

# Thompson Center on Lourdes Monthly Newsletter

# TCoL BUZZ

Thompson Center on Lourdes

*Celebrating life after 50*



## 2022



• **IMAGINE** what •  
**we could SPARK**  
together with a  
• **Matching Grant!** •

**Double your gift  
with a matching  
grant from the  
Otto Bremer Trust!**

**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

Platinum  
Transparency  
2022  
Candid.

# Schedule of TCoL Activities

MONDAY

CLASS / ACTIVITY	TIME	COST	AD PAGE / NOTES
Cribbage	9:00 – 12:00	\$2.00	Pg.12
Watercolors	9:00 – 12:00	\$13.00*	Pg.12, *Cost split \$5 & \$8
Pickleball	9:00 – 3:00*	\$3.00	Pg.7 , Sacred Heart , *Timed Slots
Chair Yoga	11:00 – 12:00	\$3.00	Pg.8,*Silver Sneaker Discount
Crochet & Knitting	1:00 – 3:00	\$2.00	Pg.12
Pinochle/Canasta	1:00 – 4:00	\$2.00	Pg.12
Technology	2:00 – 3:00	Free	Pg.13, (7/11and 7/25)

TUESDAY

Pickleball	9:00 – 3:00*	\$3.00	Pg.9, Sacred Heart , *Timed Slots
Strong Bodies	9:30 – 10:30	ADRC	(6/14 –8/16—no class July 5)
Sign Language	9:30 – 10:30	\$2.00	Pg.14, (7/12 and 7/19)
Summertime Singers	10:30 – 12:00	\$3.00	Pg.14 (starts July 12)

WEDNESDAY

Pickleball	9:00 – 11:00*	\$3.00	Pg.9, Sacred Heart , *Timed Slots
Open Cards	9:00 – 12:00	\$2.00	Pg.12
Tai Chi	9:30 – 10:15	ADRC	
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.12

THURSDAY

Cribbage	9:00 – 12:00	\$2.00	Pg.12
Open Painting	9:00 – 1:00	\$2.00	Pg.15
Line Dancing - Beginner	9:45 – 10:45	\$4.00	Pg.10, Sacred Heart
Line Dancing - Intermediate	11:00 – 12:00	\$4.00	Pg.10, Sacred Heart
Cardio Drumming	11:00 - 11:45	\$2.00	Pg. 10 (7/7 and 7/21)
Stained Glass	12:30 – 3:30	\$5.00*	Pg.15, *Plus Materials Cost
Card Making/Scrapbooking	12:30 – 3:30	\$2.00	Pg. 15 (7/12 and 7/26)
Sheepshead	1:00 – 4:00	\$2.00	Pg.12
Ping Pong & Bean Bag Toss	1:00 – 4:00	\$2.00	Pg.10

FRIDAY

Wood Carving	9:00 – 12:00	\$2.00	Pg.16
Pickleball	9:00 – 3:00*	\$3.00	Pg.9, Sacred Heart , *Timed Slots
Open Cards	9:00 – 12:00	\$2.00	Pg.12
Open Sewing & Quilting	10:00 – 3:30	\$2.00	Pg.16
Gentle Flow Yoga	11:00 – 12:00	\$3.00	Pg.11
Bridge	12:30 – 3:30	\$2.00	Pg.12
Gentle Chair Yoga	3:00 – 4:00	\$3.00	Pg.11

