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**August, 2022, Issue #8**



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Oshkosh Seniors Center (920) 232-5300

# Welcome to the Oshkosh Seniors Center



## WHAT'S YOUR STRATEGY TO STAY FIT AS YOU AGE? THE OSHKOSH SENIORS CENTER CAN HELP.

Most people plan for their retirement from a financial perspective but are they planning and strategizing on maintaining their physical health? That is where the Center can help. Because people start to lose muscle mass after 50 years of age, they need to build strength and work on endurance, flexibility, and balance to age well.

Stop by for a tour to get started on your fitness journey.  
Oshkosh Seniors Center - Fitness  
234 N. Campbell Road  
920.232.5300

## Cancellations & Refunds

### Refund Guidelines

- ◆ The Oshkosh Seniors Center reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. In the event of a cancelled class, a credit will be issued to the registrants pre-pay account unless a refund check is requested. Refund checks will be issued from City Hall Finance. Please allow 2-4 weeks for a refund check.
- ◆ In the event that a registrant cancels less than **72 hours** prior to the program, the Program Supervisor will make a determination regarding a refund. If refund eligible, a credit will be issued to the registrants pre-pay account unless a refund check is requested. Refund checks will be issued from City Hall Finance. Please allow 2-4 weeks for a refund check.
- ◆ There are no refunds or credits given for individual classes missed due to personal illness or other personal situation.
- ◆ No Refunds/Credits are given on individual classes cancelled due to weather. We will make every effort to reschedule these classes.

**WHAT'S IN THIS ISSUE?** Classes are listed alphabetically by category and then by date order.

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## Hand Building with Clay (S)

**Tuesdays, August 2-23, 1-3 pm**  
**4 week session**

Instructor: Kathi Dittmer

**Cost: R \$35 / NR \$40**

Min/Max: 3/10

**Register by Thursday, July 28**  
**Payment due upon registration**

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



## Art Expression (S)

**Thursdays & Fridays, August 4-26**  
**9-11:30 am**

**Cost: R \$1.50 / NR \$2.25 per visit**

Do you need a space to create or finish an art project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies. Enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**

## Stained Glass Gnome (S)

**(Beginner Class)**

**Mondays, August 8-22, 9-11:30 am**

Instructor: Jane Wells

**Cost: R \$20 / NR \$25**

Max: 5

**Register by Wednesday, August 3**  
**Payment due upon registration**

Join in and be guided through this beginner stained glass gnome. You will learn the basics of stained glass including cutting, grinding, foiling, and soldering. Project is similar to the one shown.

**Please bring own safety goggles and a stack of newspaper about 1/4" thick.**



## Watercolor with Molly! (S)

**Wednesday, August 10, 10 am-12 pm**

Instructor: Molly Zornow

**Cost: R \$20 / NR \$25**

Min/Max: 4/12

**Register by Friday, August 5**  
**Payment due upon registration**

This class is for those looking to learn a new skill, or create a beautiful landscape using watercolor on paper. Molly is a Art Education Major who has experience teaching several avenues of art! She will be leading you in this workshop step-by-step as you learn about watercolor washes & layering. We will hit on 3 techniques; wet on wet, wet on dry, and dry on dry to complete the scene.



## Needle Felting (S)

**Cats**

**Wednesday, August 24, 9 am-12 pm**

Instructor: Kerry Wolfe

**Cost: R \$10 / NR \$12.50**

Min/Max: 2/10

**Register by Friday, August 19**  
**Payment due upon registration**

We will learn how to make the basic cat shape and cat body parts by following templates to form the correct shapes and proportions. Time will be spent learning how to add details to the face to give your cat a playful sense of "cattitude".

This is a detailed project and will take the full three hours to complete.



## Upcoming!

### Quilting 104 (S)

**Disappearing 9 Patch**

**Wednesdays, September 7-October 12**

**9-11 am**

Instructor: Liz Lahm

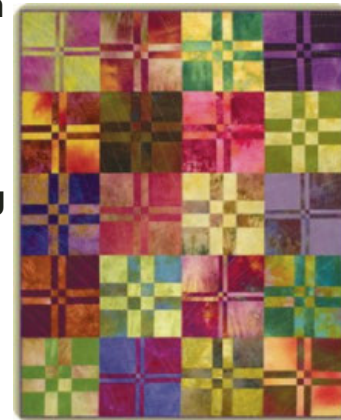
**Cost: R \$15 / NR \$16.50**

Max: 6

**Register by Friday, September 2**  
**Payment due upon registration**

In this class we will introduce a 9-patch block which will be cut into 4 pieces and rearranged to look different. Sashing can be added to complete the quilt top. When you register, please request a supply list with photo samples of projects.

**Participants must bring their own sewing machine and have a good working knowledge of it.**



**Guided Woodshop Hours**  
(Formerly Open Hours)

**Wednesdays**  
Cost: R \$5/NR \$6.50 (per session)  
Facilitators: Woodshop Monitors

These two and a half hour windows of time were designed to allow participants to come in and use the machines to work on their own projects, with support as needed from experienced volunteer woodworkers. There will be limited capacity per time slot.

**Session 1**  
9-11:30am  
Walk-in & Pre-Registration

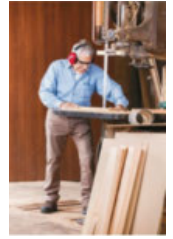
**Session 2**  
12-2:30pm  
Must Register by the Tuesday Prior

Must have completed Machine Safety Training to use any equipment in shop.

