

Thompson Center Monthly Newsletter

TCoL BUZZ

Thompson Center on Lourdes

FEBRUARY

Celebrating life after 50

2022



TCoL HOURS OF OPERATION

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



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



Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Cribbage	9:00 – 12:00	\$2.00	Pg.9
	Watercolors	9:00 – 12:00	\$13.00*	Pg.11, *Cost split \$5 & \$8
	Pickleball	9:00 – 3:00*	\$3.00	Pg.10 , Sacred Heart , *Timed Slots
	Hallelujah Choir	9:30 – 11:00	\$3.00	(resumes 1/31)
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.11 , *Silver Sneaker Discount
	Tai Chi	1:00 – 2:00	ADRC	(ends 4/28)
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.11
	Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.9
TUESDAY	Technology	2:00 – 3:00	Free	Pg.10 (2/14 and 2/28)
	Pickleball	9:00 – 3:00*	\$3.00	Pg.10 , Sacred Heart , *Timed Slots
	Strong Bodies	9:30 – 10:30	ADRC	(ends 5/27)
	Young at Heart Choir	10:30 – 12:00	\$3.00	(resumes 2/1)
	Tai Chi	11:00 -- 12:00	ADRC	(ends 4/28)
	Get Your Game On	12:30-- 3:30	\$2.00	Pg.12
	Pickleball	9:00 – 11:00*	\$3.00	Pg.10 , Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.9
WEDNESDAY	Bible Study	10:00 – 12:00	\$2.00	
	Chair Yoga	11:00 – 12:00	\$3.00*	Pg.11, *Silver Sneaker Discount
	Tai Chi	1:00 – 2:00	ADRC	(ends 4/28)
	Bingo	1:00 – 3:00	\$2.00*	Pg. 12*Plus (3) \$1.00 Prizes
	Euchre	1:00 – 4:00	\$2.00	Pg.9
	Cribbage	9:00 – 12:00	\$2.00	Pg.9
	Open Painting	9:00 – 1:00	\$2.00	Pg.14
	Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.12, Sacred Heart
THURSDAY	Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.12, Sacred Heart
	Tai Chi	11:00 -- 12:00	ADRC	(ends 4/28)
	Stained Glass	12:30 – 3:30	\$5.00*	Pg.16, *Plus Materials Cost
	Sheepshead	1:00 – 4:00	\$2.00	Pg.9
	Ping Pong & Bean Bag Toss	1:00 - 4:00	\$2.00	Pg.14
	Wood Carving	9:00 – 12:00	\$2.00	Pg. 15
	Pickleball	9:00 – 3:00*	\$3.00	Pg.10, Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.9
FRIDAY	Strong Bodies	9:30 - 10:30	ADRC	(ends 5/27)
	Open Sewing & Quilting	10:00 – 3:30	\$2.00	Pg.15
	Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.15
	Bridge	12:30 – 3:30	\$2.00	Pg.9
	Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.15

Schedule of Special Events in February

Wednesday, February 9, Paint the Masters, Henri Matisse, Interior With Egyptian Curtain, 10:00-12:00, pg. 16
Thursday, February 10, In Harmony Fox Valley Symphony, Express Yourself, at Sacred Heart, 12:30-1:30, pg. 16
Thursday, February 10, Book Club, <i>Unbroken</i> , by Laura Hilienbrand, 1:30-3:00, pg. 13
Friday, February 11, St. Paul Elder Svces, Lunch & Learn, Valentine's Day Creative Expressions, 11:30-1:00, pg. 16
Monday, February 14, TCoL Valentine's Day Drive Through, 12:30-1:00, pg. 7
Tuesday, February 15, UW Madison, Geocheer Adventure, Blue Mounds State Park Virtual Hike, 1:00-2:00, pg. 19
Tuesday, February 15, Orthopedic & Spine Therapy, The Shoulder - Problems & Solutions. 2:00-3:00, pg. 19
Wednesday, February 16 - March 23, ADRC, Healthy Living with Diabetes, 12:30-3:00, pg. 20
Tuesday, February 22, Appleton Public Library, Genealogy Series, Census Records, 9:30-10:30 pg. 20
Tuesday, February 22, Conceptual Financial Advcs, Medicare 101, Learning the Basics, 1:00-2:00, pg. 20 TCoL/Virtual
Wednesday, February 23, Caregiver Support, 9:30-11:30, pg. 21
Wednesday, February 23, Touchmark, Empowerment Dance, Rock Steady Boxing, 2:30-4:00, pg. 21
Thursday, February 24, In Harmony Fox Valley Symphony, Around the World, at Sacred Heart, 12:30-1:30, pg. 16

