

# AMONG FRIENDS

## NOVEMBER 2019



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



A Free Monthly Publication  
Vol. 10 • No. 11

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



### Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, WI 54935

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

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

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

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

### Newcomer Tour

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

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



Have you ever heard of LinkedIn? It's an online professional network – kind of like Facebook, but it's supposed to be more like a "Chamber of Commerce" social connection application. The other day, I received a notification that someone wanted to "connect" with me on LinkedIn. The person was on the west coast and along with the request, had sent a message asking about



programs available for transportation for seniors in our area. Much like Facebook, LinkedIn allows you to view people's profiles, so I clicked on this person's profile to see what company this person was affiliated with and what kind of work they did that they were asking about senior transportation. What I saw next just made me speechless. This person's profile said they were in the business of "making aging less awful". Say what?????

Don't get me wrong, I know that there are a lot of challenges that can go along with aging – but awful??

If you know me at all, you know that I'm a strong advocate for the people we serve, and I truly believe that the gift of longevity is something that is denied to far too many people. I believe that people of any age and ability can have a high quality of life if they are connected to the right resources, so naturally, I felt I needed to share that with this person.

I asked why they felt aging was awful, and the response I got back was focused on all the negatives about aging. I do have to say that this person was relatively young and while they had some interesting ideas about how to solve transportation issues, probably didn't have a lot of experience working with the senior population. We sent some messages back and forth, and I was happy when they changed their profile and removed the "awful" comment.

Thank you to all of you – who help me see every day that aging is a gift that can be embraced. Actually many of you do far more than embrace it – you knock it out of the park!

Have a great month – hope to see you soon!

Cathy



## JOIN US FOR A PANCAKE BREAKFAST *Celebrating* OUR VETERANS!

**Friday, November 8**

**8:00 - 10:00am**

Please sign-up at the front desk or call 322-3630.

**THANK YOU, Lake View Place**  
for sponsoring this wonderful 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](mailto:cloomans@fdl.wi.gov).

### Up-to-Date Information

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



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

Sponsored by Smith & Hatch Insurance.



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

A 4C 01-1122

# PROGRAMS & ACTIVITIES



## SCRAPBOOKING

Thursdays at 10:00am

### PLEASE NOTE:

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

## WINNEBAGO WOODWORKERS

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

#### Count Your Blessings Luncheon And Take Away Bingo

Wednesday, November 6 at 11:30am

Sunset on the Water

N7364 Winnebago Dr., FDL

Cost: Dutch Treat Limit: 30

Registration Deadline: Friday, November 1

Hostesses(s): Kathy Arpke - 921-9639

Judy Warner, Lucy Redman and Barb Stansfield

Contact Kathy Arpke with questions.

**Please bring a small wrapped gift to trade.**

Stop at the Senior Center or call 322-3630 to register.



## 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:

Tuesday, November 19

2:00pm

Harbor Haven

459 E 1<sup>st</sup> St. FDL

### NEEDED

Two smiley face umbrellas with black or navy blue backgrounds.

Call Kathy Arpke at 921-9639 if you can donate one.

## GENEALOGY GROUP

2nd and 4th Wednesdays

1:00pm

New Members

Always Welcome!



## RED HAT CHORUS

Fridays at 10:00am

**Will not meet on Friday, November 29**

The Center is alive with the sound of music!

Come check them out!







## BEADING BUDDIES

2<sup>nd</sup> & 4<sup>th</sup> 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 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays at 1:00pm

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



1<sup>st</sup> Assignment: Sites of the Season

Review Date: November 6

2<sup>nd</sup> Assignment: Sites of the Season

Review Date: November 20

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

## MEMORY WRITERS GROUP

Fridays at 1:00pm

**Will not meet on Friday, November 29**

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

**New Members Always Welcome!**



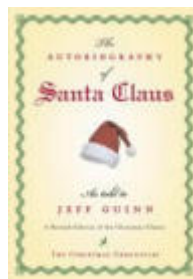
## WOODCARVING GROUP

Mondays at 9:00am

Never carved before?

No problem - come and learn

**New Members Always Welcome!**



## BOOK CLUB

Monday, November 18  
9:30am - 10:30am

### BOOK OF THE MONTH:

The Autobiography of Santa Claus

By: Jeff Guinn

Copies available at the Senior Center

### BOOK DUE BACK BY MONDAY, NOVEMBER 18

This enchanting story of St. Nicholas is based on historical facts and laced with the magic of legend told from the perspective of Santa himself. Filled with details of Nicholas's life, the beginnings of his gift giving, the expansion of his holiday calling, and more, this book is for everyone who loves the year's most special holiday.

## OBAMACARE/ MEDICARE SEMINAR

Tuesday, November 12 at 3:30pm

Tuesday, November 19 at 3:30 & 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.**

## PARKINSON'S MOVEMENT & DANCE CLASS

Tuesday, November 26 | 3:30 - 4:30pm

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.



Providing hope, community, support,  
and resources for people with  
Parkinson's and their loved ones.

**Moving Forward Together.**

# PROGRAMS & ACTIVITIES



## GAME DAY

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

**Will not meet on Friday, November 29**

**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

**Will not meet on Friday, November 29**

**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.



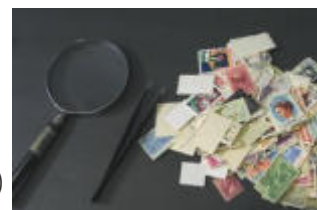
## BINGO

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

**Will not meet on Thursday, November 28**

**Bridge** - Tuesdays & Thursdays at 12:30pm

**Will not meet on Thursday, November 28**

**Canasta** - 1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> Wednesdays at 12:00pm

**Cribbage** - Tuesdays & Thursdays at 1:00pm

**Will not meet on Thursday, November 28**

**Euchre** - Mondays at 12:30pm

**Hand and Foot** - Wednesdays at 12:00pm

**Poker** - Mondays at 1:00pm

**Recreational Sheephead** - Wednesdays at 12:45pm

**Will not meet on Friday, November 29**

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

**Will not meet on Thursday, November 28**

**Skat** - Tuesdays & Thursdays at 1:00pm

**Will not meet on Thursday, November 28**



## MAH JONGG

Tuesdays & Thursdays  
12:00pm

**New players always welcome!**

**Will not meet on Thursday, November 28**



Fond du Lac AARP Association Meeting  
Thursday, November 21 at 1:00pm  
Fond du Lac Senior Center

**SPEAKER:** Pastor Timothy Bachletiner

**TOPIC:** James House Project

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



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

## FOND DU LAC PUBLIC SAFETY TRAINING CENTER TOUR

Friday, November 15 at 1:00pm  
MEET AT THE TRAINING CENTER  
750 North Rolling Meadows Drive, FDL

City Police and Fire Department Officers know the risks of their job, yet they report to work every day to confront those risks and be the first line of defense in protecting our city.

