

THE CURRENT



April 2023, Issue #4

A FREE monthly publication of the Oshkosh Seniors Center supported by the Friends of the Oshkosh Seniors Center, Inc.



Discover the Offerings at the Oshkosh Seniors Center



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ENRICHMENT**



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Welcome to the Oshkosh Seniors Center






Please note the Center
will be closed on
Friday, April 7th
for the Spring Holiday

IT'S APRIL AND WE ARE NOT FOOLING

Bring a friend or 2 who are new to the center and you and your guest/s can pick a gift from TABLE #1

Bring someone who hasn't been here for more than 6 months and you and your guest can pick a gift from TABLE #2



Just show up and come to an activity and pick a gift from TABLE #3. Only once

PROGRAM BEGINS APRIL 3 WITH OFFER GOOD AS LONG AS GIFTS ARE AVAILABLE.

ONE GIFT PER PERSON PER TABLE DURING THE MONTH OF APRIL

WHAT'S IN THIS ISSUE?

Classes are listed alphabetically by category and then by date order.

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Quilting 110 (S)

Landscape Quilts
Wednesdays, April 5-26
9-11:30 am

Instructor: Liz Lahm
Cost: R \$15/NR \$16.50
 Min/Max: 2/10

Register by Monday, April 3
Payment due upon registration

There are so many wonderful "landscape" fabrics and others that are perfect for landscapes even though they aren't immediately obvious. In this class we will explore putting various fabrics together to build the illusion of a landscape, applique the pieces down, add ink highlights as desired, and quilt our final picture. Pictured here are just two samples of what you could make. Ask for supply list at south building front desk. Participants must bring their own sewing machine and have a good working knowledge of it.

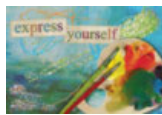


Art Expression (S)

Thursdays & Fridays, April 6-28
Closed Friday, April 7
9-11:30 am

Cost: R \$1.50/NR \$2.25 per visit
 Do you need a space to create an art project or to work on a hobby? Bring your project and own supplies.

Senior Center supplies are not to be used during this time. Enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**



Advanced Stained Glass (S)

Birch at Sunset with Wire Overlay
Mondays, April 3-24, 10 am -12 pm

Instructor: Marla Tonn
Cost: R \$45/NR \$50
 Min/Max: 2/6

Register by Thursday, March 30
Payment due upon registration

Instructor Marla Tonn is an experienced stained glass artist. You will be guided in cutting, pattern layout, piece numbering and working with a wire overlay. This project features more glass pieces than we have worked with in the past. Project size is about 8 X 10". **Experience in working with stained glass required for this class.**



Beginner Stained Glass (S)

Geometric Sun Catcher
Mondays, April 3-24 1-2:30 pm

Instructor: Marla Tonn/Jane Wells
Cost: R \$25/NR \$30
 Min/Max: 2/6

Register by Thursday, March 30
Payment due upon registration

This 7 piece sun catcher will help you get experience at cutting curves! You will learn pattern layout, precision grinding, foiling, and soldering. Price includes all supplies needed for class.



Hand Building with Clay (S)

Tuesdays, April 4-25, 12-3 pm

Instructor: Kathi Dittmer
Cost: R \$45/NR \$50
 Min/Max: 3/8

Register by Thursday, March 30
Payment due upon registration

This class offers a fun community environment to explore the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings.

Beginners welcome! Please note, class supplies are for use during regularly scheduled class times only.

Flower Seed Embedded Cards (S)

Monday, April 10, 9:30-11 am

Instructor: Kerry Wolfe
Cost: R \$5/NR \$6.50
 Min/Max: 2/10

Register by Thursday, April 6
Payment due upon registration

Repurpose left over paper! We'll make sheets of paper, embed flower seeds, and turn the project into beautiful cards!



Power Tool Carving (N)

Mondays, April 3-24, 8 am-12 pm

Instructor: Gene Bengel & Don Schettl

Cost: R \$40/NR \$45-4 week session

Min/Max: 5/12

Register by Friday, March 31

Payment due upon registration

Join fellow peers for power carving in the woodshop! This class is open for those carvers who want to refresh their skills. Award-winning carving instructors will be available to instruct and problem solve. Bench fan & dust collector required for this class. **Basic Machine Safety Training is required for participation in this class.**

Hand Tool Carving Class (N)

Mondays, April 3-24, 1-3 pm

Instructor: Gene Bengel

Cost: R \$20 / NR \$25-4 week session

Min/Max: 5/12

Register by Friday, March 31

Payment due upon registration

This four week hand tool carving class is open to carvers who want to refresh their skills and complete unfinished projects. Award-winning carving instructors will be available to instruct and problem solve. Instructors will have a selection of beginner projects available, and can help you get started on a great new hobby! Don't have any carving tools? Limited number of tool kits available for use, reserve at registration.

Beginner Carving Class (N)

Scottie Dog

Thursdays, April 6-27, 10 am-12 pm

Instructor: Dick Krummick, John Goheen

Cost: R \$30/NR \$35

Min/Max: 3/10

Register by Thursday, March 30

Payment due upon registration

This is a great class to begin or continue your wood carving journey. Using the techniques and methods taught, you will carve a little Scottie dog using basswood provided by the instructors. Award winning instructors will be to teach you the basics of carving and finishing. Finished piece is approximately 2.25" tall X 4" long. **Carving tools available for beginners.** Reserve at time of registration. Power carvers will require the use of a dust collector .



Pyrography (S)

Portrait of a House Cat

Thursdays, April 13, 20, 27 & May 18, 1-3 pm

Instructor: Cedric Richeson & Dick Krummick

Cost: R \$25/NR \$30

Min/Max: 3/10

Register by Tuesday, April 11

Payment due upon registration

House cat pyrography with a focus on wood burning fur, ears, eyes and whiskers. Tone and shading plus use of accent color will be covered. The art and impact of Pyrographer Orchid Davis will be explored. Fee includes 8" X 10" Baltic Birch plywood plus test strip. Students should bring their pyrography kit.

