

Thompson Center on Lourdes Monthly Newsletter

TCoL BUZZ

Thompson Center on Lourdes

Celebrating life after 50

Happy Thanksgiving
NOVEMBER

2023

In this season of gratitude...

Give Thanks

Share Generously

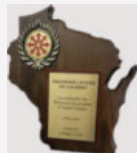
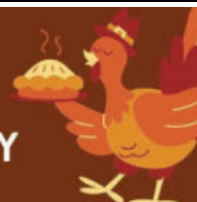
Double Your Impact



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.10, 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
	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 Cribbage & Sheepshead
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.14
	Open Cards	1:00 – 4:00	\$2.00	Pg.12
	Card Game Instruction	3:00 – 4:00	Free	Pg.12 Euchre
TUESDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.10, 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.15
	Intro to Pickleball	1:00 – 3:00	\$6.00	Pg.10 (11/14 & 11/21) Sacred Heart
	Hand & Foot Canasta	1:00 – 4:00	\$2.00	Pg.12 (11/14 & 11/28)
WEDNESDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.10, 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.13
	Stepping On	9:30 – 11:30	ADRC	(thru - 11/16)
	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.10, 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.12
FRIDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.10, 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 November

Wednesday, November 1 & 15 , One-on-One Technology, 10:30-12:30, pg. 15
Thursday, November 2 , Movies from Books, "Call TCoL for name of movie", 12:30-3:30, pg. 16
Friday, November 3 , ADRC, Memory Screening, 11:00-12:30, pg. 19
Friday, November 3 , Fox Valley Symphony Orchestra, In Harmony, Theme: Night, 1:15-2:15, pg. 19
Monday, November 6 & 20 , Warm Hugs Sewing, 10:00-3:30, pg. 14
Monday, November 6 , TCoL Veterans Day Lunch, 11:30-2:00, pg. 7
Monday, November 6 & 20 , Cardio Drumming, 1:00-2:00, pg. 11
Tuesday, November 7 & 21 , Nailcare—by appointment 9:00-4:00, pg. 26
Tuesday, November 7, 14, 21 & 28 , Let's Talk Fox Valley & UW-Extension, Aging Mastery, 12:00-2:00
Tuesday, November 7 , St. Paul Elder Svs, Alzheimer's Series Part 1, Living w/ Alz for Caregivers 1:00-2:00, pg.19
Wednesday, November 8 , Fox Valley Memory Project, Memory Café, Fall Sing Along, 10:00-11:30, pg. 19
Wednesday, November 8 , Fox Valley Memory Project, Memory Link Resource Navigator, 11:00-12:00, pg. 20
Wednesday, November 8 , Heritage Share Your Story w/ Chris & Mary Mares, New Story Focus 1:30-2:30, pg. 20
Thursday, November 9 , CarePatrol, Ask the Advisor, 11:30-1:00, pg. 20
Friday, November 10 , Valley Transit, How to Ride the Bus, 9:30-10:30, pg. 20
Friday, November 10 , St. Paul Elder Services, Lunch & Learn, Holiday Recipe Sharing, 11:30-1:00, pg. 21
Monday, November 13 , Valley Transit, Field Trip on the Bus, 9:30-11:30, pg. 20
Monday, November 13 , Technology Basics Workshops, Cellphone Basics, 2:00-3:00, pg. 14
Tuesday, November 14 , Hooper Law, Elder Law WS, Long Term Care Planning with Trusts, 1:00-2:30, pg. 21
Tuesday, November 14 , Ebb & Flow Connections Cooperative, Community Living Room, 1:00-4:00, pg. 21
Wednesday, November 15 , Ebb & Flow Conn. Coop., Emotional Health & Wellness Ser.- Boundaries, 1:00-2:30, pg.21
Thursday, November 16 , Appleton Retirement Community, One-on-One Technology Help, 12:30-2:00, pg. 15
Thursday, November 16 , ADRC, Coping with Dementia Challenges, 1:00-3:00, pg. 22
Thursday, November 16 , Book Club, <i>The Four Winds</i> by Kristin Hannah, 1:30-3:00, pg. 16
Friday, November 17 , TCoL Fundraiser, There's No Place Like Home - Home"coming" Dance, 7:00-9:00, pg. 7
Friday, November 17 , Advance Care Planning, Plan for YOUR Future, 1:00-2:30, pg. 22
Friday, November 17 , FV Symphony Orchestra, In Harmony, Theme: Marches & Parades, 1:15-2:15, pg. 19
Monday, November 20 , Care Plus, Blood Pressure Screening, 11:30-1:00, pg.22
Tuesday, November 21 , Appleton PL, Genealogy Series, Overview of Ancestry Library, 9:30-11:00 pg. 22
Tuesday, November 21 , Orthopedic & Spine Therapy WS, Healthy Brain, Healthy Body, 2:00-3:00, pg. 23
Wednesday, November 22 , Appleton Police, SALT, Home Safety and Security 1:30-2:30, pg.23
Monday, November 27 , Movie Day, General Movies, "Call TCoL for name of movie", 12:30-3:30, pg. 16
Monday, November 27 , Technology Basics Workshops, Tech Basics, Q & A, 2:00-3:00, pg. 14
Tuesday, November 28 , GH Lenz & Associates, Medicare 101, Learning the Basics 2:00-3:00, pg. 24
Wednesday, November 29 , Caregiver Support Group, 9:30-11:30, pg. 24
Wednesday, November 29 , Functional Living with April, Fun & Function for the Holidays, 1:00-2:00, pg.24