Join us to tour the training center and see for yourself how your support and caring is providing these men and women the best equipment and training they need to do their jobs as safely and effectively as possible.

**No registration is necessary, just show up!**  
**EVERYONE IS WELCOME!**



Thursday, November 14  
12:30pm - 4:30pm

- ♦ Register and Pay: 12:30pm
- ♦ Class: Start Time: 12:45
- ♦ Cost: \$15 AARP Members  
\$20 Non Members

Participants should bring their drivers license and AARP membership cards.

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

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

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

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

**Will not meet on Thursday, November 28**

### DIABETIC SUPPORT GROUP

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

Aurora Health Center - Fond du Lac  
210 Wisconsin American Drive

Community Education Room (1st floor off clinic lobby)

No registration necessary. For more information,

contact the Aurora Diabetes & Nutrition Center

at 920-303-8700 ex 5770

### LOCAL PARENTS OF ANGELS

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

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

*The Local Parents of Angels is a support group for parents who have lost a child - it can be a recent or a long-term loss. Everyone is welcome!*

### PARKINSON'S SUPPORT GROUP

2<sup>nd</sup> Monday at 10:00am

Aurora Health Center - Fond du Lac

210 Wisconsin American Drive ~ American Room



# MONTHLY MOVIES

## THURSDAY, NOVEMBER 7 Five Feet Apart

11:45am Lunch (optional)

1:00pm Movie

PG-13 · 2019 · Drama/Romance · 1h 56m

**Starring:** Cole Sprouse, Haley Lu Richardson, Moisés Arias.

**SUMMARY:** Seventeen-year-old Stella spends most of her time in the hospital as a cystic fibrosis patient. Her life is full of routines, boundaries and self-control -- all of which get put to the test when she meets Will, an impossibly charming teen who has the same illness. There's an instant flirtation, though restrictions dictate that they must maintain a safe distance between them. As their connection intensifies, so does the temptation.



## WEDNESDAY, NOVEMBER 7 Yesterday

11:45am Lunch (optional)

1:00pm Movie

PG-13 · 2019 · Drama/Fantasy · 1h 57m

**Starring:** Himesh Patel, Lily James, Ed Sheeran, Kate McKinnon, Joel Fry

**SUMMARY:** Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.



### Mark your calendar for December movies:

Thursday, December 5 :The Art of Racing in the Rain

Wednesday, Dec 18: The Peanut Butter Falcon

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.

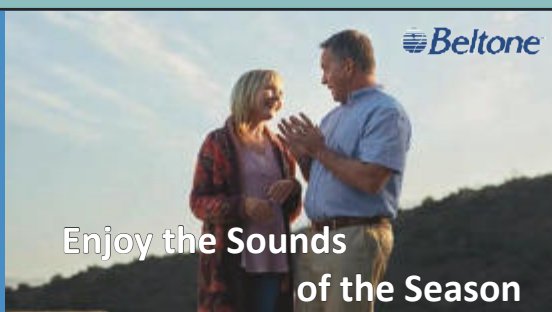
**Thanks to Moraine Park Technical College and GOEBEL Insurance & Financial for sponsoring movies at our Center!**

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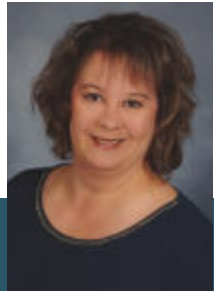
[www.omswinnabago.com](http://www.omswinnabago.com)

### 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](mailto:juliehilbert@mtins.net)

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921-4381 or 921-0580

► Reach the Senior Market

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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!

## 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.



## KNITWITS

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

**Will not meet on Thursday, November 28**



Call Gail Zimmerman at 924-0218 if you are Interested in playing.

## BUNCO

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  
November 2, 9, 16

## COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm  
November 7, 14, 21

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

## LEARN GERMAN

### Advanced Class

Mondays, 1:00pm - 2:30pm



Starting January 6<sup>th</sup>

### Beginning Class

Mondays, 2:30pm - 3:30pm

## SLOW ROLL FONDY

4th Wednesday of the month

Wednesday, November 27

Meet by the shelter off Harbor View Dr., Lakeside Park

5:30pm Social Time

6:00pm (promptly) Bike through Lakeside Park to look at Christmas lights

7:00pm (approximately) End at the shelter for social  
There will be hot cocoa, hot apple cider, and cookies.

\*Optional decorate bike and/or self for Christmas

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!



## YOGA

Thursdays

Beginning: 9:00 - 10:00am

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

## WINTER SESSION

Thursday, November 14, 21 (no class November 28<sup>th</sup>)Thursday, December 12, 19 (no class December 5<sup>th</sup> & 26<sup>th</sup>)

Thursday, January 2, 9, 16, 23

## WINTER SESSION 2

Thursday, February 6, 13, 20, 27

Thursday, March 5, 12, 19, 26

Please register and pay at the front desk.



## 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!

## STRONG BODIES

MINI SESSION \$ 22.50

Tuesday / Thursday

November 12 - December 17

5:00pm - 6:00pm

(Senior Center)

No class November 28



Monday / Wednesday

December 2 - February 19

8:30am - 9:30am

(Lake View Place)

No class December 23, 25, 30 &amp; January 1

Tuesday / Thursday

December 3 - February 20

9:00am - 10:00am

(Lake View Place)

No class December 24, 26, 31 &amp; January 2

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



## BALANCE &amp; STRETCH

Mondays 9:00 - 9:30am

Fridays 10:00 - 10:30am

Will not meet on Friday, November 29

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!

