

Thompson Center Monthly Newsletter

 TCoL

Thompson Center on Lourdes

Celebrating life after 50

BUZZ



MAY

2022

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

~ John F. Kennedy

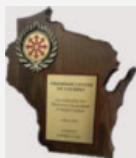
*Remember
& Honor*



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

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2022

Candid.

Schedule of TCoL Activities

MONDAY

CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
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	Ends 5/9 after choir concert
Chair Yoga	11:00 – 12:00	\$3.00	Pg.10,*Silver Sneaker Discount
Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.10
Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.9
Technology	2:00 – 3:00	Free	Pg.10, (5/23)

TUESDAY

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, (5/3 and 5/17))
Young at Heart Choir	10:30 – 12:00	\$3.00	Ends 5/9 after choir concert
Qigong	1:00 – 2:00	\$2.00	Pg.12, (ends 5/24)

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.10, *Silver Sneaker Discount
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	Pg.9
Open Painting	9:00 – 1:00	\$2.00	Pg.12
Stepping On	9:30 – 11:30	ADRC	(ends 6/16)
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
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
Stepping On	1:00 – 3:00	ADRC	(ends 6/16)

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 May

Thursday, May 5 , Fused Stained Glass, Fish Project, 11:30-12:30, pg. 14
Thursday, May 5 , In Harmony Fox Valley Symphony, Movies, at Sacred Heart, 12:30-1:30, pg. 19
Monday, May 9 , TCoL Spring Choir Concert, Celebration of Spring, 1:00-3:00, pg. 7
Tuesday, May 10 , Hooper Law, Elder Law Workshop, Long Term Care & Common Mistakes, 1:00-2:30, pg. 19
Tuesday, May 10 , Eagle Point Senior Living, All Things Flowers, 2:30-3:30, pg. 19
Wednesday, May 11 , Kairos Alive, Wisconsin Connection Jam, 10:00-11:00, pg. 20 (TCoL or Zoom)
Wednesday, May 11 , Paint the Masters, Vincent Van Gogh, Sunflower, 10:00-12:00, pg. 20
Thursday, May 12 , Book Club, <i>Dewey</i> , by Bret Witter and Vicki Myron, 1:30-3:00, pg. 15
Friday, May 13 , St. Paul Elder Services, Lunch & Learn, Resources to Support Healthy Living, 11:30-1:00, pg.20
Tuesday, May 17 , UW Madison, Geocheer Devils Lake Virtual Tour, 1:00-2:00, pg. 21 (TCoL or Zoom)
Tuesday, May 17 , Orthopedic & Spine Therapy, The Hip, .2:00-3:00, pg. 21
Wednesday, May 18 , Appleton Retirement, Explore Mexico 1:30-2:30, pg. 21
Monday, May 23 Technology Basics Workshop, Q & A, 2:00-3:00, pg. 10
Tuesday, May 24 , Appleton Public Library, Genealogy Series, Military Records, 9:30-11:00 pg. 22
Wednesday, May 25 , Caregiver Support, 9:30-11:30, pg. 22
Wednesday, May 25 , Paint the Masters, Claude Monet, Poplars on the Bank of the Epte, 10:00-12:00, pg. 20
Wednesday, May 25 , Appleton Police, Seniors & Law Enforcement Together, 1:30-2:30, pg. 22

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

Spring into Action!

www.thetcol.org




Sign up to become a monthly donor!




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

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

HERE'S HOW TO REQUEST:

 www.thetcol.org

 920-939-3088

Online registration can be found under the REGISTRATION & WAIVERS tab

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

Farewell from Liz



Some of you may have heard that I'll be retiring from TCoL on May 15th. This will be my second retirement - thus Retirement 2.0! I retired from the Kimberly-Clark Corporation in May of 2018, and joined TCoL in November of 2019. But now it's time again to retire from the workforce. Once again I'll have the time to do the things that I have intended to do like spending more time with my family and friends, volunteering, resuming hobbies, doing tasks during the week versus cramming everything into the weekend, and the list goes on!

I have truly enjoyed working for the Thompson Center on Lourdes. I am honored to have been part of this great organization and the people that we serve. The participants, volunteers, staff, and board of directors have made TCoL the place to go to celebrate life after 50!