At the time the November BUZZ went to print, all listed TCoL activities were accurate and scheduled to be offered as advertised. As circumstances can change, some activities may have since been modified, postponed, or canceled. Please check the TCoL website at www.thetcol.org or call us at (920) 939-3088 for the most current information.

Greetings From Djuanna Kath

Greetings:

“Gratitude and Giving, a season of thanks” is the title of The Buzz newsletter this month and it couldn’t be a more fitting title during this time of year. The definition of grateful states that it is *a feeling or showing appreciation of kindness for benefits received*. We can all find something to be grateful for, and for us at the Thompson Center on Lourdes, we’re grateful for you. We’re grateful for the generosity that has been shown to us from gifts given to us daily; whether it be a smile, a wave, or a contribution to our organization that benefits a program or replenishes our supplies, we are thankful.

Recently, we were awarded a matching grant through the Otto Bremer Trust in the amount of \$25,000 to help stretch our dollars, assist with programming and supplies, and to further our mission. Already this year, new participant numbers are up 30% and programming continues to be steady at fifty weekly scheduled opportunities, with just over two hundred monthly options. We continue to bring you activities that offer social engagement, educational and wellness opportunities. As you can imagine, every dollar positively impacts our organization and helps us to further advance our vision of enabling everyone to celebrate life after fifty through enriching activities.

As we move near the end of 2023, we will continue to bring you programming options and activities that we are hoping will give you joy and gratitude, and a season of thanks.

Many blessings,

Djuanna “DJ” Kath
Executive Director

**THANK
YOU**

WREATH RAFFLE

**\$1 per Ticket or
\$5 for 6 Tickets**

Monday, December 11, 2023

**Open House 10:30am to 12:30PM
Raffle Drawing at 12:45PM**

**Vote for your favorite
wreaths between
Nov. 27 and Dec. 11**



All wreaths donated by local businesses.
Raffle coordinated by CarePatrol.



TCoL
Thompson Center on Lourdes
Celebrating life after 50

Jumping into Action!



Donate today!
www.thetcol.org



Give the Gift of TCoL!

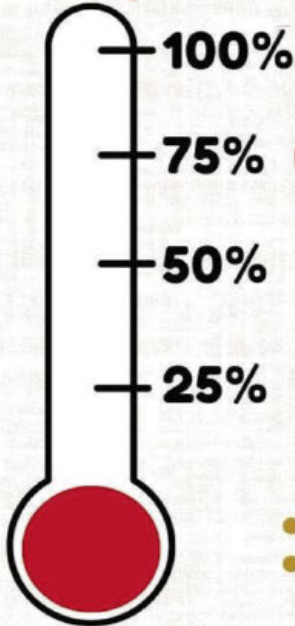
Gift Certificates are available
for any occasion!
Stop down to TCoL to get yours today!



Gratitude & Giving

A Season of Thanks

\$25,000 Matching Grant
awarded by the Otto Bremer Trust



**DONATE
ONLINE!**



*For more information on the Otto Bremer Trust visit www.thetcol.org

Give Thanks • Share Generously • Double Your Impact

MY GIFT TO OUR TCoL FAMILY

Yes, I/We wish to participate in the **\$25,000** Matching Grant awarded by the Otto Bremer Trust

Name(s): _____

Amount of the gift \$ _____

In Honor of _____

In Memory of _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

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

THANK YOU FOR YOUR GIFT! YOUR DONATION HAS BEEN DOUBLED!