## ZUMBA GOLD

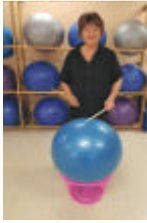
Mondays at 5:30pm



\$5 walk in or a 10 class punch card for \$40.00.

Available from Instructor Kirsten Quam





## CARDIO DRUMMING

Fridays at 10:30am

**Will not meet on Friday, November 29**

**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!**

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Generations Homecare & Hospice

**Friday, November 8 at 9:00am**

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

**Friday, November 8 at 9:00am**

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

Donations accepted.

### FREE PAIN SCREENINGS



Sponsored by ATI Physical Therapy

**Friday, November 8 at 9:00am**

No appointment needed.

### FREE STRENGTH SCREENINGS

Sponsored by Marquardt Home Health & Hospice

**Friday, November 8 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



## TOPS

(Take Off Pounds Sensibly)  
Chapter #0566

Thursdays

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

**Will not meet on Thursday, November 28**

## BIKE RIDES

Done for the season.

See you next year!



## 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!**



## HIKING GROUP

Tuesdays & Thursdays at 10:00am

*For more information call Ruth at 921-7192*

## LOW IMPACT VIDEO EXERCISE

Wednesdays

10:00am - 10:30am

**This is a free drop-in program.**

**Everyone Welcome!**



## TAI CHI CLASS

Tuesdays 9:00am - 10:00am

8 classes for \$45

**NEXT SESSION: November 26 - January 14**

Please register and pay at the front desk.

## SENIOR OUTREACH PROGRAM

Become an Outreach Volunteer!

The gift of your time can make a giant impact in the life of a lonely or isolated senior.

There are many ways to make a difference including:

- ♦ Community Cares
- ♦ Friendly Visits
- ♦ Group Community Cares Enrichment Activities
- ♦ Caring Companions
- ♦ Caring Companion Community Partnerships
- ♦ Veterans to Veterans



For more information call  
Sarah Docter at (920) 322-3641

### Outreach Schedule:

#### GROUP COMMUNITY CARES ENRICHMENT ACTIVITY

3rd Wednesday of every month at 1:30pm

For information, call Sarah Docter  
(920) 322-3641

#### COMMUNITY CARES

Community Cares Visits

**Group A:** 2nd Tuesday of every month at 2:00pm

**Group B:** 4th Tuesday of every month at 2:00pm

Locations to be announced.  
Call Sarah for more details.

Each month volunteers go to different local nursing homes or assisted living facilities to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

Sharing an hour of your time can have a big impact!

**THE SENIOR OUTREACH PROGRAM  
IS FUNDED IN PART BY THE  
FOND DU LAC AREA UNITED WAY**

**United  
Way**



#### OUTREACH VOLUNTEER MEETING

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



**FDL AREA UNITED WAY  
4TH ANNUAL  
RAKE-A-DIFFERENCE DAYS**

Saturday, November 2 & 16  
8:30am - 12:00pm

## Need Help With Fall Lawn Cleanup?

Rake-A-Difference Days are a family friendly volunteer activity that takes place in November to provide raking services for residents in Fond du Lac County.

If you need help raking, stop by the Senior Center or call 322-3630 to get on the list.



## FLU SHOT CLINIC

DATE: Tuesday, November 5

TIME: 8:30-10:30

PLACE: Fond du Lac Senior Center

PROVIDED BY: Fond du Lac County Health Department

- **COST:** \$30.00 for standard flu vaccine or \$75.00 for high dose flu vaccine as available.
- Both types of vaccine are covered by Medicare Advantage Plans, Medicare Part B, or Medicaid.
- Please bring your current insurance card. (The insurance card you present at medical appointments)
- Fond du Lac County Health Department will submit your claim

**NOTE:** If you have Humana Insurance, please see your medical provider for the flu vaccine.

If you have any questions, call the Fond du Lac County Health Department at (920) 929-3085

## GOEBEL Insurance & Financial

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

### 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 Supp 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](http://goebelins.com)**



Briana Gens



Emily Lackas



Larry Goebel



Kelly Ryan-Kuzulka



Cathy Reines Steffes

**Nov 12: 3:30 pm  
Nov 19: 3:30 pm & 6:00 pm  
Dec 3: 3:30 pm & 6:00 pm  
Fond du Lac Senior Center:  
151 E 1st St • Fond du Lac, WI 54935**



Insurance  
Financial  
Medicare

**GOEBEL Insurance & Financial**

131 N Rolling Meadows Dr Suite A • Fond Du Lac, WI 54987

**920-921-7526 • [goebelins.com](http://goebelins.com)**

# NOVEMBER DAILY ACTIVITIES

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<b>9:00</b> Balance and Stretch <b>9:00</b> Woodcarving Club <b>10:00</b> Total Body Walking <b>12:30</b> Euchre <b>1:00</b> Bunco <b>1:00</b> German Club <b>1:00</b> Poker <b>1:15</b> Sheepshead <b>4:00</b> Walking Group <b>5:30</b> Zumba Gold	<b>8:30</b> Pool - 8 Ball <b>9:00</b> Tai Chi <b>10:00</b> Art lab <b>10:00</b> Hiking/Walking Club <b>12:00</b> Mahjongg <b>12:30</b> Bridge <b>1:00</b> Cribbage <b>1:00</b> Skat <b>1:00</b> Stitchery Group	<b>8:30</b> Pool - 9 Ball <b>9:00</b> Chime Choir <b>9:30</b> SCAMP <b>10:00</b> Low Impact Video Exercise <b>12:00</b> Hand & Foot <b>12:45</b> Recreational Sheepshead <b>1:15</b> Sheepshead <b>4:00</b> Walking Group <b>7:30</b> Wed Night Dance	<b>9:00</b> Chime Choir <b>10:00</b> Beginning Bridge <b>10:00</b> Hiking/Walking <b>12:00</b> Mahjongg <b>12:30</b> Bridge <b>12:30</b> Tech Tyme <b>1:00</b> Cribbage <b>1:00</b> Skat <b>5:30</b> TOPS #0566 Weigh in at 5:30 - Meeting at 6:00pm	<b>10:00</b> Balance and Stretch <b>10:00</b> Red Hat Chorus <b>10:30</b> Cardio Drumming <b>1:00</b> Game Day <b>1:00</b> Memory Writers <b>1:00</b> Wii Bowling <b>1:15</b> Sheepshead <b>EVERY SATURDAY</b> <b>EVERY SUNDAY</b>

