



## FOX VALLEY MEMORY CAFÉS

*November, 2017*



Memory Cafés welcome those experiencing early stage dementia, mild memory loss or cognitive impairment as well as family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie and lots of creative fun! Call Lynn Ann at (920) 225-1711 for more information. You can also check us out at [www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org).

### APPLETON:

Appleton Public Library, 225 N Oneida St, **Tuesday, November 7, 10:00 - 11:30 a.m.** Remembering The Home Front. We will enjoy a slide show that evokes memories of World War II stateside. This will be followed by a patriotic sing-along with the newVoices choral group. Refreshments will be served.

Atlas Waterfront Café, 425 W Water St, (Paper Discovery Center building) **Thursday, November 2 & 16, 2:00 - 4:00 p.m.**

**November 2** Essential oils have been used for generations to ease symptoms of depression, anxiety and insomnia. Some caregivers are now using these trusted oils to ease anxiety, boost memory and improve mood for themselves as well as their loved ones. Special guest Jaena Bortolameolli will help us understand that how to use oil safely and effectively, and which are best suited for people living with dementia.

**November 16** "Take the beans toasted and new, Add the water, grind and brew. Bitter as chocolate, rich and sweet, Mix with friendship ... oh, what a treat!" Join us for an afternoon of coffee and friendship at our Memory Café on the Fox! Bring your very own cherished mug for Sue and Bogey to fill with your favorite brew. We'll learn a bit about this beverage and then share stories, poetry, and song during our good old-fashioned coffee house open mic segment.

### KAUKAUNA:

Kaukauna Public Library, 207 Thilmany Rd, Suite 200, **Monday, November 13, 2:00 - 3:30 p.m.** Join as as we complete a service project. November is a time to be thankful and think of those in need who are less fortunate. Bring a canned good or non-perishable food item to donate. We will work on a project to share with a local charity!

Hoffman Memory Care Resource Center, 221 East 13th St, **Monday, November 27, 10:30 a.m. - 12 p.m.** Come join us for a fun and relaxing Game Day! We will play Jeopardy and a variety of other games and enjoy some goodies.

KIMBERLY: Village of Kimberly Municipal Complex, Cedar Room, 515 W Kimberly Ave, **Wednesday, November 22, 1:00 - 3:00 p.m.** Late fall is a beautiful time to reflect on the harvest season and gather together in celebration. We will share memories of fall as well as enjoy the fruits of the harvest. Together we will enjoy sampling fresh homemade applesauce seasoned to your liking and discuss different types of apples, apple trees, and local orchards.

MENASHA: Elisha D Smith Public Library, 440 First St, **Wednesday, November 15, 1:30 - 3:00 p.m.** Join us at our **NEW LOCATION AND DAY** Thankfulness! Bring a photo or story to share of your most precious person, item, or event which made an impact on your life. We will also explore scents (like pumpkin and cinnamon) and the way they evoke memories.

NEENAH: Neenah Public Library, 240 E Wisconsin Ave, **Monday, November 20, 1:30 - 3:30 p.m.** Music is a road to memories. Back by popular demand! Listen and join in song during a "Lyrics and Laughter" program facilitated by Christy Feuerstahler, Valley VNA Senior Care's, Music Director.

NEW LONDON: Mosquito Hill Nature Center, N3880 Rogers Rd, **Wednesday, November 8, 1:30 - 3:00 p.m.** What surprises await us at the nature center in November? Autumn is winding down and winter is on its way. Who knows what that may bring to our café fun? Come on out and see! We will laugh together, learn something new and enjoy each other's company. We hope you'll join us at the Hill!

SEYMOUR: Good Shepherd Community Center, 607 E Bronson Rd, **Thursday, November 9, 2:00 - 3:30 p.m.** Join us for a Sing-Along to Old Fashion Tunes with Jeff Goffard.