

# Thompson Center Monthly Newsletter

# TCoL

Thompson Center on Lourdes

*Celebrating life after 50*

# BUZZ

## APRIL

## 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](http://www.thetcol.org)  
Wheelchair Accessible with Ample Parking

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2022  
Candid.

# 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.10, *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.10
	Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.9
TUESDAY	Technology	2:00 – 3:00	Free	Pg.10, (4/11 and 4/25)
	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart , *Timed Slots
	Strong Bodies	9:30 – 10:30	ADRC	(ends 5/27)
	Sign Language	9:30 – 10:30	\$2.00	Pg.12 (4/5 and 4/12)
	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.11
	Qigong	1:00 – 2:00	\$2.00	Pg.12
WEDNESDAY	Pickleball	9:00 – 11:00*	\$3.00	Pg.8 , Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.9
	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.12 *Plus (3) \$1.00 Prizes
	Euchre	1:00 – 4:00	\$2.00	Pg.9
	THURSDAY	Cribbage	9:00 – 12:00	\$2.00
Open Painting		9:00 – 1:00	\$2.00	Pg.12
Line Dancing - Beginner		9:45 – 10:45	\$4.00	Pg.13, Sacred Heart
Line Dancing - Intermediate		11:00 – 12:00	\$4.00	Pg.13, Sacred Heart
Tai Chi		11:00 – 12:00	ADRC	(ends 4/28)
Stained Glass		12:30 – 3:30	\$5.00*	Pg.14, *Plus Materials Cost
Sheepshead		1:00 – 4:00	\$2.00	Pg.9
Ping Pong & Bean Bag Toss		1:00 – 4:00	\$2.00	Pg.15
FRIDAY	Wood Carving	9:00 – 12:00	\$2.00	Pg.15
	Pickleball	9:00 – 3:00*	\$3.00	Pg.8, Sacred Heart , *Timed Slots
	Open Cards	9:00 – 12:00	\$2.00	Pg.9
	Strong Bodies	9:30 – 10:30	ADRC	(ends 5/27)
	Open Sewing & Quilting	10:00 – 3:30	\$2.00	Pg.16
	Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.16
	Bridge	12:30 – 3:30	\$2.00	Pg.9
	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. 8**

## Schedule of Special Events in April

<b>Wednesday, April 6</b> , Paint the Masters, Monet, 3 Pots of Tulips, 10:00-12:00, pg. 19
<b>Thursday, April 7</b> , In Harmony Fox Valley Symphony, Oldies, at Sacred Heart, 12:30-1:30, pg. 19
<b>Friday, April 8</b> , St. Paul Elder Svcs, Lunch & Learn, Comprehensive Memory Assessment, 11:30-1:00, pg.19
<b>Monday, April 11</b> , TCoL Pie Social Featuring Razzle Dazzle, 12:00-2:00, pg. 7
<b>Tuesday, April 12</b> , Hooper Law, Elder Law Workshop, Planning for the Home, 1:00-2:30, pg. 20
<b>Tuesday, April 12</b> , Eagle Point Senior Living, Conquer Your Clutter, 2:30-3:30, pg. 20
<b>Wednesday, April 13</b> , Kairos Alive, Wisconsin Connection Jam, 10:00-11:00, pg. 20 (TCoL or Zoom)
<b>Thursday, April 14</b> , Book Club, <i>The Giver of Stars</i> , by Jojo Moyes, 1:30-3:00, pg. 15
<b>Tuesday, April 19</b> , Outagamie Caregiver Coalition, National Healthcare Decision Day, 10:30-11:30, pg. 20
<b>Tuesday, April 19</b> , Orthopedic & Spine Therapy, Gardening, Keep Your Back & Neck Safe, .2:00-3:00, pg. 21
<b>Wednesday, April 20</b> , Paint the Masters, Matisse, The Window With Chair, 10:00-12:00, pg. 19
<b>Wednesday, April 20</b> , Fox Rehab, Tools & Tips for Safety & Independence, 2:00-3:00, pg. 21
<b>Thursday, April 21</b> , In Harmony Fox Valley Symphony, Broadway, at Sacred Heart, 12:30-1:30, pg. 19
<b>Friday, April 22</b> , Advance Care Planning, Plan for YOUR Future, 1:00-2:30, pg. 21
<b>Tuesday, April 26</b> , Appleton Pub Lib, Genealogy Series, Immigration/Naturalization Records, 9:30-11:00 pg. 22
<b>Tuesday, April 26</b> , UW Madison, Geocheer Adventure, Fossil Safari, 1:00-2:00, pg. 22 (TCoL or Zoom)
<b>Tuesday, April 26</b> , Conceptual Financial Advs, Medicare 101, Learning the Basics, 2:00-3:00, pg. 22
<b>Wednesday, April 27</b> , Caregiver Support, 9:30-11:30, pg. 23
<b>Wednesday, April 27</b> , Kairos Alive, Wisconsin Connection Jam, 10:00-11:00, pg.20 (TCoL or Zoom)
<b>Wednesday, April 27</b> , Rebuilding Together Fox Valley, Help Keep You In Your Home, 2:00-3:00, pg. 24