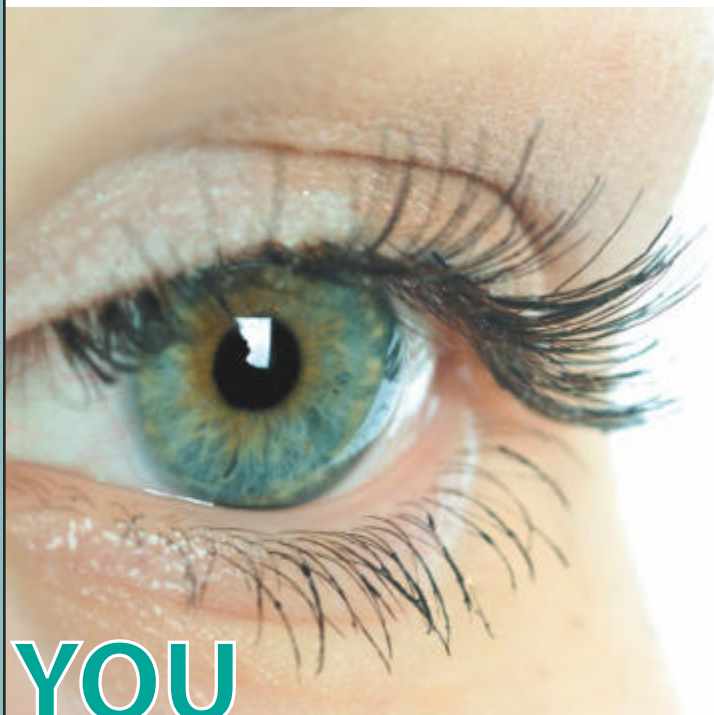
# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In addition to the daily activities above.  <b>** All Brown Events are held Offsite.</b>  <b>** All Red Events are New or Special Events.</b>  <b>** All Green Events are Happy Travelers.</b>  <b>BILLIARD ROOM</b> Open daily for open pool except during league playing time.	In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.
<b>4</b> <b>8:30</b> Strong Bodies <b>9:45</b> Sewing Class	<b>5</b> <b>8:30</b> Flu Shot Clinic <b>9:00</b> Strong Bodies <b>10:30</b> AARP Board Meeting <b>12:30</b> Art - Christmas Tree Red Truck <b>1:00</b> Bingo-Sponsor: FDL Lutheran Home <b>5:00</b> Senior Dining - Brick House	<b>6</b> <b>8:30</b> Strong Bodies <b>10:00</b> Jam Session Practice <b>11:00</b> Red Hat Honeys - Count Your Blessings Luncheon & Take Away Bingo <b>12:00</b> Canasta <b>1:00</b> Senior Snappers photo review	<b>7</b> <b>9:00</b> Beginning Yoga <b>9:00</b> Senior Outreach Meeting <b>9:00</b> Strong Bodies <b>10:00</b> Scrapbooking <b>10:30</b> Beginning / Intermediate Yoga <b>12:00</b> ROMEOS - Boda's <b>1:00</b> Flying Geese Quilting Club	<b>8</b> <b>Packer &amp; Badger Day</b> <b>Wear Green &amp; Gold or Badger Red</b>  <b>8:00 Veterans Pancake Breakfast</b> <b>9:00</b> Blood Pressure & Blood Sugar <b>9:00</b> Hearing Screenings <b>9:00</b> Pain Screenings <b>9:00</b> South Carolina
				<b>1</b> <b>Packer Day - Wear Green &amp; Gold</b>  <b>2 Saturday</b> <b>8:30</b> Rake A Difference Day <b>9:00</b> Beg. Country Line Dance  <b>3 Sunday</b> <b>HT leaving for Nashville</b>