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At the time the February 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 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
- Online registration can be found under the REGISTRATION & WAIVERS tab
-  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

Thank
you 



A big shout out to everyone who contributed to the success of the Thompson Center on Lourdes in 2021!! What is a contribution – it's money, goods, time and talent. I looked up the definition of donation: "it is the act or an instance of donating: such as. a : the making of a gift especially to a charity or public institution. b : a free contribution : gift." Without your donations, time, and talent TCoL would not exist. Each donation to TCoL touches our participants.

As an organization dedicated to enabling our participants to "Celebrate Life", you can imagine, raising money is a focus to ensure our long term sustainability. You may wonder how much money do we need to operate? The TCoL budget for 2022 is \$349,211. I'm frequently asked by our participants and members of the community: "How is TCoL funded?" Our 3 largest funding sources are: Grants / Foundations at 49%, Individual Donors at 32% and Activity Fees at 7%.

TCoL is a 501(c)(3) nonprofit organization whose mission focuses on providing opportunities for people 50 years of age or older to participate and connect through enriching activities in the Fox Valley. We're here for you – our TCoL family. So, we thank our donors who ensure that TCoL's doors stay open and that we're providing the best possible programming in the areas of wellness, education, and social.

Because of your generosity TCoL impacts the lives of many, like Patricia: "I now have new friends, interesting hobbies and a different outlook on my life!"

PS – If you're interested in learning more about Funds, Time and Talent please feel free to contact me.

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

Thank you 2021 Donors

THANK YOU TO ALL OF OUR 2021 DONORS!

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Joelle

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Thompson Center on Lourdes, Appleton, WI

A 4C 01-1068

Valentine's Day

Drive Through



It will be a drive through date!

DATE: Monday, February 14th

TIME: 12:30-1:00 PM

PLACE: TCoL Parking Lot

COST: FREE Preregistration Required

Our participants have us bursting with love and we want to give a little bit of that back this Valentine's.

**RSVP today to join us
for a sweet treat!**

Please Note: This event will take the place of the February Luncheon

**Thank you
Sponsors!**



Hootenanny Fundraiser

Join the Hootenanny!

March Luncheon

Featuring:
The Sunshine Singers
(Formerly known as The 5 Milers)



March 14, 2022

12:00 - 2:00PM

Cost: \$10

TCoL Cafeteria

Doors open at 11:30.

Lunch served at 12:00.

Pre-Registration Required

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

Thank you Sponsors:



Celebrating life after 50

Save the Date

Elder Law Workshops Return

Topic: Estate Planning Foundations

Date: Tuesday, March 8th

Time: 1:00 - 2:00PM

Cost: FREE

Place: Thompson Center on Lourdes

Family Estate Planning

Learn the basic elements in estate planning. Wills, trusts, powers of attorney, the importance of coordinating your assets with your plan, and practical tips on ensuring success for yourself and those that will help you when it matters most.



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.



