

Thompson Center on Lourdes Monthly Newsletter

 **TCoL** **BUZZ**

Thompson Center on Lourdes

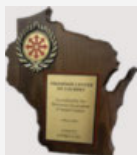
Celebrating life after 50



2023



 **TCoL HOURS OF OPERATION** 
9:00AM - 4:00PM MONDAY THROUGH FRIDAY



2331 E. Lourdes Drive, Appleton, WI 54915
(920) 939-3088 www.thetcol.org
Wheelchair Accessible with Ample Parking

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2023

Candid.

Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Pickleball	8:30 – 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
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.9,*YMCA Discount
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.12
	Open Cards	1:00 – 4:00	\$2.00	Pg.12
TUESDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.8, Sacred Heart *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg,12
	Strong Bodies	9:30 – 10:30	ADRC	(thru 8/8)
	Tai Chi	11:00 – 12:00	ADRC	(thru 8/8)
	Card Making/Scrapbooking	12:30 – 3:30	Free	Pg.13
	Hand & Foot Canasta	1:00 – 4:00	\$2.00	Pg.12 (7/11 & 7/25)
WEDNESDAY	Pickleball	8:30 – 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.14 (no class July 5)
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.9 *YMCA Discount
	Bingo	1:00 – 3:00	\$2.00	Pg.14,*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
FRIDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.8, Sacred Heart *Timed Slots
	Wood Carving	9:00 – 12:00	\$2.00	Pg.16
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	Sewing & Quilting	9:00 – 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. 10**

Schedule of Special Events and Programs in July

Thursday, July 6 , Movies from Book Club, "Call TCoL for name of movie", 12:30-3:30, pg. 16
Monday, July 10, 17, 24, 31 , Walk with the TCoL Staff, 9:30-10:30, pg. 9
Monday, July 10 , TCoL Civic League Event, Ice Cream Shoppe with Steve Schultz 12:00-2:00, pg. 5
Monday, July 10 , Technology Basics Workshops, Facebook Marketplace, 2:00-3:00, pg. 13
Tuesday, July 11, 18, 25 thru 8/15 , ADRC Healthy Living With Diabetes, 12:30-3:00, pg. 16
Tuesday, July 11 , Hooper Law, Elder Law Workshop, Probate. What is it?, 1:00-2:30, pg. 19
Wednesday, July 12 , Fox Valley Memory Project, Memory Café, Magic of Fireflies, 10:00-11:30, pg. 19
Wednesday, July 12 , Fox Valley Memory Project, Memory Link Resource Navigator, 11:00-12:00, pg. 19
Wednesday, July 12, 19, 26 thru 8/9 , Let's Talk FV & UW-Ext., Aging Mastery Program, 12:00-2:00, pg. 19
Thursday, July 13 , Fused Glass, Project: Garden Stakes, 10:30-12:30, pg.15
Thursday, July 13 , CarePatrol, Ask the Advisor, 11:30-1:00, pg. 20
Friday, July 14 , St. Paul Elder Services, Lunch & Learn, Living A Spiritually-Healthy Lifestyle, 11:30-1:00, pg.20
Monday, July 17 , Warm Hugs Sewing, 10:00-3:30, pg. 12
Monday, July 17 , Cardio Drumming, 1:00-2:00, pg. 10
Tuesday, July 18 , Appleton Public Library, Genealogy Series, Family Photos, 9:30-11:00 pg. 20
Thursday, July 18 , Edward Jones, Focus on Fixed Income, 11:00-12:00, pg.21
Tuesday, July 18 , Orthopedic & Spine Therapy Workshop, Strengthening Legs and Core, 2:00-3:00, pg. 21
Wednesday, July 19 , Heritage, Share Your Story by Chris & Mary Mares, 1:30-2:30, pg.21
Thursday, July 20 , Fox Valley Memory Project, Dementia Capable Training, 9:30-10:30. pg.21
Thursday, July 20 , Book Club, <i>Half Broke Horses</i> , by Jeannette Walls, 1:30-3:00, pg. 15
Friday, July 21 , Advance Care Planning, Plan for YOUR Future, 1:00-2:30, pg. 22
Monday, July 24 , Movie Day, General Movies, "Call TCoL for name of movie", 12:30-3:30, pg. 16
Monday, July 24 , Technology Basics Workshops, Tech Basics, Q & A, 2:00-3:00, pg. 13
Tuesday, July 25 , Take a Hike, Konkapot Creek Trail, 9:00-10:00, pg. 22
Tuesday, July 25 , GH Lenz & Associates, Medicare 101, Learning the Basics 1:00-2:00, pg. 22
Wednesday, July 26 , Caregiver Support, 9:30-11:30, pg. 22
Wednesday, July 26 , Frontida Assisted Living, One-on-One Technology Help, 12:30-2:00, pg. 15
Monday, July 31 , AEGIS, Retirement Planning, Preparing to Retire, 11:00-12:30, pg. 23



At the time the July 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 call us at (920) 939-3088 for the most current information.

