Thompson Center Monthly Newsletter

TCoL BUZZ

Thompson Center on Lourdes

Celebrating life after 50

SEPTEMBER 2021

NATIONAL SENIOR CENTER MONTH

Building Momentum

Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

2331 E. Lourdes Drive, Appleton, WI 54915
(920) 939-3088 www.thetcol.org
Wheelchair Accessible with Ample Parking

Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Pinochle/Canasta	9:00 – 12:00	$2.00	Pg.10
	Watercolors	9:00 – 12:00	$13.00*	Pg.11, *Cost split $5 & $8
	Pickleball	9:00 – 1:00*	$3.00	Pg.10 , Sacred Heart , *Timed Slots
	Hallelujah Choir starts 9/20	9:30 – 11:00	$3.00	Pg.13
	Chair Yoga	11:00 – 12:00	$3.00	Pg.11 *Silver Sneaker Discount
	Tai Chi	1:00 – 2:00	ADRC	Pg.12
	Cribbage	1:00 – 4:00	$2.00	Pg.10
	Crochet & Knitting	1:00 – 3:00	$2.00	Pg.12
TUESDAY	Pickleball	9:00 – 1:00*	$3.00	Pg.10 , Sacred Heart , *Timed Slots
	Sheepshead	9:00 – 12:00	$2.00	Pg.10
	Strong Bodies	9:30 – 10:30	ADRC	Pg.12
	Coffee Clutch	10:30 – 11:30	$0.25/coffee	Pg.13
	Young at Heart Choir starts 9/21	10:30 – 12:00	$3.00	Pg.13
	Bridge	1:00 – 4:00	$2.00*	Pg.10
	Technology 9/14 and 9/28	2:30 – 3:00	Free	Pg.12
WEDNESDAY	Pickleball	9:00 – 11:00*	$3.00	Pg.10 , Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	$2.00	Pg.10
	Bible Study	10:00 – 12:00	$2.00	Pg.15
	Chair Yoga	11:00 – 12:00	$3.00*	Pg.11, *Silver Sneaker Discount
	Tai Chi	1:00 – 2:00	ADRC	Pg.12
	Euchre	1:00 – 4:00	$2.00	Pg.10
	Bingo	1:00 – 3:00	$2.00*	*Plus (3) $1.00 Prizes
THURSDAY	Cribbage	9:00 – 12:00	$2.00	Pg.10
	Open Painting	9:00 – 1:00	$2.00	Pg.15
	Line Dancing - Beginner	9:45 – 10:45	$4.00	Pg.14, Sacred Heart
	Line Dancing - Intermediate	11:00 – 12:00	$4.00	Pg.14, Sacred Heart
	Stained Glass	12:30 – 3:30	$5.00*	Pg.15, *Plus Materials Cost
	Sheepshead	1:00 – 4:00	$2.00	Pg.10
FRIDAY	Wood Carving	9:00 – 12:00	$2.00	
	Pickleball	9:00 – 1:00*	$3.00	Pg.10, Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	$2.00	Pg.10
	Strong Bodies	9:30 – 10:30	ADRC	Pg.12
	Open Sewing & Quilting	10:00 – 3:30	$2.00	Pg.15
	Gentle Yoga Flow	11:00 – 12:00	$3.00	Pg.16
	Bridge	1:00 – 4:00	$2.00	Pg.10
	Gentle Chair Yoga	3:00 – 4:00	$3.00	Pg.16

BILLIARDS IS AVAILABLE EVERY DAY

AM Session 9:00-12:00
PM Session 1:00-4:00
$2.00 Pg. 10

Schedule of Special Events in September

Thursday, September 9, Book Club, *A Man Called Ove,* by Fredrik Backman,1:30-3:00, pg. 16
Friday, September 10, St. Paul Elder Services, Lunch & Learn, Spiritual Well-being, 11:30-1:00, pg.19
Monday, September 13,TCoL, Elvis, 12:30-3:00, pg. 7
Friday, September 17, Advance Care Planning, Plan for YOUR Future Care, 1:00-2:30, pg. 19
Tuesday, September 21, Orthopedic & Spine Therapy, Dry Needling, 2:00-3:00, pg. 20
Thursday, September 23, TCoL Back-To-School Drive Through (**Appleton Retirement)**, 12:30-1:00, pg. 8
Thursday, September 23, Wisconsin Connection Jam, Kairos Alive, 1:30-2:30, pg. 14
Monday, September 27, Eagle Point Sr Lvg, Chef Showcase, Crab Cakes w/garlic aioli, 1:00-2:00, pg. 20(TCoL or zoom)
Wednesday, September 29, Caregiver Support, 9:30-11:30, pg. 20

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

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

At Thompson Center on Lourdes, it's our mission to *Enable Everyone to Celebrate Life*. To help achieve this, participants must submit a request for the classes they wish to attend each week.

HERE'S HOW TO REQUEST:

www.thetcol.org

920-939-3088

Please leave a voice message with the following:
-Your Full Name
-Phone Number
-Class Name
-Class Date

Forms can be found at: www.thetcol.org

COVID-19 GUIDELINES

FULLY VACCINATED
- You **DO NOT** have to wear a mask or socially distance at either Thompson Center Campus - St. Bernadette or Sacred Heart.
- You may continue to wear your mask if you are more comfortable doing so.

NOT VACCINATED
- You **MUST** continue to wear a mask and remain 6 feet apart from other participants whenever possible.

- TCoL will not be requiring proof of vaccine. Participation in programs will be based on the honor system.
- Pre-registration for all programs is still required.
- All guidelines are subject to change - Please call or check website for the latest guidelines

Greetings from Liz

SEPTEMBER Senior Center Month — Building Momentum

September is National Senior Center month and this year's theme is Building Momentum. This year the Thompson Center on Lourdes is celebrating our 5th Year Anniversary and we're thrilled that we continue to grow our programming and participation. In 2017, TCoL had 12,270 visits and in 2021 we've already had 9,543 visits and we have 5 more months to go! Now that's building momentum – even during a pandemic!

Senior centers were introduced in New York City in 1943 to provide social activities, nutritious meals, and case management to adults aged 60 and older. More than 75 years later, senior centers are one of the most widely used services. An estimated 10,000 centers support millions of older adults from all walks of life as they continue to thrive in their communities. Today's senior centers are connecting older adults with volunteer opportunities and increasing their access to valuable resources with various activities. Through evidence-based programs, older adults are learning new skills, meeting new people and celebrating life. TCoL is evolving to reflect a new view of aging that empowers the people we serve.

Some people ask – "Why do we need senior centers?" Because senior centers deliver vital connections. TCoL offers enriching activities for people who are 50 years or older. Our focus is on education, wellness and social programs and we offer more than 25 activities a week. From financial planning workshops to cooking classes and line dancing to technology classes, TCoL is a community nexus where seniors find friendship, meaning, and purpose.