Activities

CARD GAMES

COST: \$2.00

	9:00AM - 12:00PM	1:00PM - 4:00PM
MONDAY	Cribbage	Pinochle/Canasta
WEDNESDAY	Open Cards	Euchre
THURSDAY	Cribbage	Sheepshead
FRIDAY	Open Cards	Bridge (starts at 12:30pm)

PRE-REGISTRATION REQUIRED FOR PLAY



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

Thompson Center on Lourdes, Appleton, WI

B 4C 01-1068

TECHNOLOGY BASICS WORKSHOPS



FREE 2:00 - 3:00PM

MONDAY, FEBRUARY 14TH

- Facebook Marketplace

MONDAY, FEBRUARY 28TH

- Tech Basics Q&A

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



RECEIVE ONE FREE ACTIVITY DURING YOUR BIRTHDAY WEEK!

*ADDITIONAL PROGRAM FEES NOT INCLUDED



PICKLEBALL

\$3 PER PLAY

	9:00AM - 11:00AM	11:00AM - 1:00PM	1:00PM - 3:00PM
MONDAY:	Intermediate Play	Open Play	Open Play
TUESDAY:	Open Play	Open Play	Open Play
WEDNESDAY:	Intermediate Play	CLOSED	CLOSED
FRIDAY:	Intermediate Play	Open Play	Open Play

**No
Classes
Feb. 18**

MAKE SURE YOU'RE READY TO PLAY!

PREREGISTER: www.thetcol.org/pickleball/

Registration requests are required by 2pm the day before desired date of play.

PREPAY: Thompson Center on Lourdes

Your account **MUST** have sufficient funds upon requesting registration.



BILLIARDS

\$2

Per
Session

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

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

PRE-REGISTRATION IS REQUIRED

Activities

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 required



CROCHET & KNITTING

MONDAYS

1:00PM - 3:00PM

\$2

Bring your projects and creativity!

Pre-registration Required

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Activities

GET YOUR GAME ON

TUESDAYS

12:30 - 3:30PM

\$2

Pre-Registration Required



Gather your friends and meet some new as you enjoy an afternoon of conversation, coffee, and board games. Choose from one of ours: scrabble, chess, monopoly, and more or bring your favorites!

Call or stop down to TCoL for a list of board games available

B I N G O WEDNESDAYS

1:00 - 3:00PM

\$2 (Please bring in three \$1 prizes)



Pre-registration Required

Thank you Dimensions Living for your sponsorship of additional Bingo Prizes



LINE DANCING \$4.00

BEGINNER:

Thursdays 9:45 - 10:45AM

INTERMEDIATE:

Thursdays 11:00 - 12:00PM

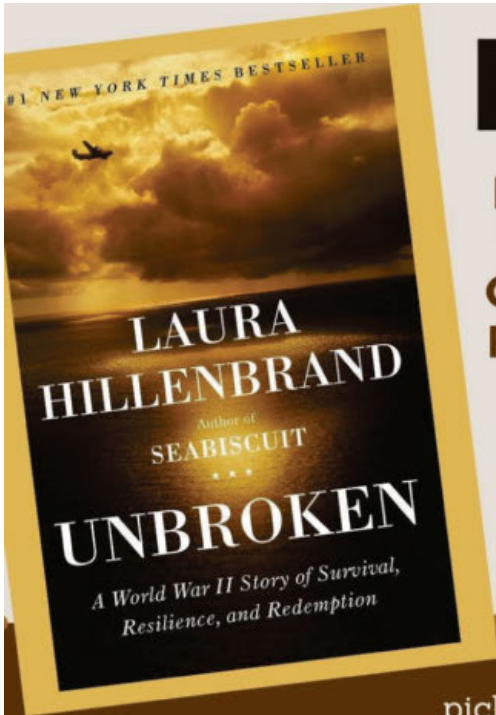
Participant's Account MUST Have Sufficient Funds Before or Upon Requesting Registration.

