

# Thompson Center on Lourdes Monthly Newsletter

# TCoL BUZZ

Thompson Center on Lourdes



APRIL

*Celebrating life after 50*

2024

**START WHERE YOU ARE.  
USE WHAT YOU HAVE.  
DO WHAT YOU CAN.**



**Thank you  
Volunteers!**



## TCoL HOURS OF OPERATION

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



2331 E. Lourdes Drive, Appleton, WI 54915  
(920) 939-3088 [www.thetcol.org](http://www.thetcol.org)  
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2024

Candid.

# Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.9 Sacred Heart *Timed Slots
	Cribbage	9:00 – 12:00	\$2.00	Pg.12
	Open Painting	9:00 – 12:00	\$2.00	Pg.13
	Hallelujah Chorus	9:30 – 11:00	\$3.00	Pg.13
	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 <b>Sheepshead &amp; Cribbage</b> (no inst 4/22)
	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.12 <b>Euchre</b> (no instruction 4/22)
Strong Bodies	2:30 – 3:30	ADRC		
TUESDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.9 Sacred Heart *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	Stained Glass	9:00 – 12:00	\$5.00	Pg.15
	Strong Bodies	9:30 – 10:30	ADRC	
	Young at Heart Choir	10:30 – 12:00	\$3.00	Pg.13
	Move to the Music	11:00 – 11:45	\$2.00	Pg.10
	Farkle	11:00 – 1:00	Free	Pg.15 Instructor Available 4/9, 4/23
	Card Making/Scrapbooking	12:30 – 3:30	\$2.00	Pg.15
	Hand & Foot Canasta	1:00 – 4:00	\$2.00	Pg.12 (4/9 & 4/23)
	Ping Pong for Parkinson's	2:00 – 3:00	Free	Pg.11
WEDNESDAY	Pickleball	8:30 – 3:00*	\$3.00	Pg.9 Sacred Heart *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.12
	Bible Study	10:00 – 12:00	\$2.00	Pg.15
	Chair Yoga	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	
	Cribbage	9:00 – 12:00	\$2.00	Pg.12
THURSDAY	Open Painting	9:00 – 1:00	\$2.00	Pg.13
	Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.11 Sacred Heart
	Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.11 Sacred Heart
	Stained Glass	12:30 – 3:30	\$5.00	Pg.15
	Pickleball	1:00 – 3:00*	\$3.00	Pg.9 Sacred Heart *Timed Slots
	Sheepshead	1:00 – 4:00	\$2.00	Pg.12
	Ping Pong & Bean Bag Toss	1:00 – 4:00	\$2.00	Pg.12
	Pickleball	8:30 – 3:00*	\$3.00	Pg.9 Sacred Heart *Timed Slots
FRIDAY	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.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 April

