

# THE CURRENT

*May your  
Holidays be  
Bright and  
Merry!*

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

December, 2022, Issue #12



## Discover the Offerings at the Oshkosh Seniors Center



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# Welcome to the Oshkosh Seniors Center

## Exercise so you can always do the things you love!




The Oshkosh Seniors Center Holiday Hours  
We will be closed on the following days:

**FRIDAY, DECEMBER 23**

**MONDAY, DECEMBER 26**

**MONDAY, JANUARY 2**

Happy Holidays!



### Remember to walk like a Penguin to avoid falling in wintry conditions!

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

## WHAT'S IN THIS ISSUE?

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

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## Art Expression (S)

Thursdays & Fridays, December 1-30

**Closed December 23**

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.**



## Intermediate Stained Glass Fan Lamp (S)

Mondays, December 5-19, 10 am –12 pm

Instructor: Marla Tonn

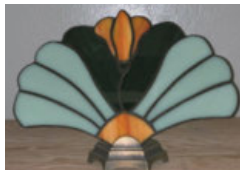
Cost: R \$30 / NR \$35

Min/Max: 2/6

**Registration November 14-30**  
**Payment due upon registration**

Instructor Marla Tonn is an experienced stained glass artist. She will guide you in making this stained glass fan lamp. Project is approximately 9" wide x 7" tall. Price includes lamp base.

**Experience in working with stained glass required for this class.**



## Clay Pot Christmas Craft (S)

Tuesday, December 6

9:15 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$10/ NR \$11.50

Min/Max: 2/10

**Register by Wednesday, November 30**  
**Payment due upon registration**

We will be using clay pots to make Christmas crafts.



## Hand Building with Clay (S)

Tuesdays, December 6-20, 1-3 pm

Instructor: Kathi Dittmer

Cost: R \$26.25 / NR \$30 for 3 week session

Min/Max: 3/10

**Register by Thursday, December 1**  
**Payment due upon registration**

This class offers a fun community environment to explore the creative world of clay. The fee includes 3 pounds of clay, glazes, and two firings.

**Maximum of 3# extra clay available for purchase.**



## Quilting 106 (S)

Small Gifts for the Holidays

Wednesdays, December 7-21, 9-11 am

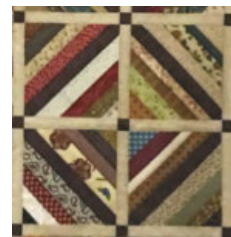
Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 2/10

**Register by Monday, December 5**  
**Payment due upon registration**

In this class we will combine some of our quilting skills with traditional sewing to create small gifts for the holidays (optional). This will include things like Christmas stockings, table runner or table topper, kitchen items, etc. Each week we will focus on 2 different items. You can choose one. When you register, please request a supply list with photo samples of potential projects. **Participants must bring their own sewing machine and have a good working knowledge of it.**



## Recycled Shutter Nutcracker (S)

Wednesday, December 7, 9 am-12:00 pm

Instructor: Jane Wells

Cost: R \$20 / NR \$25

Min/Max: 2/6

**Register by Monday, December 5**  
**Payment due upon registration.**

This amazing Nutcracker is made out of recycled shutter closet doors and **is 6 ft tall!** This will look great as a part of your holiday décor. Put on your painting clothes and join the fun!



## Jewelry Christmas Tree (S)

Monday, December 19,

9:15 am—12pm

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50

Min/Max: 2/10

**Register by Wednesday, December 14**  
**Payment due upon registration.**

We will be making Christmas trees or other design options out of old jewelry. All supplies and materials will be provided for you. Want to make it special? Bring along keepsake item(s) you would like to add to the design.





## Chillin' with the Penguins (N) Tuesdays, November 29-December 20 1-3 pm

Instructor: Linda Gomach

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

Min/Max: 3/6

**Register by Tuesday, November 15  
Payment due upon registration**

Make these two 3D self-standing penguins from pieces of wood that simply slide together! You will get step by step instruction, and use a Band saw, scroll saw, and sanders for the project. Finish may include decoupage. One penguin is approximately 20" tall, and the other is 18" tall. Project is similar to the one shown.