**Basic Machine Safety Training (N)**  
**Fridays, August 19 & 26, 10 am-12 pm**

Facilitator: Jeff Becker  
**Cost: R \$5 / NR \$7.50**  
Min/Max: 2/10

**Register by Friday, August 12**  
Any **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. Training materials will be provided.



**UPCOMING CLASSES**

**Beginner Woodburning Class (S)**  
**Thursdays, September 1-29, 1-3 pm**

Facilitator: Cedric Richeson  
**Cost: R \$15 / NR \$20**  
Min/Max: 3/12

**Register by Monday, August 29**  
**Payment due upon registration**  
This class will focus on woodburning fundamentals including safety, equipment, pattern transfer, burning straight lines, curves, circles, shading effects such as stippling, crosshatching. This class prepares you for other OSC woodburning classes. If you have a woodburner, please bring it. A limited number of woodburners are available for use in class, please reserve at registration. No prior experience required.

**What's a Witch to Wear?**  
**Tuesdays, September 6-27, 10 am-12 pm**

Facilitator: Linda Gomach  
**Cost: R \$30 / NR \$35**  
Min/Max: 3/6  
**Register by Tuesday, August 23**  
**Payment due upon registration**

How about a hat, boots, and a spider to complete the look! September's class will create a hat and high-heeled, lace-up boots for a wall or door hanging. The well-dressed witch and her spidey pal are a must for Halloween. You will need Woodshop Basic Machine Safety Training to participate in this class.



**Panda Carving Class (N)**  
**Mondays, August 1-29, 9 am-12 pm**

Instructors: John Goheen & Richard Krummick  
**Cost: R \$40 / NR \$45**  
Min/Max: 3/10

**Register by Monday, July 25**  
**Payment due upon registration**  
Join us in creating a beautiful Panda by using a combination of hand and power carving techniques. **This is an intermediate level class.**



**Hand Tool Carving Class (S)**  
**Mondays, August 1-29, 1-3 pm**

**Cost: R \$25 / NR \$30**  
Min/Max: 5/12

**Register by Friday, June 3**  
**Payment due upon registration**  
This five 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.

**S'more Box Make & Take Project (N)**  
**Tuesday, August 9, 10 am-12 pm**

**Cost: R \$10 / NR \$12.50**  
Min/Max: 3/5

**Register by Tuesday, August 2**  
**Payment due upon registration**  
This project is perfect for those looking to create something unique in one day!



We encourage grandparents to bring in their grandchild for this class since it is assembly only.



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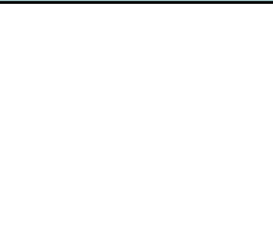
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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

## Fox Fitness Center (N)

**Monday-Friday, 7 am - 4 pm**

Stay Active Pass & Insurance Reimbursement Eligible

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

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.

**To keep our equipment clean and working at its best, we have three requests:**

- 1. We ask that you please remember to change out your street shoes before your workout.**
- 2. Please wear fitness apparel when exercising. Wearing jeans can cause damage to the equipment.**
- 3. Wipe down exercise equipment.**

## Personal Training

Alec Jensen, Activities Coordinator, specializing in Fitness and Wellness, is here to help you achieve your fitness and wellness goals.

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He has over five years of experience in group exercise, personal training, coaching, and strength and conditioning. He's ready to help you achieve your fitness and wellness-related goals.

Everybody is unique, and that means everyone has their own goals. A Fitness Professional can create a fitness program tailored for you! They can help build your strength, balance, speed, and power while working around preconditions.

**Cost:**  
 6 sessions \$75  
 12 sessions \$120  
 18 sessions \$150



Training packages come with a free strategy session where our trainer, Alec, will sit down with you to figure out your fitness/wellness goals.

To schedule your appointment call Alec at 920.232.5320.

- ◆ Maximum of 1 person per appointment
- ◆ All appointments are approximately 30 minutes
- ◆ Training times are based on the availability of the trainer.

# 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**

**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.



**Life Fitness & Movement (N)**  
**Tuesdays & Thursdays**  
**9-9:30 am**

Instructor: Alec Jensen

**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**

Instructor: Bobbie Jo Nagler

**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.



**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.



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## Line Dancing (N)

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!

## Advanced Line Dancing

**Mondays & Tuesdays**

**12:30-1:30 pm**

Prior experience preferred



## FFC 3g (N)

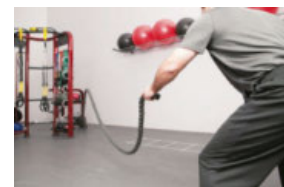
**Fridays, August 5-26, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

### Register by Thursday, August 4

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, August 1-29, 8-8:30 am**

Instructor: Alec Jensen

Max: 10

### Register by Thursday, July 28

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 also get the benefits of the coaches being able to give you one on one help.

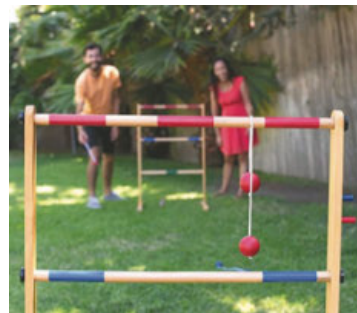
## Outdoor Yard Games (S)

**Thursdays, August 4-25, 2-3 pm**

Instructors: Alec Jensen & Kerry Wolfe

### Register by the Tuesday prior to each Thursday if you want to participate.

Join us for a fun and relaxing time playing yard games! We'll teach you the fundamentals of games like Bocce Ball, Croquet, Ladder Golf, etc. It's a great time to socialize and exercise all at once! Water and shaded areas available. In the event there is inclement weather, activities will be moved inside.



