

Thompson Center on Lourdes Monthly Newsletter

TCoL BUZZ

Thompson Center on Lourdes

SEPTEMBER

Celebrating life after 50

2023

DISCOVER YOURS...



TCoL HOURS OF OPERATION

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



2331 E. Lourdes Drive, Appleton, WI 54915
(920) 939-3088 www.thetcol.org
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Platinum
Transparency
2023

Candid.

Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Cribbage	9:00 – 12:00	\$2.00	Pg.12
	Open Painting	9:00 – 12:00	\$2.00	Pg.13
	Hallelujah Chorus	9:30 – 11:00	\$3.00	Pg.13 (starts 9/11)
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.10,*YMCA Discount
	Card Game Instruction	1:00 – 2:00	Free	Pg.12
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.14
	Open Cards	1:00 – 4:00	\$2.00	Pg.12
TUESDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	Strong Bodies	9:30 – 10:30	ADRC	(Starts 9/12) Class is full
	Young at Heart Choir	10:30 – 12:00	\$3.00	Pg.13 (starts 9/12)
	Tai Chi	11:00 – 12:00	ADRC	Pg.10 (starts 9/12)
	Card Making/Scrapbooking	12:30 – 3:30	Free	Pg.15
	Hand & Foot Canasta	1:00 – 4:00	\$2.00	Pg.12 (9/12 & 9/26)
WEDNESDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.9, Sacred Heart *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	Bible Study	10:00 – 12:00	\$2.00	Pg.15 (starts 9/6)
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.10 *YMCA Discount
	Tai Chi	1:00 – 2:00	ADRC	(starts 9/13) Class is full
	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.13
	Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.11, Sacred Heart
	Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.11, 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.12
	Ping Pong & Bean Bag Toss	1:00 – 4:00	\$2.00	Pg.11
FRIDAY	Pickleball	8:30 – 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.12
	Strong Bodies	9:30 – 10:30	ADRC	(Starts 9/15) Class is full
	Sewing & Quilting	9:00 – 3:30	\$2.00	Pg.16
	Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.12 (no class 9/22)
	Bridge	12:30 – 3:30	\$2.00	Pg.12
	Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.12 (no class 9/22)