I am so proud of everything that we have accomplished these past two and a half years. Everyone worked so diligently to ensure our accreditation from the Wisconsin Association of Senior Centers. So many people / organizations helped to finance and build the staff offices, and upgrade our technology and phone systems. We survived COVID with new protocols, operating procedures, and in-person / virtual programming. Without the trust and belief of our donors we would not be in the financial position that we are today. The list of accomplishments is numerous because of the commitment of each and every person who loves TCoL.

I was humbled to be entrusted with leading TCoL. Every day offered new joys and challenges and I will look back at my time at TCoL fondly. There are so many moments I will cherish because of the work that is done day in and day out by so many people. I am confident that the incoming Executive Director will continue to take TCoL to new levels.

I look forward to the next chapter of my life. I wish the best for TCoL, the participants, volunteers, donors and staff. Who knows – maybe you'll see me teaching or taking a class at TCoL!

With a grateful heart,

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


HAPPY RETIREMENT 2.0 Liz!



To wish her well join us
for an open house on:
Wednesday, May 4th
10AM - 12PM
All are welcome!



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and vision, but you are an even greater person
because of your kindness, respect, and positivity.
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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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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

**Treats, coffee, and
water provided.**

Sponsored By:



Performing Choirs

Hallelujah Choir

&

Young at Heart Choir

Activities

Come sing along on the

RIVER QUEEN

with "Our Generation Sings"

Monday, June 20, 2022

12:00 - 2:00PM

Cost: \$5

TCoL Cafeteria

Pre-Registration and Pre-Payment Required



Entertainment by:
Fran & JoAnn Ebben

Enjoy an ice cream social with chocolate, caramel, and all the fixings! Then head back in time and sing along with your favorite songs!

Thank you Sponsors:



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.

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

No
Pickleball
May 30

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

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Thank you to our moving partners



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Contact Sara or Sheila at 920-954-9990 x1303 or 1304 | welcome@appletonretirement.com
www.appletonretirement.com | 200 W. Packard Street, Appleton, WI 54911



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



CHAIR YOGA

MONDAYS: 11:00AM - 12:00PM

WEDNESDAYS: 11:00AM - 12:00PM

COST: \$3.00 or FREE for Silver Sneakers Members

PREREGISTRATION REQUIRED



CROCHET & KNITTING

MONDAYS

1:00PM - 3:00PM

\$2

Bring your projects, questions, and creativity!

Pre-registration Required

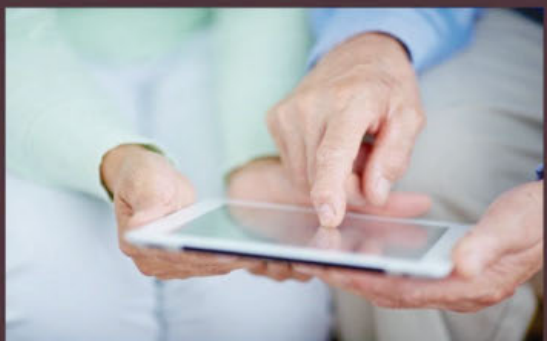
TECHNOLOGY BASICS WORKSHOPS

FREE 2:00 - 3:00PM


MONDAY, MAY 23RD

- Tech Basics Q & A

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



Happy Mother's Day



"There's no way to be a perfect mother and a million ways to be a good one."

-Jill Churchill

Happy Mother's Day

to all women who have taken on the role of mom!



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

***ADDITIONAL PROGRAM FEES NOT INCLUDED**

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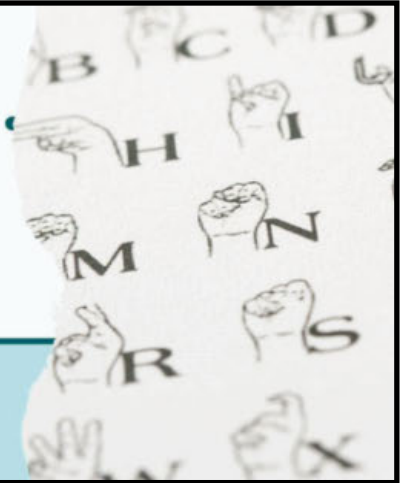


Activities

Sign Language Class

TUESDAY, MAY 3RD AND MAY 17TH
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

Last Class will be May 24th



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.