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

## Pyrography On Leather (S) Sailing Ship

**Thursdays, December 1-22, 1-3 pm**

Instructor: Cedric Richeson & Dick Krummick

**Cost: R \$25/ NR \$30**

Min/Max: 3/6

**Register by Wednesday, November 23  
Payment due upon registration**

Learn how to "woodburn" on vegetable tanned leather. This 4 week class will explore the special techniques for burning on leather with a choice of sailing ship designs. Leather included (8 1/2" x 11"). Students will use a writing tip and optionally a shader. Patterns will be available. The leather may be left natural, colored or sealed with student provided materials. Cost includes leather. Pattern transfer materials will be provided.



**\*The Center has tools available for participant use. Reserve at time of registration.**

## \*Power Tool Carving (N)

**Mondays, December 5-19, 8 am-12 pm**

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

**Register by Monday, November 28  
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, or beginners looking to pick up a new hobby (selection of beginner projects available). Award winning carving instructors will be available to instruct and problem solve. Bench fan & dust collector required for this class. **Basic Machine Safety Training required .**

## \*Hand Tool Carving Class (S) Beginners welcome

**Mondays, December 5-19, 1-3 pm**

Instructor: Gene Bengel

**Cost: R \$15 / NR \$20-3 week session**

Min/Max: 5/12

**Register by Monday, November 28  
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. **Beginner carvers welcome.**



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.

## \*Butterfly Carving (N)

**Tuesdays, December 6-27, 9 -11 am**

Instructor: Don Schettl & John Goheen

**Cost: R \$10/ NR \$15**

Min/Max: 3/6

**Register by Thursday, December 1  
Payment due upon registration**

Learn to carve small butterflies. Each figure is about 2 1/2" X 1/2 tall, enough wood to carve 4 butterflies per person. Don't have any carving tools? Limited number of tool kits available for use, reserve at registration. Project similar to one shown. Bench fan & dust collector required for this class. **Beginner project using power and hand carving tools.**





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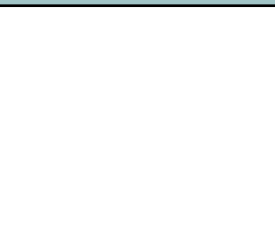


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## Safety Trainings

### Basic Machine Safety Training (N)

**Fridays, December 2 & 9, 10 am-12 pm**

Facilitator: Jeff Becker

**Cost: R \$5 / NR \$7.50**

Min/Max: 2/10

**Register by Friday, November 25**

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.

### Woodshop Safety Refresher (N)

**For those who have already completed Basic Safety Training**

**Thursday, December 15, 10-11 am**

**Register by Monday, December 12**

Facilitator: Jeff Becker

**Cost: Free**

Min/Max: 2/10

In order to attend one of these safety trainings you must have been a previous woodshop participant who has gone through the safety training before. You will only be required to attend ONE of the training dates above. Once you do, your safety certification will be valid for one year.

## 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**

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

**Need something repaired? Stop in during guided hours to discuss with woodshop volunteer.**

## Upcoming Classes

### Panda Carving (N)

**Thursdays, January 5-February 2**

**10 am-12 Noon**

Instructors: John Goheen & Dick Krummick

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

Min/Max: 3/10

**Register by Friday, December 30**

**Payment due upon registration**

During this 5 week class you will create this 3" wide X 4" tall basswood Panda by using a combination of hand and power carving techniques. This class includes learning texturing skills, facial expressions and painting. Base is included. Blue Ribbon award willing instructors will work with beginners.

