

AMONG FRIENDS

Newsletter



2020

A Free Monthly Publication
Vol. 11 • No. 3



What's Inside

Cathy's Corner	2
Volunteers Needed	3
Programs & Activities	4-7 & 9
Movies	8
Health & Wellness	10-11
Outreach	12
This & That	13
Activity Calendar	14-15
Programs & Activities	17
Happy Travelers	18-19
Real ID Information	20
Brown Paper Packages Gift Shop	21
Please Join Us	22
Dining	23
Activities Index	24-25
Membership Application	27

**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

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.

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

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



Don't forget to
"spring ahead"
one hour on
Sunday,
March 8th!

Newsletter Crew

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

Newsletter Deadline

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

Up-to-Date Information

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



Listen in for information about upcoming activities and events at the Senior Center each Monday when Cathy Loomans, Senior Center Director, joins Spencer Wagen on Fond du Lac Today.

Sponsored by Smith & Hatch Insurance.

Over the next couple of months, we are going to be offering some programs that I hope you will consider attending. The topics aren't "fun", they aren't lighthearted, they aren't the kind of things that will make you walk away with a smile on your face. But we wouldn't be doing our jobs if we didn't provide programs that addressed serious issues – issues that affect many of the people that we serve – your friends, your neighbors, people that you care about, or maybe even you.

The topics of these programs center around financial preparedness and elder abuse. This month's topic is Elder Abuse. What is elder abuse?

From the National Council on Aging, the types of elder abuse include:

- **Physical abuse** means inflicting physical pain or injury upon an older adult.
- **Sexual abuse** means touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- **Emotional abuse** means verbal assaults, threats of abuse, harassment, or intimidation.
- **Confinement** means restraining or isolating an older adult, other than for medical reasons.
- **Passive neglect** is a caregiver's failure to provide an older adult with life's necessities, including, but not limited to, food, clothing, shelter, or medical care.
- **Willful deprivation** means denying an older adult medication, medical care, shelter, food, a therapeutic device, or other physical assistance, and exposing that person to the risk of physical, mental, or emotional harm—except when the older, competent adult has expressed a desire to go without such care.
- **Financial exploitation** means the misuse or withholding of an older adult's resources by another.

The statistics around elder abuse are frightening. Elder mistreatment has been recognized as a largely hidden public health problem that affects over one in ten older adults each year, or roughly seven million people aged 60 and older in the U.S.

90% of abusers are family members or trusted others.

Almost one in ten financial abuse victims will need to turn to Medicaid as a direct result of their own monies being stolen from them.

Cognitive impairment and the need for help with activities of daily living make victims more vulnerable to financial abuse.

This month I would encourage you to come and learn more about this important and sensitive topic. Our hope is that we can help you identify what elder abuse looks like, and hopefully protect you or those you care about from becoming a victim. And please know that we are always here to help get you in touch with the appropriate resources if you believe that you or someone you care about is being victimized.

Also this month, we will be participating in National Healthcare Decision Day by having an educational session on the Power of Attorney for Healthcare as well as an opportunity for you to work through the document with a social worker.

Next month is Financial Literacy Month and Money Smart Week. We will be having some important and informative programs related to finances and aging. Next month's newsletter will have more information on these important programs.

Thank you for understanding the importance of these programs – hope to see you soon!

Cathy





BRAT FRY

We are looking for volunteers to help grill and serve during our 2020 brat fry season. Stop by the Senior Center or call 322-3630 to sign up for one or all dates. All proceeds support programs and activities at the Senior Center. **THANK YOU!**

Butcher Block - NFDL

Saturday, April 4th | 8:00am - 5:00pm

Festival Foods - FDL

Sunday, May 17 | 8:00am - 5:00pm
Saturday, June 13 | 8:00am - 5:00pm

Now **HIRING** Part & Full Time



Great job
for retirees!