Greetings From Djuanna Kath

Happy Summer!

It's growing season. I hope that by the time you are reading this, I have finally put my new plants into their forever pots, so that they can continue to grow and thrive. At the Center, we now have two raised garden beds and are working with volunteers and The Richardson School staff and students to plant, water, weed and harvest. We are grateful for the support of volunteers, TDS Fiber and Appleton Rotary Foundation Community Service Fund within the Community Foundation for the Fox Valley Region for making our second raised gardens a reality.

Here at the Thompson Center on Lourdes, we're growing and thriving as well. Our participation numbers continue to increase and so do our program offerings. In a year, we have increased programming opportunities by over ten percent; offering new programs, such as movies, memory link, 1:1 technology, bus trips, walking club and memory café to name a few.

Recently, we conducted a survey and received more than 300 responses. We're thrilled that you took the time to give us this valuable feedback that will assist us in future grant writing, future program assessments and goals for us as an organization.

As you look outside to see all the things that continue to grow, thank you for helping us continue to grow on the inside, personally and as an organization through donations. We're grateful to you!

Djuanna "DJ" Kath
Executive Director



MY GIFT TO OUR TCoL FAMILY

TCoL is a non-profit senior center that is funded primarily through grants and donations such as yours. All donations go towards funding programs and operations. **Yes, I/We** wish to donate to TCoL.

Name(s): _____

Amount of the gift \$ _____

In Honor of _____

In Memory of _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

_____ Check Enclosed (Please make checks payable to TCoL or Thompson Center on Lourdes)

THANK YOU FOR YOUR GIFT!

Drop on down to TCoL's Ice Cream Shoppe

July Civic League Event

Monday, July 10
12:00 - 2:00PM

TCoL Fellowship Hall
\$5.00 - (920)939-3088

Pre-Registration and Pre-Payment Required

Join the Civic League at the
Ice Cream Shoppe for a
50's Rock n' Roll Keyboard
performance by
Steve Schultz.

Ice Cream Sundaes Included!

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TCoL
Thompson Center on Lourdes

Celebrating life after 50



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(920) 733-5629

- Sites starting at \$800
- PRE-PLANNING/FINANCING
- Local Non-Profit Cemetery
- Personalized Monument Options

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- Weekly light housekeeping
- 24-Hour on-site caregivers
- 24-Hour on-call nursing support
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- Spa Room with luxury bathtubs
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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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Thompson Center on Lourdes, Appleton, WI

A 4C 01-1068

Mark Your Calendars

Celebrate at the Winery

A Faux Wine and Cheese Festival - August Civic League Event



Monday, August 14
12:00 - 2:00PM
TCoL Fellowship Hall
\$5.00 - (920)939-3088

Pre-Registration and
Pre-Payment Required

Relax and enjoy music
by Jose Luis. Enjoy a
small charcuterie
spread of finger foods
at your table.



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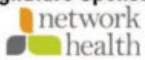


A DAY IN THE PARK



FOR THE YOUNG AT HEART
Formerly the Fox Cross Senior Games

Signature Sponsors:



Contributing Sponsors:



A Day in the Park Bingo Party

Tuesday, September 12, 2023

9:00AM to 1:00PM

Fritsch Park - Fox Crossing

Cost: \$12 (before Aug. 11)

Register/Pay at any YMCA Location

Forms found at TCoL or any YMCA Location



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

Bus Trips/Wellness Activities

Mary Poppins

BUS DAY TRIPS

More Information at:
www.thetcol.org

The Fireside Theater - Ft. Atkinson
Thursday, August 10, 2023

Cost: \$130 (lunch included)

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

Register by: Wednesday, July 5th



A beloved Tony Award-winning musical, The Fireside's production of MARY POPPINS features all the well-known popular songs, high-stepping dancing, and a treasure chest full of magic and mirth! The whole family will enjoy this dazzling and beautiful musical fable. There is only one word to describe this unforgettable production - Supercalifragilisticexpialidocious!"

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

Titanic

BUS DAY TRIPS

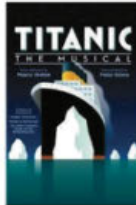
More Information at:
www.thetcol.org

The Fireside Theater - Ft. Atkinson
Friday, September 22, 2023

Cost: \$130 (lunch included)

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

Register by: Wednesday, August 16



Titanic. The very name signals one of the most enduring events of the Twentieth Century. Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. TITANIC is human drama that explores and reveals individual strength, love, faith, and especially the triumph of human dignity.

