

Published quarterly since 1996 for those left behind.

PROKO-WALL Funeral Home publishes TOMORROW™ as a service to the families who trust us in the hours of their greatest need. TOMORROW will be sent to all of our families for one year following their loss. It is designed to provide our families with an understanding of their yesterdays, support for their todays, and a promise of hope for their tomorrows.

Licensed Funeral Directors:

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Surviving the Holiday Blues

This time of year can become overwhelming with feelings of pressure, disappointment or unhappiness. Some of the following coping mechanisms may be helpful:

Take action – Don't isolate yourself. Call someone to go out or invite a friend in to see you. Don't wait for others to meet your needs. Reach out, even when you feel like brooding. Try to contact someone you've lost touch with...it may make their day! Call the Elder Helpline listed in your phone book, church, synagogue or senior center for resources and help connecting with others.

Don't do it all—Give yourself a break when preparing for the holidays. Prioritize what needs to be done and allow time for yourself and the freedom to be less than perfect.

Plan activities—If a group is spending time with you, plan structured activities to keep them occupied. Try a jigsaw puzzle, decorating cookies, or games to allow for people to interact in a lighthearted way.

Inform others of your needs and

desires—No one can read your mind. Inform others of your preferences, needs and desires. Asking for and accepting help with holiday necessities can relieve you of a heavy burden.

Focus on the positive—Emphasize what is good, not what is missing. Reflect on the good in your life by listing 100 things you are most grateful for. Avoid using holiday time as a forum to clear up conflicts or to wish for things that you no longer have.

Do not overeat or drink too much—

Alcohol is a depressant and can exaggerate the holiday blues. It can interact with

medications and cause emotional changes. Sugar can wreak havoc with your system and cause your spirits and energy to crash. Overeating may lead to a lack of selfesteem. Take a moderate approach.

Limit your gift spending—Going into debt for gifts at holiday time causes anxiety and frustration. Focus on the true meaning of the season. Make homemade gifts or foods, add festive wrapping and give money saved to charity. Ideas: wreaths, jellies, bird feeders, cookies, beaded jewelry, etc.

Do something for someone else—

Volunteer to serve meals at a shelter or the Salvation Army, contribute clothing, gifts or a meal for a needy family, or offer to help out at a senior community. Find senior citizens who may not have a family or friend close by or who have recently lost a spouse and invite them over.

Get some exercise—Exercise raises your energy levels and helps fight depression, and in natural sunlight will give you a boost.

Don't be afraid to try something new or different—Experiment with new recipes, sign up for a course, join a club, attend a wine tasting, or try a craft project.

Enjoy holiday activities that are free—

Drive to look at holiday decorations, go window-shopping, or go to holiday concerts.

Utilize positive grief strategies—Choose to do a special tribute or ritual to honor the memory of

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Proko - Wall News



In April of this year I embraced the opportunity to transition from the Office Manager at Proko-Wall to the funeral home pre-planner. What a transition it has been! I am excited to serve our families in a new way.

While pre-planning a funeral may not be what everyone wants to do, it is important to do. Pre-planning takes a very difficult time for your family, and makes it easier. When you pre-plan, you have left a gift for your family, taking the guess work out of the many decisions they will have to make to organize your celebration of life. By pre-planning, you also may have given peace of mind to your family by

Providing the means to pay for your final expenses.

I am excited to say we have enhanced our pre-planning educational program by introducing Lunch & Learn Sessions. Lunch & Learn Sessions are a great way to meet others, learn the benefits of pre-planning and have some of your questions answered in a stress-free environment. Of course, as always, the funeral directors and myself are available for individual appointments for your convenience.

It is my honor to serve our families in my new role, and I look forward to working with all of you for many years to come. - *Barb Holford*

Proko Wall will hold a Safety Fair in conjunction with the Center for Childhood Safety on Saturday September 9th, 2017



Thank you to the community for donating many hats, coats and mittens for Coats for Kids.

Childhood Safety

Bus Trip: Bonduel Amish Country and Doc's Harley-Davidson



Thank you very much for the delightful and informative tour of the nearby Amish community. My guest, Sandy and I enjoyed the tour, the gentleman commentator and the kind Amish folk. It was a "tour to remember." One that took me away from stress of mourning. – Sincerely, Peggy T.

