

Thompson Center Monthly Newsletter

 **TCoL**

Thompson Center on Lourdes

Celebrating life after 50

BUZZ



MARCH

2022

Spring
the season for
rebirth
renewal &
regrowth



TCoL HOURS OF OPERATION

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



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

Platinum
Transparency
2022

Candid.

Schedule of TCoL Activities

	CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
MONDAY	Cribbage	9:00 – 12:00	\$2.00	Pg.7
	Watercolors	9:00 – 12:00	\$13.00*	Pg.9, *Cost split \$5 & \$8
	Pickleball	9:00 – 3:00*	\$3.00	Pg.8 , Sacred Heart , *Timed Slots
	Hallelujah Choir	9:30 – 11:00	\$3.00	
	Chair Yoga	11:00 – 12:00	\$3.00	Pg.11 , *Silver Sneaker Discount
	Tai Chi	1:00 – 2:00	ADRC	(ends 4/27)
	Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.9
	Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.7
TUESDAY	Technology	2:00 – 3:00	Free	Pg.8, (3/14 and 3/28)
	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart , *Timed Slots
	Strong Bodies	9:30 – 10:30	ADRC	(ends 5/27)
	Young at Heart Choir	10:30 – 12:00	\$3.00	
	Tai Chi	11:00 -- 12:00	ADRC	(ends 4/28)
	Get Your Game On	12:30 -- 3:30	\$2.00	Pg.10
	Qigong	1:00 – 2:00	\$2.00	Pg.10
	Intro to Pickleball	1:00 -- 3:00	\$6.00	Pg.8
WEDNESDAY	Pickleball	9:00 – 11:00*	\$3.00	Pg.8 , Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.7
	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 4/27)
	Bingo	1:00 – 3:00	\$2.00*	Pg.11*Plus (3) \$1.00 Prizes
	Euchre	1:00 – 4:00	\$2.00	Pg.7
	THURSDAY	Cribbage	9:00 – 12:00	\$2.00
Open Painting		9:00 – 1:00	\$2.00	Pg.11
Line Dancing - Beginner		9:45 – 10:45	\$4.00	Pg.12, Sacred Heart
Line Dancing - Intermediate		11:00 – 12:00	\$4.00	Pg.12, Sacred Heart
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.7
Ping Pong & Bean Bag Toss		1:00 - 4:00	\$2.00	Pg.12
FRIDAY	Wood Carving	9:00 – 12:00	\$2.00	Pg.13
	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.7
	Strong Bodies	9:30 - 10:30	ADRC	(ends 5/27)
	Open Sewing & Quilting	10:00 – 3:30	\$2.00	Pg.13
	Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.14
	Bridge	12:30 – 3:30	\$2.00	Pg.7
	Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.14

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 March


Tuesday, March 8, Sign Language Class, 9:30-10:30, pg. 15
Tuesday, March 8, Hooper Law, Elder Law Workshop, Estate Planning Foundation, 1:00-2:00, pg. 15
Tuesday, March 8, Eagle Point Senior Living, Travel the World, 2:30-3:30, pg. 15
Wednesday, March 9, Paint the Masters, Henri Matisse, Flower of Saint Henri, 10:00-12:00, pg. 16
Wednesday, March 9, Kairos Alive, Wisconsin Connection Jam, 10:00-11:00, pg. 16 (TCoL or Zoom)
Thursday, March 10, In Harmony Fox Valley Symphony, Celestial, at Sacred Heart, 12:30-1:30, pg. 16
Thursday, March 10, Book Club, <i>The Midnight Library</i> , by Matt Haig, 1:30-3:00, pg. 12
Friday, March 11, St. Paul Elder Services, Lunch & Learn, National Nutrition Month, 11:30-1:00, pg.19
Monday, March 14, TCoL Hootenanny Luncheon featuring Sunshine Singers, 12:00-2:00, pg. 5
Tuesday, March 15, UW Madison, Geocheer Adventure, Apostle Islands Virtual Hike, 1:00-2:00, pg.19
Tuesday, March 15, Orthopedic & Spine Therapy, Headaches, Tips & Techniques to Reduce Them.2:00-3:00, pg. 20
Tuesday, March 22, Sign Language Class, 9:30-10:30, pg. 15
Tuesday, March 22, Eagle Point Senior Living, Chef Showcase, Lemon Ice Box Pie, 2:30-3:30, pg. 20
Wednesday, March 23, Kairos Alive, Wisconsin Connection Jam, 10:00-11:00, pg.16 (TCoL or Zoom)
Wednesday, March 23, Paint the Masters, Gauguin, Road in Tahiti, 10:00-12:00, pg. 16
Thursday, March 24, In Harmony Fox Valley Symphony, Animals, at Sacred Heart, 12:30-1:30, pg. 16
Tuesday, March 29, Appleton Public Library, Genealogy Series, Newspaper Research, 9:30-10:30 pg. 21
Wednesday, March 30, Caregiver Support, 9:30-11:30, pg. 21

