THE GREATEST MUSIC FROM THE 50s, 60s, and 70s.

ANNUAL CORN ROAST AND FUNDRAISING GALA
FRIDAY, SEPTEMBER 12
TANNERS BAR & GRILL, KIMBERLY
SEE DETAILS INSIDE

SEPTEMBER IS FALLS PREVENTION MONTH
JOIN US FOR THE 5th ANNUAL FALLS
PREVENTION AWARENESS EVENT
TUESDAY, SEPTEMBER 16
Going...Going...Get Yours Before They are GONE!
Tickets for this year’s Thompson Community Center Corn Roast Fundraiser are now on sale and going fast! Tickets are limited, so be sure to get yours today! See page 4 for event details. We look forward to seeing all of you at the corn roast on September 12!

Thank you to our event sponsors for their generous support:

- Tanners in Kimberly
- 91.1 The Avenue
- St. Paul Elder Services
- Helen’s House
- Manor Care Health Services
- Ridgeview Highlands
- Pfefferle Management
- Brad Gehring
- Thrivent Financial
- American National Bank
- Kaukauna Recreation Department
- Kimberly Recreation Department
- Simple Simon Bakery

Thank you also to all the individuals and businesses who donated prizes for our raffle. We are very grateful to all of you!

The Thompson Café is now open on Monday with a limited menu! If you’ve enjoyed the Thompson Café’s wonderful home-cooked meals in the past or you are joining us for the first time, stop by to see us! Café hours are 11 am to 12:30 pm Monday through Thursday.

Are you, family or friends planning to attend Appleton’s License to Cruise or Octoberfest celebration September 26 or 27? Plan to park in the TCC parking lot and help us raise funds that support the programs and activities at the Center.

Now that I’ve whet your appetite with just a few of the exciting things happening at the Thompson Community Center in September, check out the tccBridge for the full calendar of events.

Juanita Harder, Thompson Community Center Director

Business Hours:
Monday — Friday from 8:30 am — 4:30 pm

The Thompson Community Center
820 W College Ave., Appleton, WI 54914
Phone: (920) 225-1700

www.thompsoncenter.org

The Bridge is a monthly newsletter of events, activities and services at the Thompson Community Center. These offerings are provided in partnership with the YMCA, ADRC, Fox Valley Technical College, Globe University, the Community Foundation of the Fox Valley Region and the United Way.
tcc bridge

The Thompson Community Center (TCC) is committed to enhancing the quality of life of adults and their families through a network of activities and services that focus on improving emotional, intellectual, physical, social and spiritual wellness. TCC hosts over 60 different services and activities and is “Your Source” for wellness activities.

DEAR READERS

Hearing loop available in Ogilvie

features

What's going on at the Thompson Community Center
Mark your calendar

Special events
Family friendly, fun

Exercise your body
Class schedules
Yoga, strength, line dancing

Health Services
Nurse on duty
BP, Weight, Foot Care

Exercise your mind
Class schedules
Computer, Art, 2nd language

also...
Support Groups — page 16
Volunteer — page 21
Calendar of Events — page 23

Corn Roast and Fundraising Gala

Falls Prevention Awareness Event

Wellness Lab Screening
Thompson Community Center
Annual Corn Roast Fundraiser
All profits support programs & events of the Thompson Community Center
Ticket cost $20.00
($10.00 is a tax deductible contribution)
Please make checks payable to TCC/LSS
Corn Roast/Band Tickets available to purchase at the following locations
Thompson Community Center, 820 W. College Ave., Appleton
Tanners Bar & Grill ,730 S. Railroad St., Kimberly
Kaukauna Recreation Department, 201 West Second Street, Kaukauna
For more information call the Thompson Center at 225-1700

Featuring

Friday, September 12
At Tanners
730 South Railroad Street-Kimberly
Dinner served from 5 pm until 6:30 pm
Entertainment 7 pm - 10 pm
Dinner plate includes: Grilled Corn
Brat or Hamburger
Potato Salad, Baked Beans, Dessert
Coffee & Water

*Cash bar is available for all other beverages*
* Extra brats & burgers will be available to purchase*

*Raffle tickets will be available to purchase the night of the event – Must be present to win*

Basket Raffle
50/50 Raffle
Raffle tickets for sale at the door
$1.00 each / 6 for $5.00 / 25 for $15

Limited tickets available – get your tickets early!
No reserved seating - Payment is non-refundable

Greatest hits of the 50s, 60s and 70s

the Del Ray's
Potluck & Entertainment
Monday, September 15
Noon – 2 pm
Featuring
Steve Shultz
Music from Big Band Era, Broadway, Rock n Roll, Country, 50s & more
Cost $2.00 plus a dish to share

1335 S. Oneida St.,
Appleton
920) 731-6646
hcr-manorcare.com

2915 N. Meade St.,
Appleton
(920) 993-6800
appletonhealthcarecenter.com

1939 N Richmond St.,
Appleton
(920) 734-9962
littledinerxpress.com

Sign up at the front desk or call 225-1700
Meet your friends for lunch in the café.
Tuesday, September 23
1:15 p.m.
Suggested donation: $2.00
Popcorn bag 25¢
Due to licensing agreements, we cannot advertise the name of the movie in the newsletter. Please call the front desk for the name of the movie, and to sign up, at 225-1700

Thank you to our 2014 Corn Roast Sponsors

St. Paul Elder Services
316 E. Fourteenth Street, Kaukauna
920.766.6020
Sponsored by
The Franciscan Sisters of Christian Charity

730 South Railroad Street-Kimberly

Manor Care Health Services
Ridgeview Highlands
Pfefferle Management
Brad Gehring
Thrivent Financial
American National Bank
Kaukauna Recreation Department
Kimberly Recreation Department
Simple Simon Bakery

Thank you for partnering with the TCC for our Annual Corn Roast Fundraiser

920.574.7068 cell www.helens-house.com

Wisconsin Distributors

Tuesday, September 23
1:15 p.m.
Suggested donation: $2.00
Popcorn bag 25¢
Due to licensing agreements, we cannot advertise the name of the movie in the newsletter. Please call the front desk for the name of the movie, and to sign up, at 225-1700

Meet your friends for lunch in the café.

