

# AMONG FRIENDS

Newsletter

April  
2020

A Free Monthly Publication  
Vol. 11 • No. 4



Proudly serving the Fond du Lac Community for over 53 years!  
...WHERE FRIENDS MEET!

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



City of Fond du Lac

## 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 8:00am - 4:30pm

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

## HAPPY TRAVELERS

Phone.....(920)322-3635

Hours..... M-Th 9:00am - 3:00pm

Closed Fridays

## BROWN PAPER PACKAGES GIFT SHOP

Phone.....(920)322-3638

Hours..... M-F 10:00am - 4:00pm



### 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 Spencer Wagen on Fond du Lac Today.

Sponsored by Smith & Hatch Insurance.

I don't know if any of us have been through something like this COVID-19 epidemic, but I know that I hope we never see the likes of this again. Because everything is changing so quickly, rather than share information that will be outdated long before you receive this newsletter, I am going to ask that you check out our website at [www.fdlseiorcenter.com](http://www.fdlseiorcenter.com) for the latest information, check out our Facebook page, or give us a call at (920) 322-3630.



I have included the press release from Joe Moore, the City Manager for Fond du Lac, so that you are aware of the city's position at this point. Feel free to call me if you have any questions. We are here to support you as much as possible through all of this.

Cathy

### ***CITY OF FOND DU LAC - Memorandum***

City Manager

Date: March 12, 2020  
 To: News Media  
 From: Joe Moore, City Manager  
 Re: Coronavirus Update



While we all follow the impact of the coronavirus (COVID 19), as your City Manager I want you to know that your safety is our top priority. The following principles will guide our operations and any decisions related to the threat posed by the coronavirus with the understanding that this is a situation, which will likely be changing by the day or even the hour, and that our city team will be constantly monitoring updates and then disseminating that information to our employees and to the public as appropriate.

1. Provide services to the fullest extent possible given unprecedented circumstances.
2. Maintain continuity of operations that support the critical services we provide such as:
  - a. Providing safe drinking water
  - b. Treating waste water
  - c. Enforcing the law
  - d. Preventing and fighting fires
  - e. Providing ambulance service to injured and sick people
  - f. Collecting garbage
  - g. Providing public transit
3. Prevent the spread of the disease by practicing hand hygiene, self-quarantine and social distancing
4. Protect members of our community with a focus on the four groups at greatest risk:
  - a. those who may have been exposed
  - b. those who have chronic health challenges
  - c. those who are currently sick
  - d. senior citizens
5. Encourage all members of our community to be informed and practice healthy behaviors by following CDC recommendations found at <https://www.cdc.gov/>
6. Respond with agility to the fluid and changing nature of the situation.
7. Provide clear communications to our employees and our residents.

Remember, if you desire to reduce your contact with others, consider voting absentee, paying your bills online and contacting city staff members via email or by phone, which is information available at our website <https://www.fdl.wi.gov/>

If you are experiencing symptoms or worry you may have been exposed to the coronavirus, please call 844-225-0147 from 7am-5pm for more direction from health officials before going to a healthcare facility.



Friends of the Fond du Lac Senior Center  
**Volunteer Appreciation Party**  
 Let's FlaMINGLE  
 and  
 TOCObout how AWESOME  
 our Volunteers are!

Flock to the Lakeside Park Pavilion between  
 11:00 a.m. & 1:30 p.m. on Thursday, April 23, 2020

Hope to see you there!  
**Lunch will be provided**

**RSVP at the front desk or call  
 322-3630 by Thursday, April 16.**



## Now **HIRING** Part & Full Time



**Great job  
 for retirees!**

**929-8888**

## Now Accepting Applications for Residents

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1450 Pleasant Street, Ripon

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- Small pets welcome\*

\*some restrictions apply

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*Call today to connect with a* **SENIOR LIVING ADVISOR**

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◀ **Joan Lunden**, journalist,  
 best-selling author, former  
 host of Good Morning America  
 and senior living advocate.

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# PROGRAMS & ACTIVITIES



## SCRAPBOOKING

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>  
Thursdays at 9:30am

Bring your own supplies and ideas to share!  
Everyone Welcome!

## 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

APRIL AND MAY  
EVENTS ARE PENDING.

Watch the Red Hat  
Newsletter for more  
information.



## DANCES

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

LIVE MUSIC

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



## BAGELS WITH BEN

(2nd Tuesday of every odd month)  
Tuesday, May 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.

## GENEALOGY GROUP

2nd and 4th  
Wednesdays  
1:00pm



New Members Always Welcome!

## UMBRELLA BRIGADE

Wednesday, April 29  
2:00pm  
Lincoln House  
342 Forest Ave, FDL



### NEEDED

Two smiley face umbrellas  
with black or navy blue backgrounds.  
Call Kathy Arpke at 921-9639 if you can donate one.

## RED HAT CHORUS

Fridays at 10:00am

The Center is alive with the  
sound of music!  
Come check them out!



