



APPLETON

RETIREMENT COMMUNITY

# December 2017

## Newsletter and Activity Calendar

Independent and Assisted Living - A Midwest Senior Living Affiliate

200 W. Packard Street • Appleton, WI 54911

www.appletonretirement.com

920-954-9990

### December Entertainment

**Monday, December 4th**  
come and hear the  
New Horizons Band  
as they entertain us with  
Christmas music at 6:45 pm

**Monday, December 11th**  
Senior members from Appleton  
Alliance Church will be here to do  
some Christmas Caroling  
for us at 10:15 am.

**Saturday, December 16th**  
Goldeen Uelmen will be back to  
lead us in a Christmas Sing-Along  
from 2 – 3 pm

**Tuesday, December 19th**  
the Chaminade Ladies Chorus  
will perform Fall/Christmas  
music beginning at 6:45 pm.

**Monthly Birthday Party**  
Our December birthday party will  
take place Friday the 8th with the  
open bar from 11:30-12:15pm  
Dick Ziegert will play  
the accordion from 2 – 3:00 pm

**New Year's Eve Party**  
Sunday, December 31st  
Norm Powers will help us ring in  
the New Year from 7 – 8:30 pm at  
our New Year's Eve party.  
Champagne and snacks  
will be served.

### **A Note from Amie Mischler, Executive Director**

Whether this is your first  
Christmas at ARC or your 15th,  
I wish you peace, happiness,  
comfort and joy as you celebrate  
our Savior's birth. As we reflect  
on 2017, we have so much to be  
thankful for: smiling residents  
who welcome new residents  
and visitors with kind words and  
generous invitations, a beautiful  
dining room with new paint and  
carpet in which to enjoy freshly  
prepared meals, an updated  
lobby to sit by the fireplace and  
meet new friends, a warm bus  
to go on Christmas light tours  
and many other exciting outings,  
entertainers to cheer us with  
their merry songs and helpful  
staff who truly love to serve.  
A very Merry Christmas and a  
Happy New Year to you!

### **Open House**

**Saturday, December 9th**  
Mary Ann Summers will be here  
from 10 am – 2 pm for anyone  
that is interested in doing some  
shopping or browsing. She will  
have purses, aprons, clothing  
protectors, jewelry and many  
other unique items for sale in the  
1st floor lobby. Your friends and  
family are welcome.

*No credit or debit cards accepted.*



### **Resident Spotlight: Earlene Steinfert**

Earlene moved to ARC from  
Brewster Village in February  
of 2017 after recovering from  
a broken hip. Earlene is a life-  
long resident of the Neenah/  
Menasha area. She worked at  
Kimberly Clark for over 13 years  
before choosing to be a stay at  
home mother to care for her  
son and daughter. Because she  
loved children so much, she also  
provided childcare services for  
others. She now has four grand-  
children. Earlene is involved in  
many activities at ARC including  
Sit and Be Fit, Trivia and Bingo.  
She loves meeting people, making  
new friends and being involved  
in as many activities as possible.  
She loves the wonderful staff and  
her fellow residents that make up  
her new family.

### **Ladies Christmas Gathering**

On Friday, December 22nd at 3pm  
there will be light refreshments and  
a Christmas sing a long in the large  
dining room. Ladies join your fellow  
residents in celebrating the Christ-  
mas season. Due to space limita-  
tions, please no guests.