<b>Monday, April 1, 15,</b> Warm Hugs Sewing, 10:00-3:30, pg. 14
<b>Monday, April 1,</b> Laughter Clinic, Sharing Laughter & Building Connections with Dr. Belle E. Button, 1:00-2:00, pg.19
<b>Monday, April 1, 15,</b> Cardio Drumming, 1:00-2:00, pg. 10
<b>Tuesday, April 2, 9 &amp; 16,</b> Nailcare - by appointment 9:00-4:00, pg. 26
<b>Tuesday, April 2, 9, 16, 23, 30,</b> Network Health, Medicare Diabetes Prevention Program, 9:00-10:00
<b>Tuesday, April 2, 9,</b> ADRC, Healthy Living with Diabetes, 12:30-3:00,
<b>Tuesday, April 2,</b> CarePatrol, Parkinson's Disease Support Group, 1:00-2:00, pg.19
<b>Wednesday, April 3,</b> Step by Step Canvas Painting with Hallie Dix, 10:00-11:30, pg. 19
<b>Thursday, April 4,</b> Movie Day, "Call TCoL for name of movie", 12:30-3:30, pg. 16
<b>Thursday, April 4, 11,</b> Let's Talk Fox Valley & UW-Extension, Planning Ahead, 1:00-2:30 (continuing series)
<b>Friday, April 5,</b> ADRC, Memory Screening, 11:00-12:30, pg. 20
<b>Friday, April 5, 12, 19, 26,</b> Tax Questions Answered, 30 minute sessions by appointment, 1:00-3:00, pg 19
<b>Monday, April 8,</b> TCoL Civic League Luncheon, Do you Believe in Magic by Bruce Dumann, 12:00-2:00, pg. 5
<b>Monday, April 8,</b> Technology Basics Workshop, Comparison Online Shopping, 2:00-3:00, pg. 13
<b>Tuesday, April 9,</b> Hooper Law, Elder Law WS, Emergency Planning for Long Term Care, 1:00-2:30, pg. 20
<b>Wednesday, April 10,</b> Fox Valley Memory Project, Memory Café, Springtime Flowers, 10:00-11:30, pg. 20
<b>Wednesday, April 10, 17</b> One-on-One Technology, 10:30-12:30, pg. 15
<b>Wednesday, April 10,</b> Fox Valley Memory Project, Memory Link Resource Navigator, 11:00-12:00, pg. 20
<b>Wednesday, April 10, 17, 24,</b> Dementia Care Solutions and CarePatrol, Dementia Care Series, 1:00-2:00, pg. 21
<b>Thursday, April 11, 25,</b> One-on-One Technology, 9:00-11:00
<b>Thursday, April 11,</b> CarePatrol, Ask the Advisor, 11:30-1:00, pg. 21
<b>Thursday, April 11,</b> Book Club, <i>Resistance Women</i> by Jennifer Chiaverini, 1:30-3:00, pg. 16
<b>Friday, April 12 ,</b> St. Paul Elder Services, Lunch & Learn, Advanced Care Planning, 11:30-1:00, pg. 21
<b>Monday, April 15,</b> Care Plus, Blood Pressure Screening, 11:30-1:00, pg. 21
<b>Tuesday, April 16,</b> Orthopedic & Spine Therapy Workshop, Headaches and Head Pain, 2:00-3:00, pg. 21
<b>Wednesday, April 17,</b> TCoL with a Twist, Meet New Friends Outside of TCoL, 12:00-1:00, pg. 22
<b>Wednesday, April 17,</b> Network Health, Getting Active This Spring, 1:30-2:30, pg. 22
<b>Thursday, April 18,</b> Functional Living with April, 11:00-12:00, pg. 22
<b>Thursday, April 18,</b> Appleton Retirement Community, One-on-One Technology Help, 12:30-2:00, pg. 16
<b>Thursday, April 18,</b> Book Buddies with Ms. Ring's Kinder Kids, 12:45-1:45, pg. 22
<b>Friday, April 19,</b> Advance Care Planning, National Healthcare Decision Day, 9:30-11:00 or 1:00-2:30, pg. 22
<b>Tuesday, April 23,</b> Appleton Public Library, Genealogy Series, Newspaper Research, 1:00-2:30 pg. 23
<b>Tuesday, April 23,</b> Jill Gray, Medicare 101, Learning the Basics 2:00-3:00, pg. 23
<b>Wednesday, April 24,</b> Let's Talk Fox Valley & UW-Ext., Planning Ahead Work Shop and Preview, 9:00-11:30, pg. 24
<b>Wednesday, April 24,</b> Caregiver Support Group, 9:30-11:30, pg. 24
<b>Wednesday, April 24,</b> Appleton Police SALT, Project Safe, 1:30-2:30, pg.24
<b>Thursday, April 25,</b> Old National Bank, Money Safety for Seniors, 10:00-11:00, pg. 24
<b>Thursday, April 25,</b> St. Paul Elder Svs., Alzheimer's Series, Dementia Related Behaviors, 1:00-2:00, pg.25
<b>Monday, April 29,</b> Movie Day, "Call TCoL for name of movie", 12:30-3:30, pg. 16
<b>Tuesday, April 30,</b> Take a Hike - on the Newberry Trail, 1:00-2:00, pg. 25

**At the time the April 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](http://www.thetcol.org) or call us at (920) 939-3088 for the most current information.**

# Greetings From Djuanna Kath

Hello-

As the saying goes..."April showers bring May flowers" and it is a reminder that good things are around the corner and for us all to continue to look at the positives. Spring is upon us and all will be fresh and renewed...the trees have started to bud, the grass is turning green, and the birds are lively as they sing their songs. Spring is in the air!

April is **National Humor Month** and April 1<sup>st</sup> the Thompson Center is working with Dr. Belle E. Button to offer a free Laughter Clinic workshop. As the doctors says...laughter is the best medicine.

April is **Parkinson's Awareness Month**. We now offer Ping Pong for Parkinson's on Tuesdays, as well as a monthly Parkinson's Disease Support Group, just one of the many new opportunities that has been added to our program schedule. Additionally, it is **National Pickleball Month**, and if you weren't aware, Pickleball is offered five days a week at our Sacred Heart gymnasium location.