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

Lake Geneva

BUS DAY TRIPS

More Information at:
www.thetcol.org

Lake Geneva - Boat Tour/Shopping
Thursday, October 12, 2023

Cost: \$100 (lunch included)

Depart: 8:00am **Return:** 7:30pm

Register by: Friday, September 8th



Join TCoL as we head down to Lake Geneva for the day. We will begin with lunch at Pier 290 and then board the bus to downtown Lake Geneva. You will have a couple of hours to explore the shops or relax before we board the Walworth boat for an hour-long fall color tour on Lake Geneva. After the tour, we will head back to TCoL. Moderate walking involved.

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

PICKLEBALL

\$3 PER PLAY



**No
Pickleball
July 3 & 4**

	8:30AM - 10:30AM	10:45AM - 12:45PM	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

Wellness Activities

Walk with the TCoL Staff



Mondays in July 10, 17, 24, & 31
9:30 - 10:30am - FREE

**Pre-Registration
Required**

Put on your walking shoes and join a TCoL Staff Member every Monday morning for a walk in the neighborhoods surrounding the Thompson Center. Walks will be about an hour and will start and end at TCoL.

CHAIR YOGA \$3

MONDAYS: 11:00AM - 12:00PM

WEDNESDAYS: 11:00AM - 12:00PM

***FREE for Silver Sneakers, Silver & Fit, Renew Active, and YMCA Members - Must have current YMCA Membership for these to apply**



PRE-REGISTRATION REQUIRED



APPLETON
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*Join us for
senior friendly fireworks
at Appleton Retirement Community!*

The fun begins on **Friday, June 30th at 8:30 pm**
with a bubble show and fireworks to follow.
Rootbeer floats and snacks will be provided.
Feel free to bring your own lawn chair.

No need to RSVP but call Sara at 920-450-3350 with questions.
sfawcett@appletonretirement.com



Tours of our community available upon request

200 W. Packard Street, Appleton, WI 54911



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

Thompson Center on Lourdes, Appleton, WI

B 4C 01-1068

Wellness Activities



BILLIARDS

\$2

MONDAY TO FRIDAY
9:00 - 4:00 PM

PRE-REGISTRATION REQUIRED

Cardio Drumming

Monday, July 17th
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



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

Ping Pong & Bean Bag Toss

Thursdays

1:00 - 4:00PM

\$2

Pre-registration Required



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.

\$3
Per Session

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

Splash into Action!

Donate today!

www.thetcol.org



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Gift Certificates are available for any occasion!

Stop down to TCoL to get yours today!



Country Villa Assisted Living in Little Chute...

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offers Assisted Living, Enhanced Assisted Living and Memory Care.

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- ✓ Home cooked meals ✓ 24-7 Trained Care Staff ✓ Secured Community

Freedom, WI: **920-422-4620**

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Thompson Center on Lourdes, Appleton, WI

C 4C 01-1068

Activities

CARD GAMES \$2

	9:00AM - 12:00PM	1:00PM - 4:00PM
MONDAY	Cribbage	Open Cards
TUESDAY	Open Cards	Hand & Foot Canasta
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
 Instructor Available

Thursdays
9:00am - 1:00pm

Pre-registration required

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

Warm Hugs Sewing

Sewing quilts for local charities!

Monday, July 17th
10:00 - 3:30PM
Cost: \$2

Pre-Registration
 Required



Help use your talents to make quilts and pillowcases to help keep people warm! You can bring fabric and a project to work on or we will have fabric and patterns to help get you started. If you don't know how to sew; you can help iron or cut fabric into strips or squares to be placed into quilts or learn from members of the Darting Needle Quilt guild.

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, JULY 10TH

Facebook Marketplace

MONDAY, JULY 24TH

Tech Basics Q & A

Workshops will cover computer, phones, and tablets

Pre-Registration Required

Card Making/Scrapbooking

Drop in any Tuesday to create your own project!

Instructor Available
Tuesday, July 18th & 25th
12:30 - 3:30PM
FREE - (920)939-3088

Pre-Registration Required



During these two sessions you will learn paper piecing techniques to make cards. You will select your paper and color choices. Add a sentiment to personalize each card by selecting from the many stamps the Thompson Center has. If you have a MISTI, please bring it to class for your use.