During the pandemic, TCoL pivoted to provide virtual programming, a YouTube channel, Drive Throughs, and Grab and Go Meals, in addition to in-person limited activities. We are delighted to be open 5 days a week with a variety of programming ensuring that there is something for everyone. To share the power of these connections, TCoL will continue to grow its programming. In September some of these activities include Elvis, Strong Bodies, Tai Chi, Kairos Alive!, the return of congregate meals, and so much more!

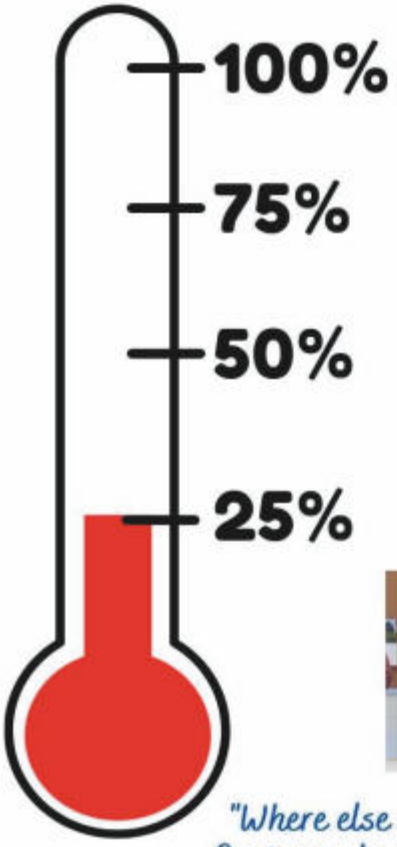
"Betty Friedan said, 'Aging is not "lost youth" but a new stage of opportunity and strength." TCoL participants are finding opportunities and connections every day. TCoL serves our participants in the Fox Valley Region with fun and engaging programs, while also providing practical tools and resources to help our participants stay engaged and active."

Senior Center Month emphasizes the tremendous potential that senior centers deliver in their communities, including programming that empowers older adults to holistically age well and strengthen mind, body, spirit, and community connections. Come join us build the momentum at TCoL!

Liz Neuman
Executive Director
Thompson Center on Lourdes (TCoL) - *Celebrating Life After 50*
2331 E. Lourdes Dr., Appleton, WI - 920-939-3088 - www.thetcol.org

Matching Grant

$25,000 Matching Grant awarded by the Bright Idea Fund within the Community Foundation for the Fox Valley Region Grants Program



DEADLINE: SEPTEMBER 30TH

"Where else can I go that I know I'll just fit in?...My saving grace, the Thompson Center on Lourdes has allowed me to be the person I was supposed to be." -Marilyn

---

MY GIFT TO OUR TCoL FAMILY

Yes, I/We wish to participate in the **$25,000** Matching Grant awarded by the Bright Idea Fund within the Community Foundation for the Fox Valley Region Grant Programs.

Name(s): _____

Amount of the gift $ _____

In Honor of _____

In Memory of _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

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

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

NO GIMMICKS, JUST RESULTS!

Use our 20+ years of making smooth transitions to your advantage when making a move!

920-993-SELL
(7355)

COLDWELL BANKER REAL ESTATE GROUP
Krepline & Associates.com
FIVE STAR Marketing

A HOME SOLD EVERY 3 DAYS!*

*PER RANW MLS DATA

Concerned about Medicare fraud?
Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline: 888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

The care you need paired with all the comforts of home!

Aspire
Community for Seniors

Premier Amenities
Personalized Care Plans
Luxury Lifestyle

Call to Schedule Your Tour!
920-720-0288

825 Cobblestone Lane | Kimberly, WI 54136 | aspiresenior.com

ANNETTE HETRICK
Opening New Doors

ACRE REALTY

Experienced Real Estate Agent
Specializing in Downsizing, Senior Relocations and Estates
Call Me Today (920) 832-8648

Caring for the community for over 100 years.

Valley VNA Senior Care
In-Home Care | Independent Living | Assisted Living

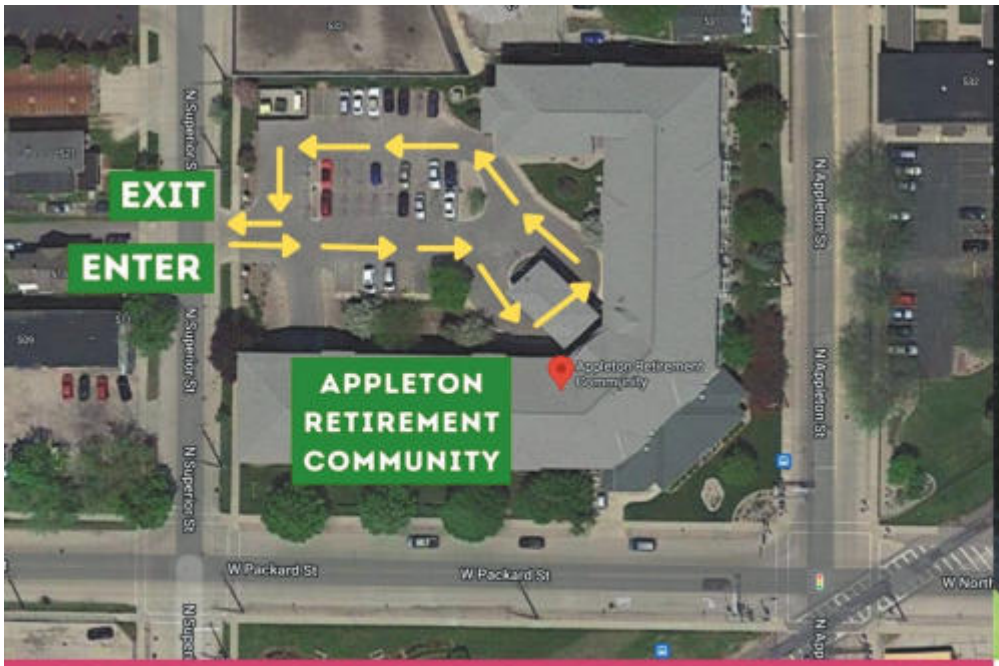
- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
- **Assisted Living and Memory Care** for when your needs change.

valleyvna.org | 920.727.5555 | Neenah, WI

The King is Returning!
ELVIS
WELCOME
TO Fabulous
LAS VEGAS
NEVADA
DATE:
MONDAY, SEPTEMBER 13
TIME:
12:30PM-3:00PM
(Show begins at 1:00PM)
PLACE:
THOMPSON CENTER
COST:
$10.00
(Payment due at time of registration)
RSVP:
(920)939-3088
SPONSORED BY:
CopperStone
Assisted Living
TCoL
CIVIC
LEAGUE

Back-To-School Drive Through

Directions to Appleton Retirement Community



LOOK FOR VOLUNTEERS DIRECTING TRAFFIC
THURSDAY, SEPTEMBER 23, 2021 12:30 - 1:00PM

APPLETON RETIREMENT COMMUNITY INDEPENDENT AND ASSISTED LIVING | TCoL CIVIC LEAGUE | TCoL

There's more time for Autumn Adventures!