# Walk With Ease? You can do it — we can help.



Arthritis Foundation **Certified.**  
Doctor **Recommended.**

Space is limited.  
Sign up today!

**Walk With Ease**  
**September 12-October 20**  
**Mondays & Thursdays**  
**10-11 am**  
**Cost: \$R \$15 / NR \$16.50**  
**Min/Max: 8/12**

Trained Facilitators: Jane Wells & Joanne Murphy-Spice

**Register by Tuesday, September 6**

### Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

### Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn  
to Walk With Ease!**  
**10**



Staying Hydrated is important! It's also something, as we get older, we don't do enough. Staying properly hydrated benefits include: regulates body temperature, keeps joints lubricated, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. So let's try to make a habit of it! Fill in a cup for each 8 oz. of water you drink!

# 30 DAY WATER CHALLENGE



Drink Your Water



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					



Drink 64 ounces of water per day ~ That's 8 cups of 8 oz!

**Mindfulness Meditation (S)**  
**Thursdays, August 4-25, 11 am-12 pm**

Instructor: Donna Janus  
**Cost: R \$1.25 / NR \$1.75 per visit**  
 Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will have a positive impact on your life!



**Grief Support (S)**  
**Thursdays, August 4 & 18, 1-2:30 pm**

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 groups conversations around how we grieve, and allow a safe space for support.

**Shoulder & Arthritis Pain (S)**

**Presenter: Eric Koehler**  
**Tuesday, August 9, 1 pm-2 pm**  
**Cost: Free**  
 Max: 30

**Register by Friday, August 5**



Discover new options 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"). Information presented will help you learn all your options for you and those you care about.

**Essential Oils (S)**  
**Tuesday, August 9, 1:30-2:30 pm**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC  
**Cost: \$10 for one bottle (\$10 for each additional bottle)**  
 Max: 15

**Register by Friday, August 5**  
**Payment due upon registration**

Learn how to make roller balls for skin care, immune function, better sleep, focus, and much more. There are over 12 options of roller balls to make. You can make as many options as you would like and you get to take home the recipe!



**FREE Blood Pressure Checks are Back!**  
**Tuesday, August 9, 10:15-11:15 am (N)**  
**Monday, August 22, 12:30-1:30 pm (S)**

High blood pressure usually has no symptoms and cannot be detected without being measured. High blood pressure increases risk of heart disease and stroke. Get yours checked for free. RSVP Volunteer Retired Nurse, Terri Radtke, will be conducting the blood pressure checks.



**Memory Care Screening (S)**  
**Thursday, August 18, 10:30 am-12 pm**

Facilitator: ADRC  
**Cost: Free**  
 Max: 6  
**Register by Tuesday, August 16**  
 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. Appointments take approximately 20 minutes and are held in a one-on-one setting. **Call 920.232.5310 to schedule your appointment.**

**A Healthier You (S)**  
**Monday, August 22, 1-2 pm**

Presenter: Dena Myer, RD & Diabetes Educator, Aurora Health  
**Cost: Free**  
**Register by Friday, August 19**

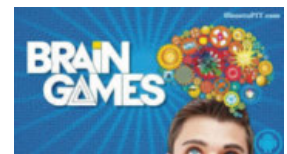
Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentations. She'll educate you about the latest tips on how to stay healthy. Her classes include information, handouts, and time for your questions.



**Brain Games (S)**  
**Friday, August 26, 1-2 pm**

Facilitator: Alec Jensen  
**Cost: Free**  
 Max: 20  
**Register by Wednesday, August 24**

Want to sharpen your mind while having fun? Join Alec for Brain Games. You will learn the benefits of how these games can help increase our critical thinking skills and more. This is an interactive presentation and games will be played throughout the presentation.



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S Dakota	9/18-24	\$820
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Ckaufmann@new.rr.com

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OSHKOSH, WISCONSIN, 54904  
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Where we help you achieve greater mobility and strength for your active lifestyle without medications, injections, or surgery; even when nothing else has worked.

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- Neck Pain & Headaches • Shoulder Pain & Rotator Cuff
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See over 70 google reviews... they can help you too!

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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984



# Healthy Feet

**Foot care services**



**COST: \$24  
CALL 920.232.5310 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**

Apply for funding by calling 920.232.5301

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

**Almeda Fisk Gallup Fund**



Sara's Savory  
Samplings



## APPLE, CHEESE, & CHIVE SALAD

SERVINGS: 1

PREP TIME: 20 MIN

COOKING TIME: 0 MIN

### INGREDIENTS

- 1 large Braeburn Apple, julienned
- 2 oz Manchego cheese, julienned
- 1 T chives, minced
- 1 T extra virgin olive oil
- kosher salt
- black pepper, medium grind

### DIRECTIONS

Combine the cheese, chives, and olive oil in a mixing bowl.

Julienne the apple and add to the bowl. Season lightly with a pinch of kosher salt. Gently toss all the ingredients in the bowl until the ingredients are evenly blended. (Taking care not to break up the apple too much).

Plate with the salad feathering upwards (like a haystack). Garnish with a little freshly ground black pepper.

This is simply the BEST way to eat an apple! Have it as a refreshing lunch, or pair it with chicken or seafood to make a delicious dinner.

