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>1:00 HT - Nashville Doc Meeting</p> <p>1:30 Obamacare/ Medicare Seminar</p> <p>3:30 Obamacare/ Medicare Seminar</p> <p>5:00 Strong Bodies</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p> <p>6:00 Obamacare/ Medicare Seminar</p> <p>25</p> <p>26 Saturday</p> <p>27 Sunday</p>
<p>28</p> <p>8:30 Newsletter Assembly</p> <p>8:30 Strong Bodies</p> <p>9:45 Sewing Class</p> <p>1:00 Discovery Series - Honey Presentation</p>	<p>29</p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Snowmen Faces</p> <p>1:00 Bingo-Sponsor - Generations</p> <p>5:00 Senior Dining - Goose Shot Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers NFDL HS</p>	<p>30</p> <p>8:30 Strong Bodies</p> <p>10:00 Jam Session Practice</p> <p>10:30 Umbrella Brigade - Diverse Options, Inc</p> <p>12:00 Canasta</p>	<p>31</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>5:00 Strong Bodies</p> <p>6:10 Country Line Dancing</p>

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

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, October 1 - Open Paint Day - \$30

Tuesday, October 8
"Sunflowers & Pumpkins"

Choose a canvas:

12 x 16 for \$30 or 12 x 24 for \$35

A fun fall piece to bring the outdoors in!



Tuesday, October 15

"Spooky Tree" 12 x 16 \$30

This is a fan favorite and you will enjoy making it your own with a variety of color choices.

You can add an owl or black cat too!



Tuesday, October 22

"NEW Class~Painters Choice" 12 x 16 canvas \$30



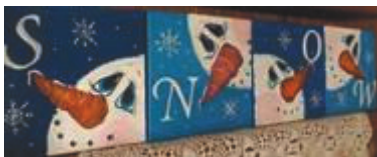
You get to pick a painting and MaryAnn will help you make it come to life. Choose from our selection or bring your own idea. So many choices!

Tuesday, October 29

"Snowmen Faces"

(4) 8 x 8 canvas \$40

or (2) 8 x 8 canvas \$20



Paint a series of happy snowman faces on a small canvas that become a large painting when displayed together.

PAYMENT IS DUE AT TIME OF REGISTRATION.

Please register and pay at the front desk.

No experience necessary. All levels welcome!

SEWING CLASS

Monday's , 9:45am - 12:45pm

October 7, 14, 28, , November 4 & 11

Cost: \$15.00 (payment is due at time of registration)



Carol Lamont will be teaching a 5 week sewing class at the Senior Center.

All skill levels are welcome!

Please register and pay at the Senior Center.

CALLING ALL SENIORS ON MEDICARE

October 2

1:00pm

What are the changes for Medicare Part D and Medicare Advantage/Replacement Plans for 2020? Get the latest information before Open Enrollment begins on October 15.

Sponsored by: Fond du Lac County Department of Senior Services

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!!

COIN CLUB

2nd Tuesday at 6:00pm
EVERYONE WELCOME!





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



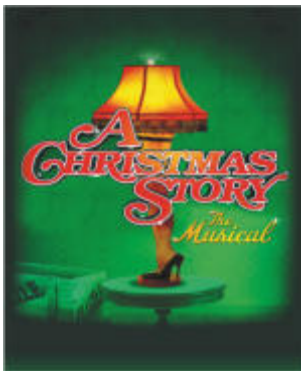
= Happy Travelers
Exclusive Trip

A Christmas Story

Fireside

Wednesday, November 20, 2019

\$110 IN



Ralphie wants only one thing for Christmas: An Official Red Ryder Carbine-Action 200-shot Range Model Air Rifle. A CHRISTMAS STORY The Musical is the hilarious account of Ralphie's desperate quest to ensure that this most perfect of gifts ends up under his tree.

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.

2020 EXTENDED TRIPS

TRIPS FILL FAST...SIGN UP NOW!