This is an Intermediate/Advanced level class



Blue Bird House (N)

Tuesdays, April 11-25, 10-Noon

Instructors: Don Schettl, Jeff Becker

Cost: R \$20/NR \$25

Min/Max: 3/10

Register by Thursday, April 6

Payment Due Upon Registration

Make this ideal nesting box to attract Bluebirds to your backyard. Nesting box is made of treated pine which resists weather and will last a long time. Not only will the slanted roof keep the nest dry, the clean out hatch allows for easy access to clean the box so that it may be used year after year. Size of the nesting box is approximately 4 X 10.

Basic Machine Safety Training is required for participation in this class.



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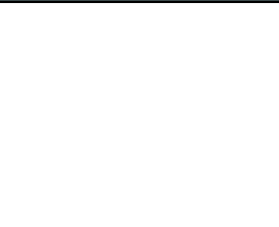
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Guided Woodshop Hours (N)

Wednesdays

Cost: \$5/NR \$6.50 (per session)

This time in the woodshop is designed to allow participants to come in and use the machines to work on their own projects, with support from woodshop monitors as needed.

Machine Safety Training required to use machines in the shop.

Session 1

9-11:30 am

Walk in

Session 2

12-2:30 pm

Register two days prior to session

Must register in advance. Session 2 will be canceled if there aren't any reservations.

Basic Machine Safety Training (N)

Fridays, April 21 & 28, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, April 14

All **NEW** participants wanting to use the woodshop for woodshop classes and/or open guided hours are required to attend the machine training class. The two class requirement for all participants **must be taken in consecutive weeks.**

Once you have completed the training you may use the designated machines in the shop. Materials provided for the training.

PART OF "BE KIND TO OUR EARTH" PROGRAMMING

Create a Bluebird Backyard Habitat (S)

Tuesday, April 4, 10-11 am

Presenter: David Misterek, Retired DNR

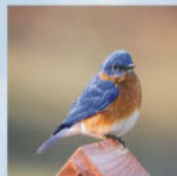
Cost: Free

Register by Monday, April 3

Bluebirds are very beneficial birds, as they consume large amounts of insects. Bluebirds used to be very common, but loss of habitat, pesticides and predators have taken their toll on these beautiful creatures.

Learn how by providing food, water, shelter and a place to raise their young right in your garden – the four essential components of a successful “backyard habitat” – you are not only helping these birds survive and possibly thrive, but you will be able to enjoy seeing and experiencing them in your backyard.

Inspired? Check out the class below and make your own Bluebird Nesting Box in the Center's Woodshop!



Earth Day, April 22, 2023

Build a Bluebird Nesting Box (N)

Tuesdays, April 11-25, 10 am-12 pm

Instructors: Don Schettl & Jeff Becker

Cost: R \$20 / NR \$25

Register by Thursday, April 6

Make this ideal nesting box to attract Bluebirds to your backyard. Box is made of treated pine, which resists weather and will last a long time. Not only will the slanted roof keep the nest dry, but the clean out hatch allows for easy access to clean the box so that it may be used year after year. Size of nesting box is approximately 4" X 10". Basic Machine Safety Training is required for participation in this class.



Check out all of our



"Be Kind to our Earth"

Programs



Create a Bluebird Backyard Habitat

Tuesday, April 4

Details on page 6

Learn About the Upcoming Repair Café Event

Fix it, Don't Toss It

Monday, April 10

Details on page 24

Build a Bluebird Nesting Box

Tuesdays, April 11-25

Details on page 4

Flower Seed Embedded Cards

Wednesday, April 12

Details on page 3

Ecological Landscaping-Ideas for ALL homeowners!

Monday, April 17

Details on page 24



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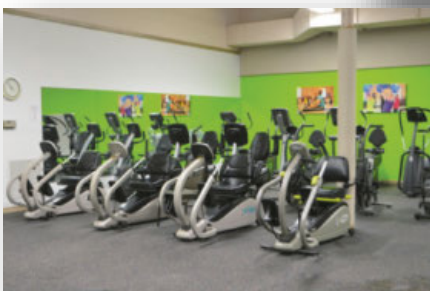
Fox Fitness Center (N) Monday-Friday 7 am - 4 pm

Purchase a Stay Active Pass or use your eligible insurance reimbursement.

The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility.

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System. If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.

Check with the front desk to find out if your Medicare advantage plan will pay the fee, then workout for FREE!



FINDING BALANCE

Have you tried the new step climber in the Fox Fitness Center? The Oshkosh Fire Department received funds from the Ladies Benevolent Society to purchase this new equipment for the Center.

The Oshkosh Fire Department and Oshkosh Seniors Center are committed to helping older adults in our community "find balance". We want you to build your strength so you won't fall in the future! Schedule an appointment to find out how to use this great new equipment.

NEW STEP CLIMBER



Fitness Opportunities

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible
OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit
 Rate sheets available at Front Desks for non-insurance eligible
Please stop at desk if insurance information has changed

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

Instructor: OSC Staff

Drop-in eligible

Rapid movement training is a new and fun way to get your cardiovascular work in. This class improves your cardio by doing fast and quick bursts of exercise then letting your heart rate back down. This training style helps improve agility, power, coordination, and balance, all of which help to reduce the risk of falls.

Range of Motion (N)

Mondays & Wednesdays

9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

This class will be a combination of yoga, stretching, and other therapeutic movements. By gently working on our mobility and flexibility, we can create a greater range of motion to minimize aches and pains! It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own exercise mat.



Silver Sneakers Classic (N)

Mondays & Wednesdays

10:45-11:30 am

Instructor: Jean Wollerman

Drop-in eligible

Increase muscle strength and range of movement, so you are ready for the activities needed for daily living. You will use a chair for seated exercises, as well as standing with support. You will use hand weights, exercise bands, and small exercise balls for resistance. We may modify exercises for your ability level.



Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructors- Tuesdays: Gerardo Thursday: Alec

Drop-in eligible

The class is an energizing modern approach to low impact aerobics and strength training. We will be focusing on building our total physical well-being. This class will utilize bodyweight movements, resistance bands, and light cardio to improve fitness.

Tai Chi Energy (N)

Tuesdays & Thursdays

9:45-10:15 am

Instructor: Alec Jensen

Drop-in eligible

Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion to help with energy flow. This class is geared towards beginner and intermediate levels of tai chi.



Movement Exercise (N)

Tuesdays & Thursdays

11-11:45 am

Instructors-Tuesdays: Gerardo

Thursday: Bobbie Jo

Drop-in eligible.

A class for senior adults with ongoing conditions such as Parkinson's, MS, or those who struggle with balance-related issues. This class will help increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress-free movements.



Advanced Line Dancing (N)

Mondays & Tuesdays

12:30-1:30 pm

Instructor: Debbie Ruck

Drop-in eligible

Kick up your heels and impress your friends and family when you show off your line dancing skills! Line dancing is a great way to exercise while having fun! Prior experience preferred

FFC 3g (N)

Fridays, April 14-28, 9-9:45 am

Closed Friday, April 7

Instructor: Alec Jensen

Max: 10

Register by Thursday, April 6

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout! If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920.232.5320 for an appointment.

Synergy Fitness (N)

Mondays, April 3-24, 8-8:30 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, March 30

This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular system in new ways.

This class is perfect for those who like small group based classes with a lot of camaraderie. You get the benefits of the coaches being able to give you one-on-one help.

Beginner Chair Yoga (N)

Thursdays, April 6-27, 1-1:45 pm

Instructor: Catherine Huybers

Drop-in eligible.

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. No prior experience is necessary for this class. Wear comfortable exercise attire.

Slow Flow Yoga (N)

Fridays, April 14-28, 9:30-10:15 am

Closed Friday, April 7

Instructor: Catherine Huybers

Drop-in eligible

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced yoga that is a great class for beginners, but is good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own yoga mat.

Keep Moving! (N)

Friday, April 14-28, 10:30-11:15 am

Closed Friday, April 7

Instructor: Jean Wollerman

Drop-in eligible

This session class will keep you moving through the winter season. Cardio, strength, stretching, and balance will sure to keep you fit.





Slow Flow Yoga On Fridays

9:30-10:15 am

Cost per class - \$2.50 for residents, \$3.75 for non-residents

Instructor: Catherine Huybers

Drop-in eligible (No class on April 7, 2023)

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle paced yoga that is a great class for beginners, but is also good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own yoga mat.



Namaste

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Mindfulness Meditation (S)**Thursdays, April 6-27, 11am-12 pm**

Instructor: Donna Janus

Cost: R \$1.25/NR \$1.75 per visit

This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how Mindfulness and Meditation work to increase well-being.

**Grief Support (S)****Thursdays April 6 & 20 1-2:30 pm****Monday, April , 9:30-11 am**

Facilitator: Meredith Schlute, Compassus Hospice

Cost: R \$1/NR \$1.25 per visit**Register by calling 920.232.5300**

For any adult grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith Schlute with Compassus Hospice will facilitate group conversations around how we grieve, and allow a safe space for support.

Mindworks (S)**Thursdays, April 6-27****11 am-2 pm-Lunch Included**

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email: info@foxvalleymemoryproject.org

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

FREE Blood Pressure Checks**Thursday, April 6, 12-1 pm (S)****Tuesday, April 11 , 10:15-11:15 am (N)****Thursday, April 20, Noon - 1 pm (S)****Monday, April 24, 12:30-1:30 pm (N)**

High blood pressure usually has no symptoms and cannot be detected without being measured. Get yours checked for free by a retired nurse. No appointment necessary.

Over Come Shoulder Pain (S)**Monday April 10, 10-11am**

Presenter: Physical Achievement Center

Register By: Friday, April 7

Discover what options you may not have heard of for managing your painful, weak shoulders and learn the secrets of those who avoid the time, cost, and risk of surgery for shoulders. You will learn unique and clinically proven approaches to build strength and confidence in your shoulders (even with arthritis and "torn rotator cuff").

Gardening with Essential Oils (S)**Tuesday, April 11, 10-11am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: Free**Register by Friday, April 7**

Learn how to use essential oils in your garden. Learn how they can be used for plant growth, pests, mold and mildews, enhancing aromas, and improving the overall health of your garden.

The Four P's of Energy**Conservation (S)****Wednesday, April 19, 1-2pm**

Presenter: Fox Rehab

Cost: Free**Register by Monday April 17**

Bodily energy conservation is the practice of preserving energy more efficiently in order to prolong physical activities. Learn the tips and tricks to streamline your everyday tasks.

Memory Care Screening (S)**Thursday, April 20, 10:30 am-12 pm**

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, April 18

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. All appointments take approximately 20 minutes in a one-on-one setting. **Call 920.232.5301 to schedule your appointment.**

Tender Loving Care Support Group (S)
Thursday, April 27 1-2 pm

Facilitator: Fox Valley Memory Project

Cost: Free (Supported by the Fox Valley Memory Project)

This support group offers a supportive and safe environment to share, interact, listen, and learn with other caregivers and care partners of those with a memory loss disability. This group is specific to dementia caregivers.