**Welcome new residents: Carrol, Dick, Fay, Annette, Myrtie**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 9:15 Sit and Be Fit 9:30 Shopping at Dollar Tree, Pick n' Save, Fleet Farm, Wilmar Candy 10:00 A Journey to the North Pole on the Polar Express 1:15 Visit Flo Nicholas 1:30 15 Minutes of Fitness 2:00 Reminisce with Elizabeth Toy Store Windows 3:00 Game - Outburst 3:50 Story Time 6:00 Kings Corner 6:00 Movie	<b>2</b> 10:00 Video 10:00 Rosary 1:30 Penny Bingo 3:00 Hot Chocolate and Cookies 5 - 6:00 Lawrence Welk
<b>3</b> 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 12:00 Packers vs. Tampa Bay Buccaneers 6:00 Movie	<b>4</b> 8:30 Cookie Decorating - TC 9:15 Sit and Be Fit 10:00 Discover the state of Alabama 11:15 Lunch at Cinders 1:30 15 Min. of Fitness 2:00 Book Club 2:00 Health Chat 2:30 Blood Pressure 3:00 Hot Chocolate and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Bridge 6:30 New Horizons Band 7:00 Ladies Bible Study	<b>5</b> 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Current Events 1:30 15 Minutes of Fitness 2:00 Worship Service with Eternal Love Lutheran Church 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:15 Walk for Fitness 3:50 Story Time 4:30 Christmas Light Bus Tour 6:00 Kings Corner	<b>6</b> 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Fun with Tai Chi 10:00 Oneida Casino 12:30 Beautician 1:30 15 Min. of Fitness 1:30 Snowman Craft with Yvonne 3:00 Catholic Mass 3:50 Story Time 5:45 Advent Worship Service at St. Matthew 6:00 Kings Corner 6:00 Bridge 6:00 Sheepshead for Nickels	<b>7</b> 8:00 Beautician 9:00 Dr. Stephanie - Chiropractor 9:15 Sit and Be Fit 10:00 Pearl Harbor Day - Read the short story A Call To Duty 10:30 Lunch at the Cannery - tour of Pagel Farms in Kewaunee 12:45 Wii Bowling 1:00 Bethesda Helpers 2:15 Penny Bingo 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train	<b>8</b> 9:00 Preferred Podiatry 9:15 Sit and Be Fit 10:00 Learn about Boys Town and Fr. Flanagan 11:30 - 12:15 Open Bar for December Birthday Party 1:30 15 Minutes of Fitness 2:00 Dick Ziegert playing the accordion 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Movie	<b>9</b> 10:00 Video 10:00 Rosary 10 - 2:00 Open House - many unique handmade items to purchase ex. Clothing protectors, jewelry, purses etc. 3:00 Hot Chocolate and Cookies 5 - 6:00 Lawrence Welk
<b>10</b> 10:00 Catholic Communion Service  12:00 Packers vs. Cleveland Browns  6:00 Movie	<b>11</b> 9:00 Valley VNA Foot Care 9:15 Sit and Be Fit 10:00 Trip to Appleton Public Library 10:15 Christmas Caroling with Senior members from Appleton Alliance Church 12:30 Christmas Choir Concert at Thompson Center 1:30 15 Min. of Fitness 2:00 Book Club 3:00 Hot Chocolate/Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 7:00 Ladies Bible Study	<b>12</b> 8:00 Beautician 9:15 Relax by the Fireside Café at Christ The Rock Church - Menasha 9:30 Senior Fitness 10:15 Current Events 1:00 Walmart Shopping 1:30 15 Min. of Fitness 2:00 Penny Bingo 3:00 Sheepshead 3:15 Walk for Fitness 3:30 Learning, Laughter and Tears Grief Support Group 3:50 Story Time 4:30 Christmas Light Tour on Bus 6:00 Kings Corner	<b>13</b> 8:30 Community First Credit Union 9:15 Sit and Be Fit 9:30 Advent Worship Service at St. Matthew 10:00 Fun with Tai Chi 12:30 Beautician 1:30 15 Min. of Fitness 1:30 Knitting and Crocheting with Yvonne 2:00 Wheel of Fortune 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 6:00 Sheepshead for Nickels	<b>14</b> 8:00 Beautician 8:30 Breakfast at Angels 9:00 Dr. Stephanie 9:15 Sit and Be Fit 10:00 Bowling Dice 12:45 Wii Bowling 1:00 Bethesda Helpers 2:00 Group help with meal sign ups 2:45 Bible Discovery 3:00 Men's Group Christmas Gathering 3:15 Walk for Fitness 3:50 Story Time 5:00 Streets of Bethlehem at Appleton Alliance Church 6:00 Kings Corner 6:00 Mexican Train Dominoes	<b>15</b> 9:15 Sit and Be Fit 10:00 Inspirational Reading 11:15 Lunch at Golden Corral 1:30 15 Min. of Fitness 2:00 The History of Mining 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Movie	<b>16</b> 10:00 Video 10:00 Rosary 2:00 Christmas Sing Along with Goldeen Uelmen 3:00 Hot Chocolate and Cookies