				<p>9:00 strength screening</p> <p><b>9 Saturday</b> 9:00 Beg. Country Line Dance</p> <p><b>10 Sunday</b></p>
<p>1:00 Movie - Five Feet Apart</p> <p>5:00 Strong Bodies</p> <p>5:30 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>				<p><b>14</b></p> <p>9:00 Beginning Yoga</p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning / Intermediate Yoga</p> <p><b>12:30 AARP Driver's Safety</b></p> <p>5:00 Strong Bodies - Mini Session</p> <p>6:10 Country Line Dancing</p> <p>7:00 Sunset Stitchers Quilt Guild</p>
<p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers NFDL HS</p>				<p><b>15</b></p> <p><b>Badger Day - Wear Badger Red</b></p> <p>9:00 Friends Board Meeting</p> <p>1:00 Training Center Tour</p> <p>5:30 Supper Club - Sombreo's</p> <p>Social at 5:00pm - Dinner at 5:30pm</p> <p><b>16 Saturday</b></p> <p>8:30 Rake A Difference Day</p> <p>9:00 Beg. Country Line Dance</p> <p><b>17 Sunday</b></p>
				<p><b>21</b></p> <p>9:00 Beginning Yoga</p> <p>10:00 Scrapbooking</p> <p><b>10:00 HT Southern Charm Doc Meeting</b></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 - Mini Session</p> <p>5:30 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>
				<p><b>22</b></p> <p><b>Packer &amp; Badger Day</b> Wear <b>Green &amp; Gold</b> or <b>Badger Red</b></p> <p><b>23 Saturday</b></p> <p><b>24 Sunday</b></p>
				<p><b>25</b></p> <p>8:30 Newsletter Assembly</p>
				<p><b>26</b></p> <p>12:30 Art - Winter Deer Silhouette</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Grancare</p> <p>2:00 Community Cares (Groups B)</p> <p>3:30 Parkinson Movement Class</p> <p>5:00 Senior Dining - Sunset</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p><b>NO STRONG BODIES</b></p> <p>6:00 Winnebago Woodworkers NFDL HS</p>
				<p><b>27</b></p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade</p> <p>6:00 Slow Roll Fondy</p>
				<p><b>28</b></p> <p></p>
				<p><b>29</b></p> <p><b>CLOSED</b></p> <p><b>30 Saturday</b></p>
				<p><b>20</b></p> <p>9:00 Koffee with Kelly</p> <p>10:00 Jam Session Practice</p> <p>12:00 Canasta</p> <p>1:00 Movie - Yesterday</p> <p>1:00 Senior Snappers photo review</p> <p>1:30 Community Cares</p> <p><b>Enrichment Activity</b></p> <p>7:00 Stamp Club</p> <p><b>HT - A Christmas Story</b></p>
				<p><b>21</b></p> <p>9:00 Beginning Yoga</p> <p>10:00 Scrapbooking</p> <p><b>10:00 HT Southern Charm Doc Meeting</b></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 - Mini Session</p> <p>5:30 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>
				<p><b>22</b></p> <p><b>Packer &amp; Badger Day</b> Wear <b>Green &amp; Gold</b> or <b>Badger Red</b></p> <p><b>23 Saturday</b></p> <p><b>24 Sunday</b></p>
				<p><b>25</b></p> <p>8:30 Newsletter Assembly</p>
				<p><b>26</b></p> <p>12:30 Art - Winter Deer Silhouette</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Grancare</p> <p>2:00 Community Cares (Groups B)</p> <p>3:30 Parkinson Movement Class</p> <p>5:00 Senior Dining - Sunset</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p><b>NO STRONG BODIES</b></p> <p>6:00 Winnebago Woodworkers NFDL HS</p>
				<p><b>27</b></p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade</p> <p>6:00 Slow Roll Fondy</p>
				<p><b>28</b></p> <p></p>
				<p><b>29</b></p> <p><b>CLOSED</b></p> <p><b>30 Saturday</b></p>
				<p><b>11</b></p> <p>8:30 Strong Bodies</p> <p>9:45 Sewing Class</p> <p>10:00 Parkinson's Support Group- Aurora Health Care</p> <p>1:00 Discovery Series-Armstrong Apples Orchard &amp; Winery</p> <p>6:30 FDL Concert Association</p>
				<p><b>12</b></p> <p>9:00 Bagels with Ben</p> <p>12:30 Art - Noel</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Comfort Keepers</p> <p>2:00 Community Cares (Groups A)</p> <p>3:30 Obamacare/ Medicare Seminar</p> <p>5:00 Senior Dining - Gino's</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies - Mini Session</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p>
				<p><b>13</b></p> <p>8:30 Strong Bodies</p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p>
				<p><b>14</b></p> <p>9:00 Beginning Yoga</p> <p>10:00 Scrapbooking</p> <p>10:30 Beginning / Intermediate Yoga</p> <p><b>12:30 AARP Driver's Safety</b></p> <p>5:00 Strong Bodies - Mini Session</p> <p>6:10 Country Line Dancing</p> <p>7:00 Sunset Stitchers Quilt Guild</p>
				<p><b>15</b></p> <p><b>Badger Day - Wear Badger Red</b></p> <p>9:00 Friends Board Meeting</p> <p>1:00 Training Center Tour</p> <p>5:30 Supper Club - Sombreo's</p> <p>Social at 5:00pm - Dinner at 5:30pm</p> <p><b>16 Saturday</b></p> <p>8:30 Rake A Difference Day</p> <p>9:00 Beg. Country Line Dance</p> <p><b>17 Sunday</b></p>
				<p><b>18</b></p> <p>9:30 Book Club</p>
				<p><b>19</b></p> <p>12:30 Art - Wine Glass Painting</p> <p>1:00 Bingo-Sponsor - Almost Family</p> <p>2:00 Umbrella Brigade - Harbor Haven</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</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies - Mini Session</p> <p>6:00 Obamacare/ Medicare Seminar</p> <p>6:00 Winnebago Woodworkers NFDL HS</p>

# CATARACTS



# YOU

get to choose drop-free  
and laser-assisted.

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Oshkosh  
920-236-3540

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IF... TIME, QUALITY AND GENTLE CARE ARE IMPORTANT TO YOU...

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**Ages 55+ and/or disabled**

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room • Elevator
- Laundry room on each floor • On-site 24hr maintenance
- 1 pet allowed (restrictions apply) with pet deposit
- Smoke-free Housing • Professional Management
- FDL County Sr. Meal Program
- Social Service Coordinator with monthly planned events
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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, November 5  
Christmas Tree Red Truck

12 x 16 canvas - \$30

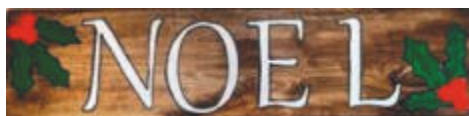
Paint this popular painting with step by step instruction.



Tuesday, November 12

NOEL Board 8 x 30 inch board - \$35.

You will trace the letters and paint this holiday sign for your home.



Tuesday, November 19

Wine Glass painting class

Paint 2 wine glasses - \$25

Lots of designs to choose from so you can make it your own.



Tuesday, November 26

Winter Deer Silhouette

12 x 16 canvas - \$30

This popular painting is a great addition to your winter decor.



### PAYMENT IS DUE AT TIME OF REGISTRATION.

Please register and pay at the front desk.

No experience necessary. All levels welcome!

## FDL SCHOOL DISTRICT 2019-2020 COMPLIMENTARY TICKETS

The Senior Center has 10 complimentary tickets to FDL School District events for the 2019-2020 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.



## SEWING CLASS

Monday, November 4 & 11

9:45am - 12:45pm

## TECH TYME

Thursdays, 12:30pm - 4:00pm

**No Tech Tyme on Thursday, November 28.**

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.



