

Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart *Timed Slots
	Cribbage	9:00 – 12:00	\$2.00	Pg.12
	Open Painting	9:00 – 12:00	\$2.00	Pg.12
	Hallelujah Chorus	9:30 – 11:00	\$3.00	Pg.12,
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.8,*Silver Sneaker Discount
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.12
	Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.12
TUESDAY	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart *Timed Slots
	Sheepshead	9:00 – 12:00	\$2.00	Pg,12
	Strong Bodies	9:30 – 10:30	ADRC	(thru 5/23)
	Young at Heart Choir	10:30 – 12:00	\$3.00	Pg.14
	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.14
	Bridge	1:00 – 4:00	\$2.00	Pg.12
WEDNESDAY	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	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	(thru 5/24)
	Bingo	1:00 – 3:00	\$2.00	Pg.15,*Bring (3) \$1.00 Prizes
	Euchre	1:00 – 4:00	\$2.00	Pg.12
THURSDAY	Cribbage	9:00 – 12:00	\$2.00	Pg.12
	Open Painting	9:00 – 1:00	\$2.00	Pg.12
	Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.10, Sacred Heart
	Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.10, Sacred Heart
	Stained Glass	12:30 – 3:30	\$5.00	Pg.15
	Pickleball	1:00 – 3:00*	\$3.00	Pg.8, Sacred Heart *Timed Slots
	Sheepshead	1:00 – 4:00	\$2.00	Pg.12
	Ping Pong & Bean Bag Toss	1:00 – 4:00	\$2.00	Pg.10
	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart *Timed Slots
FRIDAY	Wood Carving	9:00 – 12:00	\$2.00	Pg.16
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	Strong Bodies	9:30 – 10:30	ADRC	(thru 5/26)
	Sewing & Quilting	10:00 – 3:30	\$2.00	Pg.16
	Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.11
	Bridge	12:30 – 3:30	\$2.00	Pg.12
	Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.11

**BILLIARDS IS
AVAILABLE EVERY DAY
Monday—Friday
9:00am-4:00pm
\$2.00 Pg. 8**

Schedule of Special Events in February

Friday, February 3 , ADRC, Mind over Matter, Healthy Bowels, Healthy Bladder 9:30-11:30 (last of 3-part series)
Friday, February 3 , Fox Valley Memory Project, Purple Angel Training, 1:00-2:00, pg. 16
Monday, February 6 & 20 , Cardio Drumming, 1:00-2:00, pg. 9
Tuesday, February 7 , St. Paul Elder Services, Alzheimer's Educational Series, 10 Warning Signs of Alzheimer's Disease, 1:00-2:00, pg. 16
Wednesday, February 8 , Fox Valley Memory Project, Memory Café, Truth abt, Chocolate, 10:30-11:30, pg. 19
Wednesday, February 8 , Fox Valley Memory Project, Memory Link Resource Navigator, 11:30-12:30, pg. 19
Thursday, February 9 , CarePatrol, Ask the Advisor, 11:30-1:00, pg. 19
Friday, February 10 , St. Paul Elder Services, Lunch&Learn, Healthy Heart-Healthy Lifestyle, 11:30-1:00, pg.20
Friday, February 10 , Fox Valley Symphony, In Harmony, Theme: Morning, Noon, & Night, 1:30-2:30, pg. 20
Monday, February 13 , TCoL Civic League Luncheon, Love is in the Air, 12:00-2:00, pg. 5
Monday, February 13 , Technology Basics Workshops, Facebook Basics, 2:00-3:00, pg. 13
Tuesday, February 14 , Hooper Law, Elder Law Workshop, Estate Administration, 1:00-2:30, pg. 20
Tuesday, February 14 & 28 , Sign Language Class, Valentines and Back to Basics, 9:30-10:30, pg. 13
Wednesday, February 15 , Paint the Masters, Sunset in Etretat by Monet, 10:00-12:00, pg.21
Wednesday, February 15 , Book Buddies with Ms. Ring's Kinder Kids, 1:30-2:30, pg. 21
Thursday, February 16 , Book Club, <i>A Week in Winter</i> , by Maeve Binchy, 1:30-3:00, pg. 15
Friday, February 17 , Advance Care Planning, Completing your Advanced Directives, 1:00-2:30, pg. 21
Tuesday, February 21 , Orthopedic & Spine Therapy WS, Dry Needling, What is it & Benefits, 2:00-3:00, pg. 22
Wednesday, February 22 , Caregiver Support, 9:30-11:30, pg. 22
Wednesday, February 22 , Hearing Life, Lunch&Learn, Healthy Hearing & Hearing Loss, 12:00-1:00, pg. 22
Friday, February 24 , Fox Valley Symphony, In Harmony, Theme: Around the World, 1:30-2:30, pg. 20
Monday, February 27 , Technology Basics Workshops, Tech Basics, Q & A, 2:00-3:00, pg. 13
Tuesday, February 28 , Appleton Pub Lib, Genealogy Series, International Research, 9:30-11:00 pg. 23
Tuesday, February 28 , Network Health, Cooking Demo, 1:00-2:00, pg. 24
Tuesday, February 28 , Conceptual Financial Advisors, Medicare 101, 2:00-3:00, pg. 24