**This class open to all levels of carvers.**

**Bring dust collector/Bench fan.**



**New to carving but you don't have the tools or equipment? We have you covered. Reserve loaner tools and equipment at time of registration, free of charge.**

## 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.

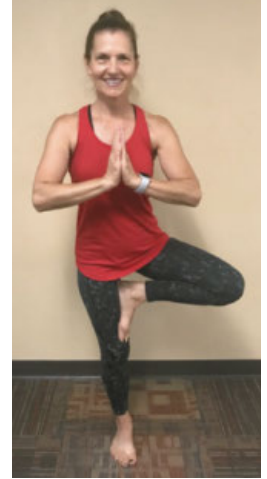
We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. 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.



## Welcome Catherine Huybers

Catherine has been a life-long learner in areas of nutrition and fitness, as well as in the connection between mind, body, and spirit. She is passionate about helping people heal using food, exercise, and alternative healing methods. She naturally gravitates towards teaching and leading. So when she found yoga, she knew she would become a yoga instructor. She wants to help people lead happier, healthier, and more balanced lives through their yoga practice. She has completed her 200 hour yoga teacher training and is a graduate of Grace under Fire Yoga Teacher Training. Check out her classes on page 10



## Welcome Gerardo ("Michi") Calderon

Gerardo Calderon was born in San Jose Costa Rica, he has been married for 17 years and has two beautiful daughters. He is very social. " I love people, I love coffee, great conversation, and I love football (Go Packers)." Gerardo is studying physical education and he has 8 years of experience with the management of people, teams, and groups.



As a personal trainer and sports manager, he focuses on the development and implementation of useful training plans so people can achieve their goals. He is all about motivating people and he's excited to work with our community of older adults so they achieve their healthy aging goals.

## Holiday Fitness Class Schedule

**\*NO Fitness Classes  
December 23 - January 2**

**Classes Resume  
January 3, 2023  
Fox Fitness Center  
7 am - 4 pm Open Daily**

**\* This allows time for  
maintenance to be done in  
the exercise area.**

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## 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  
**No Fitness classes December 23-January 2**

### Rapid Movement Training (N)

**Mondays & Wednesdays**

**8:30-9 am**

Instructors: 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**

Instructors: OSC Staff

**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: OSC Staff

**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.



## 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

**No Class December 26 & 27**

## FFC 3g (N)

**Fridays, December 2-16, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

### Register by Monday, November 28

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, December 5-19, 8-8:30 am**

Instructor: Alec Jensen

Max: 10

### Register by Thursday, December 1

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.

**No Fitness Classes  
December 23-January 2**

## New Classes!

### Beginner Chair Yoga (N)

**Thursdays, December 1-22, 1-1:45pm**

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.

### Yoga GOLD (N)

**Fridays, December 2-16, 9:30-10:15am**

Instructor: Catherine Huybers

### Drop-in eligible

Whether you're aiming to get stronger and more flexible or you just want to decompress and still your mind, yoga can help. Yoga Gold combines traditional yoga with elements of chair yoga. 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.

### Keep Moving! (N) NEW

**Fridays, December 2-16**

**10:30-11:15 am**

Instructor: Jean Wollerman

### Drop-in eligible

This session class will keep you moving through the holiday season. Cardio, strength, stretching, balance and some nutrition chats to help keep you fit during this fast pace holiday times.







## Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Oshkosh Seniors Center  
200 North Campbell Road

This classroom style class will be held:

Thursdays, January 5-26 with a follow up class/social on Thursday, February 23, 1-2:30 pm

Cost: \$15.00 per person

Time: 1:00-2:30 pm

Place: Oshkosh Seniors Center Willow Room

Register at the center by: December 30<sup>th</sup>

How much is too much time sitting during the day? Find out and learn strategies to help you...

# Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

## Join a Stand Up and Move More class to learn:

- ◆ The consequences of too much sitting time and the benefits of more standing time
- ◆ Strategies for incorporating more standing time into your day
- ◆ To set achievable goals and address problems or barriers



[wihealthyaging.org/standup](http://wihealthyaging.org/standup)

**Maintain Don't Gain Challenge for the Holidays**

It's no secret that the holiday's can lead to unintended weight gain. Whether it's from eating too much food or not getting enough exercise and activity in throughout the week. **Maintain Don't Gain** aims to stop that from happening by keeping you aware and monitoring yourself throughout the holidays. Use the calendar below to track your weight. The goal is to stay within 1% or 3 pounds of your current body weight or to shed some weight this holiday season.

# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1) Time: Weight:	2) Time: Weight : goal setting	3) Time: Weight:
4) Time: Weight :	5) Time: Weight :	6) Time: Weight :	7) Time: Weight :	8) Time: Weight :	9) Time: Weight : weigh in	10) Time: Weight :
11) Time: Weight :	12) Time: Weight :	13) Time: Weight :	14) Time: Weight :	15) Time: Weight :	16) Time: Weight : goal setting	17) Time: Weight :
18) Time: Weight :	19) Time: Weight :	20) Time: Weight :	21) Time: Weight :	22) Time: Weight :	23) Time: Weight : Weigh in	24) Time: Weight :
25) Time: Weight :	26) Time: Weight :	27) Time: Weight	28) Time: Weight	29) Time : Weight	30) Time: Weight	31) Time: Weight

**UPCOMING**

**InBody Scans (N)**

**Wednesday, January 11, 8-9:30 am**

Facilitator: Alec Jensen & J.J Allen

**Cost: \$10-Special reduced rate for Senior Center participants!**

**Register by Friday, January 6**

The **InBody** provides a comprehensive analysis that is an accurate way to monitor changes in body fat and lean mass. Not only do you get your body composition analysis, but it provides your Basal Metabolic Rate, or BMR, the minimum calories required at rest. This non invasive test that takes 5 minutes and can provide great health information to help you meet your fitness/wellness goals. Result print outs are included. Fasting is preferred to give the most accurate results. **Call 920.232.5301 to schedule your appointment.**



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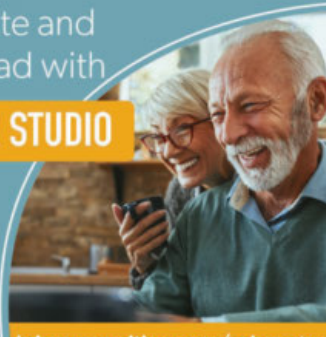
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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

**Mindfulness Meditation (S)**  
**Thursdays, December 1-29, 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, December 1 & 15, 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 group conversations around how we grieve, and allow a safe space for support.

**Cooking with Alec – Garlic Soup**  
**Friday, December 9, 1-2pm**  
 Presenter: Alec Jensen  
**Cost R\$6 NR \$7.50**  
 Max: 15

**Register by Wednesday, December 7**  
 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 available when you embrace a healthy diet. Samples provided.

**Sugar Scrubs; Make and Take (S)**  
**Tuesday, December 13, 10-11am**  
 Presenter: Jeanne Gehrke, Dreams of Jeanne LLC  
**Cost: \$10 per bottle**  
**Register by Friday, December 9**

Create a soothing and cooling peppermint - multi colored - sugar scrub in a 4 oz. holiday jar that you can keep for your own gift or give to someone special. Peppermint can be soothing to dry and tired skin and joints. Cooling and invigorating while relaxing the body and opening the respiratory system! Recipe and directions included with ideas for other scents to use in gifts.



**FREE Blood Pressure Checks**  
**Tuesday, December 13, 10:15-11:15 am (N)**  
 Facilitator: Terri Radtke  
**Cost: Free**

High blood pressure usually has no symptoms and cannot be detected without being measured. Get yours checked for free. RSVP Volunteer Retired Nurse, Terri Radtke, will be conducting the blood pressure checks. No appointment necessary.

**Dry Needling, Cupping, & Massage (S)**  
**Tuesday December 13, 1-2pm**  
 Presenter: Physical Achievement Center  
**Cost: Free**

**Register by Friday, December 9**  
 Discover more options for your non-surgery, non-drug options to overcome your painful and limiting back and/or shoulder pain. You will learn how you can leverage dry needling, cupping, and pain relieving massage to build back your strength and confidence (even with arthritis and "sciatica"). Information presented will help you learn all your options for you and those you care about.