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

Schedule of Special Events and Programs in September

Tuesday, September 5 , St. Paul Elder Svcs, Alzheimer's Series Part 1, Living w/ Alz for Caregivers 1:00-2:00, pg.19
Tuesday, September 5 & 19 , Nailcare—by appointment 9:00-4:00, pg. 26
Thursday, September 7 , Movies from Books, "Call TCoL for name of movie", 12:30-3:30, pg. 15
Friday, September 8 , ADRC, Memory Screening, 11:00-12:00, pg. 19
Friday, September 8 , St. Paul Elder Svcs, Lunch & Learn, Creative Storytelling Through Art, 11:30-1:00, pg.19
Monday, September 11 , TCoL Civic League Event, ELVIS, 12:30-3:00, pg. 5
Monday, September 11 , Technology Basics Workshops, Facebook Basics, 2:00-3:00, pg. 14
Tuesday, September 12 , A Day in the Park Bingo Party, Fritsch Park-Fox Crossing, 9:00-1:00 SOLD OUT
Tuesday, September 12 , Hooper Law, Elder Law Workshop, Budgeting for Long Term Care, 1:00-2:30, pg. 19
Wednesday, September 13 , Fox Valley Memory Project, Memory Café, Home on the Range, 10:00-11:30, pg. 20
Wednesday, September 13 , Fox Valley Memory Project, Memory Link Resource Navigator, 11:00-12:00, pg. 20
Wednesday, September 13 , Heritage, Framework & Tools provided to Capture your Stories, 1:30-2:30, pg. 20
Thursday, September 14 , Fused Glass, Project: Butterflies or Trees, 10:30-12:30, pg.16
Thursday, September 14 , CarePatrol, Ask the Advisor, 11:30-1:00, pg. 20
Friday, September 15 , Advance Care Planning, Plan for YOUR Future, 1:00-2:30, pg. 20
Monday, September 18 , Warm Hugs Sewing, 10:00-3:30, pg. 14
Monday, September 18 , Care Plus, Blood Pressure Screening, 11:30-1:00, pg.21
Monday, September 18 , Cardio Drumming, 1:00-2:00, pg. 10
Tuesday, September 19 , Appleton PL, Genealogy Series, Finding Your Family Online, 9:30-11:00 pg. 21
Tuesday, September 19 , Orthopedic & Spine Therapy WS, 5 Exercises to Keep Moving, 2:00-3:00, pg. 21
Wednesday, September 20 , TCoL with a Twist, Brainstorm meeting to make new connections, 12:00-1:00, pg 21
Wednesday, September 20 , Appleton Police, SALT, Scam Alert 1:30-2:30, pg.22
Wednesday, September 20 , Frontida Assisted Living, One-on-One Technology Help, 2:30-4:00, pg. 15
Thursday, September 21 , Fox Valley Hearing Ctr, Benefits of Hearing Technology Adv., 10:00-11:00, pg.22
Thursday, September 21 , Fundraiser Event, Lillians of Appleton, 115 E. College Ave., 10:00-5:00, pg. 7
Thursday, September 21 , Book Club, <i>Cilka's Journey</i> by Heather Morris, 1:30-3:00, pg. 16
Friday, September 22 , Titanic at Fireside Theater, Bus departs at 8:00am and returns at 6:30pm
Friday, September 22 , Fox Valley Symphony Orchestra, In Harmony, Theme: Love Songs 1:15-2:15, pg. 22
Monday, September 25 , Movie Day, General Movies, "Call TCoL for name of movie", 12:30-3:30, pg. 15
Monday, September 25 , Wildwood Images, Wisconsin Wildlife Presentation, 1:00-2:00, pg. 22
Monday, September 25 , Technology Basics Workshops, Tech Basics, Q & A, 2:00-3:00, pg. 14
Tuesday, September 26 , Take a Hike, 1000 Island Environmental Center, Kaukauna, 1:30-2:30, pg. 22
Tuesday, September 26 , GH Lenz & Associates, Medicare 101, Learning the Basics 2:00-3:00, pg. 23
Wednesday, September 27 , Caregiver Support Group, 9:30-11:30, pg. 23

Greetings From Djuanna Kath



September is National Senior Center Month and the theme this year is "Discover Yours". As we have already welcomed over 650 new participants this year, we hope that you are taking advantage of TCoL program opportunities and that you are discovering yours.

New in 2023, we increased our programming offerings to nearly 200 monthly scheduled opportunities that included canning, cooking demonstrations, book buddies, story writing, chess, card game instruction, fraud and scam protection, movies, tax assistance, ceramics, downsizing, emotional health and wellness and memory cafes. At the Center, we conducted a participant survey, added a second raised garden bed, a holiday themed decorated tree in the front lobby that changes monthly, and most importantly, a new team member.

We have some fun things planned during the month of September, including Elvis John on Monday, September 11. Be sure to check out the calendar of opportunities:

September 5 - 8	Sweets Week
September 11 - 15	Carnival Week
September 18 - 22	FREE Activity Week
September 25 - 29	Theme Days throughout the Week

As we see numbers increase in community partnerships, volunteerism, participation and programming offerings, we also see the projected population of adults aged 55 and older in the Fox Cities increase to an expected percentage of 35.4, by 2027. Although the percentage of those participating here at TCoL is increasing, we know that there are so many more that haven't tried us out yet. Please continue to share the newsletter, your experiences and your talents. We love spending time with you and hope that you continue to "Discover Yours" as you try new programs here at TCoL!

Djuanna "DJ" Kath
Executive Director

Senior Living Expo



Wednesday, September 20, 2023

8:00am to Noon

FREE Admission

**Players Choice on JJ east of
Appleton North High School.**



Join the Appleton Noon Lions for the 24th Senior Expo. This is a great opportunity to find resources available in the community, all at one site. All proceeds benefit the Appleton Noon Lions Club. Questions please contact Bob Simon at 920-809-7884 or rsimon001@new.rr.com.

ELVIS *The King is Returning!*

Monday, September 11

12:30PM-3:00PM

(Show begins at 1:00PM)

TCoL Fellowship Hall

Cost: \$10.00

(920)939-3088

Pre-Payment and Pre-Registration Required



SPONSORED BY



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

HERE'S HOW TO REQUEST:

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.