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714 N. Owassa St.,
Appleton



Debbie DeBruin
Administrator
RiversideCemeteryAppleton.com

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Appleton WI 54913

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www.applecreekplace.com



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- Secure private outdoor space, and gated patio
- Green space and local walking paths
- Laundry service included
- Weekly light housekeeping
- 24-Hour on-site caregivers
- 24-Hour on-call nursing support
- Beauty Salon Available On-Site
- Spa Room with luxury bathtubs
- Wireless call pendants for each resident (for caregiver assistance)

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Thompson Center on Lourdes, Appleton, WI

A 4C 01-1068

November Events



Presents the *Veterans Day Lunch*

Featuring
**THE ROCKE
FAMILY**

NO WALK-INS ALLOWED

MONDAY, NOVEMBER 6, 2023

**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:



Entertainment
by Fernando

Thompson Center on Lourdes Dance

There's No Place Like Home "coming"

Friday, November 17, 2023

7:00 to 9:00PM

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

TCoL Fellowship Hall

Pre-Registration Required

**Fundraiser
for TCoL**

**Refreshments will be
Available for Purchase**



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!

Sponsored by:



Edward Jones



Rennes Health & Rehab Center

**The Renaissance
Assisted Living Apartment Community**

Mark Your Calendars

Let's Mingle & Jingle

Thompson Center on Lourdes
Holiday Open House

Everyone is welcome!

Monday, Dec. 11, 2023

WREATH RAFFLE REFRESHMENTS

FREE ACTIVITIES

Stay for the FREE TCoL
Christmas Choir Concert



TCoL Open House
10:30 - 12:30PM

Choir Concert
1:00 - 3:00PM



Prancing *into the* Holidays Christmas Choir Concert

Hallelujah
Chorus

Young at
Heart Choir

Monday, December 11
1:00 - 3:00PM
FREE - (920)939-3088

Come listen to the sounds of the season
performed by TCoL's Choirs. Holiday
treats, coffee, and water provided.

Pre-registration required

Sponsored By:



Scrooge: The Musical BUS DAY TRIPS More Information at: www.thetcol.org

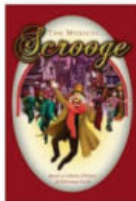
The Fireside Theater - Ft. Atkinson

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

Save the Date

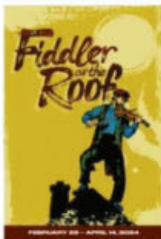
Fiddler on the Roof

BUS DAY TRIPS

More Information at:
www.thetcol.org

The Fireside Theater - Ft. Atkinson
Friday, March 22, 2024

**Save the Date and Watch for
Details!**



"A fiddler on the roof, sounds crazy, no?" Yet millions of people every year fall in love with Tevye, the long-suffering dairyman who struggles to find a balance between his traditions and his family. The show's universal theme touches everyone, leaving audiences crying tears of both joy and sadness. Including such iconic songs as "Sunrise, Sunset," "If I Were a Rich Man" and "Matchmaker, Matchmaker," FIDDLER ON THE ROOF is the perfect mix of audience-pleasing humor and heart.

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

Schedules subject to change


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

HERE'S HOW TO REQUEST:

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

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.

Forms can be found at: www.thetcol.org

*Moving made easy with the
help of our professional partners!*



APPLETON

RETIREMENT COMMUNITY
Independent and Assisted Living

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

Thank you to our moving partners



*Subject to approval as a private pay resident.

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

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



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

Thompson Center on Lourdes, Appleton, WI

B 4C 01-1068

Wellness Activities



**No
Pickleball
Nov 2-10, 23,
24 & 30**

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!

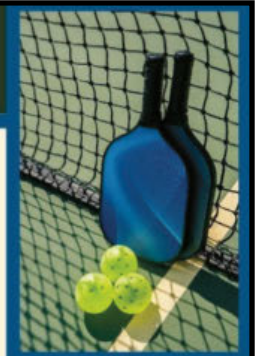
PREREGISTER: www.thetcol.org/pickleball/ Required by 2pm the day before play.

