

Thompson Center on Lourdes Monthly Newsletter

TCoL

Thompson Center on Lourdes

Celebrating life after 50

BUZZ

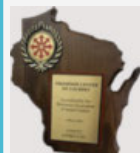
JANUARY

2024



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
	Pool School	9:00 – 10:00	Free	Pg.10
	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.14 Resumes 1/22
	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.13 Sheephead
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.14
	Open Cards	1:00 – 4:00	\$2.00	Pg.12
	Card Game Instruction	2:00 – 3:00	Free	Pg.13 Euchre
	Strong Bodies	2:30 – 3:30	ADRC	Pg.15 Starts 1/22
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	Resumes 1/9
	Young at Heart Choir	10:30 – 12:00	\$3.00	Pg.14 Resumes 1/16
	Card Making/Scrapbooking	12:30 – 3:30	\$2.00	Pg.15
	Hand & Foot Canasta	1:00 – 4:00	\$2.00	Pg.12 (1/9 & 1/23)
	Ping Pong for Parkinson's	2:00 – 3:00	Free	Pg.11 Starts 1/9
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	9:45 – 10:45	\$3.00	Pg.10 *YMCA Discount
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.10 *YMCA Discount
	Tai Chi	1:00 – 2:00	ADRC	Pg.15 Returns 1/17
	Bingo	1:00 – 3:00	\$5.00	Pg.16, Prizes will be provided
	Euchre	1:00 – 4:00	\$2.00	Pg.12
	Strong Bodies	2:30 – -3:30	ADRC	Pg.15 Starts 1/24
THURSDAY	Cribbage	9:00 – 12:00	\$2.00	Pg.12
	Open Painting	9:00 – 1:00	\$2.00	Pg.13
	Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.12 Sacred Heart
	Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.12 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
	Sheephead	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.19
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	Strong Bodies	9:30 – 10:30	ADRC	Resumes 1/12
	Sewing & Quilting	9:00 – 3:30	\$2.00	Pg.19
	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 January

Tuesday, January 2, 16 & 23, Nailcare—by appointment 9:00-4:00, pg. 26
Wednesday, January 3 & 17, One-on-One Technology, 10:30-12:30, pg. 16
Thursday, January 4, Movies from Books, “Call TCoL for name of movie”, 12:30-3:30, pg. 16
Friday, January 5, ADRC, Memory Screening, 11:00-12:30, pg. 19
Friday, January 5, Fox Valley Symphony Orchestra, In Harmony, Theme: Americana, 1:15-2:15, pg. 20
Monday, January 8, TCoL January Luncheon, Let it Snow with Jerry Weyers, 12:00-2:00, pg. 5
Monday, January 8, Technology Basics Workshop, Youtube 101, 2:00-3:00, pg. 15
Tuesday, January 9, 16, 23, 30 Dimensions Living, 6 Dimensions for a Healthier Life, 10:30-11:30, pg. 20
Tuesday, January 9, Hooper Law, Elder Law WS, The Evolution of an Estate Plan, 1:00-2:30, pg. 20
Wednesday, January 10, Fox Valley Memory Project, Memory Café, Mindfulness, 10:00-11:30, pg. 20
Wednesday, January 10, Fox Valley Memory Project, Memory Link Resource Navigator, 11:00-12:00, pg. 21
Thursday, January 11, CarePatrol, Ask the Advisor , 11:30-1:00, pg. 21
Thursday, January 11, Book Club, <i>Skipping Christmas</i> by John Grisham, 1:30-3:00, pg. 19
Friday, January 12, St. Paul Elder Services, L & L, Healthy Living for Your Brain and Body, 11:30-1:00, pg. 21
Monday, January 15, Warm Hugs Sewing, 10:00-3:30, pg. 14
Monday, January 15, Care Plus, Blood Pressure Screening, 11:30-1:00, pg. 21
Monday, January 15, Cardio Drumming, 1:00-2:00, pg. 11
Wednesday, January 17, Network Health, Brain Health Workshop, 1:30-2:30, pg.21
Thursday, January 18, Appleton Retirement Community, One-on-One Technology Help, 12:30-2:00, pg. 19
Thursday, January 18, Book Buddies with Ms. Ring’s Kinder Kids, 12:45-1:45, pg. 22
Friday, January 19, Advance Care Planning, Plan for YOUR Future, 1:00-2:30, pg. 22
Monday, January 22, Movie Day, General Movies, “Call TCoL for name of movie”, 12:30-3:30, pg. 16
Tuesday, January 23 & 30, Learn to Play Farkle, 10:30-12:30, pg. 15
Tuesday, January 23, Appleton PL, Genealogy Series, Getting Started in Genealogy, 1:00-2:30 pg. 22
Tuesday, January 23, Jill Gray, Medicare 101, Learning the Basics 2:00-3:00, pg. 22
Wednesday, January 24, TCoL With a Twist, Meet New Friends, 12:00-1:00, pg. 23
Wednesday, January 24, Appleton Police SALT, Investigative Services, 1:30-2:30, pg.23
Thursday, January 25, St. Paul Elder Svs, Alzheimer’s Series, Understanding Alzheimer’s & Dem, 1:00-2:00, pg.24
Friday, January 26, ADRC, Our Aging Brains: The Myths and the Facts, 11:00-12:00, pg. 24
Wednesday, January 31, Caregiver Support Group, 9:30-11:30, pg. 24