At the time the March 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

Greetings from Liz

This month we “spring” ahead for Daylight Savings Time which happens every year on the second Sunday of March at 2 a.m. Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and re-growth. You have probably noticed that the days are getting lighter in the evening and temperatures are on the rise. Spring is a time of renewal of nature, every single day during this time of the year you will see more and more new flowers and other plants. In fact, many flowering plants boom and begin to show their color even when snow is still on the ground. Flowers will have blossoms - I love seeing my tulips, daffodils and hyacinths poking their nose out of the ground! New, green and fresh buds and leaves will appear on the trees and bushes, the grass will become greener and greener every day. I can already feel the sun on my face and smell the earth waking up after a long winters sleep.

A lot of animals wake up from hibernation or return from warmer climates. The chirping of the birds in the early mornings becomes very soothing and calm after a long winter's silence. And since Easter is right around the corner we should mention bunnies because they are the cute, fuzzy mascots of spring whether they're a pet, wild, chocolate or someone in a rabbit costume. I love seeing the first robin of the season, even though robins are around all winter, you rarely see them. My mom used to say after you see the first robin it will snow 3 more times. I looked this myth up and here's what I found: “Spring will come when it snows on the robins' tail 3 times. So what that means is that once the robin comes back, it will snow three times and then the winter will be all over”.

Have you noticed that the skies appear clear and the wind is cool and refreshing, creating a peaceful atmosphere. Can you tell that I'm looking forward to Spring? Not just personally, but at TCoL too!

The Thompson Center on Lourdes is also “revitalizing” activities. In March we'll be introducing a Sign Language class and Qigong (a mind-body exercise form that uses meditation, breathing, and movement). Chef Showcase and Elder Law Workshops will be rekindled. And hopefully you'll be reawakened at the Hootenanny on March 14th with music, food and fun! Spring is a good opportunity to try something new at TCoL. Maybe you always wanted to learn how to play Euchre, or how to line dance, paint, sing, or join in on any of our 40 plus activities a week. So, “spring” into a new activity and be rejuvenated at the Thompson Center on Lourdes!

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

Join the Hootenanny!

March Luncheon

March 14, 2022

12:00 - 2:00PM

Cost: \$10

TCoL Cafeteria

Doors open at 11:30.
Lunch served at 12:00.

Pre-Registration and
Pre-Payment Required

Featuring:

The Sunshine Singers


(Formerly known as The 5 Milers)



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

Thank you Sponsors:





Riverside CEMETERY
APPLETON CEMETERY ASSOCIATION
 (920) **733-5629**

- Sites starting at \$800
- PRE-PLANNING/FINANCING
- Local Non-Profit Cemetery
- Personalized Monument Options

714 N. Owaissa St. Appleton • RiversideCemeteryAppleton.com

**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
www.smpwi.org
 f [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)




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.

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




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 | aspire senior.com



ANNETTE HETRICK
Opening New Doors

Owner/Broker • Experienced Real Estate Agent
 Specializing in Downsizing, Senior Relocations and Estates

Call Me Today (920) 832-8648




Caring for the community since 1908

Valley VNA Senior Care

- **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.

In-Home Care | Independent Living | Assisted Living

valleyvna.org | 920.727.5555 | Neenah, WI

Mark Your Calendar

Butterfly Garden

Pie Social at TCoL

FEATURING: **Monday, April 11th** **\$5**
"RAZZLE DAZZLE" **12:00 - 2:00PM**
 By: Sunnyside Dance Ministry **TCoL Cafeteria** **Pre-Registration and Pre-Payment Required**

Enjoy a slice of pie or cake, ice cream, and entertainment as we celebrate 70 years of the Civic League.