SCHEDULE: Times are subject to change - pre-registration is required for play

LOCATION: Sacred Heart Parish Gym - 222 E. Fremont St., Appleton, WI 54915

Intro to Pickleball

\$6 Covers both sessions



Tuesday, November 14 & 21
1:00 - 3:00PM
Sacred Heart Parish Gym
(920)939-3088

Are you interested in playing pickleball but not sure how to start? This two class Introduction to Pickleball will go over the rules of play, court layout, scoring, and playing the game.

Pre-Registration Required

Space is limited to 8 students and you must attend both sessions



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

Wellness Activities

Cardio Drumming

Mondays, November 6th & 20th
1:00 - 2:00PM
Cost: \$2 - (920)939-3088

**Pre-Registration
Required**



Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's a fun way to get your heart rate up and improve your rhythm. You don't need to be a drummer to do it!
Adaptable for any fitness level!

Thank you!

SHEELS



LINE DANCING

Beginner & Intermediate

Beginner:

Thursdays 9:45 - 10:45AM

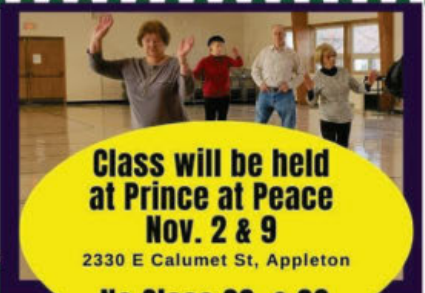
Intermediate:

Thursdays 11:00 - 12:00PM

*Pre-Registration
Required*

\$4

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



**Class will be held
at Prince at Peace
Nov. 2 & 9**

2330 E Calumet St, Appleton

No Class 23, & 30

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



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
- ✓ 30 private studio rooms for enhanced assisted living and memory care
- ✓ Fox River Views ✓ Onsite salon ✓ Life enriching activities ✓ Home cooked meals
- ✓ 24-7 Trained Care Staff ✓ Secured Community

Little Chute, WI: **920-788-3444**

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offers Assisted Living, Enhanced Assisted Living and Memory Care.

- ✓ 35 private studio rooms ✓ Onsite salon ✓ Life enriching activities
- ✓ Home cooked meals ✓ 24-7 Trained Care Staff ✓ Secured Community

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

Make your home yours at Country Villa



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

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Thompson Center on Lourdes, Appleton, WI

C 4C 01-1068

Wellness Activities/Activities

Ping Pong & Bean Bag Toss

Thursdays
1:00 - 4:00PM

\$2

Pre-registration Required



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, SHEEPSHEAD, AND EUCHRE

Mondays in November

Cribbage & Sheepshead
1:00- 2:00PM

FREE - (920)939-3088

Euchre
3:00- 4:00PM

Pre-Registration Required



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

Activities



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!

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

LOVE WHERE YOU LIVE

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

Eagle Point is where retirement living really begins!

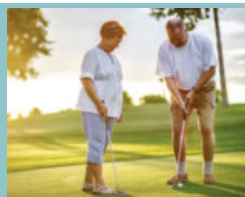
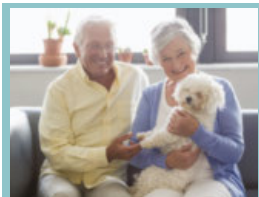


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Thompson Center on Lourdes, Appleton, WI

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, November 6 & 20
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, NOV. 13TH

MONDAY, NOV. 27TH

Cellphone Basics

Tech Basics Q & A

Workshops will cover computer, phones, and tablets

Pre-Registration Required



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Thompson Center on Lourdes, Appleton, WI

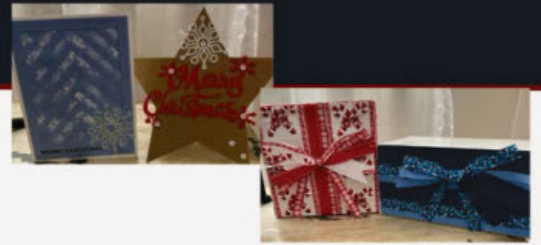
E 4C 01-1068

Activities

Card Making/Scrapbooking

Drop in any Tuesday to create your own project!