## KOFFEE WITH KELLY

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

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

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

## COIN CLUB

2nd Tuesday at 6:00pm  
**EVERYONE WELCOME!**





# HAPPY TRAVELERS OFFICE

(920) 322-3635

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



## ACTIVITY LEVEL

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

## LUNCH OR DINNER

DT = Dutch Treat IN = Included



= Happy Travelers  
Exclusive Trip

(E)

## 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.

(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.

# FROM THE OUTBACK TO THE GLACIERS

**With Optional 3-Night Fiji Post Tour Extension**

**April 13 - May 2, 2021**



Double ~~\$8,729~~; **Double \$8,129**  
Single ~~\$10,429~~; **Single \$9,829**

**TRIP PREVIEW: Thursday, November 21, 2019 at 11:00am**  
**Sign up at the front desk or call 322-3630.**

- Take a guided tour of the Sydney Opera House - an architectural wonder.
- Witness Ayers Rock at sunset while you sip champagne.
- Explore the Great Barrier Reef.
- Discover the origins of the Aboriginal people on a "Dreamtime Tour."
- Visit Hartley's Croc Farm for a chance to get up close and personal with crocodiles.
- Take in sights during a delightful dinner cruise of Sydney Harbor.
- Explore Kata Tjuta and the base of Ayers Rock (Ulura).
- Overnight in the majestic Mt. Cook National Park.
- Dine with a Kiwi family in their home.

**BOOK BY**  
**OCT 15, 2020**  
**SAVE**  
**\$600**/person




# HAPPY TRAVELERS

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

19

# ALL 2020 TRIPS

## FEBRUARY

**NEW ORLEANS** - Collette Tour   
February 13 - 17  
Dbl \$2,799 - Sgl \$3,599  
(Call for availability and rates)


**GOLDEN DRAGONS ACROBAT**   
Schauer Ctr - Hartford  
Thursday, February 27  
\$82 IN

## MARCH

**SOUTH AFRICA** - Collette Tour   
**March 12 - 27 - NEW DATE**  
Dbl \$8,038 - Sgl \$9,338  
(Call for availability and rates)

**GUY'S & DOLLS**   
Fireside - Fort Atkinson  
Thursday, March 26  
\$115 IN

## APRIL


**DIRTY ROTTEN SCOUNDRELS**   
Palace Theatre - WI Dells  
Thursday, April 2 - \$92 IN

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

Annual Friends of the Fond du Lac Senior Center membership required. Membership fees are \$10 for a single and \$15 for a couple (same address) for a calendar year. With a membership, you will also receive a copy of the Senior Center's *Among Friends* monthly newsletter mailed or emailed to you, which includes a Happy Travelers section of trip announcements and updates.

## 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


**PUZZLING MYSTERY TRIP** - Diamond Tour   
June 14 - 20.  
Dbl \$769 - Sgl \$994

**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

**NIAGARA FALLS** Diamond Tour   
July 12 - 18  
Dbl \$769 - Sgl \$1,054

**ARLINGTON HORSE RACES**   
Thursday, July 30  
\$70 DT

## AUGUST

**SWITZERLAND, AUSTRIA & BAVARIA w/OBERAMMERGAU**   
**PASSION PLAY** Collette Tour  
August 7 - 16  
(Call for availability and rates)

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

**REDISCOVER DOOR COUNTY**   
August 25 - 28  
Dbl \$659 - Sgl \$825

## SEPTEMBER

**CALLING ALL MARYS'**   
Thursday, September 10  
\$130 IN


**ONEIDA/SCHWARZ'S**   
Wednesday, September 16  
\$62 IN

**PACIFIC NORTHWEST** Collette Tour   
September 27 - October 4  
Dbl \$3,099 - Sgl \$4,049

## OCTOBER

**MISSISSIPPI RIVER CRUISE**   
Wednesday, October 7  
\$110  
Lunch IN  
Dinner DT

**NEW YORK** Diamond Tour   
October 15 - 21  
Dbl \$894 - Sgl \$1209

**MURDER MYSTERY**   
Thursday, October 29  
\$110 IN (Lunch & Dinner)

## NOVEMBER

**CHICAGO HOLIDAY SHOPPING**   
Michigan Ave  
Thursday, November 5  
\$60 DT

**MEMPHIS** Diamond Tour   
November 9 - 14  
Dbl \$609 - Sgl \$854



## DECEMBER

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





## VOLUNTEERS NEEDED

We are looking for several volunteers to help at the Senior Center. Please stop by or call 322-3630 for more information!

## DISCOVERY SERIES

Monday, November 11 at 1:00pm  
Armstrong Orchard & Winery

Lisa Klein from Armstrong Orchard and Winery will speaking about the business, how it started, progress, and upcoming events.



Happy  
Thanksgiving

WE WILL BE CLOSED  
Thursday, November 28th  
and  
Friday, November 29th



## LIONS RECYCLE FOR SIGHT

The Fond du Lac Evening Lions Club is participating in the Lions Recycle for Sight used eyeglasses collection program and would like to encourage Senior Center members and members of the community to donate their used eyeglasses.

Eyeglasses can be brought to the Senior Center, Monday Friday, 8:00am - 4:30pm.

A list of other collection sites can be found on their website: [fonddulaclions.org](http://fonddulaclions.org).



Donating your glasses will help improve the life of someone in need!

*the Meadows* of Fond du Lac  
ASSISTED LIVING  
LIKE YOU'VE NEVER  
SEEN IT BEFORE

**goodlife**  
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For more information, contact:  
Diann Roberts, Program Director  
(920) 933-8090 | [www.themeadowsfdl.com](http://www.themeadowsfdl.com)

**SER JOBS FOR PROGRESS NATIONAL, INC.**  
SCSEP – Senior Community Service Employment Program

Learn new job skills and re-enter the workforce!

**Paid job training for people 55+**

**Fond du Lac: 920-907-9898**  
**WWW.SER-NATIONAL.ORG**

*Twohig*  
Funeral Home

[www.twohigfunerals.com](http://www.twohigfunerals.com)

305 Fond du Lac Ave  
Fond du Lac  
920-921-0960

109 W. Main St.  
Campbellsport  
920-533-4422

Cost conscience funeral services from full services to cremation

**JH**  
CONTROLS

Integrity (in teg'raté) n. the quality of being of sound moral principle, honesty, sincerity.

