

November 2021 Newsletter



November Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Virtual – Chair Yoga 11:00a	2	3 Café – Fox West YMCA 1:30p	4 Café – River Tyme Bistro 1:30p	5	6
7	8 Virtual – Chair Yoga 11:00a Café – Kaukauna Public Library 1:30p	9 TLC Support Group – 1:00p Café – Ledge View Nature Center 1:30p	10 Café – Mosquito Hill 1:30p Café – Oshkosh Library 1:30p	11 Virtual – Café 1:30p *registration required to receive craft kit <small>Veterans Day Remembrance Day (Canada)</small>	12	13
14 <small>Daylight Saving Time Ends</small>	15 Virtual – Chair Yoga 11:00a Café – Neenah Library 1:30p	16	17 Café – Menasha Library 1:30p	18 Café – River Tyme Bistro 1:30p	19 Lunch Bunch – Machine Shed 11:00a *\$10 registration required	20
21	22 Virtual – Chair Yoga 11:00a Café – New London Senior Center 1:30p	23 TLC Support Group – 1:00p	24 No Café at the Kimberly Municipal Complex	25  <small>Thanksgiving Day</small>	26	27
28 <small>Hanukkah Begins</small>	29 Virtual – Chair Yoga 11:00a Café – Oshkosh YMCA 1:30p	30	<h1>November 2021</h1> <h2>Memory Cafés & Special Events</h2>			
Fox Valley Memory Project • 1800 Appleton Road, Menasha, WI 54952 • www.foxvalleymemoryproject.org • (920) 225-1711						

Many of our cafés have now returned to in person. We will continue to offer virtual memory café options every month.

In-Person Cafés Registration is no longer required for most Cafés unless otherwise noted. Cafés will take place at locations across the Fox Valley.

Virtual Cafés

Zoom ID: 830 9697 4957 / Passcode: enjoy



November 2021 Memory Café Schedule

www.foxvalleymemoryproject.org

Memory Cafés welcome persons experiencing memory loss, along with family and friends who love and care for them. Attendees participate in activities, learning, music, conversation, refreshments, laughter, and fun.

Appleton

River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, November 4 – 1:30 – 3:00p

As we enter the Holiday Season, let's bask in the nostalgia of the "Macy's Thanksgiving Day Parade", the giant balloon floats, Turkey Tom, Street Performances, and more! Bring your memories and your creativity.

River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, November 18 – 1:30 – 3:00p

This month let's focus on social connectedness & healthier living. We will create a photo collage of things that bring you joy.

Chilton – NEW!

Ledge View Nature Center, W2348 Short Rd, Chilton – Tuesday, November 9 – 1:30 – 2:30p

Join us in our inaugural Memory Café at the Nature Center. We will be making a beautiful Thanksgiving cornucopia.

Greenville

Fox West YMCA, W6931 School Rd, Greenville – Wednesday, November 3 – 1:30 – 3:00p

Come and move those muscles in this café centered around movement! Exercises include simple, low impact aerobics, resistance training, mind/body techniques, and stretching to deliver a total body workout. This café is for anyone new to exercise or returning to exercise.

Kaukauna

Kaukauna Public Library, 207 Thilmany Rd, Suite 200, Kaukauna – Monday, November 8 – 1:30 – 3:00p

Come and play The Price Is Right! Test your ability to name that price and win prizes! Please bring a canned good for the food pantry in the spirit of thankfulness for our blessings!

Kimberly

Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, November 24

No Café this month. Enjoy your Thanksgiving holiday!

Menasha

Menasha Public Library, 440 First Street, Menasha – Wednesday, November 17 – 1:30 – 3:00p

Join us in celebrating Veteran's Day for storytelling with Roy Rogers, a Vietnam War Veteran from the Menasha area who received a Purple Heart. He will share his experiences as we honor our Veterans.

