

Thompson Center on Lourdes Monthly Newsletter

TCoL BUZZ

Thompson Center on Lourdes



JANUARY

Celebrating life after 50

2023

Words of Wisdom for a New Year...

Go ahead and
throw out your old
calendars! Best way
to start out the
year! IYKYK

"Every day may not
be good... but there's
something good in
every day."
~ Alice Morse Earle

Celebrate the ending
of the year and
welcome blessings in
the new year.

You'll never be bored
when you try
something new.
There's really no limit
to what you can do!
~ Dr. Seuss



Happy New Year!
From the TCoL Staff



TCoL HOURS OF OPERATION

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



2331 E. Lourdes Drive, Appleton, WI54915
(920) 939-3088 www.thetcol.org
Wheelchair Accessible with Ample Parking

Platinum
Transparency
2022

Candid.

Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Pickleball	9:00 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Cribbage	9:00 – 12:00	\$2.00	Pg.13
	Watercolors	9:00 – 12:00	\$13.00	Pg.12
	Hallelujah Chorus	9:30 – 11:00	\$3.00	Pg.13, (resumes 2/6)
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.10,*Silver Sneaker Discount
	Cardio Drumming	1:00 – 2:00	\$2.00	Pg.10 (1/9 and 1/23)
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.14
	Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.13
	Technology Basics Workshops	2:00 – 3:00	Free	Page 14(1/9 and 1/23)
TUESDAY	Pickleball	9:00 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Sheepshead	9:00 – 12:00	\$2.00	Pg,13
	Strong Bodies	9:30 – 10:30	ADRC	1/10 - 5/23
	Young at Heart Choir	10:30 – 12:00	\$3.00	Pg.15 (resumes 1/10)
	Tai Chi for arthritis	11:00 – 12:00	ADRC	Pg.10 (2/7 thru 5/23)
	Card Making/Scrapbooking	12:30 – 3:30	Free	Pg.15
	Bridge	1:00 – 4:00	\$2.00	Pg.13
WEDNESDAY	Pickleball	9:00 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.13
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.10, *Silver Sneaker Discount
	Bingo	1:00 – 3:00	\$2.00	Pg.15,*Bring (3) \$1.00 Prizes
	Tai Chi	1:00 – 2:00	ADRC	Pg. 11(1/11 thru 5/24)
	Euchre	1:00 – 4:00	\$2.00	Pg.13
THURSDAY	Cribbage	9:00 – 12:00	\$2.00	Pg.13
	Open Painting	9:00 – 1:00	\$2.00	Pg.15
	Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.12, Sacred Heart
	Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.12, Sacred Heart
	Stained Glass	12:30 – 3:30	\$5.00	Pg.16
	Pickleball	1:00 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Sheepshead	1:00 – 4:00	\$2.00	Pg.13
	Ping Pong & Bean Bag Toss	1:00 – 4:00	\$2.00	Pg.11
FRIDAY	Pickleball	9:00 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Wood Carving	9:00 – 12:00	\$2.00	Pg.16
	Open Cards	9:00 – 12:00	\$2.00	Pg.13
	Strong Bodies	9:30 – 10:30	ADRC	1/13 - 5/26
	Sewing & Quilting	10:00 – 3:30	\$2.00	Pg.16
	Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.12
	Bridge	12:30 – 3:30	\$2.00	Pg.13
	Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.12

**BILLIARDS IS
AVAILABLE EVERY DAY
Monday—Friday
9:00am-4:00pm
\$2.00 Pg. 10**

Schedule of Special Events in January

Tuesday, January 3 , Alzheimer's Educational Series, Understanding Alzheimer's and Dementia, 1:00-2:00, pg. 19
Friday, January 6 & 20 , ADRC, Mind over Matter, Healthy Bowels, Healthy Bladder 9:30-11:30, pg. 19
Tuesday, January 10 , Hooper Law, Elder Law Workshop, New Year, New Plan, 1:00-2:30, pg. 19
Wednesday, January 11 , Paint the Masters, Garden in Bloom, Van Gogh, 10:00-12:00, pg. 20
Thursday, January 12 , CarePatrol, Ask the Advisor, 11:30-1:00, pg. 20
Friday, January 13 , St. Paul Elder Services, Lunch & Learn, Virtual Dementia Tour, 11:30-1:00, pg.20
Tuesday, January 17 , Conceptual Financial Advisors, Medicare 101, 1:00-2:00, pg. 21
Tuesday, January 17 , Orthopedic & Spine Therapy Workshop, One Big Pain in the Butt, 2:00-3:00, pg. 21
Thursday, January 19 , Book Club, <i>The Great Alone</i> , by Kristen Hannah, 1:30-3:00, pg. 16
Friday, January 20 , Advance Care Planning, Completing your Advanced Directives, 1:00-2:30, pg. 21
Wednesday, January 25 , Caregiver Support, 9:30-11:30, pg. 22
Wednesday, January 25 , Aegis Financial, Charitable Giving 11:00-12:30, pg. 22
Friday, January 27 , Fox Valley Symphony, In Harmony, Theme: Animals, 1:30-2:30, pg. 22
Tuesday, January 31 , Appleton Pub Lib, Genealogy Series, Using your DNA for genealogy, 9:30-11:00 pg. 23

At the time the January 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.