929-8888

Now Accepting Applications for Residents

Pleasant Park Place provides residents a quality place to call home with wellness & therapeutic inspired programs

- Warm Home-like Environment • 1 & 2 Room Suites with Private Bath
- Cable & Utilities Included • Assisted Living & Memory Care

Call 920-896-0036 today!

20 BRAND NEW APARTMENTS
Including 4 Beautiful Suites



**Pleasant
Park Place, LLC**

1450 Pleasant Street, Ripon

NOW LEASING! 62 and Better

- 1 Bedrooms
- Rent based on income
- Utilities Included*
- Small pets welcome*

*some restrictions apply

MABESS MANOR APTS.

(920) 533-6090

Campbellsport, WI. EHO



*Our family serving your family
since 1857*

875 E. Division St. • Fond du Lac

920.922.6860

www.zacherlfuneralhome.com

LINCOLN HOUSE ASSISTED LIVING

Affordable housing for older adults

342 Forest Avenue

Providing Quality Care for Over 25 Years

- 24 Hours caring & trained staff • Family-oriented home setting
- Home Cooked Meals and more...

Call 922-7072

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

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



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

There's no cost to you!

(888) 672-0689

We're paid by our partner communities

Making Travel Possible & Affordable!



Call The ARC Fond du Lac
Today for Adventures

(920) 923-3810 ext: 7171 | www.arcfdl.org

PROGRAMS & ACTIVITIES



SCRAPBOOKING

1st, 2nd & 3rd
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.



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, March 10 at 9:00am.

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

BAGELS FROM THE BAGELMEISTER.

GENEALOGY GROUP

2nd and 4th
Wednesdays
1:00pm



New Members Always Welcome!



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

Warm Up with the Red Hats
Wednesday, March 11 at 11:30am
EL Patron Mexican Restaurant
306 Fourth St Way, FDL

Cost: Dutch Treat **Limit:** 35

Registration Deadline: Friday, March 6

Hostesses(s): Sr. Angie Behen, Mary Lee Pergande, Cecilia Ries, Judi Walters and Sr. Mary Rose Meis

Please bring your nametag and a can of soup to donate to the Food Pantry.

Contact Sr. Angie at 517-0427 with questions.

UMBRELLA BRIGADE

Come see their next performance:

Wednesday, March 25
2:00pm

Maple Meadows
1001 Primrose Lane, 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

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

MARCH
24

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

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

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

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

SENIOR SNAPPERS PHOTOGRAPHY GROUP

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, March 16

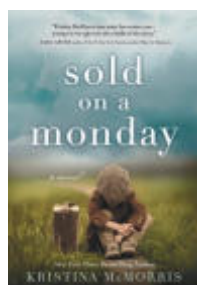
9:30am - 10:30am

BOOK OF THE MONTH:

Sold on a Monday

By: Kristina McMorris

Copies available at the Senior Center



BOOK DUE BACK BY Monday, March 16

The scrawled sign, peddling young siblings on a farmhouse porch, captures the desperation sweeping the country in 1931. It's an era of breadlines, bank runs, and impossible choices.

For struggling reporter Ellis Reed, the gut-wrenching scene evokes memories of his family's dark past. He snaps a photograph of the children, not meant for publication. But when the image leads to his big break, the consequences are devastating in ways he never imagined.

OBAMACARE/ MEDICARE SEMINAR

Tuesday, March 17

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

September 13 - March 27

We still have openings for new bowlers!



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 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!

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 - 1st, 3rd, & 5th 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, March 19 at 1:00pm

SPEAKER: Megan Ketter, Social Worker from Agnesian HealthCare, a member of SSM

In honor of National Healthcare Decision Day, Megan will be speaking about Health Care Power of Attorney. Megan will be available from 2-4pm to ask questions or get help filling out the Power of Attorney forms, if needed.

You can pickup the state Power of Attorney forms at the Senior Center.

EVERYONE WELCOME!