Neenah

Neenah Public Library, 240 E Wisconsin Ave, Neenah – Monday, November 15 – 1:30 – 3:00p

Be an actor for an afternoon or sit back and enjoy the show with audience participation stories. We will also be accepting donations for the Brigade Christmas Giving. Consider donating new toys, books, or socks for kids and teens, so they may experience a memorable Christmas.

New London

Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, November 10 – 1:30 – 3:00p

If you were roaming the area years ago, who would you meet along the way? What can we learn about and from them? Resident history guru, Dean Sauers, will take us back in time through stories, treasures, and most likely some songs and laughter. Join friends, old and new for an afternoon at the nature center.

New London Senior Center, 600 W. Washington St, New London – Monday, November 22 – 1:30 – 3:00p

New London native, Betty Neuzil, knows a whole lot about Christmas. Her Santa and Snowmen collections are incredible. Take a look at her favorites and talk about your collections too.

Oshkosh

Oshkosh Public Library, 106 Washington Ave, Oshkosh – Wednesday, November 10 – 1:30 – 3:00p

Welcome, friends. This month we'll be exploring gratitude. Did you know there is such a thing as gratitude yoga? Join us for conversation, games, and good times.

Oshkosh YMCA, 3303 W 20th Ave, Oshkosh – Monday, November 29 – 1:30 – 3:00p

Cooking and baking for family and friends are wonderful ways to celebrate the holiday season! Need some recipe inspiration? A YMCA Nationally Certified Personal Trainer and Health & Wellness expert will share a few nutritious, but delicious, fall and winter recipes. We'll also make a healthy treat that you can take home and enjoy for yourself!

Virtual – Zoom

Virtual Weekly Chair Yoga – Mondays 11:00 – 11:15a

Join Nicole from Absolute Wellness in a quick round of chair yoga to start your week off right.

Virtual Café – Thursday, November 11 – 1:30 – 2:30p

Create your very own "Thankful Tree". Registration required by Tuesday, 11/9 to ensure craft kit can be delivered.

Virtual Kairos Alive Connection Jam – Wednesdays 10:00 – 10:45a

Weekly arts participation and health education through interactive dance and storytelling.

Registration Required

Virtual Memory Café



*Create Your Own
Thankful Tree!*

**Thursday, November 11
1:30PM-2:30PM**

**Registration required by Tuesday, 11/9
to ensure timely craft kit delivery.**

To register please call 920-225-1711.

New Memory Café!

Ledge View Nature Center in Chilton
will begin hosting a new Memory Café
the 2nd Tuesday of each month from
1:30PM - 2:30PM!

*Join us starting Tuesday,
November 9th at 1:30PM!*

Ledge View Nature Center

**W2348 Short Road
Chilton, WI 53014**



**Contact Courtney Tienor
for more information.
920-225-1724**

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, Goodwill, and Fox Valley Technical College. Classes run on Tuesdays and Thursdays from 11:00AM-2:15PM at Goodwill Community Campus in Menasha and Wednesdays from 11:00AM-2:15PM at Fox Valley Technical College in Appleton. Cost is \$10 and includes lunch.