<b>17</b> 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 12:00 Packers vs. Carolina Panthers 3:15 Leave for Christmas Music at Fox Valley Lutheran High School 6:00 Movie	<b>18</b> 9:15 Sit and Be Fit 9:45 Tour the Hearthstone House 10:00 Frost Christmas Cookies 12:40 Valley VNA Foot Care 1:30 15 Min. of Fitness 2:00 Book Club 3:00 Hot Chocolate and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge Ladies Bible Study	<b>19</b> 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Learn about the Titanic 1:00 Pastor Ben 1:30 15 Min. of Fitness 2:00 Worship Service with St. Matthew 3:00 Sheepshead 3:15 Walk for Fitness 3:50 Story Time 6:45 Chaminade Fall/Christmas	<b>20</b> 8:30 Community First Credit Union 9:15 Sit and Be Fit 9:30 Advent Worship Service at St. Matthew 10:00 Fun with Tai Chi 12:00 Christmas Dinner 12:30 Beautician 1:30 Make Chocolate covered pretzels with Yvonne 2:00 Wheel of Fortune 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 6:00 Sheepshead for Nickels 6:30 Kids from Valley Baptist Church to sing and visit with residents	<b>21</b> 8:00 Beautician 9:00 Dr. Stephanie - Chiropractor 9:15 Sit and Be Fit 10:00 Kids from Valley Christian School to visit 12:45 Wii Bowling 1:00 Spelling Bee 2:45 Bible Discovery 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	<b>22</b> 9:15 Sit and Be Fit 10:00 Penny Bingo 11:15 Lunch at Dick and Joan's 1:00 Christmas Caroling inside our building - residents and some of our friends from a local church 2:00 Christmas Traditions 3:00 Ladies Christmas Gathering 3:50 Story Time 6:00 Kings Corner 6:00 Movie	<b>23</b> 10:00 Mystery Ride 10:00 Rosary 1:30 Prize Bingo 3:00 Hot Chocolate and Cookies 5 - 6:00 Lawrence Welk 7:30 Packers vs. Minnesota Vikings
<b>24</b> 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner  <b>31</b> 10:00 Catholic Communion Service 12:00 Packers vs. Detroit Lions 7-8:30 New Year's Party Norm Powers	<b>25</b> 9:15 Sit and Be Fit 10:00 Christmas Stories and Hot Chocolate 2:00 Movie 6:00 Kings Corner	<b>26</b> 8:00 Beautician 9:30 Senior Fitness 10:15 Wheel of Fortune 1:30 15 Minutes of Fitness 2:00 Learn about Walt Disney 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner	<b>27</b> 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Fun with Tai Chi 10:00 Food Committee followed by Resident Council Meeting 12:30 Beautician 1:30 Knitting and Crocheting with Yvonne 2:00 Worship Service with Deacon Bowman 3:00 Catholic Mass 6:00 Kings Corner 6:00 Bridge 6:00 Sheepshead for Nickels	<b>28</b> 8:00 Beautician 9:00 Dr. Stephanie - Chiropractor 9:00 Walmart Shopping 9:15 Sit and Be Fit 10:00 Bowling Dice/Adult Coloring 12:45 Wii Bowling 1:00 Bethesda Helpers 2:15 Group help with meal sign ups 2:45 Bible Discovery 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	<b>29</b> 9:15 Sit and Be Fit 10:00 Current Events 1:30 Thrift Store Shopping 1:30 15 Minutes of Fitness 2:00 Learn and reminisce about Mary Martin and Broadway Musicals 3:50 Story Time 6:00 Kings Corner 6:00 Movie	<b>30</b> 10:00 Video 10:00 Rosary 1:30 Penny Bingo 3:00 Hot Chocolate and Cookies 5 - 6:00 Lawrence Welk