We're participating in:



Drop off your toys at: Proko-Wall Funeral Home and Crematory October 17, 2016 - December 15, 2016

9:00 am - 4:00 pm

1630 East Mason Street Green Bay, Wisconsin 54302



Birthday Cake Winner Gerry Heyrmann registered at the Proko-Wall booth at the Senior Expo for a free birthday cake. Happy Birthday Gerry, our October winner!

Support Groups

AFFINITY VISITING NURSES HOSPICE

Appleton (920) 727-2000 or 1 (866) 236-8500

A Time To Mourn: Six-week grief support for adults who have lost an adult loved one. Co-led by professionals trained in grief support. No fee. Advance registration required. Offered 3 times yearly. Call Angie Schuldt

Men Journeying Through Grief: Meeting 1st Wednesday of every month 6:00–8:00 in Neenah. For men only.

AURORA AT HOME

(920) 288-5100

Green Bay: Kaitlyn Schobert
Aurora BayCare Medical Center,
931 Discovery Rd., Green Bay
Call or email Kaitlyn.schobert@aurora.org.
Manitowoc/Two Rivers, Sheboygan and Oshkosh

AURORA GRIEF CARE

(920) 288-3094,

Green Bay: Chaplain Renee
For adults; 4-week session; January, April,
July and October. Monday 1:00–2:30 pm,
Aurora BayCare Medical Center Chapel,
2845 Greenbrier Rd. Call or email
renee.lubinski@aurorabaycare.com

THE BRIDGE BETWEEN

(920) 864-7230

Denmark: Sarah Everson

Mindfulness Monday, Dec 5 6:30-8:00 pm

CAMP LLOYD

A week long day camp from 8:30 am—4:00 pm for grieving children, ages 7-14, held at the Mauthe Ecumenical Center on UWGB Campus. Registration will be available January 2017. Contact Illene Cupit cupiti@uwgb.edu

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a loved one by making a memorial gift to a charity, lighting a candle, taking part in a memorial service, laying a wreath on a grave, etc. Allow yourself to feel sad but, also allow yourself to enjoy positive experiences. Take one day or hour at a time and be sensitive to your feelings.

Know the difference between holiday blues and clinical depression—You may feel down with the holiday blues but will not have the symptoms associated with depression like sleep or appetite pattern changes, loss of concentration, feelings of worthlessness

or self-hatred, preoccupation with death or dying, or loss of interest in friends. Call your doctor if you have depression symptoms.

Be realistic—You cannot feel happy, grateful and joyful throughout every moment of the holiday season. What is natural is the ebb and flow of feelings from one moment to the next. Do not be paralyzed by those inevitable moments of sadness, fatigue or anxiety. Just take these feelings along with you for the ride like you are carrying a bag of groceries, and remember, you have a choice to put down the bag! - Compliments of Heartland Hospice

Book Review: Permission to Mourn, A New Way to Do Grief – By Tom Zuba

"In order to heal you must mourn. You must push grief up and out. Contrary to the old way of

doing griefdenying suppressing pretending and stuffing your feelings and emotions down you must find



ways to feel

express

honor

all of the feelings and emotions that are bubbling up inside of you.

You must give yourself permission to

You must actively pursue your own healing." - Tom Zuba

I read this book prior to attending a seminar in October facilitated by the author of Permission to Mourn, Tom Zuba. I actually read it twice; once before the seminar and then again after. It's a quick read and one of those books which makes you feel empowered, validated and prepared to continue journeying on whatever path your grief is taking you. The style and cadence of this work are soothing and very comforting. The chapters flow one into the other in conversational fashion making the reader feel as if Tom were speaking directly to them. Tom himself has suffered the loss of an infant daughter, a young wife and a teenage son. He has decided to heal and offers those of us on similar paths a coping mechanism which leads out of the darkness and into the light.

Permission to Mourn sets a stage for contemplating grief's greatest, hardest, most painful questions. Are my loved ones safe? Is there a heaven? Will I ever be happy again? Not only are these and questions like them explored with tenderness, a path to answering them is offered with an equal amount of care and compassion. "You are responsible for your own healing—nobody else's." Readers are given permission to take care of themselves...just themselves. "We were not born to suffer. We were born to be radiant." A copy of this book is available in the library at Proko Wall and anyone grieving the loss of a loved one or looking for ways to help someone grieving will benefit from reading it. - by Peggy George

Cooking For One – Enjoy Wisconsin Potatoes

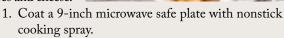
Many people don't realize the state of Wisconsin is among the nation's leaders in the production of potatoes and vegetables. Potatoes don't contain saturated fat or cholesterol and the sodium content is very low. They're a good source of vitamins C and B6, potassium and manganese.

