



APPLETON

RETIREMENT COMMUNITY

APRIL 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, April 14th

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.

Tuesday, April 24th at 2:00pm

TJ and Lynn will be back to entertain us with Oldies from the 30's, 40's and 50's along with some old country music.

Monthly Birthday Party

Our April birthday party will take place Friday the 6th with the open bar from 11:30-12:15pm. The 2nd Street Duo will entertain with classic oldies and country music in the dining room from 6:30 - 7:30pm.

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.



On Site Banking!

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

Employee Spotlight: Elizabeth Tidd

Elizabeth joined the team in 2015. For a short period of time, she worked with developmentally disabled children but missed us so much she returned in February of 2016. She is a Lead Resident Assistant during the day. Elizabeth was born and raised in Appleton. She is starting nursing school soon and plans to practice hospice nursing in the future. Elizabeth has been married for a little over a year. She and her husband, Brandon, have three dogs and they provide a foster home for dogs from the Saving Paws program.



Resident Spotlight: Char Kryszak

Char moved in to Appleton Retirement Community in August of 2017. She was born in Sheboygan but raised in Appleton. Some of her favorite activities are going out to eat, napping and traveling. She has been to Europe several times and has been to 48 states in the U.S. She has one son who lives in Appleton. What she loves most about living at ARC is the people and having the bus to go on outings. You will often see Char sitting in the lobby near the mailboxes reading the newspaper and chatting with friends.



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 **Before We Were Yours** by Lisa Wingate Monday, April 9th and then begin the book **I Still Dream About You** by Fannie Flagg Monday, April 16th. There are many copies of this book available including numerous large print. All residents are welcome to join at any time.

5 week Bible Study

Faith Lutheran Church is offering a Bible Study at ARC Wednesday evenings 6:30-8pm April 11th-May 9th. The topic is Knowing God, a study based on a book by Larry Osborne. Please call Dennis Aschauer at Faith Lutheran to register. 920-739-9191. No cost, public welcome.

