

Thompson Center on Lourdes Monthly Newsletter

 **TCoL**

Thompson Center on Lourdes

Celebrating life after 50

BUZZ



NOVEMBER

2022



There is always
something to be
THANKFUL for...

We are **THANKFUL**
for **YOU!**

TCoL HOURS OF OPERATION

9:00AM - 4:00PM MONDAY THROUGH FRIDAY



TEMPORARY LOCATION THROUGH 11/18

Sacred Heart Parish, 222 E. Fremont St. Appleton, WI
(920) 939-3088 www.thetcol.org
Wheelchair Accessible with Ample Parking



Schedule of TCoL Activities

MONDAY

CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
Pickleball	8:30 – 3:00*	\$3.00	Pg. 8, *Timed Slots
Cribbage	9:00 – 12:00	\$2.00	Pg.11
Watercolors	9:00 – 12:00	\$13.00	Pg.12
Hallelujah Chorus	9:30 – 11:00	\$3.00	Pg.13
Chair Yoga	11:00 – 12:00	\$3.00	Pg. 8,*Silver Sneaker Discount
Tai-Chi	1:00 – 2:00	ADRC	
Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.12
Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.11
Technology	2:00 – 3:00	Free	Pg.12, (11/14 and 11/28)

TUESDAY

Pickleball	8:30 – 3:00*	\$3.00	Pg. 8, *Timed Slots
Strong Bodies	9:30 – 10:30	ADRC	
Young at Heart Choir	10:30 – 12:00	\$3.00	Pg.13
Tai-Chi	11:00 – 12:00	ADRC	
Card Making/Scrapbooking	12:30 – 3:30	\$2.00	Pg. 14 (11/8 and 11/22)

WEDNESDAY

Pickleball	8:30 – 10:30*	\$3.00	Pg. 8, *Timed Slots
Open Cards	9:00 – 12:00	\$2.00	Pg.11
Bible Study	10:00 – 12:00	\$2.00	Pg.15
Chair Yoga	11:00 – 12:00	\$3.00	Pg. 8, *Silver Sneaker Discount
Tai Chi	1:00 – 2:00	ADRC	
Bingo	1:00 – 3:00	\$2.00	Pg.15,*Bring (3) \$1.00 Prizes
Euchre	1:00 – 4:00	\$2.00	Pg.11

THURSDAY

Cribbage	9:00 – 12:00	\$2.00	Pg.11
Open Painting	9:00 – 1:00	\$2.00	Pg.15
Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.10
Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.10
Tai-Chi	11:00 – 12:00	ADRC	
Sheepshead	1:00 – 4:00	\$2.00	Pg.11

FRIDAY

Pickleball	8:30 – 3:00*	\$3.00	Pg. 8, *Timed Slots
Wood Carving	9:00 – 12:00	\$2.00	Pg.16
Open Cards	9:00 – 12:00	\$2.00	Pg.11
Strong Bodies	9:30 – 10:30	ADRC	
Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.10
Open Sewing & Quilting	12:00 – 3:30	\$2.00	Pg.16
Bridge	12:30 – 3:30	\$2.00	Pg.11
Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.10

Schedule of Special Events in November

Wednesday, November 2 , Network Health, Cooking Demo, 1:30-2:30, pg. 19
Monday, November 7 , TCoL Veterans Luncheon, 11:30-2:00, pg. 5
Tuesday, November 8 , Fused Glass, Ornaments and Trees, 10:30-12:30, pg. 14
Tuesday, November 8 , CarePatrol, Ask the Advisor, 11:30-1:00, pg. 19
Tuesday, November 8 , Hooper Law, Elder Law WS, Plan for When a Loved One Needs Care, 1:00-2:30, pg. 19
Friday, November 11 , St. Paul Elder Services, Lunch & Learn, Caregiver Support Strategies, 11:30-1:00, pg.20
Monday, November 14 , Technology Basics Workshop, Email Basics, 2:00-3:00, pg. 12
Tuesday, November 15 , Appleton Historical Society, History of the Appleton Boy Choir, 2:00-3:00, pg. 20
Wednesday, November 16 , Step by Step Canvas Painting, Fall Birch Tree, 10:00-11:30, pg. 20
Thursday, November 17 , Book Club, <i>Before We Were Yours</i> , by Lisa Wingate, 1:30-3:00, pg. 15
Friday, November 18 , Advance Care Planning, Successful Aging, 1:00-2:30, pg. 21
Tuesday, November 22 , CarePatrol, Senior Living 101, 1:00-2:00, pg. 21
Monday, November 28 , Technology Basics Workshop, Tech Basics Q & A, 2:00-3:00, pg. 12
Tuesday, November 29 , Appleton Public Library, Genealogy Series, Land Records, 9:30-11:00 pg. 21
Tuesday, November 29 , AEGIS Financial, Lunch & Learn, Social Security Benefits, 11:00-12:30, pg. 22
Wednesday, November 30 , Bus Trip to Fireside Theater, Bus Departs 7:15 and returns 6:30 SOLD OUT
Wednesday, November 30 , Caregiver Support, 9:30-11:30, pg. 22
Wednesday, November 30 , Appleton Police, Seniors And Law Enforcement Together, 1:30-2:30, pg. 22

At the time the November BUZZ went to print, all listed TCoL activities were accurate and scheduled to be offered as advertised. As circumstances can change, some activities may have since been modified, postponed, or canceled. Please check the TCoL website at www.thetcol.org or give us a call at (920) 939-3088 for the most current information.