Instructor Available
Tuesday, November 7th & 28th
12:30 - 3:30PM
FREE - (920)939-3088



Spend time making cards for the upcoming holiday season! The card bases can also be used for those end of the year birthday celebrations. Decorate gift boxes for your holiday or birthday gift giving. The photo shows both the red square box for Christmas or the rectangle blue box for birthday gift giving. **Please bring: two pieces of holiday paper, if making the blue colored card. Paper needs to be at least 8 1/2 x 11. Also helpful will be double-sided tape to secure the ribbons on the packages.**

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, November 1st and 15th
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, November 16
12:30 - 2:00PM
FREE - (920)939-3088

Pre-Registration
Required



Mason Foth from Appleton Retirement Community 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, Nov. 2nd

12:30 - 3:30PM

Movies from Books

Monday, Nov. 27th

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

STAINED GLASS

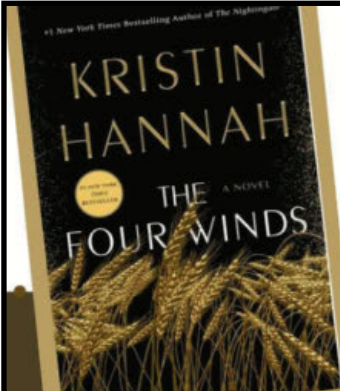
\$5 Activity Fee Per Class

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, NOVEMBER 16

1:30 - 3:00PM

FREE - (920)939-3088

Thursday, December 21st - 1:30-3:00PM
The Lincoln Highway by Amor Towles

Book Pickup Week
of November 13



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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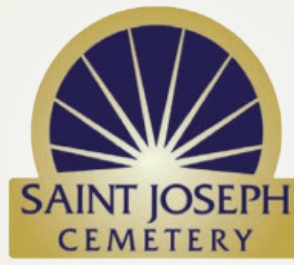
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Memory Reflections

Day respite program

Club Gabriel

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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

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Programs/Workshops

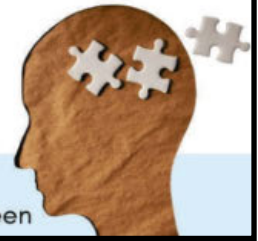
Memory Screening

By Traci Edmondson,
Dementia Care Specialist



Friday, November 3rd
11:00 12:30PM
FREE - (920)939-3088

Pre-Registration Required
Appts. 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, November 3rd
1:15 - 2:15PM
Theme: Night

Friday, November 17th
1:15 - 2:15PM
Theme: Marches & Parades

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



Alzheimer's Educational Series - Part 1

Living with Alzheimer's Disease for Caregivers - Late Stage

Tuesday, November 7th
1:00 - 2:00PM
FREE - (920)939-3088
Pre-Registration Required

In Partnership with:



alzheimer's association®



In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

Upcoming Dates and Topics

December 5 - Part 2

- **Living with Alzheimer's Disease for Caregivers - Late Stage**

MEMORY CAFE

WEDNESDAY, NOVEMBER 8TH
10:00 - 11:30AM
FREE - (920)939-3088
Pre-Registration Required

FALL SING ALONG!



In Partnership with:



Enjoy a fall sing along and listen to a few songs performed by Alice Anderson.

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.

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

Memory Link Resource Navigator

Questions about memory loss and dementia?

Wondering about community resources?

Wednesday, November 8th
11:00 - 12:00PM
FREE - (920)939-3088

A partnership with:



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

Heritage *Share Your Story* Presented By: Chris & Mary Mares Focus: Framework & Tools provided to capture your stories.

Wednesday, November 8th
1:30 - 2:30
FREE - (920)939-3088

New Story Focus will be completed!
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

Thursday, November 9th
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.

VALLEY TRANSIT - LEARN TO RIDE

In Partnership with:



How to Ride the Bus
Fri. November 10
9:30 - 10:30AM

Field Trip on the Bus
Mon. November 13
9:30 - 11:30AM

Cost: FREE - (920)939-3088 Pre-Registration Required



New to the area? Want to reduce your driving? Just curious about the Valley Transit. Attend one or both classes. Learn how to ride the bus and what is available to you through Valley Transit. The following week board the bus at TCoL and take it downtown to tour the Valley Transit Center. We will return back to TCoL around 11:30.



NOVEMBER 5, 2023
Don't forget to Fall Back One Hour

Programs/Workshops

St. Paul Lunch & Learn *Holiday Recipe Sharing*

Friday, November 10th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088



Pre-Registration Required!