We make moving easy with help of our professional partners!

Call today to learn more & schedule a tour!

Please contact Sara or Sheila at
920-954-9990 x1303 or 1304
email: sfawcett@appletonretirement.com

APPLETON RETIREMENT COMMUNITY
INDEPENDENT AND ASSISTED LIVING

Now extended through Sept. 30th

Let By Nature Home Styling, LLC compassionately support you through the process of planning how to create your new apartment into a comfy, cozy home for your needs (4 hours free).*

When you are ready to move, Extra Hands, LLC will assist with either packing or unpacking (4 hours free);* and Patriot Partners will assist with the move (2 free hours).*

Thank you to our moving partners

BY NATURE home styling, LLC | PATRIOT PARTNERS REMOVAL

*Subject to approval as a private pay resident.

Appleton Retirement Community | 200 W. Packard St., Appleton, WI
Proudly Managed By Apex Management

Photo By Dave Jackson of Jackson & Co. Photography

CARD GAMES

COST: $2.00

	9:00AM - 12:00PM	1:00PM - 4:00PM
MONDAY	Pinochle/Canasta	Cribbage
TUESDAY	Sheepshead	Bridge
WEDNESDAY	Open Cards	Euchre
THURSDAY	Cribbage	Sheepshead
FRIDAY	Open Cards	Bridge

PRE-REGISTRATION IS REQUIRED FOR PLAY

Please Note: Cribbage is now played Monday afternoons beginning September 13th

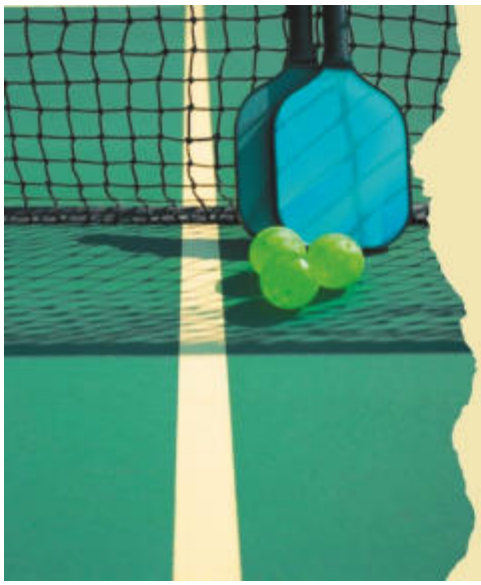
BILLIARDS

$2 Per Session

AM SESSION: 9:00AM - 12:00PM

PM SESSION: 1:00 PM - 4:00 PM

PRE-REGISTRATION IS REQUIRED



PICKLEBALL

$3 PER PLAY

	9:00AM - 11:00AM	11:00AM - 1:00PM
MONDAY:	Intermediate Play	Open Play
TUESDAY:	Open Play	Open Play
WEDNESDAY:	Intermediate Play	CLOSED
FRIDAY:	Intermediate Play	Open Play

MAKE SURE YOU'RE READY TO PLAY!

PREREGISTER: www.thetcol.org/pickleball/

Registration request are required 24 hours before desired date of play.

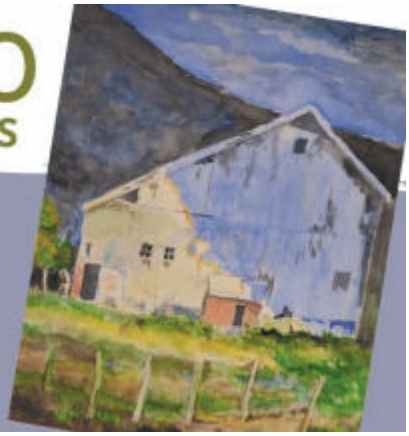
PREPAY: Thompson Center on Lourdes

Your account MUST have sufficient funds upon requesting registration.

Watercolor Classes

MONDAYS 9:00AM - 12:00PM

$13.00 PER CLASS



In this educational class you will be taught between 1 and 3 watercolor techniques each week!
Suggested Supplies List:
Brushes:#8 Round, #12 Round, Flat ¼ inch wide brush, Liner brush, 11 x 15 Tablet, Watercolor Paints, Cup for water

TCoL Activity Fee: $5 Instructor Fee: $8 to be paid separately
Pre-registration is required

CHAIR YOGA

MONDAYS: 11:00AM - 12:00PM

WEDNESDAYS: 11:00AM - 12:00PM

COST: $3.00 or FREE for Silver Sneakers Members

PLEASE SUBMIT YOUR REQUEST TO ATTEND EACH WEEK ONLINE OR BY CALLING TCoL

FOX CITIES DOWNSIZE

Our FREE monthly Lunch 'N Learn Series is coming back!

Oct. 20, 12-1 PM
Peter Harbach,
Huge Tax Law Changes
that Affect Your Estate Plan

We are very excited about our new venue!

Town Center (next to Grand Chute town hall)
1850 W Grand Chute Blvd., Appleton, WI 54913

For more info or to RSVP visit our website:
carolynstark.com/downsize-fox-cities

Questions?
Contact Cindy Novak (920) 460-6680

Sponsored by:

BHHS

CAROLYN STARK REAL ESTATE TEAM

CROCHET & KNITTING

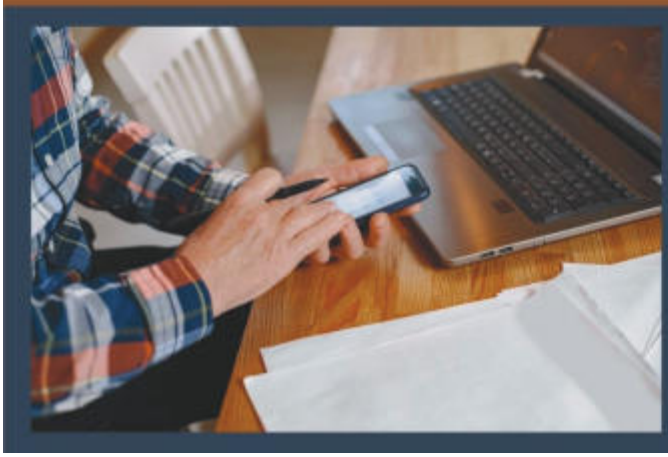
MONDAYS 1:00PM - 3:00PM

Weekly Preregistration Required

$2

PLEASE VERIFY SCHEDULE ONLINE OR BY CALLING TCoL

TECHNOLOGY BASICS WORKSHOPS



FREE 2:30PM - 3:30PM

TUESDAY, SEPTEMBER 14:
- Common Icons & Symbols

TUESDAY, SEPTEMBER 28:
- Tech Basics Q&A

Workshops will cover computer, phones, and tablets
Pre-registration is required

TAI CHI RETURNS

September 13th- December 15th, 2021

DATE: MONDAYS & WEDNESDAYS
TIME: 1:00-2:00PM

FALL SESSION FULL

This program is suitable for every fitness level and will help you reduce stress, increase balance and flexibility and feel more relaxed! Research shows that Tai Chi participants show improvement in pain, fatigue, stiffness and well-being!