Admit One

Movie
Thompson Community Center Presents

**Bobby Rivers Live**

**Playing the best of the 50s & 60s**
Thompson Community Center - 820 W. College Ave. Appleton

**Cost $12**
Cash or check made payable to TCC/LSS
For more information or to order tickets
Call (920) 225-1700
Reserved seating limited to groups of 10 more signing up, paying and purchasing tickets all at one time
Tickets for sale at the Thompson Community Center
*Limited Seating Available*

**Menu:**
Stuffed Pork Chop
Potato, Vegetable
Dessert & Coffee

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**Coming Events**

**Movie**
Tuesday, October 28

**Potlucks**
Noon to 2 pm Cost $2.00 plus a dish to pass
Monday, October 6 – “Among my Souvenirs” Show

**Saturday night dance**
October 4 – Jim Vollmer
Waltzes, Foxtrots/Two Beats, Swing, Polka, Latino, Light Rock

October 18 – Carol & the Keynotes
Polka is their specialty, plus Waltzes, Country and a little Rock ‘n Roll

For upcoming events ticket sale dates and further details, please watch for more information in future newsletters or call 225-1700

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**Friday, October 24**
Doors open 5:30 pm
Dinner 6:00 pm
Entertainment
7:00 pm to 9:30 pm

**Thursday Night Dances**

**September 6 – The Behms**
Music of the 40s - 60s doing Polka’s, Waltzes’ and Country Music

**September 20 – The Dynamics**
Formerly known as the Heritage Jazz Band- Playing all your favorite dance music

Doors open at 6:30 pm – Dance 7 pm
Cost $5.00 payable at the Door
CARD GROUPS AT THE CENTER
Cost for all cards: $2.00
Mondays, 8:30 am – Cribbage
Mondays, 12:00 pm – Pinochle,
Tuesdays, 12:00 pm – Canasta H&F
Wednesdays, 1:00 pm - Euchre** Looking for new players to join this game!
Thursdays, 8:30 am – Cribbage
Thursdays, 12:30 pm.- Sheepshead
Fridays, 12:30 pm - Bridge (open) & Canasta

BINGO
Wednesdays 1:00 pm
The $2.00 charge for Bingo will be going toward the purchase of TCC cafe bucks to be used for prizes.

TATTING CLUB
1st Monday of each month, 9:30 am  Cost: $2.00

POOL
Mondays, 1:00 - 4:00 pm, Cost: $2.00.
Thursdays, 8:30 am - 12:00 pm, Cost $2.00.
Three 8’ tables available Monday – Friday 8:30 am - 4:30 pm, Cost: $2.00. Stop at the front desk for key.

SHUFFLEBOARD
New Summer Hours—after Grampa’s Grill Out
Thursdays, 1:00- 4:00 pm, Cost: $2.00
Shuffleboard is looking for more players - join now, it’s fun, simple and we’ll teach you how!

WOODCARVERS
Fridays, 9:00 - 12:00 noon. Cost: $2.00 ( Newbies Welcome)

CROCHET
Instruction available
Mondays, 1:00 – 3:00 pm Cost: $2.00

CRIBBAGE LESSONS
Tuesdays - 9:30 am Cost: $2.00
If interested, please call Phyllis 733-6801.

SHEEPSEHEAD LESSONS
Tuesdays, 9:30 am-noon, Cost: $2.00.
If interested, please call Phyllis 733-6801.

CANASTA HAND AND FOOT
Tuesdays & Fridays, 12:00 – 4:00 pm Cost: $2.00
1st time players, please register with Ila Mae, 788-2256.

It is important to us that you understand how important it is to your well-being to connect with other people. The Thompson Community Center offers many options to stay connected—whether it’s a sense of community, your need for health services, your desire for continuing education, or a leisure or social activity catching up with friends over lunch at the Thompson Café.

2014 YMCA BUS TRIP SHORTS
Trips have a wide variety of mobility requirements and may fill quickly. 2014 Trip info is available on fliers and the 2014 Bus Booklets in the TCC lobby and on the YMCA website www.ymcafoxcites.org. Use registration link – key words bus trip. Call 954-7610 with any questions. Bus trips make great gifts!

TRAILS & WATERFALLS
Wednesday, September 24.
Board the coach for a trip north to Marinette County and discover the beauty of the “waterfalls capital of Wisconsin”. Visit several waterfalls and parks. Walk or just relax and take in the sound of the gurgling streams and falling water. Picnic lunch provided.

LAKE GENEVA CRUISE & ANTIQUES HUT
Sunday, September 28
Enjoy a visit to the Elkorn Antique Flea Market with 500 vendors, with merchandise ranging from refined furniture, pottery china, glassware and everything in between. Mid-afternoon, relax during a narrated cruise and tour of Lake Geneva on board the Grand Belle of Geneva.

BIRDS IN ART & MAGICAL FOXES
Thursday, October 9
Travel to Marathon County and tour the 1930’s site of the astonishing success story of the famous Fromm’s Fur Farm, home of the “million dollar foxes.” In the afternoon, see the flagship exhibition of the Woodson Art Museum - Birds In Art. See the very best contemporary artistic interpretations of birds and related themes and learn from a museum docent during a guided tour.

Rest and be thankful.
William Wadsworth
Happy Labor Day
THOMPSON CAFE
located in the Thompson Community Center

GRAMPA’s GRILL OUT, SERVING EVERY THURSDAY!
Every Thursday throughout the summer, we will be grilling up Johnsonville brats, chicken breasts, 1/3 lb. all beef hamburgers, and veggie burgers (spicy bean) served on a fresh bakery bun. We also have delightful sides of potato salad, coleslaw and fresh fruit cups. Check out the meal deal: a meat item, side and soda for one low price! Our fresh salad bar is available on Thursday too!
Serving 11:00 am -1:00 pm Inside & outside seating.

The Thompson Café is now open on Mondays (in addition to Tuesdays and Wednesdays) from 11:00 am -12:30 pm. The menu will be soup, sandwiches, fresh fruit cups, side dishes, and our usual coffee, tea, and water beverages. On days when the Potluck is scheduled, the Café will be open from 12:00 – 1:00 p.m. check the monthly menu for selections. Come and join us for lunch!

Order Corn Roast tickets by mail! Send form with payment (check made out to TCC-LSS), and self-addressed, stamped envelope.

Order early - limited seating!

Name: _______________________________________

Phone number _________________________________

Address ______________________________________

City_________________________________ State____ Zip_______

Number of tickets _________ @ $20.00 ea.

Amount Enclosed ______________________

Mail to: TCC Ticket Sales
820 W. College Ave
Appleton, WI 54914

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Home Health
Housekeeping, Errands, Meal Preparation, Shopping, Medication Management, Personal Cares
Plus: RN’s, LPN’s, CNA’s
Physical, Occupational & Speech Therapy
FOOTCARE

Foot Care at the Thompson Center: This service is available to anyone. Appointments are available Monday through Thursday. The cost is $25. New clients pay an additional $5 fee for their first visit. To arrange an appointment at the Thompson Center, please call 920-225-1727.

The LSS registered nurse has received special training in foot care, and can assess feet, toenails and lower legs, discussing any concerns that are observed. The assessment includes pulses, inspection between the toes and the bottom of the feet, and checking for sensation. The nurse uses both a nippers and a dremel with specialized bits to trim and reshape the nails. A foot massage, including the application of lotion finishes the toenail care.

