

Thompson Center on Lourdes Monthly Newsletter

 **TCoL** **BUZZ**

Thompson Center on Lourdes



FEBRUARY

Celebrating life after 50

2024

**"Life is about
daring to leap."**

- John Greenleaf Whittier

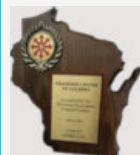
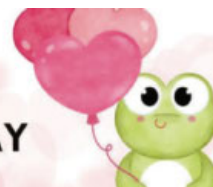


Leap into a new activity this month!



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
	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 Sheepshead
	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	
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.14
	Card Making/Scrapbooking	12:30 – 3:30	\$2.00	Pg.15
	Hand & Foot Canasta	1:00 – 4:00	\$2.00	Pg.12 (2/13 & 2/27)
	Ping Pong for Parkinson's	2:00 – 3:00	Free	Pg.11
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	
	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	
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
	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.19
	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.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 February

Thursday, February 1 , Movie Day, “Call TCoL for name of movie”, 12:30-3:30, pg. 16
Friday, February 2 , ADRC, Memory Screening, 11:00-12:30, pg. 19
Monday, February 5 & 19 , Warm Hugs Sewing, 10:00-3:30, pg. 14
Monday, February 5 & 19 , Cardio Drumming, 1:00-2:00, pg. 11
Tuesday, February 6, 13, 20 & 27 , Nailcare - by appointment 9:00-4:00, pg. 26
Tuesday, February 6, 13 & 20 Dimensions Living, 6 Dimensions for a Healthier Life, 10:30-11:30, pg. 19
Wednesday, February 7 & 21 , One-on-One Technology, 10:30-12:30, pg. 16
Wednesday, February 7 , Life Elevated Vacations, Informational Meeting on Traveling, 2:00-3:00 pg. 20
Thursday, February 8 , Network Health, Medicare Diabetes Prevention Informational Ses, 10:30-11:30, pg.20
Thursday, February 8 , CarePatrol, Ask the Advisor , 11:30-1:00, pg. 20
Thursday, February 8 , Book Club, <i>Mrs. Lincoln’s Dressmaker</i> by Jennifer Chiaverini, 1:30-3:00, pg. 19
Friday, February 9 , St. Paul Elder Services, Lunch & Learn, Pocket Hugs & Self Love,11:30-1:00, pg. 20
Monday, February 12 , TCoL February Event, Sweetheart Symphony, 12:00-2:00, pg. 7
Monday, February 12 , Technology Basics Workshop, Podcasts 101, 2:00-3:00, pg. 15
Tuesday, February 13 , Hooper Law, Elder Law WS, Beneficiary Designations, 1:00-2:30, pg. 21
Tuesday, February 13 , Golden Years, Hooper Law, Westpoint, Communicating Your Wishes, 1:30-3:00, pg. 21
Wednesday, February 14 , Fox Valley Memory Project, Memory Café, Language of Love, 10:00-11:30, pg. 21
Wednesday, February 14 , Fox Valley Memory Project, Memory Link Resource Navigator, 11:00-12:00, pg. 21
Wednesday, February 14 , Network Health, Medicare Diabetes Prevention Informational Ses, 1:00-2:00, pg.20
Thursday, February 15 , Appleton Retirement Community, One-on-One Technology Help, 12:30-2:00, pg. 19
Thursday, February 15 , Book Buddies with Ms. Ring’s Kinder Kids, 12:45-1:45, pg. 22
Thursday, February 15 , Appleton Retirement Community, Explore France, 1:30-2:30, pg. 22
Friday, February 16 , Advance Care Planning, Plan for YOUR Future, 1:00-2:30, pg. 22
Monday, February 19 , Care Plus, Blood Pressure Screening, 11:30-1:00, pg. 22
Tuesday, February 20 , Orthopedic & Spine Therapy Workshop, Arm Pain, 2:00-3:00, pg. 22
Wednesday, February 21 , Network Health, New Year. New You. 1:30-2:30, pg. 23
Thursday, February 22 , Old National Bank, Money Safety for Seniors, 10:00-11:00, pg. 23
Thursday, February 22 , St. Paul Elder Services, Alzheimer’s Series, 10 Warning Signs, 1:00-2:00, pg.24
Monday, February 26 , Movie Day, “Call TCoL for name of movie”, 12:30-3:30, pg. 16
Tuesday, February 27 , Learn to Play Farkle, 10:30-12:30, pg. 15
Tuesday, February 27 , Appleton PL, Genealogy Series, Vital Records, 1:00-2:30 pg. 24
Tuesday, February 27 , Jill Gray, Medicare 101, Learning the Basics 2:00-3:00, pg. 24
Wednesday, February 28 , Caregiver Support Group, 9:30-11:30, pg. 24
Wednesday, February 28 , Appleton Police SALT, Social and Digital Media Safety, 1:30-2:30, pg.25

At the time the February 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 February!