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

SACRED HEART PARISH

222 E. Fremont St.
Appleton, WI 54915

Activities



Book Club

DATE: THURS. FEBRUARY 10TH

TIME: 1:30 - 3:00PM

COST: FREE

RSVP: (920)939-3088

Thursday, March 10th - 1:30-3:00PM

The Midnight Library

By: Matt Haig

Book Pickup Week of February 7th



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

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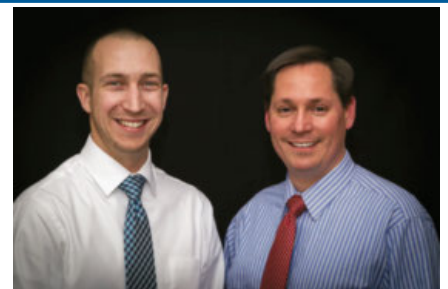
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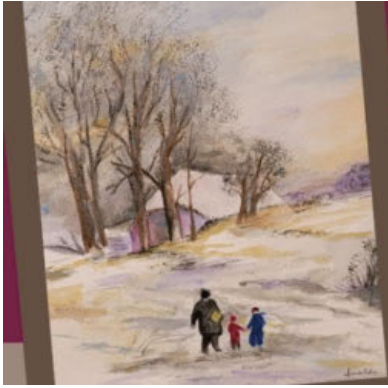


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Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

Activities



Open Painting \$2

9:00AM - 1:00PM

THURSDAYS

Pre-registration required

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

Ping Pong and Bean Bag Toss

Thursdays
1:00 - 4:00PM

\$2

Pre-registration Required



Happy Birthday

TO ALL OF OUR FEBRUARY BABIES!

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

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



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Care Patrol

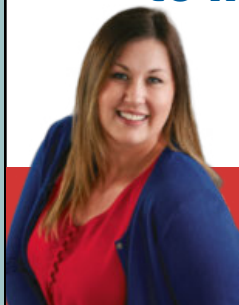
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Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

Activities

SEWING & QUILTING

FRIDAYS

10:00AM - 3:30PM

- Ample Outlets Available
- Ironing Boards and Irons Provided

\$2

Pre-Registration required



Wood Carving \$2

FRIDAYS 9:00 - 12:00PM

Pre-registration Required

Ask questions, visit, and get new ideas! Bring your own tools and project.



Gentle Flow Yoga

FRIDAYS

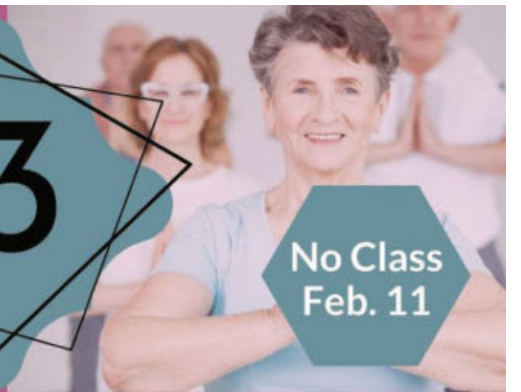
11:00AM - 12:00PM

This practice is great if you are new to yoga, want a slower paced practice, or have physical limitations.

A minimum of 3 registered participants required to hold class

\$3

No Class
Feb. 11



No Class
Feb. 11

Gentle Chair Yoga

FRIDAYS

3:00PM - 4:00PM

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

A minimum of 3 registered participants are required to hold class

\$3
per session

Workshops

Paint the Masters Series

Henri Matisse - Interior with Egyptian Curtain

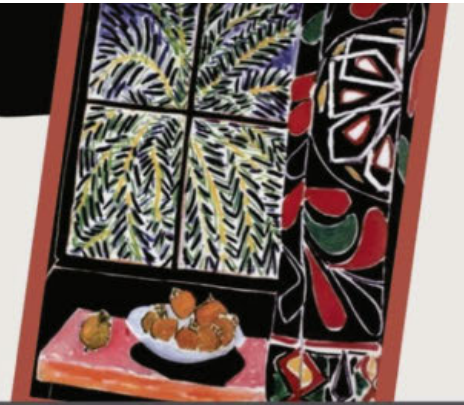
DATE: Wed. February 9th

TIME: 10AM - 12PM

PLACE: TCoL

RSVP: (920)939-3088

Registrations must be received by
Friday, February 4th



Cost: \$5 paid to TCoL and \$20 paid to instructor (materials and instruction) per session

This fun and relaxing 2 hour paint-along class includes paint brushes, paint, canvas and all the instructions you need to create a simplified copy of a master painting to take home!