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

On a Positive Note Chorus

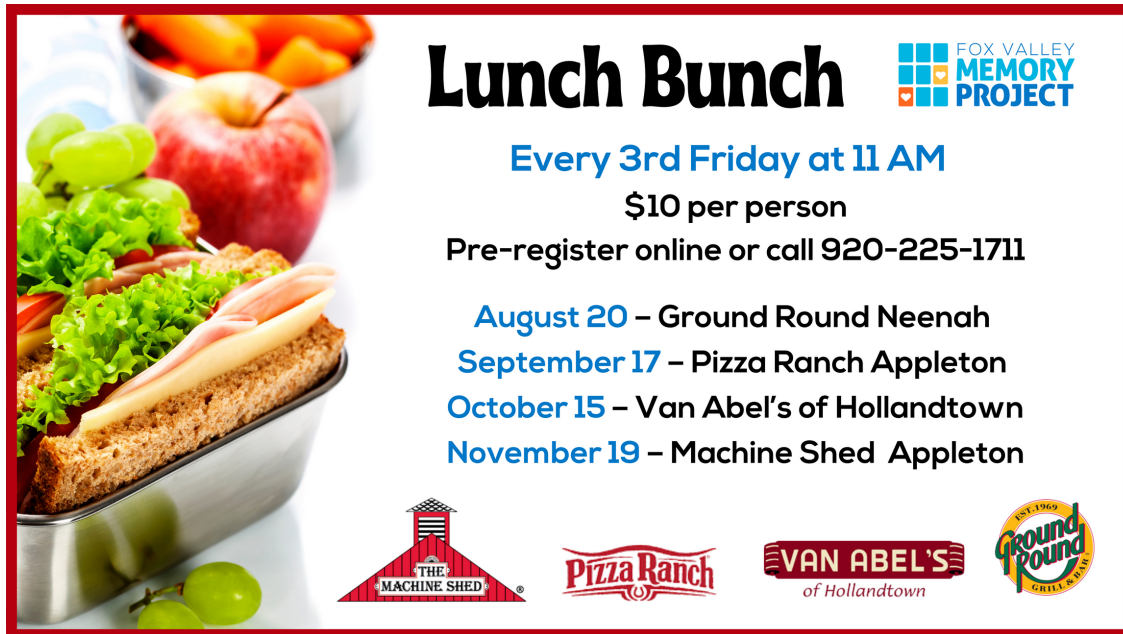
On a Positive Note will continue to practice weekly at St. Margaret Mary in Neenah from 3:00PM-4:00PM. It is recommended that people arrive at 2:45PM. The chorus consists of people living with memory loss and their care partners. No singing ability is required. Come as you are and enjoy the music!


We will be preparing for our Holiday Concert, which will be on Thursday, December 2nd at the Grand Meridian beginning at 1:00pm. Stay tuned for more information!



Want to join On a Positive Note?
Call Susan at 920-739-8695.

Lunch Bunch Group






Lunch Bunch 

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 11:00AM, 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.

Join us on Friday, November 19 at Machine Shed.
220 N Fox River Dr, Grand Chute

Register online or by phone in advance to save your seat!
To register please call 920-225-1711.

Caregiver Resources

Did you know that Fox Valley Memory Project can help direct you to community resources that can help you? Examples could include helping you connect to respite care funding, providing you with information on managing behavioral symptoms of dementia, or sending you materials to read regarding the caregiver journey.

Whatever it may be, we are here to make sure that you are supported.

Call 920-225-1711 to speak about caregiver resources today!

Caregiver Support Groups

TLC CAREGIVER SUPPORT GROUP

Every 2nd & 4th Tuesday at 1:00 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 November 9th and November 22nd at 1:00PM. 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 is specific to dementia caregivers. Registration is required.

Email harper@foxvalleymemoryproject.org or call 920-225-1711.

MEN'S CAREGIVER SUPPORT GROUPS

Cafe Nutrition

1350 West
American Drive,
Neenah

Every 3rd Tuesday
10:30am



Care Patrol

3701 E Evergreen
Drive #275,
Appleton

Every 3rd Thursday
10:00am

FOR MORE INFORMATION PLEASE EMAIL
INFO@FOXVALLEYMEMORYPROJECT.ORG

Christmas Stars - December 1st

In their 28th Season, Christmas Stars 2021 promises to be better than ever. A cast of over 200 performers, age 5 to senior citizen, will perform in a holiday musical revue featuring favorite Christmas tunes, original numbers, traditional hymns and carols sung by their 100 plus voice choir, a re-creation of New York's Christmas parade and a "Living Nativity" finale to bring home the true "reason for the season".

FVMP has been invited to join Christmas Stars for their preview performance on Wednesday, December 1st at 7:00pm. Please join us as we celebrate the holiday season. This is a free event. All are welcome!

