



APPLETON

RETIREMENT COMMUNITY

September 2018

Newsletter and Activity Calendar

Independent and Assisted Living - A Midwest Senior Living Affiliate

200 W. Packard Street • Appleton, WI 54911

www.appletonretirement.com

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A Note from Amie Mischler,
Executive Director

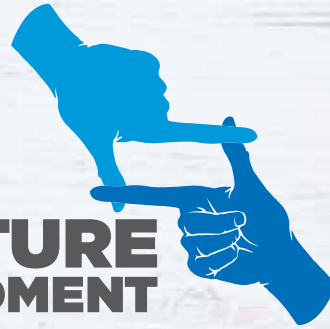
As summer quickly changes to autumn, we too are experiencing change at Appleton Retirement Community. On October 1st, 2018 our new management company will be Oxford Management headquartered out of Rochester, MN with several senior living communities in Wisconsin.

When our current management company, Midwest Senior Living, LLC, shared with our owners that they would be dissolving as a business, together they set out to find the perfect management group for us. Much time was dedicated to research, site visits and interviews to ensure that all residents and staff would receive the same excellent treatment they are accustomed to under Midwest Senior Living's management.

What does this all mean for residents and staff? Residents and staff will see very little change. We will keep the name: Appleton Retirement Community. The same staff will be here providing the same great care and services. Business cards, letterhead and anything with the name Midwest Senior Living will of course change. These minor changes will not disrupt the normal day to day life here at ARC.

We are very thankful for the wonderful years of management Midwest Senior Living provided and look forward to continuing on the journey of serving seniors with our new management company, Oxford Management.

Welcome new residents:
Ruth, Sandie, Betty



CAPTURE THE MOMENT

NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 9-15, 2018

Celebrating National Assisted Living Week 2018
Capture the Moment

Be sure to join us for these and many more exciting activities:

Sunday, September 9th

7:15am to 9:45am Cinnamon rolls at breakfast to celebrate Grandparent's Day
3:30pm Pre Game Happy Hour

Monday, September 10th

3pm, Root beer floats on the porch or in the yard

Tuesday, September 11th

2pm, Greatest Presidential Speeches in History

Wednesday, September 12th

8am, Breakfast with local officials and friends of ARC

Thursday, September 13th

10am to Noon Craft Fair/Sale (main lobby)
3pm Cold Stone Creamery Ice Cream Social

Friday, September 14th

10:15am Bob Schmall, a local historian will be here for a presentation on the American Cowboy in the 2nd floor lounge
3:00pm Orange Julius Social

On Site Banking! Every Wednesday
8:30-noon located in the lower level lounge.



September 2018



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|--|
| <p>2</p> <p>10:00 Catholic Communion Service</p> <p>10:30 Worship Service with Roger from Calvary Chapel</p> <p>2:00 Movie</p> <p>6:00 Kings Corner</p> | <p>3</p> <p>9:15 Fun with Tai Chi</p> <p>10:15 Wheel of Fortune</p> <p>1:15 Sit and Be Fit</p> <p>2:00 Bingo</p> <p>3:00 Lemonade and Cookies</p> <p>6:00 Kings Corner</p> <p>6:00 Bridge</p> | <p>4</p> <p>8:00 Beautician</p> <p>9:00 Walmart Shopping</p> <p>9:15 Sit and Be Fit</p> <p>10:00 Game - Outburst</p> <p>1:30 15 Min. of Fitness</p> <p>2:00 Worship Service with Pastor from Eternal Love Lutheran Church</p> <p>3:00 Sheepshead</p> <p>3:00 Mexican Train</p> <p>Dominoes</p> <p>3:45 Story Time</p> <p>6:00 Kings Corner</p> <p>6:00 Bridge</p> | <p>5</p> <p>8:30 Community First Credit Union</p> <p>9:15 Sit and Be Fit</p> <p>10:00 Current Events</p> <p>10:00 Oneida Casino</p> <p>12:30 Beautician</p> <p>1:45 Fall Wreath Craft with Yvonne</p> <p>3:00 Catholic Mass</p> <p>3:15 Walk for Fitness</p> <p>6:00 Kings Corner</p> <p>6:00 Bridge</p> | <p>6</p> <p>8:00 Beautician</p> <p>9:00 Dr. Ben Chiropractor</p> <p>9:15 Fun with Tai Chi</p> <p>10:15 Inspirational Reading</p> <p>1:30 Shopping at St. Vincent De Paul</p> <p>1:30 Sit and Be Fit</p> <p>2:15 Spelling Bee</p> <p>3:15 15 Min. of Fitness</p> <p>3:45 Story Time</p> <p>4:50 Supper at Appleton Yacht Club</p> <p>6:00 Kings Corner</p> <p>6:00 Mexican Train</p> <p>Dominoes</p> | <p>7</p> <p>9:15 Sit and Be Fit</p> <p>9:30 Northland Mall Area Shopping</p> <p>10:00 Game - Trivial Pursuit</p> <p>1:00 Help with meal sign ups</p> <p>1:45 15 Min. of Fitness</p> <p>2:15 Penny Bingo</p> <p>3:15 Sheepshead</p> <p>3:45 Story Time</p> <p>6:00 Kings Corner</p> <p>6:00 Movie</p> | <p>8</p> <p>10:00 Rosary</p> <p>2:00 Americana and Folk Music with Bill McLaughlin</p> <p>3:00 Sheepshead</p> <p>3:00 Lemonade and Cookies</p> <p>5:00 - 6:00 Lawrence Welk</p> |
| <p>9</p> <p>10:00 Catholic Communion Service</p> <p>2:00 Movie</p> | <p>10</p> <p>9:00 Foot Care with Nurse Rhonda</p> <p>9:15 Fun with Tai Chi</p> <p>10:15 Remembering the 1970s</p> | <p>11</p> <p>8:00 Beautician</p> <p>9:15 Sit and Be Fit</p> <p>10:00 Penny Bingo</p> <p>10:30 Leave for Clintonville Trip</p> | <p>12</p> <p>8:00 Breakfast with local officials and friends of ARC</p> <p>8:30 Community First Credit Union</p> | <p>13</p> <p>8:00 Beautician</p> <p>9:00 Dr. Ben Chiropractor</p> <p>9:15 Fun with Tai Chi</p> <p>10:00 - 12:00 Craft Fair/Sale</p> | <p>14</p> <p>9:15 Sit and Be Fit</p> <p>10:15 Presentation on the American Cowboy</p> <p>11:30 - 12:15 Open Bar</p> <p>1:30 15 Min. of Fitness</p> | <p>15</p> <p>9:30 Sit and Be Fit</p> <p>10:00 Rosary</p> <p>10:30 Penny Bingo</p> <p>1:30 Mystery Ride</p> <p>3:00 Sheepshead</p> |