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

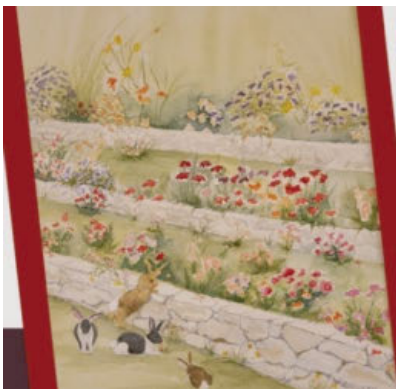


Open Painting \$2

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 **PREPAY:** Thompson Center on Lourdes



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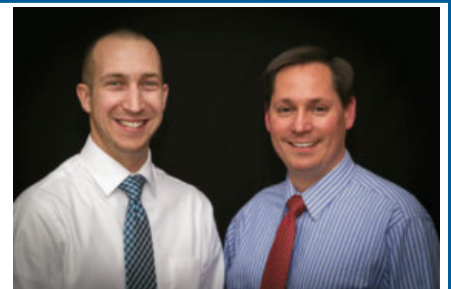
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Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

Activities

STAINED GLASS

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

THURSDAY, MAY 5TH

11:30AM - 12:30PM

COST: \$10

(920)939-3088



**Thurs. June 2nd
11:30AM-12:30PM
Garden Stakes**

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

GOD Bless AMERICA



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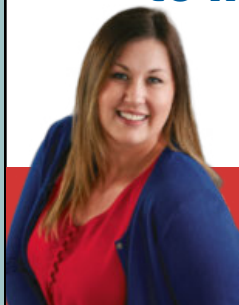
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Thompson Center on Lourdes, Appleton, WI

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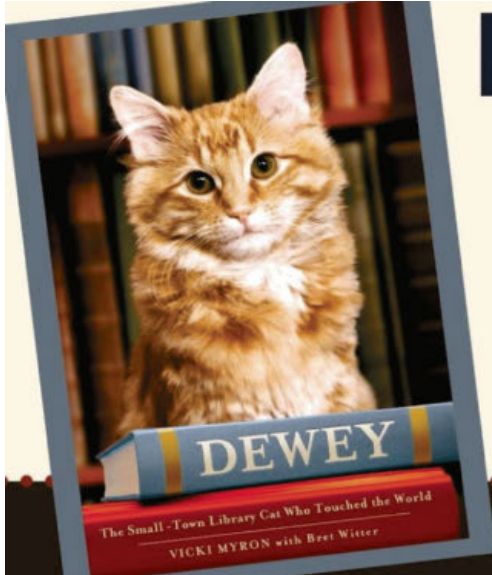
Activities

Ping Pong and Bean Bag Toss

Thursdays
1:00 - 4:00PM

\$2

Pre-registration Required



Book Club

THURSDAY, MAY 12TH

1:30 - 3:00PM

FREE

(920)939-3088

Thursday, June 9th - 1:30-3:00PM

Unsheltered

By: Barbara Kingslover

Book Pickup Week of May 9th



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 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.

\$3



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.

\$3
per session

A minimum of 3 registered participants are required to hold class

TO ALL OF OUR MAY BABIES!

Happy Birthday

“Our age is merely the number of years the world has been enjoying us!”



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



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Thompson Center on Lourdes, Appleton, WI

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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



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centuryoakshomes.com

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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

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, May 5th
Movies

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



Elder Law Workshop

Long Term Care, Nursing Home Planning,
and Common Mistakes

Tuesday, May 10th
1:00 - 2:30PM
FREE - (920)939-3088
Thompson Center on Lourdes

Pre-Registration Required



The costs of care are often a big concern amongst seniors. However, most seniors don't understand the rules that affect nursing home expenses. In this session we will discuss common planning mistakes and tips for making sure that people aren't causing big problems for their estate when they receive care.



All Things Flowers

TIPS AND TRICKS FOR THE SPRING

Tuesday, May 10
2:30 - 3:30PM
FREE - (920)939-3088
Thompson Center on Lourdes

Pre-Registration Required



Spring is here and flowers are blooming! Join Eagle Point Senior Living to talk about all things flowers and gardening. Create your own mini floral arrangement as you listen to and share your own tips and tricks on spring gardening. Enjoy a dirt cake treat!