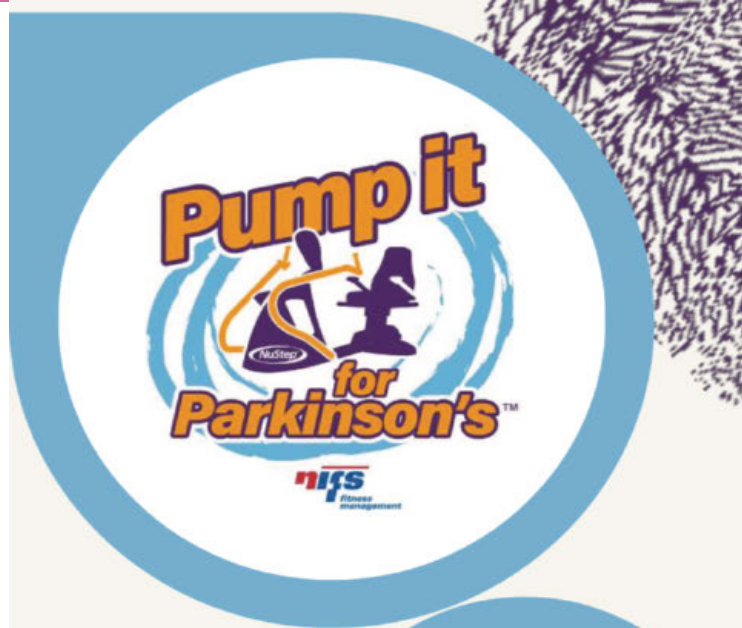
A Healthier You (S)
Monday, April 27, 1-2 pm

Presenter: Dena Myer, RD & Diabetes Educator, Aurora Health

Cost: Free

Register by Friday April 24

Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentations. She'll educate you about the latest tips on how to stay healthy. Her classes include information, handouts, and time for your questions.



Tuesday, April 11; 7 am to 4 pm

Help us raise awareness about the benefits of exercise for those with Parkinson's by recording your steps by using the NuSteps or the Physiosteps in the Fox Fitness Center!

Get as many steps, within 15 minutes, as possible on this day and record your results on the registration sheet by the front desk

Resource Hours

Topic: Dementia

Do you have questions about memory loss?

Kristy Millar, Resource Navigator for the Memory Link Program of the Fox Valley Memory Project is available to answer your questions regarding memory loss and dementia. No appointment needed. Just stop in the Oshkosh Senior Center and ask to speak with Kristy. Resource hours listed below.

Oshkosh Senior Center
Memory Link Resource Hours

4th Thursday of the Month
11:00a.m-1:00p.m.



Kristy Millar, CDP, CADDCT
Memory Link Resource Navigator



Apply for funding by calling 920.232.5301

New in 2023: Foot care needs

Almeda Fisk Gallup Fund

City of Oshkosh residents in need of financial assistance for vision, feet, hearing and dental



ADVOCAP MEAL PROGRAM

Register within 24 hours to be guaranteed a meal. Meals are served inside the Oshkosh Seniors Center South facility

CALL: 920-450-5122 TO MAKE A RESERVATION



Healthy Feet



**COST: \$24
CALL 920.232.5301 FOR AN APPOINTMENT**

TO ENSURE YOU GET THE APPOINTMENT DATE THAT YOU WANT, PLEASE CALL 5-6 WEEKS IN ADVANCE. APPOINTMENTS ARE AVAILABLE TUESDAY AND WEDNESDAYS 9 AM TO 3 PM



Foot care services

Caring for the community since 1908.

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- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
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anicholas@picommunities.com
(800) 950-9952 x2538

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Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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www.claritycare.org

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- Meal Preparation
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www.smpwi.org

WisconsinSeniorMedicarePatrol

SMP
Senior Medicare Patrol
Preventing Medicare Fraud



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Heritage Court
A Senior Community

600 W. Packer
Oshkosh, WI 54901
CALL (920) 236-6540

1 & 2 Bedroom Apartments
Rent includes: Heat • Water • Electricity • Cable TV
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

DON'T BE IN THE DARK ABOUT WHAT IT TAKES TO PREVENT FALLS

FALLS ARE NOT A NORMAL PART OF AGING. RESEARCH SHOWS STRENGTH AND BALANCE TRAINING CAN HELP PREVENT YOU FROM FALLING.

The statistics are sobering every 11 seconds; an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall.

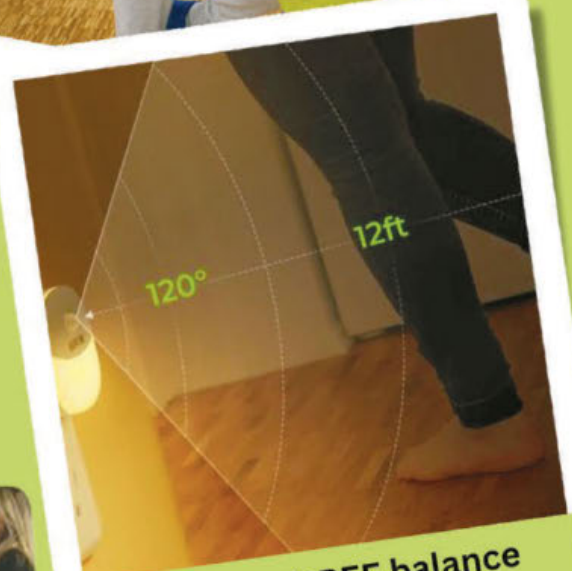
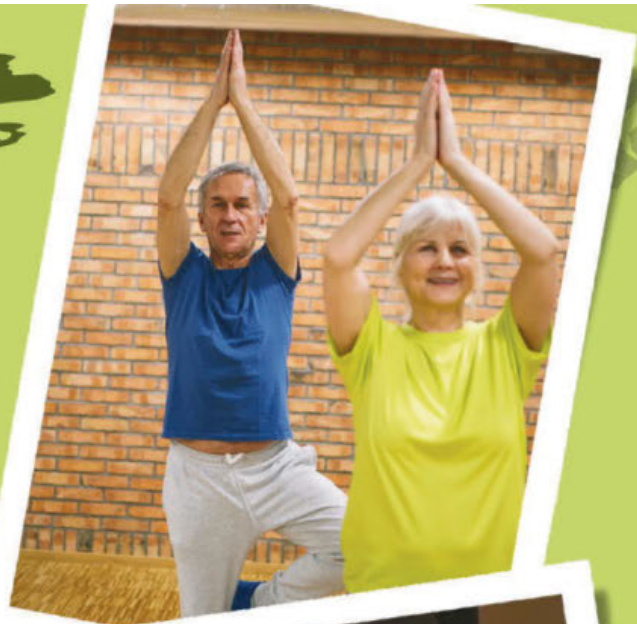
The Oshkosh Seniors Center and the Oshkosh Fire Department want you to **light up** your home for safety and become more knowledgeable about fall prevention. The first 200 people to schedule and complete a FREE balance test at the Oshkosh Seniors Center will receive information on fall prevention and a three-pack of motion sensor lights. The test will help you determine your personal risk for falling. Exercise and making safety changes in your home are great strategies to avoid falling.