It's a Leap Year, which means we receive a whole extra day. Leap Year occurs every four years and there is a scientific reason behind it, but what it really all boils down to is that we receive an extra calendar day in the month of February. An extra twenty-four hours.

Have you thought about what you will do with that extra day? Will you try a new workshop or program here at TCoL? Will you learn a new hobby?

I am not one for making New Year's resolutions. Statistically, only 9% of those that make resolutions are successful and keep them. However, we all have goals or something we would like to accomplish, and my goal for 2024 is to try something new once per month. A year of something new. With over fifty weekly scheduled opportunities at the Thompson Center, there is something new for each of us to try. Maybe I will finally pick up a cue stick and join the group for Pool School and hit a ball into a corner pocket. Or maybe I will read the current selection for book club, "Mrs. Lincoln's Dressmaker" by Jennifer Chiaverini. Whatever I decide to try, I look forward to sharing it with you throughout the year, as so many of you have shared your stories with me of programs you have tried here.

Want to know what I tried in January? Ask me, I can't wait to share.

Here's to taking a leap and trying something new.

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)

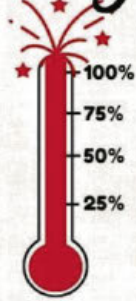
THANK YOU FOR YOUR GIFT!

Thank You For Your Donation



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

Thank You



Total: \$27,191

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Tom Touchet

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In Memory of Paul VanNuland
Gary & Sharon Vaughan
Shirley Verhagen
Judy Verhoven
Ellie Vincent
Diane Waite
Sue Walbrun
Katie Weber
In Honor of W.P. Weber Family
Jean Wellnitz
Pauline Werner
In Memory of my Parents & In-Law Parents
William & Barbara West
Arla Westlund
Gerald Weyers
John Weyers
In Memory of Doris Weyers
Gary & Bette Wilz
In Memory of Jim Verbeten
Sally Wineburner
Marlene Wirth
Del Wolfrath
JoAnn Yingling
Bill & Julie Zimpel
Anonymous

Organizations/Businesses

Caregiver Support Group
Community Foundation for the
Fox Valley Region
Faith Lutheran Church
Fox Valley Quality Cleaning
and Supply
The Sacred Earth Institute
Markalan & Ann Smith Family Fund

Appleton Housing Authority

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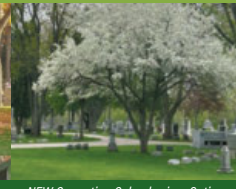
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Debbie DeBruin
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DHS Approved 4/22/2021

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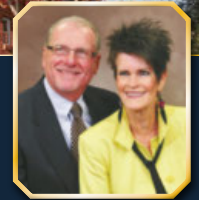
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Thompson Center on Lourdes, Appleton, WI

A 4C 01-1068

February Event

SWEETHEART SYMPHONY

FEBRUARY CIVIC LEAGUE EVENT

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

Preregistration required
Includes Treats and
Entertainment

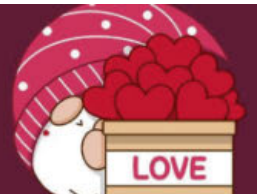
FEATURING:
A STRING QUARTET FROM
THE FOX VALLEY
SYMPHONY ORCHESTRA



Lots of Love this season...

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

Thank you for any donations!



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!



Upcoming

Join the Hootenanny!

March Luncheon

Featuring:
The Sunshine Singers



March 11, 2024
12:00 - 2:00PM

Cost: \$10

Fellowship Hall at TCoL

Doors open at 11:30.

Pre-Registration and
Pre-Payment Required

Music, Food, & Fun! This event is a fundraiser for Civic League and includes lunch and entertainment.

Thank you Sponsors:



Get your Tax Questions Answered

Fridays - Mar. & Apr.
1:00 - 3:00PM
Pre-Registration Required

If you have questions regarding your taxes, we have a volunteer tax expert willing to help. These FREE 30 min. sessions are by appointment only for questions. Tax preparation would be separate and for a fee.

