



APPLETON

RETIREMENT COMMUNITY

February 2018

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**

Valentine's Day is quickly approaching. As many of you know, one way we like to celebrate Valentine's Day is with a special noon meal on February 14th. This year's meal will consist of: beef wellington, twice baked potatoes, veggies and a delicious dessert. Also in February there is a primary election. To register to vote, visit the City Clerk at the City of Appleton located only blocks from our community. Once registered you may wish to be placed on a permanent absentee ballot program so that each election you will automatically receive an absentee ballot as long as you always return the one you receive (whether or not you vote).

On a similar note, Appleton Retirement Community has been nominated for Business of the Year Award as well as Exemplary Marketing Performance Award. Each year the Fox Cities Chamber of Commerce presents these and other awards to businesses.

Visit foxcitieschamber.com and click Nominate if you wish to vote for Appleton Retirement Community. Voting is open through February 25th.

I hope you are enjoying good health this year. We've been very fortunate to have very little illness at Appleton Retirement Community. Staff is constantly sanitizing, ill residents are put on quarantine and visitors are asked to consider postponing their visit if they are having any symptoms of illness. These efforts have been effective so far so your continued cooperation is greatly appreciated.

Thank you for choosing Appleton Retirement Community as your home.

Welcome new residents:

Jo Ann

♥ Sue ♥

Mary and Don

Book Club

Our book club meets Mondays at 2pm in the 2nd floor lounge. Book club members will be finishing and discussing the book titled Go Set A Watchman by Harper Lee, Monday, February 5th and then beginning the book Before We Were Yours by Lisa Wingate Monday, February 12th. There are many copies of this book available including large print. All residents are welcome to join at any time.

Entertainment

Saturday, February 10th
Bill McLaughlin will be playing Folk and Americana Music on the keyboard and guitar at 2:00pm in the 2nd floor lounge. All are welcome to attend.

Saturday, February 24th
Goldeen Ueleman will be here to lead residents in a sing along at 2:00pm

Monthly Birthday Party
Our February birthday party will take place Wednesday the 7th with the open bar from 11:30-12:15pm
Bob Larson will entertain in the dining room from 1:45 – 2:45pm.

Help in setting up an account at Three Square Market located in the lower level

Allen will be here Tuesday, February 6th from 11:15-1:30pm to help residents set up accounts. The sign up sheet is located in the front of the in house book under the dry erase board. Please sign up for a time slot if you are interested in help setting up an account to purchase items from the Three Square Market.

Greeting Cards for Sale

We have a good selection of greeting cards for sale for 25 cents a piece. All proceeds from these cards go to our local Bethesda Thrift Store. The cards are kept with the activity person at all activities for your convenience.

Reminisce with Elizabeth Eisen

Elizabeth will be here from the Appleton Public Library on February 2nd at 2:00pm to reminisce about Fun and Games.



On Site Banking!