ADRC Aging & Disability Resource Center of Calumet, Outagamie and Waupaca Counties

STRONG BODIES RETURNS

September 7th- November 23rd, 2021

DATE: TUESDAYS & FRIDAYS
TIME: 9:30-10:30AM

FALL SESSION FULL

ADRC Aging & Disability Resource Center of Calumet, Outagamie and Waupaca Counties

The StrongBodies Program is a safe and effective strength training program. The Strong Bodies Program helps middle aged and older adults build muscle, strengthen bones, prevent frailty, improve balance and increase overall physical and mental health.

The Coffee Clutch

EVERY TUESDAY - 10:30 TO 11:30AM
BEGINS SEPTEMBER 7TH
COFFEE AVAILABLE - $0.25/CUP

Relax and enjoy a cup of coffee and conversation with friends. The 1st Tuesday of the month a TCoL Staff member will join in for questions and to share the latest news of the month.

Choirs Returning!

September 20, 2021 - 9:30 to 11:00AM
Hallelujah Choir

September 21, 2021 - 10:30AM to 12:00PM
Young at Heart Choir

$3

Everyone is welcome - No Experience Necessary. Call to register!

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!

NOW LEASING

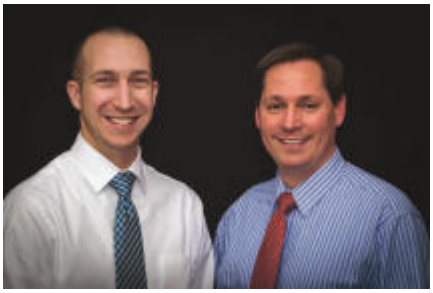
Eagle Point
SENIOR LIVING
...because the journey matters

955 EAST JOHN ST. • APPLETON
920.843.9499
EAGLEPOINTSENIORLIVING.COM

Haviland Hearing Aids, Inc

1336 E Wisconsin Avenue
Appleton, WI 54911
www.havilandhearing.com
(920) 7337525

'18 Best of the Valley Post-Crescent Readers' Choice Awards



LINE DANCING $4.00

BEGINNER:
Thursdays 9:45 - 10:45AM

INTERMEDIATE:
Thursdays 11:00 - 12:00PM

Participant's Account MUST Have Sufficient Funds Before or Upon Requesting Registration. Registration Requests are Approved on a First Submitted, First Reserved Basis.

REGISTRATION: www.thetcol.org **PREPAY:** Thompson Center on Lourdes

SACRED HEART PARISH

222 E. Fremont St.
Appleton, WI 54915

WISCONSIN CONNECTION JAM!™

LIVE IN PERSON!

KAIROSalive! Choreography of Care™

Thursday, September 23
1:30 - 2:30PM
RSVP: (920)939-3088
PLACE: Thompson Center on Lourdes

Pre-registration Required

HAVE FUN! MAKE FRIENDS!
Sing, tell stories and move on the dance floor. Led by Kairos Alive! dancers/singers/actors to inspire you, your family and friends. Creativity Together!™

With support by:

In Association with: Fox Valley Memory Project · Appleton Public Library · Lawrence University

They probably weren't thinking about home health care fifty years ago. At Interim, we were already providing it.

Since 1966, Interim HealthCare has helped families care for their loved ones with a wide range of in-home services, all provided with the highest levels of professionalism and compassion. And, as an industry leader for over 50 years, we offer a level of stability, security, and experience unavailable anywhere else.

Interim HealthCare
Personal Care and Support

PROVIDING HOME CARE NATIONWIDE FOR OVER 50 YEARS

(920) 944-8945 | www.interimhealthcare.com/foxcities

©2018 Interim HealthCare Inc. Each office is independently owned and operated
Photo: wikipedia.org/wiki/File:Henry_Brandon_Family.jpg, creativecommons.org/licenses/by/3.0/

Care Patrol

Safer Senior Living. *Your Goal,* ***Our Mission.***
920-428-0827 | NEwi.CarePatrol.com

A no cost service dedicated to helping families.

Working to find safer senior living, assisted living, memory care options, and home care.

Jena Kloepfel
Senior Care Advisor
920-428-0827

BIBLE STUDY

WEDNESDAYS: 10:00AM - 12:00PM

New Session Begins: Wed. September 29th

Pre-registration Required

Cost: $2.00/Week

Study Guide: $7.00

New Session Study: Apostle Paul's Letter to the Romans.

Written By: Jack Kuhatschek of Intervarsity Bible Study Series.

STAINED GLASS

THURSDAYS: 12:30 - 3:30PM

COST: $5 activity fee per class + project materials*

(BEGINNER PROJECT: $5 ACTIVITY FEE + $10 MATERIAL FEE)

**Glass and other project materials available for CASH purchase at TCoL.*

FREE INSTRUCTION PLUS BASIC TOOLS AND EQUIPMENT ARE PROVIDED!

PRE-REGISTRATION REQUIRED

FUSED STAINED GLASS CLASS

September Project: Flowers

DATE: THURSDAY, SEPTEMBER 2ND

TIME: 11:30AM - 12:30PM

COST: $10

RSVP: (920)939-3088

TCoL Activity Fee: $2, Materials Fee: $8 to be paid separately. Pre-registration Required

Thurs. Oct. 7th
11:30AM-12:30PM
Fall Trees

Open Painting $2

9:00AM - 1:00PM

THURSDAYS

Pre-registration required

Bring your supplies and your project, no matter the medium!

SEWING & QUILTING

FRIDAYS

10:00AM - 3:30PM

- Ample Outlets Available
- Ironing Boards and Irons Provided

$2

Pre-Registration is required

Gentle Chair Yoga

FRIDAYS
3:00PM - 4:00PM

This practice emphasizes what we can do and offers modifications to poses for individual benefit.