**Please bring all supplies and materials for classes.
Limited supplies will be on site at Sacred Heart.**

No Coffee, Soda, Snacks, Bottled Water, or Copier available at this time



REOPENING

NOVEMBER 21!

On Monday, November 21 the Thompson Center will reopen to participants at the St. Bernadette Campus! Please join us back at our location for all of your favorite classes.

Pickleball and Line Dancing will remain at Sacred Heart

Greetings From Djuanna Kath

Greetings Friends,

It's November, a time to be thankful, grateful and to feel blessed. In my months here at TCoL, I can say that I have found so many reasons to feel thankful, grateful and blessed. Every day is an opportunity to reflect on the wonderful things around us, like crisp air, fall leaves, the scent of a bonfire or the smell of apple crisp baking in the oven and most importantly, the kindness of others.

Since the fire at our center on August 11th, we have seen a multitude of kindness from many individuals and organizations, and we are so grateful.

We would like to thank Sacred Heart Parish for allowing us their space and accommodating our many requests. The staff has been wonderful to work with and we will miss them immensely!

Thank you to St. Bernadette's team for their due diligence in getting us back into the building quickly and for keeping us informed of the progress. We can't wait to be back at home.

Thank you to Ben and his team at Go Pack Storage for working with us so that we can have a place to house the many donations that continue to arrive.

Speaking of donations, thank you to The Bookstore, for donating hundreds and hundreds of books to go back into our library at TCoL.

Thank you to Home Depot, Heid Music, Appleton YMCA, Yoga Elements and 95 Yoga House for donations to our programs.

Thank you to Paul Davis Restoration and Midwest Restoration for countless hours of cleaning and restoration of the building and its contents, so that we can be back way before we ever imagined.

Thank you to Aaron of Wisconsin Document Image for the loaner copier, enabling us the ability to print until we're able to be back in our building.

Thank you to our wonderful volunteer, Vicki, for housing our birds since August 12th. Although I am sure they've enjoyed their vacation, we cannot wait to have them back in-house with us.

We also thank you, our wonderful participants and volunteers for your donations of puzzles, office supplies, dollars and your valuable time.

Lastly, thank you to the Board of Directors and to the wonderful staff at TCoL. I am honored to be a part of this rewarding organization and the amazing team that represents it on a daily basis. You make me grateful each and every day.

Truly blessed,

Djuanna "Dj" Kath
Executive Director



Thank You!

Veterans Day Luncheon



THOMPSON CENTER
ON LOURDES AND
CIVIC LEAGUE
Presents

Veterans Day Lunch

Featuring
**THE ROCKE
FAMILY**

**MONDAY
NOVEMBER 7, 2022**

NO WALK-INS ALLOWED

**11:30 - 2:00PM
SACRED HEART GYM
FREE ADMISSION
RSVP: (920)939-3088**

**AS A THANK YOU FOR YOUR SERVICE, PLEASE JOIN US
FOR A FREE LUNCH! ALL VETERANS, WIVES, WIDOWS,
AND WIDOWERS OF VETERANS ARE WELCOME.**

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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Rock Those Bells *Christmas Choir Concert*

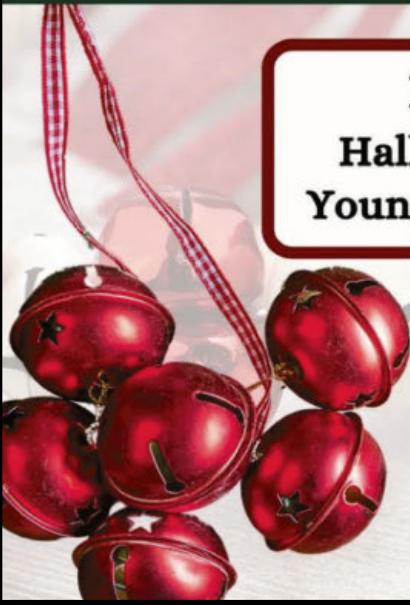
Featuring
Hallelujah Chorus
Young at Heart Choir

Monday, December 12
1:00 - 3:00PM
Cost: \$5
(920)939-3088

Pre-registration required

Come listen to the sounds of the season performed by TCoL's Choirs. Holiday treats, coffee, and water provided.

Sponsored By:



Step by Step Canvas Painting

With Hallie Dix



Wednesday,
December 7th
10:00 - 11:30am
Cost: \$25
Two Birds on a Branch



Wednesday,
December 21
10:00 - 11:30am
Cost: \$25
Winter Trees

Join Hallie Dix as she leads you through step by step instructions and a variety of techniques to create these winter masterpieces.

Pre-Registration Required - Space is Limited



3rd Annual Giving Tree

Simply collect a tag throughout November, buy the gift and return unwrapped to the collection box at TCoL before December 19th. All gifts will be personally needed or requested by a senior with limited resources living in a local assisted living community. Partnered with CarePatrol, let's pull together to bring Seniors in assisted living communities Christmas cheer!