At the time the February 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.

Greetings From Djuanna Kath

Happy February!

When you think about February, I bet most of you think about hearts and Valentine's Day while others may think of snowy days, shoveling and cold temps. Even though it is the shortest calendar month, it feels like the coldest month for sure. Did you know that February is one of the most misspelled words in the English Language?

Some of my favorite "unknown" National days in the month of February include Tater Tot Day, Carrot Cake Day and Pizza Day. They sound delicious and I will definitely want to celebrate them. However, two of the best days, in my opinion; are *Make a Friend Day* and *Random Acts of Kindness Day*.

Random acts of kindness happen daily here at TCoL. So many of you donate time, talents and/or gifts to our organization and we are grateful. Recently, our friends from the Appleton Noon Lions Club visited TCoL and awarded us with a new bench. Many of you helped by donating your plastic bags. That's right, by collecting 500 pounds of plastic bags, (about 40,500 bags), a bench is earned and awarded to a non-profit. We are grateful to the Appleton Noon Lions Club for collecting, sorting, and weighing bags for area non-profits as one of their many service projects and for choosing the Thompson Center on Lourdes as a bench recipient. So, when you're in the lobby, be sure to check out our new bench and remember that your random act of kindness had a hand in helping us receive this wonderful gift!

Many blessings,

Djuanna "DJ" Kath
Executive Director



"LOVE is in the AIR"

FEBRUARY CIVIC LEAGUE LUNCHEON



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

Preregistration and payment required
Includes Meal and Entertainment

FEATURING:
JERRY WEYERS

THANK YOU SPONSORS:



Mark Your Calendars

Join the Hootenanny!

March Luncheon

Featuring:
The Sunshine Singers
(Formerly known as The 5 Milers)



March 13, 2023
12:00 - 2:00PM

Cost: \$10

Fellowship Hall at TCoL

Doors open at 11:30.

Pre-Registration and
Pre-Payment Required

Music, Food, & Fun! This event is a fundraiser for Civic League and includes lunch and entertainment.

Thank you Sponsors:



Grumpy Old Men BUS DAY TRIPS

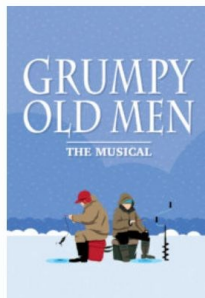
More Information at:
www.thetcol.org

The Fireside Theater - Ft. Atkinson
Friday, May 12, 2023

Cost: \$130 (lunch included)

Depart: 8:00am **Return:** 6:30pm

Register by: Friday, April 7th



This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based on the 1993 film, this stage adaptation captures the lovable crotchety characters through twinkling humor, great songs, and the affectionate depiction of a small town that feels like home to everyone.