Finally, April is **National Volunteer Month**, and we couldn't be prouder of our volunteers and the amount of time they give us by sharing their talents. Did you know that in 2023 we had 134 volunteers, an increase by over 50% from the previous year? Volunteers assist the organization by helping to lead or instruct classes and workshops, answering phone calls, assisting with registration, putting on events, decorating the center, developing policies and guidelines to aid the organization and so much more.

We end the month of April with **National Honesty Day**. That seems fitting, as I can honestly say that I have the best time visiting with all of you and seeing the many classes and workshops that you try out.

Djuanna "DJ" Kath  
Executive Director



Before



Djuanna hard at work in her new class!

## 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 \_\_\_\_\_

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

**THANK YOU FOR YOUR GIFT!**

# Do you Believe in *Magic*

Civic League Luncheon

Monday, April 8th  
12:00 – 2:00PM

Cost:\$5

(920)939-3088

Lunch and Entertainment Provided.  
Pre-registration required.

Entertainment By:

**Bruce Dumann**

(Magician/Comedian)

Thank you Sponsors:



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](http://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](http://www.thetcol.org)

# Appleton Housing Authority

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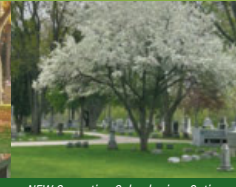
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Debbie DeBruin  
Administrator



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DHS Approved 4/22/2021

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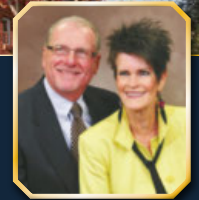
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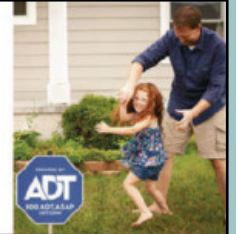


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Thompson Center on Lourdes, Appleton, WI

A 4C 01-1068

Mark Your Calendar

# Some Enchanted Evening...

## A Senior Prom at TCoL

Entertainment by: Fernando



Friday, May 3rd  
7:00 - 9:00pm

Gather your friends or your cherished date for a night of enchantment beneath the stars, promising a magical experience filled with laughter, dancing, and unforgettable memories.

**\$10**

TCoL Fellowship Hall  
Pre-Registration Preferred

Fundraiser for the Thompson Center

Sponsored By:



# The Gift of Song

## Spring Choir Concert

Enjoy the songs from  
Hallelujah Chorus and  
Young at Heart Choir

Monday, May 13, 2024

1:00 - 3:00PM

TCoL Cafeteria

Cost: \$5

RSVP: (920)939-3088

Pre-Registration Required

Treats, coffee, and water provided.

Sponsored  
By:



## Spring Into Giving

Donate today!  
[www.thetcol.org](http://www.thetcol.org)



## Give the Gift of TCoL!

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



## Bus Trips

# Upcoming TCoL Day Bus Trips

## Brewer Game

Wednesday, June 12th



**Brewer Game vs. Blue Jays**

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

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

**Register by:** Wednesday, May 8th

## Duck, Duck, Crane

Wednesday, June 26th



Take a trip down to Wisconsin Dells/Baraboo. Take a ride on the Duck boats, followed by lunch at the Log Cabin, and a tour at the International Crane Foundation.

**Cost:** \$125 (bus, tickets, and tip included)

**Depart:** 7:15am **Return:** 6:30pm

**Register by:** Friday, May 24th

## Brewer Game

Thursday, July 11th



**Brewer Game vs. Pirates**

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

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

**Register by:** Wednesday, June 5th

## Wisconsin State Fair

Wednesday, August 6th



Come enjoy a day at the fair with all the sounds, smells, and attractions. Enjoy a leisurely walk around all the displays, concession stands, and of course try the famous cream puff!

**Cost:** \$65 (bus, ticket, and tip included)

**Depart:** 9:00am **Return:** 5:00pm

**Register by:** Friday, July 5th

## Other Day Trips for 2024

Friday, September 27 - Cranberry Fest, Warren, WI

Thursday, October 10 - Best of Door County Trolley, Door County, WI

Thursday, December 12 - Miracle on 34th Street, Fireside Theatre, Fort Atkinson, WI



**For More Information or Registration - [www.thetcol.org/travel](http://www.thetcol.org/travel)**

## Bloom into Generosity...

Thank you for any donations!

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



If you'd like the newsletter sent to you electronically,  
e-mail [register@thetcol.org](mailto:register@thetcol.org)



# Wellness Activities



## PICKLEBALL


## \$3 PER PLAY

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

**MAKE SURE YOU'RE READY TO PLAY!**  
**PREREGISTER:** [www.thetcol.org/pickleball/](http://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

No Pickleball April 1

**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.



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## APPLETON

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Thank you to our moving partners





\*Subject to approval as a private pay resident.