SCHEDULE YOUR APPOINTMENT TODAY WITH THE OSHKOSH SENIORS CENTER

920-232-5300



Program possible through a grant from Wisconsin Institute for Healthy Aging **18**



Get your FREE balance test and 3 motion lights for safety.



**Embrace
technology
with
Connect
through Tech
and the world
will be at your
fingertips!**



One on One Tech Appointments

Designed to improve your digital literacy (all levels of expertise are welcome).

Meet with an instructor one-on-one to tackle a technology problem you may be experiencing. Common issues we deal with—passwords, setting up new devices, navigating Facebook or certain apps, saving pictures, exploring features on your devices, texting, talk features and more. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

Mondays, April 2, 9, 16, 23, and 30
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, April 3, 10, 17, and 24,
9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, April 5, 12, 19, and 26
9 am, 10:15 am, 11:30 am, 12:45 pm

Cost: R \$2/NR \$2.75 per class
By Appointment Only 920.232.5301

Wi-Fi Access (S) Cost: FREE

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password required.

One on One with Sandy Toland (S)

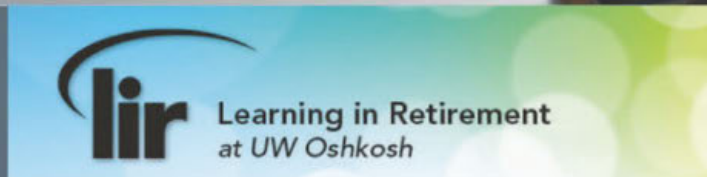
Sandy is from the Oshkosh Public Library and can not only answer questions about the library online services, but any other technology challenges you are experiencing.

Mondays, April 3, 10, 17, and 24
9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2/NR \$2.75 per class
By Appointment Only 920.232.5301



**CONNECT THROUGH TECH
EXPLORE WEARABLE TECHNOLOGY
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- EXPLORE BEFORE YOU BUY
- PROS AND CONS
- PRICE RANGES \$100 TO \$350
- HOW TO USE

**USE SMART WATCHES TO
INCREASE MOTIVATION
TO EXERCISE, MONITOR
HEALTH AND SLEEP,
DETECT FALLS**

**Tuesday, April 11
1:30 pm (FREE)
Oshkosh Seniors Center South**



CALL 920.232.5300 TO REGISTER

With its multi-acre gardens, changing gallery exhibitions, and historic home, the Paine Art Center and Gardens in Oshkosh is the perfect backdrop for a SPARK! program. SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. SPARK! is designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through creative engagement. At the Paine, programs vary greatly each month. Last year, programs included painting watercolor butterflies in our gardens, making moving sculptures inspired by EAA Airventure, arranging flowers guided by a guest floral studio, participating in gallery talks about current exhibitions with the Paine's curator.

SPARK! brings as many benefits for care partners as it does for our participants with memory loss. "The SPARK program has made a difference for both my dementia-challenged mother AND her partner/primary caregiver. It's a breath of fresh air for them every month."

The Paine Art Center and Gardens runs their SPARK! program on the last Wednesday of every month from 1 pm-2 pm and are FREE to attend but RSVP is strongly recommended. To receive emails about their upcoming SPARK programs or for questions please contact Kelsey Raschke (kraschke@thepaine.org) 920-235-6903 ext 41. To learn more about SPARK! and find other locations of programs visit

<https://www.sparkprograms.org/>



We encourage individuals with mid-stage memory loss and their care partners to attend a Spark Cultural Program at the Paine Art Center.



Elder Benefit Specialist (S)

Wednesdays, April 5-26, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

Navigating Medicare (S)

Wednesday, April 13, 1:30-3:00 pm

Cost: Free

Register by Monday, April 11

Network Health will be holding an informational session to discuss Medicare. It can sometimes be hard to know what type of plan you need. It's important to make an informed decision and this is a great opportunity to get all your questions about Medicare answered. This is not a sales pitch but an informational session. Come with your questions!

Ukulele Play Along (S)

Wednesdays, April 5-26

10:30 am-12 pm

Cost: R \$2/NR \$2.50 per visit

Min/Max: 3/20

Looking for some fun people to play ukulele with? If you already know 2-3 strum patterns and 8-10 chords, you will be able to play along. There is a wide variety of music played from different genres. Play music under the guidance of a Ukulele volunteer. Please bring your music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend.

Spring Chorus: Frogs of WI (S)

Wednesday, April 19, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, April 17

April is the season of frogs in Wisconsin and our forests, wetlands and ponds are filled with singing amphibians all month long. We will learn about all the frogs and toads of Wisconsin and hear their incredible chorus.

Ukulele Lessons Everyone Welcome!

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$150 check for deposit, and when the Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about a Ukulele "rental."

Beginner Ukulele Lessons (S)

Fridays, April 14-28

11 am-12 pm

Instructor: Jane Wells/Aaron Baer

Cost: R \$30/NR \$35 for 3 week session

Min/Max: 5/12

Register by Wednesday, April 12

Payment due upon registration

Research shows learning something new is the best way to improve brain health. You do not need to know how to read music to learn to play the uke. Don't have your own Ukulele? Rent one from the Center.

Ukulele Workshop (S)

NEW!!!

Become One with the Strum

Fridays, April 21 & 28, 12-1 pm

Instructor: Aaron Baer

Cost: R \$20/NR \$25

Register by Wednesday, April 12

Payment due upon registration

Become "one with the strum" as you enhance your playing with a variety of strums including folk, calypso, rock, polka, reggae, and Island strum. Fee includes a variety of music using the various strums. The sessions will be recorded, and you will have access to the recorded sessions for at home practice.