Register in-person at The Thompson Center on Lourdes or print out forms online at www.thetcol.org and mail in with payment. Payment due at registration.

Schedules subject to change

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

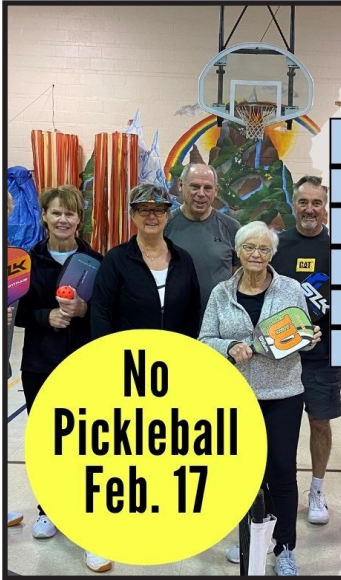
920-939-3088

Please leave a message with the following:

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

Forms can be found at: www.thetcol.org

Wellness Activities



**No
Pickleball
Feb. 17**

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



BILLIARDS

\$2

**MONDAY TO FRIDAY
9:00 - 4:00 PM**

PRE-REGISTRATION REQUIRED

CHAIR YOGA

\$3

MONDAYS: 11:00AM - 12:00PM

WEDNESDAYS: 11:00AM - 12:00PM

FREE for Silver Sneakers Members

PRE-REGISTRATION REQUIRED



Building a Community

Donate today!

www.thetcol.org



Cardio Drumming

Mondays, February 6th and 20th

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



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.



1/2 page ad

Wellness Activities

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.



Ping Pong and Bean Bag Toss

Thursdays

1:00 - 4:00PM

Pre-registration Required

\$2



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



Thank you Amusement Devices, Inc. for the Skee Ball Machine!

Stop by during open fitness hours and try your hand at our new Bug Bash Skee Ball game! See if you can beat the high score!



Wellness Activities

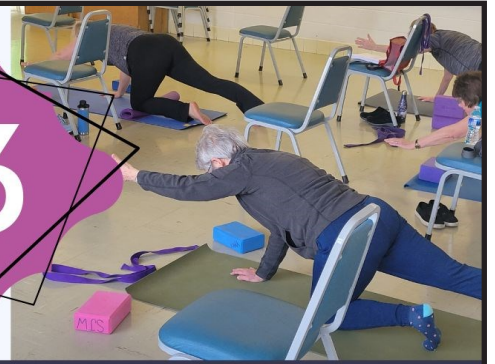
Gentle Flow Yoga

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



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



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



Open Painting \$2

Mondays
9:00am - 12:00pm

Thursdays
9:00am - 1:00pm

Pre-registration required

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

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



CROCHET & KNITTING

MONDAYS 1:00PM - 3:00PM

\$2

Bring your projects, questions, and creativity!

Pre-registration Required

Activities

TECHNOLOGY BASICS WORKSHOPS



FREE 2:00 - 3:00PM

MONDAY, FEB. 13TH

Facebook Basics

MONDAY, FEB 27TH

Tech Basics Q & A

Workshops will cover computer,
phones, and tablets

Pre-Registration Required

Sign Language Class **\$2**

TUESDAYS, FEBRUARY 14TH & 28TH

9:30 - 10:30AM

VALENTINES AND BACK TO BASICS

Pre-Registration
Required



Sign language is both fun and educational. Join in one or both classes - 2nd class will be mostly review! No prior experience needed!
Classes will focus on relevant topics for the month.

1/2 page ad

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

Card Making/Scrapbooking

Drop in any
Tuesday to
create your
own project!

Instructor Available
Tuesday, February 14th & 28th

12:30 - 3:30PM

FREE - (920)939-3088

Pre-Registration Required



Come one come all with the Luck of the Irish! Come and make a card or cards to give or send to someone. It could be a St. Patrick's card, birthday card, or a just because card. Learn to make a treat box as well! Very simple to learn!

