



APPLETON

RETIREMENT COMMUNITY

JULY 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

A Note From Amie Mischler, Executive Director

As promised here are our resident and staff spotlights for July. I hope you enjoy getting to know more about these two fantastic ladies as much as I did.

Resident Spotlight:

Alberta Bruner, resident since 2009.

Staff Spotlight:

Stephanie Leurquin, caregiver since 2015.

July Entertainment

July 6th
2:00 Thursday
Mike Huff and Bart Wolf
Monthly Birthday Party
open bar from
11:30-12:15pm

July 15th
2:00 Saturday
Bob Bushman playing piano

July 31st
2:00 Monday
TJ & Lynn

Welcome
New Residents:
Mary Jane, Betty &
Wilmer, Bob, Mabel,
Lorna and Winnie



Alberta moved to ARC with her husband Norval who has since passed

away. She is originally from Wichita, KS but also lived in Texas. She moved to this area in 1965 with her husband and five sons. She worked at AT&T as an assistant engineer after majoring in music. Alberta also sang and played piano. Her favorite activity was Storytime which she led for many, many years. Alberta enjoys the people who live, work and visit here at ARC. She gets acquainted with them and ends up, "loving them all."



Stephany grew up in Neenah, attended Neenah High School and recently received her Youth Ministry &

Faith Formation Certificate for which she was featured in the Compass Magazine in May 2017. Stephany enjoys the residents and people she works with. Her favorite part is building relationships, being there for people and interacting on a one on one basis. She says, "It's very rewarding when you know you've made a difference." She likes making people feel at ease. Her coworkers describe her as, "a bright light, amazing trainer, a great resource to new staff, an excellent communicator and someone with a positive attitude who is willing to go above and beyond."

Lunch Time Organ Recitals

We have trips scheduled for Tuesday, July 4th and Thursday, July 13th for lunch time organ recitals. These are 45 minutes of organ music at different churches throughout the Fox Valley and there is no charge to attend. Sign up in the outings books and please let dining services know if you would like your noon meal held for you.

Appleton City Band Concerts at Pierce Park

We will be going to the band concerts at Pierce Park on Tuesday, July 4th, 11th and 18th. The bus will leave here at 6:15 for the 7:00 concerts.



On Site Banking!
Every Wednesday 8:30-noon
located in the lower level lounge.