April is Dog Appreciation Month

Paws and Enjoy (S)

Presented by Carmen Leal
the author of
*I Chose You, Imperfectly Perfect
Rescue Dogs and Their Humans.*

Friday, April 14th, 10:00-11:00

Cost: Free

Register by Wednesday, April 12th



There are no better teachers than our canine companions. There are many lessons about the trials and joys of daily life we can learn from our favorite four-legged creatures.



Join local author Carmen Leal as she shares about how she discovered the value of unconditional love, the importance of living in the moment, and not forgetting to enjoy the ride along the way.



Sit, stay, laugh, and learn about what matters most in life.



**Create Bluebird Backyard Habitat (S)
Tuesday, April 4, 10-11 am**

Presenter: David Misterek, Retired DNR

Cost: Free

Register by Monday, April 3

Bluebirds are very beneficial birds, as they consume large amounts of insects. Bluebirds used to be very common, but loss of habitat, pesticides and predators have taken their toll on these beautiful creatures. Learn how by providing food, water, shelter and a place to raise their young right in your garden – the four essential components of a successful “backyard habitat” – you are not only helping these birds survive and possibly thrive, but you will be able to enjoy seeing and experiencing them in your backyard.

Inspired? Check out the Nesting Box class in the Center's Woodshop on page 4.

**Learn About the Upcoming
Repair Café Event (S)**

Monday, April 10, 10-11 am

Presenter: Michael Borucke,
Repair Café Oshkosh Organizer

Cost: Free

Register by Thursday, April 6

Do you have items in need of repair? Are you handy with fixing items around the house like radios or blenders? Do you sew?

The Repair Café Oshkosh is a community event happening this Summer and we could use your help. The Repair Café Oshkosh brings community members with broken household items together with community members who know how to fix them. **If you would like to share your skills fixing, mending or sewing other people's broken items,** or if you have items in need of repair, please come to the presentation to hear more. We could also use volunteers interested in helping promote or organize the event.

Bingo (S)

Monday, April 10, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max:10/55

Register by Thursday, April 6

Come for a fun afternoon of bingo!

Please note, doors for Bingo will open at 1:15 pm. Sponsored by:

Book Sharing Club (S)

Thursday, April 13, 1:30-3 pm

Facilitator: Lois Potratz

Cost: R \$1.25/NR \$1.75

Register by Tuesday, April 11

This is not your “traditional” type of book club. Rather than everyone reading the same book, members choose an author or a subject and then we each pick any book by that writer or on that topic. We share comments and/or give a short review of our selection. The author is Tana French, first lady of Irish Crime. She does a series of the Dublin Murder Squad but a couple of other stand-alone titles are The Witch Elm and The Searcher. Choose one of her books and join the group to share your likes and dislikes and insights about your favorite character.

All book lovers are welcome!

**Ecological Landscaping-Ideas for
Homeowners (S)**

Monday, April 17, 10 am-11:30 am

Video presentation by Dr. Doug Tallamy & Native Plant Channel

Cost: Free

Register by Friday, April 14

Whether or not you garden, ALL homeowners can benefit from learning about creating home landscapes that support bees, butterflies and other invertebrates. Dr. Doug Tallamy has conducted decades of research and authored several books educating the public on the interaction between insects and plants and on creating habitats that support our pollinators. Learn what you can do in your own yard.

**Morning Meet Up-BYOC (S)
(Bring Your Own Coffee)**

Tuesday, April 18, 10 am-12 pm

Facilitator: Jim Patterson

Cost: Free

Register by Friday, April 14

A time to build community, meet new people, and share conversation. Jim will lead the conversation around “What the heck does that mean?” This light-hearted conversation centers around odd words, phrases, job titles etc. that Jim has noted in his surroundings. He'll share his thoughts, and hope you will too!



Chat-N-Chop— Muffin Pan Baking

Tuesday April 18, 9:45—11:45 am

Instructor: Kerry Wolfe

Cost: R \$10.00 / NR \$11.50

Min/Max: 2/10

Register by Wednesday, April 12

Payment due upon registration

This was so popular the first time, I decide to bring it back for another go round. We will be making pizza bombs, crescent roll egg cups and taco cups.

Power of Attorney Workshop (S)

Friday, April 21, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, April 19

Failing to have your Powers of Attorney for both Health Care and Finances in place will put you and your family in a serious bind should you ever lose capacity. Joe McCleer from McCleer Law Office will talk about the importance of these documents, give tips and strategies for completing them, and provide free statutory Power of Attorney forms to attendees who wish to complete their Powers of Attorney on the spot. **This presentation fills quickly, register early!**



Grandchildren Connection (S)

Monday, April 24, 10-11:00 am

Presenter: Patricia Eckerman Ambas

Cost: Free

Register by Thursday April 20

Do you have grandchildren who are a joy to be with? Are you wondering how to connect with them?

From near to far, young to adults, connecting with your grandchildren may be easier than you think. Join Patricia Eckerman Ambas, author, parent of three, and a grandchild who loves her grandparents, as she shares simple, yet effective ways to connect with your grandchildren. Feel free to bring any questions for after the presentation.



Eat & Greet (S)

Wednesday, April 26

Serve at 11:30

Cost: \$10.00

Max: 50

Tickets available

March 29— April 19



Come join us for creamy, delicious, comfort meal of ham & scalloped potatoes, parmesan green beans, strawberry-pineapple salad, coffee & dessert.

Popcorn & A Movie (S)

Wednesday, April 26

12:45 –2:00 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday April 25

Inquire at the front desk for movie details. **NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter.**

Book Talk (S)

Ask Again, Yes by Mary Beth Keane

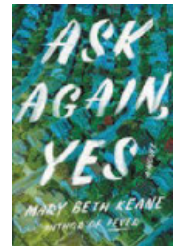
Thursday, April 27 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

Register by Thursday April 6

In this extraordinary novel, a lifelong friendship & love blossoms between Kate & Peter, born six months apart. One shocking night their loyalties are divided, and their bond will be tested again and again over the next thirty years. Intrigued?