**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 July**

<b>Thursday, July 7</b> , Fused Stained Glass, Crosses, 10:30-11:30 and 11:30-12:30, pg. 15
<b>Friday, July 8</b> , Midwestern Wellness & Insurance Agency, Medicare & Haircut Event, 10:00-2:00, pg. 16
<b>Friday, July 8</b> , St. Paul Elder Services, Lunch & Learn, Living a Spiritually Healthy Lifestyle, 11:30-1:00, pg.19
<b>Monday, July 11</b> , TCoL Grand Old Flag Picnic Celebration, New Horizons Band, 12:00-2:00, pg. 7
<b>Monday, July 11</b> Technology Basics Workshop, Cutting the Cord, 2:00-3:00, pg. 13
<b>Tuesday, July 12</b> , Hooper Law, Elder Law Workshop, Probate - What is it?, 1:00-2:30, pg. 19
<b>Wednesday, July 13</b> , Wild Ones, It's Never Too Late to Start Gardening with Native Plants 1:30-2:30, pg. 20
<b>Wednesday, July 13</b> , Paint the Masters, Mediterranean Landscape, Picasso 10:00-12:00, pg. 19
<b>Thursday, July 14</b> , Book Club, <i>House Rules</i> , by Jodi Picoult, 1:30-3:00, pg. 16
<b>Tuesday, July 19</b> , Orthopedic & Spine Therapy, My Aching Neck, .2:00-3:00, pg. 20
<b>Wednesday, July 20</b> , Heckrodt Wetland Reserve, Take a Hike, 1:30-2:30, pg. 20
<b>Thursday, July 21</b> , 5 Star Insurance Group, Medicare 101, Learning the Basics, 1:00-2:00, pg. 21
<b>Monday, July 25</b> Technology Basics Workshop, Q & A, 2:00-3:00, pg. 13
<b>Tuesday, July 26</b> , Appleton Public Library, Genealogy Series, Court Records, 9:30-11:00 pg. 21
<b>Wednesday, July 27</b> , Caregiver Support, 9:30-11:30, pg. 22
<b>Wednesday, July 27</b> , Paint the Masters, Interior with Still Life, Matisse, 10:00-12:00, pg. 19
<b>Wednesday, July 27</b> , Appleton Police SALT, Victim Services & Facility Dog Edison, 1:30-2:30, pg. 21

**At the time the July 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](http://www.thetcol.org) or give us a call at (920) 939-3088 for the most current information.**

# Splash into Action!



Donate to the  
Matching Grant Today!



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

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



Thompson Center on Lourdes

*Celebrating life after 50*

**Mission**

*The Thompson Center on Lourdes provides opportunities for people 50 years of age and older to participate and connect through enriching activities in the Fox Valley.*

**Board**

Sue Arnoldussen

Greg Bell

Aoibh Greene

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Karen Harkness

Jack Meyer

Mary Beth Nienhaus

Ray Zuelke

**Board President**

Aoibh Greene

Friends,

IMAGINE is our chosen word for 2022, and here at the Thompson Center on Lourdes; we imagine a place with more participants, more programs, and more opportunities. Today, I invite you to imagine what we could spark together.

Have you ever imagined what might be possible with an additional \$20,000 here at TCoL and the impact it could make? Imagine, because donations this month will go twice as far thanks to the generous donation from the Otto Bremer Trust. Every single gift will be matched dollar for dollar, up to \$20,000.

I've always loved inspirational quotes, so I want to leave you with two that I came across that seemed to fit with our theme.

*"Everyone has the fire, but the champions know when to ignite the spark." - by Amit Ray*

*"You have to find what sparks a light in you so that in your own way can illuminate the world." -by Oprah Winfrey*

We deeply appreciate your continued support of TCoL. Our participation numbers continue to increase, and we are thankful to have generous donors support the mission at TCoL. Because of you, we remain focused on connecting people with enriching activities. Check out the newsletter to see some of those new activities starting soon!

With gratitude,

Djuanna Kath  
Executive Director

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2331 E. Lourdes Dr., Appleton, WI 54915 (920) 939-3088

# Otto Bremer Trust Matching Grant

## \$20,000 Matching Grant awarded by the Otto Bremer Trust

*"What is TCOL to me? It is my second home and family." - Joan S.*



*Being a member of the TCOL community has taught me to value the concept "we're not getting older, we're getting better"! - Maureen R.*



*"TCOL keeps me going in my senior years." - Marilyn B.*



**DONATE ONLINE!**



\*For more information on the Otto Bremer Trust visit [www.thetool.org](http://www.thetool.org)

### MY GIFT TO OUR TCoL FAMILY

**Yes, I/We** wish to participate in the **\$20,000** Matching Grant awarded by the Otto Bremer Trust

Name(s): \_\_\_\_\_

Amount of the gift \$ \_\_\_\_\_

In Honor of \_\_\_\_\_

In Memory of \_\_\_\_\_


Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Check Enclosed (Please make checks payable to TCoL or Thompson Center on Lourdes)

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



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**REPORT** suspicious claims or activities

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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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**valleyvna.org | 920.727.5555 | Neenah, WI**

# Grand Old Flag Picnic Celebration

**Monday, July 11, 2022**

**12:00 - 2:00pm**

**TCoL Cafeteria**

**Cost: \$5**

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

**Pre-Registration and Pre-payment Required**

Entertainment by: New Horizons Band



**Celebrate all things Red, White, & Blue during a summer-time picnic! Enjoy hot dogs and picnic sides as you listen to songs from the New Horizons Band!**