We would love to show you our community, call for a tour and lunch!

Contact Mason or Sheila at 920-954-9990 x1303 or 1304 | [welcom@appletonretirement.com](mailto:welcom@appletonretirement.com)  
[www.appletonretirement.com](http://www.appletonretirement.com) | 200 W. Packard Street, Appleton, WI 54911




## Wellness Activities



# BILLIARDS

**\$2**

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

**PRE-REGISTRATION REQUIRED**

## CHAIR YOGA

**\$3**

**MONDAYS:**

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

**WEDNESDAYS:**

**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**

## Cardio Drumming

**Monday, April 1 & 15**

**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!**



## Move to the Music

**New  
Program!**

**Tuesdays**

**11:00 - 11:45am**

**Pre-registration Required**

**\$2**



Join us for a new fitness class! Move to the Music is a cardio dance class that incorporates traditional Latin dancing with some of our favorite oldies. Moderate dancing levels but all abilities are welcome!

## Wellness Activities

# Ping Pong for Parkinson's

Tuesdays in April  
2:00 - 3:00PM  
FREE - (920)939-3088



Do you have Parkinson's disease? Pick up a paddle and join us for this fun new ping pong class. No Experience Necessary. Pre-Registration required.

## 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



### 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

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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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## 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
<b>MONDAY</b>	Cribbage	Open Cards
<b>TUESDAY</b>	Open Cards	Hand & Foot Canasta
<b>WEDNESDAY</b>	Open Cards	Euchre
<b>THURSDAY</b>	Cribbage	Sheepshead
<b>FRIDAY</b>	Open Cards	Bridge (12:30 Start)

**PRE-REGISTRATION REQUIRED FOR PLAY**

## CARD GAME INSTRUCTION

LEARN TO PLAY SHEEPSHEAD, CRIBBAGE AND EUCHRE

**Mondays in April**

**Sheepshead & Cribbage**  
**1:00- 2:00PM**

**Euchre**  
**2:00- 3:00PM**

No Instruction  
April 22nd

**FREE - (920)939-3088**

**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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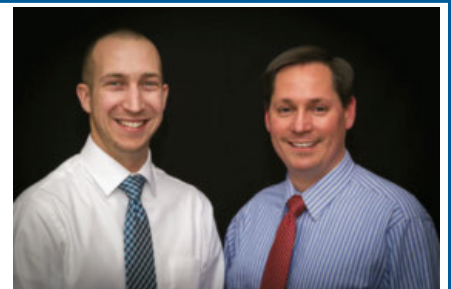
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## Haviland Hearing Aids, Inc

1336 E Wisconsin Avenue  
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[www.havilandhearing.com](http://www.havilandhearing.com)  
(920) 7337525



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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, April 1 & 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.

### TECHNOLOGY BASICS WORKSHOPS

**Topic: Comparison Online Shopping**



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

**Pre-Registration Required**

**Workshops will cover computer, phones, and tablets**



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**(920) 450-7737**

**tracysells920@gmail.com**

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**[foxcities.carepatrol.com](http://foxcities.carepatrol.com)**



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

## Activities

# STAINED GLASS

# \$5

Activity Fee  
Per Class

**2nd Class  
Added!**

**TUESDAYS**  
9:00 - 12:00PM

**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

# Play Farkle

**Beginners Welcome!**

Instructor  
Available April  
9th & 23rd

**TUESDAYS IN APRIL**  
11:00 - 1:00PM  
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!

**Tuesdays in April**  
12:30 - 3:30PM  
Cost: \$2 - (920)939-3088



Create beautiful one-of-a-kind unique cards to celebrate an upcoming birthday or a thinking of you card for a friend or family member.