Building a Community
Donate today!
www.thetcol.org



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

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.

HERE'S HOW TO REQUEST:

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

 www.thetcol.org
 920-939-3088

Please leave a message with the following:
 -Your Full Name
 -Phone Number
 -Class Name
 -Class Date

Forms can be found at: www.thetcol.org

Greetings From Djuanna Kath



Happy New Year!

Eight months! Can you believe that I have been with you and the Thompson Center for eight months? The saying “time flies when you’re having fun” rings true, as it has, and continues to be.

Together, we have been through a lot, in just a short amount of time. We’ve seen our building become revitalized through the restoration process and we have been able to add additional programming and equipment, as well as new participants.

In 2023, we, as a team, will work to implement processes that make your visits more efficient, enjoyable and hassle-free as we will soon add credit card payment as an option. We look forward to rejuvenating our calendar with new program activities that will pique your interest and help us focus on our mission, moving forward in celebrating life after fifty.

There is so much to look forward to, and we look forward to doing so with all of you.

Many blessings,
Djuanna “DJ” Kath
Executive Director

Like so many of you, we are sad to see Diane and her team leave our TCoL family. We know that it could not have been an easy decision. Diane has been a part of the organization for six years and although I have only had the privilege to know her for the past eight months, I have seen her passion for foot care shine through. She takes pride in her work, gives every client her very best and will be missed by us all. We wish her the best and look forward to seeing her back here at TCoL, whether it be taking in a program or volunteering.

Sincerely grateful,
Djuanna



"LOVE is in the AIR"

FEBRUARY LUNCHEON

Monday, February 13th
12:00 - 2:00 pm
TCoL Cafeteria
Cost: \$5

Preregistration and payment required
Includes Meal and Entertainment

FEATURING:
JERRY WEYERS



**Thank you to those
who attended the
Rock Those Bells
Choir Concert!**

**Featuring
Hallelujah Chorus
Young at Heart Choir**





Riverside APPLETON CEMETERY ASSOCIATION CEMETERY

(920) 733-5629

- NEW Cremation Columbariums
- Pre-Planning & Financing
- Secure at TODAY'S Cost
- Personalized Monument Options

714 N. Owaissa St. Appleton • RiversideCemeteryAppleton.com

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611

www.smpwi.org

WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud



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.

Appleton Housing Authority

Call or stop by for a tour!

Quality Affordable Housing

Independent Senior Living in two great locations

Friendly community with activities and management that cares. *Affordable Housing for All*

ONEIDA HEIGHTS

RIVERWALK PLACE

525 N Oneida Street, Appleton (920) 882-2100 Ext 101

431 Eagle Flats Pkwy, Appleton (920) 733-5046



The care you need paired with all the comforts of home!

Aspire

Community for Seniors

Premier Amenities
Personalized Care Plans
Luxury Lifestyle



Call to Schedule
Your Tour!
920-720-0288

825 Cobblestone Lane | Kimberly, WI 54136 | aspire senior.com



ANNETTE HETRICK
Opening New Doors

Owner/Broker • Experienced Real Estate Agent
Specializing in Downsizing, Senior Relocations and Estates

Call Me Today (920) 832-8648



Caring for the community since 1908

Valley VNA Senior Care

In-Home Care | Independent Living | Assisted Living

- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
- **Assisted Living and Memory Care** for when your needs change.

valleyvna.org | 920.727.5555 | Neenah, WI



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

Thompson Center on Lourdes, Appleton, WI

A 4C 01-1068

Open House - A Huge Success



Let's Mingle & Jingle

Thompson Center on Lourdes

Grand Reopening & Holiday Open House

2022



Thank You Sponsors



Thank you to our sponsors for joining us at our Holiday Open House!



Wellness Activities




PICKLEBALL

\$3 PER PLAY

	9:00AM - 11:00AM	11:00AM - 1:00PM	1:00PM - 3:00PM
MONDAY:	Intermediate Play	Open Play	Open Play
TUESDAY:	Open Play	Open Play	Open Play
WEDNESDAY:	Intermediate Play	Open Play	Open Play
THURSDAY:	CLOSED	CLOSED	Open Play
FRIDAY:	Intermediate Play	Open Play	Open Play

MAKE SURE YOU'RE READY TO PLAY!
PREREGISTER: www.thetcol.org/pickleball/ Required by 2pm the day before 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

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.



Moving made easy with the help of our professional partners!







APPLETON

RETIREMENT COMMUNITY
Independent and Assisted Living

By Nature Home Styling, LLC (Amy) will help you choose what furniture to bring and create a personalized layout (2 hours free).* Extra Hands, LLC (Cindy) will provide packing and unpacking assistance (4 hours free).* All Senior Movers (Scott) will provide movers with a truck (first \$200 free).*

Thank you to our moving partners





*Subject to approval as a private pay resident.

We would love to show you our community call for a tour and lunch!