**At the time the April 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](http://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](http://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](http://www.thetcol.org)**

## Greetings from Liz

During the month of April, we celebrate volunteers. Volunteering goes all the way back to the Settlers, who depended on each other to build homes and plant crops. Benjamin Franklin developed the first volunteer firehouse in 1736, even today more than 70% of all firefighters are volunteers. In the 19th century formal charitable organizations started cropping up, inspired by religious organizations. During this time, people became more aware of the disadvantaged, and the YMCA, American Red Cross and the United Way were all born in response. During the 20th century volunteering took off and organizations like the Rotary Club, Kiwanis and the Lions Club were all established within the early 1900s.

Today there are more than 1.5 million nonprofits in the United States, and many of them rely on volunteers to help them deliver their mission. At the Thompson Center on Lourdes volunteers are vital for our existence. In fact, last year volunteers logged over 2,400 hours at TCoL. That's equivalent to one full time employee!! And I'll bet that not everyone logged their hours.

Clearly, volunteering matters to organizations like TCoL. When you call or come to TCoL you're greeted by a volunteer. There are over 20 Civic League members who host monthly events and decorate the center. We have so many instructors that volunteer their talents to run numerous activities. The Buzz newsletter is delivered to various businesses and organizations in the Fox Valley by over 20 volunteers. We even have volunteers to help us with maintenance, cleaning and building operations. Nine Board of Directors are the governing body responsible for overseeing the mission, procedures, policies, strategies, operations, and activities.

Our volunteers may not realize it, but they're touching people's lives. When you volunteer you're raising the awareness of TCoL and our mission. Even our participants are volunteering for us. How? Both participants and volunteers often mention TCoL and the different activities / programs. In fact, some of you post TCoL on social media – which spreads the word and can encourage people to either get involved by volunteering or coming to TCoL. Either way – it's a win-win!

Here's what a couple of our volunteers have said: "I like helping. I have a lot of friends since I have been here. By volunteering I get to help keep the Thompson Center running and I get to come to a place I love". *Rita* "I'm retired so it is nice to volunteer, it gets me out of the house among nice people and a nice environment. I have met so many great people. In is a fun and interesting place to volunteer". *Jan*

There are so many benefits from volunteering, like meeting new people, feeling valued and improving your health to name a few. If you want to volunteer and enrich your life and increase your sense of purpose, the Thompson Center on Lourdes would love to have you as a member of our volunteer family. If you're interested in "making a difference" contact Stephanie Johnson by calling 920-939-3088, emailing her at [stephanie@thetcol.org](mailto:stephanie@thetcol.org) or stop by to see her!

We appreciate all our volunteers and everything they do for TCoL because they volunteer with an attitude of gratitude and a commitment to serve. Who can change the world? TCoL Volunteers, that's who!

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

**TCoL Loves**  
**Our Volunteers**



# Celebrating Civic League!

1951 - 2022




## A Civic League Story

In 1951, several women, who had met through the Appleton Newcomers Club, formed a new group to continue their budding friendship and social activities. Appleton was beginning a building fund drive for the Memorial Hospital at this time, and the newly formed Civic League and Newcomer's Club pledged \$10,000. Every year since many have chosen to join the Civic League - not only in support of projects but as active members who want to do something of a civic nature in their community. They are still giving of their time and talents to programs and activities. This year the "Civic League" will celebrate 70 years of service to the community and Thompson Center on Lourdes.

If you are interested in joining the Civic League contact Sue Arnoldussen at (920)996-0495

**70**  
**YEAR**  
**ANNIVERSARY**



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**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.

