

Thompson Center on Lourdes Monthly Newsletter

 TCoL

Thompson Center on Lourdes

Celebrating life after 50

BUZZ

 **OCTOBER**

2023

HELLO
October

"As October arrives, nature paints the world in hues of warmth and change."



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

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.12
	Hallelujah Chorus	9:30 – 11:00	\$3.00	Pg.13
	Chair Yoga	10:00 – 10:45	\$3.00	Pg.10,*YMCA Discount
	Chair Yoga	11:00 – 11:45	\$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.13
	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	
	Young at Heart Choir	10:30 – 12:00	\$3.00	Pg.13
	Tai Chi	11:00 – 12:00	ADRC	
	Card Making/Scrapbooking	12:30 – 3:30	Free	Pg.14
	Hand & Foot Canasta	1:00 – 4:00	\$2.00	Pg.12 (10/10 & 10/24)
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
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.10 *YMCA Discount
	Tai Chi	1:00 – 2:00	ADRC	
	Bingo	1:00 – 3:00	\$5.00	Pg.15, Prizes will be provided
	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
	Stepping On	9:30 – 11:30	ADRC	Pg. 11 (10/5 - 11/16)
	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.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	
	Sewing & Quilting	9:00 – 3:30	\$2.00	Pg.16
	Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.12
	Bridge	12:30 – 3:30	\$2.00	Pg.12
	Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.12

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

Schedule of Special Events and Programs in October

Monday, October 2 & 16 , Warm Hugs Sewing, 10:00-3:30, pg. 13
Monday, October 2 & 16 , Cardio Drumming, 1:00-2:00, pg. 10
Tuesday, October 3 , St. Paul Elder Svcs, Alzheimer's Series Part 2, Living w/ Alz for Caregivers 1:00-2:00, pg.19
Tuesday, October 3 & 17 , Nailcare—by appointment 9:00-4:00, pg. 26
Wednesday, October 4 & 18 , One-on-One Technology, 10:30-12:30, pg. 15
Thursday, October 5 , Movies from Books, "Call TCoL for name of movie", 12:30-3:30, pg. 15
Friday, October 6 , ADRC, Memory Screening, 11:00-12:30, pg. 19
Friday, October 6 , Fox Valley Symphony Orchestra, In Harmony, Theme: Musicals/Broadway, 1:15-2:15, pg. 19
Monday, October 9 , TCoL Civic League Event, Germanfest, 12:00-2:00, pg. 5
Monday, October 9 , Technology Basics Workshops, Online Comparison Shopping, 2:00-3:00, pg. 14
Tuesday, October 10 , Ebb & Flow Connections Cooperative, Community Living Room, 9:00-12:00, pg. 19
Tuesday, October 10 , Hooper Law, Elder Law WS, Planning for Individuals with Disabilities, 1:00-2:30, pg. 20
Wednesday, October 11 , Fox Valley Memory Project, Memory Café, Scentsations of Fall, 10:00-11:30, pg. 20
Wednesday, October 11 , Fox Valley Memory Project, Memory Link Resource Navigator, 11:00-12:00, pg. 20
Wednesday, October 11 , Life Elevated Vacations, Travel Interest Meeting, 12:30-1:30, pg.8
Wednesday, October 11 , Office for the Blind and VI, Vision Loss & Ways to Adjust, 1:30-2:30, pg. 20
Thursday, October 12 , Lake Geneva Boat Tour/Shopping, Bus departs TCoL 8:00 and returns 7:30 FULL
Thursday, October 12 , Fused Glass, Project: Pumpkins, 10:30-12:30, pg.16
Thursday, October 12 , CarePatrol, Ask the Advisor, 11:30-1:00, pg. 21
Friday, October 13 , St. Paul Elder Svcs, Lunch & Learn, Approaches to Fall Prevention, 11:30-1:00, pg. 21
Monday, October 16 , Care Plus, Blood Pressure Screening, 11:30-1:00, pg.21
Tuesday, October 17 , Lake Geneva Boat Tour/Shopping, Bus departs TCoL 8:00 and returns 7:30 FULL
Tuesday, October 17 , Appleton PL, Genealogy Series, Creating a Family Tree Online, 9:30-11:00 pg. 21
Tuesday, October 17 , Take a Hike, Bubolz Nature Preserve, 1:30-2:30, pg. 21
Tuesday, October 17 , Orthopedic & Spine Therapy WS, Spinal Stenosis & Sciatica, 2:00-3:00, pg. 22
Wednesday, October 18 , Network Health, Balance Builder, 2:30-3:30, pg. 22
Thursday, October 19 , Frontida Assisted Living, One-on-One Technology Help, 12:30-2:00, pg. 15
Thursday, October 19 , Book Club, <i>The Wonder Boy of Whistle Stop</i> by Fannie Flagg, 1:30-3:00, pg. 16
Friday, October 20 , Advance Care Planning, Plan for YOUR Future, 1:00-2:30, pg. 22
Friday, October 20 , Fox Valley Symphony Orchestra, In Harmony, Theme: Love Songs, 1:15-2:15, pg. 19
Monday, October 23 , Movie Day, General Movies, "Call TCoL for name of movie", 12:30-3:30, pg. 15
Monday, October 23 , Technology Basics Workshops, Tech Basics, Q & A, 2:00-3:00, pg. 14
Tuesday, October 24 , Ebb & Flow Conn. Coop., Defenses & Emotional Protective Strategies, 1:00-2:30, pg.22
Tuesday, October 24 , GH Lenz & Associates, Medicare 101, Learning the Basics 2:00-3:00, pg. 23
Wednesday, October 25 , Caregiver Support Group, 9:30-11:30, pg. 23
Wednesday, October 25 , Appleton Police, SALT, Personal Safety 1:30-2:30, pg.24
Thursday, October 26 , Red Nose Reader, Sharing Laughter & Building Connections, 2:00-3:00, pg. 24
Thursday, October 26 , Edward Jones, Focus on Fixed Income, 1:00-2:00, pg. 24
Tuesday, October 31 - November 28 , Let's Talk Fox Valley & UW-Extension, Aging Mastery, 12:00-2:00, pg. 24