$3 per session

A minimum of 3 registered participants are required to hold class

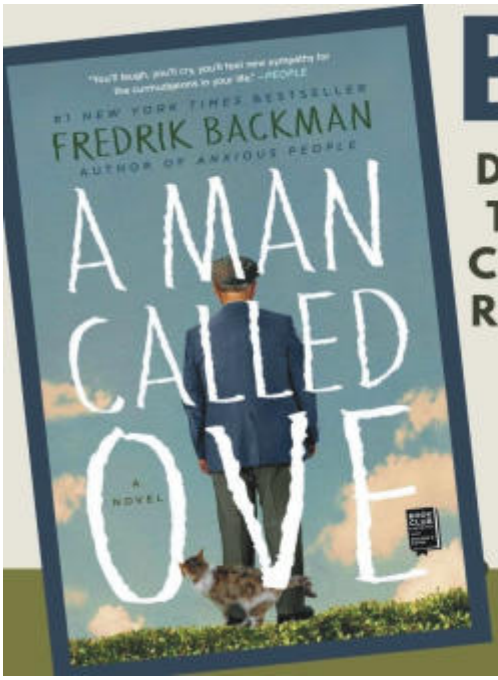
Gentle Yoga Flow

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

A minimum of 3 registered participants required to hold class



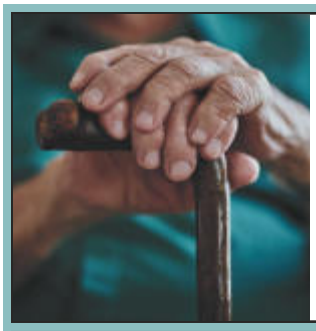
Book Club

DATE: THURS. SEPTEMBER 9TH
TIME: 1:30 - 3:00PM
COST: FREE
RSVP: (920)939-3088

Thursday, Oct. 14 - 1:30-3:00PM
The Aviator's Wife
By: Melanie Benjamin
Book Pickup Week of Sept. 7th

TCoL will reserve books for registered participants - pick up and drop off will be at TCoL. Pre-registration required

Sunshine Club Please contact Mary Mauthe (920) 733-3651 to send a card on behalf of TCoL. Let her know of a participant who is in the hospital, has lost a loved one, is in need of support or is celebrating a birthday or other special occasion.



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.

INCLUSA

inclusa.org | 877-376-6113

Renaissance Assisted Living
Rennes Health & Rehab Center

Family-Owned 40+ Years

- Outpatient Rehabilitative Therapy
- Physical, Occupational & Speech Therapy
- Short- & Long-Term Care
- Assisted Living Private Apartments
- State-of-the-Art Security
- 24/7 Professionally-Trained Team

Learn more or take a virtual tour at www.rennesgroup.com

SUPPORT OUR ADVERTISERS!

TOUCHMARK
CELEBRATING 40 YEARS OF HOSPITALITY

You've worked hard all of your life.
Now, let us take care of things while you enjoy the fruits of your labor.

TOUCHMARK ON WEST PROSPECT
FULL-SERVICE RETIREMENT COMMUNITY
TOUCHMARKAPPLETON.COM

2125745 © Touchmark, LLC, all rights reserved

Get the best of a social lifestyle plus the services and amenities you deserve to fully enjoy retirement. Enjoy spacious floor plans, daily activities, chef-prepared meals, and more!

Call 920-372-0109 to schedule a private tour.

Heartwood Homes
SENIOR LIVING
ASSISTED LIVING AND MEMORY CARE
Appleton's Premiere Memory Care Provider

On Mason Street ◆ 920-955-3131 ◆ HeartwoodSeniorLiving.com

Country Villa
Assisted Living

N3782 Country Villa Way
Freedom, WI

920-422-4620

Serving All People

Office
1815 E Wisconsin Ave. | Appleton, WI 54911

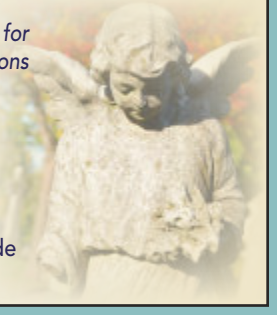
Cemetery Grounds
1815 E Wisconsin Ave. | Appleton, WI 54911

920.733.1631 | stjosephcemetery.us

SAINT JOSEPH CEMETERY
APPLETON, WI

In-ground & above-ground services for both traditional burials and cremations

Single & Family Lots
Cremation Lots
Columbarium Niches – Single & Companion
Mausoleum Crypts – Single, Companion & Side-by-side
We Sell Markers & Monuments



Home Instead.
To us, it's personal

By Your Side
So you can stay at home.

Whether you need support a few hours a week or 24 hours a day, our CAREGivers provide a variety of in-home care services suited to your needs and lifestyle:

- Alzheimer's & dementia care
- Hospice support
- Medication reminders
- Bathing, dressing & grooming
- Meal prep & nutrition
- Housekeeping & laundry
- Incontinence care
- Transportation
- Companionship

Call for a FREE in-home consultation.

Two convenient locations!
Oshkosh: 920.966.1220 | Appleton: 920.997.0118

Each Home Instead® franchise office is independently owned and operated.

SYNERGY HomeCare

Homemaker • Companionship
Personal Care Services

Call for your FREE Care Assessment!
920.843.1700
www.synergyhomecare.com

BREWSTER VILLAGE

OUTAGAMIE COUNTY | SHORT-TERM REHABILITATION AND LONG-TERM CARE COMMUNITY

- Community Involvement
- Encouraging Independence and Freedom of Choice
- Home Like Environment
- Daily Life Enrichment Events
- 5 Star Facility
- All Private Rooms
- Medicare, Private Pay, *Private Insurance* and Medicaid Accepted

Please check with your individual plans for coverage.

Call to schedule a tour today!
3300 W. Brewster St. Appleton, WI 54914 • (920) 858-7918 • www.brewstervillage.org

Best of the Valley for 7 Consecutive Years

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

St. Paul Home
Long-term care nursing services and specialized Alzheimer's/dementia services

St. Paul Center of Rehabilitation
Post-acute skilled nursing and therapy

St. Paul Villa
Assisted living

McCormick
Assisted living
Green Bay

St. Paul Manor
Memory Care assisted living

Life Enrichment Center
Club Gabriel adult day services program, foot and nail clinic, massage therapy, and warm water therapy pool

St. Paul at Home
In-home non-medical care, Meals on Wheels, transportation services, and emergency response systems

The Hoffman Memory Care Resource Center

St. Paul Palliative Care and Hospice Services

The Memory Care Center within the Neuroscience Group

316 E. Fourteenth St., Kaukauna, WI | (920) 766-6020 | www.stpaulelders.org
Sponsored by the Franciscan Sisters of Christian Charity

Resort-style Assisted Living!

Enjoy a relaxing lifestyle in luxurious surroundings with engaging social activities. Century Oaks Assisted Living and Memory Care first-class amenities include:

- Large and spacious 600 sq. ft. suites
- Walk-in closets with washer and dryer
- Chef-prepared buffet meals
- Wine service
- Casino-style bingo
- Some pets allowed
- State-of-the-art medication & health monitoring
- RN on staff

Century Oaks™
centuryoakshomes.com

For information or a tour call
920-475-7555
2100 & 2302 East Glenhurst Lane • Appleton

THE COURTYARD
APARTMENT HOMES FOR SENIORS

920-731-8853

INDEPENDENT ADULTS 55 AND BETTER
1 & 2 Bedroom Units
(Income restrictions may apply)
1 bedroom unit $745
2 bedroom unit $805

3600 Woodman Dr. • Grand Chute, WI 54914
courtyard-grandchute@oakbrookcorp.com
Heat included, pet friendly and laundry hook ups
Shopping & Dining within 1blk • Planned activities, many amenities!