Here's an easy recipe for one or two, incorporating two great Wisconsin products—potatoes and cheese.

Microwave Potatoes

2 potatoes, peeled and sliced thinly ¼ cup sliced onions ¼ teaspoon salt 1/8 teaspoon pepper

¼ teaspoon garlic powder ¼ cup shredded cheese



2. Arrange potato and onion slices on dish; sprinkle with seasonings.

- 3. Cover and microwave on high, 6-8 minutes.
- 4. Sprinkle with cheese and cook for 2 minutes or until potatoes are tender. Variation: Add diced ham or cooked sausage.

Support Groups

THE CARE COMMUNITY

In-Sight Books, Inc. web site for Grief's Safe Place. Visit Insightbooks.com for those who have experienced a loss.

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

For those who have experienced the unexpected death of a child, visit: www.chawisconsin.org for a complete listing of grief support and bereavement resources.

CIRCLES OF FAITH GRIEF SUPPORT

(920) 660-8066

Grief support meeting at St. James Parish, Cooperstown, January 15 6:00-8:00 pm. Contact Tom Bekkers

THE COMPASSIONATE FRIENDS

Green Bay (920) 370-3858

www.TCFGreenBay.org

For parents and grandparents grieving the loss of a child. Meetings 3rd Tuesday of the month, 7 pm at First United Methodist Church, 501 Howe St.

Worldwide Candle Lighting Remembrance Program: Sun Dec 11, 1:00 pm. Bring a candle and photo of your child(ren)

DE PERE COMMUNITY CENTER

(920) 339-4097

Grief support groups held the 2nd Monday of every month, 5:30 – 6:30 pm at the De Pere Community Center-Lower Level. 600 Grant St. De Pere.

GRIEF SHARE PROGRAM

Pilgrim Lutheran Church (920) 965-2233 1731 St. Agnes Dr. Mondays 6:30-8:30 pm. Call Linda

Celebration Church (920)-965-6343 3475 Humboldt Rd.

Tuesdays 6:30-8:30 pm. Call Lynn

HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811, annrfroelich@gmail.com or Sheila DeLuca at (920) 336-7786, sdeluca@gbres.org to register. For those who have lost someone through death. Tuesdays 6:30-8 pm Feb 21 & 28; March 14, 21 & 28 at Resurrection Parish, 333 Hilltop Dr. Green Bay

HEARTLAND HOSPICE SUPPORT GROUP

(920) 336-6455

1145 W Main Ave, De Pere WI 54115 5 week sessions throughout the year Green Bay, Shawano, and Peshtigo.

Activity Groups:

Creative Expressions Project Group—Third Thursday each month, 6:00-7:30 pm. Craft supplies provided

Journaling the Journey—Third Wednesday each month. Supplies will be provided 6:00-7:30 pm Call or email Jennifer (920) 309-0821 Jennifer. Stallsmith@hcr-manorcare.com for more information on dates, locations and to register

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Support Groups

HELPGUIDE.ORG

Website offering tools and advice for stress relief: helpguide.org. Click on the Grief & Loss link.

HOLDING CARE/GRIEF SUPPORT

(920) 468-7848

Jan., 9, 16 and 23rd 1:30- 3:00 pm St Phillip the Apostle. Call Lynn to preregister

HOSPICE COMPASSUS

(920)-321-2004

Healing together suport group Call Pam Sengstock for more information on dates and times of sessions

LAKESHORE GRIEF SUPPORT PROGRAMS

SAFE HARBOR

(920) 682-7742

A grief group for teens: Meeting on the 1st and 3rd Mondays of the month, 6:30–7:45 pm. First Lutheran Church 521 N. 8th St. Manitowoc. Contact Stephanie Bowman or email at sb_flcmanitowoc@sbcglobal.net

WINGS OF HOPE

(920) 242-1153

Helping families as they grieve the loss of a baby through miscarriage, stillbirth, ectopic pregnancy or SIDS. Jenny Weier, Grief Facilitator

S.O.S (SURVIVORS OF SUICIDE) (920) 901-0779 Manitowoc. For more information, contact Rhonda.