Greetings From Djuanna Kath

Happy Fall!

October has arrived and along with it comes crisp air, fall colors and pumpkins. This is my favorite season and my favorite time of year. Boots, sweaters, hats...just a few of my favorite items to pull out of the closet this time of year.

Last month we proudly celebrated National Senior Center month with the theme of “Discover Yours” and you certainly did visit and discover yours! So many of you participated in the various programming options available to you and we are grateful. We saw some of our highest numbers with new participants visiting TCoL and discovering a variety of activities. The September calendar offered over two hundred scheduled opportunities and over 30 free workshops. One of our busiest months yet.

With all of the additional activity, we have already surpassed last year’s numbers for new participants at TCoL by over 14% and we continue to see new faces each and every day. We are encouraged by your smiles, your kind and thoughtful words and your commitment to TCoL by visiting and sharing our great facility with friends, family and neighbors. Keep up the great work and we will do our best to continue to offer the best opportunities available to you.

Many blessings,

Djuanna “DJ” Kath
Executive Director

Gratitude & Giving

A Season of Thanks

\$25,000 Matching Grant Coming in
November and December

Grant provided by
the Otto Bremer Trust



Give Thanks • Share Generously • Double Your Impact

TCoL Civic League Luncheon

WILLKOMMEN TO

GERMANFEST!



Monday, October 9, 2023
12:00 - 2:00PM

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

TCOL Fellowship Hall
Pre-Registration Required

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!



