There are some café locations that have canceled or rescheduled their events for the month of December due to the special events that are taking place. These are highlighted on the monthly calendar. Please note that there will be no programming December 27th - December 31st.

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
December 2021 Memory Café Schedule

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, December 2
   *There is no Memory Café this month!*

River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, December 16 – 1:30 – 3:00p
   Christmas Past, Present, Future. Favorite Christmas stories, favorite cookie discussion with cookie decorating.

**Chilton**

Ledge View Nature Center, W2348 Short Road, Chilton – Tuesday, December 14 – 1:30 – 2:30p
   Join us at the Nature Center for an afternoon filled with holiday spirit. We’ll discuss different Christmas tradition both in our families and from around the world!

**Greenville**

Fox West YMCA, W6931 School Road, Greenville – Wednesday, December 1 – 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 Road, Suite 200, Kaukauna – Monday, December 13
   *There is no Memory Café this month!*

**Kimberly**

Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, December 22 – 1:30 – 3:00p
   Tune into Christmas! Join Linda Hash’s New Voices outreach group and sing along to holiday tunes. Enjoy a festive holiday snack!

**Menasha**

Menasha Public Library, 440 First Street, Menasha – Wednesday, December 15
   *There is no Memory Café this month!*

**Neenah**

Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, December 20 – 1:30 – 3:00p
   Celebrate the holidays with us! We will play holiday games, make a holiday ceramic tile coaster, and sing carols. We look forward to celebrating the season with you!

**New London**

Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, December 8
   *There is no Memory Café this month!*

New London Senior Center, 600 W Washington St, New London – Monday, December 20 – 1:30 – 3:00p
   Let’s dress up a bit and celebrate the season with song. Who knows, we may even sound good together! Enjoy singing and listening to a variety of old standard Christmas carols. Enjoy some hot beverages and a sweet treat.
Oshkosh
Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, December 8 – 1:30 – 3:00p
The Oshkosh West Madrigal Choir will sing for us in the library dome to celebrate the holiday season. Come and enjoy the magic of the choir.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, December 20 – 1:30 – 3:00p
Happy Holidays! Join Alyse Paulsen from Home Care Assistance for a simple and fun winter craft activity. We’ll also decorate cookies, share our favorite holiday traditions, and sing along to the Christmas classics. Let’s eat, drink, and be merry!

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 – Wednesday, December 15 – 1:30 – 2:30p
Spend the afternoon decorating Christmas cookies! Registration required by Monday, 12/13 to ensure 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

Christmas Cookie Decorating!

Wednesday, December 15
1:30PM-2:30PM

Registration required by Monday, 12/13 to ensure kit can be delivered.

To register please call 920-225-1711.
On a Positive Note

FREE HOLIDAY CONCERT

Guest artists: Fox Sounds

December 2, 2021, at 1:00pm

Grand Meridian
2621 N. Oneida St., Appleton

Masks are required
PLEASE JOIN FOX VALLEY MEMORY PROJECT FOR OUR

MEMORY CAFÉ
HOLIDAY CELEBRATION

Friday, December 10th
1:30 PM
Mosquito Hill Nature Center

JOIN US FOR AN AFTERNOON OF CHRISTMAS CHEER WITH A PERFORMANCE BY "ON A POSITIVE NOTE" CHORUS, HOLIDAY TREATS AND FRIENDS!

FOX VALLEY MEMORY PROJECT

MOSQUITO HILL NATURE CENTER
N3880 ROGERS ROAD
NEW LONDON, WISCONSIN

REGISTRATION IS ENCOURAGED
920-225-1711

www.foxvalleymemoryproject.org
join us at
Beaming, inc
2692 County Rd GG, Neenah

Saturday, December 11th 10:30a - 11:30a

Come "Hee Haw" with Winston:

We will have photo opportunities with Santa, cookie decorating, hot cider, and tours of the barn!

This event is open to the public from 9:00am - 10:30am and from 11:30am - 1:00pm.
Seniors with their family members or caregivers are welcome to join between 10:30am - 11:30am.
Masks are required.
For additional information, please call 920-225-1711
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-2:00PM at Goodwill Community Campus in Menasha and Wednesdays from 11:00AM-2:00PM 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 not be rehearsing in the month of December.
Happy Holidays!

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

Lunch Bunch
Mary's Family Restaurant Appleton
Friday, December 17 at 11:00AM
Cost is $10 per person

Registering online or by phone is required
920-225-1711

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, December 17th at Mary's Family Restaurant.
2312 N Richmond Street, Appleton

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!
The TLC Caregiver Support Group will meet on Tuesday December 14th. There will be no Support Group on Tuesday December 28th due to the holiday. 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.