1/2 page ad

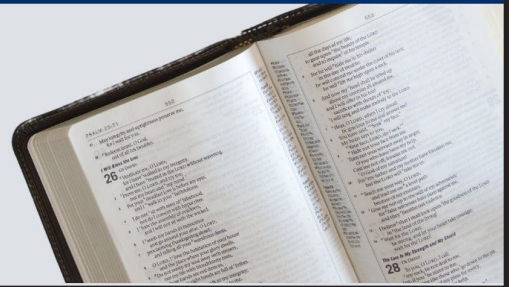
Activities

BIBLE STUDY

Pre-registration Required

WEDNESDAYS
10:00AM - 12:00PM

\$2



Session Study: Life Lessons from Acts 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



STAINED GLASS

\$5 Activity Fee Per Class

THURSDAYS: 12:30 - 3:30PM

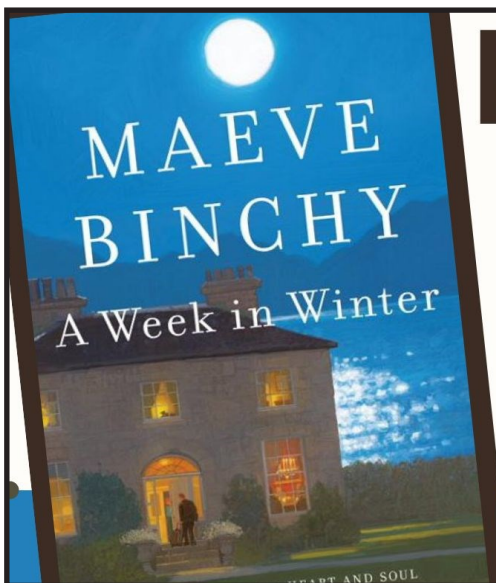
BASIC TOOLS AND EQUIPMENT ARE PROVIDED!



BEGINNER STUDENTS: \$5 ACTIVITY FEE + \$20 MATERIAL FEE*

***COVERS MATERIALS FOR FIRST 2 PROJECTS**

Pre-registration Required



Book Club

THURSDAY, FEBRUARY 16TH

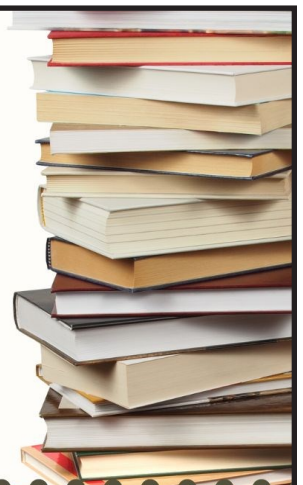
1:30 - 3:00PM

FREE - (920)939-3088

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

Go Set a Watchman by Harper Lee

Book Pickup Week of Feb. 13



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



Purple Angel Training

Friday, February 3rd, 2023

1:00 - 2:00PM

FREE - (920) 939-3088

Pre-Registration Required

Learn basics about dementia and how to interact with those affected to build knowledge and awareness to promote and build dementia friendly communities.



Alzheimer's Educational Series

Topic: 10 Warning Signs of Alzheimer's Disease



Tuesday, February 7th

1:00 - 2:00PM

FREE - (920)939-3088

Pre-Registration Required



Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

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

Upcoming Dates and Topics

March 7th

- Effective Communication Strategies

April 4th

- Understanding and Responding to Dementia-Related Behavior

Programs/Workshops

MEMORY CAFE **STARTING FEBRUARY**

FEB. TOPIC: TRUTH ABOUT CHOCOLATE!

WEDNESDAY, FEBRUARY 8TH
10:30PM - 11:30AM
FREE - (920)939-3088
PRE-REGISTRATION REQUIRED

In Partnership with:



Let's explore the history of chocolate, how it is made, some myths about chocolate, and a little chocolate tasting! Come join as we celebrate Valentine's day in a traditional way...with Chocolate!"