By
Appointment
Only!



Friendly Reminder from TCoL Staff

The Center is Open from 9am to 4pm
Classroom Doors Open 8:45am
Classes Begin 9:00am



To guarantee your spot in class it is **IMPORTANT** to Pre-Register for every class and you **MUST** have updated forms on file!

HERE'S HOW TO REGISTER:

Call or Register on the Website using your Schedules Plus Account

🌐 www.thetcol.org

☎ 920-939-3088

Please leave a message with the following:

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

Forms can be found at: www.thetcol.org

Save the Date - Bus Trips

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

Brewer Game

BUS DAY TRIPS

More Information at:
www.thetcol.org

Brewer Game vs. Blue Jays
Wednesday, June 12th

Cost: \$75 (bus, ticket, and tip included)

Depart: 9:00am **Return:** 7:00pm

Register by: Wednesday, May 8th



Prepare for moderate walking.

Brewer Game vs. Pirates
Thursday, July 11th

Cost: \$75 (bus, ticket, and tip included)

Depart: 9:00am **Return:** 7:00pm

Register by: Wednesday, June 5th

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

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.



APPLETON

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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.thetool.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 February
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, February 5 & 19

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 in February

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...

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**

Country Villa Assisted Living in Freedom...

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



CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.

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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>

We support you to live your best life at home, in your community and at work.

Call toll-free: **844-520-1712**

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Thompson Center on Lourdes, Appleton, WI

C 4C 01-1068

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 February

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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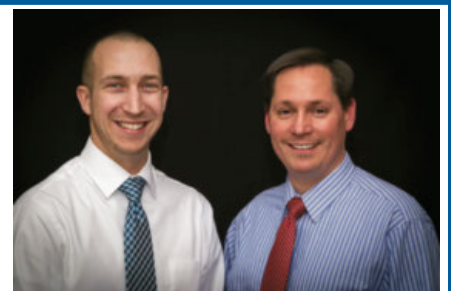
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(920) 7337525



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

Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

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, February 5 & 19
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.

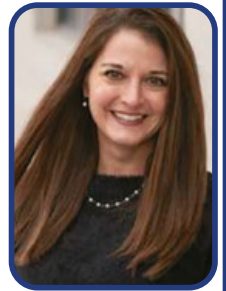


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Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

Activities

TECHNOLOGY BASICS WORKSHOPS

Topic: Podcasts 101



Monday, February 12th
2:00 - 3:00pm
FREE - (920)939-3088

Pre-Registration
Required

Workshops will cover computer, phones, and tablets

Learn to Play Farkle

TUESDAY, FEBRUARY 27
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, February 13th & 27th
12:30 - 3:30PM
Cost: \$2 - (920)939-3088



Come one come all with the Luck of the Irish! St. Patricks Day and Easter cards are ready for you to make! **Due to supplies needed - Please Pre-Register for the instructor led classes**

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



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.



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

Activities

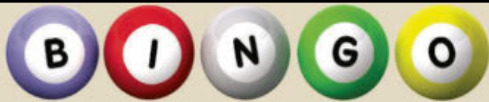
One-on-One Technology

Wednesday, February 7th & 21st
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, Feb. 1
12:30 - 3:30PM

Monday, Feb. 26
12:30 - 3:30PM



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 + \$25 MATERIAL FEE*
*COVERS MATERIALS FOR FIRST 2 PROJECTS



One-on-One Technology Help

Thursday, February 15
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.

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CONTACT ME
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anicholas@lpicommunities.com

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Thompson Center on Lourdes, Appleton, WI

F 4C 01-1068

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A Break
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loved one)



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A ministry of First English Lutheran Church

Open Tues. and Thurs.,
10 a.m. to 2 p.m. Cost: \$40.