FREE Lunch & Learn

Spiritual Well-being Strategies

DATE: Friday, September 10
TIME: 11:30AM - 1:00PM
RSVP: (920)939-3088
PLACE: Thompson Center

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

Preregistration Required!

FREE WORKSHOP: Plan for YOUR Future Care

If you had a health crisis, who would speak for you?
Do they know what you would want?
Have you completed the legal forms required in Wisconsin?

Date: Friday, Sept. 17th
Time: 1:00-2:30PM
Place: Thompson Center
RSVP: (920)939-3088
Pre-registration Required

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

Get your questions answered and complete* (or update) yours!

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

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

Let's Talk, Fox Valley

Sponsored by Fox Valley Advance Care Planning Partnership

IS IT YOUR BIRTHDAY?

RECEIVE ONE FREE ACTIVITY DURING YOUR BIRTHDAY WEEK
*ADDITONAL PROGRAM FEES NOT INCLUDED

FREE WELLNESS WORKSHOP

DRY NEEDLING - WHAT IS IT & WHAT ARE THE BENEFITS?

Date: Tuesday, September 21
Time: 2:00-3:00PM
Place: Thompson Center on Lourdes

This workshop will be lead by John Hartenberger, PT, a highly skilled and experienced physical therapist from Orthopedic & Spine Therapy.

ORTHOPEDIC SPINE THERAPY

Pre-registration is Required - Call (920)939-3088

www.ostpt.com

CHEF SHOWCASE

Eagle Point SENIOR LIVING

DATE: MONDAY, SEPTEMBER 27TH
TIME: 1:00 - 2:00PM
RSVP: (920)939-3088
At TCoL or Via Zoom
(Sample only at TCoL)
Pre-registration Required

SEPTEMBER'S RECIPE:
Crab Cakes with a Garlic Aioli

Join Chef Aaron Nigbor, Director of Culinary Services at Eagle Point Senior Living, as he showcases some of his favorite recipes each month. This month's recipe is sure to delight your palette!

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

FREE CAREGIVER SUPPORT GROUP

DATE: September 29th, 2021
TIME: 9:30AM - 11:30AM
PLACE: Thompson Center on Lourdes

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.

Space is limited!
Submit your request to attend at www.thetcol.org or by calling TCoL at 920-939-3088

HOPE
CLINIC & CARE CENTER

The Hope Clinic & Care Center was designed with a vision and purpose to help fill the medical gaps we find in our community by providing completely free care to those that need it most.

ADDRESS
1814 Appleton Rd
Menasha, WI 54952

PHONE
(920) 931-1150

FAX
(920) 931-1159

HOURS
Mon - Thurs 9am - 5pm

FOLLOW US

SAVE THE DATE
HOPE CLINIC RETURNS!

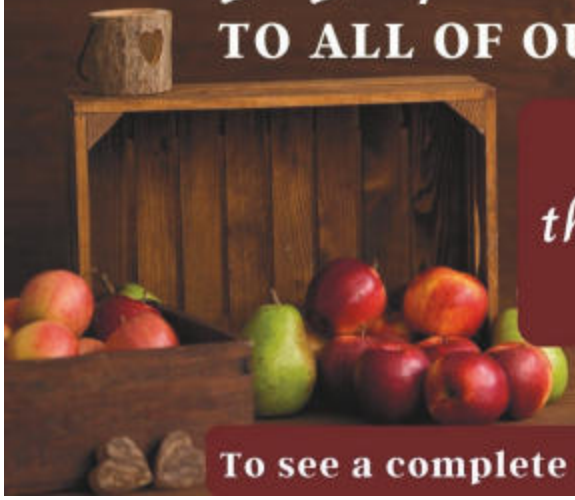
HOPE CLINIC WELLNESS WORKSHOP
TALK TO A NURSE

DATE: MONDAY OCTOBER 18, 2021
TIME: 2:00-3:00PM
RSVP: (920)939-3088

Bring your questions and join a nurse from Hope Clinic & Care Center for a discussion on a variety of topics!

Happy Birthday

TO ALL OF OUR SEPTEMBER BABIES!



May you create a memory today that becomes your happy place in all the many years yet to come.

To see a complete listing of September birthdays, stop by TCoL.

VOLUNTEERS NEEDED

ACCOMPIANIST
2 hours per week
Tuesdays from 10:30 to 12:00PM

- Rehearse with the Young at Heart Choir
- Participate in Concerts
- Have Fun!

RECEPTIONIST
2 to 4 hours per day
Monday through Friday Options

- Greet/sign participants in for classes and events.
- Answer Phones
- Collect activity fees.
- Light computer work.

CLEANING VOLUNTEERS
2 hours per day
Monday through Friday Options

- Empty garbage and recycling
- Sanitize class rooms
- Clean bathrooms
- Vacuum Lobby

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

Volunteer Spotlight

My name is Shirley Mader and I have been guiding the Wednesday morning Bible study for 18 years. I was born and raised in the Fox Valley, most of that time in Little Chute, and attended St. Johns Grade School and High School in Little Chute. My husband and I have lived in Appleton since 1962.

I am the second oldest of 6 children and my husband, Dick, and I also have 6 children. We have 17 grandchildren and 1 great grandchild. Unfortunately, our second oldest son passed away from Melanoma cancer at the age of 30 in 1994.

Since I was very young, I wanted to be a teacher. But after meeting my future husband while in high school, we decided to marry about a year after graduation and I never did go to college. I have loved studying the Scriptures since receiving Jesus as my personal Savior in 1972. God's Word is powerful and essential if we want to have a personal relationship with Christ.

Shortly after retiring from being financial secretary at my church in 2003, I received a call from one of the staff members at the Thompson Center. She asked if I would be willing to guide a Bible Study and the rest is history. Through the years, we have studied numerous books of the Bible along with Bible Doctrine, End Time Events and a number of other topics of scripture. There were times when only one person showed up and then there were times we had up to 23 people in class.

I have thoroughly enjoyed studying the Word of God with others. If anyone wants to know Jesus Christ personally, please join us every Wednesday from 10:00 am to noon.

Thank You

Thank You Edenbrook of Appleton

For the generous sponsorship of the lunches and location for the Ballpark Drive Through

- RN on staff
- Medication & Health Monitoring
- Life Enrichment & Wellness Programs
- Home Cooked Meals

CELEBRATE LIFE

Our communities build lasting friendships and make you feel right at home!

