



APPLETON

RETIREMENT COMMUNITY

May 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

Tuesday, May 1st

Join as Arlie Schneider leads everyone in an Old Time Sing Along in the dining room from 2:45 – 3:45.

Saturday, May 12th

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, May 25th

Norm Powers will entertain with a variety of Old Country, Patriotic, Polkas and Old Favorite music during our Memorial Day Happy Hour from 3:00 – 4:00pm.

Monthly Birthday Party

Our May birthday party will take place

Monday the 14th

with the open bar from 11:30-12:15pm Listen to some Classical selections from the Encore Strings Group at 2:00pm.

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

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.



Resident Spotlight: Maria Godschalx

Maria moved to ARC in 2010. She was born in Ohio but moved to Pennsylvania when she was very young. After getting married, she moved to Wisconsin. One of her favorite things to do is to put puzzles together. Another thing she really enjoys is reading and socializing. Maria is the mother of five (three of which are still living). Her three daughters all check in with her often. She has five grandchildren and seventeen great grandchildren. Maria is a proud Veteran, having served in the Air Force for five years. She is also an accomplished ballerina and opera singer. Her favorite thing about living at ARC is the socialization and the friendships she has with the other residents.



Staff Spotlight: Lauren Culp

Lauren joined the team in August of 2016. Lauren is a caregiver with medication passing responsibilities during the day shift. What she loves the most about working at ARC is how close she is with the residents and that they have become like family to her. She is from Port Huron, Mi. She says the senior population inspires her to be a better person and she is going to school to be an Occupational Therapy Assistant and looks forward to continuing her work with seniors.

Ladies Trunk Show

Representatives from Christopher and Banks (a ladies clothing store) in the Fox River Mall will be here for a Spring Trunk Show Thursday, May 17th from 1:00 – 3:00pm in the 1st floor lobby. Feel free to invite your family or friends to join you for this event. They do accept cash, checks and credit/debit cards.

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.



On Site Banking!