4th Thursday on the odd months, January - September

Thursday, March 26th at 1:00pm

GUEST SPEAKER: Sandy Bernier
Fond du Lac County Health Department

TOPIC: VAPING

When vaping products first came on the market, they were advertised as a safer alternative to smoking cigarettes. Well, as history is showing, that is not the case at all. Come and learn about the dangers of these products, what is being done to address the health issues and what you, as an individual, can do to help.

This will be a very enlightening presentation you won't want to miss. See you there!

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.



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

4th Thursday at 6:30pm

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

DIABETIC SUPPORT GROUP

3rd Tuesday at 3:00pm

Aurora Health Center - Fond du Lac
210 Wisconsin American Drive

Community Education Room (1st floor off clinic lobby)

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

LOCAL PARENTS OF ANGELS

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

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

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

PARKINSON'S SUPPORT GROUP

2nd Monday at 10:00am

Aurora Health Center - Fond du Lac

210 Wisconsin American Drive ~ American Room

THURSDAY, MARCH 5

Motherless Brooklyn

11:45am Lunch (optional)

1:00pm Movie

2019 • Drama /Crime • 2h 24m



Rated R by the Motion Picture Association of America for Drug Use/Content, Language, Sexual Situations, Violence.

Starring: Bruce Willis, Edward Norton, Alec Baldwin, Willem Dafoe, Gugu Mbatha-Raw, Bobby Cannavale, Cherry Jones

SUMMARY: Set against the backdrop of 1950s New York, "Motherless Brooklyn" follows Lionel Essrog, a lonely private detective afflicted with Tourette's Syndrome, as he ventures to solve the murder of his mentor and only friend, Frank Minna.

WEDNESDAY, MARCH 18

Harriet

11:45am Lunch (optional)

1:00pm Movie

2019 • Drama • 2h 5m



Rated PG-13 by the Motion Picture Association of America for Language, Thematic Elements, Violence

Starring: Joe Alwyn, Cynthia Erivo, Janelle Monáe, Jennifer Nettles, Tim Guinee, Vanessa Bell Calloway, Clarke Peters, Leslie Odom Jr., Tory Kittles, Vondie Curtis-Hall

SUMMARY: The incredible true story of one of America's greatest heroes, Harriet Tubman. From her escape from slavery to the dangerous missions she led, setting free hundreds of slaves through the Underground Railroad.

Mark your calendar for April movies:

Thursday, April 2: A Beautiful Day in the Neighborhood

Wednesday, April 15: Ford V. Ferrari

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!

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

For advertising info
call: 1-800-950-9952

FREE!
Savings Include an American
Standard Right Height Toilet
FREE! (\$500 Value)

AS SEEN ON
TV

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
844-889-2321
Or visit: www.walkintubinfo.com/safety

Winnabago
ORAL SURGERY

Christopher S. McFarlane DDS
Mark J. Ridenour DDS

Services provided:
IV Sedation
Dental Implant
Wisdom Tooth Removal
Tooth Removal

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

Visit our website at: www.mtins.net | 879 Forest Avenue • Fond du Lac, WI 54935

NEW PATIENTS WELCOME

155 N. Rolling Meadows Drive
Fond du Lac, WI 54937

(920) 921-5001

www.omswinnabago.com

\$50 OFF
any lift chair!
Plus **FREE**
Delivery!

SILICA
For Your Home

Fond du Lac | Beaver Dam | Watertown
shopsilica.com

St. Charles Cemetery

*A Peaceful Country Place
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 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
March 7, 14, 21

COUNTRY LINE DANCING

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

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

Off for the winter, returning in spring!

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

WINTER SESSION 2

Thursday, February 6, 13, 20
Thursday, March 5, 12, 19, 26
Thursday, April 2

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: February 4 - March 24

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

**Call Sarah at 322-3641
for more information.**

Tuesday / Thursday

5:00pm - 6:00pm

(Senior Center)

Monday / Wednesday

March 2 - May 5

8:30am - 9:30am

(Lake View Place)

\$45/Session

Tuesday / Thursday

March 3 - May 6

9:00am - 10:00am

(Lake View Place)

\$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

NEW TIME

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 Crossroads Care Center

Friday, March 13 at 9:00am

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, March 13 at 9:00am

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

FREE PAIN SCREENINGS

Sponsored by ATI Physical Therapy

Friday, March 13 at 9:00am

No appointment needed.