Thank you Sponsors:



Wheelchair Accessible With Ample Parking

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

TECHNOLOGY BASICS WORKSHOPS



FREE 2:00 - 3:00PM

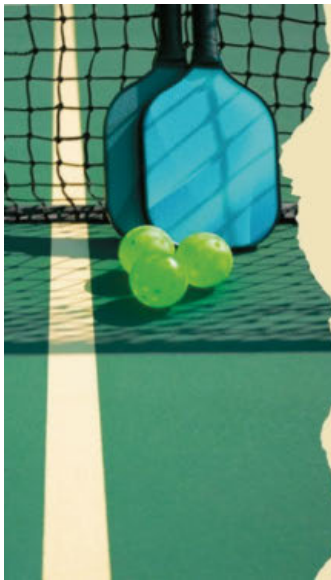
MONDAY, MARCH 14TH

- Symbols and Icons

MONDAY, MARCH 28TH

- Tech Basics Q&A

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



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

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.

Intro to Pickleball

Dates: Tues. March 15th & March 22nd

Time: 1:00 - 3:00PM

Cost: \$6

Location: Sacred Heart Parish Gym

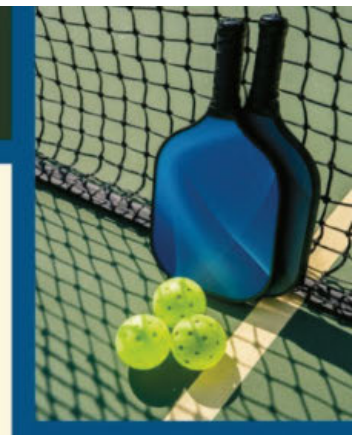
RSVP: (920)939-3088

Second Session to be held April 12th & April 19th

Are you interested in playing pickleball but not sure how to start? This two class Introduction to Pickleball will go over the rules of play, court layout, scoring, and playing the game.

Space is limited to 8 students and you must attend both sessions.

Pre-Registration 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, questions, and creativity!

Pre-registration Required



Let The Shenanigans Begin!

Join us for a St Patrick's Day Celebration
on March 17th at the Appleton Retirement Community.

Enjoy Jan Berg as he plays piano and leads us in
singing some Irish Songs in the dining room at 2-3pm.

Refreshments to follow including shamrock shakes
or grasshoppers. *It's sure to be a good time!*



APPLETON
RETIREMENT COMMUNITY
INDEPENDENT AND ASSISTED LIVING

Please RSVP to Sara or Sheila at
920-954-9990 ext. 1303 or 1304
www.appletonretirement.com

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



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

Thompson Center on Lourdes, Appleton, WI

B 4C 01-1068

Activities

Qigong

TUESDAYS

1:00 - 2:00PM

\$2

Pre-registration
Required



Qigong is an ancient Chinese tradition of combining gentle rhythmic movements with breath to relieve stress and increase energy. It is practiced for exercise, relaxation, self-healing, and meditation. Qigong is simple, easy to learn, and can be done by everyone at any age and fitness level.

Classes will run March 1st through May

GET YOUR BOARD GAME ON

TUESDAYS

12:30 - 3:30PM

\$2

Pre-Registration
Required

GAME OF THE MONTH: SCRABBLE



Gather your friends or meet some new as you enjoy an afternoon of conversation, coffee, and scrabble.

Other board games available for play as well!

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



BILLIARDS

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

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

PRE-REGISTRATION IS REQUIRED

\$2

Per
Session

Activities

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



Open Painting \$2

9:00AM - 1:00PM

THURSDAYS

Pre-registration required

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

FOX CITIES DOWNSIZE



Thinking of downsizing? Don't know where to turn?
You can trust the senior real estate specialists
on the Carolyn Stark Real Estate team to help you every step of the way.