Come join us at book talk and see how the story ends.

Rep. Palmeri Office Hours (S)

Friday, April 28, 10 am-12 pm

Cost: Free

State Representative Lori Palmeri represents the 54th Assembly District since January 2023.

Come meet Lori, bring your issues and share with Lori what's on your mind.

Madison Office:

Room 5 North
State Capitol
PO Box 8953
Madison, WI 53708





Cooking Demo (S)

with Michi

A recipe from his home country of
Costa Rica, learn how to make

Empanadas

Friday, April 28

10-11:30 am

Cost: R \$6/ NR \$7.50



Gerarado (Michi) Calderon

Register by Wednesday, April 26

920.232.5300



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm
Currently Seeking Volunteers!

Consider joining a fun group who have been making quilts and other items to distribute to those in need in our community for over 25 years. No experience necessary and all supplies provided. Also, we accept donations of 100% cotton fabric or monetary contributions to help fund our work. All donations need to be brought to the South building front desk to be processed and a donation form completed. P.S. We usually have an unending array of chocolate candy available for our volunteers!



Did you know? There's Live piano music Thursday afternoons in the South building Great room. Sherri Tipton tickles the ivories on the baby grand, sharing a variety of music for listeners to enjoy. This is an informal time to listen to live music. **Free!**

Display Cases

You take pride in your collection, now is time to show the world! The Oshkosh Senior Center and the Oshkosh Public Library have secured display cases available to showcase your prized collections.

To inquire:

For Senior Center please email Jane at jwells@ci.oshkosh.wi.us

For Library please email Michael at mcarthur@oshkoshpubliclibrary.org



Stay Social
Cost: R \$.75/NR \$1.25
Daily Rate/Per Visit or
Purchase a Monthly
Stay Social Pass

Please note; All cards and games are played at the South building ONLY

- Single serve beverages allowed (bottled water sold at front desk) Soda machine is available.
- Please wash hands before playing
- All cards and games end at 3:30 pm

Cribbage

Mondays & Fridays, 8:30-11:30 am
Beginners welcome

Need a spot to play with Friends? Open Cards & Games

Grab your friends, pick a time to meet and come play
Mondays, 12:30-3:30 pm

Chicken Foot Dominoes

Tuesdays, 8:30-11:30 am

Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub, Hand & Foot

Wednesdays, 12:30-3:30 pm
Beginners welcome

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

We need your help!

Please wait patiently at the desk to pay your card playing fees. Don't want to wait? Put money on a prepay account and check yourself in at the kiosk.

We are having issues with balancing financials on card playing days as people are just putting money on the desk and walking away.

FOSC is offering a **FREE**
Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 20, 2023

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



What can be shred?

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

What cannot be shred?

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.

CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays

If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

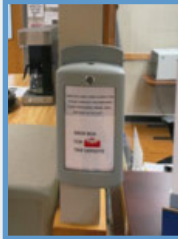
**Make a monetary donation to
The Friends of the Oshkosh Seniors Center
or bring a canned good for a local food bank!**



Winnebago Senior Tours

Tours Sign-up Options

- Desk for registration is available
9 am -1 pm
MONDAY through THURSDAY
South Building. **200 N. Campbell Rd.**
- Place your payment in the drop box located next to the WST Desk **OR**
- Mail your check to:
Winnebago Senior Tours
P. O. Box 1851
Oshkosh WI 54903-1851
Please be sure to note the trip on the check memo line.



Winnebago Senior Tours (WST) accepts
CHECKS AND EXACT CASH ONLY

**Detailed flyers available at the
Seniors Center South
Sign up now, don't delay**

For questions call 920.232.5312

Grumpy Old Men

The Fireside Theatre-Fort Atkinson

Date: Thursday, April 20

Cost: \$130 (\$20 non-refundable deposit)

Depart: 7:45 am Return: 6pm

This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based on the 1993 film, this stage adaptation captures the lovable crotchety characters through twinkling humor, great songs, and the affectionate depiction of a small town that feels like home to everyone. Entrée choices: Pretzel Crusted Stuffed Chicken, Grilled Pork Ribeye, Trout.

Guides: Cheryl Freiberg and Laurie Peach



29

Branson and the Ozarks

Dates: April 25– 30

Cost: \$899 Double—\$1179 Single
(\$75 Non refundable deposit)

Moderate activity level.

Take a group bus tour to Branson, the "Live Music Show Capital of the World." We will experience shows in two different theaters including The Grand Jubilee in the Grand Country Music Hall and the Haygoods at the Clay Cooper Theater. But it is not just about the great music! We will travel to the Ozarks and tour the Dogwood Canyon Nature Park. An open-air tram will take you past towering bluffs, breathtaking waterfalls and cross creek beds by way of beautifully crafted stone bridges. We will also visit the Butterfly Palace and see a thousand live tropical butterflies in a mystical, magical rain forest. Other highlights of the trip include visiting the College of the Ozarks, Ralph Foster Museum and shopping at the Grand Village. On the way home we tour the Fantastic Caverns— America's ride-thru cave! As you tour in a Jeep-drawn tram, you'll experience the magnitude, stillness and splendor of the Caverns. Pick up a brochure at the travel desk for more complete information.