Questions? Contact Jena Kloepfel at (920)404-5021



Wellness Activities



PICKLEBALL

\$3

	8:30AM - 10:30AM	11:00AM - 1:00PM	1:00PM - 3:00PM
MONDAY:	Intermediate Play	CLOSED	Open Play
TUESDAY:	Open Play	CLOSED	Open Play
WEDNESDAY:	Intermediate Play	CLOSED	CLOSED
FRIDAY:	Intermediate Play	CLOSED	Open Play

MAKE SURE YOU'RE READY TO PLAY!
PREREGISTER: www.thetcol.org/pickleball/
 Registration requests are required by 2pm the day before date of play.
SCHEDULE: Times are subject to change - pre-registration is required for play
LOCATION: Sacred Heart Parish Gym - 222 E. Fremont St., Appleton, WI 54915

Intro to Pickleball

\$6 Covers both sessions

Tuesday, December 6th & 13th
1:00 - 3:00PM
Sacred Heart Parish Gym
(920)939-3088

Are you interested in playing pickleball but not sure how to start? This two class Introduction to Pickleball will go over the rules of play, court layout, scoring, and playing the game.

Pre-Registration Required **Space is limited to 8 students and you must attend both sessions**



CHAIR YOGA

\$3

MONDAYS: 11:00AM - 12:00PM
WEDNESDAYS: 11:00AM - 12:00PM

FREE for Silver Sneakers Members

PRE-REGISTRATION REQUIRED



No Class Nov. 9

Happy Birthday

TO ALL OF OUR NOVEMBER BABIES!

"Be present in all things and thankful for all." ~Maya Angelou

Receive one FREE activity during your birthday week! *Additional program fees not included



Wellness Activities

Cardio Drumming

Thursday, Nov. 17
1:30 - 2:30PM

Tuesday, Nov. 29
2:00 - 3:00PM

Cost: \$2 - (920)939-3088

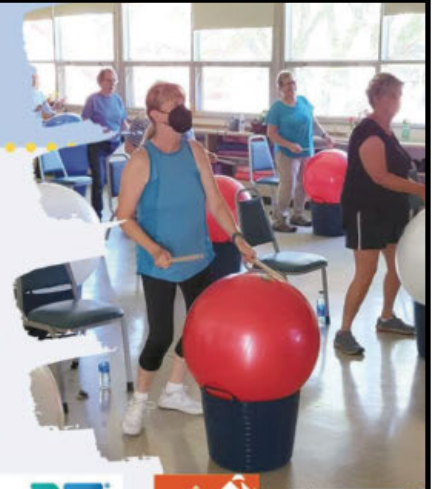
Pre-Registration Required

Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's a fun way to get your heart rate up and improve your rhythm. You don't need to be a drummer to do it! **Adaptable for any fitness level!**

Thank you!

SCHEELS

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Jumping into Action!

Donate today!
www.thetcol.org



Celebrate Veteran's Day

November 11th
Appleton Retirement Community

IN MEMORY OF MANY, IN HONOR OF ALL,
YOUR BRAVERY AND SERVICE
WILL NEVER BE FORGOTTEN



10-11am

Service of Remembrance with the
Vietnam Veterans of America Chapter 351

11:15-11:45am

Learn from Let's Talk, Fox Valley,
about the benefits of Advance Care Planning
and how it can create a great memory
for your loved ones! 2nd floor lounge

Noon

Stay for a chili lunch
(regular chili or white chicken chili)
(no cost but RSVP is needed)



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Thompson Center on Lourdes, Appleton, WI

B 4C 01-1068

Wellness Activities

LINE DANCING Beginner & Intermediate

Beginner:

Thursdays 9:45 - 10:45AM

Intermediate:

Thursdays 11:00 - 12:00PM

\$4

Participant's Account MUST Have Sufficient Funds Before or Upon Requesting Registration.

REGISTRATION: www.thetcol.org

SACRED HEART PARISH 222 E. Fremont St., Appleton, WI 54915



**No Class
Nov. 3 & 10
Dec. 1**

Gentle Flow Yoga

FRIDAYS

11:00AM - 12:00PM

This practice is great if you are new to yoga, want a slower paced practice, or have physical limitations.

Pre-Registration Required



**No Class Nov. 4th
Makeup Class -
Wed. Nov. 2nd from
9:30 - 10:30AM**



**No Class Nov. 4th
Makeup Class -
Wed. Nov. 2nd from
3:00 to 4:00PM**

Gentle Chair Yoga

FRIDAYS

3:00PM - 4:00PM

This practice emphasizes what we can do and offers modifications to poses for individual benefit.

Pre-Registration Required


\$3

per session

Yes, You MUST Request to Attend Class Each Week and Have Updated Forms on File!

HERE'S HOW TO REQUEST:

Online registration can be found under the **REGISTRATION & WAIVERS** tab

 www.thetcol.org

 920-939-3088

Please leave a voice message with the following:

- Your Full Name
- Phone Number
- Class Name
- Class Date

At Thompson Center on Lourdes, it's our mission to *Enable Everyone to Celebrate Life*. To help achieve this, participants must submit a request for the classes they wish to attend each week.

