



## Fox Valley Memory Cafés

### January 2019

Memory Cafés welcome those experiencing memory loss or a dementia along with family and friends who love and care for them. Memory Café attendees participate in games and activities, learning opportunities with guest speakers, music, conversation, refreshments, laughter and fun. Visit [foxvalleymemoryproject.org](http://foxvalleymemoryproject.org) or call 920-225-1711 for more information.

We recommend everyone attend with a partner in order to maximize the social experience and enjoy the café in a supportive setting!

#### **Appleton**

***Appleton Public Library – 225 N Oneida Street; Tuesday, January 8, 10:00 – 11:30am***

Enjoy “Winter Wonderland” art projects (frosted pinecones and framed snowflake art) and learn about animal hibernation patterns. Where do the frogs go?

***Atlas Waterfront Café (Paper Discovery building) – 425 W Water Street; Thursday, January 3, 2:00-4:00pm***

It's National Fruitcake Toss Day. Do you enjoy fruitcake? Have you been gifted a fruitcake? Sample some fruitcake and celebrate the time-honored tradition of holiday fruitcakes.

***Atlas Waterfront Café (Paper Discovery building) – 425 W Water Street; Thursday, January 17, 2:00-4:00pm***

Hut, Hut, Hike! The NFL Playoffs are in full swing in January. Come and enjoy a fun football-themed café and share some stories about the glory days.

#### **Kaukauna**

***Kaukauna Library – 207 Thilmay Road, Suite 200; Monday, January 14, 1:30-3:00pm***

Come join us for songs and dances from around the world! The Folk Dancers of the Fox Valley will be making an appearance and demonstrating dances. Share with us your own story of your heritage!

***Memory Care Resource Ctr, St. Paul Elder Services – 221 E 13<sup>th</sup> Street; Monday, January 28, 10:30-12:00pm***

Back by popular demand -- Maria St. Aubin will lead us in a drum circle! Come, create, and move to the beat and rhythm of the percussion instruments!

#### **Kimberly**

***Kimberly Municipal Complex – Cedar Room, 515 W Kimberly Avenue; Wednesday, January 23, 1:00-3:00pm***

Apple Pie, Pumpkin Pie, Sweet Cherry Pie, Key Lime Pie -- What's your favorite kind of pie? Do you like fruit pie, cream pie, meringue pie, chiffon pie, or custard pie? What's your favorite pie recipe or memory of pie-making? Join us as we celebrate National Pie Day with all things pie!

#### **Menasha**

***Elisha D. Smith Public Library – 440 First Street; Wednesday, January 16, 1:30-3:00pm***

Join us as we practice some fundamental, adapted Tai Chi. This Tai Chi is for everyone, even those who use a walker, or need to be seated, or are less mobile. Tai Chi cultivates life energy within us -- to flow smoothly and powerfully throughout our body. Have you ever had to “rebalance” your life? Share some of your life experience and practice Tai Chi with us.

#### **Neenah**

***Neenah Library – 240 E Wisconsin Avenue; Monday, January 21, 1:30-3:30pm***

Beat the cold with a Winter Carnival. This month, we will celebrate lawn games, inside of course. Join us for classic lawn games and be introduced to some new ones. No skills necessary, just come to have fun. We hope to see you!

#### **New London**

***Mosquito Hill Nature Center – N3880 Rogers Road; Wednesday, January 9, 1:30-3:00pm***

It's a new year, but we are going to look back in time. Who lived around Mosquito Hill centuries ago? How did this hill get here? What was happening here before it was a nature center? Explore our history and your own as we talk about the past in this beautiful winter setting. Venture out to share warmth, friendship, and fun.