



THE BEACON

Guiding your Journey

March 2020 - Volume 11 - Issue 3



NKOTB....

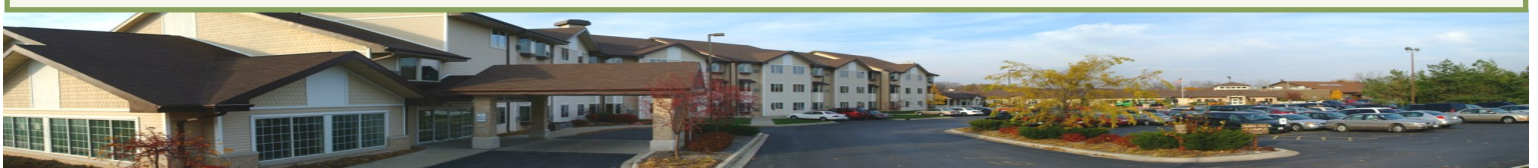
When I was a kid, the “New Kids on the Block” were the boy band that all the girls (and even some boys) went crazy for. Like The Beatles that came before them, and the “BTS” (the Korean crew that has taken the world by storm) of today, the “New Kids,” or “NKOTB,” as they were known, were the pretty, new, flashy thing that got everyone excited and ready to throw down cash. Their name happened to be really reflective of the phenomenon: newcomers with something catchy to offer, but entering a market full of tried and true musicians, most of whom simply wrote and performed better, deeper music that resonated with a broader spectrum of fans. After pumping out a couple of super successful albums and tours, the New Kids on the Block fell off the face of the earth. Sure, their brand was picked up by the next boy band that came along (think Backstreet Boys and N’Sync), but time and again, they all boomed and then busted in the absence of the substance that only the rare band like The Beatles possessed.

So why am I writing about this now relatively obscure 80s/90s boy band and their later iterations? Because, in the aging services world, we see the equivalents of the NKOTB come around regularly, and more and more it seems of late. New, flashy senior living and assisted living facilities going up all over the region, promising a luxurious place to retire in health and the very best in memory care residential living. But time and again, those who were sold on such promises find themselves less than impressed with the substance they actually find in those newcomers, and frustrated by their lack of staying power, particularly as they battle staffing challenges that are the product of infrastructure in infancy.

In contrast, St. Paul Elder Services is not the “new kid on the block.” We have been a thriving part of the heart of the valley for over 76 years. By way of our length of time in business and our solid record of experience, quality, and sustained growth, we uniquely possess the bench strength to withstand all types of fluctuations in the market. It’s no wonder that we receive calls almost daily from residents of those “new kid” facilities and their families, most of whom want to get out from their current environment and into ours as soon as possible.

While I wouldn’t be so bold as to say that we are “The Beatles of aging services,” I think I’m safe to say that we have that kind of staying power, and I would encourage everyone to keep in mind our track record of commitment to the community, the breadth of our services, and the tried and true staff and leadership we are blessed with before falling for the “new kid on the block.”

Sondra Norder, President & CEO



Upcoming Events



No matter how long
the winter,
*spring is sure
to follow*



March

13th | 1:30 pm Memory Café
Kaukauna Public Library

16th | 12:00 pm Volunteer Meeting
Haen Community Center

3rd Thurs. 1:30-3:00– Empowered Care
Partners Class– Neuroscience Group

Monthly Happenings

Outreach

By Appointment	Foot & Nail Clinic	8:00 am—2:30 pm
Daily	Pool Classes	Various times

Memory Care Resource Center

Tuesdays	Memory Connections	10:00 am—2:00 pm
Wed and Fri	Reflections	8:30 am– 2:30 pm
1st Thursday	Bereavement Support Group	6:00 pm—7:00 pm
3rd Tuesday	Caregiver Support Group	4:00 pm —5:00 pm
3rd Tuesday	Group for Spouses of those with Young Onset Memory loss	6:30 pm—8:00 pm
4th Monday	Memory Café	10:30 am-12 noon

Volunteer Needs

St. Paul Home - Contact Megan Van De Hey

Thursday evening bingo, 6:30 p.m.