**Thank you Sponsors:**





# Back in the Saddle Again

## OLD WEST CELEBRATION

Monday, August 8, 2022

12:00 - 2:00pm

TCoL Cafeteria

Cost: \$5

RSVP: (920)939-3088

Pre-Registration and Pre-payment Required



**Saddle up! Put your boots on and mosey over to TCoL for a good ol' chuck wagon full of food - pulled pork or beef, potatoes, beans, and more! Come on down y'all for what is sure to be a rootin-tootin good time!**

Thank you Sponsors:



## CHAIR YOGA

MONDAYS: 11:00AM - 12:00PM

WEDNESDAYS: 11:00AM - 12:00PM

COST: \$3.00 or FREE for Silver Sneakers Members

PRE-REGISTRATION REQUIRED

No Class  
July 6th



## BILLIARDS

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

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

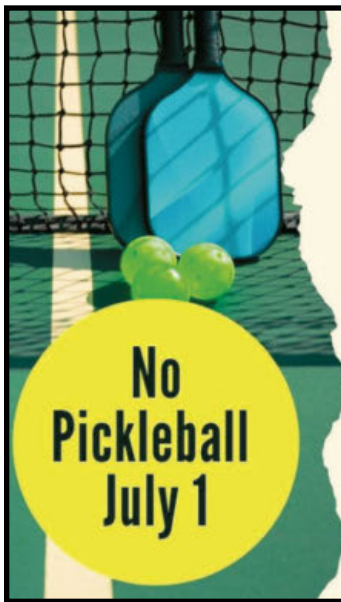
PRE-REGISTRATION IS REQUIRED

**\$2**  
Per  
Session

If you'd like the newsletter sent to you electronically,  
e-mail [register@thetcol.org](mailto:register@thetcol.org)



## Wellness Activities



# 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

### 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

**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.



*Moving made easy with the help of our professional partners!*



By Nature Home Styling, LLC (Amy) will help you choose what furniture to bring and create a personalized layout (2 hours free).\* Extra Hands, LLC (Cindy) will provide packing and unpacking assistance (4 hours free).\* All Senior Movers (Scott) will provide movers with a truck (first \$200 free).\*

Thank you to our moving partners



\*Subject to approval as a private pay resident.



## APPLETON

RETIREMENT COMMUNITY  
*Independent and Assisted Living*

*We would love to show you our community call for a tour and lunch!*

Contact Sara or Sheila at 920-954-9990 x1303 or 1304 | [welcome@appletonretirement.com](mailto:welcome@appletonretirement.com)  
[www.appletonretirement.com](http://www.appletonretirement.com) | 200 W. Packard Street, Appleton, WI 54911



## Wellness 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**

**New  
Program  
Starting!**

# Cardio Drumming

Thursdays, July 7th & July 21st  
11:00 - 11:45AM

Cost: \$2 - (920)939-3088

Pre-Registration Required  
Waitlist started - August Dates Available Soon

Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's a fun way to get your heart rate up and improve your rhythm. You don't need to be a drummer to do it! **Adaptable for any fitness level!**

Thank you!

**SCHEELS**

**HEID  
MUSIC**  
HeidMusic.com



# Ping Pong and Bean Bag Toss

Thursdays

1:00 - 4:00PM

# \$2

Pre-registration Required



Teacher: "More than 200 years ago, our forefathers defeated the British in the Revolutionary War."...  
Student: "Wow! They must have been pretty strong, four men defeating a whole army!"



## Wellness 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.*



No Class on  
July 1st



*Pre-Registration Required*



No Class on  
July 1st

# Gentle Chair Yoga

FRIDAYS

3:00PM - 4:00PM

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



*Pre-Registration Required*

# 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

# 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)

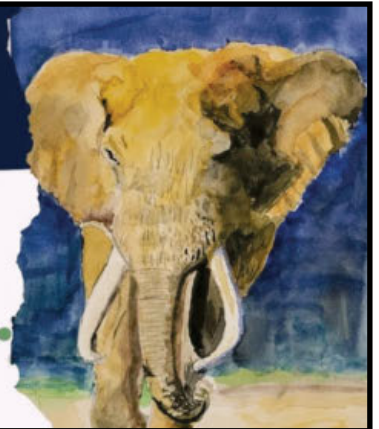
**PRE-REGISTRATION REQUIRED FOR PLAY**

*Watercolor Classes* **\$13.00**  
MONDAYS 9:00AM - 12:00PM **PER CLASS**

**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*

*Happy 4th of July!*

**TCoL will be closed  
Monday, July 4.**

## Activities

# TECHNOLOGY BASICS WORKSHOPS



## FREE 2:00 - 3:00PM

**MONDAY, JULY 11TH**  
Cutting the Cord

**MONDAY, JULY 25TH**  
Tech Basics Q & A

Workshops will cover  
computer, phones, and tablets

Pre-Registration Required

# Happy Birthday

TO ALL OF OUR  
JULY BABIES!