Contact Sara or Sheila at 920-954-9990 x1303 or 1304 | welcome@appletonretirement.com
www.appletonretirement.com | 200 W. Packard Street, Appleton, WI 54911



Wellness Activities

CHAIR YOGA

\$3

MONDAYS: 11:00AM - 12:00PM

WEDNESDAYS: 11:00AM - 12:00PM

FREE for Silver Sneakers Members

PRE-REGISTRATION REQUIRED



Cardio Drumming

Mondays, January 9th and 23rd

1:00 - 2:00PM

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

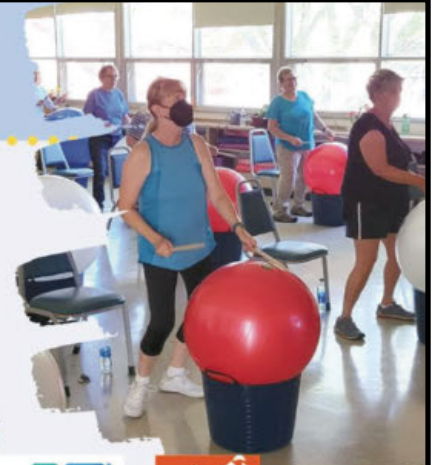
Pre-Registration Required

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

HEID MUSIC
HeidMusic.com



BILLIARDS

\$2

MONDAY TO FRIDAY

9:00 - 4:00 PM

PRE-REGISTRATION REQUIRED

TAI CHI for Arthritis

February 7th to May 23rd

TUESDAYS

11:00-12:00PM

To Register: call Nancy Krueger at 920-740-9572

Preregistration Required

Tai chi has been used for centuries to help improve balance of the mind and body. Find out how you can learn tai chi to help improve your arthritis symptoms and overall health. Research shows this ancient mind-body practice can not only help ease your arthritis pain and increase your joint flexibility, but also significantly improve your physical and mental health through slow, gentle movements connected to your breathing.



Wellness Activities

TAI CHI

January 11th to
May 24th

WEDNESDAYS
1:00-2:00PM

This class is ideal for people who have experience with Tai Chi. The class will start at the beginning of a form but will move forward and a quicker pace.

To Register: call Nancy Krueger at 920-740-9572

Pre-registration Required



Ping Pong and Bean Bag Toss

Thursdays
1:00 - 4:00PM

\$2

Pre-registration Required



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@lpicommunities.com
(800) 950-9952 x2538



CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.

IRIS Consultant Agency (ICA)



To learn more about your long-term care options, please contact your Aging and Disability Resource Center: <https://www.dhs.wisconsin.gov/adrc/index.htm>

We support you to live your best life at home, in your community and at work.

Call toll-free: 844-520-1712

Email: connections@lsswis.org

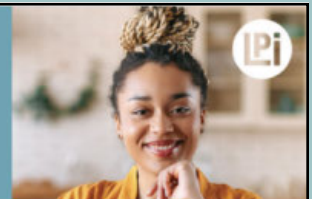
SUPPORT OUR
ADVERTISERS!

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



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

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
January 20th**



**No Class
January 20th**

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



Watercolor Classes

MONDAYS 9:00AM - 12:00PM

\$13.00 PER CLASS

Suggested Supplies List:

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

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

No supplies will be provided

TCoL Activity Fee: \$5

Instructor Fee: \$8 to be paid separately

Pre-registration required



Activities

CARD GAMES \$2

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

PRE-REGISTRATION REQUIRED FOR PLAY

Join the... Hallelujah Chorus

Mondays 9:30 - 11:00AM

\$3



Choir Resumes Feb. 6th

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

LOVE WHERE YOU LIVE

Enjoy spacious, and beautifully appointed apartment homes in an elegant, comfortable, and secure community. You'll find concierge services & amenities to help you make the most of each day.

Eagle Point is where retirement living really begins!



NOW LEASING



Eagle Point
SENIOR LIVING
...because the journey matters

955 EAST JOHN ST. • APPLETON

920.843.9499

EAGLEPOINTSENIORLIVING.COM



Haviland Hearing Aids, Inc

1336 E Wisconsin Avenue
Appleton, WI 54911
www.havilandhearing.com
(920) 7337525



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

Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

Activities



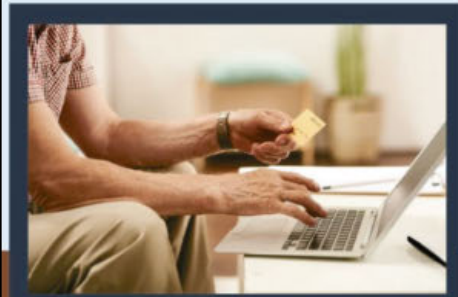
CROCHET & KNITTING

MONDAYS 1:00PM - 3:00PM

\$2

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

TECHNOLOGY BASICS WORKSHOPS



FREE 2:00 - 3:00PM

MONDAY, JAN. 9TH

MONDAY, JAN. 23RD

Smartphone Photo Management

Tech Basics Q & A

Workshops will cover computer, phones, and tablets

Pre-Registration Required

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Alex Nicholas

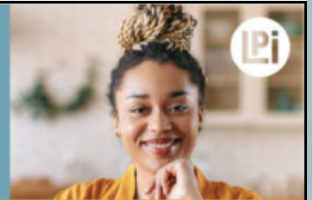
anicholas@lpicommunities.com • (800) 950-9952 x2538

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



They probably weren't thinking about home health care fifty years ago. At Interim, we were already providing it.

