



APPLETON

RETIREMENT COMMUNITY

March 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

### Entertainment

#### Saturday, March 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.

#### Friday, March 16th

Daniel Lovett will be playing some Irish, Old Country and Gospel music during the St. Patrick's Day Happy Hour at 3:00pm.

Shamrock Shakes and Grasshoppers will be served.

#### Tuesday, March 27th

We have a group consisting of; Laura Harer (daughter of Carl Luedeke), Colleen Perrine and Jazz Guitarist Tony Mirenda that will be entertaining us with Big Band Music and a sing along at 3:30pm.

#### Monthly Birthday Party

Our March birthday party will take place

#### Thursday the 8th

with the open bar from 11:30-12:15pm Johnny More will entertain us with his Johnny Cash and Variety Show in the dining room from 1:30 – 2:30pm.

### A Note from Amie Mischler, Executive Director

Spring is coming! Soon we will be planning our summer bus trips and getting ready to garden. Prior to that make sure to come check out the many programs taking place right here. Many residents are learning Mexican Train Dominos for the first time and really enjoying that game. If you haven't tried tai chi, I highly recommend it. It's especially recommended for anyone who has falls. Many of you may have noticed the television screen in the lobby that now scrolls the daily menus, activities and other news. You may also access this information by tuning your television to channel 955 in your apartment.

Thank you for making Appleton Retirement Community your home. We look forward to continuing to serve you.

### 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.

Welcome new residents: Angie, Ruth, Allen, Henny, Don

### Good Friday Services

We will have a Catholic Good Friday service led by Deacon CF Dedman on March 30th at 9:00am in the 2nd floor lounge and a 10:00am service led by Pastor Dan Dainsberg from Appleton Alliance Church. All residents are welcome to attend either or both services.

### 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 Last One Home by Debbie Macomber, Monday, March 12th and then beginning the book Before We Were Yours by Lisa Wingate Monday, March 19th. There are many copies of this book available including some large print. All residents are welcome to join at any time.

### Dr. Stephanie

Will be here Thursday, March 29th at 9:45am to present "Simple Stretches to Keep you Moving-Lower Body Edition"