Labor Day

3:00 Pre-game Happy Hour
 7:20 Packers vs. Chicago Bears
 1:00 Walmart Shopping
 1:15 Sit and Be Fit
 2:00 Book Club
 3:00 Root Beer Floats on the porch
 3:15 15 Min. of Fitness
 3:45 Story Time
 6:00 Kings Corner
 6:00 Bridge
 1:30 15 Min. of Fitness
 2:00 Greatest Presidential
 Speeches in history
 3:00 Sheepshhead
 3:30 Learning, Laughter and Tears Grief
 Support Group
 3:45 Story Time
 6:00 Kings Corner
 6:00 Bridge
 9:15 Sit and Be Fit featuring Henry
 12:30 Beautician
 1:30 15 Min. of Fitness
 2:00 Wheel of Fortune
 3:00 Catholic Mass
 6:00 Kings Corner
 6:00 Bridge
 9:15 Sit and Be Fit
 10:00 Resident Stories
 12:45 Wii Bowling
 1:15 15 Min. of Fitness
 2:45 Bible Discovery
 3:00 Ice Cream with Cold Stone Creamery
 3:45 Story Time
 6:00 Kings Corner
 6:00 Mexican Train
 Dominoes
 2:00 Entertainment with Glen Navis
 3:00 Social
 3:00 Sheepshhead
 3:45 Story Time
 6:00 Kings Corner
 6:00 Movie
 3:00 Lemonade and Cookies
 4:50 Worship Service at St. Matthew Lutheran Church
 5:00 – 6:00 Lawrence Welk

16
 10:00 Catholic Communion Service
 10:30 Worship Service with Roger from Calvary Chapel
 12:00 Packers vs. Minnesota Vikings
 6:00 Kings Corner
17
 9:15 Fun with Tai Chi
 10:15 Inspirational Reading
 1:15 Sit and Be Fit
 2:00 Penny Bingo
 3:00 Lemonade and Cookies
 3:15 15 Min. of Fitness
 3:45 Story Time
 6:00 Kings Corner
 6:00 Bridge
18
 8:00 Beautician
 9:00 Walmart Shopping
 9:15 Sit and Be Fit
 10:00 Wheel of Fortune
 12:45 Wii Bowling
 1:30 15 Min. of Fitness
 2:00 Worship Service with St. Matthew Lutheran Church
 3:00 Sheepshhead
 3:45 Story Time
 6:00 Kings Corner
19
 8:30 Community First Credit Union
 9:15 Sit and Be Fit
 10:00 Book Club
 11:30 Senior Lunch at Fazolis
 12:30 Beautician
 1:30 15 Min. of Fitness
 2:00 Pastor Larry
 3:00 Catholic Mass
 3:15 Root Beer Floats on the porch
 6:00 Kings Corner
 6:00 Bridge
20
 8:00 Beautician
 8:30 Breakfast at Angels
 9:00 Dr. Ben Chiropractor
 9:15 Fun with Tai Chi
 10:15 Current Events
 12:45 Wii Bowling
 1:15 Sit and Be Fit
 2:45 Bible Discovery
 3:15 Walk for Fitness
 3:45 Story Time
 6:00 Kings Corner
 6:00 Mexican Train
 Dominoes
21
 9:15 Sit and Be Fit
 10:00 Discover Kansas
 10:00 Mystery Ride
 1:00 Help with meal sign ups
 1:00 Shopping at Meijer
 1:30 15 Min. of Fitness
 2:00 Penny Bingo
 3:00 Happy Hour
 3:45 Story Time
 6:00 Kings Corner
 6:00 Movie
22
 10:00 Rosary
 1:30 Prize Bingo
 3:00 Sheepshhead and Cookies
 5:00 – 6:00 Lawrence Welk