**Memory Care Screening (S)**  
**Thursday, December 15, 10:30 am-12 pm**  
 Facilitator: ADRC  
**Cost: Free**  
 Max: 6

**Register by Tuesday, December 13**  
 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.**



**A Healthier You (S)**  
**SEE YOU IN JANUARY!**  
**Monday, January 23, 1-2 pm**  
 Presenter: Dena Myer, RD & Diabetes Educator, Aurora Health  
**Cost: Free**

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.



# Programming to improve the lives of people experiencing dementia and those that care for them



## Mindworks (S)

Thursdays, December 1-22  
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.

## Memory Care Screening (S)

Thursday, December 15  
10:30 am-12 pm  
Facilitator: ADRC Dementia Care Specialist  
Cost: Free  
Appointment Required  
Call 920.232.5301  
Max: 6

Memory screenings are an important tool in identifying possible changes in memory and cognition. One-on-one 20 minute appointments. Come get your baseline screening today!

## Tender Loving Care (TLC) Support Group (S)

Thursday, December 22  
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.

Thank you to our community partners for making this programming possible.





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THE OSHKOSH  
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920.232.5301**



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CALL 920.232.5301 FOR AN  
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**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**





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[anicholas@picommunities.com](mailto:anicholas@picommunities.com)

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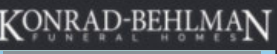


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[www.claritycare.org](http://www.claritycare.org)

<p><b>Home Care Services</b></p> <ul style="list-style-type: none"> <li>• Medication Reminders</li> <li>• Housekeeping</li> <li>• Meal Preparation</li> <li>• Shopping &amp; Errands</li> <li>• Personal Care Services</li> </ul>	<p><b>Day Services</b></p> <ul style="list-style-type: none"> <li>• Community Involvement</li> <li>• Gain Independence</li> <li>• Individual &amp; Group Activities</li> <li>• Develop Daily Living Skills</li> <li>• Flexible Scheduling</li> </ul>
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
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**THRIVE LOCALLY**

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.



For ad info. call 1-800-950-9952 • [www.picommunities.com](http://www.picommunities.com)

Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984





The Oshkosh Seniors Center and Oshkosh Fire Department are teaming up to reduce the number of falls in our community. One in four people aged 65 or older falls each year. The prevention program you are here for today is designed to assess your risk of falling and give you the tools you need to reduce your risk of falling in the future.

BIODEX FALL RISK  
SCREENINGS  
ARE AVAILABLE  
FEE IS \$10.00



Appointments are required for the screening. Call 920.232.5301 to set up your test date.

**Don't be a statistic!  
Instead be proactive in  
your efforts to maintain  
and improve your balance.**

**Have you ever wondered how  
your risk for falling compares  
with others? Take the Fall Risk  
Screening Test to find out!**

- **In just 2 minutes the Biodesx SD System's Fall Risk Test measures your risk of falling in comparison to people of your same age.**
- **It's a starting point that gives you the motivation to improve your balance.**





# Please Join Us For Hammered Dulcimer Holiday Concert (S)

Featuring Hammered Dulcimer artist  
Charlene Luebke

**Monday, December 5, 1:30-2 pm**

Cost: Free-Donations Appreciated

Please register by

Thursday, December 1

920.232.5300

Now on sale at front desks-  
"The OCM Card"

**Full year of savings at local businesses.  
Use card over and over throughout the year!**



## Still only \$10



The Oshkosh Seniors Center receives money for every card sold  
Card sale helps support Oshkosh Community Media





## 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, December 5, 12, and 19**  
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

**Tuesdays, December 6, 13, 20, and 27**  
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

**Wednesdays, December 7, 14, 21, and 28**  
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 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.