HEARING SCREENING/HEARING AID CLEANING

Sponsored by Hearing Life, formerly known as Avada Hearing Care Center

- FREE hearing screenings
- FREE hearing aid cleaning

Watch the newsletter for upcoming dates.

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

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.



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!



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.

Group B: 4th Tuesday of every month.

Locations to be announced.

Call Sarah for more details.

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

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

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

**United
Way**



OUTREACH VOLUNTEER MEETING

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



Thursday, March 26
12:30pm - 4:30pm

- ♦ Register and Pay: 12:30pm
- ♦ Class Start Time: 12:45pm
- ♦ 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.

SAVE THE DATE



Let's
FlaMINGLE
Volunteer
Appreciation Party

Thursday, April 23 | 11:00 - 1:30
Lakeside Park Pavilion

Watch the April newsletter for more information!



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.

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 or call us at 921-7526



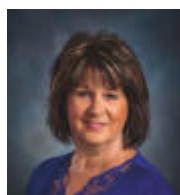
Briana Gens



Emily Lackas



Larry Goebel



Cathy Reines Steffes

Tuesday, March 17: 3:30 pm & 6:00 pm
Tuesday, April 21: 3:30 pm & 6:00 pm
Tuesday, May 19: 3:30pm & 6:00 pm
Where: 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 54937

920-921-7526 • goebelins.com

MARCH DAILY ACTIVITIES

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

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.	In addition to the daily activities above.
2 8:30 Strong Bodies	3 9:00 Strong Bodies 10:30 AARP Board Meeting 12:30 Art - Gnome on the Mushroom 1:00 Bingo-Sponsor: FDL Lutheran Home 5:00 Senior Dining - Wendt's Cocktails at 5pm - Dinner at 6pm 5:00 Strong Bodies 6:00 Winnebago Woodworkers NFDL HS	4 8:30 Strong Bodies 10:00 Jam Session Practice 12:00 Canasta	5 9:00 Beginning Yoga 9:00 Senior Outreach Meeting 9:00 Strong Bodies 9:30 Scrapbooking 10:30 Beginning /Intermediate Yoga 12:00 ROMEOS - Faros 1:00 Flying Geese Quilting Club 1:00 Movie - Motherless Brooklyn 5:00 Strong Bodies 5:30 Local Parents of Angels 6:10 Country Line Dancing	6 7 Saturday 9:00 Beg. Country Line Dance 8 Sunday
9 8:30 Strong Bodies 10:00 Parkinson's Support Group - Aurora Health Care	10 9:00 Bagels with Ben 9:00 Strong Bodies 12:30 Art - FDL Lighthouse at Sunset 12:30 Beading Buddies 1:00 Bingo-Sponsor: Comfort Keepers 2:00 Community Cares 5:00 Senior Dining - Brick House	11 8:30 Strong Bodies 10:00 Jam Session 11:30 Red Hat Honey's - Warm Up with the Red Hats 1:00 Genealogy Group 1:00 Pot Head Instant Pot Community 1:00 When I'm 65	12 9:00 Beginning Yoga 9:00 Strong Bodies 9:30 Scrapbooking 10:30 Beginning /Intermediate Yoga 10:30 Melodies and Memories Choir 5:00 Strong Bodies 6:10 Country Line Dancing	13 9:00 Blood Pressure & Blood Sugar 9:00 Pain Screenings 11:00 Pi Day Pie Social 14 Saturday 9:00 Beg. Country Line Dance