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

🌐 www.thetcol.org

Please leave a message with the following:

☎ 920-939-3088

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

Forms can be found at: www.thetcol.org



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- 24-Hour on-call nursing support
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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

Senior Center Month Events

Celebrate Senior Center Month with **Sweets for Seniors**



Indulge in Sweet Deals all month long!

September 5 to 8

Sweets Week

Indulge in the sweetness of life with our Sweets Week! We'll be serving up an assortment of desserts and treats, from donuts to cookies and everything in between. Let your taste buds savor the flavors and enjoy some sweet moments with friends and family.

September 11 to 15

Carnival Week

Step right up to our Carnival Week! Get ready for a week filled with games, prizes, and excitement. We'll have classic carnival games like ring toss, bean bag toss, and more. Win some fun prizes and take a whirl on the carousel of laughter and joy.

September 18 to 22

FREE Activity Week

During Free Activity Week, seniors can participate in a range of exciting activities without any cost. From fitness classes to arts workshops, there's something for everyone to enjoy without worrying about expenses. *Instructor and Materials Fee Applies.

September 25 to 29

Theme Days Week

Every day will bring a new theme to add a touch of creativity and playfulness to our celebrations. Let your imagination run wild as we dress up and embrace the fun of each theme.

Monday Crazy Sock Day	Tuesday Sports Day	Wednesday Hat Day	Thursday Throwback Day	Friday Tourist Day
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ALL MONTH LONG!



Come celebrate our participants' vibrant creativity by visiting Acoca Coffee's art gallery display.
500 W. College Ave, Appleton

FUNDRAISER EVENT!



September 21st, 2023
10:00AM - 5:00PM

Stop in and shop to support TCoL.
See website for more details
115 E. College Ave, Appleton

Thank you sponsors & partners for your support; we couldn't do this without you!



Mark Your Calendars

WILLKOMMEN TO

TCoL Civic League Luncheon

GERMANFEST!



Monday, October 9, 2023

12:00 - 2:00PM

Cost: \$5 - (920)939-3088

TCOL Fellowship Hall

Experience the rhythm of the New Horizons Band as they take the floor with a captivating performance that will have you dancing and smiling. Enjoy a delicious lunch with hot dogs, sauerkraut, and more!

Thank you Sponsors!



Lake Geneva

Full - Waitlist Started

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

Scrooge: The Musical

BUS DAY TRIPS

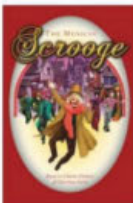
More Information at:
www.thetcol.org

The Fireside Theater - Ft. Atkinson
Thursday, December 7, 2023

Cost: \$130 (lunch included)

Depart: 8:15am Return: 6:30pm

Register by: Wednesday, Nov. 3rd



Join us for this merry, sparkling, tuneful, boisterous Broadway musical version of the world's most beloved Christmas story - Dickens' A CHRISTMAS CAROL. Based on the popular musical movie starring Albert Finney, SCROOGE THE MUSICAL tells the tale of redemption and love as only The Fireside can - with a beautiful and rousing musical score (including the well-known "Thank You Very Much"), breath-taking dancing, beautiful period costumes, uproarious comedy, and heart-warming drama.

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

Closed Labor Day - September 4

Wellness Activities

Now Accepting Credit Cards

Credit cards will be able to be used at TCoL and from home computers. Processing Fees will apply.



At the time the September 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.



PICKLEBALL

\$3 PER PLAY

	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

Moving made easy with the help of our professional partners!



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.



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www.appletonretirement.com | 200 W. Packard Street, Appleton, WI 54911



Wellness Activities



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



PRE-REGISTRATION REQUIRED

Cardio Drumming

**Monday, September 18
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!

SHEELS



TAI CHI

Begins September 12

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.



Jumping into Action!

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Give the Gift of TCoL!

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for any occasion!*

Stop down to TCoL to get yours today!