## PARKINSON'S MOVEMENT & MUSIC

4<sup>th</sup> Tuesday of the month | 3:30 - 4:30pm

APRIL  
28

MAY  
26

JUNE  
23

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.



## 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

Assignment: Photos of the Season

Review Dates: Wednesday April 1 at 1:00pm  
Wednesday April 15 at 1:00pm



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

No experience necessary! Everyone is welcome!!

## MEMORY WRITERS GROUP

Fridays at 1:00pm

Events go by, and in their wake, they leave a story.  
Find that story and write it.

Everyone loves stories. And you also live one. By learning to tell the story of your life, you can:

- discover greater depth in your own past
- reveal lessons that can help you move forward
- share your world

**EVERYONE IS WELCOME!**



## BOOK CLUB

Monday, April 20  
9:30am - 10:30am

**BOOK OF THE MONTH:**

The Turn of the Key

By: Ruth Ware

Copies available at the Senior Center

**BOOK DUE BACK BY: Monday, April 20**

When she stumbles across the ad, she's looking for something else completely. But it seems like too good an opportunity to miss a live-in nanny post, with a staggeringly generous salary. And when Rowan Caine arrives at Heatherbrae House, she is smitten by the luxurious "smart" home fitted out with all modern conveniences, by the beautiful Scottish Highlands, and by this picture-perfect family. What she doesn't know is that she's stepping into a nightmare, one that will end with a child dead and herself in prison awaiting trial for murder.

## OBAMACARE/ MEDICARE SEMINAR

Tuesday, April 21

3:30 - 5:00pm & 6:00 - 7:30pm

Speaker: Larry Goebel

GOEBEL Insurance & Financial

**YOU WILL LEARN ABOUT:**

- The differences between Medicare Supplement and Medicare Advantage plans.
- How can I increase my Social Security Benefits?
- I am thinking of retiring soon, what do I need to know?

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



# PROGRAMS & ACTIVITIES

## GAME DAY

Fridays at 1:00pm

Join us 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

Done for the season,  
See you in September!



## QUILTING GROUPS

Flying Geese Quilting Club

1st Thursday of each month at 1:00pm

3rd Thursday of each month at 11:45am

Call Nancy at 920-583-3770 for info.

Sunset Stitches Quilt Guild

2nd Thursday of each month at 6:00pm

Call Laura at 920-923-1693 for info.



## BINGO

Tuesdays at 1:00pm

EVERYONE WELCOME!

## 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

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

Cribbage - Tuesdays & Thursdays at 1:00pm

Euchre - Mondays at 1:00pm

Hand and Foot - Wednesdays at 12:00pm

Poker - Mondays at 1:00pm

Recreational Sheephead - Wednesdays at 12:45pm

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

Skat - Tuesdays & Thursdays at 1:00pm

## STAMP CLUB

3rd Wednesday

7:00pm

(except March, July and December)



## MAH JONGG

Tuesdays & Thursdays  
12:00pm

New players always welcome!



Fond du Lac AARP #614 Association Meeting  
Thursday, April 16 at 1:00pm

**SPEAKER:** Joe Moore  
**TOPIC:** State of the City

Join us to hear the latest about City of Fond du Lac Projects – there will be time for Q&A!

**EVERYONE WELCOME!**



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

SALT is a voice to advocate for action to ensure that Seniors live in a healthy, safe, enjoyable and vibrant community. Join us as we link seniors and service providers in the Fond du Lac County Area.

## COIN CLUB

2nd Tuesday at 6:00pm

**EVERYONE WELCOME!**



## POT HEAD INSTANT POT COMMUNITY

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



From newbies to experienced Instant Pot lovers, this group is a go-to resource for those looking for reliable recipes, troubleshooting tips or an "am I doing this right?".

**No registration is required, just drop in!**



## MELODIES AND MEMORIES

2nd Thursday of the month  
10:30am - 11:30am

**CALLING ALL SINGERS!**

If you like to sing, "Just For Fun", join us on the second Thursday of the month. All singers welcome, including those with the early stages of dementia, along with their care partners.



*This is a FREE program, just drop in!*

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

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

### DIABETIC SUPPORT GROUP

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

### LOCAL PARENTS OF ANGELS

1st & 3rd Thursday 5:30 - 7:30pm  
Fond du Lac Senior Center, 151 E. 1st Street  
*The Local Parents of Angels is a support group for parents who have lost a child - it can be a recent or a long-term loss. Everyone is welcome!*

### PARKINSON'S SUPPORT GROUP

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

**THURSDAY, APRIL 2**  
**A Beautiful Day in the Neighborhood**

11:45am Lunch (optional)

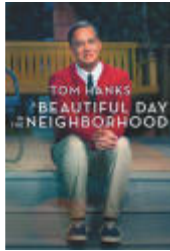
1:00pm Movie

2019 • Drama • 1h 49m

Rated PG by the Motion Picture Association of America for Mild Language, Mild Thematic Elements, Violence

**Starring:** Tom Hanks, Matthew Rhys, Wendy Makkena, Susan Kelechi Watson, Enrico Colantoni, Chris Cooper, Maryann Plunkett, Tammy Blanchard, Noah Harpster, Carmen Cusack

**SUMMARY:** Lloyd Vogel is tasked with creating a profile of Fred Rogers, the creator and star of the successful children's program Mister Rogers' Neighborhood. He dutifully goes to the studio where his subject is filming his show, and soon enough, he is sitting down with him, asking him probing questions.