	<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>7:00 Sunset Stitchers Quilt Guild</p> <p>HT - Leave for South Africa</p>	<p>3:30 Supper Club - El Patrón</p> <p>Mexican Bar & Grill</p> <p>Social at 5:00pm - Dinner at 5:30pm</p> <p>15 Sunday</p>
<p>16</p> <p>8:30 Strong Bodies</p> <p>9:30 Book Club</p> <p>1:00 Elder Abuse Presentation</p>	<p>17</p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Alcohol Ink on tile painting</p> <p>1:00 Bingo-Sponsor: Almost Family</p> <p>3:00 Diabetic Support Group - FDL</p> <p>Aurora Health Center - FDL</p> <p>3:30 Obamacare/ Medicare Seminar</p> <p>5:00 Senior Dining - Blank's Lake Aire</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>18</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 - Harriet</p> <p>1:30 Community Cares</p> <p>Enrichment Activity</p> <p>7:00 Stamp Club</p>	<p>19</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>20</p> <p>9:00 Friends Board Meeting</p> <p>21 Saturday</p> <p>9:00 Beg. Country Line Dance</p> <p>22 Sunday</p>	
<p>23</p> <p>8:30 Newsletter Assembly</p> <p>8:30 Strong Bodies</p>	<p>24</p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Hummingbird in the Field</p> <p>12:30 Beading Buddies</p> <p>1:00 Bingo-Sponsor: Grancare</p> <p>2:00 Community Cares</p> <p>3:30 Parkinson's Movement & Music</p> <p>5:00 Senior Dining - Sunset</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers NFDL HS</p>	<p>25</p> <p>8:30 Strong Bodies</p> <p>10:00 Jam Session</p> <p>1:00 Genealogy Group</p> <p>1:00 Umbrella Brigade practice</p> <p>1:00 Pot Head Instant Pot Community</p> <p>2:00 Umbrella Brigade - Maple Meadows</p>	<p>26</p> <p>9:00 Beginning Yoga</p> <p>9:00 Strong Bodies</p> <p>10:30 Beginning /Intermediate Yoga</p> <p>12:30 AARP Drivers Safety</p> <p>1:00 TRIAD/ SALT</p> <p>5:00 Strong Bodies</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>27</p> <p>28 Saturday</p> <p>29 Sunday</p>	
<p>30</p> <p>8:30 Strong Bodies</p> <p>6:30 FDL Concert Association</p>	<p>31</p> <p>9:00 Strong Bodies</p> <p>12:30 Art - Open painting day</p> <p>1:00 Bingo-Sponsor: Generations</p> <p>5:00 Senior Dining - Gino's</p> <p>Cocktails at 5pm - Dinner at 6pm</p> <p>5:00 Strong Bodies</p>				<p>** All Brown Events are held Offsite.</p> <p>** All Red Events are New or Special Events.</p> <p>** All Green Events are Happy Travelers.</p> <p>BILLIARD ROOM</p> <p>Open daily for open pool except during league playing time.</p>

CATARACTS



YOU

get to choose drop-free
and laser-assisted.

Dr. Stephen Dudley
503 Doctors Ct.
Oshkosh
920-236-3540

Dr. Gerald Clarke
509 S. Washburn
Oshkosh
920-236-4160

Your local Family Care option
for personal care and support.



Some of the services we manage with you include:

- Care Management
- Medical Supplies & Equipment
- Personal Care
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about the Family Care Program,
contact your local Aging and Disability Resource
Center (ADRC).

www.lakelandcareinc.com



LAKELAND CARE

Local. Compassionate. Dependable.

DHS Approval 5/2/18

Living Long. Living Well.

- Assisted Living
- Skilled Nursing
- Rehabilitation
- Fitness & Wellness Programs



Lutheran Homes
& Health Services

Call us for more information!

920.921.9520



Todd A. Sarauer D.D.S.