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

Welcome new residents: Blanche and Phyllis



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Reminisce about Paul Harvey 1:30 15 Min. of Fitness 2:00 Worship Service with Eternal Love Lutheran Church 2:45 – 3:45 Arlie Schneider 3:50 Story Time 6:00 Kings Corner	2 8:30 Community first Credit Union 9:15 Sit and Be Fit 10:00 Inspirational Reading 10:00 Oneida Casino 12:30 Beautician 1:15 Knitting/Crocheting with Yvonne 2:00 Wheel of Fortune 3:00 Catholic Mass 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 6:30 Bridge Study with Dennis Ashauer from Faith Lutheran Church	3 8:00 Beautician 9:15 Sit and Be Fit 9:30 Shopping in the Northland Mall Area 10:00 Celebrate Appleton Throughout the Years 12:45 Wii Bowling 1:00 Bethesda Helpers 1:30 Goodwill and Aldi Neenah – Dairy Queen 1:30 – 3:00 Hearing Aid cleaning/inspection 2:30 Penny Bingo 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	4 9:15 Sit and Be Fit 10:00 Current Events 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 Happy Hour 3:30 Sheepshead 3:30 Mexican Train Dominoes 3:50 Story Time 4:30 Supper at Van Abel's 6:00 Kings Corner 6:00 Movie	5 10:00 Rosary 1:30 Penny Bingo 3:00 Lemonade and Cookies 5:00 – 6:00 Lawrence Welk
6 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 1:30 Spring Ride with Ice Cream Stop 2:00 Movie 6:00 Kings Corner	7 9:15 Sit and Be Fit 10:00 Jeopardy Trivia 11:15 Lunch at Mohnen's 1:30 15 Min. of Fitness 2:00 Book Club 2:00 Blood Pressure Screening and Health Chat 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 7:00 Ladies Bible Study	8 8:00 Beautician 9:30 Senior Fitness 10:15 Remembering Amelia Earhart 1:00 Walmart Shopping 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	9 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Current Events 12:30 Beautician 1:15 UFO Craft Day with Yvonne 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 6:30 Bridge Study with Dennis Ashauer from Faith Lutheran Church	10 8:00 Beautician 9:15 Sit and Be Fit 9:30 Darboy Area Shopping 10:00 Penny Bingo 12:45 Wii Bowling 1:00 Bethesda Helpers 2:15 15 Minutes of fitness 2:45 Bible Discovery 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	11 9:15 Sit and Be Fit 10:00 Trivia about Mothers 10:50 Wheelchair Wash and Health Fair 1:30 15 Min. of Fitness 2:00 Reminisce with Elizabeth about Farm Days 3:00 Mother's Day Happy Hour 3:30 Sheepshead 3:30 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner 6:00 Movie	12 9:30 Sit and Be Fit 10:00 Rosary 10:15 Putting Around 11:15 Lunch at Pullman's 2:00 Folk and Americana Music with Bill McLaughlin 3:00 Lemonade and Cookies 4:50 Worship Service at St. Matthew Lutheran Church 5:00 – 6:00 Lawrence Welk
13 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	14 9:00 Foot Care with Nurse Rhonda 9:15 Sit and Be Fit 10:00 Remembering our favorite and worst jobs 10:00 Library Trip 11:30 – 12:15 Open Bar for May Birthday Party 2:00 Encore Strings Group 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 3:50 Story Time 6:00 Kings Corner 6:00 Bridge 7:00 Ladies Bible Study	15 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Hymn Sing Along 1:30 15 Min. of Fitness 2:00 Worship Service with Pastor from 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 6:15 Jazz Band and Show Concert at FVL	16 8:30 Community First Credit Union 9:15 Sit and Be Fit 10:00 Inspirational Reading 12:30 Beautician 1:15 Crafts with Yvonne 1:30 15 Min. of Fitness 2:00 Pastor Larry 3:00 Catholic Mass 3:15 Walk for Fitness 3:50 Story Time 6:00 Bridge 6:00 Kings Corner	17 8:00 Beautician 8:30 Breakfast at the Queen Bee 9:15 Sit and Be Fit 9:45 Dr. Stephanie Presentation 12:45 Wii Bowling 1:00 – 3:00 Spring Trunk Show Christopher & Banks 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	18 9:15 Sit and Be Fit 10:00 Wheel of Fortune 10:45 Lunch at Hunter's Sports Bar in Readfield with a stop at Union Star Cheese 1:00 Group help with meal sign ups 1:30 15 Minutes of Fitness 2:15 Penny Bingo 3:50 Story Time 6:00 Kings Corner 6:00 Movie	19 9:30 Sit and Be Fit 10:00 Rosary 10:15 Putting Around 1:30 Penny Bingo 3:00 Lemonade and Cookies 5:00 – 6:00 Lawrence Welk
20 10:00 Catholic Communion Service 10:30 Worship Service with Roger from Calvary Chapel 2:00 Movie 6:00 Kings Corner	21 9:15 Sit and Be Fit 9:30 Tour of Waupaca – lunch at the King's Table 10:00 Reminisce about Wisconsin 1:30 15 Min. of Fitness 2:00 Learn about Cornwall England 3:00 Lemonade and Cookies 3:15 Tai Chi 3:50 Story Time 5:00 Music at Riverview Gardens 6:00 Kings Corner 6:00 Bridge	22 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Current Events 1:15 Leave for High Cliff Tour 1:30 15 Minutes of Fitness 2:00 Penny Bingo 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner	23 8:30 Community First Credit Union 9:15 Sit and Be Fit 9:45 Mystery Ride 10:00 Food Committee and Resident Council Meeting 11:10 Lunch at Rookies 12:30 Beautician 1:15 Crafts with Yvonne 2:00 What are these games all about? 3:00 Catholic Mass 6:00 Bridge 6:00 Kings Corner	24 8:00 Beautician 9:15 Sit and Be Fit 10:00 Game - Outburst 12:45 Wii Bowling 1:00 Bethesda Helpers 2:15 15 Minutes of Fitness 2:45 Bible Discovery 3:00 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes	25 9:15 Sit and Be Fit 10:00 Memorial Day Program 1:00 Fun with Tai Chi 1:30 15 Minutes of Fitness 2:00 Penny Bingo 3:00 Memorial Day Happy Hour Norm Powers to entertain 3:50 Story Time 6:00 Kings Corner 6:00 Movie	26 10:00 Rosary 1:30 Penny Bingo 3:00 Lemonade and Cookies 5:00 – 6:00 Lawrence Welk
27 10:00 Catholic Communion Service 2:00 Movie 6:00 Kings Corner	28 8:30 Leave for Memorial Day Parade 10:30 Sit and Be Fit 3:00 Lemonade and Cookies 3:15 Fun with Tai Chi 6:00 Kings Corner 6:00 Bridge Memorial Day	29 8:00 Beautician 9:00 Walmart Shopping 9:30 Senior Fitness 10:15 Penny Bingo 12:40 Foot Care with Nurse Rhonda 1:00 Worship Service with Pastor Ben 1:30 15 Min. of Fitness 2:00 Book Club 3:00 Sheepshead 3:00 Mexican Train Dominoes 3:50 Story Time 6:00 Kings Corner	30 8:30 Community First Credit Union 9:15 Sit and Be Fit 9:15 Trip to Sheboygan and Kohler Design Center 10:00 Mementoes and Memories 12:30 Beautician 1:15 Crafts with Yvonne 2:00 Worship Service : Deacon Dennis Bowman Faith Lutheran Church 3:00 Catholic Mass 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Bridge	31 8:00 Beautician 9:15 Sit and Be Fit 9:30 Shopping at Meijer Store 10:00 Discover Indiana 11:30 Lunch at Cheddar Scratch 12:45 Wii Bowling 1:00 Bethesda Helpers 2:15 Min. of Fitness 2:45 Bible Discovery 3:15 Walk for Fitness 3:50 Story Time 6:00 Kings Corner 6:00 Mexican Train Dominoes		