Programs/Workshops

WISCONSIN CONNECTION JAM!



Wednesday, May 11th
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:



Paint the Masters Series



Vincent Van Gogh

Sunflower

Wed. May 11
10AM - 12PM
TCoL - (920)939-3088
Registrations must be received by Friday, May 6th



Claude Monet

Poplars on the banks of the Epte

Wed. May 25
10AM - 12PM
TCoL - (920)939-3088
Registrations must be received by Friday, May 20th

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

St. Paul Lunch & Learn *Social Determinants of Health and Community Resources to Support Healthy Living*

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

Friday, May 13th
11:30AM - 1:00PM
FREE - RSVP: (920)939-3088
Thompson Center on Lourdes
Pre-registration Required!

Social Determinants of Health are conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life risks and outcomes. Learn more about social determinants of health as it impacts successful aging.





GEOCHEER ADVENTURE -DEVILS LAKE VIRTUAL HIKE-

TUESDAY, MAY 17TH
THOMPSON CENTER ON LOURDES OR VIA ZOOM
1:00 - 2:00PM
FREE - (920)939-3088

Pre-Registration Required



JOIN THE UW-MADISON GEOLOGY MUSEUM ON A VIRTUAL HIKE AT DEVIL'S LAKE STATE PARK! ENJOY THE BEAUTIFUL BLUFFS AND FOREST WHILE LEARNING ABOUT THE INTERESTING GEOLOGICAL AND HISTORICAL STORY DEVIL'S LAKE HAS TO TELL.

ORTHOPEDIC & SPINE THERAPY WORKSHOP *TOPIC: THE HIP*

Tuesday, May 17th
2:00-3:00PM
FREE - (920)939-3088
Thompson Center on Lourdes

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



Pre-registration Required

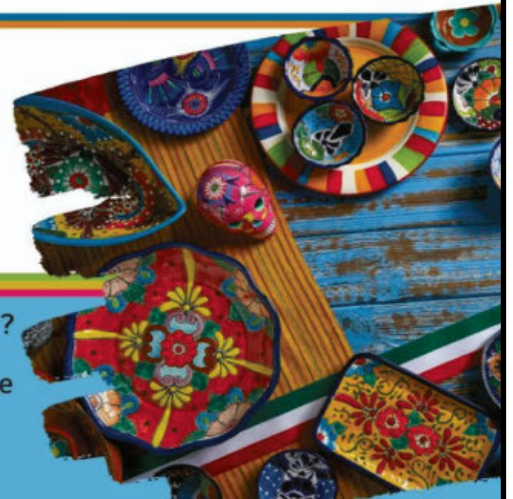
www.ostpt.com

Explore Mexico!



Wednesday, May 18th
1:30 - 2:30PM
FREE - [920]939-3088
Thompson Center on Lourdes
Pre-Registration Required

Hola! Let's explore Mexico! Have you ever visited this beautiful country? Maybe you've always wanted to but never had the chance. Join Stacy from Appleton Retirement Community and find yourself immersed in the sights, sounds and tastes of this colorful culture. Mexico's rich history, beautiful scenery and most popular attractions will be featured. There will even be Mexican inspired treats to enjoy during the presentation.



Genealogy

In Partnership with the:

Appleton Public Library

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

Tuesday, May 24th
9:30 - 11:00 AM
FREE - (920)939-3088
Thompson Center on Lourdes



Topic: Military Records

Did your ancestors serve in the military? In this session we'll learn more about using Fold3, the library's military record database as well as how to learn more about your ancestor's military service.

Upcoming Programs

- June 28 -
 - Church Records
- July 26 -
 - Court Records
- August 30 -
 - Probate Records

Preregistration required

Optional: Bring own laptop or tablet for research

SENIORS AND LAW ENFORCEMENT TOGETHER

Making a Difference in our Communities

Wednesday, May 25th
1:30 - 2:30PM
FREE - (920)939-3088
Thompson Center on Lourdes



Join the Appleton Police Department and TCoL for a new monthly program focused on keeping you aware, safe, and informed within the community. Community Resource Officer, Lt. Meghan Cash will get the program started with general updates from the APD. Bring your questions and your ideas for future topics!