Forms can be found at: www.thetcol.org

CARD GAMES

**NO CARDS
NOV. 4, 9,
& 10**

\$2

	9:00AM - 12:00PM	1:00PM - 4:00PM
MONDAY	Cribbage	Pinochle/Canasta
WEDNESDAY	Open Cards	Euchre
THURSDAY	Cribbage	Sheepshead
FRIDAY	Open Cards	Bridge (starts at 12:30pm)

Pre-Registration required for play

CLOSING POLICY

WHEN THE APPLETON SCHOOL DISTRICT CLOSES DUE TO WEATHER, THOMPSON CENTER ON LOURDES WILL ALSO CLOSE. IF THE SCHOOLS HAVE A DELAYED START DUE TO WEATHER, TCoL WILL OPEN AT 10:30AM.

WBAY ACTION 2 NEWS WILL ANNOUNCE WINTER CLOSINGS.



SUPPORT THE ADVERTISERS

that Support our Community!



Activities

Watercolor Classes

\$13.00
PER CLASS

MONDAYS 9:00AM - 12:00PM

Suggested Supplies List:

No supplies will be provided

Brushes: #8 Round, #12 Round, Flat ¼ inch wide brush, & Liner brush

Other: 11 x 15 Tablet, Watercolor Paints, Cup for water

TCoL Activity Fee: \$5

Instructor Fee: \$8 to be paid separately

Pre-registration required



CROCHET & KNITTING

MONDAYS

1:00PM - 3:00PM

\$2

Bring your projects, questions, and creativity! Pre-registration Required

TECHNOLOGY BASICS WORKSHOPS

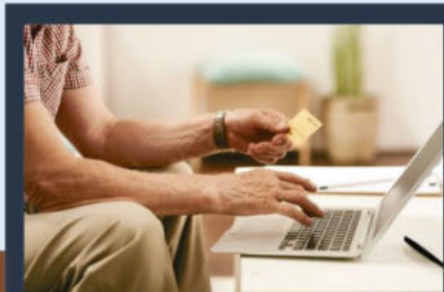
FREE 2:00 - 3:00PM

MONDAY, NOV. 14TH

Email Basics

MONDAY, NOV. 28TH

Tech Basics Q & A



Workshops will cover computer, phones, and tablets

Pre-Registration Required



Unleash Generosity

November 29, 2022

GIVING TUESDAY

Generosity gives everyone the power to make a positive change in the lives of others and is a fundamental value anyone can act on.

Activities

Join the... **Hallelujah Chorus**

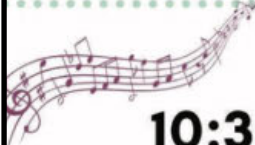
Mondays
9:30 - 11:00AM **\$3**



If you love singing along with classic church hymns and songs. This choir is made for you!
Everyone is welcome - No Experience Necessary. **Pre-Registration Required**

Join the... **Young at Heart Choir**

Tuesdays
10:30AM to 12:00PM **\$3**



Enjoy singing? Want to have lots of fun while singing? This is your choir!
Everyone is welcome - No Experience Necessary. **Pre-Registration Required**

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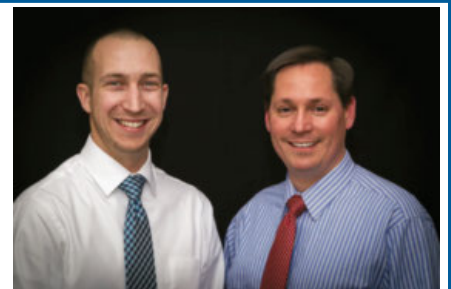
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Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

Activities

FUSED GLASS CLASS

November Project: Ornaments and Trees

TUESDAY, NOVEMBER 8TH
10:30AM - 12:30PM
Cost: \$12 - (920)939-3088
Pre-Registration Required

Date
Changed

TCoL Activity Fee: \$2, Materials Fee: \$10/project to be paid separately. Pre-registration Required

Card Making/Scrapbooking

Let's have
fun with
stamps and
paper!

Tuesday, November 8th & 22nd
12:30 - 3:30PM
Cost: \$2 - (920)939-3088
Thompson Center on Lourdes
Pre-Registration Required

Starting to think of gifts and cards for the upcoming holiday? Come and create cards and a gift tag. A variety of holiday papers will be available for you to create your one of a kind gift tag and cards based on the designs in the photo.



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

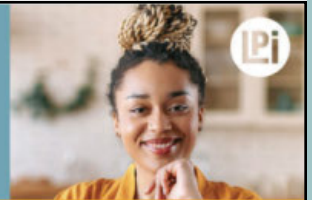
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Thompson Center on Lourdes, Appleton, WI

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Activities

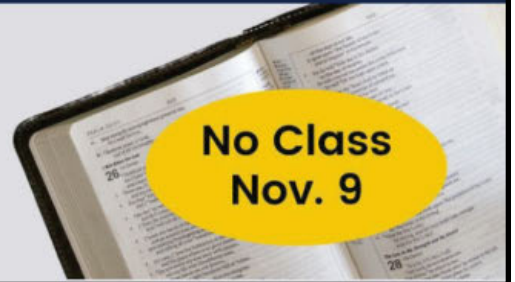
BIBLE STUDY

Pre-registration Required

WEDNESDAYS
10:00AM - 12:00PM

\$2

Session Study: Living Lessons from Philippians by Max Lucado
Guides will be available to purchase during class



