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Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Virtual - Yoga 11a	3	4	5 Café - River Tyme Bistro 1:30p	6	7
8	9 Virtual - Yoga 11a Café - Kaukauna Public Library 1:30p	10 TLC - Support Group 1:00p	11 Café - Mosquito Hill 1:30p	12	13	14
15	16 Virtual - Yoga 11a Virtual - Cloud Gazing 1:30p	17	18 Virtual - Zen Garden kit 1:30p Register by phone or e-mail by 8/16	19 Café - River Tyme Bistro 1:30p	20 Lunch Bunch - Ground Round Neenah 11a \$10 Registration required online or call 920-225-1711	21
22	23 Virtual - Yoga 11a Café - New London Senior Center 1:30p	24 TLC - Support Group 1:00p	25 Café - Kimberly Municipal Complex 1:30p	26 Virtual - Wellness 1:30p	27	28
29	30 Virtual - Yoga 11a Café - Oshkosh YMCA 20th Ave 1:30p	31				

Fox Valley Memory Project - www.FoxValleyMemoryProject.org - 920-225-1711

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: 844 9165 0160

Passcode: enjoy

In-Person Cafés

Registration is no longer required for most Cafés. Cafés will take place at locations across the Fox Valley.

NEW Lunch Bunch Group



Lunch Bunch

**FOX VALLEY
MEMORY
PROJECT**

Every 3rd Friday at 11 AM
\$10 per person
Pre-register online or call 920-225-1711

August 20 – Ground Round Neenah
September 17 – Pizza Ranch Appleton
October 15 – Van Abel's of Hollandtown
November 19 – Machine Shed Appleton



Each month on the 3rd Friday at 11 AM, participants, care partners, and friends meet together at a local restaurant to enjoy lunch together. This “lunch bunch” includes a meal and drink for just \$10 per person. Register online or by phone in advance to save your seat! 920-225-1711.

Mindworks Class

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

On a Positive Note Chorus

On a Positive Note practices will begin on August 17 at St. Margaret Mary Church in Neenah. We will practice weekly from 3:00-4:00 and recommend people arrive at 2:45. We will be practicing a song to record (*Sentimental Journey*) because it will be shown at the end of John Weyers' play at the PAC on September 11. This chorus consists of people living with memory loss and their care partners. No singing ability is required, come as you are and enjoy the music!

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

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 to receive weekly link

Caregiver Support Group

TLC



CAREGIVER SUPPORT GROUP

EVERY 2ND & 4TH TUESDAY AT 1 PM

TLC is a support group for caregivers
and loved ones who care for a person
with memory loss or dementia.

Registration is required.



1800 Appleton Rd
Menasha, WI

The TLC Caregiver Support Group will meet on Tuesday August 10th and August 24th 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

Save the Date – September 29



**SUPPORTER
APPRECIATION EVENT!**

The Ballroom at the Reserve-Neenah

Save
the
date

**SEPTEMBER 29, 2021
4:30 PM - 7:00 PM**

**MORE DETAILS WILL BE SHARED
IN THE SEPTEMBER NEWSLETTER!**

Love Survives in the Fog - A Play

LOVE SURVIVES IN THE FOG

A One Act
Memory Care Play
written by
John Weyers ©2020

Followed by a short
discussion facilitated by
Mosaic Family Health



Saturday,
September 11, 2021
2:00 pm Matinee
Kimberly Clark
Theater
Fox Cities
Performing Arts
Center

Reserved seats available for a \$20 donation at
FamilyCaregiversRock.org
or
FoxValleyMemoryProject.org



On Saturday, September 11 at 2:00 pm at the Fox Cities Performing Arts Center, Family Caregivers Rock will be granting John Weyers' wish. The one-act educational play, *Love Survives in the Fog*, that John wrote gives a glimpse into his loving journey as a family caregiver as well the journey of a loved one living with dementia.

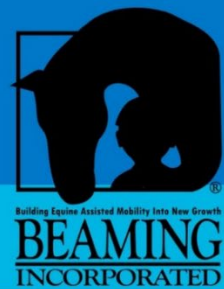
Tickets are for sale for \$20 each.

BEAMING Inc Equine Event



FVMP Memory Café **hosted by BEAMING INC.**

Saturday August 14 at 10 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
 **FOX VALLEY
MEMORY
PROJECT**

**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

Please call 920-267-8211 to register for the Beaming Inc. horse themed event on August 14 at 10 AM

Resources from the Community

YMCA Technology Classes



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



Wheelchair Wash & Inspection

FREE Wheelchair Wash & Inspection

Friends

Fun

Food


Music


You're cordially invited to the Winnebago County Wheelchair Wash, join us for a free wash, food, music, and fun!


When: Saturday, August 7 10a - 1p
Where: J & R AUTO SERVICE, 629 N Main St, Oshkosh
Appointments encouraged, drop-ins welcome.
To schedule please contact:


Making the Ride Happen
920.225.1719 or mrh@lsswis.org


Sponsored By:


Public Health
Winnebago County Health Department


options
for independent living
www.options.org


ADRC
Aging & Disability Resource Center
of Winnebago County


make the RIDE happen


nmotion
making motion happen

Community

Soul Vessels - Art Event



Memories and stories are preserved in objects. Join our Artist-in-Residence, Elyse-Krista Mische as we learn about concepts of soul vessels from different cultures and then learn how to turn common objects into your very own soul vessel. Join at the Appleton Public Library on August 12 at 10:30 AM

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:

- Participating in Memory Café events
- Picking up lunch for Mindworks and helping to serve

If these sound like things you can help with, please call at 920-225-1711.