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

Greetings From Djuanna Kath

Happy New Year!

What a year we have had together. The year 2023 brought us so many wonderful offerings...new participants, new programs and a higher level of participation from all of you. Thanks to Courtney's constant research, we welcomed many new programs, including Memory Café, Book Buddies, One on One Technology, Pool School and the return of Foot Care are just a few. We also increased instruction to offer additional yoga classes and instructors for card games and paper card making.

All of our numbers have increased from the previous year, including staff and volunteers. We added Denise to the team, and not only did our fundraising efforts increase, but we also implemented new ways of tracking and recording in-kind, as well as monetary donations. Additionally, Stephanie took on a larger role and became our Office Manager, helping to keep all things here at the center running smoothly, as she continues to train and secure additional volunteers.

I'd be remiss if I didn't mention that we couldn't continue to bring you a strong newsletter and a neat and tidy facility, if it weren't for the hard work from both Mary, our newsletter coordinator, and Jim, our maintenance staff of one.

Best of all, we finished the year with meeting and exceeding our matching grant goal from the Otto Bremer Trust thanks to all of you! It has been busy at the Thompson Center on Lourdes! In the coming months, we hope to continue to meet your expectations and make 2024 an even better year!

Feeling blessed,

**Djuanna "DJ" Kath
Executive Director**



MY GIFT TO OUR TCoL FAMILY

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

Name(s): _____

Amount of the gift \$ _____

In Honor of _____

In Memory of _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

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

THANK YOU FOR YOUR GIFT!

Let it Snow!

**JANUARY
LUNCHEON**



Entertainment by: Jerry Weyers

Monday, January 8th
12:00 - 2:00 pm
TCoL Fellowship Hall
Cost: \$5
Preregistration and payment required



During this season of giving...

Thank you for any donations!

TCoL has a wish list of items on Amazon or find it posted at the center.



Building a Community

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!



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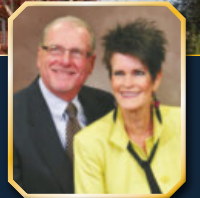
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Thompson Center on Lourdes, Appleton, WI

A 4C 01-1068

Thank You for a Successful Open House



Thank you to our sponsors for joining us at our Holiday Open House!



SWEETHEART SYMPHONY

FEBRUARY CIVIC LEAGUE EVENT

**FEATURING:
A QUARTET FROM THE
FOX VALLEY SYMPHONY
ORCHESTRA**

**Monday, February 12th
12:00 - 2:00 pm
Fellowship Hall at TCoL
FREE - (920)939-3088**

**Preregistration and payment required
Includes Treats and Entertainment**



Gratitude & Giving

A Season of Thanks!