July is filled with picnics, parties, games and fun, good times, friends and laughter in the sizzling summer sun. Your birthday's just as special as fireworks in the night. May all your days and years explode with pure delight!

Receive one FREE activity during your birthday week! \*Additional program fees not included

# LOVE WHERE YOU LIVE

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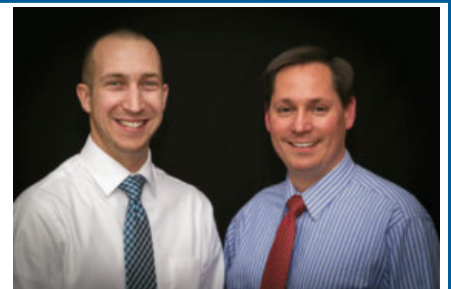
920.843.9499

[EAGLEPOINTSENIORLIVING.COM](http://EAGLEPOINTSENIORLIVING.COM)



## Haviland Hearing Aids, Inc

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[www.havilandhearing.com](http://www.havilandhearing.com)  
(920) 7337525



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Thompson Center on Lourdes, Appleton, WI

D 4C 01-1068

## Activities

# Sign Language Class

**TUESDAY, JULY 12TH & JULY 19TH**  
**9:30 - 10:30AM**  
**THOMPSON CENTER ON LOURDES**  
Pre-Registration Required

**\$2**



Sign language is both fun and educational. Join in one or both classes! No prior experience needed!

**All classes for the summer will be review!**

Join  
the...

# Summertime Singers!



**Tuesdays - Starting July 12th**  
**10:30AM to 12:00PM**  
**Cost: \$3 - (920)939-3088**  
**Thompson Center on Lourdes**



Do you like to sing? Are you interested in the choirs at TCoL? Join the Summer Choir and sing this summer! Everyone is welcome - No Experience Necessary. Call to register today!



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

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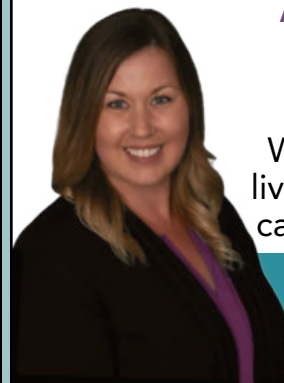
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Senior Care Advisor  
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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Thompson Center on Lourdes, Appleton, WI

E 4C 01-1068

## Activities

# Open Card Making/Scrapbooking

Tuesday, July 12th and July 26th

12:30 - 3:30PM

Cost: \$2 - (920)939-3088

Thompson Center on Lourdes

Pre-Registration Required

Do you enjoy making cards or scrapbooking? Bring your materials (we have some here too) and friends to TCoL where you can work on your projects or start something new! This will be a peer and self-led class. Please bring your own adhesive.



## Open Painting \$2

9:00AM - 1:00PM

**THURSDAYS** Pre-registration required

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



## FUSED STAINED GLASS CLASS

July Project: Crosses

Pre-registration  
Required

THURSDAY, JULY 7TH  
10:30-11:30AM OR 11:30-12:30PM

COST: \$10 - \$12  
(920)939-3088



Thurs. Aug. 4th  
11:30AM-12:30PM  
Kites

TCoL Activity Fee: \$2, Materials Fee: \$8-\$10/project to be paid separately.

## STAINED GLASS

THURSDAYS: 12:30 - 3:30PM

Pre-registration Required

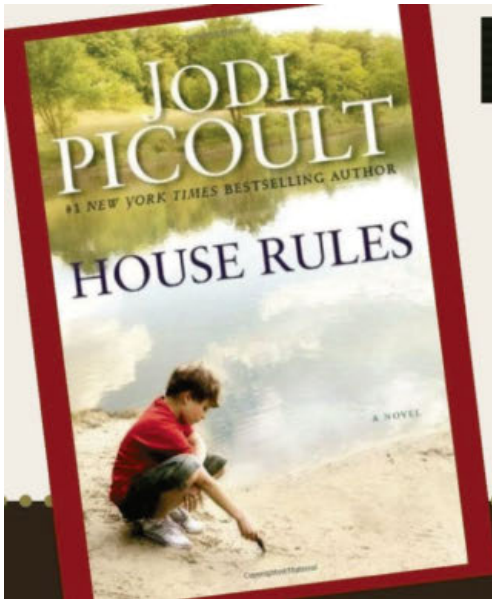
**COST: \$5 activity fee per class + project materials\***

(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!