Since 1966, Interim HealthCare has helped families care for their loved ones with a wide range of in-home services, all provided with the highest levels of professionalism and compassion. And, as an industry leader for over 50 years, we offer a level of stability, security, and experience unavailable anywhere else.

Interim HEALTHCARE
PERSONAL CARE AND SUPPORT
PROVIDING HOME CARE NATIONWIDE FOR OVER 50 YEARS

(920) 944-8945 | www.interimhealthcare.com/foxcities

©2018 Interim HealthCare Inc. Each office is independently owned and operated
Photo: wikipedia.org/wiki/File:Henry_Brandon_Family.jpg, creativecommons.org/licenses/by/3.0/



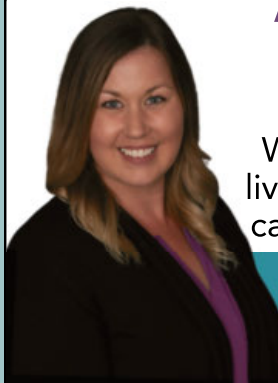
CARE PatrolTM

Your Partner In Senior Care Solutions

920-428-0827 | foxcities.carepatrol.com

A no cost service dedicated to helping families.

Working to find safer senior living, assisted living, memory care options, and home care.



Jena Kloepfel
Senior Care Advisor
920-428-0827



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

Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

Activities

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

**Choir Resumes
Jan. 10**

Card Making/Scrapbooking

Drop in any
Tuesday to
create your
own project!

Instructor Available
Tuesday, January 10th & 24th
12:30 - 3:30PM
FREE - (920)939-3088
Pre-Registration Required

Happy New Year! We will start the month of January making a Valentine's Day card and a gift tag. To make the card extra special for the recipient, the inside of the card has four hearts popping from the center. Make Valentine's special for a friend or family member to let them know you are thinking of them.



WEDNESDAYS

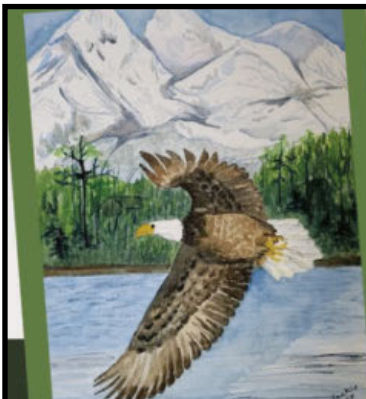
1:00 - 3:00PM

\$2

Please bring in three \$1 prizes

Pre-registration Required

Thank you Dimensions Living for your
sponsorship of additional Bingo Prizes



Open Painting

9:00AM - 1:00PM
THURSDAYS

Pre-registration required

\$2

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

Activities

STAINED GLASS

\$5 Activity Fee Per Class*

THURSDAYS: 12:30 - 3:30PM

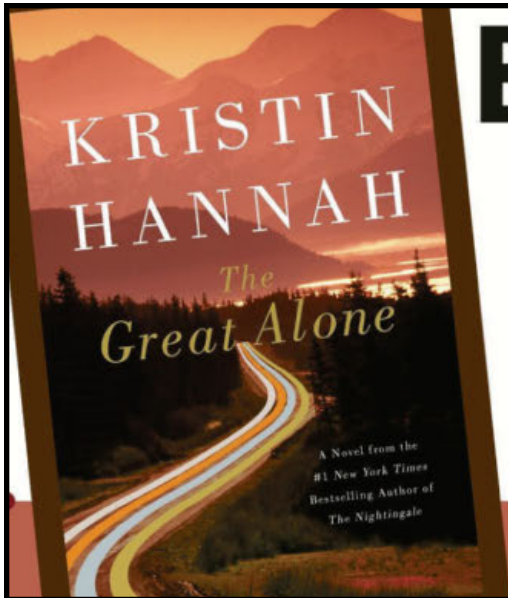
BASIC TOOLS AND EQUIPMENT ARE PROVIDED!



BEGINNER PROJECT: \$5 ACTIVITY FEE + \$10 MATERIAL FEE

*Glass and other project materials available for CASH purchase at TCoL.

Pre-registration Required



Book Club

THURSDAY, JANUARY 19TH

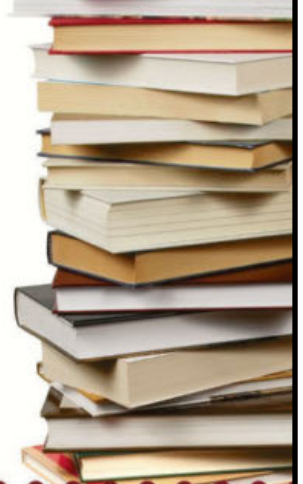
1:30 - 3:00PM

FREE - (920)939-3088

Thursday, Feb. 16th - 1:30-3:00PM

A Week in Winter by Maeve Binchy

Book Pickup Week of Jan. 16



TCoL will reserve books for registered participants
Pre-Registration Required

Wood Carving \$2

FRIDAYS 9:00 - 12:00PM

Pre-registration Required Bring your own tools and project.