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

**THANK YOU to all that donated!
Our goal was met and exceeded!**

Thank you!

Give Thanks • Share Generously • Double Your Impact



Elfie had a fun month exploring TCoL

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
Cost: \$130 (lunch included)
Depart: 8:15am Return: 6:30pm
Register by: Friday, Feb. 16



"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!



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

Thank you to our moving partners



*Subject to approval as a private pay resident.



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Thompson Center on Lourdes, Appleton, WI

B 4C 01-1068

Wellness Activities



PICKLEBALL

\$3 PER PLAY

	8:30AM - 10:30AM	10:45AM - 12:45PM	1:00PM - 3:00PM
MONDAY:	Intermediate Play	Open Play	Open Play
TUESDAY:	Intermediate Play	Open Play	Open Play
WEDNESDAY:	Intermediate Play	Open Play	Open Play
THURSDAY:	CLOSED	CLOSED	Open Play
FRIDAY:	Intermediate Play	Open Play	Open Play

MAKE SURE YOU'RE READY TO PLAY!

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

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

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



BILLIARDS

\$2

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

PRE-REGISTRATION REQUIRED

Pool School

Learn to play pocket billiards

**Mondays In January
9:00 - 10:00am
FREE - (920)939-3088**

Learn or brush up on your pocket billiards game. Beginner and Intermediate Instruction. Focus on Basics. Open to Men and Women.



CHAIR YOGA

\$3

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

**WEDNESDAYS:
9:45 - 10:45AM or 11:00AM - 12:00PM**



PRE-REGISTRATION REQUIRED

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

Wellness Activities

Cardio Drumming

Monday, January 15th
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!



Ping Pong for Parkinson's

**New
 Class!**

Tuesdays - Beginning January 9th
2:00 - 3:00PM
FREE - (920)939-3088



Do you have Parkinson's disease or know someone who does? Pick up a paddle and join Calissa Schneider for this fun new ping pong class. No Experience Necessary. Pre-Registration required.

Country Villa Assisted Living in Little Chute...
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Wellness Activities/Activities

LINE DANCING

Beginner & Intermediate

Beginner:

Thursdays 9:45 - 10:45AM

Intermediate:

Thursdays 11:00 - 12:00PM

*Pre-Registration
Required*

\$4



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

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

Ping Pong & Bean Bag Toss

Thursdays 1:00 - 4:00PM

\$2

Pre-registration Required



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



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!

CARD GAME INSTRUCTION LEARN TO PLAY SHEEPSHEAD AND EUCHRE

Mondays in January

Sheepshead
1:00- 2:00PM

FREE - (920)939-3088

Euchre
2:00- 3:00PM

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.

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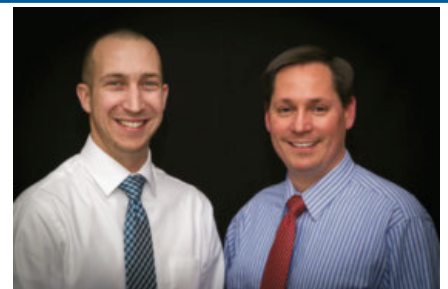
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Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

Activities

Hallelujah Chorus

Resumes January 22nd

Mondays
9:30 - 11:00AM

Cost: \$3



Young at Heart Choir

Resumes January 16

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, January 15
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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Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

Activities

TECHNOLOGY BASICS WORKSHOPS

Topic: Youtube 101



Monday, January 8th
2:00 - 3:00pm
FREE - (920)939-3088

Pre-Registration
Required

Workshops will cover computer, phones, and tablets

Learn to Play Farkle

TUESDAY, JANUARY 23 & 30
10:30 - 12:30PM
FREE - (920)939-3088

Pre-Registration
Required



Become a Farkle Fanatic with this classic dice-rolling, risk-taking game. Take a risk and keep rolling to build your score. Or play it safe so you don't lose your points in a Farkle. It's a fight to the finish in this fabulously fun game of strategy and luck!