No painting experience necessary - REALLY!

Instructor: Trudy Iervolino

In Harmony

**Presented By:
Fox Valley Symphony
Orchestra**

Sacred Heart Gym
222 E. Fremont St. Appleton, WI 54915

12:30-1:30 PM

FREE

Thursday, February 10th
Express Yourself

Thursday, February 24th
Around the World

Join a quartet from Fox Valley Symphony Orchestra and Expressive Therapies LLC. as they bring the joy of quality, live music to all individuals.

RSVP: (920)939-3088

Preregistration is required



FREE Lunch & Learn

Valentine's Day Creative Expressions

DATE: Friday, February 11th

TIME: 11:30AM - 1:00PM

RSVP: (920)939-3088

PLACE: TCoL

Led by an Art Therapist, learn about the history of Valentine's Day and create a very special Valentine's project!



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Pre-registration Required!



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Thompson Center on Lourdes, Appleton, WI

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- Housekeeping & laundry
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- Transportation
- Companionship



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The Hoffman Memory Care Resource Center

St. Paul Palliative Care and Hospice Services

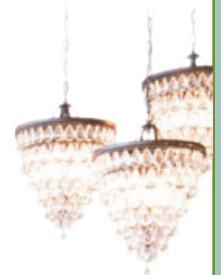
The Memory Care Center within the Neuroscience Group

316 E. Fourteenth St., Kaukauna, WI | (920) 766-6020 | www.stpaulelders.org
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Thompson Center on Lourdes, Appleton, WI

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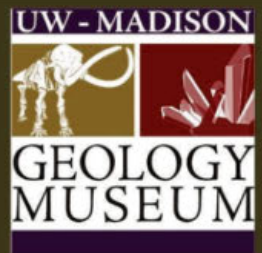
Workshops



GEOCHEER ADVENTURE BLUE MOUNDS STATE PARK VIRTUAL HIKE

DATE: FEBRUARY 15TH
PLACE: THOMPSON CENTER ON LOURDES
TIME: 1:00 - 2:00PM
COST: FREE
RSVP: (920)939-3088

On this virtual hike we'll explore the highest point in southwestern Wisconsin and dive into the interesting deep history of our state. From balmy tropical seas to cold winds blowing off massive ice sheets, this journey will be full of stories from the past. Come enrich your understanding of the Driftless Area and share your own memories from this region of our fascinating state.



FREE ORTHOPEDIC & SPINE THERAPY WORKSHOP

THE SHOULDER - PROBLEMS AND SOLUTIONS

Date: Tuesday, February 15th

Time: 2:00-3:00PM

Place: Thompson Center on Lourdes

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



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

www.ostpt.com

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

Workshops

Genealogy

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

Date: Tues. February 22nd
Time: 9:30 - 10:30 AM
Cost: FREE
Location: TCoL

Topic: Census Records

Census records give you more than just a head count and names of who is in a family. We'll talk more about these valuable records, how to find them, and some of the "special" censuses you might not be aware exist.

Preregistration required

Optional: Bring own laptop or tablet for research



Upcoming Programs

- March 29 -
- Newspaper Research
- April 26 -
- Immigration/Naturalization Records

Appleton
Public Library

Medicare 101

FREE Educational Event - Learning the Basics



DATE: Tuesday, February 22nd

TIME: 1:00-2:00PM

PLACE: TCoL or Virtually via Zoom

RSVP: (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!