Foot Care in the Home: Appointments are scheduled Tuesdays and Wednesdays. Participants may donate toward the cost of the service. Call 225-1722 to make an appointment for foot care in the home. This service is for Outagamie County residents age 60 and older who are not able to use community foot care clinics throughout the county. LSS offers this service in collaboration with the Aging and Disability Resource Center, Outagamie County Branch. This service is funded by the Federal Older Americans Act.

WELLNESS CLINIC

The nurse is available to provide services such as blood pressure checks, blood sugar checks, medication reviews, and answers to general health questions. Services are available on a walk-in basis.

The Wellness clinic is open:
Tuesday - Wednesday - Thursday
9:00 - 10 am and 11:30 am - 12:30 pm

Feel free to call the clinic with any questions, 225-1759

Various health screenings are scheduled during the year. Pharmacist consultations can be arranged through the clinic.

What Does Falls Prevention Mean?

Individuals that are 65 and older are more at risk for falling and the risk increases as age increases. According to the CDC (Center for Disease Control) one out of three older adults 65+ will experience a fall, but most are not reported to any health care provider. These falls can lead to both nonfatal and fatal injuries and account for $30 billion in direct medical costs.

Other than the financial costs, let us look at the other consequences of falling. 95% of hip fractures are caused by falling, which is almost twice more in women than men. Traumatic brain injuries are most commonly caused by falling, 46% result in death. When falling, if the head hits any surface, ie: floor, wall, table, toilet, or any other object, it is very important to contact your health care provider especially if the medication being taken is an anticoagulant (blood thinner) ie: baby aspirin, Warfarin/Coumadin, Plavix, Heparin, or one of the new anticoagulants on the market. This can cause excess bleeding in the head and cause a Subdural Hematoma (brain bleed), this can be fatal.

What are some of the solutions to the issue of falling? Review medications with either your doctor or a pharmacist to find out if dizziness is a factor in these medications. The standard for blood pressure has increased to 140/90 before medication is given in most adults 60+. Falling due to dizziness and light headedness is the reason for this. Please ask your provider for your own individual case, medications may be needed for a particular reason other than blood pressure. Exercise regularly, it will increase leg strength and improve balance. If this is not possible, do leg exercises from the seated position or laying position. Have the proper help aides in the home to help with steadiness, ie: shower chairs, grab bars in the bathroom and throughout the home. Eliminate throw rugs and find someone to help with housework if needed. Ask your provider to get a physical therapy or occupational therapy consult, - they are professionals that can assess your home and make suggestions to keep from falling. Get eyes checked, making sure the prescription of the glasses are correct. If they are not corrected, your balance or depth perception could be affected.

I would like to address the subject of what to do when you fall. This is going to depend on if you are alone or have someone who can help get you up. Never allow someone to pick you up alone if you are flat on the floor, only the professionals should do this. If this individual picking you up is not strong enough, they could end on the floor next to you. If you are not hurt and have not broken anything, try and get to the kneeling position and use a chair to pull yourself up. If you are unable to get off the floor, what would you do? My suggestion is to have a Lifeline or some other product that will allow you to push a button for help. It can be worn on either a wrist band or necklace, This service will contact individuals on your call list first and call 911 if needed.

When I was working in the hospital there was an individual admitted who had fallen in the bathroom and broke a hip. This person laid on the floor for three days until someone couldn’t reach her and called 911. The fire department broke into the home to rescue her. She did not have any
food, water, access to daily medication or bathroom facilities for three days. Dehydration, open sores and a broken hip were the results. I strongly encourage everyone who lives alone to have such a device. It could save your life. Pride should not be an issue - we are all getting older and we need to ask for help - there is nothing wrong with this. We are living longer and need to protect ourselves for unforeseen situations that may arise..

WELLNESS LAB SCREENING  
Tuesday, September 23  
7:30-10:30 am  
Thompson Community Center

Consultants Laboratory of WI, LLC is the provider for the Wellness Lab Screening. The names of the tests have changed, but are comparable to tests in the past. When coming to the screening, please bring your doctors name and phone number. $3 donation per person is required.

- Chem 20 + Lipid (12hr fast) $30  
- Chem 20+Lipid+CBC (12hr fast) $35  
- Lipid + Glu (12hr fast) $25  
- CBC (Complete Blood Count) $20  
- TSH (Thyroid) $30  
- Hemoglobin A1C (12hr fast) $25

Please call for an appointment at 920-225-1700. To have results sent to your home bring a self-addressed, stamped envelope or come to the Wellness Clinic, Thursday, September 25, 8:30-3:30 for an explanation of results. All critical labs will be called to your M.D.

The Thompson Community Center is offering a Falls Prevention Awareness Event on Tuesday, September 16, from 9:30 to 11:00 am. I encourage you to attend to see what is available. You may not need it now, but prevention is the key to less falls.

Terry Langkau 225-1759  
www.cdc.gov › Injury Center

5th Annual Falls Prevention Awareness Event  
Tuesday, September 16  
9:30 am to 11:00 am

September is National Falls Prevention Month. Join us for this FREE educational event and learn how to prevent a fall and possible injury.

Program:
- Balance screening
- Blood pressure checks
- Chiropractor
- Community safety
- Door prizes
- Exercise demonstration
- Home safety education
- Medication presentation and consultations
- Proper footwear
- Walker and cane evaluations

Sponsors:
- Aging Disability Resource Center
- Affinity Visiting Nurses
- Appleton Police Department
- Boots Chiropractic & Wellness Center
- Brewster Village
- BrightStar Care
- Eye Care Center
- FVTC-OTA Students
- LifeDirect
- Network Health
- Neuroscience Group
- New Balance Fox Valley
- Office of the Blind and Visually Impaired
- Rehab Arisces
- Ridgeview Highlands
- ThedaCare at Home
- Thompson Community Center
- Walgreens
- YMCA

Come to the event and get a coupon for “$1 Off Lunch” at the Thompson Café.

Flu Immunizations Clinic  
Tuesday, September 23, 8:30-10 am or Monday, October 20, 10 a.m.-12 pm  
Thompson Community Center

Medicare Advantage & Medicare accepted, otherwise $35.00 each.

No appointments are necessary.

Open to all in community and all ages. Copps Pharmacy and Thedacare Sponsored.

Call for Any Questions (920) 225-1700
Yoga for Life
In this community series, yoga is therapy - your cocktail blend for living well. A warm welcome to those with any health concerns, who have under-gone surgery and/or therapy, and who have the intention to enjoy a vibrant quality of life. Classes take a gentle approach and include modifications and variations to compassionately accommodate and encourage all to feel supported and cared for during practice. Please bring a yoga mat and any personal props you prefer. Blankets, blocks and straps will be provided.