Carolyn Stark Real Estate Team
Berkshire Hathaway HomeServices - Fox Cities
W6180 Aerotech Drive, Appleton, WI 54914
920-944-8197



CAROLYN STARK
REAL ESTATE TEAM



Activities



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



Book Club

DATE: THURS. MARCH 10TH

TIME: 1:30 - 3:00PM

COST: FREE

RSVP: (920)939-3088

Thursday, April 14th - 1:30-3:00PM

The Heirloom Garden

By: Viola Shipman

Book Pickup Week of March 7th



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

Ping Pong and Bean Bag Toss

Thursdays

1:00 - 4:00PM

\$2

Pre-registration Required



Activities

Wood Carving \$2

FRIDAYS 9:00 - 12:00PM

Pre-registration Required

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



SEWING & QUILTING

FRIDAYS

10:00AM - 3:30PM

\$2

- Ample Outlets Available
- Ironing Boards and Irons Provided

Pre-Registration required



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

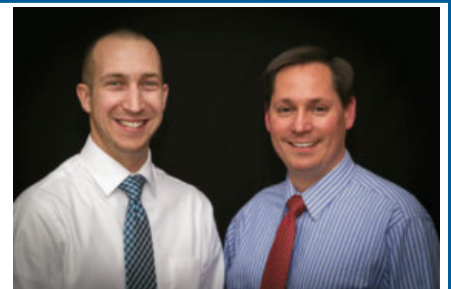
920.843.9499

EAGLEPOINTSENIORLIVING.COM



Haviland Hearing Aids, Inc

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



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

Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

Activities

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



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



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.



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/

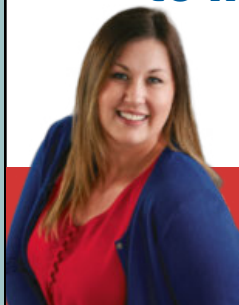
Care Patrol

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



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

Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

Sign Language Class

DATE: TUESDAY, MARCH 8TH & 22ND
TIME: 9:30 - 10:30AM
PLACE: THOMPSON CENTER ON LOURDES
COST: \$2

Pre-Registration Required

Sign language is both fun and educational, whether you are taking it to learn to communicate with a friend or family member who is deaf or hard of hearing, or for yourself if you are dealing with hearing loss, it is an amazing skill to have. Join us as we learn the basics or build on previous knowledge!



Elder Law Workshop

Topic: Estate Planning Foundations

Date: Tuesday, March 8th
Time: 1:00 - 2:00PM
Cost: FREE
Place: Thompson Center on Lourdes

Family Estate Plan
Pre-Registration Required



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.

 **HOOPER LAW OFFICE**
Oshkosh | Appleton | Green Bay, LLC
Presented by: Peter Harbach

TRAVEL THE WORLD FROM YOUR CHAIR

 **Eagle Point SENIOR LIVING**
...because the journey matters

DATE: TUESDAY, MARCH 8TH
TIME: 2:30 - 3:30PM
RSVP: (920)939-3088
Thompson Center on Lourdes
Pre-registration Required



Join Bobbie, from Eagle Point Senior Living as we travel around the world. Test your knowledge and bring your tastebuds as you explore four different areas of the world - Asia, Australia, Brazil, and France.

Workshops

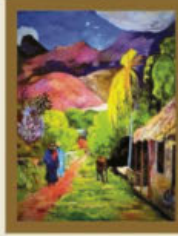
Paint the Masters Series

Henri Matisse - Flowers of Saint Henri



DATE: Wed. March 9
TIME: 10AM - 12PM
PLACE: TCoL
RSVP: (920)939-3088
Registrations must be received by Friday, March 4th

Gauguin - Road in Tahiti



DATE: Wed. March 23
TIME: 10AM - 12PM
PLACE: TCoL
RSVP: (920)939-3088
Registrations must be received by Friday, March 18th

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

WISCONSIN CONNECTION JAM!