# 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



# One-on-One Technology

**Wednesday, April 10th & 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.

## Activities



# 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, April 18th  
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, April 4  
12:30 - 3:30PM

Monday, April 29  
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



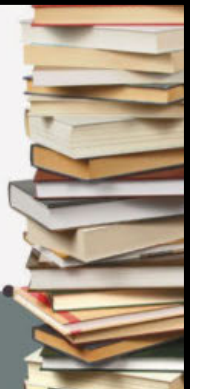
## Book Club

TCoL will reserve books for registered participants  
Pre-Registration Required

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

Thursday, May 9th - 1:30-3:00PM  
First Frost - Sarah Addison Allen

Book Pickup Week  
of April 8th



## Wood Carving \$2

FRIDAYS 9:00 - 12:00PM

Beginners Welcomed! Pre-registration suggested







**Medicare Aces**  
 Questions about Medicare?  
 We can help!

**Shelly Squier**  
**920-527-0292**

ssquier@ffig.com

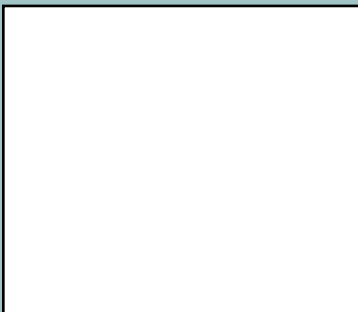
**1429 Oregon St.**  
**Oshkosh, WI 54902**

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Thompson Center on Lourdes, Appleton, WI

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920-733-2303



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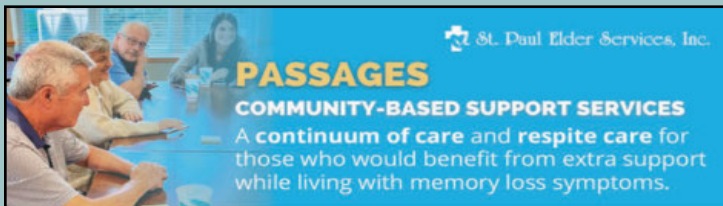
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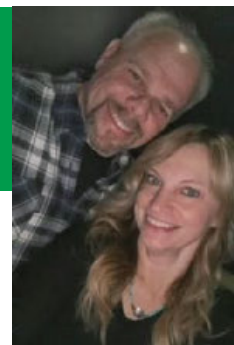
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**Sassman Insurance Agency, LLC**

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\*For details on eligibility and restrictions, visit [networkhealth.com/medicare/extra-benefits](http://networkhealth.com/medicare/extra-benefits).

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

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Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

## Activities/Programs/Workshops

# SEWING & QUILTING

FRIDAYS

9:00AM - 3:30PM

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

\$2

Pre-Registration is required



## Get your Tax Questions Answered

Fraturdays in April  
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!



# Laughter Clinic

Sharing Laughter & Building Connections

Monday, April 1st  
1:00 - 2:00PM  
FREE - (920)939-3088

Pre-Registration Required

Take care of your funny bone and it will take care of you!!  
Dr. Belle E. Button  
Chief of Naval Operations



Come one, come all to the Laughter Clinic presented in partnership with Dr. Belle E. Button! Let's gather on April Fool's Day for a bit of silliness. Since laughter is the best medicine, we'll make sure to tickle your funny bone, and check out your giggle power with songs, puns, a game or two, a story and a few 'tests' (don't worry - they won't hurt a bit!!)

## Parkinson's Disease Support Group

NEW PROGRAM!

SAVE THE DATE!

Tuesday, April 2nd  
1:00 - 2:00pm  
FREE - (920)939-3088  
Pre-registration Encouraged

Stay for Ping Pong After!



Join Kim Patterson from CarePatrol as TCoL begins a Parkinson's Support group. They will meet on the first Tuesday of the month prior to ping pong. This group is for those living with Parkinson's disease and their care partners. These monthly meetings will benefit your physical and mental health, plus there will be snacks!



## Step by Step Canvas Painting

With Hallie Dix

Wednesday, April 3rd  
10:00 - 11:30am  
Cost: \$25

(\$5 to TCoL, \$20 paid to Instructor)

Pre-Registration Required - Space is Limited



Join Hallie Dix as she leads you through step by step instructions and a variety of techniques to create a beautiful masterpiece!



## Programs/Workshops

# Memory Screening

By Traci Edmondson,  
Dementia Care Specialist



**Friday, April 5**  
**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

# Elder Law Workshop

## Emergency Planning for Long Term Care

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

Pre-Registration  
Required



Do you know what should be done if a loved one suddenly needs to transition into a nursing home? In this session we're going to dispel the myth that "it's too late to do anything" and talk about the emergency planning that can be done when long term care arises unexpectedly.



**HOOPER LAW OFFICE, LLC**  
Oshkosh | Appleton | Green Bay

# MEMORY CAFE

## SPRINGTIME FLOWERS

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



Let's welcome spring and all of the beautiful flowers! Join us for singing with Fran and JoAnn Ebben.

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, April 10th**  
**11:00 - 12:00PM**  
**FREE - (920)939-3088**

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

A partnership with:



## Programs/Workshops

# DEMENTIA CARE SERIES

## FREE Three Part Series

**Wed. April 10**

Our Aging Brain: What is Typical? When to be Concerned?