Board/Card Games – Saturday or Sunday afternoon – 2:00 p.m.

Male Companion Visit- Flexible

Meals on Wheels Drivers- Thursdays, Fridays or e/o Wednesdays

Meals on Wheels Scheduler- Complete monthly Meals on Wheels driver schedule.

Gift Shop-We are looking for volunteers to help in our Gift Shop!

Spiritual Care - Contact Sister Delores

Mass at the Manor-Sundays: 11:00 am bringing Holy Communion.

1:1 visits

Leading rosary when someone needs a sub

Holy Hour- 2nd Tuesday of month 3-4pm; bringing people to chapel.

St. Paul Manor - Contact Courtney Leeman

Crafting on Sunday afternoons - 2:00 p.m.

Board or Card Games on Saturday afternoons - 3:00 p.m.

Bingo Caller on Thursday afternoons - 2:00pm.

Group games - Monday at 6:00 pm.

St. Paul Villa - Contact Christine Dicus

Volunteers needed for weekend and evening visits just to pass the time – board & card game facilitators, etc. - just something to make the weekends and evenings a little more interesting.

Outreach Services - Contact Keri Schreiter

Club Gabe is in need of a volunteer to assist members to Church and with lunch on Mondays and Fridays, 10:30 a.m. – 12:30 p.m.

The Memory Reflections program is in need of a volunteer starting in February on Wednesdays and Fridays.

Hospice - Contact Pam Saulnier

Volunteers to make ongoing 1:1 socialization visits with patients.

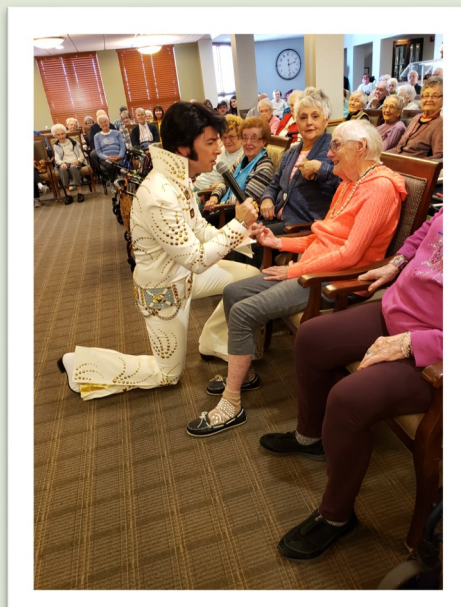
Pet therapy volunteers (pets must be certified to provide therapy)

Volunteers who could provide music to our patients

Massage therapy volunteers (MUST be certified by the State of Wisconsin as a massage therapist)

Veterans to provide 1:1 visits with veteran patients

The month started with a visit from the King! Elvis John gave us an amazing show with his authentic costumes and hit songs. Residents from all area's of SPES stopped by to her The King of Rock 'n' Roll sing his biggest hits from his movies and albums. Some lucky people even got to take home one of Elvis' scarves!



Later in the month, students from the Appleton East Key Club came by to put on a fashion show! These students gave us a glimpse at fashions from several decades and helped us all have a lot of fun while doing it. It was a great month for these visitors and we welcome them back at anytime!



Happy St. Patrick's Day!



VILLA

What to Give Up...

Give up complaining ...	focus on Gratitude
Give up pessimism ...	become an Optimist
Give up worry ...	trust Divine Providence
Give up bitterness ...	turn to Forgiveness
Give up hatred ...	return Good for evil
Give up negativism ...	be Positive
Give up anger ...	be More Patient
Give up pettiness ...	become Mature
Give up gloom ...	enjoy the Beauty all around you
Give up jealousy ...	pray for Trust
Give up gossiping ...	control your Tongue
Give up sin ...	turn to Virtue
Give up giving up ...	Hang in there!