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AGENT: JILL GRAY

HEALTHY LIVING WITH DIABETES



Dates: Wednesdays February 16th- March 23rd, 2022

Time: 12:30pm-3:00pm

Place: Thompson Center on Lourdes

**Register: Contact Nancy Krueger at (920)740-9572 or
nkrueger@vpind.com**

Cost: FREE (Optional book for \$20)

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



Workshops

Rock Steady Boxing and Empowered by Movement

Date: Wednesday, February 23, 2022

Time: 2:30 - 4:00PM

Place: Thompson Center

Cost: FREE

RSVP: (920)939-3088

Join Calissa from Touchmark and Lisa Pritzl from Empowerment Dance for an introduction to and demonstration of Rock Steady Boxing and Empowered by Movement. Open to all Participants.



Rock Steady Boxing is a non-contact boxing-based fitness curriculum designed specifically for people living with Parkinson's Disease (PD). Empowered by Movement is a class designed for ANYONE living with movement concerns to rediscover joy through dance.



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: February 23, 2022

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

Participation Forms and Membership for 2022

If you filled out participation forms since January 2021, you will not need to fill out new forms in 2022 unless something has changed.

Stop at front desk to update any changes to address, email, phone number, or emergency contact.



Volunteers Needed

VOLUNTEERS NEEDED

CHOIR DIRECTOR

5 hours per week - Begin February
Mondays from 9:30 to 11:00AM and Tuesdays from 10:30 to 12:00PM

Tasks Include:

- Rehearse with the Hallelujah Choir and Young at Heart Choir
- Participate and lead Concerts and other visits
- Choose music with help of choir for concerts
- Have Fun!

GARDENER

Summer Season

Tasks Include:

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



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

FRONT DESK

2-6 hours per week
Various shifts between 9:00AM
and 4:00 PM



Tasks Include:

- Answering phones
- Greeting participants
- Checking participants in on the kiosk
- Computer work (adding money to accounts, registering participants)

LIGHT HOUSEKEEPING

2-6 hours per week
Various shifts between 9:00AM
and 4:00 PM

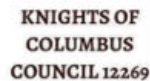
Tasks Include:

- Empty Garbage and Recycling
- Sanitize Class Rooms
- Clean Bathrooms
- Sweep floors



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www.FoxValleyMemoryProject.org



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 (920) 733-5046



Trouble with your toenails?



(Registered Nurse Specialist)

(920) 944-5497

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



Outagamie County February Menu



February

2022

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 Macaroni, Tomato & Beef Casserole String Cheese Mixed Vegetables Romaine Salad Salad Dressing Warm Peach Crisp</p>	<p>2 Roasted Turkey in Gravy Mashed Potatoes Diced Beets Wheat Dinner Roll Apple Slices with Yogurt Dipping Sauce</p>	<p>3 Hearty Turkey Meat Sauce over Bowtie Pasta Peas Tropical Fruit Salad Chocolate Pudding</p>	<p>4</p>
<p>7</p>	<p>8 Beef Patty with Mushroom Gravy Mashed Potatoes Texas Baked Beans Sunshine Fruit Salad Wheat Dinner Roll Peanut Butter Cookie</p>	<p>9 Scrambled Eggs with Cheddar French Toast Sticks with Syrup Breakfast Potatoes Applesauce Banana Cinnamon Streusel Cake</p>	<p>10 Beef Stroganoff over Egg Noodles Squash Green Beans Gala Apple Wheat Bread Orange Marmalade Cake</p>	<p>11</p>
<p>14</p>	<p>15 Shredded Pork Wheat Bun Romaine Salad Salad Dressing Warm Cinnamon Applesauce Frosted Chocolate Cake</p>	<p>16 BBQ Chicken Thighs Peas n' Carrots Glazed Yams Pineapple Honey Kissed Cornbread Banana Pudding</p>	<p>17 Hamburger au Jus Redskin Potatoes Baked Beans Mixed Fruit Wheat Bread Oatmeal Raisin Cookie</p>	<p>18</p>
<p>21</p>	<p>22 Chicken Patty with Country Gravy Mashed Sweet Potatoes Steamed Broccoli Granny Smith Apple Wheat Dinner Roll Chocolate Chip Cookie</p>	<p>23 Roasted Turkey in Gravy Mashed Potatoes Dilled Diced Carrots Peaches Wheat Bread Powdered Sugar Brownie</p>	<p>24 Baked Ziti String Cheese Spinach Salad Salad Dressing California Vegetables Warm Pear Cobbler</p>	<p>25</p>
<p>28</p>	<p>Outagamie The Thompson Center</p>	<p>To make a meal reservation, please call 920-858-5619 the day before by Noon.</p>		