**Wed. April 17**

Changing Relationships: When Dementia is in the Picture

**Wed. April 24**

The Language of Dementia & finding success

All Classes Held from 1 to 2PM

Pre-registration Required - (920)939-3088



Join Audrey Linn from Dementia Care Solutions for this FREE 3 week series on Dementia. Learn what is normal, how relationships change, and how to communicate with loved ones.



Sponsored By:

# ASK THE ADVISOR

**Thursday, April 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.



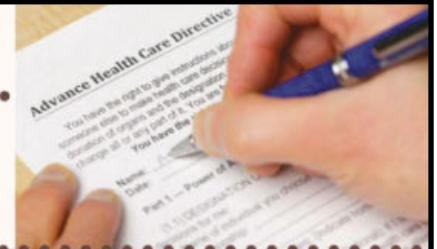
Presented By:

## St. Paul Lunch & Learn

### Advanced Care Planning

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

Pre-Registration Required!



Learn how to initiate advance care planning conversations and the importance of various documents.



# Blood Pressure Screening

**Monday, April 15**  
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

### HEADACHES AND HEAD PAIN

**Tuesday, April 16th**  
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](http://www.ostpt.com)

## Programs/Workshops

### TCoL with a Twist!

Meet new friends outside of TCoL and make new connections!

Wednesday, April 17th  
12:00 - 1:00PM  
FREE - (920)939-3088

Pre-Registration  
Required



If you have any interest in connecting with other who would like to do things when the TCoL is closed, please come to this meeting. Bring your lunch and bring your friends!

### GETTING ACTIVE THIS SPRING!

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

SPOTS ARE LIMITED!  
PRE-REGISTRATION REQUIRED



Join Network Health Wellness Coordinators to learn about physical activity recommendations, benefits, and walk away with tips on getting active this spring.

### Functional Living with April

Thursday, April 18  
11:00 - 12:00PM  
FREE - (920)939-3088

Pre-Registration  
Required

Spring is a time for new beginnings. Join our introductory class to learn tips to help you begin your journey of letting go & simplifying to make home more functional & supportive.



[www.FunctionalLiving.org](http://www.FunctionalLiving.org)

### Book Buddies with Ms. Ring's Kinder Kids

THURSDAY, APRIL 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!



### National Healthcare Decision Day

Completing your  
Advanced Directives

Friday, April 19th  
9:30 - 11:00AM or 1:00 - 2:30PM  
FREE - (920)939-3088

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

This workshop 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.



# Programs/Workshops

## 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  
to explore a variety of topics in this ongoing series.

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

### Topic: Newspaper Research

Read all about it! Join us to learn about how to scour old newspapers for your ancestors and find valuable clues to add to your family's story. You might even find a photo of your ancestor in the paper!

Pre-Registration Required

Optional: Bring own laptop or tablet



### Upcoming Programs

Tuesday, May 28  
1:00 - 2:30PM

## Medicare 101

**FREE Educational Event - Learning the Basics**



**Tuesday, April 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

### Assisted Living & Memory Care



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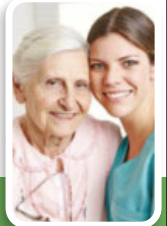
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For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

Thompson Center on Lourdes, Appleton, WI

H 4C 01-1068

## Programs/Workshops

# Planning AHEAD

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

**Wed. April 24th**  
**9:00 - 11:30am**  
**FREE (920)939-3088**



**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 preview of the tools and resources that help you begin or continue the end-of-life planning process.



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. April 24, 2024**  
**9:30 - 11:30AM**  
**(920)939-3088**

**FREE**

Pre-Registration  
Required

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.

## SENIORS AND LAW ENFORCEMENT TOGETHER

Making a Difference in our Communities

**TOPIC:**  
**PROJECT SAFE**

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

Pre-Registration  
Required



Learn about this project that provides first responders with information to assist in responding to wandering or crisis calls involving community members with dementia, autism, or other cognitive impairment that may cause them to wander or have communication barriers.