LIVING WITH LOSS

(920) 497-4672

Asera Care Hospice Support Group: Drop in—No charge Second Wednesday of each month, ADRC 300 S Adams St. Green Bay. Call Amanda

NEW HOPE GRIEF GROUP

(920) 496-2160

Grief Support meetings at Annunciation Church, 1087 Kellogg St., Jan 17, 24, 31 Feb 7 & 21, 1:30-3:00 pm. Come and celebrate your spouse living or deceased on Feb 14th at St. Jude's 1420 Division St. Call Sr. Pat Clement to register

PULASKI GRIEF SUPPORT

(920) 822-3223

Open to all faiths and all ages. No registration required. Call for meeting schedule.

Proko-Wall
FUNERAL HOME AND CREMATORY

1630 E. Mason St. • Green Bay, WI 54302

ELECTRONIC SERVICE REQUESTED

PRSRT STD US POSTAGE PAID PERMIT NO. 549 GREEN BAY WI

Support Groups

ST PHILLIP THE APOSTLE

(920) 468-7848

Bereavement Sessions Jan. 9, 16 & 23 1:30-3:00 pm. Call Sr. Helen Keyzer

S.O.S. (SURVIVORS OF SUICIDE)

Green Bay (920) 339-8952. For family and friends to cope with suicide loss. Meeting third Monday of each month, 7:00-8:30 pm at Bellin Executive Bldg., 2020 S. Webster Ave. Call Mary Doemel.

SHARE

(920) 433-8634

For parents who have lost a baby through miscarriage, still birth, SIDS or neo-natal death. Monthly Meetings: 2nd Thurs of each month, St. Vincent at 7:00 pm

Christmas Memorial: Thurs Dec 8 – 7:00 pm, St. Vincent Chapel. Call Lana Reinke lana.reinke@hshs.org or Theresa Shuck Theresa.shuck@hshs.org

UNITY HOSPICE BEREAVEMENT

(920) 338-1111

Green Bay Area: 2366 Oak Ridge Cr., De Pere Navigating the Waters of Grief: Registration required.

Tuesdays 6:00 – 7:30 Dec 13, Jan 31-Feb 28 Tuesdays 1:30 – 3:00 Dec 13, Jan 31-Feb 28

Grief ConnectionMeeting: 3rd Thursday of every month 1:30-3:00 & 6:00 – 7:30 pm De Pere

Generations: *Hope for Grieving Families*. Designed to help the whole family, adults, children and teens. Dinner is served each evening at no charge. Meetings 2nd Thursday of every month 5:30 – 7:30 pm in Green Bay

Men's Dinner: Meeting 1st Thursday of every month from 6:00 – 8:00 pm at a local restaurant

for conversation & support. Lunch is purchased off the menu.

Understanding Grief: Meeting monthly on Wednesdays.

Wausaukee Area:

1st Wednesday of every month 10:00 - 11:30 *Marinette Area:*

1st Wednesday of every month 12:30 – 2:00 *Sturgeon Bay Area:*

2nd Wednesday of every month 12:00 – 1:30 *Kewaunee Area:*

2nd Wednesday of every month 3:00 – 4:30 *Gillett Area:*

4th Wednesday of every month 12:00 -1:30 *Shawano Area:*

4th Wednesday of every month 3:00 – 4:30 **Women's Luncheon:** Meeting 3rd Wednesday of every month from 12:00–1:30 pm, at a local restaurant for conversation & support. Lunch is purchased off the menu.

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Calendar of Events

Resources and the Arts

AGING AND DISABILITY RESOURCE CENTER OF BROWN COUNTY

(920) 448-4300

Mon-Fri 8:00 am-4:00 pm 300 S. Adams St. www.adrcofbrowncounty.ORG

THE BRIDGE-BETWEEN RETREAT CENTER

(920) 864-7230

Provides a contemplative bridge to deepen relationships with self, God, neighbors & creation. A vibrant community built upon spirituality, wholeness, sustainable living, farming & preservation of our heritage.