PUZZLES OF THE MONTH

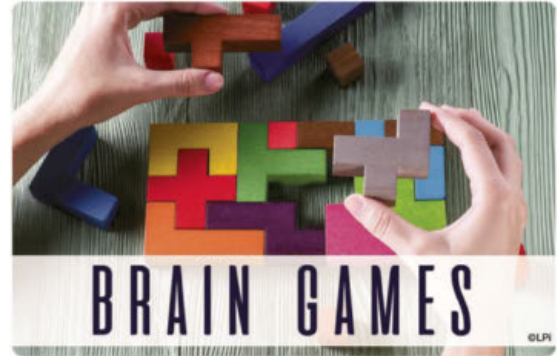
Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆



ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: 'O' = 'P'

"VFJMAQLH XL WPF JOW AT
XCVQOXCI AQOLFMSPL RAOF WPJC
AWPFOL."

— JMF EJCUOF UQRJL

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6073

"Jealousy is the art of injuring ourselves more than others." — Alexandre Dumas

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

Answer to Sudoku

ACROSS

- Last of the Mohicans
- Home Box Office (abbr.)
- Repose
- Hollow stone
- Tree
- Us (Ger.)
- Lagoon
- Goddess (Lat.)
- Oan (Scott.)
- Inborn
- Keen
- Desert plant
- Television channel
- Amer. Dental Assn. (abbr.)
- Bird
- Air
- Presidential nickname
- Indian music
- Glass-furnace mouth
- Survey
- Cistern
- Brown vesuvianite
- East
- Principal commodity
- According to (2 words)
- Belonging to (suf.)
- Eng. poet
- Compass direction
- Rhine tributary
- Wife of Balder
- No (Scott.)
- Fiddler crab genus
- Handwriting on the wall

DOWN

- Fruit
- No (Ger.)
- Crest
- Jewish month
- Rom. author
- Pronoun
- Animal sound
- Ruminant's stomach
- Hsw. feast
- Initial (abbr.)
- Anglo-Saxon slave
- French art
- Russ. despot
- Pile in Gaelic games
- Public vehicle
- Family relative
- Thus (Lat.)
- Civil Aeronautics Board (abbr.)
- Oriental potentate
- Women's Army Corps (abbr.)
- Scientific name (suf.)
- Unfledged hawk
- Lamb (Fr.)
- Range
- Blausbok
- Home landscape
- Isle of Napoleon
- Wind indicator
- Wings
- Camation
- Solitary
- And other: abbr. (2 words) (Lat.)
- "Blue Eagle"

E	I	L	I	O	B	H	S	A	C	I	U
S	U	M	J	E	D	E	G	E	O	D	E
I	A	I	A	D	E	A	M	A	M	L	I
T	E	T	U	T	S	A	D	I	B	R	E
W	A	C	A	M	A	D	A	S	C	B	S
A	G	A	R	A	B	E	A	A	R	I	A
B	A	C									
L	E										
T	O	I	O	I	E	L	I	A	A	A	A
A	N	A	N	A	R	A	A	N	B	W	
T	E	K	E	L							

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A08

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 all clients are again required to wear a face mask in the clinic whether you are vaccinated or not vaccinated due to the continued COVID surge. We continue to strive to maintain a safe and healthy environment for our clients and staff.