Gentle Yoga
Mondays 11:00 - 12:00 pm Cost: $7.00 per class
Paced slowly to balance ease with effort for all.

Yoga Therapeutics
Thursdays, 11:00 – 12:00 pm Cost $7.00 per class
A means to discover and recover a greater sense of peace and health with a focus on simplicity & awareness.

Chair Yoga
Fridays 11:00 am - 12:00 pm Cost: $7.00
Gain strength, range of motion, confidence, & connection to a deeper sense of calm & clarity with chair based yoga movements, mindfulness, & breath work. Designed specifically for those who feel more comfortable using the support of a chair while seated or standing to develop greater balance, strength, ease of functioning, & mental alertness. Excellent for those using a walker, cane, or simply want to avoid deep knee or hip bends while participating.

Fee payable at the beginning of class by cash or check made out to TCC. - LSS  No registration necessary – Please note Yoga schedule is subject to change. Any unforeseen cancellations will be communicated via phone call, email, or other form. Contact front desk, 225-1700, or Julie Vosters 920-574-0548, jcvosters@gmail.com, before your first class, or if you have not been to classes for a few weeks, to confirm the schedule.

Balance and Flexibility
Tuesday/Thursday 9:30 – 10:15 am
Seven-week session starts September 9
Next session begins October 28
Cost: $49
Improve balance, flexibility and core strength and help prevent falls. Perform simple exercises seated, standing and walking which will move you into a better physical state. Class participants notice increased stability and progressively improved balance. All fitness levels will benefit.

Strength and Resistance
Tuesday/Thursday 8:35 – 9:20 am
Seven-week session starts September 9
Next session begins October 28
Cost: $49
Learn the basics of strength training using multiple tools (free weights, small weighted balls, exercise bands) and one’s own body weight. Participants can work from a seated position or standing and according to their own ability level. Everyone can benefit from strength training and exercises are adaptable to all fitness levels.

Fall is a great time to start a fitness program because you’re going to create good habits for the holiday season and the upcoming winter months.
Joyful Qi Gong
Friday 12:15-1:15 pm
Seven-week session starts September 12
Next session begins October 31
Cost: $38
Enjoy a gentle workout where students concentrate, breathe and move. A mind-body class where movement is freer than in some Tai Chi classes. Practitioners experience greater awareness, calm, relaxation as well as stretching and strengthening their bodies. Qi Gong can be learned and practiced by people of all ages and most physical conditions.

T’ai Chi Therapy
Thursday 5:00-6:00 pm
Seven-week class starts Thursday, September 11
Next session begins October 30
Cost: $28
An introductory class suitable for seniors, refresher students and other individuals new to the discipline. Students learn a "form" moving from one position to the next very slowly, maintaining a neutral posture. Learn to breathe more deeply, to focus and to relax. T’ai Chi helps to achieve mental and physical balance through graceful exercise.

Strong Bones - Advanced
Tuesday/Thursday mornings
6:45 am-7:45 am
 Starts Tuesday, September 2
12 week class
Cost: $25 for the 12 week session
For more information or to register, contact Nancy Krueger at (920) 740-9572 or nkrueger@vpind.com

Strong Bones
Monday/Wednesday evenings
5:00 pm-6:00 pm
Starts Wednesday, September 3
12 week class
Cost: $25 for the 12 week session
For more information or to register, contact Nancy Krueger at (920) 740-9572 or nkrueger@vpind.com
CHORUS
To all “Singers” in the community
The two choirs at the Thompson community Center had a wonderful past season. The Spring and Christmas Concerts were well attended and well liked. Both choirs put on their concert at the library and were well received. We also spent time at extended care facilities and nursing homes. We are hoping to do the same this year, but we need all members to return and would like to have new members joining us. For more information, call Ardyth at 882-9164. Rehearsal dates:
- Hallelujah Chorus
  Mondays at 9:30 am starting September 8
- Young at Heart Singers
  Tuesdays at 10:30 am starting September 9

ENRICHMENT CLASSES – MUSIC
Private Piano Lessons
Monday mornings
Seven-week session starts September 8
Next session begins October 27
Cost: $108
Develop new neural pathways and add life to your years! Beginner through advanced instruction for adults. Beginners learn notes, rhythms, cords and basic theory applications. Janelle is a 20+ year member of the Music Teachers National Association. Call Sue or Jenny at 920-954-7610 to schedule your time slot.

Singing Class “Express Yourself in Music”-
- Thursdays 11:00 - 12:00 p.m.
  September 11 - October 16
Cost: $48/six week session includes all materials Call Kathryn at 920-263-0777 for registration & payment.
This Singing Class is offered by Kathryn Staley-Hamm, voice teacher for Mike’s Music in Fond du Lac and American Music Hub in Appleton. Class is aimed at raising the level of your individual singing talent in a group setting. With this basic singing approach technique, you can learn to improve your talent and have fun experiencing different styles of music. Developing your voice can give you the confidence and the opportunity to share your gift with others. A minimum of 6 students will be required to hold the class and a max. of 12. For more information view her web site www.purevoice.us

COMPUTER CLASSES
The Appleton YMCA offers small group computer classes of no more than 7 adult students. Instruction is offered using desktop personal computers. Operating systems currently available include Windows XP, VISTA, Windows 2007 and Windows 8. Versions of Microsoft Office available include MS 2003 and MS 2010. For all classes beyond the introductory level (C101), the instructor reserves the right to refer students to the appropriate level course. Students who prefer to use a personal laptop computer may bring it to class; please call the Adult Department at (920)954-7610 to let us know in advance. See class registration information above. All classes are held at TCC.

NEW! Private Individualized Computer Lessons!

iPad Basics and Beyond
Learn how to better use and understand your iPad. During this one-on-one session, explore the basic features of your iPad, the bottom circle button, built in apps and more.

How to Work Your Tablet
Do you have a Kindle or Nook and you’re still not sure how to use it? Learn important tips and tricks to help you get the most out of your tablet.

Customized Personal Computer Advice
Need help creating your online scrapbook? Looking for ways to edit your favorite pictures? Whatever your computer project is, we’ll create a customized learning experience to help you complete the job you’re working on.

Private computer lessons can be arranged at most levels and on many topics including Excel, Word and PowerPoint. Contact the Adult Department at the Appleton YMCA.

Computer 101
Cost: $89
Monday/Wednesday Mornings 10:30 am - Noon
Class begins Monday, September 8
Next session starts Monday, October 27
An introductory class for students who wish to learn the basics of computer skills and operations. This class will help increase your comfort level with computers by looking at how to use the Internet and how to send and receive e-mail. 6 weeks. Up to 18 hours of class. This class is NOT for new computer students with Windows 8 Operating System on their computers. See Windows 8 class description.

For this introductory class, financial assistance on a limited basis is available for those who qualify. Please contact the Appleton YMCA Adult Department to apply.