Wellness Activities

LINE DANCING

Beginner & Intermediate

Beginner:

Thursdays 9:45 - 10:45AM

Intermediate:

Thursdays 11:00 - 12:00PM

Pre-Registration
Required

\$4

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



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

Ping Pong & Bean Bag Toss

Thursdays

1:00 - 4:00PM

\$2

Pre-registration Required



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Thompson Center on Lourdes, Appleton, WI

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Wellness Activities/Activities

STEPPING ON: FALLS PREVENTION WORKSHOP

Thursdays, October 5 to November 16, 2023

9:30 - 11:30am

Thompson Center on Lourdes

FREE (Pre-registration required)

Contact Nancy Krueger at (920)740-9572 or nkrueger@vpind.com

One in four people age 65 or older has a fall each year.



Stepping On is a seven-week workshop using adult education to develop knowledge and skills to prevent falls in older adults. The Stepping On Program focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls.



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.

No Class
Sept.
22nd

\$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

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

CARD GAME INSTRUCTION

LEARN TO PLAY CRIBBAGE AND SHEEPSHEAD

Mondays in September
1:00- 2:00PM
FREE - (920)939-3088

Pre-Registration
Required



Join a TCoL volunteer to learn how to play cribbage and sheepshead. This class is for anyone new to the game or wanting a refresher on how to play.

Activities

Hallelujah Chorus

Returns Sept. 11
Mondays
9:30 - 11:00AM
 Cost: \$3



Young at Heart Choir

Returns Sept. 12
Tuesdays
10:30 - 12PM
 Cost: \$3



Enjoy singing? TCoL has 2 choirs to choose from! Everyone is welcome. No Experience Necessary. Pre-Registration Required. \$3 covers \$2 TCoL Activity Fee and \$1 for Materials/Song Copies

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!



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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

Warm Hugs Sewing

Sewing quilts for local charities!

Monday, September 18
10:00 - 3:30PM
Cost: \$2

Pre-Registration Required



Help use your talents to make quilts and pillowcases to help keep people warm! If you don't know how to sew; you can learn from members of the Darting Needle Quilt guild.

TECHNOLOGY BASICS WORKSHOPS



FREE 2:00 - 3:00PM

MONDAY, SEPT. 11TH

MONDAY, SEPT. 25TH

Facebook Basics

Tech Basics Q & A

Workshops will cover computer, phones, and tablets

Pre-Registration Required



TRACY RIGHI-SMITH

(920) 450-7737

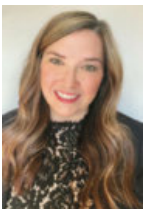
tracy.righi-smith@acrerealty.com

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Thompson Center on Lourdes, Appleton, WI

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Activities

Card Making/Scrapbooking

Drop in any Tuesday to create your own project!

Instructor Available
Tuesday, September 12th and 26th
12:30 - 3:30PM
FREE - (920)939-3088



The first day of fall this year is September 23. In our two sessions this month, you will be using one template to create three different fall cards. The cards will use different amounts of cardstock as well as an embossing folder. Using matching colors, you will also learn how to make envelopes for your card creations. These will be made without the need for an envelope die or maker tool.
Please bring a 12 inch ruler. Optional, please bring ¼ inch double sided tape.

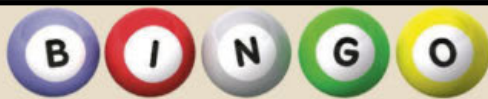
BIBLE STUDY

Pre-registration Required Study begins September 6th

WEDNESDAYS
10:00AM - 12:00PM

\$2

Session Study: "Meeting The Spirit" a Life Guide Study
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



One-on-One Technology Help

Wednesday, September 20
2:30 - 4:00PM
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.

Movie Days at TCoL!

FREE

Thursday, Sept. 7
12:30 - 3:30PM
Movies from Books

Monday, Sept. 25
12:30 - 3:30PM
General Movies



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

Activities

FUSED GLASS CLASS

Butterflies or Trees Pre-registration Required

THURSDAY, SEPTEMBER 14TH
10:30-12:30PM (COME ANYTIME)

COST: \$12
(920)939-3088

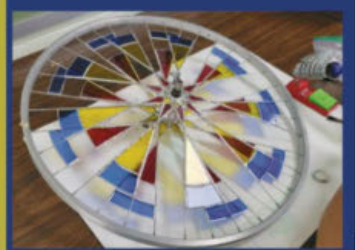


TCoL Activity Fee: \$2, Materials Fee: \$10/project to be paid separately.