NEW ORLEANS

Collette Tour

February 13 - 17

Double \$2,799

Single \$3,599

(Call for availability and rates)

SOUTH AFRICA

Collette Tour

March 5 - 20

Double \$7,788

Single \$9,088

(Price until Sept 6)

PUZZLING MYSTERY TRIP

Diamond Tour

June 14 - 20

Double \$769 | Single \$994

NIAGARA FALLS

Diamond Tour

July 12 - 18

Double \$769

Single \$1,054

SWITZERLAND, AUSTRIA & BAVARIA w/OBERAMERGAU PASSION PLAY

Collette Tour

August 7 - 16

Double \$5599 | Single \$6749

REDISCOVER DOOR COUNTY

August 25 - 28

Double \$659

Single \$825

PACIFIC NORTHWEST

Collette Tour

September 27 - October 4

Double \$3,099

Single \$4,049

NEW YORK

Diamond Tour

October 15 - 21

Double \$894

Single \$1209

MEMPHIS

Diamond Tour

November 9 - 14

Double \$609

Single \$854

2020 DAY TRIPS

ALL DAY TRIPS INCLUDE:

- Deluxe round trip coach
- Escort and gratuities.

Stop in at the Happy Travelers Office to pick up a flyer for more details.

FEBRUARY

GOLDEN DRAGONS ACROBAT

Schauer Ctr - Hartford
Thursday, February 27
\$82 IN



MARCH

GUYS & DOLLS

Fireside - Fort Atkinson
Thursday, March 26
\$115 IN



APRIL

DIRTY ROTTEN SCHOUNDRELS

Palace Theatre - WI Dells
Thursday, April 2
\$92 IN



MIGHTY FORTRESS

Fireside - Fort Atkinson
Wednesday, April 29
\$115 IN



MAY

PRINCESS DI

Menomonee Falls
Tuesday, May 5
\$95 IN



GARDEN SHOPPING

Madison Area
Thursday, May 14
\$67 IN



BREWER GAME

Date TBD



JUNE

MARSH BOAT TOUR-HORICON

Thursday, June 4
\$82 IN



CHARTER FISHING TRIP

Lake Michigan
Wednesday, June 10
\$155 IN



WHAT HAPPENS IN VEGAS

Fireside - Fort Atkinson
Wednesday, June 24
\$115 IN



NEW LIFE LAVENDER FARM

Baraboo
Tuesday, June 30
\$82 IN



JULY

THE SAVANNAH SIPPING SOCIETY

Memories - Port Washington
Wednesday, July 8
\$90 IN



ARLINGTON HORSE RACES

Thursday, July 30
\$70 DT



AUGUST

HALLELUJAH GIRLS

Memories - Port Washington
Thursday, August 20
\$90 IN



SEPTEMBER

CALLING ALL MARYS'

Thursday, September 10
\$130 IN



ONEIDA/SCHWARZ'S

Wednesday, September 16
\$62 IN



OCTOBER

MISSISSIPPI RIVER CRUISE

Wednesday, October 7
\$110
Lunch IN
Dinner DT



MURDER MYSTERY

Thursday, October 29
\$110 IN



NOVEMBER

CHICAGO HOLIDAY SHOPPING

Thursday, November 5
\$60 DT



DECEMBER

HOLIDAY INN

Fireside - Fort Atkinson
Thursday, December 10
\$115 IN



FDL SCHOOL DISTRICT 2019-2020 COMPLIMENTARY TICKETS

The Senior Center has 10 complimentary tickets to FDL School District events for the 2018-2019 school year. *They must be checked out by the user and returned to the Senior within 2 days of the event.*

These tickets can be used by Seniors for FREE admission to:

- All regular season sporting events - one senior and their guest get in free.
- Music department musicals and plays - each senior must take a complimentary ticket to the box office. One Senior ticket is free, Guest must purchase one.



Volunteers needed!

**WE ARE LOOKING FOR SEVERAL VOLUNTEERS
TO HELP AT THE SENIOR CENTER.**

Receptionist Openings:

The days available are every other Monday morning, every other Monday afternoon, every Thursday morning and every other Thursday afternoon

Gift Shop Openings:

The days available are Wednesday, Thursday and Friday, the hours vary

If you would like to volunteer for any of these openings, please stop by the Senior Center.

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Cash or Check Only. Other Cards
may be available, please ask!

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



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Closed Saturday and Sunday



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

CONGRATULATIONS

to our

WINNERS!