Card Making/Scrapbooking

Drop in any
Tuesday to
create your
own project!

Instructor Available
Tuesday, January 9th and 23rd
12:30 - 3:30PM
Cost: \$2 - (920)939-3088



Everyone loves to receive a card in the mail. Get creative with Valentine's Day cards and show someone how much they mean to you this season. **Due to supplies needed a class fee of \$2 will begin in January.**

BIBLE STUDY

Pre-registration Required

WEDNESDAYS
10:00AM - 12:00PM

\$2

Session Study: The Gospel of Matthew
Guides will be available to purchase during class



TAI CHI

Returns Jan. 17th

WEDNESDAYS
1:00-2:00PM



STRONG BODIES

Begins
Jan. 22nd

MONDAY/WEDNESDAY
2:30-3:30PM

Second Class
Added!

To Register: call Sara Milanowski at 920-832-5178

Pre-registration Required



Activities

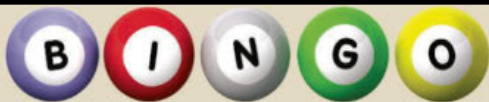
One-on-One Technology

Wednesday, January 3rd & 17th
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



Movie Days at TCoL!

FREE

Thursday, Jan. 4th
12:30 - 3:30PM
Movies from Books

Monday, Jan. 22
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

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*COVERS MATERIALS FOR FIRST 2 PROJECTS



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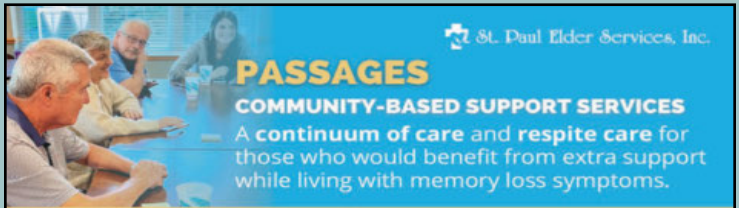
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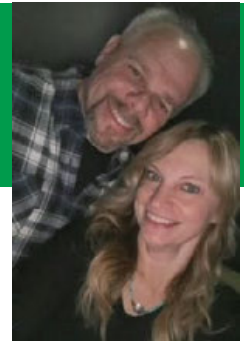
THEY HAVE OVER 70,000 MEDICARE MEMBERS AND IT'S TIME TO FIND OUT WHY

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*For details on eligibility and restrictions, visit networkhealth.com/medicare/extra-benefits.

Currently we represent 12 organizations which offer 77 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program for help with plan choices.

Network Health Medicare Advantage Plans include PPO plans with a Medicare contract. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. Call 800-378-5234 (TTY 800-947-3529) for more information. For accommodations of persons with special needs at sales meetings, call 800-983-7587 (TTY 800-947-3529). H5215_3621-04e-0923_M



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

Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

One-on-One Technology Help

Thursday, January 18
12:30 - 2:00PM
FREE - (920)939-3088

Pre-Registration
Required



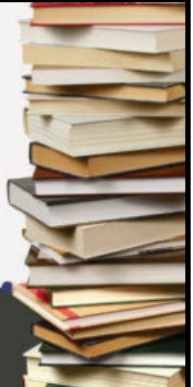
Mason Foth from Appleton Retirement Community will be available to assist with any questions related to cell phones, tablets, or laptops. Please bring your device along. These are one-on-one 30 minute appointments.