SEWING & QUILTING

FRIDAYS

10:00AM - 3:30PM

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

\$2

Pre-Registration is required





"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME Alex Nicholas

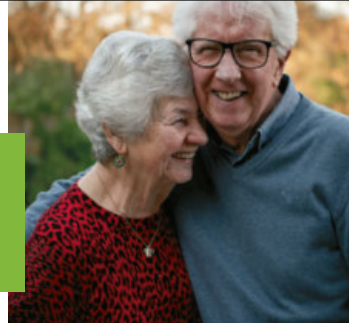
anicholas@lpicommunities.com • (800) 950-9952 x2538

**SUPPORT OUR
ADVERTISERS!**

The Heritage

A Community of ThedaCare.

**Life is better at
the Heritage**



Much more than just a senior living residence, the Heritage is that special feeling of home. The comfort of a community that fits. The contentment of a serene wooded campus. And knowing you have the region's best healthcare right at your doorstep. So, what could make it even better? **A \$2,000 move-in special just for you.**

Let us show you how much better life can be at The Heritage Assisted Living. Give us a call to explore our independent and assisted living options. 920.454.6853

This is a limited-time offer valid from August 1, 2022 – December 31, 2022, subject to availability of senior living apartments. New residents only. This offer is non-transferable to other facilities. \$2,000 to be applied to rent for first month of agreement. Call for full details. 2600 S. Heritage Woods Dr., Appleton, WI

Trouble with your toenails?



Call Zandy
(Registered Nurse Specialist)

(920) 944-5497

A2Z HELPER BIZ, LLC
420 E Longview Dr. Ste C Appleton WI 54911



Heartwood Homes

SENIOR LIVING

ASSISTED LIVING AND MEMORY CARE

Appleton's Premiere Memory Care Provider

On Mason Street ♦ 920-955-3131 ♦ HeartwoodSeniorLiving.com

COUNTRY VILLA
ASSISTED LIVING



**N3782 Country Villa Way
Freedom, WI**

920-422-4620

Serving All People

Office

1815 E Wisconsin Ave. | Appleton, WI 54911

Cemetery Grounds

1815 E Wisconsin Ave. | Appleton, WI 54911

920.733.1631 | stjosephcemetery.us



In-ground & above-ground services for both traditional burials and cremations

Single & Family Lots

Cremation Lots

Columbarium Niches –

Single & Companion

Mausoleum Crypts –

Single, Companion & Side-by-side

We Sell Markers & Monuments



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

Thompson Center on Lourdes, Appleton, WI

F 4C 01-1068

Free in-home consultations!

Care for Every Moment

Specializing in around-the-clock in-home care.

From several hours a day to all day, our compassionate Care Professionals provide a variety of supportive services — tailored to your needs — to help you meet the demands of daily living.

And better yet, we come to you so you can continue enjoying the safety, security and comfort of home.

Two Convenient Locations!

Oshkosh Area
920.966.1220
HomeInstead.com/OshkoshWI

Appleton & Fox Cities
920.997.0118
HomeInstead.com/AppletonWI

Serving Winnebago, Outagamie & Calumet Counties!



24/7 Care | Dementia Care | Personal Care | More

Each Home Instead® franchise office is independently owned and operated.



Homemaker • Companionship
Personal Care Services

Call for your FREE Care Assessment!
920.843.1700
www.synergyhomecare.com



BREWSTER VILLAGE

OUTAGAMIE COUNTY | SHORT-TERM REHABILITATION AND LONG-TERM CARE COMMUNITY



- Community Involvement
- Encouraging Independence and Freedom of Choice
- Home Like Environment
- Daily Life Enrichment Events
- 5 Star Facility
- All Private Rooms
- Medicare, Private Pay, *Private Insurance* and Medicaid Accepted

Please check with your individual plans for coverage.

Call to schedule a tour today!

3300 W. Brewster St. Appleton, WI 54914 • (920) 858-7918 • www.brewstervillage.org



Best of the Valley for 7 Consecutive Years



St. Paul Elder Services, Inc.

... where life is cherished.

St. Paul Home
Long-term care nursing services and specialized Alzheimer's/dementia services

St. Paul Center of Rehabilitation
Post-acute skilled nursing and therapy

St. Paul Villa
Assisted living

McCormick
Assisted living
Green Bay

St. Paul Manor
Memory Care assisted living

Life Enrichment Center
Club Gabriel adult day services program, foot and nail clinic, massage therapy, and warm water therapy pool

St. Paul at Home
In-home non-medical care, Meals on Wheels, transportation services, and emergency response systems

The Hoffman Memory Care Resource Center

St. Paul Palliative Care and Hospice Services

The Memory Care Center within the Neuroscience Group

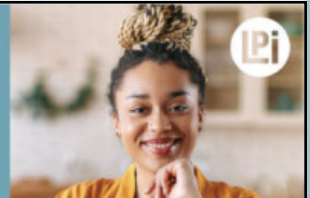
316 E. Fourteenth St., Kaukauna, WI | (920) 766-6020 | www.stpaulelders.org
Sponsored by the Franciscan Sisters of Christian Charity

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers



5117 N Cherryvale Avenue
Appleton WI 54913

Phone : 920 735 6166
director@apple creekplace.com
www.applecreekplace.com



- Individualized Care Plans
- Activities, hobbies, and interests
- Decorate with your own furnishings and personal items
- Restaurant-style dining
- Private bathroom in each unit
- Personal refrigerator included
- Utilities included (Wi-Fi, water, heat, electric, cable)
- Secure private outdoor space, and gated patio
- Green space and local walking paths
- Laundry service included
- Weekly light housekeeping
- 24-Hour on-site caregivers
- 24-Hour on-call nursing support
- Beauty Salon Available On-Site
- Spa Room with luxury bathtubs
- Wireless call pendants for each resident (for caregiver assistance)