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*Our* **Butterfly Garden**  
*on Lourdes*

*Pie Social at TCoL*

**FEATURING:**

**"RAZZLE DAZZLE"**

**By: Sunnyside Dance Ministry**

**Monday, April 11th**

**12:00 – 2:00PM**

**TCoL Cafeteria**

**\$5**

**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:**



## Activities

# Celebration of Spring

## Spring Choir Concert

Come listen to the songs of spring performed by TCoL's Choirs.

Monday, May 9, 2022

1:00 - 3:00PM

TCoL Cafeteria

Cost: \$5

RSVP: (920)939-3088

Pre-Registration Required

### Performing Choirs

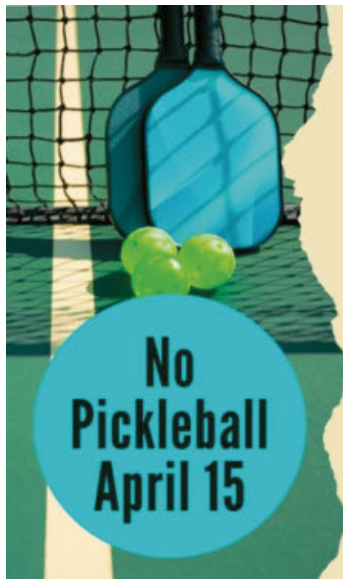
Hallelujah Choir

Young at Heart Choir

Sponsored By:



Treats, coffee, and water provided.



# PICKLEBALL

**\$3 PER PLAY**

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

No Pickleball  
April 15

### MAKE SURE YOU'RE READY TO PLAY!

**PREREGISTER:** [www.thetcol.org/pickleball/](http://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.

**LOCATION:** Sacred Heart Parish Gym - 222 E. Fremont St., Appleton, WI 54915



# BILLIARDS

**\$2**  
Per Session

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

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

PRE-REGISTRATION IS REQUIRED



## 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

Join Us  
For An

Easter Event

*Hop on over to*  
Appleton Retirement Community  
on April 13th at 1pm for a  
senior friendly Easter scavenger hunt  
and stay from 2-3pm for live music by Jan Berg.

*We are Eggcited to see you there!*

Please RSVP to Sara or Sheila at  
920-954-9990 ext. 1303 or 1304 or via  
email at [welcome@appletonretirement.com](mailto:welcome@appletonretirement.com)  
[www.appletonretirement.com](http://www.appletonretirement.com)



**APPLETON**  
RETIREMENT COMMUNITY  
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## Activities

# Watercolor Classes \$13.00

MONDAYS 9:00AM - 12:00PM 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*

## TECHNOLOGY BASICS WORKSHOPS

**FREE** 2:00 - 3:00PM

MONDAY, APRIL 11TH

- Symbols and Icons

MONDAY, APRIL 25TH

- Navigating the TCoL Website

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



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

**\*ADDITIONAL PROGRAM FEES NOT INCLUDED**



## Activities

# 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!



## Spring into Action!

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

*Sign up today to become a monthly donor today!*

# FOX CITIES DOWNSIZE



Thinking of downsizing? Don't know where to turn?  
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**W6180 Aerotech Drive, Appleton, WI 54914**

**920-944-8197**



**CAROLYN STARK**  
REAL ESTATE TEAM



## Activities

# Sign Language Class

**TUESDAY, APRIL 5TH & 12TH**  
**9:30 - 10:30AM**  
**THOMPSON CENTER ON LOURDES**  
Pre-Registration Required

**\$2**



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. Join in one or both classes! No prior experience needed!

# Qigong

**\$2**

Pre-registration Required

**TUESDAYS**  
**1:00 - 2:00PM**



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 through May

**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!

## Activities

# LINE DANCING

## Beginner & Intermediate

### BEGINNER:

Thursdays 9:45 - 10:45AM

### INTERMEDIATE:

Thursdays 11:00 - 12:00PM

# \$4

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

**REGISTRATION:** [www.thetcol.org](http://www.thetcol.org) **PREPAY:** Thompson Center on Lourdes



**SACRED HEART PARISH 222 E. Fremont St., Appleton, WI 54915**

If you'd like the newsletter sent to you electronically,  
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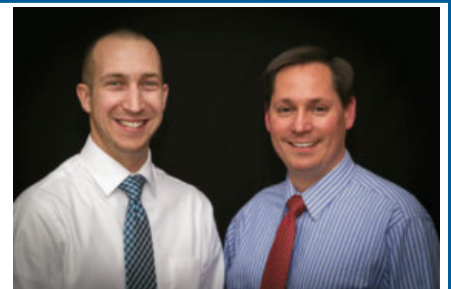
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Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