# THE DEL RAY'S

Live at the  
**Leach Amphitheater**  
303 Ceape Ave. Oshkosh



**Tuesday  
August 2**

**11 AM - 1 PM**

Doors open 10:15 am

**Advance Purchased  
Ticket: \$10**

*(Includes box lunch)*

Purchase at Oshkosh Seniors Center  
July 5-July 26, 8 am-4 pm  
200 N Campbell Road  
Oshkosh, WI  
920.232.5300

**Ticket at Gate: \$8**

Children under 12 FREE at gate  
(No lunch included with gate admission)

**Water/Snacks available for  
purchase**

**Bring a lawn Chair  
No carry-ins**



This event made possible by the support of a Ladies Benevolent Society



*Caring for the community since 1908.*

# Valley VNA Senior Care

- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
- **Assisted Living and Memory Care** for when your needs change.

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Dr. Nicholas Belville  
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(920) 230-2525

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get to choose drop-free  
and laser-assisted.

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503 Doctors Ct.  
Oshkosh  
920-236-3540

Dr. Gerald Clarke  
509 S. Washburn  
Oshkosh  
920-236-4160



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MEMORY CARE  
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- REPORT** suspicious claims or activities

**Toll-free Helpline:**  
888-818-2611

**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.



OSHKOSH • GREEN BAY  
www.claritycare.org

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- Develop Daily Living Skills
- Flexible Scheduling



*If Compassion, Quality Care and Independence  
is Important... Call us today! (920) 236-6560*



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**CALL (920) 236-6540**

1 & 2 Bedroom Apartments  
Rent includes: Heat • Water • Electricity • Cable TV  
Some apartments available at below market rent.  
Optional noon meals Monday - Friday.

Visit [www.claritycare.org](http://www.claritycare.org) for more information.



## **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.

### **One on One with Diane Friday (S)**

**Mondays, Aug 1, 8, 15, 22, and 29**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Tuesdays, Aug 2, 9, 16, 23, and 30**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Wednesdays, Aug 3, 10, 17, 24, and 31**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Cost: R \$2 / NR \$2.75 per class**  
**By Appointment Only 920.232.5310**

### **One on One with Steph Carlin (S)**

**Mondays, August 8, 15, 22, and 29**  
12 pm, 1:15 pm, 2:30 pm

**Tuesdays, August 9, 16, 23, and 30**  
12 pm, 1:15 pm, 2:30 pm

**Wednesdays, August 10, 17, 24, and 31**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Cost: R \$2 / NR \$2.75 per class**  
**By Appointment Only 920.232.5310**

*Connect through Tech can help you improve your Digital IQ!*

### **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 certainly answer questions about the library online services. She is very tech savvy so don't hesitate to set up an appointment with her on any technology challenges you are experiencing.

**Mondays, August 1, 8, 15, 22, and 29**  
9:15 am, 10:30 am, 11:45 am, 1 pm

**Cost: R \$2 / NR \$2.75 per class**  
**By Appointment Only 920.232.5310**





Are you interested in learning about popular apps?

## Oshkosh Police Department's Leadership Camp "App" Fair



**FREE**

**Friday, August 19th**

**10 am to 11:30 am**

**Oshkosh Seniors Center (South)**

**Please register by August 16.**

**920.232.5300**



TikTok



WhatsApp



Snapchat



TWITTER



Instagram

The Oshkosh Police Department is hosting a youth leadership camp for kids aged 14 to 16.

The camp aims to provide life-enhancing skills that have a strong emphasis on responsibility to ones family and community. Students will stay engaged through classroom instruction and scenarios, physical fitness, contests, field trips and community service!

They are coming to the Center to help us with technology! **Here's your chance to learn from super-users how to use or understand what these popular apps are all about. Bring your phones/devices for hands-on training.**

## Book & Puzzle Pick Up (S)

Monday-Friday, 8 am-4 pm

Cost: Free

The Center has books, DVDs, and puzzles for you to enjoy at home. Materials are all located in the South building ONLY. When finished, items should be returned to the bin located under the West covered entrance of the South building. Did you know we have a wide selection of Great Courses available? Great Courses offer DVD presentations from award-winning experts and professors from the most respected institutions in the world. History, language, art cooking, the topics are endless. Check out a "Great Course" today!



**\*Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

## Elder Benefit Specialist (S)

Wednesdays, August 3-31, 10-11:30 am

Cost: Free

**Walk-in, no appointment necessary**

Winnebago County Elder Benefit Specialist (EBS) Lisa Madell 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.

## MAKE UP - Voices of Nature (S)

Wednesday, August 3, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

**Register by Monday, August 1**

The spring and early summer forest is an amazing place to simply sit and listen to the many sounds of nature. Rob will introduce you to many of them in this exciting program.



## Bingo (S)

Monday, August 8, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

**Register by Thursday, August 4**

Come for a fun afternoon of bingo! Prizes sponsored by EdenBrook.



EDENBROOK

## Chat & Chop (S)

Tuesday, August 16, 9:30-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50

Min/Max: 2/8

**Register by Thursday, August 11**

**Payment due upon registration**

On the menu this month is egg drop soup and egg foo young. So put on your aprons, come join us and learn new recipes while having fun!



## Dragonfly Spirits (S)

Wednesday, August 17, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

**Register by Monday, August 15**

August is dragonfly season! Join Rob as he introduces you to the many dragonfly species found in our area.



## Lunch & Learn by AEGIS (S)

Retirement Planning

Friday, August 19, 11 am -12:30 pm

Presenter: AEGIS Financial

Cost: Free

Min/Max: 5/25

**Register by Tuesday, August 16**

Will I have enough to retire?" "How will I replace my paycheck?" "How will I minimize taxes and protect my benefits?" "Will my money last?" Forbes Best In State Wealth Advisors AEGIS Financial can help you answer these questions and more at this FREE Lunch & Learn presentation. Come join us as we help you navigate this rewarding chapter of life.

