



APPLETON

RETIREMENT COMMUNITY

January 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

Happy New Year! Thank you for a great 2017. I look forward to all 2018 brings. I continue to get comments on how friendly and welcoming residents are to visitors and new residents. Thank you for making ARC a great place to live and work. Your kindness toward staff helps us maintain caring and compassionate staff members.

Book Club

Our book club meets Mondays at 2pm in the 2nd floor lounge. Book club members will be starting a new book Monday, January 15th titled Go Set A Watchman by Harper Lee. There are many copies of this book available including large print. All residents are welcome to join at any time.

Winners of the Christmas Door Decorating Contest

Residents chose: apt. 124 and 226

Staff chose: apt. 130 and 220

Congratulation to our winners and thank you to all that participated and those that voted.

Emergency Button Checks

Allen will be in the 1st floor lobby Tuesday, January 2nd from 11:15am – 1:00pm and Thursday, January 4th from 10:30am – 12:30 pm checking residents' emergency buttons. Please stop by the table and have your button inspected during these times.



Residents- created snowmen during a recent craft session.

Entertainment

Monday, January 22nd
2:00pm

The 2nd Street Duo
with Alan Schultz
and Susan Gilliespie

Monthly Birthday Party

Our January birthday party will take place Thursday the 11th with the open bar from 11:30-12:15pm

T.J. & Lynn will entertain from 1:45 – 2:45 pm

Welcome new residents: Bardean ❄️ Theresa ❄️ Annette



Resident Spotlight: Betty Zingsheim

Betty has lived at ARC for 4 years. She is originally from Hartford, WI. Betty and her husband moved 14 times during their married life, finally ending up in Neenah, WI where they started their own business in real estate: Zingsheim Real Estate. Over the 20 years in real estate they met many wonderful people. Betty has 2 daughters and one son. Betty is a former line dancer. At ARC she is involved in Sit and Be Fit and The Book Club.



On Site Banking!

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15 Sit and Be Fit 10:00 Penny Bingo 6:00 Kings Corner 6:00 Bridge	2 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Current Events 11:15 – 1:00 Emergency Button Checks 1:15 Movie Wonder 1:30 15 Min. 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	3 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Fun with Tai chi 10:00 Adult Coloring 12:30 Beautician 1:30 15 Min. of Fitness 1:30 Craft with Yvonne 2:00 Treasures from the Attic 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	4 8:00 Beautician 9:15 Sit and Be Fit 10:00 Penny Bingo 10:00 Oneida Casino 10:30 – 12:30 Emergency Button Checks 12:45 Wii Bowling 1:00 Bethesda Helpers 2:15 Penny Bingo 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	5 9:15 Sit and Be Fit 9:30 Shopping at Pick n' Save, Northland Mall Area and Dollar Tree 10:00 Game Outburst 1:30 15 Min. of Fitness 2:00 Reminisce with Elizabeth An Album of Friends 3:00 Happy Hour 3:30 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie	6 10:00 Rosary 10:00 Video 1:30 Mystery Ride 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
7 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 2:30 Music at the Library 6:00 Kings Corner	8 9:00 Valley VNA Foot Care 9:15 Sit and Be Fit 10:00 Trip to Library 10:00 Wheel of Fortune 11:30 Potluck at the Thompson Center 1:30 15 Min. of Fitness 2:00 Health Chat 2:30 Blood Pressure 3:00 Hot Chocolate and Cookies – group help with outing sign ups 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	9 8:00 Beautician 9:30 Senior Fitness 10:15 Current Events 1:00 Walmart Shopping 1:30 15 Min. of Fitness 2:00 Reminisce and Learn about Elvis Presley and enjoy some of his music 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	10 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Fun with Tai chi 10:00 Adult Coloring 12:30 Beautician 1:30 15 Min. of Fitness 2:00 Bowling Dice 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	11 8:00 Beautician 9:15 Sit and Be Fit 10:00 1980's in Review 11:30 – 12:15 Open Bar for January Birthday Party 12:45 Wii Bowling 1:45 TJ & Lynn to entertain for January Birthday Party 2:45 Bible Discovery 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	12 9:15 Sit and Be Fit 10:00 Inspirational Reading 11:15 Lunch at Mohnen's Family Restaurant 1:00 Group help with meal sign ups 1:30 15 Min. of Fitness 2:00 Penny Bingo 3:00 Social 3:30 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie	13 10:00 Rosary 10:00 Video 1:30 Penny Bingo 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
14 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	15 9:15 Sit and Be Fit 10:00 Discover New York 1:30 15 Minutes of Fitness 2:00 Book Club 3:00 Hot Chocolate and Cookies 3:15 Fun with Tai Chi 3:30 Music at Riverview Gardens 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 7:00 Ladies Bible Study	16 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	17 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Fun with Tai chi 10:00 Adult Coloring 11:30 Senior Lunch at Fazoli's 12:30 Beautician 1:30 15 Minutes of Fitness 2:00 Pastor Larry 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	18 8:00 Beautician 8:30 Breakfast at the Queen Bee 9:15 Sit and Be Fit 10:00 Penny Bingo 12:45 Wii Bowling 1:00 Spelling Bee 2:45 Bible Discovery 3:15 Walk for Fitness 3:30 Men's Group 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	19 9:15 Sit and Be Fit 10:00 Yahtzee 1:30 15 Minutes of Fitness 2:00 Bethesda Helpers 3:15 Walk for Fitness 3:30 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie	20 8:00 Breakfast with Alderman Bill Siebers 10:00 Rosary 10:00 Video 1:30 Penny Bingo 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
21 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 6:00 Kings Corner	22 9:15 Sit and Be Fit 10:00 Trip to Library 10:00 Penny Bingo 12:40 Valley VNA Foot Care 1:30 15 Min. of Fitness 2:00 Entertainment by 2nd Street Duo 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	23 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Current Events 1:00 Worship Service with Pastor Ben 1:30 15 Min. of Fitness 2:00 Penny Bingo 3:00 Happy Hour 3:30 Sheepshead 3:30 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner	24 8:30 Community First Credit Union 9:15 Sit and Be Fit 9:30 Trip to Happy Bellies 10:00 Fun with Tai chi 10:00 Food Committee Meeting and Resident Council 12:30 Beautician 1:30 15 Min. of Fitness 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	25 8:00 Beautician 9:15 Sit and Be Fit 10:00 Penny Bingo 12:45 Wii Bowling 1:00 Bethesda Helpers 2:00 Cribbage/Adult Coloring 2:45 Bible Discovery 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	26 9:15 Sit and Be Fit 10:00 Inspirational Reading 1:00 Group help with meal sign ups 1:30 15 Min. of Fitness 2:00 Learn and reminisce about Dolly Parton – enjoy some of her music 3:15 Walk for Fitness 3:30 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie	27 10:00 Rosary 10:00 Video 11:15 Lunch at Asian Thai 2:00 Penny Bingo 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
28 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	29 9:15 Sit and Be Fit 10:00 Mystery Ride 10:00 Wheel of Fortune 1:00 Walmart Shopping 1:30 15 Min. of Fitness 2:00 Book Club 3:00 Hot Chocolate and Cookies – group help with outing sign ups 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 7:00 Ladies Bible Study	30 8:00 Beautician 9:30 Senior Fitness 9:30 Kaukauna Thrift Store Shopping - lunch at Kaukauna Family Restaurant 10:15 Current Events 1:30 15 Min. of Fitness 2:00 Learn about Benjamin Franklin 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner	31 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Fun with Tai chi 10:00 Adult Coloring 12:30 Beautician 1:30 15 Min. 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