Computer 201
Cost: $89
Monday/Wednesday afternoons 1:00 - 2:30 pm
Class begins Monday, September 8
Next session starts Monday, October 27
This class is for students who use their computers on a regular basis, who understand their mouse, their keyboard – but who would like to learn more about particular features. 6 weeks. Up to 18 hours of instruction.

Windows 8 – From Square One
Cost: $74
Thursday 10:30 am – Noon
Class begins Thursday, September 11
Next session starts Thursday, October 30
An introduction to the basics of Windows 8 for users of all skill levels. You must bring to class a laptop computer running the Windows 8 operating system. The class size is limited to 7 students. Up to 9 hours of instruction, 6 weeks.
NEW!!  iPAD BASICS
Cost: $35
Thursday 1:00-2:00 PM
Class begins Thursday, September 11
Next session starts Thursday, October 30
Learn how to better use and understand all the features of your iPad. Using and adding "apps", taking pictures and videos, using FaceTime, using your calendar, access to Facebook, downloading songs and videos - just for starters. You must bring a fully set-up iPad to class. Up to 4 hours of instruction, 4 weeks.

Online Photo Management using Picasa
Cost: $18
Workshop meets Tuesday, September 23
1:00 - 3:00 pm
This class presents an overview of the software Picasa, a program for organizing and editing digital photos. Learn how to download, install and use the basics of the program. (This is not a class in digital photography.) If you have a laptop and know how to save and retrieve files, bring it to class. This is one 2-hour workshop.

Digital Photo Transfer – From Camera to Computer
Cost: $18
Workshop meets Tuesday, September 23
10:00 am - Noon
Learn how to move your photos from camera to computer. Bring your camera and its connection device—either cord or card. If you have a laptop and you know how to use it to find and manage files, bring it to class for a 2-hour workshop.

Facebook for Desktops and Laptops
Cost: $39
Wednesday evenings 6:00-7:30 pm
Class begins Wednesday, September 10
Next session starts Wednesday, October 29
Have you always wanted to join Facebook, but you are not sure how to start? Here is your chance. During this class you'll learn the basics and important security setting tips to help you get started on this social network. Class will be taught on a PC or bring your laptop. Not for mobile devices. Skills learned can be transferred to your hand-held device. For more information contact the Appleton Adult Department at 920-954-7610. Up to 6 hours of instruction. 4 weeks long.

Bible Study
Wednesday, September 10
9:30 am
The Book of James. This is a 9-week video and study book series by Beth Moore, how we can put our faith into action. Topics include joy, hardship, faith, wisdom, humility, prayer, and more. Books are about $18.00, plus a $2.00 weekly fee for use of facility. Everyone welcome to join us. For sign up or more information, please call Shirley Mader at 739-1407 (Email mapamader633@gmail.com)

ART CLASSES
Watercolor
Tuesdays, 9:00 - 12:00 pm
Cost: $75/six weeks
Starts September 2
Learn watercolor painting from local artist, Carol Dercks.
Sign up at TCC front desk.

The Paint the Master's Series
The Paint the Master’s Series continues! These fun and relaxing classes include all the paint, paintbrushes, canvas and instruction you need to create a copy of a master Impressionist’s painting to take home! No painting experience required. Instructor Trudy Iervolino
Call 608-729-5881- pre registration required for each class.
To register, leave name, date and location of class.

Paul Guaguin
Tahiti
$30
September 8
6-8:00 pm

Poppies
Traditional Asian
$30
September 22
6-8:00 pm

SPANISH CLASSES
Fall session begins September 11
Call the Appleton YMCA Adult Dept for more information
920-954-7610.

Spanish Level 1
Thursdays - Time 5:30 - 6:30 pm
Cost: $75
This is a 14-week continuing class. September 11 - December 18
Have fun learning Spanish! Spanish Level 1 is an introduction to basic Spanish for adult beginners. Learn to speak and understand small amounts of general and basic Spanish found in most routine interchanges in daily life. Students will participate actively during class to develop listening, speaking, reading and writing skills. Students learn vocabulary through experiential and topical lessons.

Spanish Advanced
Thursdays - Time 4:00- 5:30 pm
Cost: $85
This is a 14-week continuing class. September 11 - December 18
Continue building language ability with use and application at the next level. Develop your ability to build bridges with other Spanish-speakers as you learn some language and some culture and strengthen our community.
**Mental Health**

**Visually Impaired Persons Support Group**
Tuesday, September 9
12:30 pm
Is coping with changes to your vision making your daily life challenging? If so, the members of the VIP support Group would like to help. In case of inclement weather, call 225-1700 to confirm meeting will be held.

**Side by Side** (920) 225-1713
Offers certified substance abuse outpatient treatment services and continuing care, with an emphasis on relapse prevention. Program staff provide assessments, referrals, individual and family counseling with outreach as needed. Clients engage in a variety of activities offered at the Thompson Community Center. Services offered through various payment options: sliding-fee scale, insurance, and suggested donations. For people 50 and older.

**Adult Day** (920) 410-2445
Is it harder to do all the things that need to get done and support your loved one who is getting frailer? Individuals participating in the Adult Day Center enjoy recreational activities, exercise options that fit their abilities, and companionship. Lunch, snacks and care services are provided. Each participant and their family can select a schedule that meets their needs, anywhere from a half day per week to five days per week. If you would like to arrange a visit to the center to learn more, call Sarah at 920-410-2445.

**Elder Match** (920) 225-1704
This program matches trained volunteers with older adults who are in need of companionship, friendship, and social interaction. Visits are weekly and flexible, and involve being a “Friendly Visitor”, or a “VIP (visually impaired person) Reader” or a “Telephone Reassurance” contact. Volunteers are needed for this program, and are coordinated in cooperation with the Volunteer Center of East Central Wisconsin. If you are interested in volunteering or having an Elder Match visitor, please call.

**Alzheimer’s and Dementia Caregivers Support Group**
Wednesday, September 24
9:30 - 11:00 am
At the same time, there is an engaging activity in the Memory Loss Resource Center for your partner while you attend the support group. Come as you are, no RSVP needed.

**Keep Fit with MindWorks**
Are you forgetting things that are important?
Are you forgetting important appointments? Are you having trouble keeping track of important tasks you need to do? You may want to explore whether LSS’ MindWorks would benefit you.

MindWorks brings together individuals experiencing early memory loss to engage in activities that provide mental and physical stimulation. The regular meetings build a network of peers who can share and support each other.

MindWorks members meet two times per week for four hours each day. Each session includes memory and cognitive activities to stimulate the brain, activities that stimulate self-expression and language, light physical exercise, and information and education about community resources of interest.