Lent is holy time for us all. Prayer, fasting, giving alms are things we are called to do! Yes, Lent is about doing. I can look at my inner life. Bp. Robert Baron suggests that we hunger for the Lord.

Spiritual reading is powerful to do. It gives our minds and hearts something to ponder and reflect on. Here are some quotes on Hope:

When you lie down on your bed, remember with thanksgiving the blessings and providence of God. – St. Anthony the Great

God, in and through Jesus, has become Emmanuel, God with us. It belongs to the center of our faith that God is a faithful God, a God who did not want us to ever be alone but who wanted to understand- to stand under- all that is human. The Good News of the Gospel, therefore, is not that God came to take our suffering away, but that God wanted to become part of it.
–Fr. Henri Nouwen

Let nothing disturb you. Let nothing frighten you. Though all things pass God does not change. Patience wins all things. But he lacks nothing who possesses God; for God alone suffices. - St. Teresa of Avila May this Lent be holy for you and your families! God desires us to be close to Him... We pray for our world...



With spring just around the corner, it is time to get moving. If you are suffering from pain and are tired of taking pain pills? Pain pills are necessary for some medical conditions, but there are alternatives to managing pain other than medications to keep you healthy and moving. Here some of these alternatives:

- 1) Moist heat- moist heat widens blood vessels, promotes muscle relaxation, and releases substances in the body which reduce pain.
- 2) Warm Water Aquatic therapy- Come to the Healing Waters of St Paul Elder Services to allow your arthritic joints to exercise in an environment which reduces strain and pain on joint surfaces.
- 3) Ultrasound- a form of deep heat to small areas of the body to relieve pain, guarding and contractures.
- 4) Ice- controls swelling and reduces inflammation by constricting blood vessels.
- 5) TENS- Transcutaneous Electrical Nerve Stimulation- a small unit which can be worn during the day to control pain.
- 6) Coolant sprays, roll-ons or creams- Topical agents for use on skin to relax and help with sprains and strains. Biofreeze is sold in the St Paul Gift Shop!

All of the above services are offered by the St Paul Elder Services Rehabilitation Team. Stop in and see us today.

Tips for managing pain:

- 1) Exercise! Activity releases endorphins, feel good chemicals in the body which can improve your mood and block pain.
- 2) Breathe Deep! Take time to relax the body and calm the mind, the pain will become less.
- 3) Avoid Alcohol! It can interrupt needed restful sleep.
- 4) Stop Smoking! It can worsen circulatory pain, increase your risk of heart disease and some forms of Cancer.
- 5) Eat Healthy! Eating a well-balanced diet will maintain a stable weight, reduce heart disease, and maintain stable blood sugars. Diets rich in whole grains, fresh produce, and low fat protein.
- 6) Relax! Place limits on your busy schedule, take time for you.
- 7) Hobbies! Start researching the thing you always wanted to do.
- 8) Talk to a health care professional – Physicians, Nurses, Physical and Occupational Therapists.
- 9) Reduce Stress- try relaxation tapes, CD's and exercises.
- 10) Massage! See a licensed massage therapist for help with muscle aches and strains