Come actively engage with friends in games, activities, conversation, and creative fun. Café themes include guest speakers and presentations, art projects, games and activities. These cafes are intended for those experiencing memory loss as well as their care partner(s), family & friends.

Memory Link Resource Navigator

Questions about memory loss and dementia?

Wondering about community resources?

Wednesday, February 8th
11:30 - 12:30PM
FREE - (920)939-3088

A partnership with:



A resource navigator from the Memory Link Program of the Fox Valley Memory Project is available to answer your questions regarding memory loss and dementia. **No appointment needed. Just Stop In!**

ASK THE ADVISOR

Presented By:



CARE Patrol
Your Partner In Senior Care Solutions

Thursday, February 9th
11:30AM - 1:00PM
FREE - (920)939-3088

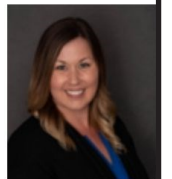
What is the difference between assisted living and a nursing home?

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.



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

St. Paul Lunch & Learn

Healthy Heart - Healthy Lifestyle

Friday, February 10th

11:30AM - 1:00PM

FREE

RSVP: (920)939-3088



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

**Pre-Registration
Required!**

In Harmony Returns

Presented By:
Fox Valley Symphony
Orchestra

Friday, February 10th

1:30 - 2:30PM

Theme: Morning, Noon, & Night
FREE

Friday, February 24th

1:30 - 2:30PM

Theme: Around the World
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



Elder Law Workshop

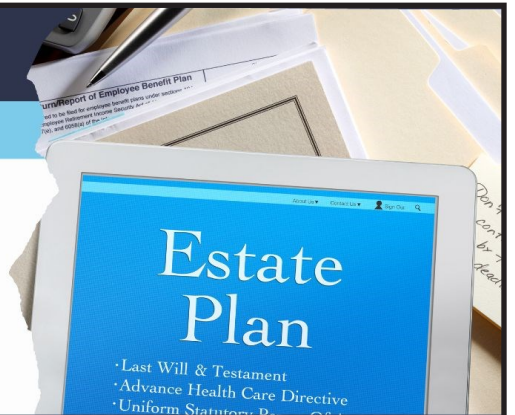
Estate Administration

Tuesday, February 14th

1:00 - 2:30PM

FREE - (920)939-3088

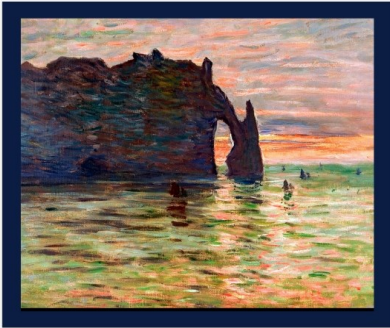
Pre-Registration Required



Discuss and learn how to settle an estate after someone passes whether there's a will, a trust, or no plan at all. How to start, how each process works, and what happens with assets, creditors, and taxes.

 HOOPER LAW OFFICE
Oshkosh | Appleton | Green Bay LLC

Paint the Masters Series



Sunset in Etretat
Claude Monet

Wed. February 15th
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, Feb. 10th

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

Book Buddies

with Ms. Ring's Kinder Kids



WEDNESDAY, FEBRUARY 15
1:30 - 2:30PM
FREE - (920)939-3088
Pre-Registration Required



Join Ms. Ring's Kindergarten Class from Johnston Elementary, the 3rd Wednesday of the month for Books, Crafts, and More! The hour will consist of reading with the kids, completing activities, and working on a craft for you to keep! Held at TCoL!

FREE WORKSHOP: Plan for YOUR Future

Friday, February 17th
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.

Let's Talk, Fox Valley

Sponsored by Fox Valley
Advance Care Planning Partnership

ORTHOPEDIC & SPINE THERAPY WORKSHOP

Dry Needling - What is it & What are the Benefits?