**WEDNESDAY, APRIL 15**  
**Ford v Ferrari**

11:45am Lunch (optional)

1:00pm Movie

2019 • Drama • 2h 32m

Rated PG-13 by the Motion Picture Association of America for Language, Mild Action/Peril.

**Starring:** Matt Damon, Christian Bale, Jon Bernthal, Noah Jupe, Roberta Sparta, Jenelle McKee, Adam Mayfield, Helene Cardona, Fatimah Hassan, Dallas Chandler, Brea Bee, Brad Beyer, Stefania Spampinato

**SUMMARY:** In the 1960s, Ferrari is an untouchable figure in racing. With Enzo Ferrari ardently chasing after excellence, the company is irrefutably the best there is. Ford's Henry Ford II wants in on the success, and so he journeys to Italy to propose a merger with the automobile giant.



**Mark your calendar for April movies:**

Thursday, May 7: The Good Liar

Wednesday, May 20: Knives Out

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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TO *Senior*  
THE *Community*

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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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on the Ledge*

W4287 Golf Course Drive  
 Fond du Lac, WI 54937

921-4381 or 921-0580

► Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

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



## STITCHERY GROUP

Bring your project and join us!  
Tuesdays at 1:00pm

## 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



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  
April 4, 11, 25

## COUNTRY LINE DANCING

Thursdays 6:10pm - 7:30pm  
April 2, 9, 16, 23, 30

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



## GERMAN LEARN GERMAN FOR BEGINNERS

**Mondays**  
**1:00pm - 2:30pm**

## SLOW ROLL FONDY

4th Wednesday of the month

Wednesday, April 22

Meet at KFIZ

5:30pm - Social Time

6:00pm - (promptly) Roll

7:00pm - (approximately) More socializing



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

8 CLASSES \$40.00

Beginning

9:00 - 10:00am

Beginning/Intermediate

10:30 - 11:30 am

SPRING SESSION

Thursday, April 16, 23, 30

Thursday, May 7, 14, 28

Thursday, June 4, 11

Please register and pay at the front desk.



## TAI CHI CLASS

Tuesdays 9:00am - 10:00am

8 classes for \$45

Next session: March 31 - May 19

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

Tuesday / Thursday

5:00pm - 6:00pm

(Senior Center)

Call Sarah for more information: 322-3641

**\$45/Session**

Monday / Wednesday

8:30am - 9:30am

(Lake View Place)

Call Sarah for more information: 322-3641

**\$45/Session**

Tuesday / Thursday

9:00am - 10:00am

(Lake View Place)

Call Sarah for more information: 322-3641

**\$45/Session**

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



## BALANCE & STRETCH

Mondays 9:00 - 9:30am

Fridays 10:00 - 10:30am

Join us for this ongoing weekly program which helps participants improve their balance in a variety of situations.

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

**NEW PRICE**

\$5 walk in or  
**\$30.00 for a  
10 class punch card.**

Available from  
Instructor Kirsten Quam

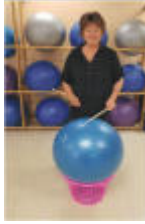
## ZUMBA GOLD

Mondays at 5:30pm



## CARDIO DRUMMING

Fridays, 10:45am - 11:15am



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: St Croix Hospice and Hometown Homecare  
Friday, April 10 at 9:00am  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by FDL Lutheran Homes  
Friday, April 10 at 9:00am  
No appointment needed. *12-hour fast required.*  
Donations accepted.

### FREE STRENGTH & PAIN SCREENINGS

Sponsored by ATI Physical Therapy  
Friday, April 10 at 9:00am  
No appointment needed.



### HEARING SCREENING

Sponsored by Hearing Life, formerly known as Avada Hearing Care Center  
Friday, April 10

- FREE hearing screenings
- FREE hearing aid cleaning

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

## BIKE RIDES

Done for the season.  
See you in a few months!

## 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 Mary Dickmann at 920-539-4599

## LOW IMPACT VIDEO EXERCISE

Wednesdays, 10:00am - 10:30am

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



### SPOT CHECK

## SKIN CANCER SCREENINGS

Wednesday, April 8  
8:30am - 12:30pm

Sponsored by Forefront Dermatology

Skin cancer is the cancer you can see. Unlike cancers that develop inside the body, skin cancers form on the outside and are usually visible. That's why skin exams, both at home and with a dermatologist, are especially vital.

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

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

#### COMMUNITY CARES

##### Community Cares Visits

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.

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

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.