## Activities

# STAINED GLASS

Instructor Returns  
April 14th

**THURSDAYS: 12:30 - 3:30PM**

Pre-registration Required

**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.  
BASIC TOOLS AND EQUIPMENT ARE PROVIDED!



## FUSED STAINED GLASS CLASS

**May Project: Fish**

**DATE: THURSDAY, MAY 5TH**

**TIME: 11:30AM - 12:30PM**

**COST: \$10**

**RSVP: (920)939-3088**



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

## STEPPING ON: FALLS PREVENTION WORKSHOP

**THURSDAYS, MAY 5TH TO JUNE 16TH, 2022**

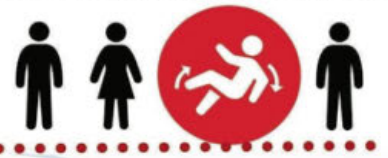
**1:00pm-3:00pm**

**Thompson Center on Lourdes**

**FREE (Pre-registration required)**

Contact Nancy Krueger at (920)740-9572 or [nkrueger@vpind.com](mailto:nkrueger@vpind.com)

One in four people age 65 or older has a fall each year.



Stepping On is a seven-week workshop using adult education to develop knowledge and skills to prevent falls in older adults. The Stepping On Program focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls.



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

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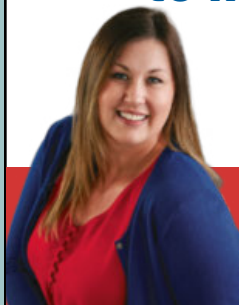
## Care Patrol

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**Jena Kloepfel**  
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Thompson Center on Lourdes, Appleton, WI

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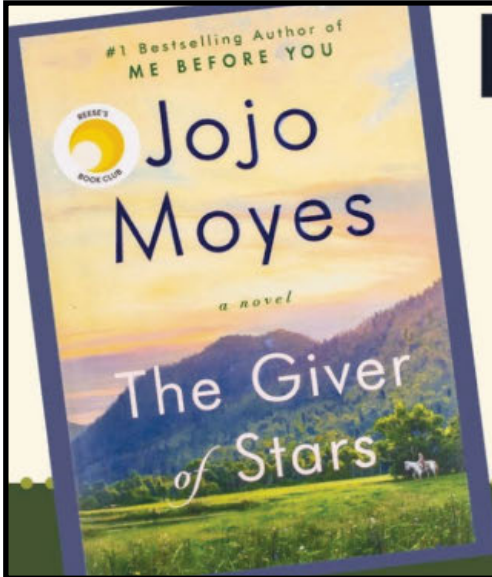
## Activities

# Ping Pong and Bean Bag Toss

Thursdays  
1:00 - 4:00PM

\$2

Pre-registration Required



## Book Club

THURSDAY, APRIL 14TH  
1:30 - 3:00PM  
FREE

(920)939-3088

Thursday, May 12th - 1:30-3:00PM  
Dewey  
By: Bret Witter and Vicki Myron  
Book Pickup Week of April 11th



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



## VOLUNTEERS NEEDED

Email: [Stephanie@thetcol.org](mailto: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
- Registering and Checking in participants
- Utilizing the TCoL computer system



### GARDENER

Summer Season

#### Tasks Include:

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



## Activities

# SEWING & QUILTING

FRIDAYS

10:00AM - 3:30PM

- Ample Outlets Available
- Ironing Boards and Irons Provided

\$2

*Pre-Registration required*



# Gentle Flow Yoga

FRIDAYS

11:00AM - 12:00PM

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



*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*



TO ALL OF OUR APRIL BABIES!

# Happy Birthday

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.

-Harriet Ann Jacobs

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





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

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Now, let us take care of things while  
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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!