WEDNESDAYS

1:00 - 3:00PM

\$2

Please bring in three \$1 prizes



Pre-registration Required

Thank you Dimensions Living for your sponsorship of additional Bingo Prizes



No Bingo
Nov. 9th



Open Painting

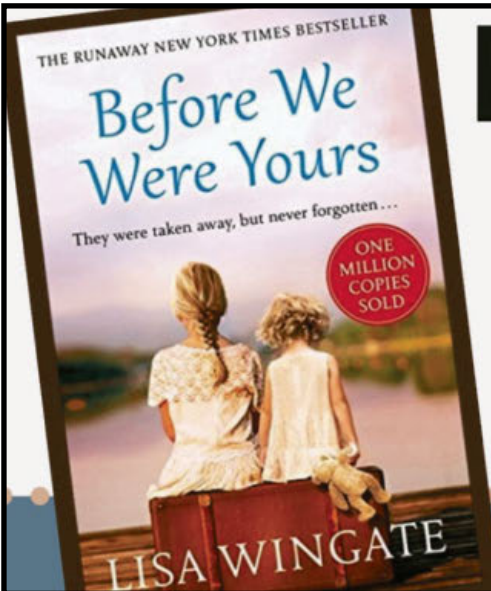
\$2

9:00AM - 1:00PM
THURSDAYS

Pre-registration required

No Class
Nov. 10

Bring your supplies and your project, no matter the medium!



Book Club

THURSDAY, NOVEMBER 17TH
1:30 - 3:00PM
FREE - (920)939-3088

Thursday, Dec. 8th - 1:30-3:00PM
Book To Be Determined
Book Pickup Week of Nov. 7th



TCOL will reserve books for registered participants
Pre-Registration Required

Activities

SEWING & QUILTING

FRIDAYS

12:00PM - 3:30PM

- Limited Outlets, Iron, & Board Available
- Please bring all other supplies and materials

\$2

Pre-Registration is required



**NO CLASS
NOV. 4TH**

Wood Carving \$2

FRIDAYS 9:00 - 12:00PM

Limited outlets available - Pre-registration Required
Bring your own tools and project.



No Class Nov. 4th

If you'd like the newsletter sent to you electronically,
e-mail register@thetcol.org

Door County Bus Trip 2022

Thank you to all who came along!





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F 4C 01-1068



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The Hoffman Memory Care Resource Center

St. Paul Palliative Care and Hospice Services

The Memory Care Center within the Neuroscience Group

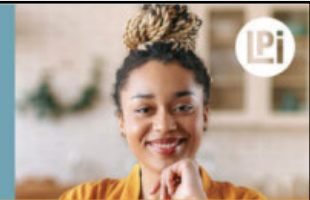
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www.4ipi.com/careers



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Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

COOKING DEMO



WEDNESDAY, NOVEMBER 2ND

1:30 - 2:30PM

FREE - (920)939-3088

SPOTS ARE LIMITED!
PRE-REGISTRATION REQUIRED

Join Network Health for a healthy cooking demonstration and presentation. Enjoy a sample and take home a recipe card to enjoy at home!



ASK THE ADVISOR

Presented By:

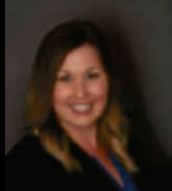


Tuesday, November 8th

11:30AM - 1:00PM

FREE - (920)939-3088

Pre-Register
or Pop in Any
Time!



Are you curious to know more about senior home safety, assisted living or even the big question "can I afford care?" Pop in to have a face to face conversation with Jena Kloepfel from CarePatrol, Senior Care Advisor and Senior Home Safety Specialist to get your questions answered.

Elder Law Workshop

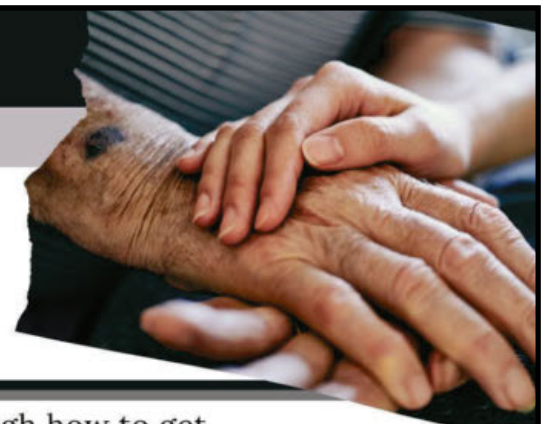
Planning for When a Loved One Needs Care

Tuesday, November 8th

1:00 - 2:30PM

FREE - (920)939-3088

Pre-Registration Required



My loved one needs care, now what? We're going to run through how to get started finding good care and what financial considerations or protections each family should know such as: what needs to be spent on care, what are exempt assets, what assistance programs may help pay for care, and whether you have planning options for this emergency.



St. Paul Lunch & Learn

Caregiver Support Strategies

Friday, November 11th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088

Pre-Registration Required!