FREE CAREGIVER SUPPORT GROUP

May 25, 2022
9:30 - 11:30AM
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 - (920)939-3088

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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

Volunteer Spotlight



Growing up in Door County, Fish Creek, was a hoot - great summers and long winters. Sandi, my wife, grew up in Egg Harbor, six miles south. So yeh, we pretty much knew each other since the mid 50s when the nuns would host two weeks of catechism every summer at Egg Harbor Grade School just up the hill from Saint John's Catholic Church. We are proud graduates of Gibraltar High graduating in a class of 65 in 1965. After a couple years at UW Madison, I joined the Air Force in 1968. In September of that year, Sandi and I married at Saint John's when I was on leave from USAF Tech School in Biloxi, Mississippi. From Tech School, I was assigned to duty in the Security Service Arm of the Air Force for two years at Misawa Air Base in Japan. Sandi flew over a couple months after our wedding and we lived off base in Misawa until I was reassigned to Clark

Air Base in the Philippines 15 months later.

After four years in the Air Force, I attended radio school in Minneapolis. After radio gigs in Austin, MN, Sturgeon Bay and La Crosse, WI and Burlington, IA, we finally planted roots in Appleton in May of 1983 when I joined Woodward Radio, which in those days was known just as WHBY-Am and WAPL-FM. By then Sandi and I were fully involved in raising a family of five children, two boys and three girls. We now have six granddaughters.

We are big cheer leaders for Appleton and the surrounding Fox Cities/Fox Valley as a great place to live. In my tenure of 32 years with Woodward Radio we have had the good fortune to be surrounded by friendly faces, great schools and a truly compassionate, corporate community. From time serving on the parish council at St. Bernadette's, many years volunteering with United Way Fox Cities the Chamber of Commerce, Fox Cities Kiwanis, the Salvation Army and other community organizations, it became obvious to me that we live in a special place.

When the Thompson Center on College Ave closed rather suddenly in 2016 and Ray Zuelke asked me if I would join him on the board of what is now the Thompson Center on Lourdes. I said yes and it's been a joy to see TCoL grow and thrive. The leadership, staff, volunteers, donors and patrons at TCoL have collectively found some secret sauce that makes this senior center a community treasure.

Greg Bell

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.



Outagamie County Meal Information

Outagamie County Meal Menu not available at press time.

Carry out and Congregate Dining

Carry Out Meals
Tuesday through Thursday
11:30 AM - Noon

Congregate Dining
Tuesday through Thursday
Noon - 12:30 PM

May menu will be posted at TCol, on Facebook and in the What's New Wednesday



Call (920)858-5619 to reserve your meal. You must call by Noon the day before. A suggested donation is encouraged.

PUZZLES OF THE MONTH

Sudoku

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

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

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DIFFICULTY: ★★☆☆

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

Answer to Sudoku

CROSSWORD PUZZLE

ACROSS

- 1 Metrical unit
- 5 Arabian judge
- 9 Grandfather of Saul
- 12 Exude
- 13 Sleeping
- 14 Mountain on Crete
- 15 Javanese carriage
- 16 Weed
- 17 Computer generated imagery (abbr.)
- 18 Alcott heroine
- 20 Sable
- 22 Article
- 25 Nat'l Endowment for the Arts (abbr.)
- 27 Garland
- 28 Time period
- 29 International (abbr.)
- 31 And other: abbr. (2 words) (Lat.)
- 34 Sinbad's bird
- 35 Fr. author
- 37 Amer. Dental Assn. (abbr.)
- 38 Wing (pref.)
- 40 Grape syrup
- 41 Jap. fish
- 42 Article (Fr.)
- 44 Negative population growth (abbr.)
- 45 Deviate
- 46 Necktie
- 49 Droop
- 51 Male person
- 52 Baseball equipment
- 54 Eth. Danakil people
- 58 Pointed (pref.)
- 59 Afr. tree
- 60 Polish rum cake
- 61 Footlike structure
- 62 Direct
- 63 Poetic foot