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Thompson Center on Lourdes, Appleton, WI

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Activities

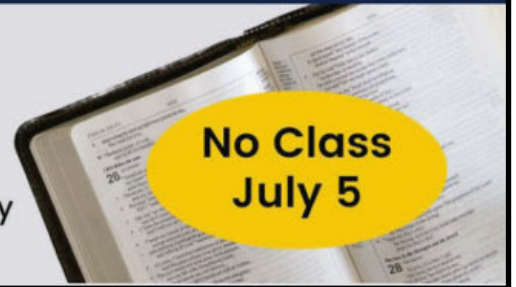
BIBLE STUDY

Pre-registration Required
Study runs May 10 - July 26

**WEDNESDAYS
10:00AM - 12:00PM**

\$2

Session Study: The Twelve Disciples written by Douglas Connelly
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



TRACY RIGHI-SMITH

(920) 450-7737

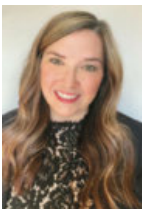
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Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

Activities

One-on-One Technology Help

Wednesday, July 26th
12:30 - 2:00PM
FREE - (920)939-3088

Pre-Registration
Required



Mason Foth from Frontida will be available to assist with any questions related to cell phones, tablets, or laptops. Please bring your device along. These are one-on-one 30 minute appointments.



FUSED GLASS CLASS

July Project: Garden Stakes

Pre-registration
Required

THURSDAY, JULY 13TH
10:30-12:30PM (COME ANYTIME)
COST: \$12
(920)939-3088

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

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



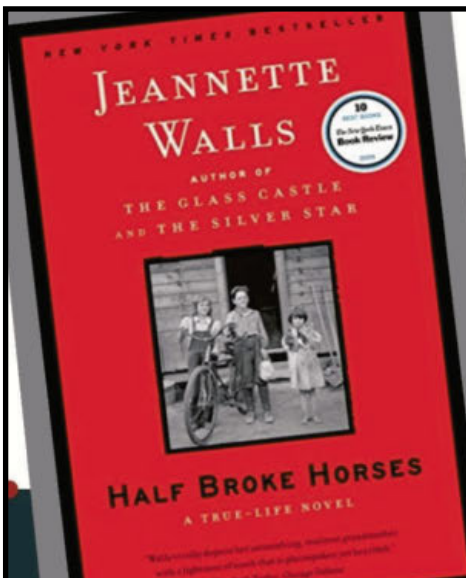
Pre-registration Required

Book Club

THURSDAY, JULY 20
1:30 - 3:00PM
FREE - (920)939-3088

Thursday, August 17 - 1:30-3:00PM
Ordinary Grace by William Kent Krueger
Book Pickup Week of July 17

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
9:00AM - 3:30PM \$2**

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

Pre-Registration is required



Movie Days at TCoL!

FREE

**Thursday, July 6
12:30 - 3:30PM**
Movies from Book Club

**Monday, July 24
12:30 - 3:30PM**
General Movies



Sponsored by:
SYNERGY HomeCare

Bring your friends and join Synergy Homecare for popcorn and a movie! Call the front desk for the movie of the month. MPLC Licensing prohibits us from listing the title in the newsletter. Pre-Registration Required

HEALTHY LIVING WITH DIABETES



**Tuesdays - July 11th - August 15th, 2023
12:30pm-3:00pm - TCoL**

**Register with Nancy Krueger at (920)740-9572
or nkrueger@vpind.com**



Diabetes is a chronic, life-long, on-going condition. While you may see a physician or health care provider several times a year, most days you are the one who controls your diabetes through monitoring, nutrition, exercise and managing your symptoms. Healthy Living with Diabetes is a researched and proven program designed to help you do that.



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CONTACT ME Alex Nicholas

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helperbiza2z@gmail.com

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Call (920) 738-3000 to schedule a tour or visit us online at TheDaCare.org/TheHeritage

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2 bedroom unit \$880

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1815 E Wisconsin Ave. | Appleton, WI 54911

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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

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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.

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Appleton & Fox Cities
920.997.0118
HomeInstead.com/AppletonWI



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Serving Winnebago, Outagamie & Calumet Counties!



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www.synergyhomecare.com

St. Paul Elder Services, Inc.

PASSAGES

COMMUNITY-BASED SUPPORT SERVICES

A continuum of care and respite care for those who would benefit from extra support while living with memory loss symptoms.

THE RIGHT CARE AT THE RIGHT TIME

Memory Connections

Brain health enhancement program

Memory Reflections

Day respite program

Club Gabriel

State-certified adult day program

CARING FOR CARE PARTNERS

Our free Caregiver Support Group provides support for any care partner of a person living with memory loss.