Welcome new resident: Helen



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 6:00 Kings Corner	2 9:00 Walmart Shopping 9:15 Sit and Be Fit 10:00 Game - Outburst 1:30 15 Minutes of Fitness 2:00 Blood Pressure Check and Health Chat 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	3 8:00 Beautician 9:30 Senior Fitness 9:45 Leave for the movie <i>I Can Only Imagine</i> 10:15 Penny Bingo 1:30 15 Min. 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 6:00 Kings Corner	4 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Inspirational Reading 11:15 Lunch at Hortonville Dairy Queen and Hortonville Tour 12:30 Beautician 1:15 Knitting and Crocheting with Yvonne 2:00 Bowling Dice 3:00 Catholic Mass 3:15 Walk for Fitness 6:00 Kings Corner 6:00 Bridge	5 8:00 Beautician 8:00 – 9:30 Emergency Button Checks 9:15 Sit and Be Fit 10:00 Oneida Casino 10:00 Remember the 1940's 1:30 15 Min. of Fitness 2:00 Bethesda Helpers 3:00 Spelling Bee 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	6 9:15 Sit and Be Fit 9:30 Northland Mall Area Shopping 10:00 Current Events 11:30 – 12:15 Open Bar 12:45 Wii Bowling 1:00 Fun with Tai Chi 1:30 Group help with meal sign up 2:10 Penny Bingo 3:15 Sheepshead 3:15 Mexican Train Dominoes 3:50 Story Time 6:30 Entertainment with the 2nd Street Duo April Birthday Party	7 9:30 Sit and Be Fit 10:00 Rosary 10:15 Putting Around 1:30 Penny Bingo 2 – 4:00 Ethel Gregg's Birthday Party 5:00 – 6:00 Lawrence Welk
8 10:00 Catholic Communion Service 2:00 Movie 5:20 Sacred Choral Concert at FVL – Begins at 6:00pm 6:00 Kings Corner	9 9:00 Foot Care with Nurse Rhonda 9:15 Sit and Be Fit 10:00 Penny Bingo 10:00 Library Trip 12:30 Thompson Center for the Garden Party Pie Social 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	10 8:00 Beautician 9:30 Senior Fitness 10:00 Mystery Ride 10:15 Current Events 1:00 Walmart Shopping 1:30 15 Minutes of Fitness 2:00 Penny Bingo 3:15 Walk for Fitness 3:30 Learning, Laughter and Tears Grief Support Group 3:50 Story Time 6:00 Kings Corner	11 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Discover the state of Minnesota 12:30 Beautician 1:15 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 6:30 Bible Study with Dennis Ashauer from Faith Lutheran Church	12 8:00 Beautician 9:15 Sit and Be Fit 10:00 Short Stories 11:30 Lunch at Rookies 12:45 Wii Bowling 1:00 Bethesda Helpers 1:30 Thrift Store Shopping 2:15 15 Min. of Fitness 2:45 Bible Discovery 3:00 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	13 9:15 Sit and Be Fit 10:00 Penny Bingo 1:00 Fun with Tai Chi 1:30 15 Min. of Fitness 2:00 Reminisce with Elizabeth – "How To Be A Kid Again" 3:00 Happy Hour 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner 6:00 Movie	14 9:30 Sit and Be Fit 10:00 Rosary 2:00 Folk and Americana Music with Bill McLaughlin 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
15 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 6:00 Kings Corner	16 9:15 Sit and Be Fit 9:30 Waupaca Tour with lunch at Kings Table 10:00 Wheel of Fortune 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 5:00 Music at Riverview Gardens 6:00 Kings Corner 6:00 Bridge 7:00 Ladies Bible Study	17 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Penny Bingo 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	18 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Inspirational Reading 12:30 Beautician 1:15 Craft with Yvonne 1:30 15 Min. of Fitness 2:00 Worship Service with Pastor Larry 3:00 Catholic Mass 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 6:30 Bible Study with Dennis Ashauer from Faith Lutheran Church	19 8:00 Beautician 9:15 Sit and Be Fit 9:30 Darboy Area Shopping 10:00 Bowling Dice 11:15 Lunch at Golden Corral 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	20 9:15 Sit and Be Fit 10:00 Learn about Chimpanzees and Gorillas 1:00 Fun with Tai Chi 1:00 Group help with meal sign ups 1:30 15 Min. of Fitness 2:00 Penny Bingo 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Movie	21 8:00 Alderman Bill Siebers here for breakfast 9:30 Penny Bingo 10:00 Rosary 3:00 Hot Chocolate and Cookies 4:50 Worship Service at St. Matthew Lutheran Church 5:00 – 6:00 Lawrence Welk
22 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	23 9:15 Sit and Be Fit 10:00 Game - Outburst 10:00 Library Trip 11:30 Lunch at Arbys 12:30 Foot Care with Nurse Rhonda 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	24 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Discover Belize 1:00 Worship Service with Pastor Ben 1:30 15 Min. of Fitness 2:00 Entertainment with TJ and Lynn 3:00 Happy Hour 3:30 Sheepshead 3:30 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner	25 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Game – Who Am I? 12:30 Beautician 1:15 Craft with Yvonne 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 6:30 – 8:00 Bible Study with Dennis Ashauer from Faith Lutheran Church	26 8:00 Beautician 9:15 Sit and Be Fit 10:00 Wheel of Fortune 10:00 Little Chute area shopping – lunch at Seth's in Little Chute 12:45 Wii Bowling 1:00 Bethesda Helpers 2:15 Game – You Be The Judge 2:45 Bible Discovery 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	27 9:15 Sit and Be Fit 10:00 Current Events 1:00 Fun with Tai Chi 1:30 15 Min. of Fitness 2:00 Reminisce about Glen Miller and Debbie Reynolds 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:15 Walk for Fitness 3:50 Story time 6:00 Kings Corner 6:00 Movie	28 10:00 Rosary 9:30 Sit and Be Fit 10:15 Putting Around 11:15 Lunch at Good Company 2:00 Prize Bingo 3:00 Hot Chocolate and Cookies 5:00 – 6:00 Lawrence Welk
29 10:00 Catholic Communion Service 1:30 Music at the Library 2:00 Movie 6:00 Kings Corner	30 8:30 Breakfast at the Queen Bee 9:15 Sit and Be Fit 10:00 Wii Bowling 10:15 Mystery Ride 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					

Food Committee and Resident Council Meetings

Both the food committee and resident council meetings will be held Wednesday, April 25th. 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 April 13th at 2:00pm to reminisce about **How To Be A Kid Again**.

Blood Pressure Screening

The monthly blood pressure screening that is open to all residents is scheduled for Monday, April 2nd beginning at 2:00pm. Immediately following blood pressure checks will be the Health Chat **How Our 5 Senses Change As We Age** with Julie, 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 as time gets closer.

Fun with Tai Chi

Join us for Tai Chi at 3:15pm on Mondays and 1:00pm Fridays. Check out the class that has the world seeing great results: increased balance, strength, flexibility, cognition, confidence, immunity and circulation of body fluid and blood, which enhances healing.

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.

Greeting Cards for Sale

We have a good selection of greeting cards for sale for 25 cents each. 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.

Oneida Casino Trip

Sign up in the outings book for the trip to Oneida Casino on April 5th. The bus is leaving here at 10am.

Wii Bowling

Join Allen in the third floor lounge on Thursdays April 12th, 19th, 26th and Friday, April 6th at 12:45pm.

Foot Care

Nurse Rhonda from Valley VNA will be here to trim toenails on Monday, April 9th in the morning and Monday, April 23rd 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.

Pendant Check

Please stop by the lobby between 8-9:30am on Thursday, April 5th to have your emergency pendant tested. Emily will be there to do the checks.

Learning, Laughter and Tears Support Group

Brad from Southern Care Hospice will lead the grief support group on Tuesday, April 10th 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 Mike Milton, who moved to ARC with his wife Pat in July of 2016.

We will miss Mike's smile across the dining room at meals.

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.