Friends of the Fond du Lac Senior Center

## BRAT FRY

**BUTCHER BLOCK**

400 Prospect Ave, NFDL

Saturday, April 4<sup>th</sup> | 9:00am - 5:00pm

**FESTIVAL FOODS**

1125 E Johnson St, FDL

Sunday, May 17 | 9:00am - 5:00pm

Saturday, June 13 | 9:00am - 5:00pm

We are looking for volunteers to help grill and serve.  
Stop by the Senior Center or call 322-3630 to sign up.

All proceeds support programs and activities at the Senior Center.

## GOEBEL Insurance & Financial

Presents a seminar on: 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!!
- \*Tune in every Saturday morning from 7:35 to 8:30 am for our "Insurance Smart" radio show on KFIZ AM 1450**

**To make a reservation: Visit our website: [goebelins.com](http://goebelins.com) or call us at 921-7526**



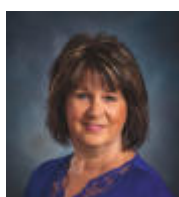
Briana Gens



Emily Lackas



Larry Goebel



Cathy Reines Steffes

**Tuesday, April 21: 3:30 pm & 6:00 pm**

**Tuesday, May 19: 3:30pm & 6:00 pm**

**Tuesday, June 16: 3:30 & 6:00 pm**

**Where: Fond du Lac Senior Center  
151 E 1st St • Fond du Lac, WI 54935**



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131 N Rolling Meadows Dr Suite A • Fond Du Lac, WI 54937

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# APRIL DAILY ACTIVITIES

| EVERY MONDAY  | EVERY TUESDAY  | EVERY WEDNESDAY  | EVERY THURSDAY   | EVERY FRIDAY  |
|---|--|--|--|---|
| 9:00 Balance and Stretch<br>9:00 Woodcarving Club<br>10:00 Total Body Walking<br>1:00 Bunco<br>1:00 Beginning German<br>1:00 Euchre<br>1:00 Poker<br>1:15 Sheepshead<br>4:00 Walking Group<br>5:30 Zumba Gold | 8:30 Pool - 8 Ball<br>9:00 Tai Chi<br>10:00 Art lab<br>10:00 Hiking Group<br>10:00 Tech Tyme<br>12:00 Mahjongg<br>12:30 Bridge<br>1:00 Cribbage<br>1:00 Skat<br>1:00 Stitchery Group | 8:30 Pool - 9 Ball<br>9:00 Chime Choir<br>9:30 SCAMP<br>10:00 Low Impact Video Exercise<br>12:00 Hand & Foot<br>12:45 Recreational Sheepshead<br>1:15 Sheepshead<br>4:00 Walking Group<br>7:30 Wed Night Dance | 9:00 Chime Choir<br>10:00 Beginning Bridge<br>10:00 Hiking Group<br>12:00 Mahjongg<br>12:30 Bridge<br>12:30 Tech Tyme<br>1:00 Cribbage<br>1:00 Skat<br>5:30 TOPS #0566<br>Weigh in at 5:30 - Meeting at 6:00pm   | 10:00 Red Hat Chorus<br>10:00 Balance and Stretch<br>10:45 Cardio Drumming<br>1:00 Game Day<br>1:00 Memory Writers<br>1:15 Sheepshead<br>EVERY SATURDAY<br>EVERY SUNDAY |
| 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.  |
| 6   | 7  | 8  | 9  | 10  |
| 8:30 Strong Bodies<br>9:45 Cyber Smart Online & On the Go<br>9:45 Sewing Class  | 9:00 Strong Bodies<br>10:00 NO ART LAB<br>10:30 AARP Board Meeting<br>12:30 NO ART<br>1:00 Bingo-Sponsor: FDL Lutheran Home<br>2:30 Coffee with a Con                                | 8:30 Spot Check Cancer Screenings<br>8:30 Strong Bodies<br>10:00 Jam Session<br>1:00 Choosing a Financial Caregiver<br>1:00 Genealogy Group<br>1:00 Pot Head Instant Pot Community                             | 9:00 Strong Bodies<br>9:30 Scrapbooking<br>10:00 Men's Golf League<br>Informational Meeting<br>10:30 Melodies and Memories Choir<br>1:00 Preparing for Long Term Care<br>Strong Bodies   | 9:00 Blood Pressure & Blood Sugar<br>9:00 Hearing Screening<br>9:00 Memory Screenings<br>9:00 Strength & Pain Screening<br>1:00 Money Smart for Older Adults            |
|   |  | 1  | 2  | 3   |
|   |  | 8:30 Strong Bodies<br>10:00 Jam Session Practice<br>12:00 Canasta<br>1:00 Senior Snappers  | 9:00 Beginning Yoga<br>9:00 Senior Outreach Meeting<br>9:00 Strong Bodies<br>9:30 Scrapbooking<br>10:30 Beginning /Intermediate Yoga<br>12:00 ROMEOS - Pizza Ranch<br>1:00 Flying Geese Quilting Club<br>1:00 Movie - A Beautiful Day in the Neighborhood<br>5:00 Strong Bodies<br>5:30 Local Parents of Angels<br>6:10 Country Line Dancing | 4 Saturday<br>9:00 Beg. Country Line Dance<br>9:00 Brat Fry - Butcher Block<br>5 Sunday   |