(920) 766-6020 | www.stpaulelders.org

Medicare Made *easy*



Explore your options with Network Health
In 2023, Network Health PPO plans earned 5 out of 5 Stars, Medicare's highest rating.

Jacquelyn Sassman and Dennis Kohl

Sassman Insurance Agency, LLC

3030 N Richmond St., Appleton, WI 54911

Call: 920-993-9750 and

email: jsassman@sassmaninsurance.agency



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insurance agency LLC

Network Health Medicare Advantage Plans include PPO plans with a Medicare contract. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. For accommodations of persons with special needs at sales meetings, call 800-983-7587 (TTY 800-947-3529). Every year, Medicare evaluates plans based on a 5 Star rating system. H5215_4474-01-0323_M



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

Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

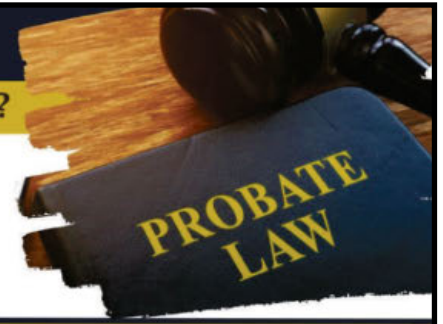
Programs/Workshops

Elder Law Workshop

Probate. What is it? What's the Process? Should I Avoid it?

Tuesday, July 11th
1:00 - 2:30PM
FREE - (920)939-3088

**Pre-Registration
Required**



They may not know what it is, but many people wish to avoid probate. In this session, we're going to discuss how the probate process works, tips for getting started, and when you might want to avoid or use the probate court.



MEMORY CAFE

WEDNESDAY, JULY 12TH
10:00 - 11:30AM
FREE - (920)939-3088
Pre-Registration Required

MAGIC OF FIREFLIES

Explore the magic of fireflies and create your own lighted "firefly" jar. Why do they light up? What does it mean? and more!

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, July 12th
11:00 - 12:00PM
FREE - (920)939-3088

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!**



Aging Mastery Program

Presented By:
Let's Talk Fox Valley &
UW-Extension

Wed. Jul. 12th - Aug. 9th
12:00 - 2:00pm
Cost: \$25
(920)939-3088



Build your own personal playbook for aging well. This fun, innovative program empowers you:

- Improve your well-being
- Strengthen ties to your community
- Meet new friends
- Provide encouragement to one another

Cost is for all 5 weeks and includes a light lunch.
Pre-registration required - spots limited.

Thank you
Food Sponsors:



Aging Mastery Program brought
to you by a generous donation:



Mielke Family Foundation, Inc.

ASK THE ADVISOR

Presented By:  CARE Patrol™
Your Partner In Senior Care Solutions

Thursday, July 13th
11:30AM - 1:00PM
FREE - (920)939-3088



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. A Senior Care Advisor from Care Patrol will be available to answer all your questions.

St. Paul Lunch & Learn Living a Spiritually-Healthy Lifestyle


Friday, July 14th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088



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

Pre-Registration Required!

Genealogy

In Partnership with the: 

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

Tuesday, July 18th
9:30 - 11:00 AM
FREE - (920)939-3088

Topic: Family Photos

A picture is worth a thousand words so how do you locate photos of your ancestors? And what should you do with the stack of family photos you inherited from your family? Learn all about locating family photos, identifying and dating them, and how to scan and preserve them so they are around for future generations.

Pre-Registration Required

Optional: Bring own laptop or tablet



Upcoming Programs

- August 15
• Preserving Your Stories
- September 19



Happy Birthday

TO ALL OF OUR JULY BABIES!

July is filled with picnics, parties, games and fun, good times, friends and laughter in the sizzling summer sun. Your birthday's just as special as fireworks in the night. May all your days and years explode with pure delight!

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

Programs/Workshops

Edward Jones

Focus on Fixed Income

Coffee and Muffins will be available!

Tuesday, July 18th
11:00 - 12:00PM
FREE - (920)939-3088

Pre-Registration Required



Owning investments that may provide you with a regular income can be a smart decision. That's why it's a good idea to learn how fixed-income investments such as bonds may help you to reach your financial goals. Learn more about: • Bond characteristics and features • The relationship between interest rates and bond prices • Tax advantages of municipal bonds • How bonds may help you weather fluctuating markets

Member SIPC

Edward Jones is a licensed insurance producer in all states and Washington, D.C., through Edward D. Jones & Co., L.P., and in California, New Mexico and Massachusetts through Edward Jones Insurance Agency of California, L.L.C.; Edward Jones Insurance Agency of New Mexico, L.L.C.; and Edward Jones Insurance Agency of Massachusetts, L.L.C.