DATE: Wed. March 9th & 23rd
TIME: 10:00 - 11:00AM
COST: FREE
RSVP: (920)939-3088
PLACE: TCoL

Pre-registration Required

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



In Association with:



In Harmony

Presented By:
Fox Valley Symphony Orchestra

Sacred Heart Gym 12:30-1:30 PM FREE
222 E. Fremont St. Appleton, WI 54915

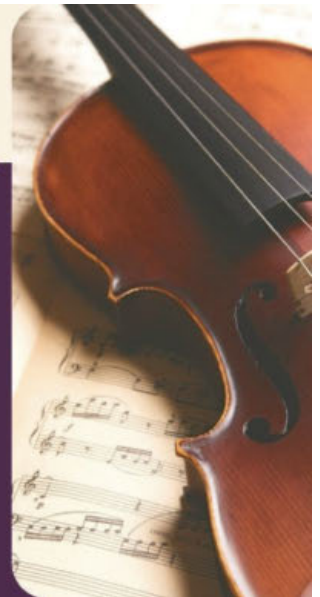
Thursday, March 10th
Celestial

Thursday, March 24th
Animals

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



What's a frog's favorite type of shoes?

Open toad sandals.





"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.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!**



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



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



*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



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

Thompson Center on Lourdes, Appleton, WI

F 4C 01-1068



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.



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



920-731-8853

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!

INDEPENDENT ADULTS 55 AND BETTER

1 & 2 Bedroom Units

(Income restrictions may apply)

1 bedroom unit \$745

2 bedroom unit \$805



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

Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

FREE *Lunch & Learn*

National Nutrition Month!

DATE: Friday, March 11th

TIME: 11:30AM - 1:00PM

RSVP: (920)939-3088

PLACE: TC_oL



During the March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. St. Paul Elder Service's students will share helpful tips!



St. Paul Elder Services, Inc.

... where life is cherished.

Pre-registration Required!



GEOCHEER ADVENTURE

APOSTLE ISLANDS VIRTUAL HIKE/KAYAK

DATE: MARCH 15TH

PLACE: THOMPSON CENTER ON LOURDES

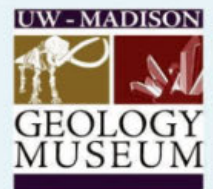
TIME: 1:00 - 2:00PM

COST: FREE

RSVP: (920)939-3088

Pre-registration Required

Known for their sculpted beauty and scenic landscapes, the Apostle Islands in Lake Superior are also geologically spectacular. Join this virtual hike (and kayak!) to explore the history of volcanoes, oceans and glaciers in the Upper Midwest. As part of this adventure we'll also have opportunities for participants to share memories they have of visiting this stunning part of Wisconsin.



March is recognized as National Nutrition Month®.

It's no secret that the average American diet isn't super healthy. Listed below are some simple ways to get started on your healthy eating journey.



1. **Eat breakfast every day.** Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities.
2. **Plan as many home-cooked meals as you can.** They usually have fewer calories and cost less than typical meals eaten at restaurants
3. **Eat plenty of fruits and vegetables.** Half of your plate at each meal should be vegetables or fruits
4. **Beware of sweetened drinks.** Sodas and sports drinks are high in calories. Keep in mind that the calories in juice can also quickly add up.
5. **Choose food sensibly when eating out.** Restaurants are often required to make nutrition information readily available. If you do not see brochures sitting out, or nutrition information listed on the menu, ask.

Workshops

FREE ORTHOPEDIC & SPINE THERAPY WORKSHOP

HEADACHES - Tips and Techniques to reduce them

Date: Tuesday, March 15th

Time: 2:00-3:00PM

Place: Thompson Center on Lourdes

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



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

www.ostpt.com

CHEF SHOWCASE



**Eagle Point
SENIOR LIVING**
...because the journey matters

DATE: TUESDAY, MARCH 22ND

TIME: 2:00 - 3:00PM

RSVP: (920)939-3088

Thompson Center on Lourdes

MARCH'S RECIPE:

Lemon Ice Box Pie

Pre-Registration Required

Join Bobbie Thompson from Eagle Point Senior Living, as she showcases one of her grandma's favorite recipes. This recipe is sure to delight your palette and have your imagination soaring with possibilities!



**RECEIVE ONE FREE ACTIVITY
DURING YOUR BIRTHDAY WEEK!**

***ADDITIONAL PROGRAM FEES NOT INCLUDED**

Genealogy

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

Date: Tues. March 29th
Time: 9:30 - 10:30 AM
Cost: FREE
Location: TCoL

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!