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



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 Beautician 9:15 Sit and Be Fit 9:30 Northland Mall Area Shopping 10:00 Remember Walter Cronkite 12:45 Wii Bowling 1:15 Ride along through the Bus Wash 1:30 15 Minutes of Fitness 1:30 Hearing Aid Inspection/Cleaning 2:00 Bethesda Helpers 2:45 Bible Discovery 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	2 9:15 Sit and Be Fit 10:00 Penny Bingo 11:30 Lunch at Van Abel's 1:00 Fun with Tai Chi 1:30 15 Minutes of Fitness 2:00 Reminisce with Elizabeth Topic Fun and Games 3:00 Bowling Dice 3:00 Sheepshead 3:50 Story Time 6:00 Movie 6:00 Kings Corner	3 10:00 Video 10:00 Rosary 1:30 Music with Steve 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
4 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 3:00 Super Bowl Happy Hour 5:30 Super Bowl LII	5 9:15 Sit and Be Fit 10:00 Wheel of Fortune 10:00 Trip to Library 1:30 15 Minutes of Fitness 2:00 Book Club 2:00 Health Chat 2:30 Blood Pressure Checks 3:00 Hot Chocolate and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 7:00 Ladies Bible Study	6 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 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner	7 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Penny Bingo 10:00 Adult Coloring 11:30 – 12:15 Open Bar for February Birthday Party 1:45 Entertainment with Bob Larson 3:00 Catholic Mass 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	8 8:00 Beautician 9:15 Sit and Be Fit 10:00 Mason Street Casino 10:00 Facts about the Winter Olympics 12:45 Wii Bowling 1:30 15 Minutes of Fitness 2:00 Bethesda Helpers 3:00 Spelling Bee 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	9 9:15 Sit and Be Fit 9:45 Mystery Ride 10:00 Inspirational Reading 11:15 Lunch at Mark's East Side 1:00 Fun with Tai Chi 1:00 Group help with meal sign ups 2:15 Game - Scattergories 3:00 Sheepshead 3:50 Story Time 6:00 Movie 6:00 Kings Corner	10 10:00 Video 10:00 Rosary 2:00 Folk and Americana Music with Bill McLaughlin 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
11 10:00 Catholic Communion Service 1:30 Music at the Library – Flute Choir 2:00 Movie 6:00 Kings Corner	12 9:00 Foot Care - Nurse Joy 9:15 Sit and Be Fit 10:00 Discover West Virginia 11:30 Lunch at the Golden Corral 1:30 15 Minutes of Fitness 2:00 Book Club 2:15 Visit Former Residents at Brewster Village 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	13 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Current Events 1:30 15 Minutes 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 6:00 Kings Corner	14 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Adult Coloring 10:00 Game Outburst 1:30 15 Minutes of Fitness 2:00 Wheel of Fortune 3:00 Catholic Mass 3:15 Valentine's Day Happy Hour 6:00 Kings Corner 6:00 Bridge	15 8:00 Beautician 9:15 Sit and Be Fit 10:00 Game Who Am I? 12:45 Wii Bowling 1:00 15 Minutes of Fitness 2:45 Bible Discovery 3:15 Walk for Fitness 3:30 Men's Group 6:00 Kings Corner 6:00 Mexican Train Dominoes	16 9:00 Preferred Podiatry 9:15 Sit and Be Fit 10:00 You Be The Judge 1:00 Fun with Tai Chi 1:30 15 Min. of Fitness 2:15 Penny Bingo 3:50 Story Time 6:00 Movie 6:00 Kings Corner	17 8:00 Breakfast with Alderman Bill Siebers 10:00 Video 10:00 Rosary 1:30 Prize Bingo with Jean 3:00 Hot Chocolate and Cookies 4:50pm worship service at St. Matthew Lutheran Church 5 – 6 Lawrence Welk
18 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 6:00 Kings Corner	19 9:15 Sit and Be Fit 10:00 Trivia on Presidents and First Ladies 1:30 15 Minutes 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 7:00 Ladies Bible Study	20 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Wisconsin Trivia 1:30 15 Minutes of Fitness 2:00 Worship Service with St. Matthew Lutheran Church 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner	21 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Game - Yahtzee 10:00 Adult Coloring 10:00 Bus Tour of Oshkosh – lunch at the Roxy 1:30 15 Minutes of Fitness 2:00 Worship Service with Pastor Larry 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	22 8:00 Beautician 9:15 Sit and Be Fit 9:45 Dr. Stephanie – Simple Stretches to Keep You Moving – Upper Body Edition 10:15 Inspirational Reading 12:45 Wii Bowling 1:30 15 Min. of Fitness 2:00 Discover South Korea 2:45 Bible Discovery 3:00 Group help with meal sign ups 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	23 9:15 Sit and Be Fit 9:30 Thrift Store Shopping and lunch at Culver's 10:00 Bethesda helpers 1:00 Fun with Tai Chi 1:00 Group help with meal sign ups 2:15 Reminisce about Johnny Cash and June Carter Cash – enjoy some of their music 3:00 Sheepshead 3:50 Story Time 6:00 Movie 6:00 Kings Corner	24 10:00 Mystery Ride 10:00 Video 10:00 Rosary 2:00 Sing Along with Goldeen 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
25 10:00 Catholic Communion Service 1:30 Music at the Library – Jeanne Bauer performing folk and bluegrass music 2:00 Movie 6:00 Kings Corner	26 8:30 Breakfast at the Angel's 9:15 Sit and Be Fit 10:00 Farmers Almanac 10:00 Library Trip 1:00 Drive to Dick's Family Grocery Store in Sherwood 1:30 15 Minutes 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 7:00 Ladies Bible Study	27 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 American Trivia 1:00 Worship Service with Pastor Ben 1:30 15 Minutes of Fitness 2:00 Learn about Ansel Adams & Anne Geddes 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:50 Story Time 5:00 Music at Riverview Gardens 6:00 Kings Corner	28 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Food Committee Meeting and Resident Council 10:00 Adult Coloring 1:30 15 Minutes of Fitness 2:00 Worship Service with Deacon Dennis Bowman 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge			