Associated Family Dentistry, LLC

845 SOUTH MAIN STREET, SUITE 130
FOND DU LAC, WI 54935

(920) 922-7012

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

Care. Comfort. Commitment



Home Care and Hospice, Inc.
1028 S. Main St. Ste C
Fond Du Lac, WI
(877) 545-0551

www.generationshomeandhospice.com

**Now
Leasing!**



RIVERVIEW APARTMENTS
MEGLEI MANAGEMENT



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
- Near the YMCA and Public Transportation

Conveniently located near downtown

101 Western Avenue, Fond du Lac

Call or stop by today!



920-921-7298 | www.meglei.com



For ad info. call 1-800-950-9952 • www.4lpi.com

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

March 3

Gnome on the Mushroom

12 x 16 canvas - \$30



March 10

FDL Lighthouse at Sunset

12 x 16 canvas - \$30



March 17

Alcohol Ink on tile painting.

\$25



March 24

Hummingbird in the Field

8 x 24 canvas - \$35



March 31

Open painting day. Did you miss a past class? Now is your chance to choose what to paint. We have lots of great ideas too. \$30/canvas



PAYMENT IS DUE AT TIME OF REGISTRATION.

Please register and pay at the front desk.
No experience necessary. All levels welcome!

SELF-CARE LUNCHEON

Hosted by: Karen Kraus

Wednesday March 18th 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.

Beginning in March, 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!**

COIN CLUB

2nd Tuesday at 6:00pm

EVERYONE WELCOME!



TECH TYME

Thursdays, 12:30pm - 4:00pm

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

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

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





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



=

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.

See page 20 for details.



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 full buses - Waiting list

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

**NEW DATE
NEW PRICE**

CLASSICAL GREECE



February 21 - March 2, 2021

~~DbI \$3,429~~ → **DbI \$3,099**

~~Sgl \$3,929~~ → **Sgl \$3,599**

Collette Tour

ONCE IN A LIFETIME TRIP!

FROM THE OUTBACK TO THE GLACIERS

Australia & New Zealand

With Optional 3-Night Fiji Post Tour Extension

April 13 - May 2, 2021

Collette Tour



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

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

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

HAPPY TRAVELERS

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

19

DIRTY ROTTEN SCOUNDRELS

Palace Theatre - WI Dells

Thursday, April 2

\$92 IN



Dirty Rotten Scoundrels centers around two competing con men, living on the French Riviera. At first, the suave and experienced Lawrence Jameson takes the rookie con man, Freddy, under his wing. But soon Freddy is successful enough that he tries to compete directly with Lawrence. The competition comes to a peak when they agree that the first con man to extract \$50,000 from the female heiress, Christine Colgate, wins and the other must leave town forever.



GARDEN SHOPPING

Madison Area

Thursday, May 14

\$67 IN



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.

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 pon-toon boat tour.



CHARTER FISHING TRIP

Lake Michigan

Wednesday, June 10

\$155 IN



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

MIGHTY FORTRESS

The Church Basement Ladies

Fireside - Fort Atkinson

Wednesday, April 29

\$115 IN

Great fun spirited show.

Come enjoy the laughs!



WE'VE GOT A DATE!



BREWER vs YANKEES

Thursday, May 21

\$68 DT



Full payment due at sign-up



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.

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.



PRINCESS Di

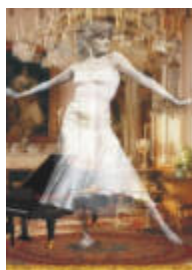
Menomonee Falls

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.



REAL ID INFORMATION

Beginning October 1, 2020, anyone planning to fly (even within the United States), visit a federal building, or visit a military base will be required to show identification that is REAL ID compliant (or show another acceptable form of identification, such as a passport). With this new Department of Homeland Security program, standard issue driver's licenses used as a form of identification will no longer be accepted for domestic air travel within the United States.



Depending on the itinerary and method of travel for our Happy Travelers trips, our travelers may be affected by this new requirement. Does your driver's license have the star in the corner as indicated by the red arrow on the sample license above? If not, please read on to find out more information about the Real ID.