## MONEY SAFETY FOR SENIORS

Scams & Identity Theft

**Thursday, April 25th**  
**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.

  
**OLD NATIONAL BANK**



## Activities and Thank You Volunteers

### Alzheimer's Educational Series

#### Understanding and Responding to Dementia Related Behaviors

**Thursday, April 25**  
**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®



Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

#### Upcoming Dates

May 23, 2024  
1:00 - 2:00PM

### Take a Hike! on the Newberry Trail

**Tuesday, April 30th**  
**1:00 - 2:00PM**  
**Newberry Trail**  
**FREE - (920)939-3088**

**Pre-Registration  
Required - Spots  
Limited**



Take a Hike Returns! Join us at the end of April as we wander the Newberry Trail along the Fox River near downtown Appleton. This will be an out and back hike. **Meeting Location is a Small Parking Lot at the Corner of East Newberry St. and Riverheath Way.**

**Meet at:**  
Newberry Trail  
Corner of East Newberry  
St. and Riverheath Way

### USA & Beyond: Tailored Adventures for Active Seniors

**Informational  
Meeting**

**Friday, May 3rd**  
**2:00 - 3:00PM**

**Free - (920)939-3088**  
**Pre-Registration Required**



### A Shoutout to our TCoL Volunteers!

It's truly inspiring to see such a diverse and dedicated group of volunteers contributing their time and talents to support the Thompson Center. With over 130 volunteers involved in various areas ranging from reception and general office assistance to class instruction, maintenance, gardening, and Civic League, it's clear that the community's support is invaluable in helping the center thrive and fulfill its mission. Their commitment and generosity are undoubtedly making a significant difference in the lives of those who benefit from the center's services and programs.

April is dedicated to shine a spotlight on all our amazing volunteers and express our sincere appreciation for all that they do.

Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Here at TCoL we have a LARGE group of committed citizens who give their time, talent, and positive energy to us each day, week, month, and through the whole year.

They have become important members of our team, and we are grateful for their unwavering commitment. Their passion for our cause is contagious, and their dedication to making a difference is truly inspiring.

Thank you ALL for being amazing and awe-inspiring volunteers! Together you make the world and the Thompson Center on Lourdes a better place, one act of kindness at a time.

**Without the volunteers, TCoL would not be what it is today!**

*thank you*

## 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](mailto: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/fv/ml>



TO ALL OF OUR  
APRIL BABIES!

# Happy Birthday

"Spring is a lovely reminder of how beautiful change can truly be."

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

## Nailcare

**Tuesdays, April 2, 9, & 16**  
**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](http://www.thetcol.org)) or call the center  
(920)939-3088.