|   |   |  |  |  |
|---|---|--|--|--|
|   |   | <p>6:10 Country Line Dancing</p> <p>6:00 Sunset Stitchers Quilt Guild</p>  |  | <p><b>11 Saturday</b></p> <p>9:00 Beg. Country Line Dance</p> <p><b>12 Sunday</b></p>  |
| <p><b>13</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><b>14</b></p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Tall Lighthouse at Sunrise</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Harbor Haven</p> <p>5:00 Senior Dining - Schmitt's</p> <p>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><b>15</b></p> <p>8:30 Strong Bodies</p> <p>10:00 Jam Session Practice</p> <p>12:00 Canasta</p> <p>12:00 Self-Care Luncheon at Faro's</p> <p>1:00 Movie - Ford Ferrari</p> <p>1:00 Senior Snappers</p> <p>7:00 Stamp Club</p>  | <p><b>16</b></p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>9:30 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><b>17</b></p> <p>9:00 Friends Board Meeting</p> <p>5:00 Supper Club - Gino's</p> <p>Social at 4:30pm - Dinner at 5:00pm</p> <p><b>18 Saturday</b></p> <p><b>19 Sunday</b></p>   |
| <p><b>20</b></p> <p>8:30 Strong Bodies</p> <p>9:30 Book Club</p> <p>6:30 FDL Concert Association</p>                            | <p><b>21</b></p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Trees of Summer</p> <p>1:00 Bingo-Sponsor: The Meadows</p> <p>3:00 Diabetic Support Group - Aurora Health Center - FDL</p> <p>3:30 Obamacare / Medicare Seminar</p> <p>5:00 Senior Dining - Lori's Bar &amp; Grill</p> <p>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><b>22</b></p> <p>8:30 Strong Bodies</p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p> <p>1:00 Pot Head Instant Pot Community</p>   | <p><b>23</b></p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>11:00 Volunteer Appreciation Party</p> <p>1:00 When I'm 65</p> <p>5:00 Strong Bodies</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>                       | <p><b>24</b></p> <p><b>25 Saturday</b></p> <p>9:00 Beg. Country Line Dance</p> <p><b>26 Sunday</b></p>   |
| <p><b>27</b></p> <p>8:30 Newsletter Assembly</p> <p>8:30 Strong Bodies</p> <p>9:45 Sewing Class</p>                             | <p><b>28</b></p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Dot mandala</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>3:30 Parkinson's Movement &amp; Music</p> <p>5:00 Senior Dining - Jim &amp; Linda's</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>6:00 Winnebago Woodworkers NFDL HS</p>  | <p><b>29</b></p> <p>8:30 Strong Bodies</p> <p>10:00 Jam Session Practice</p> <p>11:30 Ladies Playful Golf Club</p> <p>Orientation Lunch</p> <p>12:00 Canasta</p> <p>1:00 Umbrella Brigade practice</p> <p>2:00 Umbrella Brigade performance</p> <p>Lincoln House</p> <p>HT - Mighty Fortress</p> | <p><b>30</b></p> <p>8:30 Men's Senior Center Golf League</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>11:45 Flying Geese Quilting Club</p> <p>6:10 Country Line Dancing</p>   | <p><b>** All Brown Events are held Offsite.</b></p> <p><b>** All Red Events are New or Special Events.</b></p> <p><b>** All Green Events are Happy Travelers.</b></p> <p><b>BILLIARD ROOM</b></p> <p>Open daily for open pool except during league playing time.</p> |

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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 April 14

FDL Tall Lighthouse at Sunrise

8" x 24" canvas - \$35



Tuesday April 21

Trees of Summer

12" x 16" canvas - \$30



Tuesday April 28

Dot Mandala

12" x 12" canvas - \$25

**PAYMENT IS DUE AT TIME OF REGISTRATION.**

Please register and pay at the front desk.

No experience necessary. All levels welcome!

## SEWING CLASS

9:45am - 12:45pm

Monday, April 6, 13, 27, May 4, 11

Cost: \$15.00

(payment 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.

## SELF-CARE LUNCHEON

Hosted by: Karen Kraus

Wednesday April 15<sup>th</sup> at 12:00pm

Faro's Restaurant - Dutch Treat

131 N Pioneer Rd, FDL

Are you feeling stressed out, dealing with the loss of a loved one, or just have the winter blues? Take time to get out, have a good meal, and make some new friends.

This group will meet the third Wednesday of every month at Faro's for lunch!



Please register at the front desk or call 322-3630



## WOODCARVING GROUP

Mondays at 9:00am

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

## Mark Your CALENDAR

### TECH TYME

Tuesdays, 10:00am - 1:00pm

Thursdays, 12:30pm - 4:00pm

**In addition to Thursdays, Tech Tyme will be here on Tuesdays from 10:00am - 1:00pm**

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.