 **St. Paul Elder Services, Inc.**
... where life is cherished.

HISTORY OF THE APPLETON BOY CHOIR

Presented by: Appleton Historical Society



Tuesday, November 15th
2:00 - 3:00PM

FREE - (920)939-3088

Pre-Registration Required

Join Kevin Meidl from the Appleton Boy Choir as he shares his knowledge and history of the choir.



Step by Step Canvas Painting

With Hallie Dix

Wednesday, November 16

10:00 - 11:30am

Cost: \$25

All instruction and materials included - \$20
TCoL Activity Fee - \$5

Pre-Registration Required - Space is Limited



Join Hallie Dix as she leads you through step by step instructions and a variety of techniques to create a fall birch tree masterpiece.



FREE WORKSHOP: Successful Aging

Friday, November 18th

1:00-2:00PM
(920)939-3088

**Pre-Registration
Required**

**Join Bobbie Thompson to learn about FIVE
Important Components to help you Age Better!**



*Make sure the people who
matter to you know what
matters most.*

**Let's Talk,
Fox Valley**

Sponsored by Fox Valley
Advance Care Planning Partnership

SENIOR LIVING 101

Learn about the Differences in Senior Care

Presented By:



CARE Patrol
Your Partner In Senior Care Solutions

Tuesday, November 22nd

1:00 - 2:00PM

FREE - (920)939-3088

Pre-Registration Required

RCAC, CBRF, adult family homes - Oh My! The phrase Senior Living or Retirement Community can be very overwhelming and misleading. Join Jena Kloepfel from CarePatrol to learn all things senior care and have your chance to ask the expert.



Genealogy

In Partnership
with the:

**Appleton
Public Library**

Have you thought about
researching your family tree?
Join Appleton Public Library's
Local History Librarian.

Tuesday, November 29th
9:30 - 11:00 AM
FREE - (920)939-3088

Topic: Land Records

Land records are some of the most underutilized genealogy resources. Join us as we learn how to locate land records and use them in our genealogy research! We'll also discuss how your ancestors may have gotten land through things like military service or through the Homestead Act.

Pre-Registration Required

Optional: Bring own laptop or tablet



Upcoming Programs

December 20

- Q & A

Social Security Benefits

Your Questions Answered

Tuesday, November 29th
11:00AM - 12:30PM
FREE - Lunch & Learn
(920)939-3088

**Pre-Registration
Required**



Claiming Social Security benefits usually is preceded by numerous questions. When to file? Can we still work while receiving benefits? What if my spouse died? How does my recent marriage or divorce affect my benefits? This FREE Lunch & Learn seminar seeks to shed light on those questions and is specifically geared to individuals aged 60 to 70 years old.



Disclosure: Advisory products and services offered through AEGIS Financial, a registered investment advisor. This article is for informational purposes only, please consult your tax, legal, and accounting professionals before modifying your tax strategy.



You are not alone. More than 5 million Americans are living with Alzheimer's and more than 16 million friends and family help provide care for them.
Connect with others who understand.

alzheimer's association®

FREE CAREGIVER SUPPORT GROUP

Wed. November 30, 2022
9:30 - 11:30AM

Spouses and adult children of individuals affected by dementia or Alzheimer memory loss are welcome to join us monthly as we provide support and educational guidance on your care-giving journey.

Pre-Registration Required - (920)939-3088

SENIORS AND LAW ENFORCEMENT TOGETHER

Making a Difference in our Communities

Wednesday, November 30th
1:30 - 2:30PM
FREE - (920)939-3088
Pre-Registration Required



Topic: Community Service Officers

Presenter: CSO Lead Matthew Fillebrown

Join CSO Lead Matthew Fillebrown as he explains the Community Service Officer program and Humane Officer Responsibilities.

Thank You

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Thompson Center on Lourdes, Appleton, WI

H 4C 01-1068

Volunteer Spotlight



Hello,

My name is Colny Gretzinger and I am one of the current TCoL Board members. I joined TCoL in 2019 after Ray Zuelke asked me to help him, along with the other Board Members, with the new organization. At first I was hesitant to join knowing the “growing pains” new organizations go thru in getting established. But, I have enjoyed being a part of TCoL and seeing the growth to date in member participation, programs offered and organizational structure.

I was born in Clintonville, WI and grew up loving to participate in any kind of sports activity. I also worked in my family’s small grocery store during my teenage years which taught me about work ethic and that running a business, no matter what the size, is not easy.

I went to St Norbert College for three years before transferring to UW Eau Claire where I obtained a BBA in Accounting. I went to work for a CPA firm for the first five years of my working career and obtained my CPA license during that time. In 1989, I joined U.S. Oil, (now called U.S. Venture) and have been there since. I am currently Director of Business Development for our U.S. AutoForce division focusing on acquisitions of companies as part of our strategy to grow the AutoForce business.

My wife, Jill, and I have been married for 38+ years. Jill has worked for Easter Seals of Wisconsin the past 28 years. We have three children, two grandchildren and three granddogs.

I still love to participate in sports activities. My daughter and I have run 45 half-marathons the past 11 years. My “mind tells me I can still play sports” but my “body tells me to cut back” as I get older.

