

December 2021 Newsletter



December Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2021 Memory Cafés & Special Events			1 Café – Fox West YMCA 1:30p Special Event – Christmas Stars 7:00p	2 Special Event – OaPN Holiday Concert 1:00p Grand Meridian No Café at River Tyme Bistro	3	4
5	6 Virtual – Chair Yoga 11:00a	7	8 Café – Oshkosh Public Library 1:30p No Café at Mosquito Hill Nature Center	9	10 Special Event – All Café Holiday Party 1:30p Mosquito Hill Nature Center	11 Special Event – Memory Café 10:30a Beaming, Inc.
12	13 Virtual – Chair Yoga 11:00a No Café at the Kaukauna Public Library	14 TLC Support Group – 1:00p Café – Ledge View Nature Center 1:30p	15 Virtual – Café No Café at the Menasha Public Library	16 Café – River Tyme Bistro 1:30p	17 Lunch Bunch – Mary's Family Restaurant 11:00a *\$10 registration required	18
19	20 Virtual – Chair Yoga 11:00a Café – Neenah Public Library, Oshkosh YMCA, New London Senior Center 1:30p	21 Winter Begins	22 Café – Kimberly Municipal Complex 1:30p	23	24	25
26	27 No Chair Yoga	28 No TLC Support Group	29	30	31	Christmas
Fox Valley Memory Project • 1800 Appleton Road, Menasha, WI 54952 • www.foxvalleymemoryproject.org • (920) 225-1711						

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

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, 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 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-2:00PM 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!

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 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.

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@FOXVALLEYMEDMEMORYPROJECT.ORG

Resources from the Community



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

alzheimer's 
association®

ACTIVE OLDER ADULTS

**LIFELONG
LEARNING
EVENT**
FOR AGES 55+

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.

20TH AVENUE 230-8439 3303 W. 20th Ave.



Kate Kahles,
Alzheimer's Association

LUNCH SPONSOR:

Helping Seniors Live Well at Home

**HOME CARE
ASSISTANCE**

(920) 966-6276

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.



1410 Algoma Blvd
Oshkosh, WI 54901
(920) 235-6903
thepaine.org

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.



210 Museum Place
Green Bay, WI 54303
(920) 448-4460
nevillepublicmuseum.org

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.



100 W College Ave
Appleton, WI 54911
(920) 734-3226
buildingforkids.org

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.



111 W College Ave
Appleton, WI 54911
(920) 733-4089
troutmuseum.org

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.



165 N Park Ave
Neenah, WI 54956
(920) 751-4658
bmmglass.com

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.



Upcoming Meetings

December 7, 2021
December 16, 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."*

Between the Lines Book Club

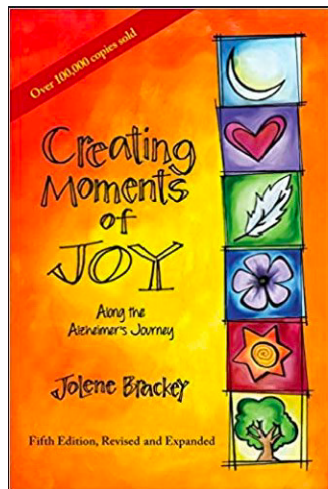
Between the Lines book club is for those caring for a loved one with memory loss. Open to all caregivers, professionals, and community members.

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.



This month's read will be:

"Creating Moments of Joy"

By Joeline Brackey

Books will be provided

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



Each Home Instead franchise office is independently owned and operated.

Have You Fallen In Your Home?



**We can help keep
you 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



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