MindWorks at the Thompson Center Meets Mondays and Wednesdays from 11:00 am to 3:00 pm or Tuesdays and Thursdays from 11:00 am to 3:00 pm. Each class includes lunch. A monthly fee is charged for participation. To learn more, call Sandy Sandee at 920-225-1712 or Kris Fischer at 920-843-2067.

**One-to-One Volunteer Opportunity**
Do you have an interest in working one-on-one with someone doing brain fitness activities? Are you patient and caring? Do you enjoy word games and music and group interactions? If so, please call Sandy Sandee at 225-1700 to learn more about a new volunteer opportunity at the Thompson Center. LSS’ MindWorks is a program for individuals experiencing memory loss. Volunteers are needed on Mondays and Wednesdays.

**Thriveing Caregiver Event**
Tuesday, September 2
10:30 – 11:30 am
Suggested donation is $2.00.
Thompson Café is open at 11:00 for lunch on your own, if you desire, after the program.

“Developing Your Voice: Advocating for yourself or a loved one.”

Amy Panosh, a regional ombudsman with the Board on Aging and Long Term Care, will discuss strategies to help the long term care consumer advocate for him/herself or a loved one. The presentation will provide insight on the Ombudsman Program, rights of long term care consumers, how to support and work with the staff of the long term care facility, and how to make your stay/visit positive at the long term care facility.

RSVP before September 2 to 225-1700
“Share the Care” is a strategy that empowers someone who is ill or aging to have the support of friends, co-workers, neighbors and members of their extended family to achieve their goal of living as independently as possible. The strategy of “Share the Care” revolves around inviting people you know to help by volunteering their time to accomplish tasks that need doing: anything from running errands to providing companionship. Volunteers get the chance to weigh in on the jobs that they are comfortable doing. Volunteers can give as much or as little time as they choose. What volunteers do will vary, according to the need.

If you want to learn more about how to start a Share the Care group, please reach out to members of the Outagamie Caregiver Coalition by calling 225-1745. A trained facilitator will talk with you about organizing a group. The coalition has “Share the Care” books available for loan through the Thompson Community Center or information is available at sharethecare.org

Thriftig Caregiver Evening in Association with the Fox Valley Memory Loss Resource Center
Wednesday September 10
5:30 - 7:30 pm
Suggested donation $7.00

Through the support of the Fox Valley Memory Loss Resource Center, respite will be available for those experiencing Alzheimer’s and dementia in the Resource Center. Please indicate your interest in Respite when you make your reservation.
RSVP before September 9 to 225-1704
Emerging Grief and Loss through Aging and Illness. Join Andrea Mitchell, LSS Older Adult Counselor, in exploring the grief process especially through a progressive illness or decline. It seems like once we know what we can expect and gain acceptance to a particular stage of an illness or stage of life, there is further decline and grief emerges again and again. Andrea will share some ideas for identifying, processing and moving beyond grief as it rises and falls in our lives.
Meal begins at 5:30 and program begins at 6:00. Use the Adult Day Services entrance door for this program.
Memory Cafés are for those experiencing early stage dementia, mild memory loss or cognitive impairment, and for family and friends of those affected. It’s a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun thrown in! We have a gerontology professional on hand to answer questions and an enormous wealth of experience among participants to be shared. We’d be delighted if you would join us! Call Betty at (920)225-1711 for more information. You can also check us out at: www.foxvalleymemoryproject.org.

**APPLETON:**
LSS Adult Day Center at the Thompson Community Center, 820 W. College Ave., Saturday, September 13, 10:00 am—Noon
You must have been a beautiful baby! Come and show off your baby pictures. We’ll share photos and childhood stories among friends. We’ll guess which baby picture belongs to whom as we enjoy coffee and treats together. It will be fun!

Atlas Coffee Mill and Café, 425 W. Water St. (In the Paper Discovery Center bldg) Thursday, September 18, 2:00-4:00 pm
Lawrence percussion major Irene Durbak will lead us in learning how to use various rhythm instruments and will even show us how we can use our own bodies to make rhythmic sounds. There might even be some ukulele accompaniment!

*Note: In lieu of the Sept. 4th Memory Café at Atlas, we will be going on an “All Memory Café” bus trip. See below.*

**KAUKAUNA:** New Location! Kaukauna Public Library, 111 Main Ave. Monday, September 8, 2:00–3:30 pm
Come join us for "Memories in the Making" - a creative program through the Alzheimer’s Association that involves expressing oneself through watercolor painting. Music will be playing and as always- cookies, coffee and camaraderie!

**MENASHA:** Menasha Senior Center, 116 Main St., Friday, September 26, 2:00–3:30 pm
We’re going to celebrate the fall season together with several colorful and engaging fall activities. We’ll enjoy great company, good conversation and scrumptious fall snacks.

**NEENAH:** Neenah Public Library, 240 E. Wisconsin Ave., Monday, September 15, 1:30-3:30 pm
Join us for creative storytelling time! Through the use of “Timeslips” we will collectively use our imagination to create stories to share. Carrie Essleman, Therapeutic Recreation Specialist with Valley VNA, will be leading the group.

**NEW LONDON:** Mosquito Hill Nature Center, N3880 Rogers Rd., Wednesday, September 10, 1:30-3:30 pm
What’s all the buzz about? We’ll be learning all about bees and honey. We’ll sample foods made with honey and will check out both indoor and outdoor beehives. We’ll celebrate our time together with music, jokes and laughter!

**SEYMOUR:** Seymour Senior Citizen Center, Good Shepherd Services, 607 E. Bronson Rd., Wednesday, September 24, 2:00-3:30 pm
We’ll be sharing our favorite garden memories. Please bring in pictures of your favorite garden flowers and/or vegetables. And if you have some garden samples to share, we’d love that too. Yum!

**ALL MEMORY CAFÉ BUS TRIP September 4th!** Join us on a tour to learn more about the life of the Amish community in the Bonduel area. We’ll enjoy a special lunch, home and farm tours, and more. Call Betty at 225-1711 for more info.

Memory Cafés are a program of the Fox Valley Memory Project and are funded by a grant from the Basic Needs Giving Partnership Fund within the Community Foundation for the Fox Valley Region (CFFVR) supported by the U.S. Venture Fund for Basic Needs, the J.J. Keller Foundation and other community partners; the Helen Bader Foundation; the Rotary Club of Appleton; and the Helen Hardt Family Fund within the CFFVR.

The **Memory Loss Resource Center** at the Thompson Community Center is for those experiencing dementia, their care partners, family and friends. Come and get information and support in a warm and caring environment. It’s also a place for learning and sharing in meaningful and creative activities. We look forward to seeing you and will put the coffee on!