What is Real ID?

According to the Department of Homeland Security, The REAL ID Act establishes minimum security standards for license issuance and production and prohibits Federal agencies from accepting for certain purposes driver's licenses and identification cards from states not meeting the Act's minimum standards. The purposes covered by the Act are: accessing Federal facilities, entering nuclear power plants, and, boarding federally regulated commercial aircraft. Here is some more information:

<https://wisconsin.gov/Pages/dmv/license-drivers/how-to-apply/realid.aspx>

What documents do I need to get a Real ID?

Here is a link for more information on what documents are acceptable as proof of ID in order to get your Real ID:

<https://wisconsin.gov/Pages/dmv/license-drivers/how-to-apply/identity.aspx>

Any questions?

If you are unsure about whether or not a Real ID is required for your Happy Travelers trip, please call the office at (920) 322-3635.

the Meadows
of Fond du Lac

ASSISTED LIVING
LIKE YOU'VE NEVER
SEEN IT BEFORE

goodlife
ASSISTED LIVING

For more information, contact:
Diann Roberts, Program Director
(920) 933-8090 | 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

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



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

www.jhcontrols.com
PERFORMANCE • INTEGRITY

Kurki-Mach Funeral Chapel & Crematory

Serving the Fond du Lac area
since 1892

920-921-4420

www.kurkimachfuneralchapel.com

Don Kurki
Owner/Funeral Director

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



Woodlands SENIOR PARK

Woodlands 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

Brown Paper Packages Gift Shop

Offering Your Favorite Things!



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

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

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

JUST IN TIME FOR SPRING!



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!



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!**

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

PLEASE JOIN US

ELDER ABUSE PRESENTATION

Monday, March 12 at 1:00pm

SPEAKER: Sarah O'Neil, Elder Abuse Enhanced Training Project Coordinator Justice Programs, Division of Law Enforcement Services State of Wisconsin Department of Justice

See it. Stop it. Report it.



THE POWER TO PREVENT ELDER ABUSE IS IN YOUR HANDS.

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

POT HEAD INSTANT POT COMMUNITY

2nd & 4th 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!

WHEN I'M 65

Wednesday, March 11 at 1:00 p.m.

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.



NATIONAL PI DAY

Pie Social

Friday, March 13

11:00am until gone

Join us for this **FREE** event to celebrate PI Day with delicious pie!

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

Thank you, Lake View Place for sponsoring this event!

CALLING ALL GOLFERS

MEN'S GOLF LEAGUE

Informational Meeting

Thursday, April 9 at 10:00am

Whispering Springs Golf Club Ballroom
380 Whispering Springs Dr., FDL

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

Watch the April Newsletter for information on the upcoming orientation meeting.

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 .

- Monday, March 2: Swiss Steak
- Tuesday, March 3: Meatballs in Honey
- Wednesday, March 4: Pork Steak
- Thursday, March 5: Chicken Teriyaki
- Friday, March 6: Macaroni & Cheese Casserole
- Monday, March 9: Ring Bologna
- Tuesday, March 10: Beef Stew
- Wednesday, March 11: Baked Chicken
- Thursday, March 12: Pork Jaegerschnitzel
- Friday, March 13: Salmon Loaf
- Monday, March 16: Ham Rolls
- Tuesday, March 17: Corned Beef
- Wednesday, March 18: Chicken Breasts
- Thursday, March 19: Swedish Meatballs
- Friday, March 20: Crispy Fish Fillet
- Monday, March 23: BBQ Pork Cutlet
- Tuesday, March 24: Baked Chicken
- Wednesday, March 25: Meatloaf
- Thursday, March 26: Chopped Steak in Burg/Mush Sauce
- Friday, March 27: Tuna Casserole
- Monday, March 30: Chicken Marsala
- Tuesday, March 31: Salisbury Steak

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!