# HAPPY TRAVELERS

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

### MIGHTY FORTRESS

The Church Basement Ladies  
Fireside - Fort Atkinson

Wednesday, April 29

\$115 IN

Great fun spirited show.  
Come enjoy the laughs!

(E)



### PRINCESS Di

Menomonee Falls

Tuesday, May 5

\$95 IN

The iconic figure of Princess Diana Spencer shocked the entire world with her death in 1997. Jillann Gabrielle has her speaking from her grave as a spirit haunting the halls of Kensington Palace. And there is a twist...she has aged. She cut a deal with St. Peter at heaven's gate. She would be allowed to

stay with her sons at the palace...but in return she would age. Diana had a great sense of humor, played the piano, sang, and danced.



(E)

The COVID-19 virus situation in Fond du Lac and around the world is very fluid and things may be changing frequently. We are in communication with our vendors and providers and will be waiting a couple of weeks to make any decisions about upcoming trips. If there are any changes with trips, we will reach out to anyone with reservations to give them an update.

Thank you for your patience during this unprecedented time.

### MARSH BOAT TOUR-HORICON



Thursday, June 4

\$82 IN

Whether you're an avid birdwatcher, an inquisitive nature enthusiast or just someone who's curious about the Horicon Marsh, you need to take this pontoon boat tour.



(E)

### CHARTER FISHING TRIP



Lake Michigan

Wednesday, June 10

\$155 IN



**YOU WILL NEED:**  
Wisconsin Fishing License and a Great Lake Salmon/Trout Stamp

(A)

### WHAT HAPPENS IN VEGAS

Fireside - Fort Atkinson

Wednesday, June 24

\$115 IN

The Fireside will pay tribute to many legendary performers in an all new live band show featuring Steve Watts and the celebrated Fireside Band. Frank Sinatra, Sammy Davis Jr., Judy Garland, Barry Manilow, Elvis Presley.

(E)

### GARDEN SHOPPING

Madison Area

Thursday, May 14

\$67 IN



(M)

### BREWER vs YANKEES

Thursday, May 21

\$68 DT

**Full payment due at sign-up**



(M)

### NEW LIFE LAVENDER FARM



Baraboo

Tuesday, June 30

\$82 IN

A family owned and operated lavender farm and cherry orchard, set on 40 acres in the Baraboo Bluffs.

Enjoy a wagon ride tour of the farm with a slice of their signature cherry lavender pie and a cup of tea served on fine china.



(E)

Ever wonder what other garden centers have to offer? Now is your chance to find out!

Join us on a fun excursion to the Madison Area to see what they have growing in their gardens.

You may even learn some gardening tips from your fellow travelers.



# HAPPY TRAVELERS OFFICE

19

(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



=

## 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.



**The REAL ID goes into effect October 1, 2020.**



## PUZZLING MYSTERY TRIP

June 14 - 20

Double \$769 | Single \$994

**14 Seats available**



Diamond Tour

## NIAGARA FALLS

July 12 - 18

DbI \$769 | Sgl \$1,054

**Filling 2nd Bus**



Diamond Tour

## REDISCOVER DOOR COUNTY

August 25 - 28

Double \$659 | Single \$825 | Triple \$618

**18 Seats available**



## PACIFIC NORTHWEST

September 27 - October 4

DbI \$3,099 | Sgl \$4,049

**2 Seats available**



Collette Tour



## NEW YORK CITY & THE STATUE OF LIBERTY

October 15 - 21

DbI \$895 | Sgl \$1209

**5 Seats available**



Diamond Tour

## TUNICA - Casino Capitol of the South & MEMPHIS - Home of the Blues

November 9 - 14

DbI \$609 | Sgl \$854

**18 Seats available**



Diamond Tour

## SPOTLIGHT ON NEW YORK CITY HOLIDAY

November 30 - December 4

DbI \$3,099 | Sgl \$4,099

**Price effective until June 30, 2020**



Collette Tour



## Coming In 2021

## CLASSICAL GREECE

February 21 - March 2, 2021

DbI \$3,099 | Sgl \$3,599

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## ONCE IN A LIFETIME TRIP!

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With Optional 3-Night Fiji Post Tour Extension

April 13 - May 2, 2021

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~~Double \$8,729;~~ Double \$8,129

~~Single \$10,429;~~ Single \$9,829

**Book by Oct 12, 2020 and SAVE \$600/person**



CONGRATULATIONS!

*Winners!*

Thanks to everyone who helped make our 3<sup>rd</sup> Annual Soup Contest Fundraiser a huge success. We raised \$500 which will be donated to the Fond du Lac Area United Way. **WE COULDN'T HAVE DONE IT WITHOUT YOU!**

**1<sup>st</sup> PLACE:**

Chief Keith's Beef Vegetable Soup – Comfort Keepers

**2<sup>nd</sup> PLACE - Three way tie:**

Chicken Alfredo Tortellini Soup – Lake View Place  
Ev's Stuffed Pepper Soup- Everett Werth  
Cabbage, Sausage, & Potato Soup – Cathy Wathan

**3<sup>rd</sup> PLACE - Three way tie:**

Tuscan Soup – Harbor Haven Health & Rehabilitation  
Easy Broccoli & Cheese Soup – Crossroads Care Center  
Ham & Bean Soup - Nan McGhee

BECOME A VOLUNTEER - MAKE A DIFFERENCE



We are looking for Volunteers to work in our gift shop. If you have a few spare hours each week and are interested in becoming a volunteer, call 322-3630 to learn more about this exciting opportunity!