Preregistration required

Optional: Bring own laptop or tablet for research



Upcoming Programs

- April 26 -
 - Immigration/ Naturalization Records

Appleton Public Library



FREE CAREGIVER SUPPORT GROUP

DATE: March 30, 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.

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®

Pre-Registration Required

Happy Birthday

TO ALL OF OUR MARCH BABIES!

"May the blessings of each day be the blessings you need the most"
-Irish Blessing

To see a complete listing of March birthdays, stop down to TCoL.

Volunteer Spotlight

Like many others who live in Wisconsin, I am an immigrant. I am originally from Dublin, Ireland and moved to Wisconsin 11 years ago. I had the honor of becoming a US citizen through naturalization in July 2019 and am happily settled here. I own a financial planning business in Appleton and my husband, Tom is a stay-at-home dad to our two children - Maggie (age 4) and Eddie (age 2).



I have a Degree in Math from Dublin City University, and a Masters in Information Security and Cryptography, from Royal Holloway University of London, so it shouldn't surprise you that I have a passion for solving problems. When Ray Zuelke approached me in 2016 that the Thompson Community Center on College Avenue was closing and asked for my help, I was excited to be part of the solution and the future of my community. After 4 years serving on the Board of Directors, I was honored to be elected Board President.

Céad Míle Fáilte (Kay-od mee-leh foyle-cha) is a commonly used and well-known Irish greeting, which you will see around town as we celebrate St Patrick's Day this March 17th. This phrase literally translates to "a hundred thousand welcomes". A huge part of Irish culture is that family doesn't just mean blood relatives, but includes, welcomes and extends to friends, neighbors and community. This inclusive atmosphere is extremely evident at the Thompson Center on Lourdes and keeps me coming back week after week, year after year. Our hands-on Board of Directors, wonderful staff and enthusiastic volunteers strive to make everyone who walks through our doors feel a hundred thousand welcomes, and that's what makes me both proud and privileged to be a part of this brilliant organization.

Sláinte,
Aoibheann Greene



**Don't Forget to Spring
Ahead One Hour!**
Sunday, March 13, 2022

Volunteers Needed

VOLUNTEERS NEEDED

CHOIR DIRECTOR

2 to 5 hours per week

Mondays from 9:30 to 11:00AM or Tuesdays from 10:30 to 12:00PM

Tasks Include:

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



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)

GARDENER

Summer Season

Tasks Include:

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



ASSISTED LIVING & MEMORY CARE IN KAUKAUNA WISCONSIN



Intentional Design. Unmatched Care.

We strive to make our community feel like home, because it is home – including amenities that make daily tasks a little easier. We focus on preserving your independence while making sure you always have the care you need from trained staff available 24/7.

One-Level Living
Private and Companion Room Options
Movie Theatre, Spa and Patio
Cathedral Ceilings
24-Hour Staff

Safe and Secure
Montessori Moments in Time™ Memory Care
Personalized Care
Open Kitchen and Meal Options
Home Visit Physician available



CALL TODAY! (920) 462-4018

**The Landings
of Kaukauna**

ASSISTED LIVING & MEMORY CARE

THE LANDINGS OF KAUKAUNA
793 Tarragon Drive
Kaukauna, WI 54130
www.thelandingsofkaukauna.com

A MERIDIAN SENIOR LIVING COMMUNITY



Do you know someone living with memory loss?



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



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

Thompson Center on Lourdes, Appleton, WI

H 4C 01-1068

Outagamie County March Menu

To Reserve a Meal, please call
(920)858-5619 the day before by Noon

Pick up Meals: 11:30 - 12:00PM

Sit Down Meals: 12:00 - 12:30PM



March

2022

Monday

Tuesday

Wednesday

Thursday

Friday



- Due to National Supply Issues -
Menus are Subject
to Change.