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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Administrator

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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

Veterans Day Lunch



Presents the **Veterans Day Lunch**

Featuring **THE ROCKE FAMILY**

**MONDAY
NOVEMBER 6, 2023**

NO WALK-INS ALLOWED

**11:30 - 2:00PM
GRAND MERIDIAN
(2621 N ONEIDA ST, APPLETON)**

FREE ADMISSION - RSVP: (920)939-3088

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

LOCATION & CATERING PROVIDED BY:



PREMIER SPONSOR:



CONTRIBUTING SPONSORS:



Mark Your Calendars

There's No Place Like Home "coming"

Thompson Center on Lourdes Dance

Friday, November 17, 2023

7:00 to 9:00PM

Cost: \$10 - (920)939-3088

TCoL Fellowship Hall

Pre-Registration Required

Fundraiser
for TCoL

Sponsored by:



Grab your ruby red slippers or don your emerald finest, and join us for a night of merriment and wonder in the enchanting world of Oz. Follow the yellow brick road to TCoL and let the adventure begin!



Edward Jones

Scrooge: The Musical

BUS DAY TRIPS

More Information at:
www.thetcol.org

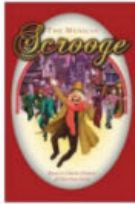
The Fireside Theater - Ft. Atkinson

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

USA & Beyond: Tailored Adventures for Active Seniors

Interest Meeting

Wednesday, October 11th

12:30 - 1:30PM

Free - (920)939-3088

Pre-Registration
Required



Are you eager to embrace adventure beyond the Wisconsin Border? Whether you yearn for the diverse landscapes across America, or the allure of international gems. With these meticulously curated trips, you're invited to embark on a journey tailored just for our vibrant senior community. Join Chris Christenson from Life Elevated Vacations as we learn more about these trips, share ideas for where we want to go, and begin to embark on the next chapter of our adventure story.

Life Elevated
Vacations
DREAM - EXPLORE - DISCOVER

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.



Wellness Activities

At the time the October 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

Jumping into Action!

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www.thetcol.org



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Gift Certificates are available for any occasion!

Stop down to TCoL to get yours today!



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Thank you to our moving partners



*Subject to approval as a private pay resident.

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

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



Wellness Activities



BILLIARDS

\$2

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

PRE-REGISTRATION REQUIRED

CHAIR YOGA

\$3

MONDAYS: 10:00 - 10:45AM or 11:00 - 11:45AM

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

Mondays, October 2nd & 16th

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



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

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

Wellness Activities

STEPPING ON: FALLS PREVENTION WORKSHOP

Thursdays, October 5 to November 16, 2023

9:30 - 11:30am

FREE (Pre-registration required)

Contact Nancy Krueger at (920)740-9572 or
nancy.krueger@calumetcounty.org

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.



Ping Pong & Bean Bag Toss

Thursdays
1:00 - 4:00PM

\$2

Pre-registration Required



Country Villa Assisted Living in Little Chute...

offers a full continuum of care from Independent Senior Living, Assisted Living, Enhanced Assisted Living and Memory Care.

- ✓ We offer 1 and 2 bedroom apartments for Independent and Assisted Living residents
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Country Villa Assisted Living in Freedom...

offers Assisted Living, Enhanced Assisted Living and Memory Care.

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

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Thompson Center on Lourdes, Appleton, WI

C 4C 01-1068

Wellness Activities/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

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 October
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.

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!

Activities

Hallelujah Chorus

Mondays
9:30 - 11:00AM

Cost: \$3



Young at Heart Choir

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

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, October 2 & 16
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.