23
 10:00 Catholic Communion Service
 12:00 Packers vs. Washington Redskins
 2:30 High Cliff
 Outing
 6:00 Kings Corner
 10:00 Catholic Communion Service
 12:00 Packers vs. Buffalo Bills
 6:00 Kings Corner
24
 9:15 Fun with Tai Chi
 10:15 Penny Bingo
 12:40 Foot Care with Nurse Rhonda
 1:15 Sit and Be Fit
 2:00 Book Club
 3:00 Lemonade and Cookies
 3:15 15 Minutes of Fitness
 3:45 Story Time
 6:00 Kings Corner
 6:00 Bridge
25
 8:00 Beautician
 9:00 Walmart Shopping
 9:15 Sit and Be Fit
 10:00 Current Events
 12:45 Wii Bowling
 1:00 Worship Service with Pastor Ben
 2:00 Discover Scotland
 3:00 Sheepshhead
 3:45 Story Time
 6:00 Kings Corner
26
 8:30 Community First Credit Union
 9:15 Sit and Be Fit
 10:00 Food Committee Meeting/Resident Council Meeting
 11:30 Lunch at Rico's - Apple Creek Orchard
 12:30 Beautician
 1:30 15 Min. of Fitness
 2:00 Worship Service with Faith Lutheran
 3:00 Catholic Mass
 6:00 Kings Corner
 6:00 Bridge
27
 8:00 Beautician
 9:00 Dr. Ben Chiropractor
 9:15 Fun with Tai Chi
 10:15 Short Stories
 12:45 Wii Bowling
 1:15 Sit and Be Fit
 2:00 Spelling Bee
 2:45 Bible Discovery
 3:45 Story Time
 4:30 Men's Group
 Supper Cook Out
 6:00 Kings Corner
 6:00 Mexican Train
 Dominoes
28
 9:15 Sit and Be Fit
 9:30 Tour Bergstrom Mahler Museum
 10:00 Game – You Be The Judge
 1:30 Penny Bingo
 3:00 Music with Johnny Moore
 3:30 Bus tour of the cars for License to Cruise
 3:45 Story Time
 6:00 Kings Corner
 6:00 Movie
29
 9:30 Sit and Be Fit
 10:00 Rosary
 10:15 Putting Around
 3:00 Sheepshhead
 3:00 Lemonade and Cookies
 5:00 – 6:00 Lawrence Welk

Entertainment

Saturday, September 8th

Enjoy Americana and Folk music by Bill McLaughlin at 2:00 pm in the 2nd floor lounge

Friday, September 28th

Johnny More will be back to entertain us from 3:00 pm to 4:00 pm with his Johnny Cash & Variety Show in the dining room.

Monthly Birthday Party

Our September birthday party will take place

Friday, September 14th

with the open bar from 11:30 to 12:15 pm.

Entertainment will take place from 2:00 to 3:00 pm with Glen Navis.

Oneida Casino Trip

Sign up in the outings book for the trip to Oneida Casino on, September 5th. The bus is leaving here at 10:00 am.

Men's Group

The September Men's Group will meet on Thursday, September 27th for a cook out at 4:30 pm. Watch your in house mailbox for an invitation.

Learning, Laughter and Tears Support Group

Brad from Southern Care Hospice will lead the grief support group on Tuesday, September 11th at 3:30pm in the 2nd floor lounge. Frequently we lose friends of ARC, please drop in to share a good memory of someone you'd like to honor by remembering.

Spiritual Opportunities:

Catholic: (weekly)

Wednesdays, 3pm Mass in the 2nd floor lounge.
Saturdays, 10 am Rosary. 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. Taking a break for the summer, will resume after Labor Day

Wii Bowling

Wii Bowling in the third floor lounge on Thursdays September 6th, 13th, 20th and 27th and on Tuesdays, September 18th and 25th at 12:45pm.

Book Club

Our book club meets Mondays at 2pm in the 2nd floor lounge. Book club members will be starting the book titled *Camino Island* by John Grisham Monday, September 10th. There are many copies including large print available. All residents are welcome to join at any time.

Sympathy to the friends and family of Maria Godschalx and Tom Towner.

Maria called ARC home for almost 8 years.

We all miss her bright smile and kind spirit.

Tom served as a bus driver for ARC and his mother and mother in law are residents. Our hearts go out to them and all of his family as they celebrate his life in heaven but mourn their earthly loss.

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.