My plan is to continue being involved with the TCoL Board and the next phase of growth we need to accomplish. It is fun being part of something like TCoL and the benefits it provides to community members looking for a safe place for social interaction, education and wellness activities.

Sunshine Club Please contact Mary Mauthe (920) 733-3651 to send a card on behalf of TCoL. Let her know of a participant who is in the hospital, has lost a loved one, is in need of support or is celebrating a birthday or other special occasion.



VOLUNTEERS NEEDED

Email: Stephanie@thetcol.org or Call: (920)939-3088

FRONT DESK 2-6 hours per week



Tasks Include:

- Answering phones
- Greeting participants
- Registering and Checking in participants
- Utilizing the TCoL computer system

EVENT SETUP AND CLEANUP

2-6 hours per month
9:00AM to 4:00 PM (varying shifts)



Tasks Include:

- Assisting Civic League with the setup and tear down of their monthly events
- Able to move tables and chairs
- Help to hang decorations, etc.




Outagamie County November Menu

To Reserve a Meal, please call
(920)858-5619 the day before by Noon

Pick up Meals: 11:30 - 12:00PM

November

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 - Due to National Supply Issues - Menus are Subject to Change	1 Baked Ziti with Meatsauce Diced Carrots String Cheese Spinach Salad Salad Dressing Vanilla Pudding	2 Cheese Omelet Breakfast Potatoes Fresh Orange Warm Peaches with Granola Blueberry Muffin	3 No Meal Service	
	8 Chicken Broccoli Casserole over Rice Peas and Carrots Pineapple Peanut Butter Cookie	9 Roasted Turkey with Gravy Mashed Potatoes Mixed Vegetables Pears Wheat Bread Chocolate Applesauce Cake	10 Scalloped Potatoes with Ham Diced Carrots Warm Cinnamon Applesauce Wheat Dinner Roll Pumpkin Spice Pudding	
	15 Shredded BBQ Pork Wheat Bun Baked Beans Creamy Coleslaw Warm Fruit Crisp	16 Chicken with Gravy Rice Pilaf Mixed Vegetables Spinach Salad Salad Dressing Apple Slices with Yogurt Dipping Sauce	17 Meatballs with Gravy Capri Vegetables Three Bean Salad Pears Maple Pecan Bread Pudding	
	22 Western Omelet Breakfast Potatoes Warm Applesauce Fresh Orange Apple Cinnamon Muffin	23 Roasted Turkey in Gravy Stuffing Green Beans Cranberry Sauce Pumpkin Bar	24 	
	29 Salisbury Steak with Gravy Mashed Sweet Potatoes Green Beans Pineapple Wheat Dinner Roll Ring Donut	30 Creamy Chicken Pasta Diced Carrots Beets Gala Apple Chocolate Chip Cookie		 - Due to National Supply Issues - Menus are Subject to Change.

See Below for Current Status of Services



My RN, LLC Foot Care Clinic



My RN Foot Care Clinic is temporarily at 1204 E Main Street, Little Chute 54140.

The foot care clinic will reopen at TCoL Tuesday, November 22.

The clinic provides toenail trimming and foot care measures to maintain healthy feet. Please call (920) 257-9161 to schedule an appointment. We are open Tuesday through Friday. At this time it is necessary to schedule appointments for current clients only. (Those who have been to the clinic within the last 12 months.)

- Each foot care session lasts 45-60 minutes
- Care provide by nurses and trained staff
- Cost \$40.00

We look forward to seeing your smiling faces and of course your feet!



Diane Schmidt



Options for Independent Living

Appleton office is currently closed and loan program on hold.

If you have any questions or need assistance, please call (920)-490-0500 www.optionsil.org



Easterseals Wisconsin provides programs and services to individuals with disabilities and their families. The regional office is located at the Thompson Center on Lourdes in Appleton and is currently closed.

For additional information, please contact Pattie Slempek at 920-832-0344.

Please contact Jill Gretzinger for more information about the Guardian Assistance Program for Outagamie County guardians at (920) 572-6313.



The State of Wisconsin, Office for the Blind and Visually Impaired (OBVI), provides rehabilitation services to people who are blind or visually impaired.

The Office for the Blind and Visually Impaired can be reached by phone at (920) 831-2090 or email, jeannine.kenevan@dhs.wisconsin.gov.

Rehabilitation Specialist, Jean Kenevan, will be working from home until the building reopens. Services can be provided by phone, email or at clients' homes.