Book Club

TCoL will reserve books for
registered participants
Pre-Registration Required

THURSDAY, JANUARY 11TH
1:30 - 3:00PM
FREE - (920)939-3088



Thursday, February 8th - 1:30-3:00PM
Mrs. Lincolns Dressmaker - By: Jennifer Chiaverini

Book Pickup Week
of January 8th

Wood Carving \$2

FRIDAYS 9:00 - 12:00PM

Beginners Welcomed! Pre-registration suggested



SEWING & QUILTING

FRIDAYS
9:00AM - 3:30PM

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

\$2

Pre-Registration is required



Memory Screening

By Traci Edmondson,
Dementia Care Specialist



Friday, January 5th
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

Programs/Workshops

In Harmony

Presented By: Fox Valley Symphony Orchestra

**Friday, January 5th
1:15 - 2:15PM
Theme: Americana**

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

LIVING YOUR BEST LIFE 6 DIMENSIONS FOR A HEALTHIER LIFE



DIMENSIONS LIVING
Appleton

**Tuesdays Beginning Jan. 9
10:30 - 11:30AM
FREE - (920)939-3088**

Pre-registration Required

This class will discuss in detail the six dimensions of an optimal life and how each of these dimensions affects our lifestyle and overall health. Learn about the Physical, Emotional, Purposeful, Social, Spiritual, and Intellectual parts of our lives

Elder Law Workshop

The Evolution of an Estate Plan

**Tuesday, January 9th
1:00 - 2:30PM
FREE - (920)939-3088**

Pre-Registration
Required



In this session, we're going to walk through the common evolution of estate planning throughout life- from what should be the first consideration for youngsters to last considerations prior to death.



HOOPER LAW OFFICE
Oshkosh | Appleton | Green Bay LLC

MEMORY CAFE MINDFULNESS

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

The practice of mindfulness can decrease rumination, stress, and emotional reactivity. It boosts working memory, focus, and cognitive flexibility". Please join us as Joy Jordan helps us explore Mindfulness!

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, January 10th
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!**

ASK THE ADVISOR

Thursday, January 11th
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

Healthy Living for Your Brain and Body

Friday, January 12th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088

Pre-Registration Required!



Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Blood Pressure Screening

Monday, January 15, 2024
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.



BRAIN HEALTH WORKSHOP

WEDNESDAY, JANUARY 17TH
1:30 - 2:30PM
FREE - (920)939-3088

PRE-REGISTRATION REQUIRED



Join Network Health and SilverSneakers™ for an educational workshop. While cognitive decline is considered a part of aging, research reveals there are ways to slow down the process and minimize risk. You will learn six simple and effective strategies for preserving and strengthening brain function.

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

Programs/Workshops

Book Buddies with Ms. Ring's Kinder Kids



THURSDAY, JANUARY 18TH
12:45- 1:45PM
FREE - (920)939-3088

**Pre-Registration
Required**



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

Plan for YOUR Future Workshop

Friday, January 19th
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.

**Let's Talk,
Fox Valley**

Presented by Fox Valley
Advanced Care Planning Partnership

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

Genealogy

Zoom Option Available

In Partnership with the:

Appleton
Public Library

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

Tuesday, January 23
1:00 - 2:30 PM
FREE - (920)939-3088

Topic: Getting Started in Genealogy

Have you thought about researching your family tree? Join Appleton Public Library's Local History Librarian to learn how to get started by using family group sheets and pedigree charts - the two forms you'll need to document your family tree.

Pre-Registration Required

Optional: Bring own laptop or tablet



**Upcoming Programs
New Time!**

Tuesday, February 27
1:00 - 2:30PM

Medicare 101 FREE Educational Event - Learning the Basics

Tuesday, January 23rd
2:00 - 3:00PM
TCoL - (920)939-3088

Turning 65, and new to Medicare?

Do Medicare benefits leave you feeling confused?

Learn your A, B, C, D's of Medicare!



SPONSORED BY: JILL GRAY

Pre-Registration Required

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

TCoL with a Twist!

Meet new friends outside of TCoL and make new connections!

Wednesday, January 24th
12:00 - 1:00PM
FREE - (920)939-3088

Pre-Registration
Required



If you have any interest in connecting with other seniors who would like to do things when the TCoL is closed, please come to this meeting. Bring your lunch and bring your friends! New ideas will be discussed as well as getting people connected with emails, Facebook, etc.