Food Committee and Resident Council Meetings

Both the food committee and resident council meetings will be held Wednesday, February, 28th. If you have something that you would like your council members to bring up at the meeting please let one of them know. Your council members are: Tom Rueber, Joyce Feld, Verna Lou Zirebel, Maria Godschlax, Romy Gregorius, Steve Kurland, Pat McGrath, Vilas Krueger, JoAnn Reinholtz and Arlene VandenBoogart.

Wii Bowling

Join Allen in the third floor lounge on Thursdays February 1st, 8th, 15th and 22nd at 12:45pm.

Next Oneida Casino Trip

Sign up in the outings book for the trip to Oneida Casino (Mason St. location) on Feb. 8th. The bus is leaving here at 10am.

2018 Timber Rattler Baseball Games

We will be attending 5 Timber Rattler games this season:

Sunday, June 10th,

Friday, June 29th,

Sunday, July 8th,

Sunday, July 22nd and

Sunday, August 19th.

Tickets for all games are \$11.50 per person and include a handicap seat, choice of brat or hotdog and choice of beer or soda.

The sign up sheets are in the outings book.

Blood Pressure Screening

The monthly blood pressure screening that is open to all residents is scheduled for Monday, February 5th at 2:30pm. It is immediately following the Health Chat Understanding Cholesterol with one of the nurses from Valley VNA in the small dining room.

Miracle Ear

There will be a representative from Miracle Ear here Thursday, February 1st for basic hearing screenings and inspection/cleaning of your hearing aids regardless of where they were purchased. Please sign up in the in-house book if you would like an appointment.

Fun with Tai Chi

Join us for Tai Chi at 3:15pm on Mondays and 1:00pm Friday.

This is a class that is safe for everyone. 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.

Dining Room Seating

If you would like to sit with a particular resident at meals, please meet up with them before entering the dining room rather than trying to save a seat for someone at the table. It is very hurtful to other residents when they attempt to sit at a table and are told the seat is saved.

Men's Group

The February Men's Group will meet on Thursday the 15th at 3:30pm. Watch your in house mailbox for an invitation.

Foot Care

Nurse Joy from Valley VNA will be here to trim toenails on Monday, February 12th in the morning and Monday, February 26th in the afternoon. Be sure to sign up in the in-house book for all appointments. The cost is \$25. The location is the beauty shop in the lower level.

Dr. Stephanie

Will be here Thursday, February 22nd at 9:45am to present "Simple Stretches to Keep you Moving-Upper Body Edition"

Learning, Laughter & Tears Support Group

Brad from Southern Care Hospice will lead the grief support group on Tuesday, February 13th 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 Mary Bye, Bill Symons and Don Verkuilen-former residents.

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 2 pm. All are welcome. (2nd floor) The last Wednesday of each month Deacon Dennis Bowman from Faith Lutheran church will be here for a worship service along with Jeanne Lietzan playing the piano.

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 1:00pm in the 2nd floor lounge the 4th Thursday of each month.