STAINED GLASS \$5 Activity Fee Per Class

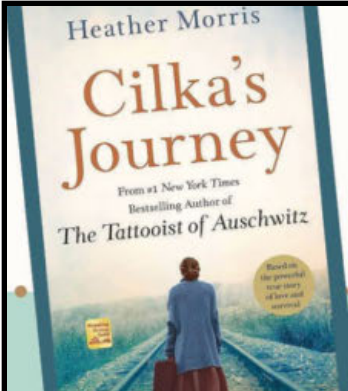
THURSDAYS: 12:30 - 3:30PM

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

TCoL will reserve books for registered participants
Pre-Registration Required

THURSDAY, SEPTEMBER 21
1:30 - 3:00PM
FREE - (920)939-3088

Thursday, October 19 - 1:30-3:00PM
The Wonder Boy of Whistle Stop Book Pickup Week of September 18



Wood Carving \$2

FRIDAYS 9:00 - 12:00PM

Beginners Welcomed! Pre-registration suggested



SEWING & QUILTING

FRIDAYS
10:00AM - 3:30PM

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

\$2

Pre-Registration is required





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

Heat included, pet friendly and laundry hook ups

Shopping & Dining within 1blk

Planned activities, many amenities!

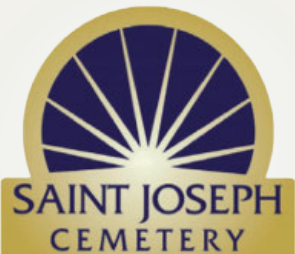
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920-731-8853**

courtyard-grandchute@oakbrookcorp.com

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HomeInstead.com/AppletonWI



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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

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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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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

Alzheimer's Educational Series - Part 1

Living with Alzheimer's Disease for Caregivers - Middle Stage

Tuesday, September 5
1:00 - 2:00PM
FREE - (920)939-3088
Pre-Registration Required

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



In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

Upcoming Dates and Topics
October 3rd - Part 2
• Living with Alzheimer's Disease for Caregivers - Middle Stage

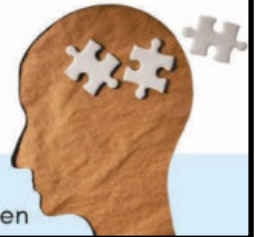
Memory Screening

By Traci Edmondson,
Dementia Care Specialist



Friday, September 8th
11:00 12:00PM
FREE - (920)939-3088

Pre-Registration Required
Apts. scheduled every 15min



This is not a diagnostic test but a screen to see where you are. It can also be good just to get a baseline so if you ever have concerns, you can compare results. Call the TCoL to schedule your screen

St. Paul Lunch & Learn

Creative Storytelling Through Art

Friday, September 8th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088



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

Pre-Registration Required!

Elder Law Workshop

Budgeting for Long Term Care

Tuesday, September 12
1:00 - 2:30PM
FREE - (920)939-3088

Pre-Registration
Required



If you've attended a class in the past, you know that our conversations often touch on what happens financially when someone faces long term care expenses. We're going to dedicate this class entirely to the topic of long term care: what can be done in advance and what should be considered once care is necessary.

 **HOOPER LAW OFFICE**
Dahvosh | Appleton | Green Bay

Programs/Workshops

MEMORY CAFE

HOME ON THE RANGE

In Partnership with:




WEDNESDAY, SEPTEMBER 13TH
 10:00 - 11:30AM
 FREE - (920)939-3088
 Pre-Registration Required

Enjoy music from a cowboy singer, a presentation about cowboys, meeting mini horses, & the wild west, cowboy trivia, decorating cookies and FUN! Complete with prizes & giveaways!

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, September 13th
 11:00 - 12:00PM
 FREE - (920)939-3088

A partnership with:


 A free service of the Fox Valley Memory Project



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!**

Heritage *Share Your Story* Presented By: Chris & Mary Mares

Focus: Framework & Tools provided to capture your stories.

Wednesday, September 13
 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!

ASK THE ADVISOR

Presented By:

 Your Partner In Senior Care Solutions

Thursday, September 14th
 11:30AM - 1:00PM
 FREE - (920)939-3088

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

What place would be good for me?