Tuesday, February 21st
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



*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. February 22, 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

Healthy Hearing & Untreated Hearing Loss

Lunch & Learn by Hearing Life

Wednesday, February 22, 2023
12:00 - 1:00 PM
FREE - (920)939-3088
Pre-Registration Required



Exploring the importance of hearing health and the effects of untreated hearing loss. FREE hearing screenings will take place after the program. Please let us know if you are interested in a screening when registering. Lunch provided. Space limited.

HearingLife

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, February 28th
9:30 - 11:00 AM
FREE - (920)939-3088



Topic: International Research

At some point, your family came to America and your family history research will lead you to needing to research outside of the United States. How do you research outside of the US without having to travel all around the globe to track down your ancestors? Come learn where to start, no matter what country your ancestors came from!

Pre-Registration Required

Optional: Bring own laptop or tablet

Upcoming Programs

March 21 -

- Cemetery Research

April 18 -

- Planning a research trip



Happy Birthday

TO ALL OF OUR FEBRUARY BABIES!

May the joy you have spread in the past come back to you on this day!

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

1/2 page ad

COOKING DEMO



TUESDAY, FEBRUARY 28TH

1:00 - 2:00PM

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!



Medicare 101

FREE Educational Event - Learning the Basics/Open Enrollment



Tuesday, February 28th

2:00 - 3:00PM

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

MAKE YOUR SHOPPING COUNT!



amazonsmile

You shop. Amazon Gives.

Shop AmazonSmile and Support the Thompson Center on Lourdes

Amazon will donate 0.5% of all of your eligible AmazonSmile purchases to TCoL

We want to hear from you!

Leave us a review on Google or Facebook and receive a FREE Class!

Review us on



Up to a \$5 value. Cannot be applied to material or instructor fees

Outagamie County Menu Information



February 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Outagamie The Thompson Center</p> <p>To make a meal reservation, please call 920-858-5619 the day before by Noon.</p>	 <p>- Due to National Supply Issues - Menus are Subject to Change.</p>	<p>1</p> <p>Chicken Broccoli Casserole over Rice Diced Beets Applesauce Donut</p>	<p>2</p> <p>Scalloped Potatoes with Ham Corn Warm Spiced Peaches Wheat Dinner Roll Tapioca Pudding</p>	
	<p>7</p> <p>Chicken with Gravy Mashed Potatoes Dilled Carrots Diced Pears Wheat Dinner Roll Raisin Rice Pudding</p>	<p>8</p> <p>Chicken ala King over Biscuit Romaine Salad Salad Dressing Mixed Fruit Warm Apple Betty</p>	<p>9</p> <p>Kansas City Riblet Potatoes au Gratin Green Beans Tropical Fruit Salad Wheat Dinner Roll Blueberry Crumble Bar</p>	
	<p>14</p> <p>Shredded BBQ Pork Wheat Bun Cheesy Potatoes Creamy Coleslaw Warm Cinnamon Applesauce Valentine's Swirl Cake</p>	<p>15</p> <p>Swedish Meatballs over Pasta Diced Carrots Three Bean Salad Peaches Vanilla Pudding</p>	<p>16</p> <p>Hamburger au Jus Redskin Potatoes Baked Beans Mixed Fruit Wheat Bread Oatmeal Raisin Cookie</p>	
	<p>21</p> <p>Chicken Marsala Stewed Tomatoes Brown Rice & Lentils Romaine Salad Salad Dressing Apples with Granola</p>	<p>22</p> <p>Old Fashioned Egg Salad Wheat Bun Peas Diced Carrots Peach Cobbler</p>	<p>23</p> <p>BBQ Chicken Breast Seasoned Pinto Beans Steamed Broccoli Mixed Fruit Cornbread Sugar Cookie</p>	
	<p>28</p> <p>Ketchup Meatloaf Mashed Potatoes Corn Spinach Salad Salad Dressing Wheat Dinner Roll Chocolate Chip Cookie</p>	<p>To Reserve a Meal, please call (920)858-5619 the day before by Noon</p> <p>Pick up Meals: 11:30 - 12:00PM</p>		

Services Located at TCoL

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.