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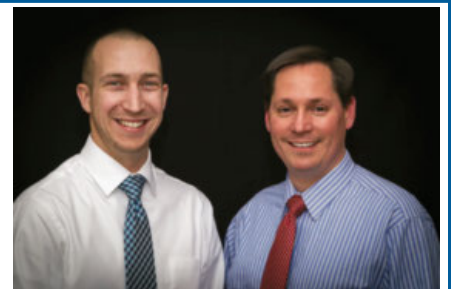
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For ad info. call 1-800-950-9952 • www.lpcommunities.com

Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

Activities

TECHNOLOGY BASICS WORKSHOPS



FREE 2:00 - 3:00PM

MONDAY, OCT. 9TH

Online Comparison Shopping

MONDAY, OCT. 23RD

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, October 10th and 24th
12:30 - 3:30PM
FREE - (920)939-3088**



Embrace the cooler weather and everything fall as you create a couple different cards for the season. The cards will use different amounts of cardstock as well as an embossing folder. **Please bring a 12 inch ruler. Optional, please bring 1/4 inch double sided tape.**



TRACY RIGHI-SMITH

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Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

Activities

BIBLE STUDY

Pre-registration Required

WEDNESDAYS
10:00AM - 12:00PM

\$2

Session Study: "Meeting The Spirit" a Life Guide Study
Guides will be available to purchase during class



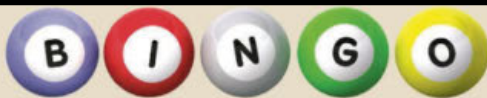
One-on-One Technology

Wednesday, October 4th and 18th
10:30AM - 12:30PM
FREE - (920)939-3088

**Pre-Registration
Required**



A volunteer from TCoL 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.



WEDNESDAYS

1:00 - 3:00PM

\$5

Prizes will be provided



Pre-registration Required

Thank you Dimensions Living for your sponsorship of additional Bingo Prizes



One-on-One Technology Help

Thursday, October 19
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.

Movie Days at TCoL!

FREE

Thursday, Oct. 5th
12:30 - 3:30PM
Movies from Books

Monday, Oct. 23rd
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

Pumpkins

Pre-registration Required



THURSDAY, OCTOBER 12TH
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! Pre-registration Required

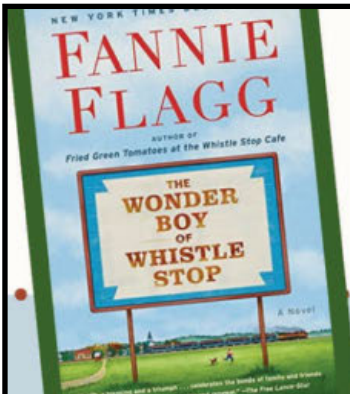
BEGINNER STUDENTS: \$5 ACTIVITY FEE + \$20 MATERIAL FEE*
*COVERS MATERIALS FOR FIRST 2 PROJECTS



Book Club

TCoL will reserve books for registered participants
Pre-Registration Required

THURSDAY, OCTOBER 19
1:30 - 3:00PM
FREE - (920)939-3088



Thursday, November 16 - 1:30-3:00PM
The Four Winds by Kristin Hannah

Book Pickup Week of October 16



Wood Carving

\$2

FRIDAYS 9:00 - 12:00PM

Beginners Welcomed! Pre-registration suggested



SEWING & QUILTING

FRIDAYS
9:00AM - 3:30PM

\$2

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

Pre-Registration is required





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Heat included, pet friendly and laundry hook ups

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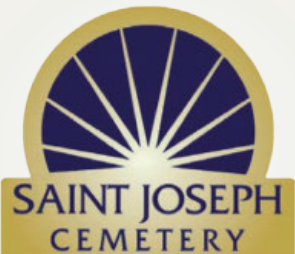
courtyard-grandchute@oakbrookcorp.com

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Cemetery Grounds
1815 E Wisconsin Ave. | Appleton, WI 54911

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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.