**Center hours:**
- Mondays 1:00–4:30 pm (open to all) and 5:00-8:00 pm (by appointment only)
- Wednesdays 1:00–4:30 pm (open to all)

**Location:** Thompson Community Center, 820 W. College Ave., Appleton, WI (Entry on Bennett Street also)
Call Connie or Don at (920) 277-9297 for your information, support and referral needs. We can also share
Roundtable Education/Discussion Group:  
Wednesday, September 24, 2:30 - 4:00 pm  “Safety Items and Assistive Technology for those Living with Memory Loss”

John Meissner and Mackenzie Egan, from Options for Independent Living, will be showing us various products available to address safety and convenience issues for caregivers and their loved ones experiencing memory loss. Kathleen Albert, from the Alzheimer’s Association, will also talk to us about their Silver Alert program. Call Connie at (920) 277-9297 to register. Space is limited.

Monthly Activity Groups:  
Older Hmong Memory Enhancement group held the 1st Wednesday of every month, 10:00 am-Noon

Wednesday, September 3.:  We’ll be getting together to tell stories and play a few math/counting game. Light refreshments will be served. Call Chong Pao at (920) 360-4510 for more information.

“Oasis of Hope” Spirituality Meeting held the 2nd Wednesday of every month, 10:00 am–Noon

Wednesday, September 10.: Please join us for prayer, music, readings, sharing thoughts and gratitude. We’ll be walking the dementia journey together in faith. Call Connie at (920) 277-9297 for more information.

Monthly activity group for those experiencing dementia held the last Wed. of every month, 9:30–11:00 am

Wednesday, September 24.: We’ll be painting butterfly houses, made by Jim Orvedahl, just for our pleasure. We look forward to doing this activity together. Call Connie at (920) 277-9297 for more information.

The Memory Loss Resource Center, a program of the Fox Valley Memory Project, is funded by a grant from the Basic Needs Giving Partnership Fund within the Community Foundation for the Fox Valley Region supported by the U.S. Venture Fund for Basic Needs, the J.J. Keller Foundation and other community partners; the Helen Bader Foundation; and the Rotary Club of Appleton.

Gen Silent—Free film and training
September 16
9:00 am - 12:30 pm

Registration deadline is September 2 and seating is limited. Film and learning opportunity expressly for professional caregivers in long-term care facilities. Enhance your professional capacity to work with older adults and caregivers. Learn about the unique life experiences of LGBT older adults to help reduce their fear and isolation.

To register or for further information contact Jenna Clabots with Asera Care at jenna.clabots@aseracare.com or call 920-497-4672. This program is made possible with support of the Family Support program with Lutheran Social Services at the Thompson Community Center.

Senior Connection (920) 225-1705

Working with older adults and their families to discuss, determine and seek solutions to senior needs and to refer to appropriate community services.

In-Home Care Providers
Home Repair/Maintenance Providers
Support Groups
Legal Services/POA Forms
Assisted Living Communities
Nursing Homes
Money Management
Mental Health Services
Independent and Subsidized Housing
Respite and Adult Day Care
Caregiver Resources
Supportive Home Services

Call (920) 225-1705 or email srcon@lsswis.org for information. A donation is requested for this service.

Legal Questions? (920) 225-1705

Call Senior Connection to schedule an appointment.

Volunteer lawyers are now available to provide guidance on such matters as long term care, estate planning, powers of attorney and other legal issues concerning older adults and/or their family caregivers. Appointments are necessary and available on the first and third Monday morning of each month. There is no charge for the 30 minute appointment, however donations are accepted and appreciated.

'Conversations About Compassion'

Featuring Dr. Albert Bellg and Judy Owen, with Compassionate Fox Cities

Wednesdays, September 3, 10, 17 and 24
1:00 – 3:00 pm.

Minimum Suggested Donation, $5 per week
Thompson Community Center

A recent report “The Elder Justice Roadmap” asks; what can you do to create a social environment that has a prevention quality to it? And, what can you do to reduce stress levels of caretakers? And in a recent Mayo Clinic Alzheimer’s blog post titled “See the person, not the disease, with Alzheimer’s caregiving” states that the labels we use with something we don't understand, reinforces stereotypes and our perceptions, which influence our attitudes and behaviors. There is something we can do both as caregivers and as community members to recognize the positive and successful experiences of those with whom we interact on a daily or occasional basis.

If in any situation, you help a family member, neighbor or friend in any manner, you are a ‘caregiver’. Please consider attending this very special program with anyone else in your life who may not understand your situation; your friends and your children, for example, or just come on your own. Recommended to attend all days of the series. Questions? Call 225-1704. Seating is limited to 20.

RSVP by August 29 to 225-1700
Kiwanis Korner

Kiwanis Club of Appleton Golden K current membership of sixty men and women is dedicated to improving the world one child and one community at a time. Our weekly meetings are at the Thompson Community Center in Ogilvie Hall on Wednesdays from 9:30 – 10:30 am, preceded by coffee, juice, and cookies at 9:00 am. We have a wide variety of speakers. Please call Fritz @ 733-0946 to get the complete speaker schedule.

We are actively seeking individuals who are interested in giving something back to the community. If you have a few free hours a month to volunteer please contact Glenn @ 832-9218. Some of the various activities we are involved with are: reading and math tutoring, Community Clothes Closet, Salvation Army lunch program, bell ringing, Christmas gift distribution, and Santa calling. The community will greatly appreciate you volunteering your time and you will also feel good about it.

Our fund raising activities netted over $20,000 this year and some of the major projects we support are: scholarships for area high schools seniors, I-Pads for autistic children, eliminating maternal and neonatal tetanus.

Women, Caregiving and Advance Care Planning Seminar
October 29, 2014
7:30 – 9:00 am
Grand Meridian, 2621 Oneida St., Appleton

At this program we will discuss:
How death and dying America has changed in the last century
Why end of life care planning is important.
Various important end-of-life issues.
How to have conversations about end-of-life care and planning.

Continental Breakfast available at 7am

Register no later than October 22 by emailing: Women-sacpseminar@lsswis.org
Include your name and contact information

Thank you to the Women’s Fund for the Fox Valley Region, Inc. for providing funding for this important event.

Sponsored by the Fox Valley End-of-Life Care Coalition

Newsletter Mailing Form
I want to receive the Thompson Community Center’s The TCC Bridge in the mail monthly. Please return this form along with $10.00 for one year’s mailing costs to:

Thompson Community Center
820 W. College Ave. • Appleton, WI 54914

Name ___________________________
Address _________________________
City/State/Zip _____________________
Phone ___________________________

Check one: □ Renewal □ New
Make checks payable to: TCC-LSS

For a monthly e-Bridge
Sign up on our website - thompsoncenter.org.
The Thompson Community Center is a 501 (c) 3, non-profit. We gladly accept your tax-deductible financial donations.

HELP US, HELP OUR COMMUNITY. YOUR SUPPORT TOUCHES LIVES!