### On Site Banking!

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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><b>1</b></p> <p>8:00 Beautician 9:15 Sit and Be Fit 9:30 Northland Mall Area Shopping 10:00 Miscellaneous Trivia 12:45 Wii Bowling 1:30 15 Min. of Fitness 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</p>	<p><b>2</b></p> <p>9:15 Sit and Be Fit 10:00 Penny Bingo 1:00 Fun with Tai Chi 1:30 15 Minutes of Fitness 2:00 Reminisce with Elizabeth – topic Pets 3:00 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie</p>	<p><b>3</b></p> <p>10:00 Video 10:00 Rosary 1:30 Penny Bingo 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk</p>
<p><b>4</b></p> <p>10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 6:00 Kings Corner</p>	<p><b>5</b></p> <p>9:15 Sit and Be Fit 10:00 Treasures to share 11:15 Lunch at Cinders 1:30 15 Min. of Fitness 2:00 Book Club 2:00 Health Chat – Blood Pressure screening 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</p>	<p><b>6</b></p> <p>8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Learn about and play some Jeopardy 1:30 15 Min. of Fitness 2:00 Worship Service with Eternal Love Lutheran Church 3:00 Memorial for Pat 3:00 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner</p>	<p><b>7</b></p> <p>8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Inspirational Reading 12:30 Beautician 1:00 Fox River Mall Area Shopping 1:30 15 Min. of Fitness 2:00 Penny Bingo 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge</p>	<p><b>8</b></p> <p>8:00 Beautician 9:15 Sit and Be Fit 9:30 Mystery Ride 10:00 Reminisce and learn about 4 different popular Singers from the past 11:30 – 12:15 Open Bar for March Birthday Party 12:45 Wii Bowling 1:30 Entertainment with Johnny More 2:45 Wheel of Fortune 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes</p>	<p><b>9</b></p> <p>9:15 Sit and Be Fit 10:00 Current Events 10:00 Trip to Oneida Casino 1:00 Group help with meal sign ups 1:00 Fun with Tai Chi 1:30 15 Min. of Fitness 2:00 Penny Bingo 3:00 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie</p>	<p><b>10</b></p> <p>10:00 Video 10:00 Rosary 2:00 Folk and Americana Music with Bill McLaughlin 3:00 Hot Chocolate and Cookies 4:50 Worship Service at St. Matthew Lutheran Church 5:00 – 6:00 Lawrence Welk</p>
<p><b>11</b></p> <p>10:00 Catholic Communion Service 1:30 Music at the Library 2:00 Movie 6:00 Kings Corner</p>	<p><b>12</b></p> <p>9:00 Foot Care with Nurse Joy 9:15 Sit and Be Fit 10:00 Bowling Dice 10:00 Library Trip 11:30 Potluck at the Thompson Center 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</p>	<p><b>13</b></p> <p>8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Yahtzee 1:30 15 Min. of Fitness 2:00 Penny Bingo 3:00 Sheepshead 3:30 Learning, Laughter and Tears Support Group 3:50 Story Time 6:00 Kings Corner</p>	<p><b>14</b></p> <p>8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Inspirational Reading 12:30 Beautician 1:30 15 Min. of Fitness 2:00 Discover Ohio 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 6:30 Leave for Appleton History Series</p>	<p><b>15</b></p> <p>8:00 Beautician 9:15 Sit and Be Fit 10:00 Current Events 12:45 Wii Bowling 1:00 Game You Be The Judge 2:45 Bible Discovery 3:30 Men's Group 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes</p>	<p><b>16</b></p> <p>9:15 Sit and Be Fit 10:00 Discover Ireland 1:00 Fun with Tai Chi 1:30 15 Minutes of Fitness 2:10 Penny Bingo 3:00 St. Patrick's Day Happy Hour 3:00 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie</p>	<p><b>17</b></p> <p>8:00 Alderman Bill Siebers here for breakfast 10:00 Video 10:00 Rosary 3:00 Leave for 90th Birthday Party for Marge 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk</p>
<p><b>18</b></p> <p>10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 6:00 Kings Corner</p>	<p><b>19</b></p> <p>9:15 Sit and Be Fit 10:00 Penny Bingo 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</p>	<p><b>20</b></p> <p>8:00 Beautician 9:30 Senior Fitness 9:45 Tour of the new Fox Cities Convention Center 10:15 Game Outburst 1:00 Walmart Shopping 1:30 15 Min. of Fitness 2:00 Worship Service with St. Matthew Lutheran Church 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner</p>	<p><b>21</b></p> <p>8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Current Events 10:00 Food Committee and Resident Council 12:30 Beautician 1:30 15 Min. of Fitness 2:00 Worship Service with Pastor Larry 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge</p>	<p><b>22</b></p> <p>8:00 Beautician 9:15 Sit and Be Fit 10:00 Inspirational Reading 12:45 Wii Bowling 1:30 Bethesda Helpers 2:45 Bible Study 3:00 15 Min. of Fitness 3:20 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes</p>	<p><b>23</b></p> <p>9:15 Sit and Be Fit 10:00 Presidents Adams, Jefferson and Madison 1:00 Group help with meal sign ups 1:00 Fun with Tai Chi 2:10 Penny Bingo 3:00 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie</p>	<p><b>24</b></p> <p>10:00 Rosary 10:30 Sit and Be Fit 1:30 Bingo 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk</p>
<p><b>25</b></p> <p>10:00 Catholic Communion Service 1:30 Music at the Library 2:00 Movie 6:00 Kings Corner</p>	<p><b>26</b></p> <p>8:30 Breakfast at the Queen Bee 9:15 Sit and Be Fit 10:00 Wheel of Fortune 10:00 Library Trip 12:30 Foot Care with Nurse Joy 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 7:00 Ladies Bible Study</p>	<p><b>27</b></p> <p>8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Learn and Reminisce about Harry Caray and Bob Uecker 1:00 Worship Service with Pastor Ben 2:00 Tour of Appleton History Museum 3:00 Sheepshead 3:30 Big Band Music and Sing Along 3:50 Story Time 6:00 Kings Corner</p>	<p><b>28</b></p> <p>8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Current Events 12:30 Beautician 1:30 15 Min. of Fitness 2:00 Worship Service with Deacon Bowman 3:00 Catholic Mass 3:50 Story Time 6:00 Kings Corner 6:00 Bridge</p>	<p><b>29</b></p> <p>8:00 Beautician 9:15 Sit and Be Fit 9:45 Dr. Stephanie-Simple Stretches to Keep You Moving – Lower Body Edition 10:15 Learn about Seals/Walrus 12:45 Wii Bowling 1:00 Mystery Ride 1:30 15 Min. Fitness 2:00 Penny Bingo 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes</p>	<p><b>30</b></p> <p>9:00 Catholic Communion Service with Deacon C.F. Dedman from St. Joseph Catholic Church 10:00 Good Friday Service with Pastor Dan from Appleton Alliance Church 1:00 Fun with Tai Chi 2:15 Sit and Be Fit 3:00 Social 3:00 Sheepshead 3:50 Story Time 6:00 Kings Corner 6:00 Movie</p>	<p><b>31</b></p> <p>10:00 Video 10:00 Rosary 1:30 Music with Steve 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk</p>

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

Both the food committee and resident council meetings will be held Wednesday, March 21st. Be sure to mark your calendars as this is a week earlier than usual. 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, Vilas Krueger, JoAnn Reinholtz and Arlene VandenBoogart.

### **Reminisce with Elizabeth Eisen**

Elizabeth will be here from the Appleton Public Library on March 2nd at 2:00pm to reminisce about Pets.

### **Blood Pressure Screening**

The monthly blood pressure screening that is open to all residents is scheduled for Monday, March 5th at 2:30pm. It is immediately following the Health Chat entitled Diabetes Awareness 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, May 3rd 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. We encourage all residents to give it a try.



*Sympathy to the friends and family of Pat McGrath. We miss Pat and will remember her by her shining smile. Brad McIntyre from Southern Care Hospice and the family of Pat McGrath will lead us in a Memorial Service in Pat's honor on Tuesday, March 6th at 3:00pm in the large dining room. All are welcome to attend.*

## **Spiritual Opportunities:**

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

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

### **Men's Group**

The March Men's Group will meet on Thursday the 15th 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 (Mason Street location) on March 9th. The bus is leaving here at 10am.

### **Wii Bowling**

Join Allen in the third floor lounge on Thursdays March 1st, 8th, 15th, 22nd and 29th at 12:45pm.

### **Foot Care**

Nurse Joy from Valley VNA will be here to trim toenails on Monday, March 12th in the morning and Monday, March 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.

### **Learning, Laughter and Tears Support Group**

Brad from Southern Care Hospice will lead the grief support group on Tuesday, March 13th at 3:30pm in the 2nd floor lounge. This group is for anyone who has ever suffered a loss.