

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OAPN Chorus - 2:45p	2	3 Virtual - Kairos Alive 1:30p Café - Telulah Park 1:30p	4	5
6	7 Virtual - Chair Yoga 11 AM	8 Café - Next to Neenah Library - Fishing spot 11a TLC - Support Group 1:00p OAPN Chorus - 2:45p	9 Virtual - Craft 1:30p	10 Virtual - Kairos Alive 1:30p	11	12
13	14 Virtual - Chair Yoga 11a Café - Kaukauna Library 1:30p Flag Day (US)	15	16 Virtual - Craft 1:30p	17 Virtual - Kairos Alive 1:30p Café - Telulah Park 1:30p	18	19
20 Father's Day Summer Begins	21 Café - Beaming Inc Equine 9:30a Virtual - Chair Yoga 11a Virtual - Luau 1:30p	22 TLC - Support Group 1:00p	23 Café - Kimberly Municipal Complex 1:30p	24 Virtual - Kairos Alive 1:30p	25	26 Juneteenth
27	28 Virtual - Chair Yoga 11a	29	30			

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.

Special BEAMING Inc. Café



FVMP Memory Café

hosted by BEAMING INC.

Monday, June 21st
9:30 am - 11:30 am



- Memory Cafés provide an innovative form of social engagement for people living with dementia, cognitive decline, or other memory loss.
- Memory Cafés held at BEAMING INC are ideal for those who express interest in nature and/or animals.
- Caregivers are eligible and welcome to participate as well.
- Enjoy meeting and grooming the horses.
- Make and feed horse treat kabobs.
- Enjoy bird watching & feeding, music and story sharing.
- Plus so much more!

In partnership with



Must register to attend



This event is FREE to those who qualify and it will also be available to via Zoom for those who cannot physically attend.

Katie Samuelson (920) 267-8211
BEAMING Inc. Center Director



Harper Smith (920) 225-1711
FVMP Program Manager

RSVP through BEAMING by calling 920-267-8211

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:

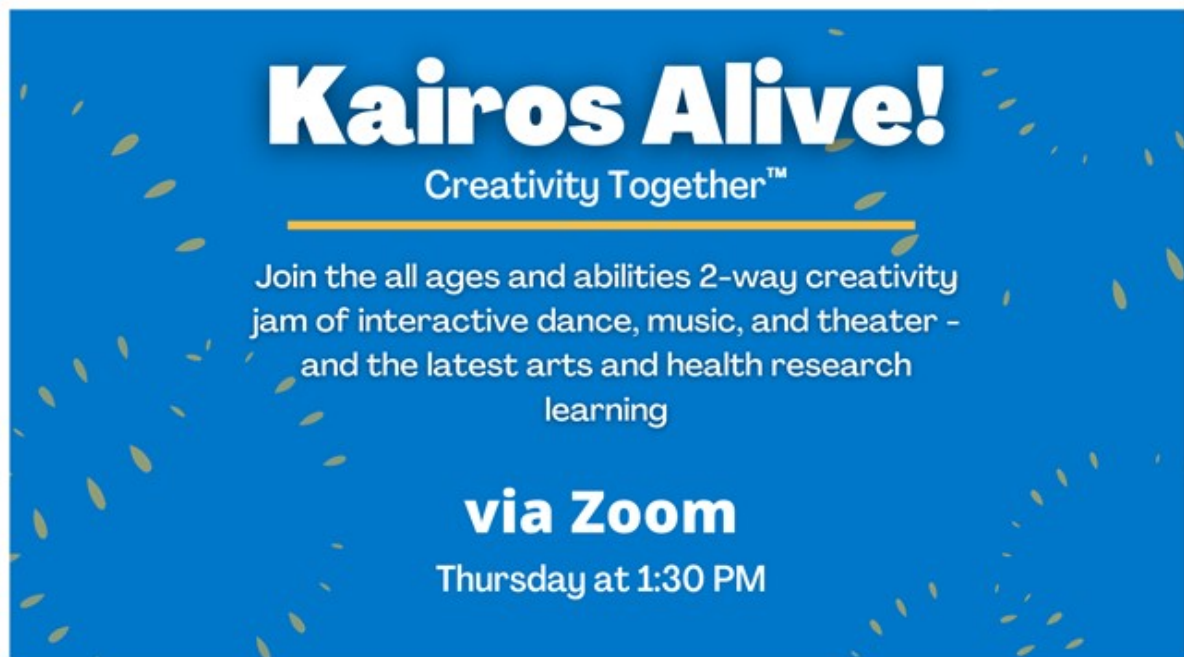
- Physical Movement
- Nutrition and Food-Focused Education

- 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

A blue rectangular poster with a white border. The background is blue with scattered yellow and white leaf-like shapes. At the top, the text "Kairos Alive!" is in large, bold, white sans-serif font. Below it, "Creativity Together™" is in a smaller, white sans-serif font, underlined with a thick yellow line. In the center, the text "Join the all ages and abilities 2-way creativity jam of interactive dance, music, and theater - and the latest arts and health research learning" is in white sans-serif font, arranged in four lines. At the bottom, "via Zoom" is in large, bold, white sans-serif font, and "Thursday at 1:30 PM" is in a smaller, white sans-serif font below it.

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!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 Swiecichowski
(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 Swiecichowski 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