Assisted Living and Memory Care Apartments available now!
Call to schedule your tour today! 920-735-6166



INDEPENDENT ADULTS 55 AND BETTER

1 & 2 Bedroom Units
(Income restrictions may apply)

1 bedroom unit \$825
2 bedroom unit \$880

920-731-8853

3600 Woodman Dr. • Grand Chute, WI 54914
courtyard-grandchute@oakbrookcorp.com

Heat included, pet friendly and laundry hook ups
Shopping & Dining within 1blk • Planned activities, many amenities!



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

Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

Alzheimer's Educational Series

Topic: Understanding Alzheimer's and Dementia

Tuesday, January 3rd

1:00 - 2:00PM

FREE - (920)939-3088

Pre-Registration Required



Upcoming Dates and Topics

February 7th

- 10 Warning Signs of Alzheimer's Disease

March 7th

- Effective Communication Strategies

April 4th

- Understanding and Responding to Dementia-Related Behavior

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

In Partnership with: St. Paul Elder Services, Inc. alzheimer's association®

Mind over Matter

Healthy Bowels, Healthy Bladder

9:30-11:30AM

Fridays-Jan 6, Jan 20, & Feb. 3, 2023

MUST ATTEND ALL THREE SESSIONS- limited space!

To register or ask questions contact Nancy Krueger at 920-740-9572 or nkruegerevpind.com



This is a 3-session workshop for women that includes information, group activities, and simple exercises to do at home.

In partnership with: wiha Wisconsin Institute for Healthy Aging MIND over MATTER ADRC

The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Elder Law Workshop

New Year, New Plan

Tuesday, January 10th

1:00 - 2:30PM

FREE - (920)939-3088

Pre-Registration Required



In this session we're going to dive into organizing, reviewing and updating your estate plan to start the new year off right! We'll talk pitfalls and best practices, planning opportunities and options, and how to get the best results for your loved ones.

HOOPER LAW OFFICE
Oshkosh | Appleton | Green Bay LLC

Paint the Masters Series



Garden in Bloom
Van Gogh

Wed. January 11th
10AM - 12PM
TCoL - (920)939-3088

Cost: \$30 - \$5 paid to TCoL and \$25 paid to instructor (materials and instruction)

Registrations must be received by Friday, Jan. 6th

This fun and relaxing 2 hour paint-along class includes paint brushes, paint, canvas and all the instructions you need to create a simplified copy of a master painting to take home!
No painting experience necessary - REALLY!

Instructor: Trudy Iervolino

ASK THE ADVISOR

Presented By:



Thursday, January 12th
11:30AM - 1:00PM
FREE - (920)939-3088

What is the difference between assisted living and a nursing home?

Do I have to rehome my pet?

What place would be good for me?

Can I afford assisted living?

Stop in between 11:30 and 1:00 and have a 1 on 1 chat, where you can ask the adviser anything you want to know about senior living and care. Jena Kloepfel a Senior Care Advisor and Senior Home Safety Specialist from Care Patrol will be available to answer all your questions.



St. Paul Lunch & Learn

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

Virtual Dementia Tour

Friday, January 13th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088

Pre-Registration Required!

This experience will highlight changes that impact a person living with dementia and how we can be more empathetic care partners with this experiential process.



Medicare 101



FREE Educational Event - Learning the Basics/Open Enrollment

Tuesday, January 17
1:00 - 2:00PM
TCoL - (920)939-3088
Pre-Registration Required

Turning 65, and new to Medicare?
Do Medicare benefits leave you feeling confused?
Learn your A, B, C, D's of Medicare!



SPONSORED BY: **CONCEPTUAL FINANCIAL ADVISORS, LLC - APPLETON WI**
AGENT: JILL GRAY

ORTHOPEDIC & SPINE THERAPY WORKSHOP

ONE BIG PAIN IN THE BUTT!

Tuesday, January 17th
2:00-3:00PM
FREE - (920)939-3088

This workshop will be lead by John Hartenberger, PT, a retired physical therapist from Orthopedic & Spine Therapy.



Pre-registration Required

www.ostpt.com

FREE WORKSHOP: Plan for YOUR Future

Friday, January 20th
1:00 - 2:30PM
(920)939-3088

Pre-Registration
Required

Completing your Advanced Directives

This workshop will cover advance directives (including the Power of Attorney for Health Care) and why ALL adults in Wisconsin need one.

*Please bring contact information for the people you would trust to speak for you



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



Sponsored by Fox Valley
Advance Care Planning Partnership

Programs/Workshops



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. January 25, 2023
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

Charitable Giving Strategies

Your Questions Answered

**Wednesday, January 25
11:00AM - 12:30PM
FREE - Lunch & Learn
(920)939-3088**

Pre-Registration
Required



Join AEGIS for a FREE Lunch & Learn seminar focused on Charitable Giving Strategies. Bring your questions and learn ways to maximize your gifts each year.



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.