Villa Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00am Mass in Villa on TV-Communion given Coffee Grind B	10:15am Sit and Be Fit w/Judy 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind B 1:00 Manicures-AR 3:00 YOGA-AR 6:30pm Bingo with Fran	2 10:00am Catholic Mass-Chapel 1:15pm Bible Discussion-Villa Chapel 1:30 Healing Waters-Pool 2:30pm Bingo with popcorn-AR 6:30pm Bible Study-Library	3 8:45-9:45 FVTC Students-1:14 9:45am Lutheran Service-Nursing Home Chapel 10:15am Sit and Be Fit w/Sue-AR 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind 2:30pm Villa Voices-dining room Chris off	5 11:00am Catholic Mass-Chapel 2:00pm Rosary-Villa Chapel 6:30pm Bingo with Fran-AR Chris off	6 10:15am Sit and Be Fit w/Sue-AR 11:00am Catholic Mass-Chapel 1:30 Stations of the Cross-Chapel 1:00-3:00pm Sheepshead-Coffee Grind Chris off	7 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 1:30 Stations of the Cross-Chapel 1:00-3:00pm Sheepshead-Coffee Grind Chris off
8 11:00am Mass in Villa on TV-Communion given Coffee Grind B	9 10:15am Sit and Be Fit w/Judy 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind B 2:45pm Socks Hop-Dining Room (PIANO MUSIC) 6:30pm Bingo with Fran	10 No Grocery Shopping 11:00am Catholic Mass-Chapel 1:15pm Bible Discussion-Villa Chapel 2:30pm Bingo with popcorn-AR 6:30pm Bible Study-Library Chris off	10 8:45-9:45 FVTC Students-1:14 9:45am Lutheran Service-Nursing Home Chapel 11:00am Catholic Mass-Chapel 1:15 Book Club-2nd floor library 1:00-3:00pm Sheepshead-Coffee Grind 2:30pm Villa Voices-dining room 7:00pm Kimberly Community Band-Oakridge Dining Room	12 9:30 Stand and be tall-2nd floor 11:00am Catholic Mass-Chapel 2:00pm Rosary-Villa Chapel 6:30pm Bingo with Fran-AR	13 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind 1:00 Dollar Tree 1:30 Stations of the Cross-Chapel 3:00 YOGA-AR	14 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind 1:30 Stations of the Cross-Chapel 3:00 YOGA-AR
15 Daylight Saving Time Begins 11:00am Mass in Villa on TV-Communion given Coffee Grind B	16 10:15am Sit and Be Fit w/Judy 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind B 6:30pm Bingo with Fran	17 10:00am Catholic Mass-Chapel 1:15pm Bible Discussion-Villa Chapel 1:30 Healing Waters-Pool 2:30pm Bingo with popcorn-AR 6:30pm Bible Study-Library	18 9:45am Lutheran Service-Nursing Home Chapel 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 1:00pm Crafty Ladies -AR 1:00-3:00pm Sheepshead-Coffee Grind 2:30pm Villa Voices-Club Gabe	19 9:30 Stand and be tall-2nd floor 11:00am Catholic Mass-Chapel 1:30 Board Games and Cards-AR 2:00pm Rosary-Villa Chapel 6:30pm Bingo with Fran-AR	20 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind 1:30 Stations of the Cross-Chapel 3:00 Tenant Council with ice cream-AR	21 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind 1:30 Stations of the Cross-Chapel 3:00 Tenant Council with ice cream-AR
22 11:00am Mass in Villa on TV-Communion given Coffee Grind B	23 10:15am Sit and Be Fit w/Judy 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind B 2:45pm Socks Hop-Dining Room (PIANO MUSIC) 6:30pm Bingo with Fran	24 10:00am Catholic Mass-Chapel 1:15pm Bible Discussion-Villa Chapel 1:30 Healing Waters-Pool 2:30pm Bingo with popcorn-AR 6:30pm Bible Study-Library	25 9:45am Lutheran Service-Nursing Home Chapel 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind 1:00 Casino 2:30pm Villa Voices-dining room	26 9:30 Stand and be tall-2nd floor 11:00am Catholic Mass-Chapel 1:30 BEAN AUCTION-AR 2:00pm Rosary-Villa Chapel 6:30pm Bingo with Fran-AR	27 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 11:00 Out to Eat 1:00-3:00pm Sheepshead-Coffee Grind 1:30 Stations of the Cross-Chapel 3:00 YOGA-AR	28 10:15am Sit and Be Fit-AR 11:00am Catholic Mass-Chapel 11:00 Out to Eat 1:00-3:00pm Sheepshead-Coffee Grind 1:30 Stations of the Cross-Chapel 3:00 YOGA-AR
29 11:00am Mass in Villa on TV-Communion given Coffee Grind B	30 10:15am Sit and Be Fit w/Judy 11:00am Catholic Mass-Chapel 1:00-3:00pm Sheepshead-Coffee Grind B 6:30pm Bingo with Fran	31 10:00am Catholic Mass-Chapel 1:15pm Bible Discussion-Villa Chapel 1:30 Healing Waters-Pool 2:30pm Bingo with popcorn-AR 6:30pm Bible Study-Library	<h2>March 2020</h2>			