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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

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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 2

Living with Alzheimer's Disease for Caregivers - Middle Stage

Tuesday, October 3rd
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
November 7 - Part 1
• Living with Alzheimer's Disease for Caregivers - Late Stage

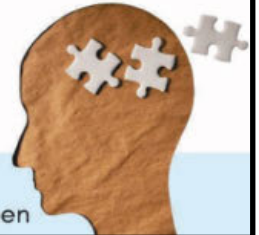
Memory Screening

By Traci Edmondson,
Dementia Care Specialist



Friday, October 6th
11:00 12:30PM
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

In Harmony

Presented By: Fox Valley Symphony Orchestra

Friday, October 6th
1:15 - 2:15PM
Theme: Musicals/Broadway

Friday, October 20th
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



Community Living Room

Tuesday, October 10
9:00 - 12:00PM
FREE - (920) 939-3088

Welcome to
come anytime!



Community Living Room

Want to talk? We're here to listen. Join us for Community Living Room! Community Living Room is a non-clinical, person-centered environment for people seeking social connection and emotional support. The primary objective of Community Living Room is to utilize the concept of connection as a framework for prevention in a no-cost, community-based supportive space. Ebb & Flow Connections Cooperative looks forward to welcoming you into a space where you are seen, heard, and valued, just as you are.



Programs/Workshops

Elder Law Workshop

Planning for Individuals with Disabilities

Tuesday, October 10
1:00 - 2:30PM
FREE - (920)939-3088

**Pre-Registration
Required**



This class is an overview of programs that support individuals with disabilities including: Who qualifies for programs, planning options for the individual, planning considerations for loved ones, when is Guardianship appropriate (or avoidable)? and choosing between ABLE accounts and special needs trusts



MEMORY CAFE

**SCENTSATIONS
OF FALL!**

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

Engaging your senses in fall allows you to fully immerse yourself in the season's beauty and pleasures. What does your nose and other senses like about autumn?

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.



In Partnership with:



Memory Link Resource Navigator

Questions
about memory
loss and
dementia?

Wondering
about
community
resources?

Wednesday, October 11th
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!**

A partnership with:



Vision Loss and Ways to Adjust

Wednesday, October 11, 2023
1:30 - 2:30PM
FREE - (920)939-3088
Pre-registration Required

Do you have vision loss from macular degeneration or glaucoma or another eye condition? Join Jean Kenevan from the Office for the Blind and Visually Impaired and Rod Maccoux and Dawn Fisher from the Appleton Visually Impaired Support Group to talk about vision loss and ways to adjust to it. Learn about audio books, talking clocks, magnifiers and more. Learn how to talk to your smartphone. Learn about white canes. Learn how you can successfully live with vision loss.



Programs/Workshops

ASK THE ADVISOR

Thursday, October 12th
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 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

Approaches to Fall Prevention

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



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

Pre-Registration Required!

Blood Pressure Screening

Monday, October 16, 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 screening 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, October 17
9:30 - 11:00 AM
FREE - (920)939-3088

Topic: Creating a Family Tree Online

Are you interested in putting your family tree online? Which site do you choose? There are many websites for creating family trees online and are pros and cons to making your tree public. Come learn about all the things to consider when putting your tree online and how to go about creating your tree through the most popular genealogy websites.

Pre-Registration Required

Optional: Bring own laptop or tablet



Upcoming Programs

- November 21
- Overview of Ancestry Library
- December 19

Take a Hike!

at Bubolz Nature Preserve

Tuesday, October 17th
1:30 - 2:30PM
Bubolz Nature Preserve
FREE - (920)939-3088

Pre-Registration Required - Spots Limited



We will end this series by exploring Bubolz Nature Preserve, a 700 acre non-profit nature preserve with a variety of habitats. Courtney will lead the group on a hike over gravel and dirt trails. (1 to 2 miles). We will be meeting at Bubolz Nature Preserve.

Meet at:
Bubolz Nature Preserve
4815 N. Lynndale Dr
Appleton, WI 54915

Programs/Workshops

ORTHOPEDIC & SPINE THERAPY WORKSHOP SPINAL STENOSIS AND SCIATICA

Tuesday, October 17

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

BALANCE BUILDER



WEDNESDAY, OCTOBER 18

2:30 - 3:30PM

FREE - (920)939-3088

PRE-REGISTRATION REQUIRED



Join Network Health and SilverSneakers® for an educational workshop. Independence and balance go hand-in-hand for seniors. You will learn about common risk factors and steps you can take to prevent falls and stay independent longer including exercises to strengthen and improve balance.