In Harmony Returns

Presented By:
Fox Valley Symphony
Orchestra

**Friday, January 27th
1:30 - 2:30PM
Theme: Animals
FREE**

**Friday, February 10th
1:30 - 2:30PM
Theme: Morning, Noon, & Night
FREE**

Join a quartet from Fox Valley Symphony Orchestra and Expressive Therapies LLC. for a special In Harmony session. They will bring the joy of quality, live music to all.

Space is limited - Pre-Registration Required (920)939-3088



Activities

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, January 31st
9:30 - 11:00 AM
FREE - (920)939-3088



Topic: Using your DNA for genealogy

Have you done a DNA test with one of the genealogy companies or are you curious about how they work? Come for an overview of how DNA testing works, what companies provide DNA testing for genealogy, and what to do with your results to help you further your family history research. We'll also provide some information on how DNA can help adoptees discover their biological family.

Upcoming Programs

February 28 -

- International Research

March 28 -

- Cemetery Research

Pre-Registration Required

Optional: Bring own laptop or tablet

TCoL Wish List

Any Questions please call: (920)939-3088

Thank you... ♥

- Gift Cards (need for misc. supplies)
 - Walmart, Target, Office Depot
- 2 Pickleball Nets with Wheels
- Ping Pong Paddles
- Whiteboard Erasers & Markers
- Toolbox
- Copy Paper (8.5 X 11)
- Postage Stamps
- Swiffer Wet & Dry
- Swiffer Mop
- Shop Rags

Drop off: Thompson Center on Lourdes

ASSISTED LIVING & MEMORY CARE IN KAUKAUNA WISCONSIN



Intentional Design. Unmatched Care.

We strive to make our community feel like home, because it is home – including amenities that make daily tasks a little easier. We focus on preserving your independence while making sure you always have the care you need from trained staff available 24/7.

One-Level Living
Private and Companion Room Options
Movie Theatre, Spa and Patio
Cathedral Ceilings
24-Hour Staff

Safe and Secure
Montessori Moments in Time™ Memory Care
Personalized Care
Open Kitchen and Meal Options
Home Visit Physician available



CALL TODAY! (920) 462-4018

**The Landings
of Kaukauna**

ASSISTED LIVING & MEMORY CARE

THE LANDINGS OF KAUKAUNA
793 Tarragon Drive
Kaukauna, WI 54130
www.thelandingsofkaukauna.com

A MERIDIAN SENIOR LIVING COMMUNITY



Do you know
someone living
with memory loss?



*Connecting people with
dementia and their caregivers
with resources to live well*

- Mindworks Respite Classes
- Memory Cafés
- Resource Referral
- Support Groups
- Social Engagement Events

920-225-1711

www.FoxValleyMemoryProject.org



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

Thompson Center on Lourdes, Appleton, WI

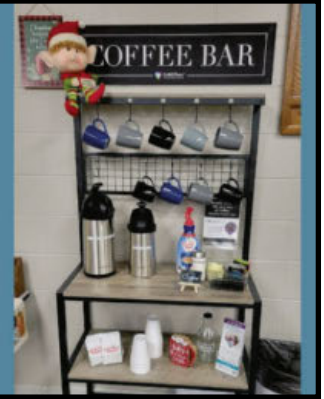
H 4C 01-1068

Thank you, etc.

Thank you CarePatrol for the sponsorship of the coffee bar!



Be sure to stop by and enjoy some coffee, tea, or hot chocolate from the new CarePatrol Coffee Bar! This self-serve coffee bar can be found in the lobby!



Wanted: Small Boxes

Civic League needs empty pudding boxes, Jell-O boxes, bar soap boxes, small jewelry boxes, or any kind of small box



Happy Birthday

TO ALL OF OUR JANUARY BABIES!

"Our age is merely the number of years the world has been enjoying us!"

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

2023 Bus Trips

Dates coming soon...

Look for the following Trips soon:

- Fireside Theater - Grumpy Old Men
- Lake Geneva Fall Colors
- Brewer Game
- Fireside Theater - Scrooge
- Fireside Theater - Mary Poppins



Outagamie County Menu Information

Outagamie County Meal Menu not available at press time

Carry out and Congregate Dining

Carry Out Meals
Tuesday through Thursday
11:30 AM - Noon

Congregate Dining
Tuesday through Thursday
Noon - 12:30 PM

January Menu will be posted at TCoL, on Facebook and in What's New Wednesday



Call (920)858-5619 to reserve your meal. You must call by Noon the day before. A suggested donation is encouraged.