SENIORS AND LAW ENFORCEMENT TOGETHER

Making a Difference in our Communities

Wednesday, January 24th
1:30 - 2:30PM
FREE - (920)939-3088

Pre-Registration
Required



TOPIC: INVESTIGATIVE SERVICES

Join Sgt. Matt Kuether as he goes through the process of an investigation. He will be leading you through a bank robbery investigation.

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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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for a Tour

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Learn more & take an online tour at www.rennesgroup.com



Programs/Workshops

Alzheimer's Educational Series

Understanding Alzheimer's and Dementia

Thursday, January 25th
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®



Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Upcoming Dates
February 22, 2024
1:00 - 2:00PM

OUR AGING BRAINS:

The Myths and the Facts

Friday, January 26, 2024
11:00 - 12:00PM
FREE - (920)939-3088

Pre-Registration
Required

It is a MYTH that you gradually lose brain function as you age. It is a MYTH that everyone will eventually develop "old age senility". The FACT is that our brains are constantly changing and developing throughout our lives. But what about dementia? How do you know what is normal and not normal? We will explore both, help you to recognize signs of dementia, and how you can maintain good brain health!



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. January 31, 2024
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

Medicare Diabetes Prevention Program



Beginning Tuesday, March 5th
9:00 - 10:00AM

Pre-Registration
Required through
Network Health



The program is free for participants who are enrolled in Medicare or Medicare Advantage plans and it is part of the National Diabetes Prevention Program. You'll participate in a year-long program designed to help you make small changes that make a big difference to your health. According to the CDC, adults with prediabetes who participate in a structured lifestyle program can cut their risk of developing type 2 diabetes by 58 percent. If you have questions or want to register, please email us at NHPreventT2@networkhealth.com or call 920-720-1602 or 866-709-0019.

Volunteer Spotlight & Thank You



My name is Margi Mann and I am happy to be one of the newer members of the TCoL Board of Directors. I grew up in Door County but have lived in Appleton since 1995. My husband and I have two adult daughters, a cat and a wonderful 71 pound “puppy” named Millie.

I studied business and German in college and had the amazing opportunity to be a high school exchange student in Germany as well as a year of university in Germany. I was fortunate in my professional career to travel through Europe and parts of Asia!

After 18 years at Kimberly Clark in Marketing and Sales, I recently worked for Kohler focusing on insights and innovation to support aging in place. I am now “free-lance” and enjoying a bit of a sabbatical from professional work. I also sit on the Appleton Public Library Board of trustees and am excited about our future space in downtown Appleton. Currently, I am spending a lot of time researching and documenting family genealogy – which requires a lot of translations from German to English.

**Thank you to those
who attended the
Christmas Choir
Concert**

Hallelujah
Chorus

Young at
Heart Choir



Services Located at TCoL

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.

Options for Independent Living is no longer at this location.

Local equipment loan program is handled by Fox Valley Lions Medical Equipment Loan Locker, 312 W. Northland Ave., Appleton. (920)585-7072. <https://sites.google.com/view/fvtml>

TO ALL OF OUR JANUARY BABIES! **Happy Birthday**

"Our age is merely the number of years the world has been enjoying us!"