Disclosure: Advisory products and services offered through AEGIS Financial, a registered investment advisor. This article is for informational purposes only, please consult your tax, legal, and accounting professionals before modifying your tax strategy.



## Display Cabinet

We want to see your collections! Do you have a hobby or collection you would be willing to have on display for a month at the Center? We are taking reservations for displays. The cabinet is a locking unit and is located in the South building near the Willows. Interested in learning more?

Contact Leah Hackmaster at 920.232.5305

## Decluttering Your Home (S)

**Tuesday, August 23, 10-11 am**

Presenter: Tory Much, Professional Organizer, sponsored by Synergy Homecare

**Cost: Free**

Min/Max: 5/25



**Register by Friday, August 19**

Tory Much is an Organizing Consultant and owner of Feel At Home LLC. Her mission is helping people to regain control, have less stress and save time while improving the functionality and appearance of their home. Learn tips for inside or outside home decluttering, organizing and transforming space into something unimaginable. Light refreshments will be provided by Synergy Homecare.

## Book Talk (S)

**"The Rescuer"** by Jason Sautel  
**Thursday, August 25, 9:30-11 am**

Facilitator: Kerry Wolfe

**Cost: \$1.25 R / \$1.75 NR**

Max: 20

**Register by Tuesday, August 4**  
**Call the center at 920.232.5300 to register and arrange for book pick up.**

Jason Sautel had it all. Confident in his abilities and trusted by his fellow firefighters. His adrenaline-fueled job helped him forget the pain of childhood, until the day he looked into the eyes of a jumper and came face to face with a darkness he knew would take him down as well.

He helped save people every day, but had no idea how to save himself.



**OSHKOSH SENIORS CENTER**  
200 N CAMPBELL RD  
OSHKOSH

# Ukulele Outdoor Sing Along Party

**Wednesday, August 24, 10:30-11:30 am**

Bring a friend, Bring a lawn chair  
Light refreshments available  
Call 920.232.5300 to register today!  
In case of rain, event will be moved indoors

**FREE, DONATIONS ACCEPTED**

## Representative Hintz Office Hours (S)

**Friday, August 26, 10 am-12 pm**

**Cost: Free**



State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Representative Hintz is dedicated to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share what's on your mind with Gordon.

## Eat & Greet (S)

**Wednesday, August 31, 11:30 am-12:30 pm**

**Cost: \$10**

Max: 50

**Tickets available July 25**

Join us for grilled chicken, grilled sweet corn on the cob, watermelon, coleslaw and ice cream for dessert.



## Popcorn & A Movie (S)

**Wednesday, August 31, 1-2:30 pm**

**Cost: Free**

Min/Max: 2/30

**Register by Monday, August 29**

Enjoy a movie with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations**



**prohibit us from disclosing titles of upcoming movies in newsletter.**

## 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!



## Join Us & Stay Social!

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

### No food or sharing of food/drink allowed

- 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

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

### **Cribbage**

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

### **Mahjongg, Mexican Train**

Tuesdays, 12:30-3:30 pm

### **Canasta**

First Wednesday of every month 9-11 am  
 New players welcome!

### **Bid Euchere, Rummikub**

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

**Coming Soon!**

**Bridge Instruction** (beginning in September)  
 Fridays, 11 am-12:30 pm

From our community partner



## ADRC "Berry Fun" Open House

**Tuesday, August 16**  
**10 am-2 pm**

220 Washington Ave.  
 Room 33 Oshkosh, WI

**Berry Tasty Treats!**  
**Raffle Prizes!**

Presentations on how  
 we serve our community at:  
 11 am, 12 pm, and 1 pm.

Talk with staff about Power of Attorney  
 forms, memory screenings, or any other  
 questions you may have!





# COOKING MATTERS

## CHAT & CHOP (S)

Tuesday, August 16, 9:30-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50     Min/Max: 2/10

**Register by Thursday, August 11**

**Payment due upon registration**

On the menu this month is egg drop soup and egg foo young. So put on your aprons, come join us and learn new recipes while having fun!

## COOKING WITH ALEC (N)

Friday, August 19, 11:30 am-12:30 pm

Instructor: Alec Jensen

Cost: R \$6 / NR \$8     Min/Max: 2/15

**Register by Wednesday, August 17**

**Payment due upon registration**

Want to learn how to make nutritional foods and pick up a few cooking hacks along the way? Join Alec as he demonstrates the value and variety there is in a healthy diet. Samples will be provided. Bring a pen and paper to take notes!