VOLUNTEERS NEEDED

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

EVENT SETUP AND CLEANUP

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



Tasks Include:

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

MEMORY CAFE FACILITATOR SUPPORT

2 hours per month
2nd Wednesday of the Month



Tasks Include:

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

TCoL Wish List

- Hand Sanitizer
- Disinfectant Spray
- Paper Shredder
- Ping Pong Paddles
- Copy Paper (8.5 X 11)
- Whiteboard Markers
- Postage Stamps
- Swiffer Wet & Dry Refills
- Swiffer Mop
- Shop Rags
- Toolbox
- Crayola Markers
- Push Pins
- Paper Plates
- 9oz Hot/Cold Cups

Any Questions please call: (920)939-3088

Thank you...

DAILY CALENDAR - FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Intro to Pickleball 11:00-1:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	2 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	3 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 9:30-1130 Sew & Quilt 10:00-3:30 Gentle Flow Yoga 11-12:00 Bridge 12:30-3:30 Purple Angel Trng 1:00-2:00 Gentle Chair Yoga 3:00-4:00
6 Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 Cardio Drumming 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00	7 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 Tai Chi Arthritis 11:00-12:00 Card Making 12:30-3:30 Alzheimer's Series 1:00-2:00 Bridge 1:00-4:00	8 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Memory Café, 10:30-11:30 Chair Yoga 11:00-12:00 Intro to Pickleball 11:00-1:00 Memory Link Resource Navigator 11:30-12:30 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	9 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	10 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 Sew & Quilt 10:00-3:30 Gentle Flow Yoga 11-12:00 St. Paul Lunch & Learn 11:30-1:00 Bridge 12:30-3:30 In Harmony 1:30-2:30 Gentle Chair Yoga 3:00-4:00
13 Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 TCoL Civic League Luncheon 12:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00	14  Pickleball 9-11,11-1,1-3 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Sign Language 9:30-10:30 Young at Heart Choir 10:30-12:00 Tai Chi Arthritis 11:00-12:00 Card Making (instruction) 12:30-3:30 Elder Law WS 1:00-2:30 Bridge 1:00-4:00	15 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 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 Book Buddies 1:30-2:30	16 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	17 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Gentle Flow Yoga 11-12:00 Sew & Quilt 10:00-3:30 11:00-12:00 Bridge 12:30-3:30 Advance Care 1:00-2:30 Gentle Chair Yoga 3:00-4:00
20 PRESIDENTS DAY  Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 Cardio Drumming 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00	21 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 Tai Chi Arthritis 11:00-12:00 Card Making 12:30-3:30 Bridge 1:00-4:00 Ortho Spine 2:00-3:00	22 Pickleball 9-11,11-1,1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Caregiver Sup 9:30-11:30 Chair Yoga 11:00-12:00 Healthy Hearing Lunch & Learn 12:00-1:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	23 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	24 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 Sew & Quilt 10:00-3:30 Gentle Flow Yoga 11-12:00 Bridge 12:30-3:30 In Harmony 1:30-2:30 Gentle Chair Yoga 3:00-4:00
27 Pickleball 9-11,11-1,1-3 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 11:00-12:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00	28 Pickleball 9-11,11-1,1-3 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Sign Language 9:30-10:30 APL Genealogy 9:30-10:30 Young at Heart Choir 10:30-12:00 Tai Chi Arthritis 11:00-12:00 Card Making (Instruction) 12:30-3:30 Network Cooking 1:00-2:00 Bridge 1:00-4:00 Medicare 101 2:00-3:00	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

TCoL
Thompson Center on Lourdes
Celebrating life after 50



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