## Activities/Programs



# Book Club

**THURSDAY, JULY 14TH**  
**1:30 - 3:00PM**  
**FREE - (920)939-3088**

**Thursday, Aug. 11th - 1:30-3:00PM**  
**The Heirloom Garden**  
**By: Viola Shipman**  
**Book Pickup Week of July 11th**



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

## SEWING & QUILTING

**FRIDAYS**

**10:00AM - 3:30PM**

- Ample Outlets Available
- Ironing Boards and Irons Provided

**\$2**

*Pre-Registration is 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.**



## MEDICARE AND HAIRCARE EVENT

**FRIDAY, JULY 8TH**

**10:00 - 2:00PM**



Kerry Evers from Midwestern Wellness & Insurance Agency will be at TCoL sharing Medicare information. **FREE Haircuts** will also be offered by Katie Baker, owner of Salon 604. Appointments will be taken for haircuts. Call (920)939-3088 to reserve your time slot!







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

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inclusa.org | 877-376-6113



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Rennes Health & Rehab Center**

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- Short- & Long-Term Care
- Assisted Living Private Apartments
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(Registered Nurse Specialist)

**(920) 944-5497**

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Thompson Center on Lourdes, Appleton, WI

F 4C 01-1068



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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

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### St. Paul at Home

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### The Hoffman Memory Care Resource Center

### St. Paul Palliative Care and Hospice Services

### The Memory Care Center within the Neuroscience Group

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

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- Wine service
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**920-731-8853**

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Thompson Center on Lourdes, Appleton, WI

G 4C 01-1068

# St. Paul Lunch & Learn St. Paul Elder Services, Inc. *Living a Spiritually Healthy Lifestyle* ... where life is cherished.

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

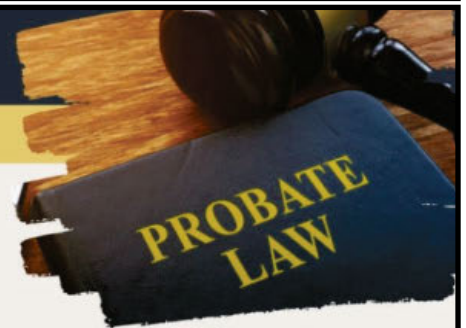


Spiritual health is equally as important as physical and cognitive health. Learn how spiritually driven strategies can help you to maintain a balanced well-being.

## Elder Law Workshop

Probate- What is it? Is it worth the effort to avoid?

**Tuesday, July 12th**  
**1:00 - 2:30PM**  
**FREE - (920)939-3088**  
**Thompson Center on Lourdes**



Pre-Registration Required

Many people think they need to avoid probate but many of those same people don't know what probate does in the first place. This session will discuss all things probate including: What is probate? What does probate do? What is subject to the probate process? How does someone avoid probate? Factors to consider when deciding to use or avoid probate.



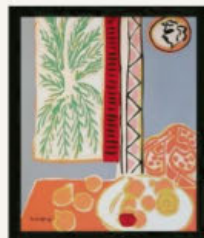
## Paint the Masters Series



Picasso

### *Mediterranean Landscape*

**Wed. July 13**  
**10AM - 12PM**  
**TCoL - (920)939-3088**  
Registrations must be received by Friday, July 8th



Matisse

### *Interior with Still Life*

**Wed. July 27**  
**10AM - 12PM**  
**TCoL - (920)939-3088**  
Registrations must be received by Friday, July 22nd

**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**

## Programs/Workshops

# *It's never too late to start Gardening with Native Plants*



Wednesday, July 13, 2022  
1:30 - 2:30 PM  
FREE - RSVP: (920)939-3088  
Thompson Center on Lourdes

Sue Forbes and Shannon Davis-Foust will talk about the multi-dimensional benefits of native gardening such as providing habitat, improving water quality, and capturing carbon. They will share how to pick native plants for containers and small gardens and how to manage them.