Home Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Music morning-SC 11:00 Mass -C 1:30 Word Game-GP	2 9:30 Group Exercise -SC 10:15 Music Morning 11:00 Mass -C 1:30 Birch Manicures-BP 2:00 Watercolor Painting: "Gardens" -GP 3:00 Faith Sharing & Prayer 6:30 Two Bit Bingo -D	3 9:30 Restorative Fitness 10:15 Ellie & Joyce -SC 11:00 Mass -C 1:15 PL Manicures-GP 2:00 Resident Council 3:00 Rosary-C 6:30 Lion's Bingo-D	4 9:30 Restorative Fitness 9:45 Lutheran Church -C 10:15 Music Morning-SC 11:00 Mass-C 2:15 Bingo-D 6:30 Music with Maria-SC	5 9:30 Exercise Group -SC 10:15 Music with Roxey 11:00 Mass -C 1:30 Sheephead -GP 1:30 Share the Harpist-D 3:30 Rosary-C 6:30 Bingo-D	6 9:30 Restorative Fitness 10:00 Our Generation Sings 11:00 Mass -C 1:30 Stations of the Cross-C 2:00 Happy Hour -D 6:30 Yahzeel-SC	7 10:15 Music morning-SC 1:30 Crafting with Jess-GP
8 10:00 Music morning-SC 11:00 Mass -C 1:30 Word Game-GP	9 9:30 Group Exercise -SC 10:15 Music Morning 11:00 Mass -C 1:30 Birch Manicures-BP 2:00 Baking-GP 3:00 Faith Sharing & Prayer 6:30 Two Bit Bingo -D	10 9:30 Restorative Fitness- 10:15 Ellie & Joyce -SC 11:00 Mass -C 1:30 PL Manicures-PL 2:00 Birthday Bingo-D 3:30 Holy hour & Rosary -C 6:30 Activity Hour-TBD	11 9:30 Restorative Fitness 9:45 Lutheran Church -C 10:15 Music Morning -SC 11:00 Mass -C 2:15 Bingo-D 6:30 Kimberly Community Band-D	12 9:30 Exercise Group -SC 10:15 Music with Roxey 11:00 Mass-C 1:30 Sheephead -GP 1:30 Piano with Fran-D 3:30 Rosary-C 6:30 Bingo -D	13 9:30 Restorative Fitness 10:15 Music Morning-SC 11:00 Mass-C 1:30 Stations of the Cross-C 2:00- Happy Hour -D 6:30 Game night-SC	14 10:15 Music Morning-SC 1:30 Activity Hour-TBD