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*Kurki-Mach*  
Funeral Chapel & Crematory

Serving the Fond du Lac area  
since 1892

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[www.kurkimachfuneralchapel.com](http://www.kurkimachfuneralchapel.com)

**Don Kurki**  
Owner/Funeral Director

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

*Woodlands*  
**SENIOR PARK**

**W**oodlands is a family owned business dedicated to providing a high quality home-like environment. We provide onsite medical care, hospice care, and independent care for those who want to escape the burden of owning their own home.

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

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



# Brown Paper Packages Gift Shop

## Offering Your Favorite Things!



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

### SCRIP GIFT CARDS

Available in amounts from \$5  
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!



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

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

(920) 322-3638 [brownpaperpackagesfdl.com](http://brownpaperpackagesfdl.com)  
Monday through Friday, 8:00am - 4:00pm

**We are open on Small Business Saturday**



**SMALL BUSINESS  
SATURDAY**

JOIN THE MOVEMENT  
AND HELP OUR LOCAL BUSINESSES

**THRIVE!**



**Saturday, November 30  
10:00am - 2:00pm**

Please consider shopping at the Fond du Lac Senior Center on Small Business Saturday.

Shop here for that one of a kind, unique or imaginative gift for your loved one. Not only will you be supporting the Senior Center but supporting one of our very talented consignors as well.

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



# PLEASE JOIN US



Friends of the Fond du Lac Senior Center

## ANNUAL CHRISTMAS PARTY

Knights of Columbus

Monday, December 9

4:30pm - 8:00pm

\$15.00 Per Person

- 4:30 Social
  - 5:00 Banquet Hall Doors open
  - 5:30 Dinner
  - 6:15 WLA Choir
  - 6:45 Door Prizes
  - 7:00 Social / Dance
- Music by The Rascals

### MENU INCLUDES:

- Baked Ham or
- Breast of Turkey
- Dressing
- Mashed Potatoes & Gravy
- Seasonal Vegetables
- Ice cream

---

### FRIENDS OF THE FOND DU LAC SENIOR CENTER CHRISTMAS PARTY

Registration Deadline: Monday, December 2<sup>nd</sup>

Name: \_\_\_\_\_ ☐ Baked Ham ☐ Breast of Turkey

Name: \_\_\_\_\_ ☐ Baked Ham ☐ Breast of Turkey

Telephone: \_\_\_\_\_

Please make checks payable to: Friends, Inc. Cut this reservation form at the dotted line and drop off at the Senior Center or mail in with payment. Space is limited so sign up early.

#### OFFICE USE ONLY:

Check #: \_\_\_\_\_ Cash: \_\_\_\_\_ TOTAL PAID: \_\_\_\_\_

Date Paid \_\_\_\_\_ Receptionist Initials \_\_\_\_\_ ☐ Paid in Person ☐ Registered by Mail



**AVAILABLE NOW!**

## 2020 Dine Out Coupon Books!

- Over 40 restaurants with 50 plus coupons!
- Some old favorites plus some new!
- Save money while eating at your favorite local restaurants!

**Stop by the Gift Shop to purchase a coupon book today!**



## 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 .**

- Friday, November 1: Mush Pork Cutlet
- Monday, November 4: Meatloaf
- Tuesday, November 5: Chicken Cacciatore
- Wednesday, November 6: Liver & Onions
- Thursday, November 7: Chili Casserole
- Friday, November 8: Meatballs in Honey Mustard Sause
- Monday, November 11: Roast Beef
- Tuesday, November 12: Glazed Ham
- Wednesday, November 13: Baked Chicken
- Thursday, November 14: Beef Stroganoff
- Friday, November 15: Country Fried Steak
- Monday, November 18: Pork Steak
- Tuesday, November 19: Chicken, Broccoli & Rice Casserole
- Wednesday, November 20: Chopped Steak in Burg/Mush Sauce
- Thursday, November 21: Hawaiian Meatballs
- Friday, November 22: Chicken Chow Mein
- Monday, November 25: Baked Chicken
- Tuesday, November 26: Smoked Sausage
- Wednesday, November 27: Roast Turkey
- Thursday, November 28: CLOSED
- Friday, November 29: CLOSED

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

## ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

### BODA'S

277 S Pioneer Rd., FDL  
Thursday, November 7 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.



### Sombrero's

445 N Pioneer Rd., FDL  
Friday, November 15  
Social at 5:00pm | Supper at 5:30pm  
**Colony fish served on Friday Nights**

## 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

- Nov 5 **Brick House**, 161 S Main St, FDL
- Nov 12 **Gino's** 584 W Johnson St., FDL
- Nov 19 **Pamela's Bar & Grill**, N7640 County Rd WH , FDL
- Nov 26 **Sunset on the Water** N7364 Winnebago Dr., FDL

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

# ACTIVITY INDEX

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

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

## ART & DANCE

### **ART LAB**

Tuesdays at 10:00am

### **ART**

#### **UNLEASHING YOUR CREATIVITY**

Tuesdays at 12:30pm

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

### **BEGINNING COUNTRY LINE DANCING**

Saturdays at 9:00am

### **COUNTRY LINE DANCING**

Thursdays at 6:10pm

### **DANCES**

\$4.00 donation

Wednesday 7:30pm – 9:30pm

Call Judy at 929-5098 for info.

## DINING

### **ROMEOS**

(Retired Old Men Eating Out)

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

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

### **SUPPER CLUB**

Dates and restaurants vary.

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

### **SENIOR DINING GROUP**

Tuesdays at 5:00pm

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

## GROUPS

### **BAGELS WITH BEN**

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

### **BOOK CLUB**

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

### **BEADING BUDDIES**

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

## GROUPS (cont.)

### **BUNCO**

Mondays at 1:00pm

### **COIN CLUB**

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

### **GAME DAY**

Fridays at 1:00pm

### **GENEALOGY**

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

### **GERMAN CLUB**

Mondays at 1:00pm

### **GOEBEL INSURANCE & FINANCIAL**

3<sup>rd</sup> Tuesday at 3:30pm & 6:00pm

### **HANDCHIME CHOIR**

Wednesdays & Thursdays at 9:00am

### **JAM SESSION**

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

### **JAM SESSION PRACTICE**

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

### **KOFFEE WITH KELLY**

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

### **SENIOR SNAPPERS**

Review dates:

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

## QUILTING

### **FLYING GEESE QUILTING CLUB**

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

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

Call Jean at 921-7359 for info.