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Video 10:00 Rosary 1:30 Penny Bingo with Steve 3:00 Lemonade and Cookies 5 - 6:00 Lawrence Welk
2 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary chapel 2:00 Movie 6:00 Kings Corner	3 8:30 Group help with meal sign ups and Outings 9:00 Walmart Shopping 9:15 Sit and Be Fit 10:00 Outagamie Country History 1:30 15 Minutes of Fitness 2:00 Book Club 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Bridge 6:00 Kings Corner	4 11:30 Lunchtime Organ Recital 3:00 Adult Coloring 3:00 Sheepshead 6:00 Kings Corner 6:15 Pierce Park City Band Concert	5 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Mystery Ride 10:00 Penny Bingo 1:30 15 Minutes of Fitness 1:30 Tour of Doty Cabin 3:00 Catholic Mass 3:50 Story Time 6:00 Bridge 6:00 Kings Corner 6:30 Pet Therapy	6 8:30 Beautician 8:30 Dr. Stephanie - Chiropractor 9:15 Sit and Be Fit 10:00 Current Events 11:30 - 12:15 Open Bar for July Birthday Party 12:45 Wii Bowling 1:00 Bethesda Helpers And Adult Coloring 2:00 Mike Huff and Bart Wolf to entertain 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner	7 9:15 Sit and Be Fit 9:15 Shopping at Pick n 'Save, Dollar Tree and Fleet Farm 10:00 Wheel of Fortune 11:00 Oneida Casino 1:30 15 Minutes of Fitness 2:00 Reminisce with Elizabeth Eisen on Summer Time 3:15 Walk for Fitness 3:50 Story Time 6:00 Movie 6:00 Kings Corner	8 10:00 Video 10:00 Rosary 1:30 Penny Bingo with Jean 3:00 Lemonade and Cookies 5 - 6:00 Lawrence Welk
9 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	10 8:30 Group help with meal sign ups 8:40 Foot Care with Joy 9:00 Preferred Podiatry 9:00 Walmart Shopping 9:15 Sit and Be Fit 10:00 Miscellaneous Trivia 11:15 Leave for Timber Rattler Game 1:30 15 Minutes of Fitness 2:00 Book Club 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Bridge 6:00 Kings Corner	11 8:30 Beautician 9:00 Blood Pressure Screening 9:30 Senior Fitness 10:00 Trip to Appleton Library 10:15 Current Events 1:30 15 Minutes of Fitness 2:00 Penny Bingo 3:00 Sheepshead 3:30 Learning, Laughter and Tears 3:50 Story Time 6:00 Kings Corner 6:15 Pierce Park City Band Concert	12 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Postage stamps and other collectibles 1:30 15 Minutes of Fitness 1:30 Knitting and Crocheting with Yvonne 3:00 Catholic Mass 3:00 Veterans Talk Root Beer Social 3:50 Story Time 6:00 Sheepshead for Nickels 6:00 Kings Corner 6:00 Bridge	13 8:30 Beautician 8:30 Dr. Stephanie - Chiropractor 9:15 Sit and Be Fit 10:00 Inspirational Reading 11:45 Lunchtime Organ Recital 1:00 Bethesda Helpers 1:00 Adult Coloring 2:00 Thrift Store Shopping 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	14 9:15 Sit and Be Fit 10:00 Wheel of Fortune 11:30 Lunch at Lake Park Tavern 1:30 15 Minutes of Fitness 2:00 Penny Bingo 3:30 Walk for Fitness 3:50 Story Time 6:00 Movie 6:00 Kings Corner	15 10:00 Video 10:00 Rosary 2:00 Bob Bushman playing piano 3:00 Lemonade and Cookies 5 - 6:00 Lawrence Welk
16 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 2:30 High Cliff Cook Out 6:00 Kings Corner	17 8:30 Group help with meal sign ups 9:00 Walmart Shopping 9:15 Sit and Be Fit 10:00 Discover Quebec/Canada 1:30 15 Minutes of Fitness 2:00 Book Club 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Bridge 6:00 Kings Corner	18 8:30 Beautician 9:30 Senior Fitness 10:15 Current Events 1:30 15 Minutes of Fitness 2:00 Worship Service with St. Matthew Pastor 3:00 Sheepshead 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:15 Pierce Park City Band Concert	19 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Bowling Dice 1:30 15 Minutes of Fitness 1:30 Knitting and Crocheting with Yvonne 2:00 Pastor Larry 3:00 Catholic Mass 3:30 Walk for Fitness 6:00 Kings Corner 6:00 Bridge 6:00 Sheepshead for Nickels	20 8:30 Beautician 8:30 Dr. Stephanie - Chiropractor 9:00 Shopping at Meijer Store in Green Bay 9:15 Sit and Be Fit 10:00 Yahtzee 1:00 Group help with meal sign ups 1:15 Pastor Ben 3:00 Adult Coloring 3:15 Walk for Fitness 4:30 July Men's Group 3:50 Story Time 6:00 Kings Corner	21 9:15 Sit and Be Fit 10:00 Discover the Great Lakes 1:30 15 Minutes of Fitness 2:00 Penny Bingo 3:15 Walk for Fitness 3:50 Story Time 6:00 Movie 6:00 Kings Corner	22 10:00 Mystery Ride 10:00 Rosary 11:30 Lunch at Mohnen's 2:00 Video 3:00 Lemonade and Cookies 5 - 6:00 Lawrence Welk
23 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	24 8:30 Help with meal sign ups 9:15 Sit and Be Fit 10:00 Penny Bingo 11:15 Leave for Timber Rattler Game 12:30 Foot Care with Joy 1:30 15 Minutes of Fitness 2:00 Book Club 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner	25 8:30 Beautician 9:30 Senior Fitness 10:15 Inspirational Reading 1:00 Walmart Shopping 1:30 15 Minutes of Fitness 2:00 Learn about the National Parks 3:00 Sheepshead 3:00 Adult Coloring 3:50 Story Time 6:00 Kings Corner	26 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Food Committee Meeting followed by Resident Council meeting for all members 10:00 Penny Bingo 1:30 15 Minutes of Fitness 1:30 Knitting and Crocheting with Yvonne 3:00 Catholic Mass 3:30 Walk for Fitness 6:00 Bridge 6:00 Concert and Ice Cream Social -Sunset Park Kimberly	27 8:30 Beautician 8:30 Dr. Stephanie Chiropractor 9:15 Sit and Be Fit 10:00 Current Events 10:30 Lunch at the Farm Inn in Shawano And tour of Shawano historical society 1:00 Bethesda Helpers /Adult Coloring 2:15 Group help with meal sign ups 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner	28 9:15 Sit and Be Fit 10:00 Wheel of Fortune 1:30 15 Minutes of Fitness 2:00 Reminisce and learn about Lawrence Welk and Stephen Foster-enjoy some of their music 3:15 Walk for Fitness 3:50 Story Time 6:00 Movie	29 10:00 Mystery Ride 10:00 Rosary 11:30 Lunch at Mohnen's 2:00 Video 3:00 Lemonade and Cookies 5 - 6:00 Lawrence Welk
30 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	31 8:30 Help with meal sign ups 9:00 Walmart Shopping 9:15 Sit and Be Fit 10:00 Reminisce about celebrations/traditions 2:00 TJ & Lynn to entertain 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge					