Food Committee and Resident Council Meetings

Both the food committee and resident council meetings will be held Wednesday, January 24th. 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 Zirbel, Maria Godschlax, Romy Gregorius, Steve Kurland, Pat McGrath, Vilas Krueger, JoAnn Reinholtz and Arlene Vandenberg.

Reminisce with Elizabeth Eisen

Elizabeth will be here from the Appleton Public Library on January 5th at 2:00pm to reminisce about *An Album of Friends*.

Blood Pressure Screening


The monthly blood pressure screening that is open to all residents is scheduled for Monday, January 8th at 2:30 that is immediately following the January Health Chat entitled: "Healing Through Humor" with one of the nurses from Valley VNA in the small dining room.

Miracle Ear

There will be a representative from Miracle Ear here in February 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 as the time gets closer.

Fun with Tai Chi

Join us for Tai Chi at 3:15pm on Mondays and 10:00am on Wednesday mornings. 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.



Sympathy to the friends and family of Arline Kasten and Howard Lemke and former resident Doris Jewel. Our hearts are especially with Howard's wife Milly.

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)

Spiritual Opportunities

Please add in that section; 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. 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) 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.

Men's Group

The January Men's Group will meet January 18th at 3:30pm. Watch your in house mailbox for an invitation.

Oneida Casino Trip

Sign up in the outings book for the trip to Oneida Casino on January 4th. The bus is leaving here at 10am.

Wii Bowling

Join Allen in the third floor lounge on Thursdays January 4th, 11th, 18th and 25th at 12:45pm.

Foot Care

Nurse Joy from Valley VNA will be here to trim toenails on Monday, January 8th in the morning and Monday, January 22nd in the afternoon. Be sure to sign up in the in-house book for all appointments. The cost beginning January 1st is \$25. The location is the beauty shop in the lower level.

Learning, Laughter and Tears Support Group

Brad from Southern Care Hospice will lead the grief support group on Tuesday, January 9th at 3:30pm in the 2nd floor lounge. This group is for anyone who has ever suffered a loss.