We are transitioning back to the regular Memory Café schedule that existed before the pandemic. Some Cafés are ready to return in-person, while others will remain virtual until locations open for groups again.

**Virtual Cafés**

Zoom ID: 836 8124 0190

Passcode: happyday

**In-Person Cafés**

Registration is appreciated. Cafés will take place at locations across the Fox Valley.
Mindworks Program

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness.

Our Mindworks Program Includes:

- Physical Movement
- Nutrition and Food-Focused Education
• Cognitive Fitness
• Creative and Expressive Activities
• Mindfulness and Relaxation Techniques
• Technology-Based Engagement
• Intergenerational Programs
• Service Projects
• Community Engagement and Outings

We ask that all Mindworks participants follow any COVID-19 policies set forth by FVMP and Goodwill. Classes run on Tuesdays and Thursdays from 11:00am - 2:15pm at Goodwill. Cost is $10 and includes lunch.

To learn more and sign up, e-mail courtney@foxvalleymemoryproject.org or call 920-225-1724

Kairos Alive! Wisconsin Connection Jam

Kairos Alive! Creativity Together™

Join the all ages and abilities 2-way creativity jam of interactive dance, music, and theater - and the latest arts and health research learning

via Zoom
Thursday at 1:30 PM

Email info@kairosalive.org for the weekly link
On a Positive Note Chorus

The On a Positive Note Chorus continues to practice both in-person and online. Join us on Tuesdays 2:45-3:45 PM

New to On a Positive Note? Call Susan at 920-739-8695 or e-mail susan.h.mcfadden@gmail.com

Caregiver Support Group

The TLC Caregiver Support Group will meet on Tuesday June 8th and June 22nd at 1 PM. Join us in a supportive and safe environment to share, interact, listen, and learn with other caregivers and care partners of those with a memory loss disability. This group will run on the 2nd and 4th Tuesday of the month and is specific to dementia caregivers. Registration is required by e-mailing harper@foxvalleymemoryproject.org

Questions? Call or text 920-225-1711
Resources from the Community

Family Caregivers
Join Us!

Packer/Brewer
Tailgate Picnic Event

Where: Pierce Park Shelter in Appleton
When: Friday, June 11, 2021
11 am - 2 pm
Brats, Hot Dogs, Baked Beans, Fruit Salad,
Cookies, and Refreshments
Games and Prizes

**Reserve your spot by emailing** your name and the number of attendees to FamilyCaregiversRock@outlook.com
or call 920-268-4811 and bring your loved one!

Special Performance by
**On A Positive Note Chorus**
Fox Valley Memory Project Group

***Wear your favorite Packer/Brewer Shirt!***

Sponsored by Family Caregiver Rock nonprofit
www.FamilyCaregiversRock.org
Supporting the health and wellness of Wisconsin family caregivers.

Thanks to Meijer, Thrivent, Festival, Manderfields, McDonalds for making this event happen!
GET CONNECTED
STAY CONNECTED

One-on-One Technology Classes
NEENAH-MENASHA YMCA

Staying connected with friends and family has never been so easy! Learn the basics of today’s technology, and how you can stay up to date with family and friends all over the world. Instruction is available for those age 55 and older. Come meet one-on-one with our volunteers who will work with you on the things you would like to know about your device! Covid protocols of masking and temperature taking are currently being followed.

Available Classes
Learn at your own pace on any device. Schedule a one-on-one class now by contacting:

Julie Świecichowski
(P) 920.886.2177
(E) jswiecichowski@ymcafoxcities.org

To help us prepare for your personalized class, please share a few details about what you would like to learn. Our volunteers can help you learn about such things as Phone settings, Facebook, Google, Messaging, Zoom, etc.

We will ask you to bring your own device, so you can learn how easy it is to stay connected. Rental equipment is also available for a fee.

COST: FREE

Grant funding for Get Connected Stay Connected was awarded by Bader Philanthropies, Inc.

For more information or to setup a time for your instruction, please contact Julie Świecichowski at jswiecichowski@ymcafoxcities.org or 920.886.2177
The Better Together - Speakers Series is a suite of free virtual presentations to educate on brain-healthy lifestyles, resources and caregiving. The series is presented by the Brain Center of Green Bay in collaboration with community partners and local experts. The series will run this year from May-December and annually thereafter.

This webpage is where individuals can reserve their “virtual spot” for a presentation and where new topics and presentation dates will be posted regularly. https://www.braincentergb.org/better-together

Fox Valley Memory Project couldn’t put on the programming that we do without the help of our wonderful volunteers. This month we will be seeking help with the following:

- Delivering craft kits around the Fox Valley
- Participating in Memory Café events
- Picking up lunch for Mindworks and helping to serve