CAROLINA Assisted Living
Appleton • carolinaal.com

Marla Vista Assisted Living & Memory Care
Green Bay • marlavistaal.com

CARRINGTON Assisted Living
Green Bay • carringtonal.com

Contact Julie at 920.445.5042 for a community tour

Professionally Managed by Senior Housing Management

Do you know someone living with memory loss?

FOX VALLEY MEMORY PROJECT

Connecting people with dementia and their caregivers with resources to live well

- Mindworks Respite Classes
- Memory Cafés
- Resource Referral
- Support Groups
- Social Engagement Events

920-225-1711

www.FoxValleyMemoryProject.org

Appleton Housing Authority

Call or stop by for a tour!
Quality Affordable Housing

Independent Senior Living in two great locations

Friendly community with activities and management that cares.

ONEIDA HEIGHTS
525 N. Oneida Street, Appleton
(920) 882-2100 Ext. 101

RIVERWALK PLACE
431 E. Eagle Flats Pkwy, Appleton
(920) 733-5046

Trouble with your toenails?

Call Zandy
(Registered Nurse Specialist)

(920) 944-5497

A2Z HELPER BIZ, LLC
420 E Longview Dr. Ste C Appleton WI 54911

Outagamie County Congregate Meal Menu

2021 **September** canteen

Outagamie Thompson Center

To make a meal reservation, please call 920-858-5619 the day before by Noon.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 **GRAB - N - GO** Turkey in Gravy over Mashed Potatoes Chef's Choice Entree Tomato Basil & Chef's Choice Soups Sunshine Fruit Salad Wheat Dinner Roll with Butter Raisin Applesauce Cake Carton of Milk	2	3
6 Labor Day	7	8 Roasted Turkey in Gravy Mashed Potatoes Harvard Beets Peaches Wheat Bread Rice Pudding with Raisins	9 Baked Ziti with Meat Sauce String Cheese California Blend Vegteables Spinach Salad Salad Dressing Warm Pear Cobbler	10
13	14 Meatloaf Green Beans & Pimentos Mandarin Oranges Baked Potato Wheat Dinner Roll Sugar Cookie	15 BBQ Riblet Sweet 'n Sour Cabbage Redskin Potatoes Fresh Cut Fruit Wheat Bread Cranberry Orange Bar	16 Swiss Steak in Tomato Gravy Garlic & Chive Mashed Potatoes Scalloped Tomatoes Applesauce Wheat Dinner Roll Old Fashion Cake Donut	17
20	21 Roasted Turkey in Gravy Mashed Potatoes Green Beans Pears Wheat Dinner Roll Chocolate Pudding	22 Scalloped Potatoes & Ham Glazed Carrots Romaine Salad Salad Dressing Warm Cinnamon Applesauce Wheat Bread Cinnamon Almond Cake	23 New York Steak in Gravy Green Beans Brown Sugar Sweet Potatoes Banana Parkerhouse Roll Chocolate Chip Cookie	24
27	28 Salisbury Steak in Gravy Mashed Potatoes Corn Sunshine Fruit Salad Parkerhouse Roll Butterscotch Pudding	29 Turkey Burger Wheat Bun German Potato Salad Carrots Pineapple Raisin Applesauce Cake	Marcaroni, Beef & Tomato Casserole String Cheese Mixed Vegetables Peaches Warm Cornbread Orange Marmalade Cake	

PUZZLES OF THE MONTH

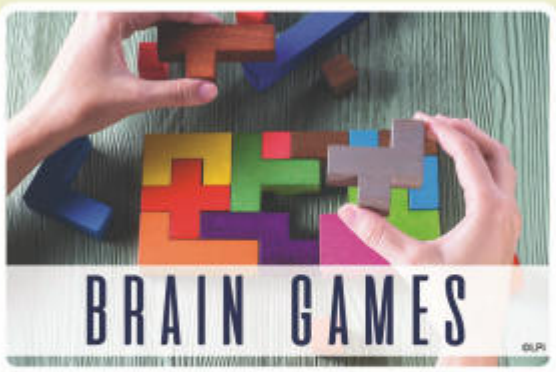
Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6						3	2	
	4		2			6	8	5
	3	2			5	9		
7			5		3		4	
8		5		9				7
4	6			2		5		
				8				
			3					
		6	9					

©2021 Satori Publishing

DIFFICULTY: ★☆☆☆



ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "J" = "H"*

"BU YXX TSDSATP HA JHK KS XHHG YU UJBAIP, YAT AHU HA JHK UJSZ YMS UJSOPSXLSP."

— NYMX EQAI

PREVIOUS SOLUTION: "It all depends on how we look at things, and not on how they are themselves." — Carl Jung

Answer to Sudoku

6	5	8	4	7	9	3	2	1
9	4	7	2	3	1	6	8	5
1	3	2	8	6	5	9	7	4
7	2	9	6	1	5	8	4	6
8	1	5	9	6	4	2	3	7
4	6	3	7	2	8	5	1	9
5	9	4	1	8	2	7	6	3
3	8	6	5	4	7	1	9	2
2	7	1	3	9	6	4	5	8

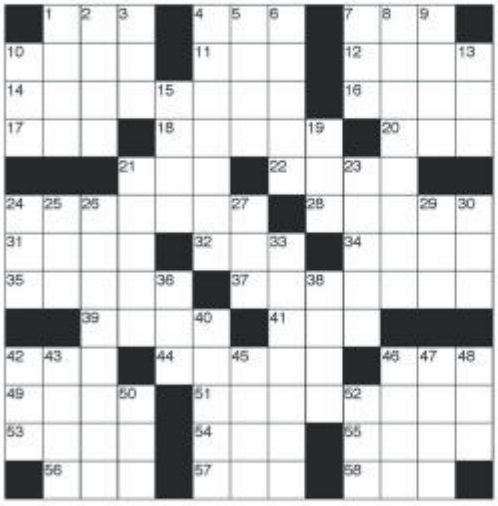
CROSSWORD PUZZLE

ACROSS

1 Surety (Lat.)
4 Cubic feet per second (abbr.)
7 Father of Jehoshaphat
10 Stamp-sheet segment
11 Sultry
12 Culmination
14 Wont
16 Melville's captain
17 Droop
18 Inuit boat
20 Legal gambling (abbr.)
21 Shoshonean
22 Leftside (pref.)
24 Extent
28 Taint
31 Tolstoy heroine
32 Sixth sense
34 Fresh-water duck
35 Act
37 Fr. historical provinces
39 Secretary (abbr.)
41 Evil
42 It. exclamation
44 Perturb
46 Object of worship
49 Hindu garment
51 Abnegate
53 Razor-billed auk
54 Corrode
55 Down (pref.)
56 Mulberry of India
57 Single room occupancy (abbr.)
58 Altar constellation