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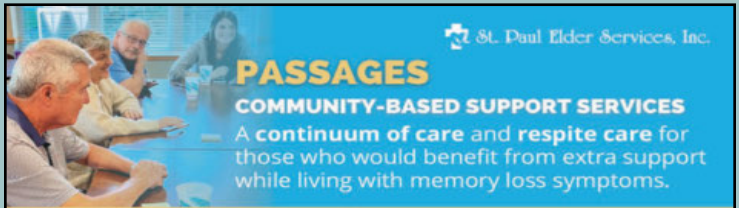
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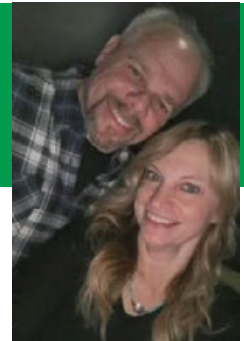
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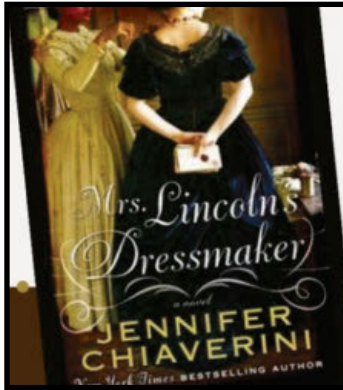


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Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

Activities/Programs/Workshops



Book Club

TCoL will reserve books for registered participants
Pre-Registration Required

THURSDAY, FEBRUARY 8TH
1:30 - 3:00PM
FREE - (920)939-3088



Thursday, March 14th - 1:30-3:00PM
The Children's Blizzard - By: Melanie Benjamin

Book Pickup Week
of February 5th

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

Pre-Registration is required

\$2



Memory Screening

By Traci Edmondson,
Dementia Care Specialist



Friday, February 2nd
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



LIVING YOUR BEST LIFE

6 DIMENSIONS FOR A HEALTHIER LIFE



Tuesdays, February 6, 13, & 20
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

USA & Beyond: Tailored Adventures for Active Seniors

Informational Meeting

Wednesday, February 7th
2:00 - 3:00PM
Free - (920)939-3088

**Pre-Registration
Required**



Join us for an exciting meeting where we'll unveil the details of our planned overnight trips. Explore the vibrant fall colors in Bayfield, embark on a Mississippi River Boat Cruise, experience the breathtaking landscapes of Alaska, savor the charm of Italy, and immerse yourself in the enchanting beauty of Ireland. **This meeting is your opportunity to get all the information you need, ask questions, and prepare for unforgettable travel experiences.** Don't miss out on the adventure - attend the meeting and let the journey begin!



Medicare Diabetes Prevention Program Informational Sessions



Thursday, Feb. 8
10:30-11:30AM

Wednesday, Feb. 14
1:00-2:00PM

**Pre-registration
suggested. You only need
to attend one session.**

**For more information:
(920)939-3088**

Join Network Health to learn more and see if you qualify for their year-long Medicare Diabetes Prevention Program. The program is of no cost to you. 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.

ASK THE ADVISOR



Thursday, February 8th
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 Pocket Hugs & Self Love

Friday, February 9th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088

**Pre-Registration
Required!**



In this session, we will work on creative expression through art making, positive affirmations, and calming strategies. Facilitated by Art Therapist, McKenzie.



Programs/Workshops

Elder Law Workshop

Beneficiary Designations

Tuesday, February 13
1:00 - 2:30PM
FREE - (920)939-3088

**Pre-Registration
Required**



One tool of estate planning is beneficiary designations; however, most people don't understand the designation's effect on the overall estate plan. In this session we're going to talk about the pros and cons of payable on death (POD), transfer on death (TOD), and other designations.



COMMUNICATING YOUR WISHES



Tuesday, February 13
1:30 - 3:00PM
FREE - (920)939-3088

**Pre-Registration
Required**



This presentation will go over what wishes should be communicated to loved ones, how best to communicate, and explain the importance of communicating your wishes. Presented by the Golden Years Resource Alliance, members Jennifer Torgrude with Westpoint Financial and Attorney Abigail J. Plankey from Hooper Law Office, LLC.

MEMORY CAFE

**ENJOY THE
LANGUAGE OF
LOVE**

WEDNESDAY, FEBRUARY 14
10:00 - 11:30AM
FREE - (920)939-3088
Pre-Registration Required



In Partnership with:



Come listen to and enjoy the Language of Love!
Music by Students from Lawrence University.

Actively engage with friends in games, activities, conversation, and creative fun. Café themes include guest speakers and presentations, art projects, games and activities. These cafes are intended for those experiencing memory loss as well as their care partner(s), family & friends.

Memory Link Resource Navigator

Questions
about memory
loss and
dementia?

Wondering
about
community
resources?

Wednesday, February 14th
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!

Programs/Workshops

Book Buddies with Ms. Ring's Kinder Kids

THURSDAY, FEBRUARY 15TH
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!