## Carry out and Congregate Dining

April 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 APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>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 SHead, Crib 1:00-2:00 Cardio Drumming 1:00-2:00 Laughter Clinic 1:00-2:00 Crochet &amp; 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><b>2</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Nailcare-by appointment Network Diabetes, 9:00-10:00 Open Cards 9:00-12:00 Stained Glass 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Farkle 11:00-1:00 Move to Music 11:00-11:45 ADRC Diabetes 12:30-3:00 Card Making 12:30-3:30 Parkinson's Support 1:00-2:00 Ping Pong for Parkinson's 2:00-3:00</p>	<p><b>3</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Open Cards 9:00-12:00 Chair Yoga 9:45-10:45 Canvas Painting 10:00-11:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Strong Bodies 2:30-3:30</p>	<p><b>4</b></p> <p>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 Plan Ahead 1:00-2:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>5</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew &amp; 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 Tax Questions 1:00-3:00 Gentle Chair Yoga 3:00-4:00</p>
<p><b>8</b></p> <p>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 Civic League Luncheon 12:00-2:00 Card Inst SHead, Crib 1:00-2:00 Crochet &amp; Knit 1:00-3:00 Open Cards 1:00-4:00 Card Inst Euchre 2:00-3:00 Technology WS 2:00-3:00 Strong Bodies 2:30-3:30</p>	<p><b>9</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Nailcare-by appointment Network Diabetes, 9:00-10:00 Open Cards 9:00-12:00 Stained Glass 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Farkle (Instructor) 11:00-1:00 Move to Music 11:00-11:45 ADRC Diabetes 12:30-3:00 Card Making 12:30-3:30 Elder Law WS 1:00-2:30 Hand Foot Canasta 1:00-4:00 Ping Pong for Parkinson's 2:00-3:00</p>	<p><b>10</b></p> <p>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 1-1 Technology 10:30-12:30 Chair Yoga 11:00-12:00 Memory Link 11:00-12:00 Tai Chi 1:00-2:00 Dementia Care 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Strong Bodies 2:30-3:30</p>	<p><b>11</b></p> <p>1-1 Technology 9:00-11:00 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 Advisor 11:30-1:00 Stained Glass 12:30-3:30 Plan Ahead 1:00-2:30 Pickleball 1:00-3:00 Sheepshead 1:00-4:00 Book Club 1:30-3:00 Ping Pong &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>12</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew &amp; Quilt 9:00-3:30 Strong Bodies 9:30-10:30 Gentle Flow Yoga 11:00-12:00 St. Paul Lunch &amp; Learn 11:30-1:00 Bridge 12:30-3:30 Tax Questions 1:00-3:00 Gentle Chair Yoga 3:00-4:00</p>
<p><b>15</b></p> <p>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 Press Screen 11:30-1:00 Card Inst SHead, Crib 1:00-2:00 Cardio Drumming 1:00-2:00 Crochet &amp; 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><b>16</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Nailcare-by appointment Network Diabetes, 9:00-10:00 Open Cards 9:00-12:00 Stained Glass 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Farkle 11:00-1:00 Move to Music 11:00-11:45 Card Making 12:30-3:30 Ortho Spine 2:00-3:00 Ping Pong for Parkinson's 2:00-3:00</p>	<p><b>17</b></p> <p>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 TCoL w/ Twist 12:00-1:00 Tai Chi 1:00-2:00 Dementia Care 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><b>18</b></p> <p>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 Functional Living 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 &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>19</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew &amp; Quilt 9:00-3:30 Strong Bodies 9:30-10:30 Advance Care Plan 9:30-11:00 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Advance Care Plan 1:00-2:30 Tax Questions 1:00-3:00 Gentle Chair Yoga 3:00-4:00</p>
<p><b>22</b></p> <p>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 Crochet &amp; Knit 1:00-3:00 Open Cards 1:00-4:00 Strong Bodies 2:30-3:30</p>	<p><b>23</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Network Diabetes, 9:00-10:00 Open Cards 9:00-12:00 Stained Glass 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Move to Music 11:00-11:45 Farkle (Instructor) 11:00-1:00 Card Making 12:30-3:30 Genealogy 1:00-2:30 Medicare 101 2:00-3:00 Hand Foot Canasta 1:00-4:00 Ping Pong for Parkinson's 2:00-3:00</p>	<p><b>24</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Planning Ahead 9:00-11:30 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 Dementia Care 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><b>25</b></p> <p>1-1 Technology 9:00-11:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Line Dance Beg. 9:45-10:45 Money Safety Seniors 10:00-11:00 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 &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>26</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew &amp; Quilt 9:00-3:30 Strong Bodies 9:30-10:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Tax Questions 1:00-3:00 Gentle Chair Yoga 3:00-4:00</p>
<p><b>29</b></p> <p>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 SHead, Crib 1:00-2:00 Crochet &amp; 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><b>30</b></p> <p>Pickleball 8:30-10:30, 10:45-12:45, 1-3 Network Diabetes, 9:00-10:00 Open Cards 9:00-12:00 Stained Glass 9:00-12:00 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Farkle 11:00-1:00 Move to Music 11:00-11:45 Card Making (Inst) 12:30-3:30 Take a Hike 1:00-2:00 Ping Pong for Parkinson's 2:00-3:00</p>	<p><b>Held at SACRED HEART PARISH 222 E. Fremont St. Appleton</b></p>		<div style="border: 2px solid black; padding: 5px; background-color: yellow;"> <p><b>BILLIARDS IS AVAILABLE Monday to Friday 9:00am - 4:00pm</b></p> </div>
				

## Staff

**STAFF CONTACTS:** (920) 939-3088

**TCoL**  
Thompson Center on Lourdes  
*Celebrating life after 50*



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**Jim Quella**  
Maintenance Man Extraordinaire



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

**The Thompson Center on Lourdes is also home to:**

**Easterseals**, Pattie Slempek (920) 832-0344

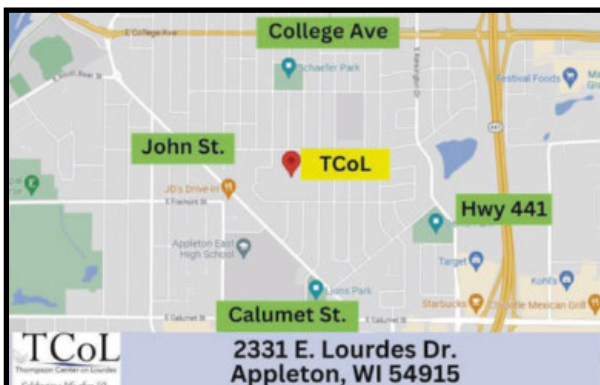
**Office for Blind and Visually Impaired**, Jean Kenevan (920) 831-2090

### Our Mission

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

### TCoL Board of Directors

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