VOLUNTEERS NEEDED

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

FRONT DESK

2-6 hours per week
Substitute Positions Available



Tasks Include:

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

MEMORY CAFE

FACILITATOR SUPPORT

2 hours per month
3rd Wednesday of the Month



Tasks Include:

- Set up and distribution of refreshments
- Aiding facilitator or speaker
- Helping participants with projects
- Helping with clean up

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

CROSSWORD PUZZLE

ACROSS

- Bath (Fr.)
- Explode
- Of the kind of (suf.)
- She (Fr.)
- Jap. apricot
- Para-aminobenzoic acid
- Differ
- Arabian chieftain
- Greek letter
- Tree
- Asbestos (abbr.)
- Burmese knife
- Incessantly
- It, marble
- Tilled land
- Common man
- Siesta
- Adjective-forming (suf.)
- Agave fiber
- Daw
- Soft mineral
- Guido's note (2

words)

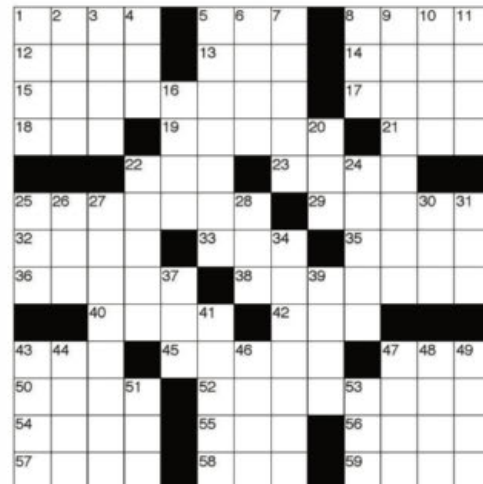
- Noun-forming (suf.)
- Yarn
- Hawaiian frigate bird
- House (Sp.)
- Ern (2 words)
- Monad
- Feline
- South African
- Senior (Fr.)
- Donkey (Fr.)
- Salver

DOWN

- "Venerable" monk
- Settled
- "Casablanca" characters
- Natl Endowment for the Arts (abbr.)
- Steal
- Buddhist sacred mountain



- Pique
- Amazon tributary
- N.A. tree
- Wading bird
- Carbon (pref.)
- Objective
- Stowe character
- Old Sp. gold coin
- Heath evergreen
- Consumer price index (abbr.)
- They (Fr.)
- Peccadillo (2 words)
- Horse
- Arabic letter
- Cheer
- Bishop
- Sprite
- Away from the wind
- Slayer of Caesar
- Ecuador (abbr.)
- Hindu queen
- Hit on the head
- Frankenstein's assistant
- Olive genus
- Eagle's nest
- Daughter of Zeus
- Amer. Ballet Theatre (abbr.)



©2019 Satori Publishing

A10

Services Located at TCoL



My RN, LLC Foot Care Clinic

With regret, due to staffing shortages, the last day My RN Foot Care Clinic providing client services will be December 28.

All items in the clinic room will be for sale January 3 - 27, Tuesday thru Friday from 10 am - 2 pm. Please stop in to visit or browse.

Thank you clients for six years of sharing your feet as well as your personalities, thoughts and friendships. It has been a wonderful experience.

All remaining appointments have been filled.

Diane Schmidt
(920) 257-9161



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.



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.

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



DAILY CALENDAR - JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 Pickleball 9-11,11-1,1-3 Sheepshead 9:00-12:00 Card Making 12:30-3:30 Alzheimer's Series 1:00-2:00 Bridge 1:00-4:00	4 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00	5 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 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	6 Pickleball 9-11,11-1,1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 ADRC MoM 9:30-11:30 Gentle Flow Yoga 11:00-12:00 Sew & Quilt 10:00-3:30 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00
9 Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Watercolor 9:00-12:00 Chair Yoga 11:00-12:00 Cardio Drumming 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00	10 Pickleball 9-11,11-1,1-3 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart Choir 10:30-12:00 Card Making (instruction) 12:30-3:30 Elder Law WS 1:00-2:30 Bridge 1:00-4:00	11 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Paint Masters 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	12 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 CarePatrol 11:30-1:00 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	13 Pickleball 9-11,11-1,1-3 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 10:00-3:30 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00
16 Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Watercolor 9:00-12:00 Chair Yoga 11:00-12:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00	17 Pickleball 9-11,11-1,1-3 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart Choir 10:30-12:00 Card Making 12:30-3:30 Medicare 101 1:00-2:00 Bridge 1:00-4:00 Ortho Spine 2:00-3:00	18 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	19 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 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00 Book Club 1:30-3:00	20 Pickleball 9-11,11-1,1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 ADRC MoM 9:30-11:30 Sew & Quilt 10:00-3:30 Bridge 12:30-3:30 Adv Care Plan 1:00-2:30
23 Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Watercolor 9:00-12:00 Chair Yoga 11:00-12:00 Cardio Drumming 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00	24 Pickleball 9-11,11-1,1-3 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart Choir 10:30-12:00 Card Making (instruction) 12:30-3:30 Bridge 1:00-4:00	25 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Caregiver Sup 9:30-11:30 Chair Yoga 11:00-12:00 Aegis Giving 11:00-12:30 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	26 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 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	27 Pickleball 9-11,11-1,1-3 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 Sew & Quilt 10:00-3:30 Bridge 12:30-3:30 In Harmony 1:30-2:30 Gentle Chair Yoga 3:00-4:00
30 Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Watercolor 9:00-12:00 Chair Yoga 11:00-12:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00	31 Pickleball 9-11,11-1,1-3 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart Choir 10:30-12:00 APL Genealogy 9:30-11:00 Card Making 12:30-3:30 Bridge 1:00-4:00	Held at SACRED HEART PARISH 222 E. Fremont St. Appleton		BILLIARDS IS AVAILABLE Monday to Friday 9:00am - 4:00pm

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

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

Options for Independent Living, (920)-490-0500 - Green Bay Office

Our Mission

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

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.

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