Elder Law Workshop

Long Term Care Planning with Trusts

Tuesday, November 14
1:00 - 2:30PM
FREE - (920)939-3088

**Pre-Registration
Required**



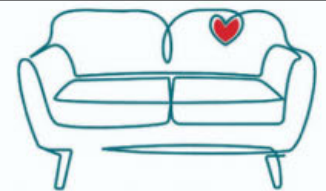
One consistent topic of concern expressed in class is how to plan around the costs of long term care. We'll spend this entire class discussing one popular planning method: Irrevocable Trusts created for long term care planning. How does an irrevocable trust work? What a trust can (and cannot) do. How they might fit into your overall estate plan. Common mistakes and misperceptions regarding these trusts.



Community Living Room

Tuesday, November 14
1:00 - 4:00PM
FREE - (920) 939-3088

**Welcome to
come anytime!**



Community Living Room

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



Emotional Health & Wellness Series **Topic: Boundaries**

Wednesday, November 15th
1:00 - 2:30PM
FREE - (920) 939-3088

**Pre-registration
required**



EBB & FLOW
Connections • Cooperative

Boundaries are the distance at which I can love you and me simultaneously." - Prentis Hemphil
Boundaries are the values, expectations, principles, or limits we establish to keep ourselves feeling safe physically, emotionally, and mentally. Come explore the challenges of boundaries, learn emotional boundary setting, and learn how to better communicate what you stand for and what you are willing to do

Upcoming Programs

December 20
• **Connection is
Prevention**

COPING WITH Dementia Challenges

Is Dealing with Dementia "Alien" to You?

Thursday, November 16, 2023
1:00 - 3:00PM
FREE - (920)939-3088
Pre-Registration Required



An in depth look at the reasons behind challenging behaviors seen with dementia, what they mean, and more positive ways to interact for better communication and outcomes.



FREE WORKSHOP: Plan for YOUR Future

Friday, November 17th
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.

Blood Pressure Screening

Monday, November 20, 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:



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

Tuesday, November 21st
9:30 - 11:00 AM
FREE - (920)939-3088

Topic: Overview of Ancestry Library Edition and Heritage Quest

Did you know the library has several genealogy databases you can use for FREE with your library card? Join us to learn how to use Ancestry Library Edition (available in library use only) and the at-home complement, HeritageQuest.

Pre-Registration Required

Optional: Bring own laptop or tablet



Upcoming Programs

- December 19
- Pick the Librarian's Brain

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.



Programs/Workshops

ORTHOPEDIC & SPINE THERAPY WORKSHOP HEALTHY BRAIN, HEALTHY BODY

Tuesday, November 21st
2:00-3:00PM
FREE - (920)939-3088



ORTHOPEDIC
SPINE THERAPY

Learn from Cathy Borek from Ortho & Spine Therapy as she describes ways to keep your brain and body healthy.

Pre-registration Required

www.ostpt.com

SENIORS AND LAW ENFORCEMENT TOGETHER

Making a Difference in our Communities

Wednesday, November 22nd
1:30 - 2:30PM
FREE - (920)939-3088

**Pre-Registration
Required**



TOPIC: HOME SAFETY AND SECURITY

Join the Appleton Police Department for some simple tips for keeping your home safe and secure.

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

Thompson Center on Lourdes, Appleton, WI

H 4C 01-1068

Medicare 101

FREE Educational Event - Learning the Basics

Tuesday, November 28th
2:00 - 3:00PM
TCoL - (920)939-3088
Pre-Registration Required

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



SPONSORED BY: 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. November 29, 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

Fun & Functional for the Holidays with April

www.FunctionalLiving.org

Wednesday, November 29th
1:00 - 2:00PM
FREE - (920)939-3088
Pre-Registration Required



Join April from Functional Living with April to learn practical strategies for an intentional holiday season. Learn functional living strategies, letting go & simplifying, decluttering your home for the holidays, and practical gift ideas.



"Bringing fun and function into your home"

TCoL with a Twist!

Inquire at Front Desk for more information.

Meet new friends outside of TCoL and make new connections!



Volunteer Spotlight - Thank You



My name is Bill Guilbeault and I am happy to be one of the newer members of the TCoL Board of Directors. I have been married to my wife, Nancy, for the last 50 years, and we have four adult children and five grandchildren.