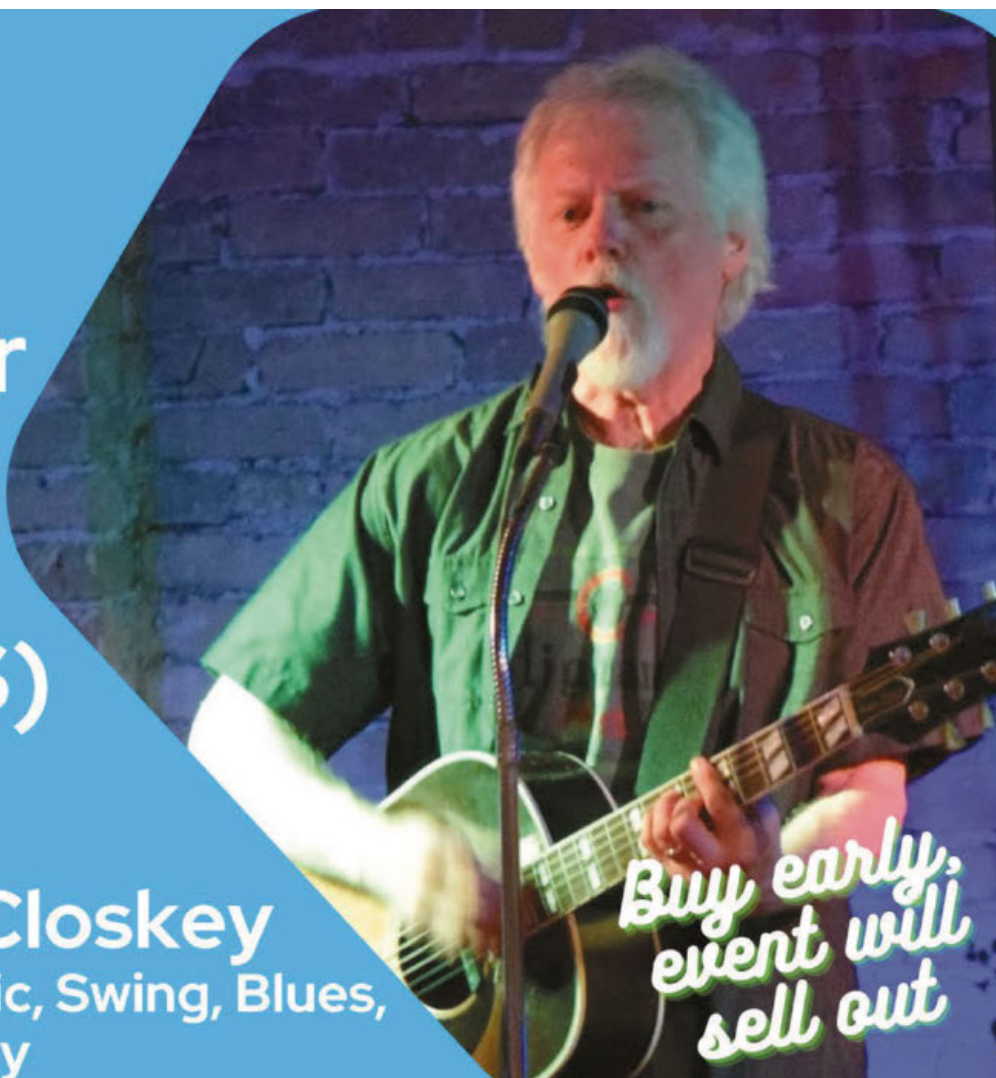


# Outdoor Live with Lunch (S)

Featuring

## Mike McCloskey

Acoustic Music, Swing, Blues,  
Folk & Country



Friday, August 12, 12:15-1:15 pm

### Tickets: \$10 includes box lunch

Lunch from Big Apple Bagels-Ham & Cheddar, chips, fruit and muffins

### Tickets on sale July 25-August 9

Max attendance is 35

Enjoy lunch and live music  
on south lawn overlooking  
the river! Bring your lawn  
chair and friends!

This event funded in part by a generous  
donation from the  
Ladies Benevolent Society

200 N. Campbell Rd, Oshkosh



# Retirement Wellness



**Free Educational Opportunities**  
**Call 920.232.5300 to register today!**

## **Navigating Medicare (S)**

**Wednesday, August 17, 1:30-2:30 pm**

**Presenter: Taylor Perry, Network Health**

**Cost: Free**

**Register by Monday, August 15**

## **Retirement Planning Lunch & Learn (S)**

**Friday, August 19, 11 am-12:30 pm**

**Presenter: AEGIS Financial**

**Cost: Free**

**Register by Tuesday, August 16**

## **Adventures In Investing (S)**

**Wednesday, Sept. 14-Oct. 19 , 6-7:30 pm**

**Presenter: Jeff Kemp**

**Cost: Free**

**Register by Monday, September 12**





# **EAT AND GREET**

**WEDNESDAY, AUGUST 31**

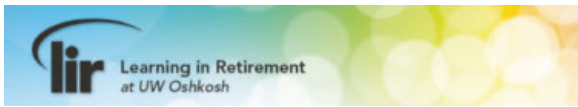
**11:30 AM**

**GRILLED  
CHICKEN, GRILLED  
CORN ON THE COB,  
WATERMELON,  
COLESLAW, AND ICE  
CREAM**

**\$10.00**

**TICKETS ON SALE  
BEGINNING JULY 25**

## Upcoming Programs in Collaboration with LIR



### Oshkosh History (S) Wednesday, September 7, 10-11:30 am

Presenter: Randy Domer

**Cost: Free**

**Max Capacity: 35**

**Register by Tuesday, September 6**

Join local historian, Randy Domer, as he discusses special locations in Oshkosh History: The Orphanage, Smith Ice Cream, and Lake Winnebago...or Loch Ness?

This program is in collaboration with Learning In Retirement

### Scams & Frauds Targeting Seniors (S) Thursday, September 15, 10-11:30 am

Presenter: Jeff Kersten, WI Bureau of Consumer Protection

**Cost: Free**

**Max Capacity: 35**

**Register by Monday, September 13**

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

### Addiction Medical Solutions (S) Tuesday, September 20, 1:30-3 pm

Presenter: Jim Reider, AMS Wisconsin

**Cost: Free**

**Max Capacity: 35**

**Register by Friday, September 16**

AMS provides medication assisted treatment in addition to counseling services designed to improve the quality of life of those suffering from addiction. Learn about AMS' services as well as training and building awareness about Narcan.