Do I have to rehome my pet?

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 advisor 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.

FREE WORKSHOP: Plan for YOUR Future

Friday, September 15th
 1:00 - 2:30PM
 (920)939-3088

Completing your Advanced Directives
 Pre-Registration Required

*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 the Fox Valley Advanced Care Planning Partnership

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

Blood Pressure Screening

Monday, September 18, 2023
11:30 - 1:00PM
FREE - (920)939-3088

Pre-registration suggested
but walk-ins welcome.



Katie from Care Plus will be at TCoL once a month to do blood pressure screenings. These screenings are not intended to diagnose any medical condition.



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, September 19
9:30 - 11:00 AM
FREE - (920)939-3088



Topic: Finding Your Family in Online Repositories

Join us to learn about the various online resources there are for finding your family in printed works, such as books and magazine articles. We'll discuss resources such as Digital Public Library of America, HathiTrust, Google Books, FamilySearch Digital Library, and the Periodical Source Index. We'll also discuss how to get resources not online sent to you through inter-library loan!

Upcoming Programs

- October 17
- Creating a Family Tree Online
- November 21

Pre-Registration Required

Optional: Bring own laptop or tablet

ORTHOPEDIC & SPINE THERAPY WORKSHOP

5 NECESSARY EXERCISES TO KEEP YOU MOVING

Tuesday, September 19
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

TCoL with a Twist!

Meet new friends
outside of TCoL and
make new connections!

Wednesday, September 20th
12:00 - 1:00PM
FREE - (920)939-3088

**Pre-Registration
Required**



Did you ever sit home on a weekend because you can't find anyone to join you at community events, concerts, sporting events, going out for lunch, outdoor activities, and so much more? We all have different interests, and sometimes it's hard to find other people who enjoy doing the same things. If you have any interest in connecting with other seniors who would like to do things when the TCoL is closed, please come to a free brainstorming meeting

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

Programs/Workshops

SENIORS **A**ND **L**AW ENFORCEMENT **T**OGETHER
Making a Difference in our Communities

**TOPIC: SCAMS
AND FRAUDS**

Wednesday, September 20
1:30 - 2:30PM
FREE - (920)939-3088

Pre-Registration
Required



Join us for an informative presentation hosted by the Appleton Police Department, aimed at raising awareness about the ever-evolving landscape of scams and frauds. In an increasingly digital world, staying vigilant against deceptive practices is crucial. This engaging session will provide valuable insights into common scams targeting individuals.

Benefits of Hearing Technology Advancements With Bingo Fun

Thursday, September 21, 2023
10:00 - 11:00AM
FREE - (920)939-3088

Pre-Registration
Required



Interactive Bingo Fun while learning about how we hear and how recent hearing technology advancements can benefit your life.



In Harmony Returns this Fall!

Presented By:
Fox Valley Symphony Orchestra

Friday, September 22nd
1:15 - 2:15PM
Theme: Love Songs

Join a quartet from Fox Valley Symphony Orchestra and Expressive Therapies LLC. for another season of In Harmony. They bring the joy of quality, live music to all during this FREE program.



Space is limited - Pre-Registration Required

(920)939-3088

Wisconsin Wildlife Presentation

Monday, September 25
1:00 - 2:00PM
FREE - (920)939-3088
TCoL Fellowship Hall

Pre-Registration
Required

Professional wildlife photographer John Van Den Brandt travels the globe to capture the stunning spectacle of nature. In this presentation, John trains his lens on the wondrous creatures that call Wisconsin home. From bald eagles snatching fish off lakes to black bears lumbering up trees; experience soul-stirring moments while discovering fascinating facts about our native animals.