### **SUNSET STITCHERS QUILT GUILD**

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

Call Laura at 923-1693 for info.

### **RED HAT HONEYS**

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

### **RED HAT HONEYS CHOIR**

Fridays at 10:00am

### **SCAMP (Senior Center Band)**

Wednesdays at 9:30am

### **SLOW ROLL FONDY**

4<sup>TH</sup> Wednesday at 6:00pm

## GROUPS (cont.)

### **SCRAPBOOK CLUB**

Thursdays at 10:00am

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

### **STITCHERY**

Tuesdays at 1:00pm

### **STAMP CLUB**

3<sup>rd</sup> 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**

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

General meeting held at the FDL Senior Center.

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

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

Call Dave Jackson at 923-5233 for more info.

### **WOODCARVING GROUP**

Mondays at 9:00am

### **MEMORY WRITERS GROUP**

Fridays at 1:00pm

## HEALTH & WELLNESS

### **BALANCE & STRETCH**

Mondays at 9:00am

Fridays at 10:00am

### **BIKE RIDE**

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

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

### **HIKING/WALKING CLUB**

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

### **LOW IMPACT VIDEO EXERCISE**

Wednesdays at 10:00am

Call 322-3630 for more information about any of these activities. New members are always welcome!

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

## HEALTH & WELLNESS (cont.)

### **STRONGBODIES**

*Senior Center*

Tuesday and Thursday 5:00pm

**Lake View Place: 545 Luco Road**

Monday and Wednesday 8:30am

Tuesday and Thursday 9:00am

### **TAI CHI**

Tuesdays at 9:00am

### **TOTAL BODY WALKING**

Mondays at 10:00am

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

### **“WALK THIS WAY”**

#### **Indoor Walking Group**

Mondays & Wednesdays at 4:00pm

### **YOGA**

Thursdays

**Beginning**

9:00am - 10:00am

**Beginning/Intermediate**

10:30am - 11:30am

### **ZUMBA GOLD**

Mondays at 5:30pm

## RECREATION (cont.)

### **CARDS**

#### **CANASTA**

1st, 3rd & 5th Wednesdays

at 12:00pm

#### **CRIBBAGE**

Tuesdays & Thursdays at 1:00pm

#### **EUCHRE**

Mondays at 12:30pm

#### **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 & Thursday 12:30pm

Beginning - Thursdays: 10:00am

*For information or to play,*

*call Judy Rupp at 920-477-3021.*



# MAKE THE MOST OUT OF YOUR MEDICARE.

Let me help  
**you**

find the best plan to fit  
your health care needs.

**Are you or a loved one enrolling in Medicare this year?**  
Are you thinking about retiring?

No matter your situation, I can help you get answers to  
your Medicare questions at a neighborhood meeting.

**11/7/2019, 10 A & 12P**

Rolling Meadows  
947 S. Rolling Meadows  
Fond du Lac, WI 55039

**11/13/2019, 11A & 1P**

Rolling Meadows  
947 S. Rolling Meadows  
Fond du Lac, WI 55039

part  
**A**

**HOSPITAL  
STAYS**

part  
**B**

**DOCTOR  
VISITS**

part  
**C**

**MEDICARE  
ADVANTAGE**

part  
**D**

**PRESCRIPTION  
DRUGS**

## Contact me

to RSVP for a meeting or get  
more Medicare information.

Steve Jirschele  
Licensed Sales Agent  
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920-299-4111  
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As your independent health  
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Medicare plans from several private  
insurance companies.

**So you're guaranteed to  
get the plan that may  
be best for you.**

A sales person will be present with information and applications. For accommodation of  
persons with special needs at sales meetings, call 920-299-4111, TTY 711.

001ED6C9



# 2020 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 2020 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 2020 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 2020 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 2020 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 2020 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

November 2019 Newsletter

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

\_\_\_\_\_ Computer





## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

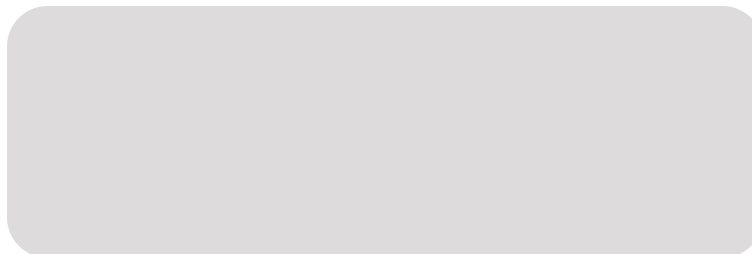
## FRIENDS MEMBERSHIP

Starting November 1<sup>st</sup>, you can  
renew your membership for  
the 2020 calendar year!



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**PAID**  
FOND DU LAC, WIS  
PERMIT NO. 129

OR CURRENT RESIDENT



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

### STAFF

#### DIRECTOR

*Cathy Loomans* 322-3632  
cloomans@fdl.wi.gov

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635  
mschneider@fdl.wi.gov

#### BOOKKEEPER

*Pat Heyer* 322-3639  
pheyer@fdl.wi.gov

#### PROGRAM/OUTREACH COORDINATOR

*Sarah Docter* 322-3641  
sdocter@fdl.wi.gov

#### OFFICE ASSISTANT

*Lisa Cole* 322-3640  
lcole@fdl.wi.gov

#### GIFT SHOP COORDINATOR

*Sandy Foote* 322-3638  
sfoote@fdl.wi.gov

### FRIENDS BOARD OF DIRECTORS

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

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

Wisconsin  
Association of  
Senior  
Centers



@FondduLacSeniorCenter  
@FondyHappyTravelers  
@BrownPaperPackagesGift  
ShopFondduLac

### MISSION

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

### VISION

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

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