FOR MORE INFORMATION PLEASE EMAIL INFO@FOXVALLEYMEMORYPROJECT.ORG
HEALTHY LIVING
FOR YOUR BRAIN & BODY

For centuries, we’ve known that the health of the brain and the body are connected. Now science is able to provide insights into how to make lifestyle choices that can help you keep your brain and body healthy. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

TUESDAY, NOVEMBER 30 • Noon–1:30 p.m.
Downtown • Multi-Purpose Room (Lower Level)
FREE FOR MEMBERS! • $5 for Non-Members

Registration is required. Please sign up at the Front Desk of either location!

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
DOWNTOWN 236–3380 324 Washington Ave.
What is SPARK!

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through engaging in museum experiences, workshops and programs.

- SPARK! programs are FREE for families to attend together.
- All SPARK! facilitators are trained by the Alzheimer’s Association or the local Aging & Resource Disability Centers
- SPARK! programs typically last 60-90 minutes. Group sizes are limited, and so please pre-register for the programs you plan to attend.

Where is SPARK! near me

Within Brown, Outagamie, and Winnebago Counties, there are five sites currently offering programs.

Each venue’s program is unique and includes topics such as cooking, art-making, drama/dance, music/song, poetry and storytelling. SPARK! programs are designed to be offered on various days and times to encourage attendance at multiple locations.

SPARK! Program Schedule

1-2:30 pm, on last Wednesdays of the month

Participants gather in the Studio, located in the lower level of the mansion, before enjoying activities related to art, gardens and current events or exhibitions happening at The Paine.

Please RSVP one week in advance, by calling 920-235-6903.

SPARK! Program Schedule

10:00 am on third Tuesdays of the month

SPARK! programs are designed to give participants an experience they wouldn’t normally have at the museum. Every program is different.

SPARK! Program Schedule

1 PM, first Sunday of the month

We welcome and encourage our programs to be multi-generational. The Building for Kids Children’s Museum empowers children, engages parents and energizes communities. Our goal is to inspire, teach, and reinforce curiosity.

SPARK! Program Schedule

1– 2:30 pm, second Monday of the month

Located in the heart of downtown Appleton, TMA’s mission is to connect and empower people through creativity and the visual arts.

Register at troutmuseum.org/education/spark/, call (920) 733-4089, or email info@troutmuseum.org.

SPARK! Program Schedule

10:30 am on second Tuesdays of the month

At a museum located on the shores of Lake Winnebago, sculpture created with the mysterious medium of glass will captivate your imagination and inspire your inner artist.

Please RSVP by calling 920-751-4658.
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.

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.”
Between the Lines Book Club

Between the Lines book club is for those caring for a loved one with memory loss. Open to all caregivers, professionals, and community members.

Join others in your community!

**When:** 2nd & 4th Mondays  
**Time:** 10:00am-11:30am  
**Where:** Hoffman Memory Care Resource Center inside St. Paul Elder Services - 221 E. Thirteenth St., Kaukauna.

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**This month’s read will be:**  
“Creating Moments of Joy”  
*By Joelne Brackey*

*Books will be provided*

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For questions or to register, please contact: 

**Julie Feil at 920-766-6186**

*Registration is Required*
Shopping & Errand Service

Grocery shopping, food pantry and prescription pick-ups, and other personalized errands for Outagamie County residents, ages 60 years and older.

- One trip weekly per participant
- Up to two locations per trip (maximum of 2 hours, including travel)
- Outagamie County residents only

Participant donations are welcomed but not required. A donation envelope will be provided with each visit. Participant donations are confidential and will ensure service continuation.

Shopping & Errand Service receives federal Older Americans Act funding from Outagamie County.

To schedule Shopping & Errand Service, call Home Instead® at 920.997.0118.

In partnership with Outagamie County

Each Home Instead franchise office is independently owned and operated.
Have You Fallen In Your Home?

Rebuilding Together Fox Valley can install:

- Grab Bars
- Bathtub Transfer Benches
- Anti-Slip Adhesives In Bathtubs
- Toilet Seat Risers
- Night Lights

To Qualify:

- Must reside in the cities of Oshkosh, Neenah, Menasha, or Appleton
- Must own and live in the home (we cannot serve apartments, duplexes, or mobile homes)

This initiative is free to homeowners thanks to generous funding provided by the Oshkosh Area Community Foundation and the Community Foundation for the Fox Valley Region

Get Help Now

(920) 730-2156 contact@rtfv.org rtfv.org
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