



Brain Waves

A Monthly Newsletter

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We are a Ministry of:

St Paul Lutheran Church
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 Sheboygan Falls
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TGP & MM Happenings

An overview from our Staff

Magnificent! A one word answer used to describe our convertible rides for the guys. Special thanks go out to Brad Vollbrecht, family, and friends for driving their convertibles, and to Brad's mother for having all the men over for lunch that afternoon. While the men were away, our ladies had a wonderful time learning from Lorrie Wilson about cake decorating. Lorrie enjoys sharing her talent of decorating, she has a true gift of making it fun and easy to learn.

We had absolutely perfect weather for our visit to The Wade House. The folks there were so accommodating! The history at The Wade House was right up our alley and the carriages in the new house were beautiful.

The "Jolly Pranksters" from Plymouth High School paid us a visit too. They were very good at drawing us into their staged antics and we appreciated them taking precious summer vacation hours to entertain us.

We had a great session of Parachute play with the children from the Early Child Care Center here at St. Paul's. It was fun to experience, and share, the energy and enthusiasm they brought with them. We hope to do this again on a regular basis in the coming months.

Back at the ranch (ah, the church, that is), we've been taking photographs and using them to make guessing games. We created stories, read poems & skits, and, of course, exercised to stay in shape.

Of course, we always have some 'regular' activities going on: games, coffee, snack & chat time, devotion, walks, art, music, and terrific lunches together. So, a little routine and a break from the routine made July fun and very fulfilling for all of us!



HAPPY BIRTHDAY!

August Birthdays:

- Carol R.04
- Janet K. 13
- Marian P. 13
- Hannelore P. 16
- Jane Pl. 16
- Tom J. 17
- Marian F.23
- Sharon V.24
- Sally K.25
- Beth E.27
- John Ko.29



Artist & Creative Corner

This month we continue to work with Ginny and Mary Jo for China Art. We also enjoyed having Sue Alby here so much that we invited her back for the month of August.

Hypertufa was the word of the month for Mondays in July. We're just beginning some very unusual projects using this process of forming cement, peat moss, & perlite into artful, long-lasting flower pots and other forms! **"Hypertufa"**

We would like to mention that we still have some owl, bluebird houses, and suet feeders for sale. Please contact us at (920)627-6847 for more information.



Summertime Fun

Enter now to win!

What have you been up to this summer? We want to hear from you about how you are spending your summer! Did you read any good books, do a project at home, take a vacation, or celebrate a milestone? Now through August 31, visit our Facebook page (look for the post "summertime fun") and leave a brief note of what you've been up to this summer. You will be entered into our summertime prize drawing. It is that simple! Not into Facebook but still want to participate? Not a problem. Ask your friends or family, who use Facebook, to like our page and leave a message (with your name included) about how they heard of TGP&MM, and you both will be entered. Good luck! The winner will be announced early September.

Save the Date

2014 Autumn Auction

benefiting

The Gathering Place & Memory Matters

FOR

SATURDAY NOVEMBER 15TH

6:00-9:00PM

The Bull at Pinehurst Farms

Blue Ribbon Puzzler

State Fair

ACROSS

- Domesticated animals
- Competition
- Fluffy spun sugar (two words)
- Fun and _____
- Get a blue one for first place
- Shows at a fair
- Merry-go-round ride
- Derby racers
- Win a _____

DOWN

- Art of gardening
- Rotating ride, _____ wheel
- Deep-fried frank (two words)
- Not a professional
- Carnival ride section
- A sweet preserve
- Ewe

Volunteer Corner by Carol Bimmel

Summertime at The Gathering Place means more youth return to spend additional time with us, including the STARS girls. This year there are three young ladies, a summer intern, and their supervisor from the program to help out and spend the day with us every Thursday. The participants enjoy seeing them each week, and the girls gain valuable life experiences by learning about what we do here at TGP.



Ethan and Scarlett also help out more regularly in the summer. Ethan is a natural at volunteering with us and learned about our program from his mom who helps us during the school year. This is Ethan's second year volunteering with us, he will be a freshman this fall, and he even got to go on our convertible ride!

Scarlett has been coming with her grandma on and off ever since she was 4yrs old, and she developed some close friendships with our participants. She will be in the 5th grade this fall. We appreciate all of our youth, their dedication, and compassion for our participants and the program.

NOW YOU CAN CONNECT WITH US ON FACEBOOK!



WE ARE LISTED AS: THE GATHERING PLACE & MEMORY MATTERS

Memory Matters

What makes Memory Matters different from The Gathering Place? Memory Matters is a four-hour education based class to assist people recently diagnosed with memory issues or those concerned about their memory. We have a one-hour lecture, review weekly homework assignments designed to challenge different parts of the brain, discuss memory techniques to help live with the new changes in life, and have exercise class each time we meet. Through this varied brain stimulation, research is finding that memory loss can be slowed. Lunch is included in our weekly class. We currently have openings—to inquire about this, please contact us at 920-627-6847.

MM Lecture Topics

- August 07 Peru Travel Log
- August 14 Mental Aerobics
- August 21 Ballroom Dance
- August 28 Outing to Sheboygan Historical Museum

TGP Special Events/Activities

- Aug 07 Dance with Sue Alby
- Aug 12 Early Child Care Kids come to visit
- Aug 26 Kohler-Andrae Nature Center/Picnic



Visit us on the web at www.memorymattersmost.com or www.tgp4memory.com



Wellness for your mind and body

Let's eat from the garden!

This is the time of year when our gardens explode with wonderful fresh produce. By the way, have you seen ours at The Gathering Place lately? The lettuce plants, onions, and herbs look fantastic! In fact Mark Janke, our new cook, often trims fresh lettuce, herbs, and other veggies from our garden to use in his tasty meals he serves us at lunch. It is fun to care for and watch the garden grow, but it is a rewarding accomplishment when we get to eat the produce that we grew!

Once again, Glen Smies has been very kind to help us stock the kitchen with fresh produce. Over the last few years Glen's abundant garden has allowed him to share with us every now and then...and we are so thankful!

The local farmers markets are also a fun stop to make during the week. Get some fresh goodies for home, have lunch, and just enjoy the day strolling through the park. In Sheboygan this past Wednesday, at Fountain Park, on a beautiful summer day that is just what Sharon Tyszka and her kids decided to do. Vendors filled the park with juicy peaches, fresh picked raspberries/blueberries, cut flowers, potatoes, cucumbers, and carrots...and this was just what Sharon, from our office, brought home from shopping. Yet there were many other veggies and vendors such as the Amish Bakers, preserves, and fresh squeezed lemonade. Are you hungry yet?



Quote of the Month

"Laughter is an instant vacation"
~ Milton Berle