Explore France



Thursday, February 15
1:30 - 2:30PM
FREE - (920)939-3088

Pre-Registration
Required

Bonjour! Join Stacy (Life Enrichment Assistant) in exploring France and the city of love - Paris! You'll get to engage your senses while viewing beautiful scenery and tourists' attractions, sampling some tasty French Macaroons, or learning about the rich culture. You'll also leave having learned a few French words! Whether you've already traveled to France, or this is your "first" time, you'll be sure to learn something new!



Planning NOW for YOUR Life

Completing your
Advanced Directives

Friday, February 16th
1:00 - 2:30PM
FREE - (920)939-3088

*Please bring contact
information for the people you
would trust to speak for you

This class covers advance directives/Power of Attorney for Health Care and other documents you need to live life well.

Pre-Registration Required



Make sure the people
who matter to you know
what matters most.



Blood Pressure Screening

Monday, February 19, 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.



ORTHOPEDIC & SPINE THERAPY WORKSHOP TOPIC: ARM PAIN

Tuesday, February 20th
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

Programs/Workshops

NEW YEAR. NEW YOU.

WEDNESDAY, FEBRUARY 21
1:30 - 2:30PM
FREE - (920)939-3088

SPOTS ARE LIMITED!
PRE-REGISTRATION REQUIRED



Join Network Health for a presentation to learn about the dimensions of wellness. You'll discover practical strategies and insight on setting achievable goals to enhance your overall well-being. You'll also receive a fun food tip, demo and healthy snack. Don't miss this opportunity to learn about tools that can positively impact your health and lifestyle. Register now to embark on a journey toward a more balanced and fulfilling life.

MONEY \$AFETY FOR SENIORS

Thursday, February 22nd
10:00 - 11:00AM
FREE - (920)939-3088

Pre-Registration
Required



This program covers a variety of ways to protect yourself and loved ones against common scams & how to avoid financial exploitation. Topics include: what is financial exploitation, can this happen to you, common scams, identity theft, & how to respond and report if you think you have been impacted.



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Thompson Center on Lourdes, Appleton, WI

H 4C 01-1068

Programs/Workshops

Alzheimer's Educational Series

10 Warning Signs

Thursday, February 22

1:00 - 2:00PM

FREE - (920)939-3088

Pre-Registration Required

In Partnership with:



alzheimer's association®



Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Upcoming Dates

March 28, 2024

1:00 - 2:00PM

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, February 27

1:00 - 2:30 PM

FREE - (920)939-3088

Topic: Vital Records

Learn what vital records are and where to locate them for your family so you can get started on your genealogy research! We'll cover how to search for records online and offline.

Pre-Registration Required

Optional: Bring own laptop or tablet



Upcoming Programs

Tuesday, March 26

1:00 - 2:30PM

Medicare 101 FREE Educational Event - Learning the Basics

Tuesday, February 27th

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



You are not alone. More than 5 million Americans are living with Alzheimer's and more than 1.6 million friends and family help provide care for them. Connect with others who understand.

alzheimer's association®

CAREGIVER SUPPORT GROUP

Wed. February 28, 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

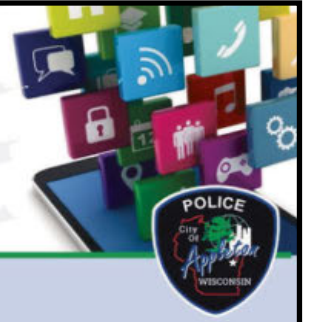
Upcoming and Volunteer Needs

SENIORS AND LAW ENFORCEMENT TOGETHER

Making a Difference in our Communities

Wednesday, February 28th
1:30 - 2:30PM
FREE - (920)939-3088

Pre-Registration
Required



TOPIC: SOCIAL AND DIGITAL MEDIA SAFETY

Social and digital media safety involves practicing responsible online behavior, safeguarding personal information, and being aware of potential risks such as cyberbullying and identity theft.

HEALTHY LIVING WITH DIABETES

Tuesdays - March 5th to April 9th, 2024
12:30pm-3:00pm - TCoL

Register with Sara Milanowski at 920-832-5178
or Sara.Milanowski@outagamie.org



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

Planning AHEAD

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

Thurs. March 7 - April 18
1:00 - 2:30pm
FREE (920)939-3088
Register by March 1



Pre-registration required - spots limited.