## **ORTHOPEDIC & SPINE THERAPY WORKSHOP** *TOPIC: MY ACHING NECK*

Tuesday, July 19th  
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](http://www.ostpt.com)

## **Take a Hike!** at Heckrodt Wetland Reserve

Wednesday, July 20th  
1:30 - 2:30PM  
Heckrodt Wetland Reserve  
FREE - (920)939-3088



Photo by:  
<https://heckrodtnaturecenter.org/gallery/photos>

Join us this summer as we explore local nature preserves. This month explore Heckrodt, a 91-acre non-profit urban nature reserve with a variety of habitats. Courtney will lead the group on an easy hike over boardwalk and gravel trails. (0.5 to 1.5 miles).  
**We will be meeting at Heckrodt** Rain Date: July 26th

**Meet at:**  
Heckrodt Wetland Reserve  
1305 Plank Road  
Menasha, WI 54952

# Medicare 101

FREE Educational Seminar



**Thursday, July 21st**  
**1:00 - 2:00PM**  
**Thompson Center on Lourdes**  
**(920)939-3088**

Turning 65? Need a refresher on what Medicare is? Then attend this FREE informational seminar on the parts of Medicare and what options are available to you. Stop in and see what is available for you! This is an educational meeting only



SPONSORED BY:  
5 STAR INSURANCE GROUP, LLC

**Pre-Registration Required**

# 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, July 26th**  
**9:30 - 11:00 AM**  
**FREE - (920)939-3088**  
**Thompson Center on Lourdes**



## Topic: Court Records

Court isn't just for the black sheep of the family. You may be surprised to find even your well-behaved ancestors in various court records! In this session we'll discuss the different types of court records and how to locate them. Please note that Probate Records will be discussed separately during August's session.

## Upcoming Programs

- August 30 -  
• Probate Records

**Pre-Registration Required**

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

# SENIORS AND LAW ENFORCEMENT TOGETHER

*Making a Difference in our Communities*



**Wednesday, July 27th**  
**1:30 - 2:30PM**  
**FREE - (920)939-3088**  
**Thompson Center on Lourdes**  
**Pre-Registration Required**



**Topic: Victim Services and Facility Dog Edison**  
Join Sgt. Lori Duven as you learn about the role of a victim services officer. Learn what role Edison has within the APD.  
**Presenter: Sgt. Lori Duven**



## Programs/Workshops



You are not alone. More than 5 million Americans are living with Alzheimer's and more than 16 million friends and family help provide care for them.  
Connect with others who understand.

alzheimer's  association®

# FREE CAREGIVER SUPPORT GROUP

July 27, 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.

Pre-Registration Required - (920)939-3088

A DAY IN THE PARK



FOR THE YOUNG AT HEART  
Formerly the Fox Glen Senior Center

Signature Sponsors:



Contributing Sponsors:



# A Day in the Park Bingo Party

Tuesday, September 20, 2022

9:00AM to 1:00PM

Riverside Park - Neenah

\$10 by Aug. 19th or \$12 after

Forms found at TCoL or any YMCA Location



# BUS DAY TRIPS

More Information at:  
[www.thetcol.org](http://www.thetcol.org)

## Best of Door County

**Door County Trolley Tour**

**Date:** Tuesday, October 4th

**Cost:** \$140

**Depart:** 7:45am **Return:** 5:30pm

**Register by:** Wednesday, August 31st

A day in Door County hitting all the best stops. Stop at the Wood Orchard Market, enjoy a guided tour at Eagle Bluff Lighthouse, experience a scenic narrated tour atop the 225-foot Limestone Bluffs, take a break for lunch at the English Inn, and enjoy wine tasting at Orchard Country Winery.

## White Christmas

**The Fireside Theater - Ft. Atkinson**

**Date:** Wednesday, November 30th

**Cost:** \$120

**Depart:** 7:15am **Return:** 6:30pm

**Register by:** Tuesday, October 25th

Based on the beloved film starring Bing Crosby, Danny Kaye, and Rosemary Clooney. With a series of romantic mix-ups and a dazzling score including "Blue Skies," "I Love A Piano," and the perennial title song, White Christmas is an uplifting musical any time of year but especially loved at Christmas. We will also stop at Jones Market before the show.



Register in-person at The Thompson Center on Lourdes or print out forms online at [www.thetcol.org](http://www.thetcol.org) and mail in with payment. Payment due at registration.

Schedules subject to change

# Thank You

# Thank you Civic League

For your sponsorship of  
the Celebration of  
Spring Choir Concert



**TCoL**  
Thompson Center on Lourdes  
Celebrating life after 50



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www.thelandingsofkaukauna.com

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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



“So Papa, what is the cow’s favorite thing to do?”, asked our three year old grandson, Danny. Of course, I had no idea and was more than happy to learn the solution- “watch mooovies”! And so has been my life- no real idea what I was getting into but happy to learn what it was all about.