DOWNTOWN GREEN BAY

(920) 437-5972

Downtowngreenbay.com Sign up for "What's up Downtown newsletter" to find activities in Green Bay

FARMER'S MARKETS—NEW LEAF

KI Convention Center

Dec. 10 Special extended Holiday Market with 30 additional holiday craft vendors Jan. 14 & 21 Feb. 11,18, 25 8:00 am - noon

FOX CITIES PAC

920-730-3760

Fri Dec 2 Darlene Love 7:30 Sat Dec 10 Fox Valley Symphony Orchestra -Holiday 7:30

Thurs Dec 22 Lorie Line 7:30

Dec 13-18 The Sound of Music

Fri Jan 13 Frank Caliendo 8:00 Sat Jan 14 Stayin Alive 7:30

Jan 17-22 The Body Guard

Sat Feb 4 Fox Valley Symphony Orchestra—Winter 7:30

Fri Feb 10 Spectrum Dance Theater 7:30

Mon Feb 13 Boys II Men 7:30

Feb 13 -14 *Shen Yun 2017* 7:30 **Feb 16–17** *Janis Siegel* 8:00

Fri Feb 24 Vienna Boys Choir 7:30

Feb 28-March 5 Cabaret

GREEN BAY BOTANICAL GARDENS

(920) 490-9457

Dec 2 -30 WPS Garden of Lights 5:00-9:00

GREEN BAY VISITORS & CONVENTION BUREAU

(920)494-9507 GreenBay.com

HAZELWOOD

(920) 437-1840

Dec 2-3 Holiday Tea \$20 Registration required 1:00-3:00

Dec 10-11 and 17-18 A Dickens Christmas

HERITAGE HILL

(920) 448-5150

Heritagehillgb.org

Sat Dec 10 & 17 Spirit of Christmas Past
1:00 - 4:00

Tues Jan 19 Blood Drive 1:00 - 4:00

MEYER THEATRE

(920) 494-3401

Dec 1-23 A Frank's Christmas \$33 Mon Dec 12 8:00 Ralphie May \$32.50 Fri Jan 13 Kris Kristopherson \$54-\$59 8:00

NATIONAL RAIL ROAD MUSEUM

(920) 437-7623

Dec 1, 2, 3, 4 Polar Express
Nov 17-Dec 31 Festival of Trees

NEVILLE PUBLIC MUSEUM EXHIBITS

(920) 448- 4460

Tues Dec 6 Cellar Series: All Star Lager \$20-\$25 6:00–8:00

Dec 3-Jan 14 Bruce the Spruce

Thurs Dec 8 Dinner Program: World War 1 Christmas Miracle \$20-\$25 5:00

Registration required

Thurs Feb 23 Dinner Program: Pistols and Petticoats \$20-\$25 5:00 Registration required Tues Dec 27 Cellar Series: All Star Lager Bottling \$20-\$25 6:00-7:00 Registration required

ST. NORBERT COLLEGE

(920) 403-3950

Dec 1-3 The Last Five Years 7:30 Fri Dec 2 Festival of Christmas Concert 7:30

Sat Dec 3 Brass and Organ Christmas Spectacular 7:30

Dec 9, 10, 11, 15, 16, 17 A Christmas Story

Dec 16, 17, 19 20 Christmas with the Knights

Feb 10, 11, 12, 16, 17, 18 Panache Feb 11-12 Winter Band Fest Concert Feb 23, 24, 25, 26 Anne of Avonlea

SALVATION ARMY

(920) 497-7053

(920) 593-2362 Senior Program—contact Karrie

VILLAGE OF BELLEVUE LEISURE SERVICES

(920) 468-5225

3rd Thur. of month *Bingo* \$.50 per card. 1:00-3:00 pm; Community Center. All are welcome.

WEIDNER CENTER

(920) 465-2400

Sat Dec 3 Handel's Messiah 7:30 Dec 9, 10 Holiday Pops 7:30

Mon Dec 12 Duo Piano Transcriptions 6:30

Mon Dec 12 The Hip Hop Nutcracker 7:30 Tues Dec 13 The Ten Tenors 7:30

Mon Dec 19 The Oak Ridge Boys 7:30

Sat Jan 21 Doctors in Recital 7:00

Sat Jan 28 *Jazz Fest 47* 6:00

Fri Feb 10 Daniel's Tiger's Neighborhood Live! 7:00

Tues Feb 14 Annie 7:30

Thurs Feb 23-25 *The Importance of Being Earnest* 7:30

Local Activities

December

Sat. Dec 3 Kenny Rodgers Resch Center 7:30 800-440-8539 Sat. Dec 3 Explore Saturdays Neville Museum10 am-Noon (608) 448-7840.