### **Book Club**

Our book club meets Mondays at 2pm in the 2nd floor lounge. On Monday, December 4th we are starting a new book *Where Angels Go* by Debbie Macomber. There are many large print copies of this book available. All residents are welcome to join at any time.

### **Reminisce with Elizabeth Eisen**

Elizabeth will be here from the Appleton Public Library on December 1st at 2 pm to reminisce about the "Toy Store Windows."

### **Health Chat and Blood Pressure Screening**

Monday, December 4th

This month's health chat topic is Complementary, Alternative & Integrative Healthcare. Join us in the dining room at 2pm. The monthly blood pressure screening (open to all residents) is in the small dining room following the Health Chat.

### **Fun with Tai Chi**

Beginning December 6th Tai Chi will be offered twice a week. In addition to Monday afternoons at 3:15pm, Ellen will lead a 10 am class each Wednesday. This is a class that is safe for everyone. Participants will remain seated during the class. Some of the benefits of Tai Chi include increased balance, strength, flexibility, cognition, confidence, immunity and circulation of body fluid and blood, which enhances healing. We encourage all residents to give it a try.

### **Food Committee and Resident Council Meetings**

Both the food committee and resident council meetings will be held Wednesday, December 27th.

### **Men's Group**

The December Men's Group will meet December 14th at 3pm. Watch your in house mailbox for an invitation.

### **Oneida Casino Trip**

Sign up in the outings book for the trip to Oneida Casino on December 6th.

The bus is leaving here at 10am.

### **Wii Bowling**

Join Allen in the third floor lounge on Thursdays December 7th, 14th, 21st and 28th at 12:45pm.

### **Foot Care**

Nurse Joy from Valley VNA will be here to trim toenails on Monday, December 11th in the morning and Monday, December 18th in the afternoon. Be sure to sign up in the in-house book for all appointments. The cost is \$24 until January 1st when it increases to \$25. The location is the beauty shop in the lower level.

### **Preferred Podiatry**

Dr. Burkart will be here Friday, December 8th at 9am. Sign up for a time slot in the lobby.

Brad from Southern Care Hospice will lead the grief support group on Tuesday, December 12th at 3:30pm in the 2nd floor lounge. This group is for anyone who has ever suffered a loss.

### **Spiritual Opportunities:**

#### **Catholic:** (weekly)

Wednesdays, 3pm Mass in the 2nd floor lounge. Saturdays, 10 am Rosary in the 3rd floor lounge. Sundays, 10 am Communion Service with Julia, 2nd floor lounge.

#### **Baptist:** (3rd Wednesday of the month)

Pr. Larry, Valley Baptist Church: service with piano music and hymns. All are welcome. (2nd floor)

**Non-Denominational:** (1st and 3rd Sundays of the month) 10:30am - Roger from Calvary Chapel. (3rd floor)

Women's Bible Study Monday Evenings at 7:00 pm, 2nd floor lounge.

#### **Lutheran:** (1st and 3rd Tuesday of the month)

Worship Service at 2pm. All are welcome. 2nd floor. (Last Wednesday of the month) Deacon Dennis Bowman from Faith Lutheran Church (Missouri Synod) leads a Worship Service with Jeanne Lietzen playing the piano.

Bible Discovery meets Thursdays, 2:45 pm in the 3rd floor lounge.

#### **Methodist:** (Last Tuesday of the month)

1:00 pm Pastor Ben Morris, from Emmanuel United Methodist Church.

### **On Site Banking!**

Every Wednesday 8:30-noon  
located in the lower  
level lounge.

