



# **April 2022 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, April 7 – 1:30 – 3:00p

Spring is on Wing! It's a great time of the year to do a little bird watching and see who all made the trip back for the summer! We will complete a special bird craft project and even have a few bird songs! Tweet, Tweet!

#### River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, April 21 – 1:30 – 3:00p

Join us for a Spring-themed Craft project that is sure to be a winner. Jena Kloepfel will be leading the activity.

#### **Brillion**

#### Brillion Public Library, 326 North Main Street, Brillion – Tuesday, April 5 – 1:30 – 2:30p

We are celebrating "International Children's Book Day", a day that is celebrated annually on or around Han Christian Andersen's birthday. We are celebrating to inspire a love of reading and to bring attention to children's books.

#### **Chilton**

# Ledge View Nature Center, W2348 Short Road, Chilton – Tuesday, April 12 – 1:30 – 2:30p

New Season, New Growth- exploring what new life grows in spring around the nature center

#### Greenville

#### Fox West YMCA, W6931 School Road, Greenville – Wednesday, April 6 – 1:30 – 3:00p

Walk to Wellness. Learn about the benefits of walking by incorporating it into your day. Even if you prefer to stay seated, you will learn a way to make this movement work for you and reap all the rewards for your body. This class is for all levels of exercisers.

#### Kaukauna

# Kaukauna Public Library, 207 Thilmany Road, Suite 200, Kaukauna – Monday, April 11 – 1:30 – 3:00p

Come join us and make some noise! We will be welcoming a Life Enrichment specialist from St. Paul who will lead us in a drum circle. No past musical experience or special talent is needed to create this special music!

#### **Kimberly**

# Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, April 27 – 1:30 – 3:00p

Join us for some music therapy with 'In Harmony', an education and outreach group of the Fox Valley Symphony Orchestra. Working with a music therapist, participants will positively engage with music and with one another.

#### Menasha

## Menasha Public Library, 440 First Street, Menasha – Wednesday, April 20 – 1:30 – 3:00p

Menasha Historical Society presents 'Menasha Hometown Story' – Join us to learn about the history of Menasha and what makes this town so special.

#### Neenah

# Neenah Public Library, <del>240 E Wisconsin Avenue, Neenah</del> – Monday, April 18 – <u>1:30 – 3:00p</u> \*\*Will be held at Valley VNA, 1535 Lyon Dr, Neenah

Rose Zoesch-Weigel will lead us in the practice of Qi Gong and Tai Chi. Qi Gong is an ancient Chinese tradition of combining gentle rhythmic movements with breath to relieve stress and increase energy. It is practiced for exercise, relaxation, self-healing, and meditation; and can be practiced standing or seated. Rose is certified in yoga, Tai Chi Easy, Spring Forest Qi Gong, and is currently working on Certification for Qi Gong Infused Yoga. Rose considers herself a lifelong learner who enjoys sharing her knowledge with others and gains so much from her students of all ages and backgrounds.

#### **New London**

# Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, April 13 – 1:30 – 3:00p

It sounds prehistoric but has long legs and flies. What is it? A Sandhill Crane, of course! Staff Naturalist Adam Brandt will talk about these amazing birds we often see in farm fields around the area. We look forward to welcoming you and warmer weather to the nature center!

New London Senior Center, 600 W Washington Street, New London – Monday, April 25 – 1:30 – 3:00p

Join us for our "Planting Seeds for Spring" Memory Café. We all love a good fresh vegetable from our own garden or a bright, beautiful flower arrangement in the center of the dinner table. Take your pick of the seed packets we provide and plant a seed or two. We'll check back in July to see how big our plants have grown! Listen to a gardener talk about their passion, plants of all kinds.

#### Oshkosh

# Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, April 13 – 1:30 – 3:00p

For the Love of Poetry! April is National Poetry Month so we're going to celebrate. We're going to explore the poet in each of us. And we'll take a virtual walk through the Downtown Poetry Walk. Everyone will leave with their own DIY magnetic poetry set.

# Oshkosh YMCA, 3303 W 20<sup>th</sup> Avenue, Oshkosh – Monday, April 25 – <u>1:30 – 3:00p</u>

Don't miss this special musical event featuring the WESTHAVEN QUARTET! The WESTHAVEN QUARTET has entertained various groups for the past 10 years. Emerging from the Barbershop tradition, they have expanded their repertoire of Four-Part Harmony to include pop and show songs of the '40s-'60s along with contemporary Top Ten tunes. Featuring Mike Gary - Lead, Greg Heiar - Bass, Howie Frank – Tenor, and Don Derozier - Baritone, the WESTHAVEN QUARTET is sure to provide an afternoon of memorable music.