Options for Independent Living

My name is Brian Miller, I am a COTA and Independent living coordinator. I am the new face for the Appleton office for Options for Independent Living located in the Thompson Center On Lourdes. Our goal here at Options is to keep consumers living independently as long as possible in their homes, with loved ones, even in facilities that they may have had to transition to. We offer independent living skills training, peer support, advocacy, home safety consultations, Access to assistive technology to assist with communication or functional day to day activities, and networking with funding sources to provide equipment. In collaboration with other area agencies we work to assist those in need to maintain the highest level of independence in their place of residence. We also have a small loan closet of durable medical equipment such as wheelchairs, walkers, canes, shower chairs and can lend to persons unable to purchase independently. We ask for small \$10.00 donation for items on loan and we also take donations of durable equipment provided it is in working order.



Our office is available and open by appointment only at this time so please call with any questions. (920) 393-1038

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 Slempek 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.



DAILY CALENDAR - FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Monday, February 21</p>	<p>1</p> <p>*Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30</p>	<p>2</p> <p>*Pickleball 9-11 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00</p>	<p>3</p> <p>*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 Tai Chi 11:00-12:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>4</p> <p>*Pickleball 9-11, 11-1, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 10:00-3:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p>7</p> <p>*Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 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 Pinochle/Canasta 1:00-4:00</p>	<p>8</p> <p>*Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30</p>	<p>9</p> <p>*Pickleball 9-11 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Paint Masters 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</p>	<p>10</p> <p>*Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 *In Harmony 12:30-1:30 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Tai Chi 11:00-12:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00 Book Club 1:30-3:00</p>	<p>11</p> <p>*Pickleball 9-11, 11-1, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 10:00-3:30 St. Paul Lunch & Learn 11:30-1:00 Bridge 12:30-3:30</p>
<p>14</p> <p>*Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Hallelujah Choir 9:30-11:00 Chair Yoga 11:00-12:00 Valentine Drive Through 12:30-1:00 Tai Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:30</p>	<p>15</p> <p>*Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30 Geocheer Adv 1:00-2:00 Ortho Spine 2:00-3:00</p>	<p>16</p> <p>*Pickleball 9-11 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 ADRC Diabetes 12:30-3:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00</p>	<p>17</p> <p>*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 Tai Chi 11:00-12:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>18</p> <p>Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 10:00-3:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p>21</p> <p>*Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 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 Pinochle/Canasta 1:00-4:00</p>	<p>22</p> <p>*Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 APL Genealogy 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30 Medicare 101 1:00-2:00</p>	<p>23</p> <p>*Pickleball 9-11 Open Cards 9:00-12:00 Caregiver Sup 9:30-11:30 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 ADRC Diabetes 12:30-3:00 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Rock Steady Box 2:30-4:00 Euchre 1:00-4:00</p>	<p>24</p> <p>*Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 *In Harmony 12:30-1:30 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Tai Chi 11:00-12:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00</p>	<p>25</p> <p>*Pickleball 9-11, 11-1, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew & Quilt 10:00-3:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p>28</p> <p>*Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 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 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:30</p>	<p>*HELD AT SACRED HEART GYM</p>			<div style="border: 2px solid black; padding: 5px; background-color: yellow;"> <p>BILLIARDS IS AVAILABLE EVERY DAY</p> <p>AM Session 9:00-12:00 PM Session 1:00-4:00</p> </div>

Staff

STAFF CONTACTS: (920) 939-3088

Liz Neuman

Executive Director, liz@thetcol.org

Courtney Osenroth

Program/Marketing Manager, courtney@thetcol.org

Stephanie Johnson

Volunteer/Systems Administrator, stephanie@thetcol.org

Mary Cooke

Administrative Support, mary@thetcol.org

Katie Horkman

Intern, volunteer I @thetcol.org

Sue Arnoldussen,

Civic League President (920) 996-0495



The Thompson Center on Lourdes is also home to:

Easterseals, Pattie Slemptes (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, Brian Miller(920)-393-1038

1-888-465-1515, ext. 179 – Toll-free 920-490-0700 (Fax) www.optionsil.org

Our Mission

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

CLOSING POLICY

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

WBAY ACTION 2 NEWS WILL ANNOUNCE WINTER CLOSINGS.

TCoL Board of Directors

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