After graduating from college, I served in the US Army, mostly at Ft. Bragg, NC. I was a career-long professional in human resources. Our family has lived in Appleton for the last 35 years. I have been retired for about ten years, and have volunteered with the Fox Valley Warming Shelter (now part of Pillars) and with the St. Vincent de Paul Society. In my spare time I like to read and I play cards regularly at TCoL.

ELVIS

The King has Returned!

Thank you CopperStone, Meadowbrook, and Let's Talk, Fox Valley for sponsoring Elvis!



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 NOVEMBER BABIES!

"Be present in all things and thankful for all." ~Maya Angelou

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

Nailcare

Tuesdays, November 7 & 21
9:00 - 4:00PM
Appointments Required

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

Nail care services are at 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

November 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 NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
BILLIARDS IS AVAILABLE Monday to Friday 9:00am - 4:00pm	Held at SACRED HEART PARISH 222 E. Fremont St. Appleton Held at PRINCE OF PEACE 2330 Calumet St. Appleton	1 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 1-1 Technology 10:30-12:30 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	2 Cribbage 9:00-12:00 Open Painting 9:00-1:00 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 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	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
6 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Hallelujah Chorus 9:30-11:00 Chair Yoga 10:00-10:45 Warm Hugs 10:00-3:30 Chair Yoga 11:00-11:45 Veterans Day Lunch 11:30-2:00 Cardio Drumming 1:00-2:00 Card Inst Crib,SH 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Card Inst Euchre 3:00-4:00	7 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 Aging Mastery 12:00-2:00 Card Making (Inst)12:30-3:30 Alzheimer's Series 1:00-2:00	8 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 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Heritage 1:30-2:30	9 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 Ask the Advisor 11:30-1:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	10 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew & Quilt 9:00-3:30 Strong Bodies 9:30-10:30 Valley Transit 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
13 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 Valley Transit 9:30-11:30 Chair Yoga 10:00-10:45 Chair Yoga 11:00-11:45 Card Inst Crib,SH 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Technology 2:00-3:00 Card Inst Euchre 3:00-4:00	14 Pickleball 8:30-10:30, 10:45-12:45 Intro to Pickleball 1:00-3:00 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 Elder Law WS 1:00-2:30 Ebb & Flow LR 1:00-4:00 Hand Foot Canasta 1:00-4:00	15 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 Ebb & Flow Boundaries 1:00-2:30 Bingo 1:00-3:00 Euchre 1:00-4:00	16 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 ADRC Dementia 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00 Book Club 1:30-3:00	17 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 Plan 1:00-2:30 In Harmony 1:15-2:15 Gentle Chair Yoga 3:00-4:00 Dance 7:00-9:00
20 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 Warm Hugs 10:00-3:30 Chair Yoga 11:00-11:45 Blood Pressure 11:30-1:00 Cardio Drumming 1:00-2:00 Card Inst Crib,SH 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Card Inst Euchre 3:00-4:00	21 Pickleball 8:30-10:30, 10:45-12:45 Intro to Pickleball 1:00-3:00 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 Aging Mastery 12:00-2:00 Card Making 12:30-3:30 Ortho Spine 2:00-3:00	22 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 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 SALT 1:30-2:30	23 CLOSED	
				
27 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 Inst Crib,SH 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Technology 2:00-3:00 Card Inst Euchre 3:00-4:00	28 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 (Inst)12:30-3:30 Hand Foot Canasta 1:00-4:00 Medicare 101 2:00-3:00	29 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 Functional Living 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	30 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00 	

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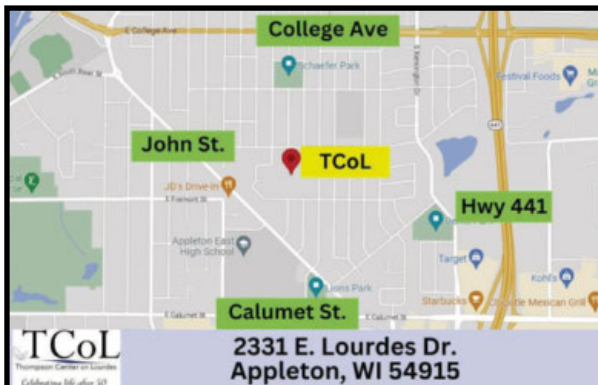
Options for Independent Living, (920)-490-0500 - Green Bay Office

Our Mission

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

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