Holly A. Mrstik, AAMS™
Financial Advisor
1835 E Edgewood Dr
Suite 102
Appleton, WI 54915
920-939-6038

ORTHOPEDIC & SPINE THERAPY WORKSHOP

TOPIC: LEGS AND CORE STRENGTHENING

Tuesday, July 18th
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

Heritage *Share Your Story*

Presented By: Chris & Mary Mares

Focus: Framework & Tools provided to capture your stories.

Wednesday, July 19
1:30 - 2:30
FREE - (920)939-3088

Pre-registration Required



Heritage - Share Your Story is a program designed to capture your stories. Each story is a thread in a family's tapestry that are woven together to create a family heritage. They are how we remember events and how we pass on traditions. What we all long for is wisdom, the knowledge passed on through stories. Share your story today!

Dementia Capable Training

Thursday, July 20, 2023
9:30 - 10:30am
FREE - (920) 939-3088

Pre-Registration Required



Would you like to know more about the signs and symptoms of dementia? Would you like to be able to effectively communicated with friends or loved ones with dementia? Attend this special presentation to better support along the dementia journey.

Programs/Workshops

FREE WORKSHOP: Plan for YOUR Future

Friday, July 21st
1:00 - 2:30PM
(920)939-3088

Completing your Advanced Directives
Pre-Registration Required

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.



Take a Hike! on the Konkapot Trail - Kaukauna

Tuesday, July 25, 2023
9:00 - 10:00am
Konkapot Creek Trail
FREE - (920)939-3088

Pre-Registration Required - Spots Limited



Explore the Konkapot Creek Trail in Kaukauna! Look for deer, herons, summer birds, and prairie plants along the way. Trail is flat, crushed gravel. Meet at Horseshoe Park on E. 10th St. Parking Lot. Hill at start/end of trail but rest is flat. Out and back hike (approx: 1.5 - 2 miles)

Meet at:
Horseshoe Park
Kaukauna, WI
Park in the E. 10th St. Parking Lot

Medicare 101

FREE Educational Event - Learning the Basics

Tuesday, July 25
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: GH LENZ & ASSOCIATES - GREEN BAY, WI
AGENT: JILL GRAY



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®

CAREGIVER SUPPORT GROUP

Wed. July 26, 2023
9:30 - 11:30AM

FREE

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

Retirement Planning

Preparing to Retire

Monday, July 31st
11:00AM - 12:30PM
FREE - Lunch & Learn

Pre-Registration
Required -
(920)939-3088



Preparing for retirement can be stressful and daunting, you could be asking yourself many questions such as: "Will I have enough to retire?" "How will I replace my paycheck?" "How will I minimize taxes and protect my benefits?" "Will my money last?" and more. FORBES BEST IN STATE WEALTH ADVISOR AEGIS Financial understands the weight of Financial Planning especially for retirement and is here to help you answer those questions and give you Peace of Mind.



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.

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.



Assisted Living & Memory Care

CAROLINA
Assisted Living

Immediate Availability
Call Today! (920) 738-0118

\$500 OFF **First three month's rent**

Tour Carolina Assisted Living on or before 12/31/2023 to receive \$500 off your first three month's rent when you move in. Offer not valid with any other promotions or non-private pay residents. \$1,500 will be added to the last month's rent if residency is less than 12 months. **Must reference CODE CASenior2023 to redeem.**

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 Appleton, WI 54914

Contact Linda Hobbs
for a Tour

(920) 997-0725

THRIVE
 LOCALLY



Do you know someone living with memory loss?

FOX VALLEY MEMORY PROJECT

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



Thank you Oak Park Place

For your sponsorship
of the Traveling the
USA Choir Concert



Fireside Theater - Grumpy Old Men

Thank you to all who attended!



Volunteer Spotlight, Menu Information



I have lived in the Fox Valley all my life. My six siblings and I were raised in Kimberly. I graduated from Kimberly high school, got my degree from UW Oshkosh and settled in Appleton where I worked and raised my children.

I started my career in the business office at the downtown YMCA. After 13 years I moved to a pm shift in the ER at St. Elizabeth hospital so I could be home with my children. After a decade and the needs of my children changed I became an insurance agent. I stayed in that field for 25 years. The last few years before I retired I worked at my son's company, Milis Flatwork, doing all kinds of fun things.

I am the proud Mom of 3 amazing children; Dylan, Molly and Sydnee. The Grammy of 3 1/2 beautiful grandbabies. David 3, Mason 2, Myles 3 mos. and a little girl due to arrive in September. They are the loves of my life. I am also blessed with a wonderful daughter & son in-law and a soon to be 2nd son in-law. I am so grateful for my family and spend as much time as I can with them.