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Thompson Center on Lourdes, Appleton, WI

F 4C 01-1068



## 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.



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Personal Care Services

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### McCormick

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### St. Paul Manor

Memory Care assisted living

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### St. Paul at Home

In-home non-medical care, Meals on Wheels, transportation services, and emergency response systems

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### St. Paul Palliative Care and Hospice Services

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316 E. Fourteenth St., Kaukauna, WI | (920) 766-6020 | [www.stpaulelders.org](http://www.stpaulelders.org)  
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Enjoy a relaxing lifestyle in luxurious surroundings with engaging social activities. Century Oaks Assisted Living and Memory Care first-class amenities include:

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[courtyard-grandchute@oakbrookcorp.com](mailto:courtyard-grandchute@oakbrookcorp.com)

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Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

# Paint the Masters Series

## Monet - 3 Pots of Tulips



**DATE: Wed. April 6**  
TIME: 10AM - 12PM  
PLACE: TCoL  
RSVP: (920)939-3088  
Registrations must be received by Friday, April 1st

## Matisse - The Window with Chair



**DATE: Wed. April 20**  
TIME: 10AM - 12PM  
PLACE: TCoL  
RSVP: (920)939-3088  
Registrations must be received by Friday, April 15th

**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**

# FREE

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

**12:30-1:30 PM**

**Thursday, April 7th**  
**Oldies**

**Thursday, April 21st**  
**Broadway**

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**



## **St. Paul Lunch & Learn** *Importance of a Comprehensive Memory Assessment*

**Friday, April 8th**  
**11:30AM - 1:00PM**  
**FREE - RSVP: (920)939-3088**  
**Thompson Center on Lourdes**  
**Pre-registration Required!**

**Memory changes that impact daily function is not a normal part of aging. Learn about the components and importance of a comprehensive memory assessment.**



# Elder Law Workshop

Topic: Planning for the Home

Date: Tuesday, April 12th

Time: 1:00 - 2:30PM

Cost: FREE

Place: Thompson Center on Lourdes

Pre-Registration Required



In many estates, the home is the single most valuable asset. In this session we will discuss: How to best plan for the home, Why life estates cause problems, Various options for passing your property to others, Real estate issues that come up after death, Why signing your home away now might cause problems.



## CONQUER YOUR CLUTTER

SPRING ORGANIZING TIPS AND TRICKS



Tuesday, April 12

2:30 - 3:30PM

FREE - Thompson Center on Lourdes  
(920)939-3088 - Pre-Registration Required

Tory Much, owner of Feel at Home, LLC joins with Eagle Point to conquer your clutter and start your spring off right with maximizing small spaces, organizing, and downsizing tips.

## WISCONSIN CONNECTION JAM!



Wed. April 13th & 27th

10:00 - 11:00AM

FREE - (920)939-3088

Thompson Center on Lourdes

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:



Tuesday April 19th

10:30 - 11:30AM

Questions? Please Call OC  
Caregiver Coalition 920-460-9955

## NATIONAL HEALTHCARE DECISIONS DAY



This event is an educational program designed to help increase awareness of the importance of making your wishes known through Advanced Care Planning/Medical Directives. You will receive information, resources, forms, and support to be able to complete the necessary documents.

# FREE ORTHOPEDIC & SPINE THERAPY WORKSHOP

## GARDENING - Tips to Keep your Back and Neck Safe

**Date:** Tuesday, April 19th

**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](http://www.ostpt.com)

# Work Smarter not Harder with FOX Rehab

## Tools & Tips for Safety and Independence

**Wednesday, April 20th**  
**2:00 - 3:00PM**

**Thompson Center on Lourdes**

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

**Pre-Registration Required**



As we age, daily tasks can become harder and put us at risk for falls, medication mismanagement and decreased mobility. Fox clinicians will introduce you to a number of solutions to help you enjoy life safely in your apartment/home. Stair adaptation, medication management tools, dressing tools to ease arthritis and more! Come join us for an hour of smarter ways to manage safely and independently!

# 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?**

**Friday, April 22nd**

**1:00-2:30PM**

**Thompson Center**

**(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!



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



Sponsored by Fox Valley  
Advance Care Planning Partnership

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

# Genealogy

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

**Date: Tues. April 26th**  
**Time: 9:30 - 11:00 AM**  
**Cost: FREE**  
**Location: TCoL**



## Topic: Immigration/Naturalization Records

Everyone wants to know when their ancestors came to the United States. In this session you'll learn more about how to search for records related to immigration and how to determine if your foreign-born ancestors became naturalized citizens.