Guides: Cindy Paffenroth and Laurelyn Hensarling



The Duttons

Schauer Arts Center-Hartford

Date: Saturday, April 29 (Matinee)

Cost: \$99 (\$20 non-refundable deposit)

Depart: 11:45 am

Return: Immediately after the show

If you don't want to go on a multi-day trip, but like the Branson sounds, join us for The Duttons! The Duttons who have been recording, performing and touring together professionally for over 30 years. Along with country, bluegrass, and gospel they play classical and pop music. Their ability to connect with their audience as well as adapt and play just about any style of music makes them unique. Included is bus transportation, show tickets and lunch at the Mineshaft in Hartford. Guides: Pat Heyer and Laurie Peach



Winnebago Senior Tours

Exploring the Amish Community

Date: Friday, May 12

Cost: \$95 (\$20 non-refundable deposit)

Depart: 7am Return: 6pm

Set deep in the heart of southwestern Wisconsin you will find a serene spot nestled in the valley two miles east of Cashton. The Kuderer farm is home to the Village Shops at "Down A Country Road." After spending time at the village shops, our guide, will ride along with us on our tour bus as we visit the Amish community. We will learn the history, traditions, and customs of the Amish such as courtship, marriage, church services, funeral practices and much more through the eyes of an experienced tour guide.

Our guide will share many heartwarming stories and experiences she has had amongst her Amish friends and neighbors.

You will have a chance to meet Amish families as we stop at their farmyards to look at the goods they may have for sale, including plants, hanging baskets, annuals, garden décor, candy, quilts, wood working, and bakery items. After our tour we will travel toward Sparta (the bike capital of America) for lunch and tour other local attractions.

Guides: Cindy Paffenroth and Laurelyn Hensarling



Hamilton

The Performing Arts Center-Appleton

Date: Wednesday, May 17

Cost: \$180 (\$20 non-refundable deposit)

Depart: 6pm

Return: Immediately after the show

Hamilton is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, Hamilton has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre. A musical that has had a profound impact on culture, politics, and education. With book, music, and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, and musical supervision and orchestrations by Alex Lacamoire, Hamilton is based on Ron Chernow's acclaimed biography. Includes: Theatre ticket, school bus transportation & driver tip.

Guides: Cheryl Freiberg & Pat Heyer

"Ain't too Proud"

The Performing Arts Center-Appleton

Date: Wednesday, June 21

Cost: \$75 (\$20 non-refundable deposit)

Depart: 6pm

Return: Immediately after the show

Ain't Too Proud—The Life and Times of the Temptations is the electrifying new smash Broadway musical that follows The Temptations' journey from the streets of Detroit to the Rock & Roll Hall of Fame. It is a thrilling story of brotherhood, family, loyalty and betrayal during a decade of civil unrest in America. Music includes "My Girl," "Just My Imagination," "Get Ready," and "Papa Was a Rolling Stone. Includes show tickets, school bus transportation and tip.



Guides: Cheryl Freiberg and Laurelyn Hensarling

Brewers/Cubs Baseball Game

American Family Stadium—Milwaukee

Date: Thursday, July 6

Cost: \$90.00 (\$20 non-refundable deposit)

Depart 9am Return Approx 6pm

Moderate Walking for the game.

Are you ready for some BASEBALL??? Join us as we travel to American Family Field in Milwaukee to cheer on the Brewers, who will be playing our rival Chicago Cubs. We have put an order in for a beautiful sunny day. It's sure to be a fun time at the ballpark! We will be stopping at Exit Q in Menomonee Falls for anyone wanting to grab a bite to eat and save a few bucks on food.

Game Ticket in **Section 215**, Coach Bus and Driver Tip Included.

Guides: Ginnie Riley and Cathy Koch



UNDER CONSTRUCTION

Brewers/Twins Baseball Game

Date: Wednesday, August 23

Further information and registration sheets are available at the Tour Desk.

Winnebago Senior Tours

Door County Mystery

Date: Wednesday, July 19

Cost: \$120 (\$20 non-refundable deposit)

Depart 9am

Return Approx 8pm

Moderate activity level!

The who is You!, Where is Door County, When is July 19, Why is because we'll have so much fun and the What??? This is where you put on the detective hat! What will we do?, see?, what cities? *This is an adventure! Are you game?* Travel where you haven't been before!

Guides: Cheryl Freiberg and Laurie Peach



Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

Date: August 2-13

SOLD OUT WAIT LIST AVAILABLE

See flyer for complete details.

Guide: Cheryl Frieberg

Wisconsin Dells/Baraboo

Date: Thursday, August 3rd

Cost: \$125 (\$20 non-refundable deposit)

Depart 7am Return Approx 6pm

Moderate activity level!

Have you ridden the Ducks—The Ducks at Wisconsin Dells, I mean? The Duck tour was launched in 1946 and has been delivering fun and adventure ever since. The classic duck tour splashes into the Wisconsin River and Lake



Delton, climbs over sand bars, and traverses over four miles of scenic wilderness trails. After that excitement, you will enjoy lunch at the famous Moose Jaw

Restaurant featuring a delicious Italian buffet.

From there, we will take in the sights, beauty and smells of the New Life Lavender Farm in Baraboo.

We will enjoy a Farm to Table Wagon tour traversing 40 acres. Time is also allowed for shopping the farm store. Our final destination includes sculptures crafted from scrap metal. See flyer for more details.

Guides: Cindy Paffenroth and Ginnie Riley

France Magnifique Discovery

September 14-25

Cost: \$4999 Double (early booking)

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Set off for the Normandy coast where the largest invasion in history took place during World War II. Visit the Caen Memorial Peace Museum, Juno Beach, the Normandy American Cemetery and Visitors Center on Omaha Beach, walk Pointe du Hoc Ranger Memorial, and make your way to Sainte Mere Eglise, the heart of the American Airborne operations on D-Day. Delight in a 2-night stay in a stunning, renovated chateau in the UNESCO World Heritage Loire Valley. Enjoy a visit to the famous Chenonceau Castle. Sip wine during a tour of a winery and its impressive underground caves. Glide along the Seine as you take in the highlights in Paris. Savor the views and rich cuisine during dinner at the Eiffel Tower. Bask in the robust history, culture and romance of these celebrated cities and charming towns.



> **SPACE IS LIMITED** on this tour!!

> Save \$250/per person when you sign up now.

Guide: Cheryl Freiberg

When sending payments in the mail be sure to include:

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City _____ State _____ Zip Code _____

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Name of Trip _____

Food choice if appropriate: _____



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Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

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