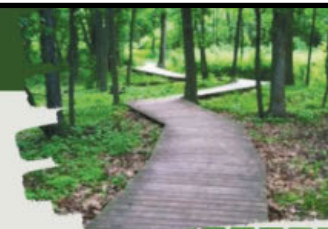


Take a Hike!

at 1000 Islands
Environmental Center

Tuesday, September 26, 2023
1:30 - 2:30PM
1000 Islands in Kaukauna
FREE - (920)939-3088

Pre-Registration
Required - Spots
Limited



Begin fall with a trip to 1000 Islands where we will hike the boardwalk along the Fox River looking for and identifying flora and fauna. The hike will be from 0.5 to 1.5 miles depending on exploration time. **We will be meeting at 1000 Islands.**

Meet at:
1000 Islands
Environmental Center
1000 Beaulieu Ct
Kaukauna, WI 54130

Programs/Workshops

Medicare 101

FREE Educational Event - Learning the Basics

Tuesday, September 26th
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: 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. September 27, 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

Assisted Living & Memory Care



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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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Contact Linda Hobbs
 for a Tour

(920) 997-0725

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



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 626 E Longview Dr. Ste C Appleton WI



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Thompson Center on Lourdes, Appleton, WI

H 4C 01-1068

Thank You

Thank you Garden Sponsors

Thank you to TDS and the Appleton Rotary Foundation Community Service Fund within the Community Foundation for the Fox Valley Region for sponsoring the pickle and salsa class and additional garden bed.



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.



Thank you for stopping at the TCoL Ice Cream Shoppe!

Thank you Civic League for sponsoring Steve Schultz



Volunteer Spotlight



I have been teaching and sharing music in the Fox Valley area my entire life and have also taught school and directed theatrical productions for Papermaker Players Family Theater. Watching and assisting the growth of all ages in the arts and learning is my passion.

I started teaching guitar in middle school and have continued to do so for over 55 years. I was a part of a folk group in church eventually leading the group for 40+ years. During my musical career I had the opportunity to perform at the halftime of Superbowl X and Superbowl XX with the international group, "Up With People". Music has brought much joy to my life.

After 39 years, I recently retired from my formal educational career and continue to tutor/teach privately in my home: reading, math, guitar and ukelele. I have had experience with students from kindergarten to high school, as well as teaching college courses. As a middle school principal for nine years, I enjoyed the opportunity of coaching and working with many teachers and students of all ages.

My husband, Eddy, and I are very involved in Papermaker Players Family Theater. I direct, and Eddy is a wonderful actor, and creates a lot of the set designs. Eddy and I have 2 daughters, as well as 3 grandchildren and are delighted when they perform on stage with Eddy, and help behind the scenes.

As you can see, I keep very busy with teaching, directing, and music. After retirement from school, and leading the folk group in church, I was looking to continue my involvement in music. The Thompson Center is a perfect fit. I love the enthusiasm and delight of "Young at Heart" and its members. Young at Heart welcomes anyone to join the group on Tuesday mornings. I am honored to be a part of the Thompson Center and look forward to a wonderful year of laughter, singing and performances.

Linda Mongin



My acquaintance with the Thompson Center began many years ago, when the gatherings were still downtown on College Avenue. I attended a fun Irish party with Bill Clancy and friends. I am actually related to Bill (proud to say) and I am also a native of the Greenleaf/Wrightstown area.

In the Spring of 2022, I was brought "into the fold" of the Hallelujah Choir. I got an invitation from some good Thompson Center veterans: Karen Swiontek and Karen and Bob Wanek. Once I met everyone, it was hard to say "no" to this spirited group of fellow singers. At first, it was a NEED, but now it is a CHOICE. Belonging to the Hallelujah Choir is a *good thing* for me. Why? Well, I certainly fit in -I am 74. I have been a school/parish musician all my life, so making musical programs happen with the help of friends is basically FUN for me. I believe that music has the power to bring people together. Most of our repertoire is inspirational, but we are "inspired" by a variety of music.

The Hallelujah Choir meets weekly, but not weakly! The meetings are from 9:30 to 11 on Mondays - September through May. Some folks might leave for some winter destinations, but we try to keep going. Thankfully, they always return! We prepare for three concerts in the Christmas season, and three in the Spring. We also try to schedule extra volunteer events; many of us enjoy reaching out to local nursing homes.

It would be great if a few extra people join us this year.

Ellen Scheibe

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.



Happy Birthday

TO ALL OF OUR SEPTEMBER BABIES!

May you create a memory today that becomes your happy place in all the many years yet to come.

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

Nailcare

Tuesdays, September 5 & 19
9:00 - 4:00PM
Appointments Required

Toenail Trim -- \$20
Toenail Trim w/ Pedicure -- \$32
Manicure -- \$22
If appropriate, add Polish -- \$5

Nail care services will be returning to TCoL the first and third Tuesdays of the month. Kym Koch BSN, RN, CFCN is a Registered Nurse, Certified Foot Care Nurse, and Licensed Manicurist.