### Upcoming Programs

- May 24 -
- Military Records

Appleton Public Library

**Preregistration required**

**Optional: Bring own laptop or tablet for research**



# GEOCHEER ADVENTURE -FOSSIL SAFARI-

**TUESDAY, APRIL 26TH**  
**THOMPSON CENTER ON LOURDES OR VIA ZOOM**  
**1:00 - 2:00PM**  
**FREE - (920)939-3088 (Pre-Registration Required)**



**TRAVEL BACK IN TIME TO ANCIENT WISCONSIN AND SEE WHAT IT WAS LIKE 450 MILLION YEARS AGO WHEN THE STATE WAS COVERED BY A SHALLOW, TROPICAL SEA! THIS SAFARI WILL DISCUSS ROCKS, FOSSILS AND WHAT CREATURES WOULD HAVE LOOKED LIKE WHEN THEY WERE ALIVE.**

# Medicare 101

**FREE Educational Event - Learning the Basics**



**DATE: Tuesday, April 26th**  
**TIME: 2:00 - 3:00PM**  
**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!



**SPONSORED BY:**  
**CONCEPTUAL FINANCIAL ADVISORS, LLC - APPLETON WI**  
**AGENT: JILL GRAY**

# Programs/Workshops



## FREE CAREGIVER SUPPORT GROUP

**DATE:** April 27, 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

**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.



### ASSISTED LIVING & MEMORY CARE IN KAUKAUNA WISCONSIN



#### Intentional Design. Unmatched Care.

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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

# Rebuilding Together Fox Valley

THEY CAN HELP  
KEEP YOU IN  
YOUR HOME!

Wednesday, April 27th  
2:00 - 3:00PM  
Thompson Center on Lourdes  
FREE - RSVP (920)939-3088

- Must own and live in the home.
- Must live in the Fox Valley-Appleton, Neenah, Menasha, Oshkosh
- Must have a household income that is 80% or under the County Median Income

Join Rebuilding Together Fox Valley as they discuss ways they can help you to stay in your home safely. They can install grab bars, bathtub transfer benches, toilet seat risers, night lights, and more. This initiative is **FREE** to homeowners thanks to funding by the Oshkosh Area Community Foundation and the Community Foundation of the Fox Valley Region.



## Volunteer Spotlight



My name is Sue Arnoldussen. My husband is Dan and he loves to fish. In October, we will be married 60 years. We have raised 5 children and they have given us 11 wonderful grandchildren.

In the 90s, I first came to the Thompson Center, to see a Variety Show. It was so funny and I liked what I saw—people having fun!

Hilda, from the Show, invited me to a writer's group. I thoroughly enjoyed it and made some good friends.

I started taking a line dancing class, joined the "Young at Heart" choir and still love to sing with them. We have fun and have made many life-long friends who are in choir. When the Comedy Fashion Show was put on by the Civic League, I was invited to help. It was so much fun making decorations and costumes that when I was asked to join the Civic League, of course I said yes! We created our own Variety Show and another Style Show. Many of my good friends participated in them and we had so many laughs! Because I spent so much time volunteering at TCoL I was asked if I slept there. Planning and decorating for the Civic League potlucks, decorating for the various seasons and holidays and working with the ladies is something I love to do because it makes people feel good!

In 2020 I was elected the President of the Civic League and was invited to be on the Board of Directors at TCoL. I was shocked and honored to be asked to work with such a caring group of people and I still love what I do! It is a blessing to be a part of TCoL.



# Outagamie County April Menu

Outagamie  
The Thompson  
Center

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

# April

# 2022

Monday

Tuesday

Wednesday

Thursday

Friday



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

**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

**5** Breaded Chicken  
Patty with Gravy  
Mashed Sweet  
Potatoes  
Steamed Broccoli  
Granny Smith Apple  
Wheat Dinner Roll  
Chocolate Chip  
Cookie

**6** Roasted Turkey  
with Gravy  
Mashed Potatoes  
Diced Dill Carrots  
Peaches  
Wheat Bread  
Brownie

**7** Baked Ziti  
with Meat Sauce  
String Cheese  
California Vegetables  
Spinach Salad  
Salad Dressing  
Warm Pear Cobbler

**12** Pasta with Meatballs  
and Marinara  
Mixed Vegetables  
Tropical Fruit  
Maple Pecan Bread  
Pudding

**13** Cheesy Enchilada  
Chicken  
Flour Tortilla  
Mexican Corn  
Black Beans  
Peaches  
Churro Pudding

**14** Ketchup Meatloaf  
Diced Beets  
Baked Potato  
Pears  
Wheat Bread  
Sugar Cookie

**19** Scalloped Potatoes  
with Ham  
Diced Carrots  
Romaine Salad  
Salad Dressing  
Wheat Bread  
Apple Betty

**20** Scrambled Eggs  
with Ham  
French Toast Sticks  
with Syrup  
Warm Applesauce  
Orange  
Cinnamon Streusel  
Coffee Cake