After retiring in 2020 I was bored, restless and missing people. I always said when I retired I would volunteer doing something I loved. Soon after I found The Thompson Center on Lourdes. What's not to love? The staff and volunteers are so positive and have the energy of people who thoroughly enjoy their jobs. I love the members! Listening to their stories, answering their questions and signing them up for classes. They get to socialize, learn and workout their brains and bodies. I want them to feel welcome so they come back and try it all.

I also like to read, cook, play pickleball, travel and spend time with my friends. My daughters and I take a week every summer to hike a national park. I also volunteer at church and at the Outagamie County prison. So much for being bored!

Robin Milis

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

Carry out and Congregate Dining

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

Congregate Dining
Tuesday through Thursday
Noon - 12:30 PM

July Menu will be posted
at TCoL, on Facebook,
and in the 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.

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

BRIDGE, CRIBBAGE, SHEEPSHEAD BEGINNING CARD INSTRUCTION

Various Times Available

Tasks Include:

- Teaching card classes to beginners or those who want a refresher
- Flexible schedule



FITNESS CLASS INSTRUCTOR

Various Times Available

Searching for volunteers for:

- Qigong
- Zumba Gold
- Other fitness opportunities



TCoL Wish List

- Disinfectant Spray
- Swiffer Wet Mop
- Packing/Masking Tape
- Coat Rack
- Latex Gloves (M/L)
- Electric Pencil Sharpener
- Copy Paper (8.5 X 11)
- Postage Stamps
- Batteries (AA, AAA, CR2032)
- Small Safe
- Dish Soap
- 4 foot foldable table
- Laundry Detergent

Any Questions please call: (920)939-3088

Thank you...