Xavier Fine Arts Theatre
1600 W. Prospect Ave, Appleton

Registration is required by Wednesday, November 24th
to ensure our group can sit together.

Register via email at info@foxvalley.memoryproject.org or call 920-225-1711

Save the Date



HOLIDAY CELEBRATION 2021

Mosquito Hill Nature Center - New London

*Save
the
Date*

**FRIDAY, DECEMBER 10TH, 2021
1:30PM**

A complimentary Christmas celebration for all Fox Valley Memory Project's program participants, their families, and the community. Join us for carols, cookies and Christmas joy!

Look for more information soon!

www.foxvalleymemoryproject.org

Resources from the Community



Calling all Family Caregivers to
celebrate all that you do!

**2021 Family Caregiver
Appreciation Day
November 3rd 3:30-6:30PM**

From caring
comes courage

- Lao Tzu -

The Grand Meridian

2621 N Oneida St
Appleton WI 54911

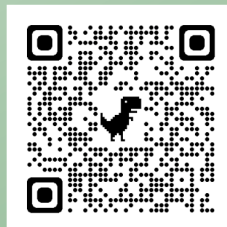
Join us for complimentary soup, salad, sandwiches,
desserts, live music & vendor booths starting at 3:30

Inspirational conversation with Sarah Crawford, Sitawi
Life Coaching, LLC starting at 4:30

Presentation of the Siblings Choice Caregiver Award 5:30

Chair Yoga by Crystal Hill, Pura Vida Yoga, LLC at 5:45

Register: at <https://bit.ly/OCAD2021> or
call 920-428-0827 with questions
We look forward to seeing you!



*Covid precautions
will be observed as deemed
necessary on the day of the event*



The Sandwich Club

Adult Children Caring for Loved Ones with Dementia Support Group

Join the conversation about
balancing caregiving and
navigating care for your
parent living with Dementia
all while raising a family,
career, & social life.



Upcoming Meetings

November 4, 2021
November 18, 2021

Join us from **12p-1p** on the
1st & 3rd Thursday of each Month
virtually via **ZOOM!**

RSVP is required.
If you are interested in attending,
please contact:

Carrie Esselman
Dementia Care Specialist
920-832-2038

*"I don't think of myself as a caregiver. I'm his daughter.
He needs me. And because he needs me, I know I need
to take care of myself."*



NEW!

Caregiver Support Hub

**Support for
caregivers with
loved ones living
with Dementia**

Join us as we help each other navigate caregiving, taking care of yourself, and understanding the disease process.

Resources and support will be given by peers and the Dementia Care Specialist from the Aging and Disability Resource Center of Calumet County.

Upcoming Dates:
November 10th, 2021
November 24th, 2021
10:00 a.m.-11:30 a.m.

Questions?
Contact Carrie Esselman at 920-832-2038



When: 2nd & 4th Wednesday
10:00 a.m.-11:30 a.m.

Where: Chilton Public Library
221 Park Street, Chilton, WI 53014

Who: People caring for a loved one living with Dementia





Volunteer
FOX CITIES



TECH-ED FOR ADULTS

Join us at Volunteer Fox Cities by participating in a Tech-ED program to learn tips and tricks of using technology devices.

Currently accepting participants ages 60+ and ages 50+ as of January 2022!

- **Take advantage of a flexible, one-on-one appointment with one of our compassionate technology instructors at no cost to you!**
Couples or friends are also welcome!
- **Bring your own device or use one of our iPads!**
- **Sessions will be offered 3 or 6 times and will last between 60-90 minutes at a time that works best for you and your instructor. We will accommodate your needs and preferences!**
- **Take control of your household and become tech-savvy! Learn how to use Zoom/Facetime, safety features, popular apps, and so much more!**
- **Funding provided by Older Americans Act from Outagamie County**

Express your interest by contacting:

Chelsea Vosters
chelsea@volunteerfoxcities.org
(920) 832-9360

Volunteer Fox Cities
2616 S. Oneida St
Appleton, WI 54915