I am a dyed-in-the-wool Jayhawk. I grew up in Norton Kansas. (Yes, the deer and antelope actually do play there!) I attended the University of Kansas, first as an undergraduate and then as a medical student. I did a family medicine residency in Madisonville, Kentucky, and upon completion, married my energetic wife, Kathy, who is from

Kansas City. After living in Norton for five years, we moved to Appleton, where we made our forever home. We have three grown sons and five grandchildren, ages 3-7. We are blessed that they all reside within the Fox Cities.

Beginning in 1985 and until retiring in 2017, I was a family practitioner in Little Chute. I have served on the board of St. Paul Elder services in Kaukauna and am active on the Outagamie County ADRC Citizen Advisory Committee. My current interests include playing with grandchildren, volunteering, woodworking, running, kayaking, reading and exploring with Kathy. I have not met a chainsaw I did not like.

Honestly, I had no idea of what I was getting into when I became a board member at TCoL in 2018-and it has been a learning experience! The evolution brought about by the efforts of participants and dedicated staff, volunteers and donors is incredible. I am continually amazed to see the effect of the opportunity TCoL offers people to enrich their lives in a way they wish. One aspect of serving on the board that I dearly appreciate is a common sense of pride shared by the board members for what TCoL is and a genuine excitement and optimism for what TCoL can become.

Jack Meyer

## VOLUNTEERS NEEDED

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

### FRONT DESK

2-6 hours per week

Monday AM/Thursday PM/Substitute



#### Tasks Include:

- Answering phones
- Greeting participants
- Registering and Checking in participants
- Utilizing the TCoL computer system

### EVENT SETUP AND CLEANUP

2-6 hours per month

9:00AM to 4:00 PM (varying shifts)



#### Tasks Include:

- Assisting Civic League with the setup and tear down of their monthly events
- Able to move tables and chairs
- Help to hang decorations, etc.



# Outagamie County July Menu

2022

# July

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



Monday

Tuesday

Wednesday

Thursday

Friday

	<p><b>The Thompson Center</b></p> <p>To make a meal reservation, please call 920-858-5619 the day before by Noon.</p>	 <p>- Due to National Supply Issues - Menus are Subject to Change</p>		
	<p>5</p> <p>Swiss Steak with Tomato Gravy Mashed Sweet Potatoes Steamed Broccoli Pears Wheat Dinner Roll Marble Cake</p>	<p>6</p> <p>Stuffed Green Pepper Casserole Corn Romaine Salad Salad Dressing Warm Applesauce Raisin Rice Pudding</p>	<p>7</p> <p>Brat Wheat Bun Baked Beans Potato Salad Fruit Cocktail Banana Fluff</p>	
	<p>12</p> <p>Honey Mustard Chicken Breast Rice Pilaf Mixed Vegetables Spinach Salad Salad Dressing Cinnamon Apples with Granola</p>	<p>13</p> <p>Sloppy Joe Wheat Bun Cheesy Potatoes Three Bean Salad Spiced Peaches Peanut Butter Cookie</p>	<p>14</p> <p>Beef Patty Au Jus Parslied Red Potatoes Chickpeas with Tomatoes Tropical Fruit Salad Wheat Bread Butterscotch Blondie</p>	
	<p>19</p> <p>Minestone Pasta Salad Summer Corn Medley Red Delicious Apple Vanilla Yogurt</p>	<p>20</p> <p>Shredded Pork Wheat Bun Stewed Tomatoes Sweet and Sour Cabbage Romaine Salad Salad Dressing Lemon Fluff</p>	<p>21</p> <p>Vegetarian Three Bean Chili Cottage Cheese Cornbread Orange Sugar Cookie</p>	
	<p>26</p> <p>Polish Sausage Wheat Bun Green Beans Cooked Baby Carrots Tropical Fruit Peanut Butter Cookie</p>	<p>27</p> <p>Scalloped Potatoes with Ham Mixed Vegetables Spinach Salad Salad Dressing Wheat Bread Apple Betty</p>	<p>28</p> <p>Chicken Fried Rice Oriental Vegetables Steamed Broccoli Cinnamon Pears Fortune Cookie</p>	