Summer Timber Rattler Games

Monday, July 10th

leave here at 11:00 for 12:05 Game Time

Monday, July 24th

leave here at 11:00 for 12:05 Game Time

Sunday, August 5th

leave here at 12:00 for 1:05 Game Time

Tickets to all games are \$11.50 and must be paid in advance. See the outings book for more details.

Fun with Tai Chi

Join us for Tai Chi at 3:15pm on Mondays. This is a class that is safe for everyone. Participants will remain seated during the class, which runs about 30 – 35 minutes in length. 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.

Book Club

Our book club meets Mondays at 2pm in the 2nd floor lounge. Book club members are currently reading the book *Standing in the Rainbow* by author Fannie Flagg. There are many large print copies of this book available. All residents are welcome to join at any time.

Wii Bowling

Join Allen in the third floor lounge on Thursdays July 6th, 13th, 20th and 27th at 12:45pm.

Men's Group

The July Men's Group meets on Thursday, July 20th. Watch your in house mailbox for an invitation with more details.

Oneida Casino Trip

Sign up in the outings book for the trip to Oneida Casino on July 7th. The bus is leaving here at 11am.

Reminisce with Elizabeth Eisen

Elizabeth will be here from the Appleton Public Library on Friday, July 7th at 2:00pm to reminisce about Summer Time.

Pet Therapy

Wednesday, July 5th we will have members of the Winne-gamie Dog Club here at 6:30 for Pet Therapy. Members will bring their dogs to visit with you in the 1st floor lobby.

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)

Foot Care

Nurse Joy from Valley VNA will be here to trim toenails on Monday, July 10th in the morning and Monday, July 24th in the afternoon. Be sure to sign up in the in-house book. The cost is \$24. The location is the beauty shop in the lower level.

Preferred Podiatry

Dr. Bradley Burkart will be here Monday, July 10th at 9:00 am. Sign up in the in house book. If you are a new patient of Dr. Burkart's please see Amber Nett for the new patient paperwork that needs to be filled out ahead of time.

Blood Pressure Screening

The monthly blood pressure screening that is open to all residents is scheduled for July 11th at 9am in the lower level lounge..

Miracle Ear

There will be a representative from Miracle Ear here on August 3rd for basic hearing screenings and inspection/cleaning of your hearing aids regardless of where they were purchased. Be sure to sign up on the sheet in the in-house book when the time gets closer if you are interested in this service.

Food Committee & Resident Council Meetings

Both the food committee and resident council meetings will be held Wednesday, July 26th. If you have something that you would like your council members to bring up at the meeting please let one of them know. This years council members are: Tom Rueber, Joyce Feld, Verna Lou Zirbel, Maria Godschlax, Jane Goerl, Romy Gregorius, Steve Kurland and Arlene VandenBoogart.

Learning, Laughter & Tears Support Group

Brad from Southern Care Hospice will lead the grief support group on Tuesday, July 11th at 3:30pm in the 2nd floor lounge. This group is for anyone who has ever suffered a loss.

Sympathy to the friends and family of Lowell Leininger, Arabelle Cooper and Mary Bodoh. Arabelle made many friends and enjoyed living at ARC. Mary is the wife of former resident Robert Bodoh. Lowell lived at ARC with his wife Doris. We will all be here to offer our love and support to Doris and her family.

Women's Bible Study Monday Evenings at 7:00 pm, 2nd floor lounge. The Bible study will resume after Labor Day.

Lutheran: (1st and 3rd Tuesday of the month) Worship Service at 2 pm. All are welcome. (2nd floor)

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

Methodist: Pastor Ben Morris, from Emmanuel United Methodist Church, leads a worship service at 1:15pm in the lower level lounge the 3rd Thursday of each month.