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

Nailcare

Tuesdays, Jan. 2, 16, & 23
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

January 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 JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
1 CLOSED 	2 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Nailcare-by appointment Open Cards 9:00-12:00 Card Making 12:30-3:30	3 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Chair Yoga 9:45-10:45 Bible Study 10:00-12:00 1-1 Technology 10:30-12:30 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00	4 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Stained Glass 12:30-3:30 Movie 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	5 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew & Quilt 9:00-3:30 Gentle Flow Yoga 11:00-12:00 ADRC Mem Screen 11:00-12:30 Bridge 12:30-3:30 In Harmony 1:15-2:15 Gentle Chair Yoga 3:00-4:00	
8 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Pool School 9:00-10:00 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Chair Yoga 10:00-10:45 Chair Yoga 11:00-11:45 TCoL Luncheon 12:00-2:00 Card Inst Sh Head 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Technology 2:00-3:00 Card Inst Euchre 2:00-3:00	9 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Living Well 10:30-11:30 Card Making (Inst) 2:30-3:30 Elder Law WS 1:00-2:30 Hand Foot Canasta 1:00-4:00 Ping Pong for Parkinson's 2:00-3:00	10 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Chair Yoga 9:45-10:45 Memory Café 10:00-11:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Memory Link 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00	11 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Ask the Advisor, 11:30-1:00 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	12 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	
15 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Pool School 9:00-10:00 Cribbage 9:00-12:00 Open Painting 9:00-12:00 Chair Yoga 10:00-10:45 Chair Yoga 11:00-11:45 Blood Press Screen 11:30-1:00 Card Inst Sh Head 1:00-2:00 Cardio Drumming 1:00-2:00 Crochet & Knit 1:00-3:00 Warm Hugs 10:00-3:30 Open Cards 1:00-4:00 Card Inst Euchre 2:00-3:00	16 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 Living Well 10:30-11:30 Young at Heart 10:30-12:00 Card Making 12:30-3:30 Ping Pong for Parkinson's 2:00-3:00	17 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Chair Yoga 9:45-10:45 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 Network Health 1:30-2:30	18 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 1-1 Technology 12:30-2:00 Stained Glass 12:30-3:30 Book Buddies 12:45-1:45 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	19 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 Bridge 12:30-3:30 Advance Care Plan 1:00-2:30 Gentle Chair Yoga 3:00-4:00	
22 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Pool School 9:00-10:00 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 Sh Head 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Card Inst Euchre 2:00-3:00 Strong Bodies 2:30-3:30	23 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 Living Well 10:30-11:30 Young at Heart 10:30-12:00 Farkle Inst 10:30-12:30 Card Making (Inst) 2:30-3:30 APL Genealogy 1:00-2:30 Hand Foot Canasta 1:00-4:00 Medicare 101 2:00-3:00 Ping Pong for Parkinson's 2:00-3:00	24 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Chair Yoga 9:45-10:45 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 TCoL with Twist 12:00-1:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Police SALT 1:30-2:30 Strong Bodies 2:30-3:30	25 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Stained Glass 12:30-3:30 Alzheimer's Series 1:00-2:00 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	26 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 ADRC Aging Brain 11:00-12:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00	
29 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Pool School 9:00-10:00 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 Inst Sh Head 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Card Inst Euchre 2:00-3:00 Strong Bodies 2:30-3:30	30 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Living Well 10:30-11:30 Young at Heart 10:30-12:00 Farkle Inst 10:30-12:30 Card Making 12:30-3:30 Ping Pong for Parkinson's 2:00-3:00	31 Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Caregiver Sup 9:30-11:30 Chair Yoga 9:45-10:45 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 Strong Bodies 2:30-3:30	Held at SACRED HEART PARISH 222 E. Fremont St. Appleton		
				BILLIARDS IS AVAILABLE Monday to Friday 9:00am - 4:00pm	

Staff

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Sue Arnoldussen,
Civic League President (920) 996-0495

The Thompson Center on Lourdes is also home to:

Easterseals, Pattie Slempek (920) 832-0344

Office for Blind and Visually Impaired, Jean Kenevan (920) 831-2090

Our Mission

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

CLOSING POLICY

WHEN THE APPLETON SCHOOL DISTRICT CLOSES DUE TO WEATHER, THOMPSON CENTER ON LOURDES WILL ALSO CLOSE. IF THE SCHOOLS HAVE A DELAYED START DUE TO WEATHER, TCoL WILL OPEN AT 10:30AM.

WBAY ACTION 2 NEWS WILL ANNOUNCE WINTER CLOSINGS.

TCoL Board of Directors

Aoibh Greene, President
Colny Gretzinger, Vice-President & Treasurer
Greg Bell, Secretary
Sue Arnoldussen
Bill Guilbeault
Peter Harbach
Karen Harkness
Vaya Jones
Margret Mann
Jack Meyer
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Ray Zuelke