Sat. Dec 3 Breakfast with the Gingerbread Man Children's Museum of GB 9:00 am (920) 432-4397 **Sat., Dec** 3 Build a Bird Feeder 10:00 am-12:00 pm

L.H.Barkhausen Waterfowl Preserve (920) 434-2824

Tues., Dec 6 *Christmas at Riverside* 5:00 cocktails 6:00 Dinner \$15 per person. Call Lynn (920) 468-7848

Thurs.-Sun., Dec 7-10 Daddy D's Christmas Stadium View (920) 544-4244

Fri.-Sat., Dec 9-10 Holiday Pops Cofrin Family Hall 7:30 pm (800) 895-0071

Fri. Dec 9 Trans-Siberian Orchestra Resch Center 4:00 and 8:00 800-440-8539

Fri. Dec 9 Fish Fry Our Saviour Lutheran Church, 4:45 pm, Dine in /carryout by calling (920) 468-4065 or emailing info@oslc-gb.org by 4:00 pm

Sat., Dec 10 Ornament Workshop 9:00 am-12:00 pm

L.H.Barkhausen Waterfowl Preserve (920) 434-2824

Sat., Dec 10 Holiday Bake Sale St Phillip the Apostle

8:00 am-4:00 pm Call Lynn (920) 468-7848

Sat. Dec 10 New Leaf Farmer's Market KI Convention Center

Sat. Dec 10 New Zoo Holiday Fest 9:00 am-4:00 pm (920) 434-7841

Sat. Dec 10 GB Girl Choir Nativity Parish 7:00

Sat., Dec 10 *Live Nativity* The Bridge Between 7:00-8:30 pm (920) 864-7230

Mon Dec 12 The Hip Hop Nutcracker Cofrin Family Hall (800) 895-0071

Wed-Sun. Dec 14-17 Daddy D's Christmas Riverside Ballroom (920) 544-4244

Tues. Dec 13 The TEN Tenors; Home for the Holidays Cofrin Family Hall 7:30 pm (800) 895-0071

Wed. Dec 14 Live Nativity Our Saviour Lutheran Church

120 S Henry St 5:30. 6:00 and 6:30 (920) 468-4065

Wed. Dec 14 Soup and Bread Supper Our Saviour Lutheran

120 Henry St. 5:00-7:00 Free will offering.

Sun. Dec 18 GB Boy Choir Grace Lutheran 4:00

Mon. Dec 19 The Oak Ridge Boys; Christmas Show Cofrin Family

Hall 7:30 pm (800) 895-0071

Fri. Dec 30 Harlem Globetrotters Resch Center 7:00 (800) 440-8539

January

Jan. 9, 16 and 23 Holding Care/Grief Support St Phillip the Apostle 1:30-3:00 pm (920) 468-7848 Call Lynn to preregister Fri., Jan 13 Fish Fry, Our Saviour Lutheran Church, 4:45 pm, Dine in /carryout by calling (920) 468-4065 or emailing info@oslc-gb.org by 4:00 pm

Sat. Jan 21 Eric Church Resch Center 7:00 800-440-8539 Sat. Jan 21 Doctor's in Recital Cofrin Family Hall 7:00 pm (800) 895-0071

Thurs-Sun. Jan 26-29 WBAY RV & Camping Expo at Shopko Hall

February

Fri. Feb 10 Fish Fry Our Saviour Lutheran Church, 4:45 pm, Dine in /carryout by calling (920) 468-4065 or emailing info@oslc-gb.org by 4:00 pm

Fri. Feb 10 Daniel Tiger's Neighborhood Live! Cofrin Family Hall (800) 895-0071

Sat. Feb 11 Everybody's Rummage Sale 8:00 am–2:30 pm Shopko Hall

Tues. Feb 14 *Annie* Cofrin Family Hall 7:30 pm (800) 895-0071 **Tues. Feb 14** *Valentine's Day* Come celebrate your spouse living or deceased. St. Jude's 1420 Division St. Call Sr. Pat to register (920) 496-2160

Thurs-Sun. Feb 16-19 WBAY Boat Show Shopko Hall