FAROS

131 N Pioneer., FDL
Thursday, March 5 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!

EL PATRÓN MEXICAN BAR & GRILL

306 Fourth St Way, FDL
Saturday, March 14
Social at 3:00pm | Supper at 3:30pm

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

- March 3 **Wendy's** - N9699 Lakeshore Dr., Van Dyne
- March 10 **Brick House** - 161 S Main St, FDL
- March 17 **Blank's Lake Aire** - N8751 Lakeshore Dr., FDL
- March 24 **Sunset on the Water** - N7364 Winnebago Dr., FDL
- March 31 **Gino's** - 584 W Johnson St., 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)

1st Thursday at 12:00pm

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

SUPPER CLUB

Dates and restaurants vary.

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

SENIOR DINING GROUP

Tuesdays at 5:00pm

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

GROUPS

BAGELS WITH BEN

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

BOOK CLUB

3rd Monday at 9:30am

BEADING BUDDIES

2nd & 4th Tuesdays at 12:30pm

GROUPS (cont.)

BUNCO

Mondays at 1:00pm

COIN CLUB

2nd Tuesday at 6:00pm

GAME DAY

Fridays at 1:00pm

GENEALOGY

2nd & 4th Wednesday at 1:00pm

BEGINNING GERMAN

Mondays at 1:00pm

GOEBEL INSURANCE & FINANCIAL

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

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00am

JAM SESSION

2nd & 4th Wednesdays at 10:00am

JAM SESSION PRACTICE

1st & 3rd Wednesdays at 10:00am

POT HEAD INSTANT POT COMMUNITY

2nd & 4th Wednesdays at 1:00pm

SENIOR SNAPPERS

Review dates:

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

QUILTING

FLYING GEESE QUILTING CLUB

1st Thursday at 1:00pm

3rd Thursday at 11:45pm

Call Nancy at 583-3770 for info.

SUNSET STITCHERS QUILT GUILD

2nd Thursday at 7:00pm

Call Laura at 923-1693 for info.

RED HAT HONEYS

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

4th Wednesday at 6:00pm

SCRAPBOOK CLUB

Thursdays at 9:30am

Group does not meet 4th or 5th Thursday of the month.

STITCHERY

Tuesdays at 1:00pm

STAMP CLUB

3rd Wednesday at 7:00pm

(except March, July and December)

TECH TYME

Thursday's at 12:30

TOPS (Take Off Pounds Sensibly) Chapter #0566

Thursdays: 5:30 weigh in
6:00 meeting

WINNEBAGO WOODWORKERS

2nd Tuesday at 6:00pm

General meeting held at the FDL Senior Center.

Other Tuesdays 6:00pm

Workshop meetings at Horace Mann High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for more info.

WOODCARVING GROUP

Mondays at 9:00am

MEMORY WRITERS GROUP

Fridays at 1:00pm

HEALTH & WELLNESS

BALANCE & STRETCH

Mondays at 9:00am

Fridays at 10:00am

BIKE RIDE

2nd Tuesday at 9:00am

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

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**

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
Jirschele Insurance, LLC
920-299-4111
www.jirscheleinsure.com

As your independent health
care resource, I 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.

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:

☐ **\$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

March 2020 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

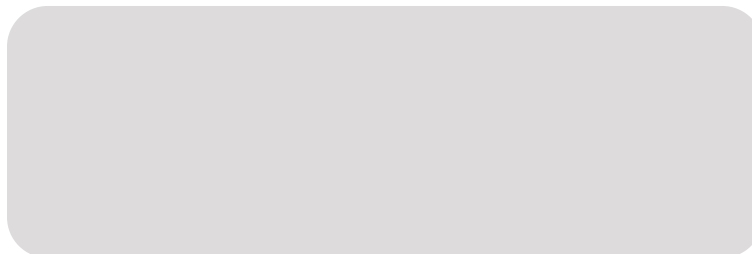
151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE

PAID

FOND DU LAC, WIS
PERMIT NO. 129

OR CURRENT RESIDENT



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

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

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

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.