Daylight Saving Time Begins 15 10:00 Music morning-SC 11:00 Mass -C 1:30 Word Game-GP	16 9:30 Group Exercise -SC 10:15 Music Morning-SC 11:00 Mass -C 1:30 Birch Manicures-BP 2:00 Flower Arranging-GP 3:00 Faith Sharing & Prayer 6:30 Two Bit Bingo -D	17 9:30 Restorative Fitness- 10:15 Ellie & Joyce -SC 11:00 Mass -C 1:30 PL Manicures-PL 2:00 Virtual Reality-SC 3:30 Rosary -C 6:30 Lioness Bunco-GP	18 9:30 Restorative Fitness 9:45 Lutheran Church -C 10:15 Music Morning -SC 11:00 Mass -C 2:15 Bingo-D 6:30 Music with Maria-SC	19 9:30 Exercise Group -SC 10:15 Music with Roxey 11:00 Mass -C 1:30 Sheephead -GP 2:00 Travelogue: Niagara Falls-SC 3:30 Rosary-C 6:30 Bingo -D	20 9:30 Restorative Fitness 10:15 Music Morning-SC 11:00 Mass-C 1:30 Stations of the Cross-C 2:00- Happy Hour-D 6:30 Movie Night-SC	21 10:15 Music Morning-SC 1:30 Balloon Volleyball-SC
22 10:15 Music morning-SC 1:30 Word Game-GP	23 9:30 Group Exercise -SC 10:15 Music with George-SC 11:00 Mass -C 1:30 Birch Manicures-BP 2:00 Baking-GP 3:00 Faith Sharing & Prayer 6:30 Two Bit Bingo -D	24 9:30 Restorative Fitness- 10:15 Ellie & Joyce -SC 11:00 Mass -C 1:30 PL Manicures-PL 2:00 Virtual Reality-SC 3:30 Rosary -C 6:30 Activity Hour-GP	25 9:30 Restorative Fitness 9:45 Lutheran Church -C 10:15 Music Morning -SC 11:00 Mass -C 2:15 Bingo-D 6:30 Activity Hour-TBD	26 9:30 Exercise Group -SC 10:15 Music with Roxey 11:00 Mass -C 1:30 Sheephead -GP 2:00 Game Hour-SC 3:30 Rosary-C 6:30 Bingo -D	27 9:30 Restorative Fitness 10:15 Music Morning-SC 11:00 Mass-C 1:30 Stations of the Cross-C 2:00- Happy Hour-D 6:30 Movie Night-SC	28 9:00 Passion Play-C 1:30 Music with Maria-SC
29 10:15 Music morning-SC 1:30 Word Game-GP	30 9:30 Group Exercise -SC 10:15 Music with George-SC 11:00 Mass -C 1:30 Birch Manicures-BP 2:00 Craft Club-GP 3:00 Faith Sharing & Prayer 6:30 Two Bit Bingo -D	31 9:30 Restorative Fitness- 10:15 Ellie & Joyce -SC 11:00 Mass -C 1:30 PL Manicures-PL 2:00 Virtual Reality-SC 3:30 Rosary -C 6:30 Activity Hour-GP				