SilverSneakers is a registered trademark of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved.

FREE WORKSHOP: Plan for YOUR Future

Friday, October 20th
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.



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

Defenses & Emotional Protective Strategies



Tuesday, October 24

1:00 - 2:30PM

FREE - (920) 939-3088

Pre-registration required



EBB & FLOW
Connections • Cooperative

Defenses are the things we do to avoid feeling emotions. Defenses are creative and brilliant strategies we use to get through life. Come learn about how to build awareness of these strategies and better connect with core emotions. We will explore sitting with discomfort and building emotional health skills.

Upcoming Programs

November 15
• Boundaries

December 20
• Connection is Prevention

Programs/Workshops

Medicare 101

FREE Educational Event - Learning the Basics

Tuesday, October 24th

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. October 25, 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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\$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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(920) 738-0118 • www.cottagesal.com



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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



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

Thompson Center on Lourdes, Appleton, WI

H 4C 01-1068

Thank You

SENIORS AND LAW ENFORCEMENT TOGETHER TOPIC: PERSONAL SAFETY

Making a Difference in our Communities

Wednesday, October 25
1:30 - 2:30PM
FREE - (920)939-3088

Pre-Registration
Required



Join us for some simple tips for keeping yourself safe and prepared for unexpected circumstances throughout the day, as well as how to respond if you find yourself in an active shooter situation.

Edward Jones

Focus on Fixed Income

Snacks will be
available!

Thursday, October 26th
1:00 - 2:00PM
FREE - (920)939-3088

Pre-Registration
Required



Owning investments that may provide you with a regular income stream 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. Attend our Focus on fixed income seminar to 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

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Holly A Mrstik, AAMS™
Financial Advisor
1855 E Edgewood Dr
Suite 102
Appleton, WI 54913
920-959-6058

Red Nose Reader

Sharing Laughter & Building Connections

Thursday, October 26
2:00 - 3:00PM
FREE - (920)939-3088

Pre-Registration
Required



Have you wondered about clowns? Who they are, how they started, or why they do what they do? Come to a short show that will teach a bit about clowns and clowning, share a silly story, and a bit of fun. Afterwards we'll have time for questions! This will be led by Denise who has been clowning around for more than 25 years and helped in creating the Red Nose Readers program. Red Nose Readers is a non-profit organization working to promote literacy, kindness, and joy through the art of clowning. Come and see!!

Aging Mastery Program

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

Tues. Oct. 31st - Nov. 28th
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.

Thank You **BUZZ Newsletter Volunteers**

Delivering almost 2,000 newsletters to over 100 locations is no small feat, and it's clear that their hard work is making a significant impact in spreading the word about the Thompson Center. Over 25 volunteers play an instrumental part in ensuring that our newsletters are distributed widely throughout the community, helping to reach a diverse audience.

In addition to the delivery in the community, we are also blessed with the exceptionally creative display in our lobby. This makes a significant difference in capturing people's interests as they enter our building.

From stuffing flyers and bundling the newsletters, to displaying and delivering them, our entire team of newsletter volunteers play a large part in spreading the word about the Thompson Center and fostering a strong connection with the community. Their dedication and efforts deserve recognition and appreciation.

We thank you ALL for everything you do!

Michelle, Sandie H., Teresa, Cindy, Kelly, Sandy B., Shirley, Janna, Diane S., Gloria, Robin, Jeffy, Jill, Pat, Lily, Maureen, Jim, Dan, Lin, Diane L., Bev, Shirley, Kathleen, Verla, Katie, Barb, Kathy, Eva, Sue



Thank you for visiting the TCoL Winery

**Thank you Civic
League for sponsoring
Fernando!**



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 OCTOBER BABIES!