Schedule your appointment online
(www.thetcol.org) or call the center
(920)939-3088.



Carry out and Congregate Dining

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

Carry Out Meals

Tuesday through Thursday
11:30 AM - Noon

Congregate Dining

Tuesday through Thursday
Noon - 12:30 PM



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

DAILY CALENDAR SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Held at SACRED HEART PARISH 222 E. Fremont St. Appleton</p>	<p>BILLIARDS IS AVAILABLE Monday to Friday 9:00am - 4:00pm</p>		<p>School is open. Please watch out for kids and school buses.</p> 	<p>1 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew & Quilt 9:00-3:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p>4 CLOSED</p> 	<p>5 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Nailcare—by appointment Cribbage 9:00-12:00 Card Making 12:30-3:30 Alzheimer's Ser 1:00-2:00</p>	<p>6 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00</p>	<p>7 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 Movie 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>8 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew & Quilt 9:00-3:30 Memory Screening 11:00-12:00 Gentle Flow Yoga 11:00-12:00 St. Paul Lunch & Learn 11:30-1:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p>11 Pickleball 8:30-10:30, 10:45-12:45, 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 Elvis 12:30-3:00 Card Game Inst 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Technology 2:00-3:00</p>	<p>12 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Day In the Park 9:00-1:00 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Elder Law WS 1:00-2:30 Hand Foot Canasta 1:00-4:00 Card Making (Inst)12:30-3:30</p>	<p>13 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Memory Café 10:00-11:30 Memory Link 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Heritage 1:30-2:30</p>	<p>14 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 Ask the Advisor 11:30-1:00 Fused Glass 10:30-12:30 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</p>	<p>15 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 9:00-3:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Adv Care Planning 1:00-2:30 Gentle Chair Yoga 3:00-4:00</p>
<p>18 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Hallelujah Chorus 9:30-11:00 Warm Hugs 10:00-3:30 Chair Yoga 11:00-12:00 Blood Pressure 11:30-1:00 Card Game Inst 1:00-2:00 Cardio Drumming 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00</p>	<p>19 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Nailcare—by appointment Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 APL Genealogy 9:30-11:00 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Ortho Spine 2:00-3:00 Card Making 12:30-3:30</p>	<p>20 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 TCOL w/Twist 12:00-1:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Appl Police SALT 1:30-2:30 1-1 Technology 2:30-4:00</p>	<p>21 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 Hearing Tech 10:00-11:00 Fundraiser Event at Lillians 10:00-5:00 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</p>	<p>22 Fireside bus departs 8:00 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 9:00-3:30 Bridge 12:30-3:30 In Harmony 1:15-2:15</p>
<p>25 Pickleball 8:30-10:30, 10:45-12:45, 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 Movie 12:30-3:30 Card Game Inst 1:00-2:00 WI Wildlife 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Technology 2:00-3:00</p>	<p>26 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Card Making (Inst)12:30-3:30 Hand Foot Canasta 1:00-4:00 Take a Hike 1:30-2:30 Medicare 101 2:00-3:00</p>	<p>27 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Caregiver Sup 9:30-11:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00</p>	<p>28 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</p>	<p>29 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 9:00-3:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>

Staff

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Celebrating life after 50



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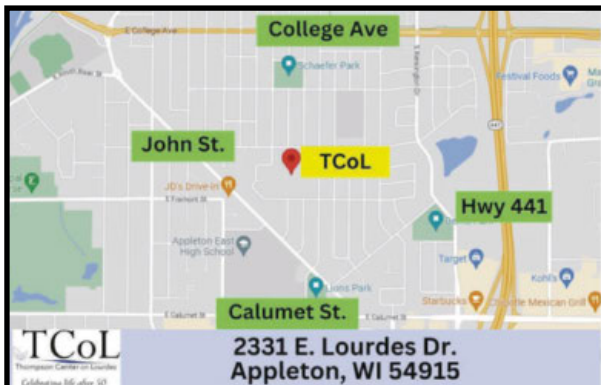
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Our Mission

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

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