**WHEN I'M 65**

Thursday, April 23 at 1:00 p.m.

Monday, May 18 at 1:00 p.m.

**Speaker: Julie Hilbert, of McNamara & Thiel**

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible and what the timelines are for those choices. This program is not just for those turning 65 but for anyone who has benefit concerns and questions.

To register, stop by the Senior Center or call 322-3630.

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

Monday through Friday, 10:00am - 4:00pm

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

### 2020 DINE OUT COUPON BOOKS



Same great price - \$7.00

Over 40 restaurants

50 plus coupons!

Get yours TODAY!

**Dine Out Coupon Books  
available in the Gift Shop!**



### 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!



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



## MONEY SMART WEEK

Register at the front desk or call 322-3630

### How to be Cyber Smart - Online & On The Go

Monday, April 6 at 9:45am

Learn how to be Cyber Smart online and on the go with a mobile phone. Includes identifying scams, what to know about Wi-Fi and what information not to share.

### Choosing a Financial Caregiver

Wednesday, April 8 at 1:00pm

A financial caregiver can help you avoid preventable problems, alert you to potential fraud and handle your affairs if you can't.

### Preparing for Long Term Care

Thursday, April 9 at 1:00pm

### Money Smart for Older Adults

Friday, April 10 at 1:00pm

Learn how to recognize & reduce the risk of elder financial exploitation, guard against identity theft, plan for unexpected loss of the ability to manage your finances and find other helpful resources on managing money and reporting financial exploitation.

## MEMORY SCREENINGS

Friday, April 10 from 9-10 a.m.

This FREE memory screening is a simple brain check-up that tests memory and other thinking skills. It includes a series of questions and can indicate if someone may need additional evaluations. Anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness should consider getting a screening. Memory screens do not diagnose memory loss, but can provide important information for you to share with your physician.

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

Space is limited, so sign-up early.

Priority is given to those with appointments.

Walk-ins are on a first-come, first-served basis.



## COFFEE WITH A COP

Tuesday, April 7 | 2:30 - 4:30pm

Stop in and visit with FDL Police Department officers. This is an opportunity to talk about community issues and learn more about PD initiatives. There will also be an opportunity to talk 1-on-1 if you would like.

## MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30am

**Informational Meeting:** Thursday, April 9 at 10:00am

Whispering Springs Golf Club Ballroom

380 Whispering Springs Dr., FDL

**League Start Date:** Thursday, April 30

**Tee Time:** 8:30am

If you have questions, call John Paluchniak at 960-8688 or Keith Kaiser at Whispering Springs, 921-8053.

League play is a great way to meet new people and have fun! If you enjoy relaxing round of golf, join us at the informational meeting to learn more about our **JUST FOR FUN** league. We are always looking for more players!

## LADIES PLAYFUL GOLF LEAGUE

### Orientation Lunch

Wednesday, April 29 at 11:30am

Sunset on the Water

N7364 Winnebago Dr., FDL

RSVP by April 22<sup>nd</sup>

Please contact Alice Dann at 920-753-5126:

- If you are you a NEW member coming to lunch.
- If you have questions regarding the LPG Club.
- If you need to RSVP for lunch.

The Ladies Playful Golf Club is not a league, but rather an informal way to get together and socialize with other ladies who like to golf. It's all about fun and making new friends! This club is open to any lady golfer with the basic knowledge of golf.



## 2020 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 .

- Wednesday, April 1: Pepper Steak
- Thursday, April 2: Smoked Sausage
- Friday, April 3: Spinach Lasagna
- Monday, April 6: Chili Casserole
- Tuesday, April 7: Pork Steak
- Wednesday, April 8: Baked Chicken
- Thursday, April 9: Escalloped Potatoes & Ham
- Friday, April 10: Crispy Fillet
- Monday, April 13: Glazed ham
- Tuesday, April 14: Chicken Cacciatore
- Wednesday, April 15: Salisbury Steak
- Thursday, April 16: Chicken, Broccoli & Rice Casserole
- Friday, April 17: Hamburger on a Bun
- Monday, April 20: Swiss Steak
- Tuesday, April 21: Sweet & Sour Meatballs
- Wednesday, April 22: Baked Chicken
- Thursday, April 23: Brat on a Bun
- Friday, April 24: Mush Pork Cutlet
- Monday, April 27: Orange Chicken
- Tuesday, April 28: Roast Beef
- Wednesday, April 29: Ham Rolls
- Thursday, April 30: Roast Turkey

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!