Gayle Wilfong

\$500 Cash from JF Ahern



Ardis Sherman

\$400 Cash from Zacherl Funeral Home



Elaine Katzfey

Autographed Football from the Green Bay Packers

James Accola
Patricia Ales
Connie Anderson
Donna Bleuel
Barbara Bond
Virginia Buchholz
Kathy Carpenter
Phyllis Chatterton
Don Engmann
Ronald Erdman
Joyce Flader
Austin Flores
Marianne Geiger
Helen Gilsdorf
John Gindt
Gary Haas
Barbara Haessly
Robert Hanke
Shirley Hanke
Tim Hardgrove
Maggie Heuer
Shirley Higgins
Diane Immel

Shirley Karl
Pat Karls
Elaine Katsfey
Paula Klapperich
Karen Kleinke
Aileen Koenigs
Jean Lamers
Pat LaPlante
Joan Leister
Anthony Leonard
Annette Luecker
Eileen Luna
John McIntosh
Al Meindel
Pete Michels
Darlene Miller
Norm Mortenson
Mary Moyer
Kathy Nintzel
Linda Oelke
Charlene Ollerman
Helen Paquin
Pat Pettit

Karen Pfeiffer
Helen Poch
William Prickette
Eunice Puddy
Caroline Raube
Earl Ritter
Jeff Ruecker
Barb Seder
Lorraine Serwe
Ardis Sherman
Mardell Sonnenberg
Mary Sterr
Dotty Streholski
Helen Stubbe
Randel Turner
Barb Urdahl
Jan Vermeer
Michael Wagner
Holly Waldschmidt
Shelly Weber
Joan Wettstein
Gayle Wilfong
Bonnie Young

A big **"THANK YOU"** to all of the prize donors, to everyone who purchased tickets and to all the volunteers who helped make this year's End of Summer Bash a huge success! Without **YOU**, none of this would be possible!

Thanks to the generosity of Crossroads Care Center, Fox Valley Savings Bank, GOEBEL Insurance & Financial, Hometown Hospice & Homecare for sponsoring this event.



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.

- Tuesday, October 1: Pepper Steak
- Wednesday, October 2: Pork Steak
- Thursday, October 3: Beef Stew
- Friday, October 4: Orange Chicken
- Monday, October 7: Glazed ham
- Tuesday, October 8: Swedish Meatballs
- Wednesday, October 9: Baked Spaghetti
- Thursday, October 10: Chicken Breast
- Friday, October 11: Pot Roast
- Monday, October 14: Beef Bologna
- Tuesday, October 15: Baked Chicken
- Wednesday, October 16: Meatloaf
- Thursday, October 17: Pork Jaegerschnitzel
- Friday, October 18: Cranberry/Kraut Meatballs
- Monday, October 21: Roast Turkey
- Tuesday, October 22: Ham Rolls
- Wednesday, October 23: Chicken, Broccoli & Rice Casserole
- Thursday, October 24: Chopped Steak in Burg/Mush Sauce
- Friday, October 25: Bratwurst on a Bun
- Monday, October 28: Salisbury Steak
- Tuesday, October 29: White Chicken Chili
- Wednesday, October 30: Baked Chicken
- Thursday, October 31: BBQ Meatballs

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!

SUNSET ON THE WATER

N7364 Winnebago Dr., FDL
Thursday, October 3 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.



Gino's

584 W Johnson St., FDL

Saturday, October 19

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

- | | |
|--------|---|
| Oct 1 | Brick House, 161 S Main St, FDL |
| Oct 8 | Blanck's Lake Aire, N8751 Lakeshore Dr., FDL |
| Oct 15 | Pamela's Bar & Grill, N7640 County Rd WH, FDL |
| Oct 22 | El Patrón Mexican Bar & Grill, 306 Fourth St Way, FDL |
| Oct 29 | The Goose Shot, 5 W Main St, Waupun |

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 10:00am

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

Thursdays at 12:30

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

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.

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

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

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

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2019 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, WI 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

THANK YOU FOR SUPPORTING THE FRIENDS!

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2019 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2019 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. In recognition of your support, you will receive two 2019 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2019 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book - 1 for Fantastic or 2 for Fabulous Memberships ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

October 2019 Newsletter

Card File

Computer



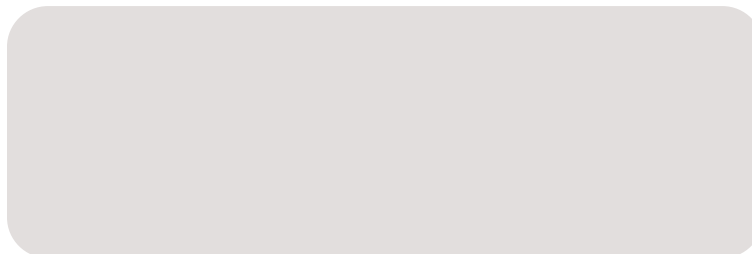
Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935



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FOND DU LAC SENIOR CENTER 920-322-3630

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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.