## 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](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.

 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 - JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*HELD AT SACRED HEART GYM 222 E. Fremont St. Appleton</b></p>		<div style="border: 2px solid black; background-color: yellow; padding: 5px;"> <p><b>BILLIARDS IS AVAILABLE EVERY DAY</b></p> <p><b>AM Session 9:00-12:00 PM Session 1:00-4:00</b></p> </div>		<p><b>1</b> Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Sew &amp; Quilt 10:00-3:30 Bridge 12:30-3:30</p> <p style="text-align: center; color: red;">Sacred Heart closed today</p>
<p><b>4</b> <b>CLOSED</b></p> 	<p><b>5</b> *Pickleball 9-11, 11-1, 1-3</p>	<p><b>6</b> *Pickleball 9-11 Open Cards 9:00-12:00 Tai Chi 9:30-10:15 Bingo 1:00-3:00 Euchre 1:00-4:00</p>	<p><b>7</b> *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 Cardio Drum 11:00-11:45 Fused Glass 10:30-11:30 Fused Glass 11:30-12:30 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> *Pickleball 9-11, 11-1, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 Medicare &amp; Haircut 10:00-2:00 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> Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Chair Yoga 11:00-12:00 <b>Picnic Celebration 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> *Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Sign Language 9:30-10:30 Summertime Singers 10:30-12:00 Card Making/Scrapbooking 12:30-3:30 Elder Law 1:00-2:30</p>	<p><b>13</b> *Pickleball 9-11 Open Cards 9:00-12:00 Tai Chi 9:30-10:15 Paint Masters 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Wild Ones 1:30-2:30</p>	<p><b>14</b> *Line Dance Beg. 9:45-10:45 *Line Dance Int. 11:00-12:00 Cribbage 9:00-12:00 Open Painting 9:00-1:00 Stained Glass 12:30-3:30 Sheepshead 1:00-4:00 Ping Pong &amp; Bean Bag Toss 1:00-4:00 Book Club 1:30-3:00</p>	<p><b>15</b> *Pickleball 9-11, 11-1, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 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> *Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Chair Yoga 11:00-12:00 Crochet &amp; Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00</p>	<p><b>19</b> *Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 Sign Language 9:30-10:30 Quilting Guild 10:00-3:00 Summertime Singers 10:30-12:00 Ortho Spine 2:00-3:00</p>	<p><b>20</b> *Pickleball 9-11 Open Cards 9:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Take a Hike 1:30-2:30 Euchre 1:00-4:00</p>	<p><b>21</b> *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 Cardio Drum 11:00-11:45 Stained Glass 12:30-3:30 Medicare 101 1:00-2:00 Sheepshead 1:00-4:00 Ping Pong &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>22</b> *Pickleball 9-11, 11-1, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 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>25</b> *Pickleball 9-11, 11-1, 1-3 Cribbage 9:00-12:00 Watercolors 9:00-12:00 Chair Yoga 11:00-12:00 Crochet &amp; Knit 1:00-3:00 Pinochle/Canasta 1:00-4:00 Technology 2:00-3:00</p>	<p><b>26</b> *Pickleball 9-11, 11-1, 1-3 Strong Bodies 9:30-10:30 APL Genealogy 9:30-11:00 Summertime Singers 10:30-12:00 Card Making/Scrapbooking 12:30-3:30</p>	<p><b>27</b> *Pickleball 9-11 Open Cards 9:00-12:00 Tai Chi 9:30-10:15 Caregiver Sup 9:30-11:30 Paint Masters 10:00-12:00 Chair Yoga 11:00-12:00 Bingo 1:00-3:00 Euchre 1:00-4:00 Appleton Police SALT 1:30-2:30</p>	<p><b>28</b> *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 Stepping On 9:30-11:00 Stained Glass 12:30-3:30 Stepping On 1:00-2:30 Sheepshead 1:00-4:00 Ping Pong &amp; Bean Bag Toss 1:00-4:00</p>	<p><b>29</b> *Pickleball 9-11, 11-1, 1-3 Wood Carving 9:00-12:00 Open Cards 9:00-12:00 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

**STAFF CONTACTS:** (920) 939-3088



**Djuanna Kath**  
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**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
- Copy Paper - White (8.5 x 11)
- Scrapbooking Supplies
- Postage Stamps
- Paint Brushes, Rollers, Painters Tape
- Swiffer Wet & Dry Refills
- Gift Cards (any denomination)
  - Target
  - Fleet Farm
  - Menards/Home Depot
  - Sam's Club
- Wireless Microphone & Speaker

Any Questions please call: (920)939-3088

Thank you... ❤️