DAILY CALENDAR - JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CLOSED</p> 	<p>4 CLOSED</p>	<p>5</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Open Cards 9:00-12:00</p> <p>Chair Yoga 11:00-12:00</p> <p>Bingo 1:00-3:00</p> <p>Euchre 1:00-4:00</p>	<p>6</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-1:00</p> <p>Line Dance Beg. 9:45-10:45</p> <p>Line Dance Int. 11:00-12:00</p> <p>Stained Glass 12:30-3:30</p> <p>Movie 12:30-3:30</p> <p>Pickleball 1:00-3:00</p> <p>Sheepshead 1:00-4:00</p> <p>Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>7</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Wood Carving 9:00-12:00</p> <p>Open Cards 9:00-12:00</p> <p>Sew & Quilt 9:00-3:30</p> <p>Gentle Flow Yoga 11:00-12:00</p> <p>Bridge 12:30-3:30</p> <p>Gentle Chair Yoga 3:00-4:00</p>
<p>10</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-12:00</p> <p>Walk w/ Staff 9:30-10:30</p> <p>Chair Yoga 11:00-12:00</p> <p>Civic League Ice Cream Shoppe 12:00-2:00</p> <p>Crochet & Knit 1:00-3:00</p> <p>Open Cards 1:00-4:00</p> <p>Technology 2:00-3:00</p>	<p>11</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Open Cards 9:00-12:00</p> <p>Strong Bodies 9:30-10:30</p> <p>Tai Chi 11:00-12:00</p> <p>ADRC Diabetes 12:30-3:00</p> <p>Card Making 12:30-3:30</p> <p>Elder Law WS 1:00-2:30</p> <p>Hand Foot Canasta 1:00-4:00</p>	<p>12</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Open Cards 9:00-12:00</p> <p>Memory Café 10:00-11:30</p> <p>Bible Study 10:00-12:00</p> <p>Chair Yoga 11:00-12:00</p> <p>Memory Link 11:00-12:00</p> <p>Aging Mastery 12:00-2:00</p> <p>Bingo 1:00-3:00</p> <p>Euchre 1:00-4:00</p>	<p>13</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-1:00</p> <p>Line Dance Beg. 9:45-10:45</p> <p>Line Dance Int. 11:00-12:00</p> <p>Fused Glass 10:30-12:30</p> <p>Ask the Advisor 11:30-1:00</p> <p>Stained Glass 12:30-3:30</p> <p>Pickleball 1:00-3:00</p> <p>Sheepshead 1:00-4:00</p> <p>Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>14</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Wood Carving 9:00-12:00</p> <p>Open Cards 9:00-12:00</p> <p>Sew & Quilt 9:00-3:30</p> <p>Gentle Flow Yoga 11:00-12:00</p> <p>St. Paul Lunch & Learn 11:30-1:00</p> <p>Bridge 12:30-3:30</p> <p>Gentle Chair Yoga 3:00-4:00</p>
<p>17</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-12:00</p> <p>Walk w/ Staff 9:30-10:30</p> <p>Warm Hugs 10:00-3:30</p> <p>Chair Yoga 11:00-12:00</p> <p>Cardio Drumming 1:00-2:00</p> <p>Crochet & Knit 1:00-3:00</p> <p>Open Cards 1:00-4:00</p>	<p>18</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Strong Bodies 9:30-10:30</p> <p>APL Genealogy 9:30-11:00</p> <p>Tai Chi 11:00-12:00</p> <p>Edward Jones 11:00-12:00</p> <p>ADRC Diabetes 12:30-3:00</p> <p>Card Making (inst) 12:30-3:30</p> <p>Card Making (inst) 12:30-3:30</p> <p>Ortho Spine 2:00-3:00</p>	<p>19</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Open Cards 9:00-12:00</p> <p>Bible Study 10:00-12:00</p> <p>Chair Yoga 11:00-12:00</p> <p>Aging Mastery 12:00-2:00</p> <p>Bingo 1:00-3:00</p> <p>Euchre 1:00-4:00</p> <p>Heritage 1:30-2:30</p>	<p>20</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-1:00</p> <p>Dementia Training 9:30-10:30</p> <p>Line Dance Beg. 9:45-10:45</p> <p>Line Dance Int. 11:00-12:00</p> <p>Stained Glass 12:30-3:30</p> <p>Pickleball 1:00-3:00</p> <p>Sheepshead 1:00-4:00</p> <p>Ping Pong & Bean Bag Toss 1:00-4:00</p> <p>Book Club 1:30-3:00</p>	<p>21</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Wood Carving 9:00-12:00</p> <p>Open Cards 9:00-12:00</p> <p>Sew & Quilt 9:00-3:30</p> <p>Gentle Flow Yoga 11:00-12:00</p> <p>Bridge 12:30-3:30</p> <p>Adv Care Plan 1:00-2:30</p> <p>Gentle Chair Yoga 3:00-4:00</p>
<p>24</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-12:00</p> <p>Walk w/ Staff 9:30-10:30</p> <p>Chair Yoga 11:00-12:00</p> <p>Movie 12:30-3:30</p> <p>Crochet & Knit 1:00-3:00</p> <p>Open Cards 1:00-4:00</p> <p>Technology 2:00-3:00</p>	<p>25</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Take a Hike 9:00-10:00</p> <p>Open Cards 9:00-12:00</p> <p>ADRC Diabetes 12:30-3:00</p> <p>Card Making (inst) 12:30-3:30</p> <p>Medicare 101 1:00-2:00</p> <p>Hand Foot Canasta 1:00-4:00</p>	<p>26</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Open Cards 9:00-12:00</p> <p>Caregiver Sup 9:30-11:30</p> <p>Bible Study 10:00-12:00</p> <p>Chair Yoga 11:00-12:00</p> <p>Aging Mastery 12:00-2:00</p> <p>1-1 Technology 12:30-2:00</p> <p>Bingo 1:00-3:00</p> <p>Euchre 1:00-4:00</p>	<p>27</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-1:00</p> <p>Line Dance Beg. 9:45-10:45</p> <p>Line Dance Int. 11:00-12:00</p> <p>Stained Glass 12:30-3:30</p> <p>Pickleball 1:00-3:00</p> <p>Sheepshead 1:00-4:00</p> <p>Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>28</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Wood Carving 9:00-12:00</p> <p>Open Cards 9:00-12:00</p> <p>Sew & Quilt 9:00-3:30</p> <p>Gentle Flow Yoga 11:00-12:00</p> <p>Bridge 12:30-3:30</p> <p>Gentle Chair Yoga 3:00-4:00</p>
<p>31</p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3</p> <p>Cribbage 9:00-12:00</p> <p>Open Painting 9:00-12:00</p> <p>Walk w/ Staff 9:30-10:30</p> <p>Chair Yoga 11:00-12:00</p> <p>AEGIS Retire 11:00-12:30</p> <p>Crochet & Knit 1:00-3:00</p> <p>Open Cards 1:00-4:00</p>	<div style="border: 2px solid black; background-color: yellow; padding: 10px; text-align: center;"> <p>BILLIARDS IS AVAILABLE Monday to Friday 9:00am - 4:00pm</p> </div>	<p style="text-align: center;">Held at SACRED HEART PARISH</p> <p style="text-align: center;">222 E. Fremont St. Appleton</p>		

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