Donor Information:
Name(s): ____________________________
Address: _____________________________
City/Zip: ______________________________
Phone: _______________________________
Email: ________________________________

Donation Amount: $ _______________________
☐ Check Enclosed (Payable to the TCC-LSS)
☐ Charge My Credit Card ☐ Visa ☐ MasterCard
Credit Card No. __________________________
Expiration Date: __________________________ CVV No. __________________________
Signature: __________________________________________

☐ My/our gift will be matched by ________________ Company/Foundation
☐ We/I would like our gift to be anonymous
☐ This gift/pledge is made in honor of/in memory of __________________________

Please mail your form/check to:
The Thompson Community Center
820 W College Avenue
Appleton, WI 54914

Thank you for helping us, help our community.

Time to give back to a generation that gave so much! Sara wants to help you with your real estate needs and questions...

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920-205-0727

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Thompson Senior Center, Appleton, WI
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Do you know of a TCC participant who is in the hospital or has lost a loved one? Please call, Ruth Rucks, our Sunshine Lady, at 733-6570. She will send a card on behalf of Thompson Community Center.

Assist with the planning of dinners, dances, holiday events and so much more, serve at potlucks and other events, help with decorating or making desserts. Volunteer once a week, once a month or every now and then. You will love this group of ladies! Meetings are held the second Tuesday of each month beginning in September. If you would like information on how you can become a part of the TCC Civic League please call 225-1756.

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Volunteer Blue Forms
To all Thompson Center Volunteers – Thank you for all you do! Please fill out the blue volunteer form each month totaling your volunteer hours at Thompson Center. The forms are located across from the receptionist desk. Drop off your completed forms at the receptionist desk or mail them to: Thompson Community Center - Attention: Nanci 820 W. College Ave. Appleton. If you have any questions please call Nanci at 225-1756.

Volunteer Opportunities
* Café Volunteers – help prepare food, cashier, and clear tables -One day per week 10am – 2pm
* Experienced handymen, carpenters, plumbers
* Janitorial – various times and days available
* Maintenance to assist with set up, take down of tables & chairs and repair work – lifting & climbing ladders are involved – Volunteers needed Monday thru Friday am and pm
* Receptionist –answer phones, greet guests, multi-task. Commitment ½ day per week 8:30 – 12:30 or 12:30 - 4:30
* Elder Care and Respite Caregiver – provide a break to caregivers
* Deliver Newsletters – the last week of every month
* Drive for Making the Ride Happen

Please call 225-1756 for more information on these and more volunteer opportunities or pick up a Volunteer Interest & Skill Form at the Center.

Rent the Thompson Center for events such as: dances, large capacity informational and training seminars, banquets, family gatherings, anniversary, retirement or birthday celebrations, baby, wedding showers, or family reunions.

We are centrally located, and easy to find, with ample, accessible parking. Bring in your own food and nonalcoholic beverages. To inquire visit our website, www.thompsoncenter.org, about us or phone 920-225-1700.

Caps for Kids Will meet the last Monday of the month @ 9 am at the Thompson Center If you love to knit or crochet join Caps for Kids. Call Nanci at 225-1756 information.

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* Deliver Newsletters – the last week of every month
* Drive for Making the Ride Happen

Please call 225-1756 for more information on these and more volunteer opportunities or pick up a Volunteer Interest & Skill Form at the Center.
Monday
8:30 am Cribbage
9:30 am Hallelujah Chorus
10:00 am Side by Side

**11:00 am Thompson Café Opens**
11:00 am Gentle Yoga
12:00 pm Pinochle
12:00 pm Canasta Hand & Foot
1:00 pm Billiards
1:00 pm Crochet

Tuesday
9:30 am Sheepshead/Cribbage
...... Lessons (by reservation)
10:00 am Side by Side

**Wednesday**
11:00 am Thompson Café Opens
11:00 am Young at Heart Singers
12:00 pm Canasta Hand & Foot
4:45 pm Ruge Tap

**Thursday**
8:30 am Cribbage
9:00 am Side by Side
10:15 am Adv. Line Dance

**Friday**
9:00 am Woodcarvers
10:00 am Beg. Line Dance
11:00 am Intermediate Line Dance
11:00 am Chair Yoga
12:00 pm Canasta Hand & Foot
12:30 pm Bridge (open)....Canasta

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**September 2014 Events & Activities**

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STAFF DIRECTORY

Administrative
Thompson Community Center Director
Juanita Harder ..................................225-1701
Administrative Support & Newsletter Coordinator,
Mary Cooke ..................................225-1731
Administrative Support & Rental Coordinator,
Karin Krablean ................................225-1730
Maintenance, Rob Paul, Jim Wagner.
.....................................................225-1730
Volunteer Coordinator,
Nanci Christenson ......................225-1756
Older Adult Services, Program Manager
Kris Fischer .................................982-9267

Caregiving
Adult Day Services
Program Supervisor,
Sarah Hammond .........................225-1735
Family Caregiver Support
Jeanine Knapp ..............................225-1704
Visually Impaired Persons
Support Group .......................225-1714
End of Life Care Coalition
Director,
Sandra Potts ..............................225-1724
Mindworks
an Early Memory Loss Program
Program Facilitator
Sandra Sandee .........................225-1712

Caregiving (continued)
Program Facilitator
Angela Steams .............................225-1712
Senior Connection Information & Assistant Information Specialist,
Susan Kazik ...............................225-1705
Fox Valley Memory Project
Program Coordinator,
Betty Lefebvre-Hill ..................225-1711

Mental Health
Side-by-Side Alcohol & Substance Abuse Counseling, AODA Counselor,
(For people 50 and older)
Elyse Allar .................................225-1713
Behavioral Health Supervisor,
Becky Welhouse ...........................730-1330
Older Adult Counselor
Andrea Mitchell .......................225-1709
Outreach Worker, Hmong Elder
Chong Pao Xiong ......................225-1717

Physical Health
Foot Care & Wellness Services
Appointment at TCC .....................225-1727
Appointments in the Home ...........225-1722
Registered Nurse,
Terry Langkau .....................225-1759
Café Manager,
Yvonne Monfils .....................225-1720

Transportation
Making the Ride Happen
Mobility Manager,
Holly Keenan ............................225-1740
Transportation Coordinator,
Stephanie Rockman ..................225-1719
Mobility Information & Assistance Specialist,
Cheri Kehl ...............................225-1719

Affiliated Services
Easter Seals Society
Jill Gretzinger ............................832-0344
Office for the Blind & Visually Impaired
Jean Kenevan ............................831-2090
Options for Independent Living
John Meissner ............................997-9999
Mackenzie Egan ..........................882-9309
Clarity Care ............................920-236-6560
YMCA of the Fox Cities
Adult Program Coordinator
Sue Grosenick .........................954-7610
Assistant
Jenny LeDuc .............................954-7609
Kiwanis Club of Appleton — Golden K
President,
Glenn Mintern ...........................832-9218