MORA	CADI	NER
EMIT	ABED	IDA
SADO	TARE	CGI
	MEG	MARTEN
THE	NEA	LEI
EON	INTL	ETAL
ROC	DUMAS	ADA
PTER	SAPA	TAI
	LES	NPG
CRAVAT	SAG	
LAD	BALL	AFAR
ACU	AKEE	BABA
PES	LEAD	IAMB

DOWN

- 1 Before some vowels (pref.)
- 2 Tumor (suff.)
- 3 Free
- 4 Monad
- 5 Fells (2 words)
- 6 Amateur Boxing Assn. (abbr.)
- 7 Skin (suff.)
- 8 Utopian
- 9 Wink
- 10 Wayside
- 11 Pour
- 19 Camelot lady
- 21 Female ruff
- 22 Manmade protective mound
- 23 Owl's cry
- 24 Moon of Saturn
- 26 Hindu soul
- 30 Pulka (2 words)
- 32 City in Judah
- 33 Den
- 36 Legend
- 39 Race the motor
- 43 Palmetto
- 46 Thunder sound
- 47 People
- 48 Subtract
- 50 Taro
- 53 Yarn measure
- 55 Federal Aviation Admin. (abbr.)
- 56 Antibalistic Missile (abbr.)
- 57 Mortar beater

1	2	3	4	5	6	7	8	9	10	11
12				13					14	
15				16					17	
			18	19		20		21		
22	23	24		25	26		27			
28			29		30		31	32	33	
34			35				36		37	
38			39		40				41	
	42		43		44			45		
46	47			48		49		50		
51			52		53			54	55	56
58			59					60		
61			62					63		

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A1

It doesn't matter how slowly you go as long as you don't stop.



©LPI

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



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



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 - MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 *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 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00	3 *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 Qigong 1:00-2:00	4 *Pickleball 9-11 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00	5 *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 Stepping On 9:30-11:30 Fused Glass 11:30-12:30 Stained Glass 12:30-3:30 Stepping on 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	6 *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
9 *Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Chair Yoga 11:00-12:00 Choir Concert 1:00-3:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00	10 *Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Qigong 1:00-2:00 Elder Law 1:00-2:30 Eagle Point 2:30-3:30	11 *Pickleball 9-11 Open Cards 9:00-12:00 Kairos 10:00-11:00 Bible Study 10:00-12:00 Paint Masters 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00	12 *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Stepping On 9:30-11:30 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Stepping on 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00 Book Club 1:30-3:00	13 *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 Gentle Chair Yoga 3:00-4:00
16 Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Chair Yoga 11:00-12:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00	17 *Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Sign Language 9:30-10:30 Qigong 1:00-2:00 GeoCheer 1:00-2:00 Ortho Spine 2:00-3:00	18 *Pickleball 9-11 Open Cards 9:00-12:00 Bible Study 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Appleton Retirement Explore Mexico 1:30-2:30	19 *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Stepping On 9:30-11:30 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Stepping on 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	20 *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
23 *Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Chair Yoga 11:00-12:00 Crochet & Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00	24 *Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 APL Genealogy 9:30-11:00 Qigong 1:00-2:00	25 *Pickleball 9-11 Open Cards 9:00-12:00 Caregiver Sup 9:30-11:30 Bible Study 10:00-12:00 Paint Masters 10:00-12:00 Chair Yoga 11:00-12:00 Appleton Police 1:30-2:30 Bingo 1:00-3:00 Euchre 1:00-4:00	26 *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Stepping On 9:30-11:30 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Stepping on 1:00-3:00 Sheepshead 1:00-4:00 Ping Pong & Bean Bag Toss 1:00-4:00	27 *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
30 CLOSED 	31 *Pickleball 9-11, 11-1, 1-3	*HELD AT SACRED HEART GYM 222 E. Fremont St. Appleton		BILLIARDS IS AVAILABLE EVERY DAY AM Session 9:00-12:00 PM Session 1:00-4:00

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, volunteer1@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.

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

- White Board Markers, Erasers, & Cleaner
- 8 x 10 Picture Frames (with stand & hanging hooks)
- Copy Paper
- Paint Brushes, Rollers, Painters Tape
- Swiffer Wet & Dry Refills
- Gift Cards (any denomination)
 - Target
 - Fleet Farm
 - Menards
- Drumsticks
- Wireless Microphone & Speaker

Any Questions please call: (920)939-3088

Thank you...