## UKULELE LESSONS ARE BACK IN SEPTEMBER!

**NO PRIOR MUSIC EXPERIENCE NECESSARY**

*Beginner Ukulele (S)* . . .  
*Fridays, September 9-30* : : :

*11 am-12 pm*

*Cost: R \$40 / NR \$45*

*Instructor: Joe Wiedenmeier*

*Register by Wednesday, September 7*



*Intermediate/Advanced Ukulele (S)*

*Fridays, September 9-30*

*11 am-12 pm*

*Cost: R \$40 / NR \$45*

*Instructor: Aaron Baer*

*Register by Wednesday, September 7*

Thanks to a generous donor, the Seniors Center has ukuleles available for use for those enrolled in lessons. The lending program requires a \$50 check for deposit, and when ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about a ukulele "rental".

Ukulele Play Along (S)

Wednesdays, September 7-28

10:30 am-12 pm

Cost: R \$2 / NR \$2.50

# 2022 FOOD TRUCK FRIDAY



## 15 FOOD TRUCKS

*Variety of tasty foods  
from Mexican to American  
and Asian to Italian!*

### RAFFLES

**BEER ■ SODA ■ WATER**

*For Purchase*

#### Media Sponsors



**FAMILY FUN NIGHT  
AT THE PARK!  
SOUTH PARK ■ OSHKOSH**

**JUNE 17 AND  
AUGUST 19**

**4:30-8:30PM**

**PRESENTING SPONSOR**



**PLATINUM SPONSOR**



*Live Entertainment Sponsor*



*June 17*  
**KITTY CORONA**

*August 19*  
**GOT WISCO**

## GROCERY RAFFLE

**\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR!**  
**Mark & Susie's Piggly Wiggly - Food Truck Friday Sponsor!**

*Raffle tickets available for purchase at various events this summer,  
the Oshkosh Seniors Center and Food Truck Fridays.*



**DRAWING AT 7:00 PM ON AUGUST 19, 2022 - AT FOOD TRUCK FRIDAY**



*These events are sponsored by  
The Friends of the Oshkosh Seniors  
Center and all proceeds will benefit  
programs and services provided  
by the Oshkosh Seniors Center.*

# Winnebago Senior Tours

**For questions call 920.232.5312**

## 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**

## Wisconsin State Fair 171 years of Tradition!

**Date: Tuesday, August 9**  
**Cost: \$65 (\$20 non-refundable deposit)**

**Final Payment due July 21**  
**Depart: 10 am Return: 6 pm**

Enjoy a day at the fair with all the sounds, smells, and attractions. Enjoy a leisurely walk to view the 4H exhibits & displays, which are their pride and joy. There are over 400 shopping locations offering crazy gadgets and unique items. 200 concession stands offering over 800 different food and beverage choices. Of course everyone comes to the fair to try the famous cream puff...400,000 are sold every year! Enjoy Pig Races, Dock Dogs, the Ferris Wheel, and the Sky Glider, which gives a bird's eye view of all the fun down below.

Guides: Donna Landers & Sherry Katzenberger



## Washington Island

**Date: Thursday, July 28**

**WAIT LIST ONLY**

**Depart: 6:30 am (OSC) South**

**Return: 9:30 pm**

Guides: Cheryl Freiberg & Laurie Peach



## Washington Island #2

**Date: Wednesday, August 10**

**WAIT LIST ONLY**

**Depart: 7 am Seniors Center South**

**Return: 9:30 pm**

A day visiting Washington Island is an educational adventure. Start with the five-mile ferry ride and learn the history and the legends about the Island. Highlights include: Stavekirk Church, The Farm Museum and the Fragrant Isle Lavender Farm. Coach bus, tips, fees, lunch and dinner included. Be ready for a memorable experience that can only be found in Wisconsin.

Guides: Cheryl Freiberg & Laurie Peach



## Charter Fishing on Lake Michigan

**Date: Thursday, August 25**

**WAIT LIST ONLY**

Enjoy a day of fishing!

Guides: Donna Landers & Sherry Katzenberger



## Salute to Two Rivers Area "Trivers" to the Locals

**Date: Thursday, August 25**

**Cost: \$70 (\$20 non-refundable deposit)**

**Final Payment due August 4**

**Depart: 11:30 am Return: 9 pm**

On the beaches of Lake Michigan, West of Lake Gardens are six acres of lovely flowers. The Rose & Japanese gardens have more than 900 feet of herbaceous borders, created in 1934. Next, stop at Renee's Gourmet Popcorn & Chocolates for tasty treats. Then a visit to the Washington House from 1850, home of the original ice cream sundae. Visit Schroeder's Department Store, celebrating 130 years of business. Browse displays of books, clothes, and jewelry; the 2nd floor with yarns and accessories. Next a guided tour about the life of an Alpaca, at the century-old London Dairy Alpaca Farm. The gift shop sells a variety of Alpaca items, with a wine shop featuring Argentine wines. We will give you \$15 toward the home-cooked dinner at Kurtz's.

Guides: Donna Landers & Sherry Katzenberger



# Winnebago Senior Tours

## Beautiful Vermont

Date: September 24-October 2  
**WAIT LIST ONLY**

Magnificent Fall colors.

Guides: Donna Landers & Betty Litjens



## Discovering Hidden Gems

Date: September 15-16

Cost: \$180 pp double \$215 single  
 (\$20 non-refundable deposit)

Final payment due August 25

Depart: 9 am Return: 4 pm



We start with a drive up north & a stop in Townsend for a break & lunch on your own. Next is a tour of "The Farm" with aquaponic equipment & organically raised bison, pigs, & chickens. The Farm

produces maple syrup & honey, available on sight. Then we visit the re-opened Potowatomi Museum before checking into the Mole Lake Casino & Lodge. In the early evening, we will enjoy music & entertainment at The Big Easel in Wabeno. Outside a Lumber Baron's house, the play is on a stage in front of the old carriage house. After the music, we return to the Mole Lake Casino & Lodge for the night. Enjoy the casino, pool, or breakfast on your own in the morning. After check-out, we leave for a grilled lunch at the beautiful McCauslin Brook Golf Course. The end of the tour includes a personalized tour of the Holt & Balcom Logging Museum.