1
Meatloaf
Baked Potato
Diced Beets
Pears
Wheat bread
Sugar Cookie

2
Tuna Noodle
Casserole
Green Pea Salad
Diced Carrots
Tropical Fruit
Blueberry Buckle

3
Enchilada Chicken
Black Beans
Mexican Corn
Cinnamon
Applesauce
Flour Tortilla
Churro Pudding

8
Scalloped Potatoes
with Ham
Romaine Salad
Salad Dressing
Peas
Wheat Bread
Apple Betty

9
Chicken Fried Rice
Oriental Vegetables
Asian Slaw
Mandarin Oranges
Fortune Cookie

10
Cheeseburger
Wheat Bun
Broccoli Bacon Salad
Pinto Beans
Peaches
Butterscotch Pudding

15
Macaroni Beef
Casserole
String Cheese
Romaine Salad
Salad Dressing
Mixed Vegetables
Peach Crisp

16
Roasted Turkey
with Gravy
Mashed Potatoes
Diced Beets
Wheat Dinner Roll
Apple Slices with
Yogurt Dipping
Sauce

17
Salisbury Steak
with Gravy
Baked Potato
Cinnamon Glazed
Carrots
Pineapple Tidbits
Wheat Bread
Yellow Cake

22
Beef Patty with
Mushroom Gravy
Mashed Potatoes
Mixed Vegetables
Sunshine Fruit Salad
Wheat Dinner Roll
Peanut Butter Cookie

23
Chicken ala King
Warm Biscuit
Romaine Salad
Salad Dressing
Peaches
Apple Crisp

24
Beef Stroganoff
Hubbard Squash
Green Beans
Gala Apple
Wheat Bread
Orange Cake

29
Shredded Pork
Wheat Bun
Corn
Romaine Salad
Salad Dressing
Applesauce with
Cinnamon
Chocolate Cake

30
BBQ Chicken
Peas and Carrots
Glazed Yams
Pineapple Tidbits
Honey Kissed
Cornbread
Banana Pudding

31
Beef Patty
with Au Jus
Parslied Red Potatoes
Baked Beans
Peaches
Wheat Bread
Oatmeal Raisin
Cookie



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 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. We 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 a small \$10.00 donation for items on loan and we also take donations of durable equipment provided they are in working order.



Please call for assistance (920) 393-1038 (Brian Miller) | 888-465-1515, ext. 179 – Toll-free, 920-490-0700 (Fax) www.optionsil.org

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.



OBVI 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 - MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
*HELD AT SACRED HEART GYM	1 *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 Qigong 1:00-2:00	2 *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	3 *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	4 *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
7 *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	8 *Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Sign Language 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30 Hooper Law 1:00-2:00 Qigong 1:00-2:00 Eagle Pt. Travel the World 2:30-3:30	9 *Pickleball 9-11 Open Cards 9:00-12:00 Kairos Alive 10:00-11:00 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	10 *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	11 *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 St. Paul Lunch & Learn 11:30-1:00 Bridge 12:30-3:30 Chair Yoga 3:00-4:00
14 *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 Hootenanny 12:00-2:00 Tai Chi 1:00-2:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00	15 *Pickleball 9-11, 11-1 Intro to Pickleball 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 Qigong 1:00-2:00 Ortho Spine Headaches 2:00-3:00	16 *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	17  *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 	18 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
21 *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	22 *Pickleball 9-11, 11-1 Intro to Pickleball 1-3 Strong Bodies 9:30-10:30 Sign Language 9:30-10:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30 Qigong 1:00-2:00 Eagle Pt Chef Showcase 2:00-3:00	23 *Pickleball 9-11 Open Cards 9:00-12:00 Kairos Alive 10:00-11:00 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	24 *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 *In Harmony 12:30-1:30 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	25 *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
28 *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 2:00-3:00	29 *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 Qigong 1:00-2:00	30 *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 Tai Chi 1:00-2:00 Bingo 1:00-3:00 Euchre 1:00-4:00	24 *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	<div style="border: 2px solid black; padding: 5px;"> <p>BILLIARDS IS AVAILABLE EVERY DAY</p> <p>AM Session 9:00-12:00</p> <p>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 Slempek (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

Our Mission

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

CLOSING POLICY

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

WBAY ACTION 2 NEWS WILL ANNOUNCE WINTER CLOSINGS.

TCoL Board of Directors

Aoibh Greene, President

Colny Gretzinger, Vice-President & Treasurer

Greg Bell, Secretary

Sue Arnoldussen

Peter Harbach

Karen Harkness

Jack Meyer

Mary Beth Nienhaus

Ray Zuelke