- Handling Financial Changes
- Estate Planning
- Choices in End-of-Life Care
- Advance Medical & Legal Directives
- Final Wishes
- Understanding Grief

End-of-life planning is the ultimate gift you can give your loved ones. Join us for a multi session program that gives you the tools and resources to help begin or continue the end-of-life planning process. This type of planning, including advance care planning, is not just for people who are very old or ill.

VOLUNTEERS NEEDED

Email: Stephanie@thetcol.org or Call: (920)939-3088

FRONT DESK

Friday Afternoon
12:00 to 3:30PM



Tasks Include:

- Answering phones
- Greeting participants
- Registering & Checking in participants
- Utilizing the TCoL computer system

CLASS INSTRUCTOR

One on One Technology
Flexible Scheduling

Tasks Include:

- Assisting participants with one on one Tech Questions
- Knowledge in phones, tablets, and computers



GARDENING

Spring - Summer Seasons
Flexible Scheduling

Tasks Include:

- Prep garden for planting
- Help staff on garden care
- Assist in care and harvesting of goods



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.

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/fvml/>

TO ALL OF OUR FEBRUARY BABIES!

Happy Birthday

May the joy you have spread in the past come back to you on this day!

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

Nailcare

All Tuesdays in February
9:00 - 4:00PM
Appointments Required

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

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

February 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 FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Held at SACRED HEART PARISH 222 E. Fremont St. Appleton</p>	<p>BILLIARDS IS AVAILABLE Monday to Friday 9:00am - 4:00pm</p>		<p>1 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Stained Glass 12:30-3:30 Movie 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>2 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 Mem Screen 11:00-12:30 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p>5 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 Warm Hugs 10:00-3:30 Chair Yoga 11:00-11:45 Card Inst Sheepshead 1:00-2:00 Cardio Drumming 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</p>	<p>6 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</p>	<p>7 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 Travel Info Meet 2:00-3:00 Strong Bodies 2:30-3:30</p>	<p>8 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 Network Diabetes 10:30-11:30 Ask The Advisor 11:30-1:00 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Book Club 1:30-3:00 Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>9 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</p>
<p>12 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 TCoL Event 12:00-2:00 Card Inst Sheepshead 1:00-2:00 Crochet & Knit 1:00-3:00 Open Cards 1:00-4:00 Card Inst Euchre 2:00-3:00 Technology 2:00-3:00 Strong Bodies 2:30-3:30</p>	<p>13 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 (Inst)12:30-3:30 Elder Law 1:00-2:30 Hand Foot Canasta 1:00-4:00 Your Wishes 1:30-3:00 Ping Pong for Parkinson's 2:00-3:00</p>	<p>14 Pickleball 8:30-10:30, 10:45-12:45, 1-3 </p> <p>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 Network Diabetes 1:00-2:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Strong Bodies 2:30-3:30</p>	<p>15 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 Explore France, 130-2:30</p>	<p>16 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 Adv Care Plan 1:00-2:30 Gentle Chair Yoga 3:00-4:00</p>
<p>19 Pickleball 8:30-10:30, 10:45-12:45, 1-3 </p> <p>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 Warm Hugs 10:00-3:30 Chair Yoga 11:00-11:45 Blood Press Screen 11:30-1:00 Card Inst Sheepshead 1:00-2:00 Cardio Drumming 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</p>	<p>20 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 Ortho Spine 2:00-3:00 Card Making 12:30-3:30 Ping Pong for Parkinson's 2:00-3:00</p>	<p>21 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 Strong Bodies 2:30-3:30</p>	<p>22 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 Money Safety 10:00-11:00 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</p>	<p>23 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 Gentle Chair Yoga 3:00-4:00</p>
<p>26 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 Sheepshead 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</p>	<p>27 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 Learn Farkle 10:30-12:30 Card Making (Inst)12:30-3:30 Hand Foot Canasta 1:00-4:00 Medicare 101 2:00-3:00 APL Genealogy 1:00-2:30 Ping Pong for Parkinson's 2:00-3:00</p>	<p>28 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 Police SALT 1:30-2:30 Strong Bodies 2:30-3:30</p>	<p>29 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Line Dance Int. 11:00-12:00 Stained Glass 12:30-3:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00</p>	

Staff

STAFF CONTACTS: (920) 939-3088



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Denise Houshour
Development Director, denise@thetcol.org



Mary Cooke
Newsletter Coordinator, mary@thetcol.org



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
Mary Beth Nienhaus
Ray Zuelke