March 2020

Home & Center of Rehabilitation

Manor Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Trivia 3:00 Kickball 6:00 Sunday Night Movie	9:00 Music with Jan Berg 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Rosary 1:45 Sheephead with Mary 2:00 Group Games 3:30 Left, Right, Center 6:00 Balloon Volley	10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Brain Teasers 6:00 BINGO with Lu and Melba	9:45 Lutheran Service 10:00 Chair Yoga 10:30 Current Events 11:00 Mass 1:00 Devotion Hour 2:00 Sing Along 3:00 Drum Circle 3:45 Bulletin Folding 6:00 Word Games	10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Rosary 2:00 BINGO 3:00 Manicures 3:30 Virtual Reality 6:00 Kickball	10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Spiritual Music with Ellen 2:30 Happy Hour 6:00 Friday Night Flick	6 10:00 Fitness Fun 10:30 Current Events 11:00 Mass 1:00 Creative Coloring 3:00 Noodle Ball 6:00 Sing Along
10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Trivia 3:00 Kickball 6:00 Sunday Night Movie	8 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Rosary 1:45 Sheephead with Mary 2:00 Memories in the Making 3:30 Uno 6:00 Card-O with KCP	10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Music with Cy Mader 6:00 BINGO with Lu and Melba	9:45 Lutheran Service 10:00 Chair Yoga 10:30 Current Events 11:00 Mass 1:00 Devotion Hour 2:00 Sing Along 3:00 Brain Teasers 3:45 Bulletin Folding 6:00 Balloon Volleyball	11 10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Rosary 2:00 BINGO 3:00 Manicures 3:30 Virtual Reality 6:00 Kickball	13 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Spiritual Music with Ellen 2:30 Happy Hour 6:00 Friday Night Flick	14 10:00 Fitness Fun 10:30 Current Events 11:00 Mass 1:00 Word Games 3:00 Gross Motor Games 6:00 Sing Along
10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Trivia 3:00 Kickball 6:00 Sunday Night Movie	5 9:00 Music with Jan Berg 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Rosary 1:45 Sheephead with Mary 2:00 St. Patrick's Day Baking 3:30 Left, Right, Center 6:00 Balloon Volley	10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Our Generation Sings with Fran and JoAnn 6:00 BINGO with Lu and Melba	9:45 Lutheran Service 10:00 Chair Yoga 10:30 Current Events 11:00 Mass 1:00 Devotion Hour 2:00 Sing Along 3:00 Brain Teasers 3:45 Bulletin Folding 6:00 Balloon Volleyball	18 10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Our Generation Sings with Fran and JoAnn 6:00 BINGO with Lu and Melba	20 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Spiritual Music with Ellen 2:30 Ice Cream Social 6:00 Friday Night Flick	21 10:00 Fitness Fun 10:30 Current Events 11:00 Mass 1:00 Creative Coloring 3:00 Noodle Ball 6:00 Sing Along
10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Trivia 3:00 Kickball 6:00 Sunday Night Movie	22 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Rosary 1:45 Sheephead with Mary 2:00 Spring Crafting 3:30 The Number Game 6:00 Card-O with KCP	10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Timeslips 6:00 BINGO	9:45 Lutheran Service 10:00 Chair Yoga 10:30 Current Events 11:00 Mass 1:00 Devotion Hour 2:00 Resident Council 3:00 Bell Choir 3:45 Bulletin Folding 6:00 Word Games	25 10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Timeslips 6:00 BINGO with Lu and Melba	27 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Spiritual Music with Ellen 2:30 Happy Hour 6:00 Friday Night Flick	28 10:00 Fitness Fun 10:30 Current Events 11:00 Mass 1:00 Word Games 3:00 Gross Motor Games 6:00 Sing Along
10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Trivia 3:00 Kickball 6:00 Sunday Night Movie	29 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Rosary 1:45 Sheephead with Mary 2:00 Slapzi 3:30 Left, Right, Center 6:00 Balloon Volley	10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Timeslips 6:00 BINGO	30 10:00 Morning Stretch 10:30 Current Events 11:00 Mass 1:00 Rosary 1:45 Sheephead with Mary 2:00 Slapzi 3:30 Left, Right, Center 6:00 Balloon Volley	31 10:00 Strength Movements 10:30 Current Events 11:00 Mass 1:00 Bible Study 2:00 Bella Visit 3:00 Timeslips 6:00 BINGO	<div>March 2020</div> <div>St. Paul Manor</div> <div>Life Enrichment Program</div>	

Daily Life Enrichment Programs are subject to change based on resident's preference.



St. Paul Elder Services, Inc.

316 E.14th Street

Kaukauna, WI 54130

Return Service Requested

Would you like to receive the Beacon via email in the future?

Please email executiveassistant@stpaulelders.org to be added to the email list.

St. Paul Community Newsletter

Club Gabriel	920-766-6188
Hospice	920-766-6180
Life Enrichment Center	920-766-6188
St. Paul Home	920-766-6020
St. Paul Villa	920-766-6181
St. Paul Manor CBRF	920-766-6181
The Hoffman Memory	
Care Resource Center	920-766-6186
Volunteer Opportunities	920-766-6020

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