**21** Cheeseburger  
Wheat Bun  
Pinto Beans  
Broccoli Bacon Salad  
Peaches  
Pineapple Coconut  
Tapioca Pudding

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

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

**28** Salisbury Steak  
with Gravy  
Baked Potato  
Cinnamon Glazed  
Carrots  
Pineapple  
Wheat Bread  
Yellow Cake

## 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) 1-888-465-1515, ext. 179 – Toll-free, 920-490-0700 (Fax) [www.optionsil.org](http://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](mailto:jeannine.kenevan@dhs.wisconsin.gov), or visit the OBVI website [www.dhs.wi.gov/blind](http://www.dhs.wi.gov/blind).



# DAILY CALENDAR - APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*HELD AT SACRED HEART GYM</b></p>	<p><b>Happy Easter!</b></p>  <p>April 17</p>	<p><b>BILLIARDS IS AVAILABLE EVERY DAY</b></p> <p><b>AM Session 9:00-12:00</b> <b>PM Session 1:00-4:00</b></p>	<p><b>1</b></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 &amp; 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><b>4</b></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 &amp; Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00</p>	<p><b>5</b></p> <p>*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 Qigong 1:00-2:00</p>	<p><b>6</b></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><b>7</b></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 &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>8</b></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 &amp; Quilt 10:00-3:30 Gentle Flow Yoga 11:00-12:00 St. Paul Lunch &amp; Learn 11:30-1:00 Bridge 12:30-3:30 Gentle Chair Yoga 3:00-4:00</p>
<p><b>11</b></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 <b>Pie Social 12:00-2:00</b> Crochet &amp; Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00</p>	<p><b>12</b></p> <p>*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 Elder Law 1:00-2:30 Eagle Point 2:30-3:30</p>	<p><b>13</b></p> <p>*Pickleball 9-11 Open Cards 9:00-12:00 Kairos Alive 10:00-11:00 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><b>14</b></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 Book Club 1:30-3:00 Ping Pong &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>15</b></p> <p>Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Strong Bodies 9:30-10:30 Sew &amp; 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><b>18</b></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 &amp; Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00</p>	<p><b>19</b></p> <p>*Pickleball 9-11, 11-1 Intro to Pickleball 1-3 Strong Bodies 9:30-10:30 Healthcare Decision Day 10:30-11:30 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30 Qigong 1:00-2:00 Ortho Spine 2:00-3:00</p>	<p><b>20</b></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 Fox Rehab 2:00-3:00</p>	<p><b>21</b></p> <p>*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 &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>22</b></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 &amp; Quilt 10:00-3:30 Gentle Flow Yoga 11:00-12:00 Bridge 12:30-3:30 Adv Care Plan 1:00-2:30 Gentle Chair Yoga 3:00-4:00</p>
<p><b>25</b></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 &amp; Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00</p>	<p><b>26</b></p> <p>*Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 APL Genealogy 9:30-11:00 Young at Heart 10:30-12:00 Tai Chi 11:00-12:00 Board Games 12:30-3:30 Qigong 1:00-2:00 GeoCheer 1:00-2:00 Medicare 101 2:00-3:00</p>	<p><b>27</b></p> <p>*Pickleball 9-11 Open Cards 9:00-12:00 Caregiver Sup 9:30-11:30 Kairos Alive 10:00-11:00 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 Rebuilding Together FV 2:00-3:00</p>	<p><b>28</b></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 &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>29</b></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 &amp; 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>

## Staff

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**Sue Arnoldussen,**

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**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.

### 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

### TCoL Wish List

#### General Operations

- Gift Bags - small to medium
- White Board Markers, Erasers, & Cleaner
- 84in. Round & 108in. Rectangular Plastic Table Covers
- 8 x 10 Picture Frames (with stand & hanging hooks)
- Copy Paper
- Rolling TV Cart - hold up to a 65" TV

#### Cardio Drumming Supplies

- Gift Cards (any denomination)
  - Target
  - Fleet Farm
  - Scheels
- Drumsticks
- Wireless Microphone & Speaker

Any Questions please call: (920)939-3088

Thank you... ♥

*New Class Requests!*