Life starts all over again when it gets crisp in the fall. ~F. Scott Fitzgerald

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

Nailcare

Tuesdays, October 3 & 17
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

October 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 OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 10:00-10:45 Chair Yoga 11:00-11:45 Cardio Drumming 1:00-2:00 Card Game Inst 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00	3 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 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Alzheimer's Part 2 1:00-2:00 Card Making 12:30-3:30 	4 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 1-1 Technology 10:30-12:30 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	5 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stepping On 9:30-11:30 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	6 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 Strong Bodies 9:30-10:30 Gentle Flow Yoga 11:00-12:00 Memory Screening 11:00-12:30 Bridge 12:30-3:30 In Harmony 1:15-2:15 Gentle Chair Yoga 3:00-4:00
9 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 10:00-10:45 Chair Yoga 11:00-11:45 Germanfest 12:00-2:00 Card Game Inst 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Technology 2:00-3:00	10 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Ebb & Flow LR 9:00-12:00 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	11 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Memory Café 10:00-11:30 Memory Link 11:00-12:00 Chair Yoga 11:00-12:00 Travel Interest 12:30-1:30 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 OBVI Vision Loss 1:30-2:30	12 Lake Geneva Bus departs 8:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stepping On 9:30-11:30 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Fused Glass 10:30-12:30 Ask the Advisor 11:30-1:00 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	13 Pickleball 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 Strong Bodies 9:30-10:30 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
16 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 10:00-10:45 Chair Yoga 11:00-11:45 Blood Pressure 11:30-1:00 Cardio Drumming 1:00-2:00 Card Game Inst 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00	17 Lake Geneva Bus departs 8:00 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 Card Making 12:30-3:30 Take a Hike 1:30-2:30 Ortho Spine 2:00-3:00	18 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Bible Study 10:00-12:00 1-1 Technology 10:30-12:30 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Network Health 2:30-3:30 Bingo 1:00-3:00 Euchre 1:00-4:00	19 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stepping On 9:30-11:30 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 1-1 Technology 12:30-2:00 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00 Book Club 1:30-3:00	20 Pickleball 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 In Harmony 1:15-2:15 Gentle Chair Yoga 3:00-4:00
23 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 10:00-10:45 Chair Yoga 11:00-11:45 Movie 12:30-3:30 Card Game Inst 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Technology 2:00-3:00	24 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 Ebb & Flow 1:00-2:30 Hand Foot Canasta 1:00-4:00 Medicare 101 2:00-3:00	25 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 Appl Police SALT 1:30-2:30 Bingo 1:00-3:00 Euchre 1:00-4:00	26 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stepping On 9:30-11:30 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Stained Glass 12:30-3:30 Edward Jones 1:00-2:00 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00 Red Nose Reader 2:00-3:00	27 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
30 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 10:00-10:45 Chair Yoga 11:00-11:45 Card Game Inst 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00	31 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 Aging Mastery 12:00-2:00 Card Making 12:30-3:30		Held at SACRED HEART PARISH 222 E. Fremont St. Appleton	

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Celebrating life after 50



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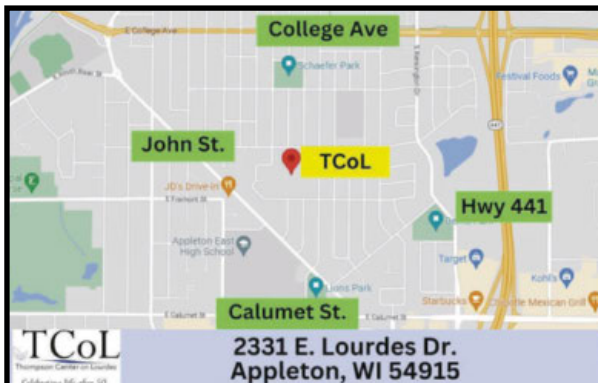
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Our Mission

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