Guides: Ginnie Riley & Donna Landers

## Fall-ing in Love with Waupaca

Date: Thursday, September 29

Cost: \$90 (\$20 non-refundable deposit)

Final Payment due September 8

Depart: 8 am Return: 6:30 pm

The fall beauty of Waupaca awaits you. We will start our journey at the Red Mill. The 2.5-story



frame mill was built in 1855 to grind grain for Little Hope and Waupaca farmers. Today the mill hosts a gift & ice cream shop, a covered bridge, and a small Chapel in the Woods. We will feast

on a Thanksgiving lunch with all the fixings at Waupaca Woods Restaurant. Next is Clearwater Harbor and a 2-hour cruise on the beautiful Chain O' Lakes. Destination includes The Cottage Garden Farm, filled with home & garden décor, gifts, clothing, jewelry, and a year-round Christmas shop. We cannot forget Turner's Market. This family-owned business carries seasonally fresh produce, plants, decorations, and local gourmet products. Perhaps purchase a colorful mum or pumpkin to take home.

Guides: Cindy Paffenroth & Cheryl Freiberg

## Grease

The Fireside Theater—Ft. Atkinson

Date: Thursday, October 20

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

Final Payment due September 29

Depart: 7:45 am Return: 6 pm

An eight-year run on Broadway, two subsequent revivals, and innumerable school and community productions place Grease among the world's most popular musicals. Here is Rydell High's senior class of 1959: duck-tailed, hot-rodding "Burger Palace Boys" and their gum-snapping, hip-shaking "Pink Ladies" in bobby socks and pedal pushers. Head "greaser" Danny Zuko and the new (good) girl Sandy Dumbrowski try to relive the romance of their "Summer Nights" as the rest of the gang sings and dances its way through such songs as "Greased Lightning," "It's Raining on Prom Night." Alone at the Drive-in Movie", recalling the music of Buddy Holly, Little Richard, and Elvis Presley that was the soundtrack of a generation. There will be a brief stop at Jones Market on our way there. Be sure to include your choice of entrée with reservation: chicken & ribs, sliced roast beef tenderloin, or grilled Atlantic salmon.



Guides: Cheryl Freiberg & Laurie Peach

When sending payment in the mail be sure to include:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

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# Winnebago Senior Tours

## Lake of The Torches-Casino Getaway

Date: November 13-14

Cost: \$100 pp Double \$110 Single (\$20 non-refundable deposit)

Final Payment due October 20

Depart: 9:30 am Return: 4:30 pm



Join us on Sunday and Monday for a relaxing ride to the Lake of the Torches in Lac Du Flambeau, nestled in the Wisconsin Northwoods. Mondays are Senior Day at the casino, so from 8 am to 11 pm, they offer a chance to win \$50 to \$100 in cash if your name gets called. Also, on Senior

Day, you will receive 50% off at Eagles Nest breakfast or lunch. Woody's Bar and Grill 50% off combo baskets. When signing up, make sure you give us your date of birth for the casino manifest. Guides: Donna Landers & Betty Litjens

## Christmas Celebration Mystery Trip

Destination: Shhh! It's a Secret!!

Date: Wednesday, November 30

Cost: \$140 (\$20 non-refundable deposit)

Final Payment due October 31

Depart: 7 am Return: 8 pm

Are you ready for some mysterious fun? North, South, East, or West—we can't tell, but can you guess??? Hint—it will be a full day of activities—but is it all Christmas-related, or have we included some non-Christmas activities?? We can tell you what is included: Coach bus, guided tours, light lunch, shopping opportunities, admission to all events, and dinner before returning home. For even more fun, invite your friends along on the trip. Sign up today before this trip is full.

Guides: Pat Heyer & Cheryl Freiberg



## Old World Christmas Market & Kristmas Kringle Shoppe

Date: Wednesday, December 7

Cost: \$65 (\$20 non-refundable deposit)

Final payment due November 16

Depart: 9:15 am Return: 4:30 pm

A motorcoach ride takes you to a nostalgic Christmas Market in a heated tent at the Osthoff Resort in Elkhart Lake. Over 70 vendors, varied ethnic wares, and authentic food. On the way home, stop at Kristmas Kringle Shoppe in Fond du Lac to round out this day of revisiting memories and creating new ones.

Guides: Ginnie Riley & Donna Landers



## White Christmas at the Fireside

Date: Thursday, December 15

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

Final payment due November 15

Depart: 7:45 am Return: 6 pm

Based on the beloved film, this heartwarming stage adaption features 17 Irving Berlin songs. Two WWII Army Veterans with a successful song-and-dance act following a duo of beautiful singing sisters to their Christmas show at a Vermont lodge. With a series of romantic mix-ups and a dazzling score, including the perennial title song. White Christmas is an uplifting musical especially loved at Christmas. Choice of entrees: Grilled Pork Ribeye, Beef Short Rib, or Grilled Shrimp. There will be a short stop at Jones Market on our way there.

Guides: Laurie Peach & Pat Heyer



## Exciting Tours Coming In 2023



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**The Oshkosh Seniors Center is working  
to enrich the quality of life  
for adults 50 and over.**

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200 North Campbell Road  
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920.232.5300

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Mon – Fri 8 am – 4 pm

#### **North Building Hours**

Mon – Fri 7 am – 4 pm

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