DAILY CALENDAR - NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daylight Savings ends</p> <p>Sunday, November 6</p> 	<p>1 Sacred Heart</p> <p>Pickleball 8:30-10:30,11-1,1-3 Strong Bodies 9:30-10:30 Young at Heart Choir 10:30-12:00 Tai-Chi 11:00-12:00</p>	<p>2 Sacred Heart</p> <p>Pickleball 8:30-10:30 Open Cards 9:00-12:00 Gentle Flow Yoga Makeup 9:30-10:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai-Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Network Health 1:30-2:30 Gentle Chair Yoga Makeup 3:00-4:00</p>	<p>3 Sacred Heart</p> <p>Cribbage 9:00-12:00 Open Painting 9:00-1:00 Tai-Chi 11:00-12:00 Sheepshead 1:00-4:00</p>	<p>4</p> <p>NO CLASSES</p>
<p>7 Sacred Heart</p> <p>Cribbage 9:00-12:00 Watercolors 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 Veterans Lunch 11:30-2:00 Tai-Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00</p>	<p>8 Sacred Heart</p> <p>Pickleball 8:30-10:30,11-1,1-3 Strong Bodies 9:30-10:30 Young at Heart Choir 10:30-12:00 Fused Glass 10:30-12:30 Tai-Chi 11:00-12:00 CarePatrol 11:30-1:00 Card Making 12:30-3:30 Elder Law Workshop 1:00-2:30</p>	<p>9</p> <p>NO CLASSES</p>	<p>10</p> <p>NO CLASSES</p>	<p>11 Sacred Heart</p> <p>Pickleball 8:30-10:30,11-1,1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Gentle Flow Yoga 11:00-12:00 St. Paul Lunch & Learn 11:30-1:00 Sew & Quilt 12:00-3:30 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p>14 Sacred Heart</p> <p>Pickleball 8:30-10:30,11-1,1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 Tai-Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00</p>	<p>15 Sacred Heart</p> <p>Pickleball 8:30-10:30,11-1,1-3 Strong Bodies 9:30-10:30 Quilting Guild 12:00-3:30 Young at Heart Choir 10:30-12:00 Tai-Chi 11:00-12:00 Appl Historical Soc 2:00-3:00</p>	<p>16 Sacred Heart</p> <p>Pickleball 8:30-10:30 Open Cards 9:00-12:00 Canvas Paint 10:00-11:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai-Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00</p>	<p>17 Sacred Heart</p> <p>Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Tai-Chi 11:00-12:00 Sheepshead 1:00-4:00 Cardio Drumming 1:30-2:30 Book Club 1:30-3:00</p>	<p>18 Sacred Heart</p> <p>Pickleball 8:30-10:30,11-1,1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 12:00-3:30 Bridge 12:30-3:30 Adv Care Planning 1:00-2:00</p>
<p>21</p> <p>Pickleball 8:30-10:30,11-1,1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 Tai-Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00</p>	<p>22</p> <p>Pickleball 8:30-10:30,11-1,1-3 Strong Bodies 9:30-10:30 Young at Heart Choir 10:30-12:00 Tai-Chi 11:00-12:00 Card Making 12:30-3:30 CarePatrol 1:00-2:00</p>	<p>23</p> <p>Pickleball 8:30-10:30 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai-Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00</p>	<p>24</p> <p>CLOSED</p> 	<p>25</p> <p>CLOSED</p>
<p>28</p> <p>Pickleball 8:30-10:30,11-1,1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 Tai-Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00</p>	<p>29</p> <p>Pickleball 8:30-10:30,11-1,1-3 Strong Bodies 9:30-10:30 APL Genealogy 9:30-11:00 Young at Heart Choir 10:30-12:00 Tai-Chi 11:00-12:00 AEGIS Financial Lunch & Learn 11:00-12:30 Cardio Drumming 2:00-3:00</p>	<p>30</p> <p>Fireside Theater Bus 7:15 Sold Out Pickleball 8:30-10:30 Open Cards 9:00-12:00 Caregiver Sup 9:30-11:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai-Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Appl Police SALT 1:30-2:30</p>	<p>ALL CLASSES/ACTIVITIES Held at SACRED HEART PARISH 222 E. Fremont St. Appleton through Friday, November 18.</p> <p>Starting Monday, November 21, classes resume at ST. BERNADETTE CENTER</p>	

Staff

STAFF CONTACTS: (920) 939-3088



Djuanna Kath
Executive Director, djuanna@thetcol.org



Courtney Osenroth
Program/Marketing Manager, courtney@thetcol.org



Stephanie Johnson
Volunteer/Systems Administrator, stephanie@thetcol.org



Mary Cooke
Administrative Support, mary@thetcol.org



Sue Arnoldussen,
Civic League President (920) 996-0495

The Thompson Center on Lourdes is also home to:

Easterseals, Pattie Slempek (920) 832-0344

Foot Care Clinic, My RN, Diane Schmidt (920) 257-9161

Office for Blind and Visually Impaired, Jean Kenevan (920) 831-2090

Options for Independent Living, (920)-490-0500

Our Mission

TCoL provides opportunities for people 50+ to participate and connect through enriching activities in the Fox Valley.

TCoL Board of Directors

Aoibh Greene, President
Colny Gretzinger, Vice-President & Treasurer
Greg Bell, Secretary
Sue Arnoldussen
Peter Harbach
Karen Harkness
Jack Meyer
Mary Beth Nienhaus
Ray Zuelke

TCoL Wish List

Any Questions please call: (920)939-3088

Thank you... ♥

- Gift Cards (need for misc. supplies)
 - Walmart, Target, Office Depot
- Scrapbook Paper
- Puzzles
- Binder Dividers
- 8X10 Picture Frames
- Office Quality Paper Cutter
- Rolling Utility Cart
- Sign Holders

Drop off:
Sacred Heart Parish
Until Friday, Nov. 11th

Drop off:
Thompson Center on Lourdes
Begin Monday, Nov. 21st