DOWN

1 Old Texas linear measure
2 Anagram (abbr.)
3 Dry wine
4 Anglican bishop's garment
5 Central points
6 Plagiarize
7 Amer. Automobile Assn. (abbr.)
8 Sailboat
9 Love (Lat.)
10 Additional postscript (abbr.)
13 Recede
15 Ballet skirt
19 Ketone (pref.)
21 Way
23 Important
24 But (Sp.)
25 Within (pref.)
26 Dropsy
27 Extrasensory perception (abbr.)
29 Roam
30 Eng. cathedral city
33 Allspice
36 Five-franc piece
38 Rom. author
40 WWI battle
42 Television channel
43 FDR's dog
45 Wither
46 Growl
47 Eight (pref.)
48 Drug Enforcement Admin. (abbr.)
50 Adjective-forming (suf.)
52 Fiddler crab genus



©2021 Satori Publishing

A46

Services Located at TCoL

My RN, LLC Foot Care Clinic

The clinic provides toenail trimming and foot care measures to maintain healthy feet.
Please call (920) 257-9161 to schedule your appointment
Clinic days are Tuesday through Friday
The clinic is located at the Thompson Center on Lourdes in Appleton

- Each foot care session lasts 45-60 minutes
- Care provided by nurses and trained staff
- Cost $40

At this time appointment scheduling is for current clients only. A face mask is required unless a COVID vaccination card is presented at the time of the appointment. We continue to strive to maintain a safe and healthy environment for our clients and staff.

Options for Independent Living Staff will meet with consumers at Options, **by appointment only**. Masks will be required at face-to-face appointments, unless an accommodation is requested. Safety for consumers and our staff is a priority, therefore we ask for your patience in adhering to our cautionary measures. **In addition, during this time, we are not accepting equipment donations or distributing Durable Medical Equipment through our LEND programs in Green Bay or Appleton.
Please call (920) 997-9999 for assistance.

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. To make an appointment or to find out additional information, please contact Pattie Slempkes at 920-832-0344. The Guardian Assistance Program for Outagamie County guardians is also available at this location. Please contact Jill Gretzinger for more information about this program, 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. The Appleton location at the Thompson Center on Lourdes services people in Outagamie, Winnebago, Calumet, Manitowoc, Shawano, and Menominee counties.

Contact: Jean Kenevan at (920) 831-2090, jeannine.kenevan@dhs.wisconsin.gov, or visit the OBVI website www.dhs.wi.gov/blind.

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

DAILY CALENDAR - SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
BILLIARDS IS AVAILABLE EVERY DAY **AM Session 9:00-12:00** **PM Session 1:00-4:00** ***HELD AT SACRED HEART GYM**		**1** *Pickleball 9-11 Open Cards9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00	**2** *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Fused Glass 11:30-12:30 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00	**3** *Pickleball 9-11, 11-1 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew & Quilt10:00-3:30 Gentle Yoga Flow11:00-12:00 Bridge 1:00-4:00 Gentle Chair Yoga 3:00-4:00
6 **CLOSED** 	**7** *Pickleball 9-11,11-1 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Coffee Clutch 10:30-11:30 Bridge 1:00-4:00	**8** *Pickleball 9-11 Open Cards9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00	**9** *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Book Club 1:30-3:00	**10** *Pickleball 9-11, 11-1 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt10:00-3:30 Gentle Yoga Flow11:00-12:00 St. Paul Lunch & Learn 11:30-1:00 Bridge 1:00-4:00 Gentle Chair Yoga 3:00-4:00
13 *Pickleball 9-11, 11-1 Watercolors 9:00-12:00 Pinochle/Canasta 9:00-12:00 Chair Yoga 11:00-12:00 **Elvis 12:30-3:00** Tai Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Cribbage 1:00-4:00	**14** *Pickleball 9-11,11-1 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Coffee Clutch 10:30-11:30 Bridge 1:00-4:00 Technology 2:30-3:30	**15** *Pickleball 9-11 Open Cards9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	**16** *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00	**17** *Pickleball 9-11, 11-1 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt10:00-3:30 Gentle Yoga Flow11:00-12:00 Adv Care Planning 1:00-2:30 Bridge 1:00-4:00 Gentle Chair Yoga 3:00-4:00
20 *Pickleball 9-11, 11-1 Watercolors 9:00-12:00 Pinochle/Canasta 9:00-12:00 Hallelujah Choir 9:30-11:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Cribbage 1:00-4:00	**21** *Pickleball 9-11,11-1 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Coffee Clutch 10:30-11:30 Young at Heart 10:30-12:00 Bridge 1:00-4:00 Ortho Spine 2:00-3:00	**22** *Pickleball 9-11 Open Cards9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	**23** *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Back-to-School Drive Thru Appleton Retire12:30-1:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Kairos Alive 1:30-2:30	**24** *Pickleball 9-11, 11-1 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt10:00-3:30 Gentle Yoga Flow11:00-12:00 Bridge 1:00-4:00 Gentle Chair Yoga 3:00-4:00
27 *Pickleball 9-11, 11-1 Watercolors 9:00-12:00 Pinochle/Canasta 9:00-12:00 Hallelujah Choir 9:30-11:00 Chair Yoga 11:00-12:00 Chef Showcase 1:00-2:00 Tai Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Cribbage 1:00-4:00	**28** *Pickleball 9-11,11-1 Sheepshead 9:00-12:00 Strong Bodies 9:30-10:30 Coffee Clutch 10:30-11:30 Young at Heart 10:30-12:00 Bridge 1:00-4:00 Technology 2:30-3:30	**29** *Pickleball 9-11 Open Cards9:00-12:00 Caregiver Sup 9:30-11:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	**30** *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00	**September 9** Teddy Bear Day

STAFF CONTACTS: (920) 939-3088

TCoL
Thompson Center on Lourdes
Celebrating life after 50

Liz Neuman
Executive Director, liz@thetcol.org

Courtney Osenroth
Program/Marketing Manager, courtney@thetcol.org

Stephen Matthews
Volunteer/Systems Administrator, stephen@thetcol.org

Mary Cooke
Administrative Support, mary@thetcol.org

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

The Thompson Center on Lourdes is also home to:

Easterseals, Pattie Slempkes (920) 832-0344
Foot Care Clinic, My RN, Diane Schmidt (920) 257-9161
Office for Blind and Visually Impaired, Jean Kenevan (920) 831-2090
Options for Independent Living
John Meissner (920) 997-9999

Our Mission

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

TCoL Hours of Operation
Monday through Friday
9:00AM to 4:00PM
FOR REGISTERED PARTICIPANTS ONLY

Wheelchair Accessible With Ample Parking

TCoL Board of Directors

Aoibh Greene, President
Colny Gretzinger, Vice-President & Treasurer
Greg Bell, Secretary
Sue Arnoldussen
Peter Harbach
Karen Harkness
Jack Meyer
Mary Beth Nienhaus
Ray Zuelke