Food Committee and Resident Council Meetings

Both the food committee and resident council meetings will be held Wednesday, May 23rd. If you have something that you would like your council members to address 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 May 11th at 2:00pm to reminisce about Farm Days.

Blood Pressure Screening

The monthly blood pressure screening that is open to all residents is scheduled for Monday, May 7th at 2:00pm. It will be followed by a Health Chat on "Dental Problems or Something Else" at 2:30pm with Nurse Julie 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. 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. You are welcome to invite a friend or family member to attend with you.

Learning, Laughter and Tears Support Group

Brad from Southern Care Hospice will lead the grief support group on Tuesday, May 8th at 3:30pm in the 2nd floor lounge. This group is for anyone who has ever suffered a loss.

Dr. Stephanie

Dr. Stephanie - Chiropractor
Join Dr. Stephanie Thursday, May 17th at 9:45am as she does a presentation on "Ergonomics for posture: Proper use of Walkers and Wheelchairs" in the 2nd floor lounge.

Men's Group

The May Men's Group will meet on Thursday the 17th 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 May 2nd. The bus is leaving here at 10am.

Wii Bowling

Join Allen in the third floor lounge on Thursdays May 3rd, 10th, 17th, 24th and 31st at 12:45pm.

Foot Care

Nurse Rhonda from Valley VNA will be here to trim toenails on Monday, May 14th in the morning and Tuesday, May 29th 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.

Book Club

Our book club meets Mondays at 2pm in the 2nd floor lounge. Book club members will be finishing and discussing the book, *I Still Dream of You*, by Fannie Flagg Monday, May 7th and will begin a new book Tuesday, May 29th. All residents are welcome to join at any time.

Spiritual Opportunities:

Sympathy to the friends and family of former residents Joan Klevesahl and Dolores Golonka (wife of Arnie Strauch). Our hearts are with the families and friends as they reflect on good memories.

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.