### PIZZA RANCH

1235 W Johnson St., FDL  
Thursday, April 2 at 12:00pm

**No need to register, just show up!**  
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!

### GINO'S

584 W Johnson St., FDL  
Friday, April 17  
Social at 4:30pm | Supper at 5:00pm

Call the Senior Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.

## 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

- |          |  |
|----------|--|
| April 7  | Faro's - Faros 131 N Pioneer., FDL               |
| April 14 | Schmitt's Bar & Grill - N7044 Winnebago Dr., FDL |
| April 21 | Lori's Bar & Grill - W8147 Co Rd Y, Oakfield     |
| April 28 | Jim & Linda's - W3496 County Rd W, Malone        |

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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



# ACTIVITY INDEX

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

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

## ART & DANCE

### **ART LAB**

Tuesdays at 10:00am

### **ART**

#### **UNLEASHING YOUR CREATIVITY**

Tuesdays at 12:30pm

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

### **BEGINNING COUNTRY LINE DANCING**

Saturdays at 9:00am

### **COUNTRY LINE DANCING**

Thursdays at 6:10pm

### **DANCES**

\$4.00 donation

Wednesday 7:30pm – 9:30pm

Call 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

### **BEGINNING GERMAN**

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

### **POT HEAD INSTANT POT COMMUNITY**

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

### **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 Nancy at 583-3770 for info.

#### **SUNSET STITCHERS QUILT GUILD**

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

Call Laura at 923-1693 for info.

### **RED HAT HONEYS**

Activities include Chorus, Umbrella Brigade & more. The cost is \$10 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

## GROUPS (cont.)

### **SLOW ROLL FONDY**

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

### **SCRAPBOOK CLUB**

Thursdays at 9:30am

Group does not meet 4<sup>th</sup> or 5<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**

Tuesdays at 10:00am

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.

### **CARDIO DRUMMING**

Fridays at 10:45am

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.)**

### **HIKING/WALKING CLUB**

Tuesdays & Thursdays at 10:00am

### **LOW IMPACT VIDEO EXERCISE**

Wednesdays at 10:00am

### **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**

#### **BRIDGE**

Tuesdays & Thursday 12:30pm

Beginning - Thursdays: 10:00am

*For information or to play, call Judy Rupp at 920-477-3021.*

#### **CANASTA**

1st, 3rd & 5th Wednesdays

at 12:00pm

#### **CRIBBAGE**

Tuesdays & Thursdays at 1:00pm

#### **EUCHRE**

Mondays at 1:00pm

#### **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): Sage Meadow

Assisted Living & Memory Care

4th Tuesday (even months): Lincoln House

5th Tuesday: Generations



# WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.

Let us 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, we can help you get answers to  
your Medicare questions at a neighborhood meeting.

**April 22nd, 10 - 11 AM**

Rolling Meadows  
947 S Rolling Meadows Dr  
Fond Du Lac, WI 54937

**April 16th, 6 - 7 PM**

Jirschele Insurance, LLC  
923 South Main Street  
Oshkosh, WI 54902

**April 28th, 11 - 12 PM**

Jirschele Insurance, LLC  
923 S Main Street  
Oshkosh, WI 54902

part  
**A**

**HOSPITAL  
STAYS**

part  
**B**

**DOCTOR  
VISITS**

part  
**C**

**MEDICARE  
ADVANTAGE**

part  
**D**

**PRESCRIPTION  
DRUGS**

## Contact us

to RSVP for a meeting or get  
more Medicare information.

Independent Sales Agent  
Jirschele Insurance, LLC  
920-299-4111  
[www.jirscheleinsure.com](http://www.jirscheleinsure.com)

As your independent health  
care resource, we can offer you  
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.

0024D9B5



# 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:

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

**THANK YOU FOR SUPPORTING THE FRIENDS!  
RENEW YOUR MEMBERSHIP NOW.**

☐ **\$\_\_\_\_\_ 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 **\$10 chapter dues**. The \$10 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

April 2020 Newsletter

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

\_\_\_\_\_ Computer





## Fond du Lac Senior Center

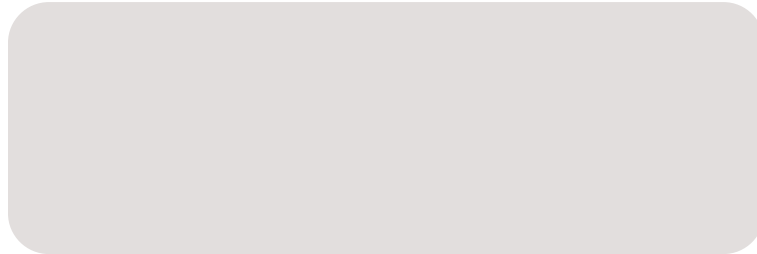
151 E. First Street  
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**PAID**

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*  
*Terri Resop*  
*Kathy Schreiber*  
*Mary Sue Waffle*  
*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

While the Center is handicap accessible, we do not provide any type of care giving services and are not a drop off adult day care center. Participants must be independent of activities of daily living in order to attend, or if they are not independent, a caregiver must accompany them.

*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.*