## Appointments with Stephanie Carlin

If you wish to schedule an appointment with Stephanie Carlin please inquire at the front desk for available times. 920.232.5300

## 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, December 5, 12, and 19**  
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**





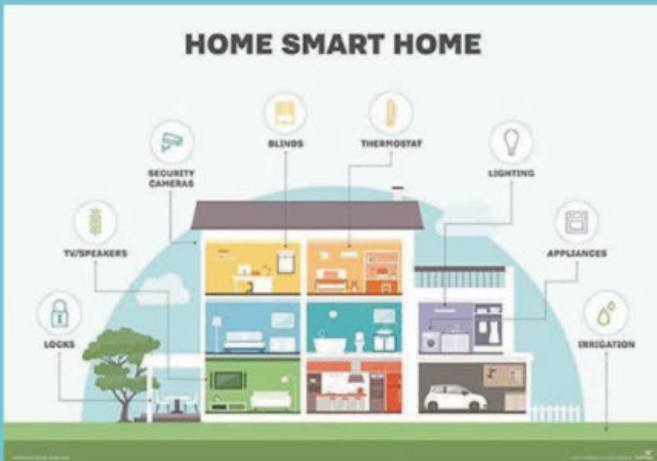


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**Wednesday, December 21st**  
**1:30 pm to 2:30 pm**  
**Registration Required**  
**920.232.5300**  
**(South Building)**



OSHKOSH SENIORS CENTER  
PRESENTS

# Winter White Dinner Party

**TUESDAY, DECEMBER 13**

**5-6:30 PM**

**DOORS OPEN 4:45 PM**

**Tickets: \$17**

*Available November 14-December 6  
at Senior Center front desks*

**Sparkling cider provided and served by the  
Friends of the Oshkosh Seniors Center**

*Dinner prepared by the Roxy:*

*Beef Tenderloin Tips, Mashed Potato, Gravy,  
Tender Roasted Chicken, Vegetable, Dessert*

**Entertainment  
provided by  
Westhaven  
Barbershop  
Quartet**



This event sets the mood for a special evening out with a festive atmosphere, great food and entertainment. Get your friends together and get your tickets early!

Oshkosh Seniors Center-South  
200 N Campbell Rd Oshkosh 920.232.5300



## 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.**

## Brain Game Kit (S) Monday-Friday, 8 am-4 pm

**Cost: Free**

Come and pick up a brain kit and challenge yourself with the variety of brain games. Return to the south building when finished for others to enjoy.

## Elder Benefit Specialist (S) Wednesdays, December 7-28, 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.

## Ukulele Play Along (S) Wednesdays, December 7-28 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. The play-along is a great learning and social opportunity.

## 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 Ukulele "rental."



## Beginner Ukulele Lessons (S) Fridays, December 2-16, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, November 30  
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.

## Intermediate/Advanced Combo Ukulele Lessons (S)

**Fridays, December 2-16, 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, November 30  
Payment due upon registration**

We will be combining the Intermediate and Advanced classes during the summer months. With Aaron's style of teaching, he will be able to challenge both skill levels during the same lesson.

## Beginner 2 Ukulele Lessons (S) Fridays, December 2-16, 12 -1 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, November 30  
Payment due upon registration**

This class is for those who have completed beginner ukulele class, and are ready to take the next step. This is also an ideal class for those who need an ukulele refresher class. Chords, strumming, and playing songs will be emphasized in this class. Come join the fun!

## Legal Counseling (S)

Friday, December 9, 10 am-12 pm

Cost: Free

Legal Counseling with an attorney from the law firm of Reff, Bavier, Birmingham and Lim SC will be offered at no charge for a **25 minute individual session**. Counseling is limited to advising only and does not include other legal work such as drafting of documents. **Call 232-5301 to schedule an appointment.**

## Bingo (S)

Monday, December 12, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

**Register by Thursday, December 8**

Come for a fun afternoon of bingo! **Thank you to Edenbrook of Oshkosh for sponsoring Bingo prizes for 2022**



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## Chat-N-Chop- Dips (S)

Wednesday, December 14

9:30-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10.00 / NR \$11.50

Min/Max: 2/10

**Register by Wednesday, December 14**

**Payment due upon registration**

We will making the following dips: cheeseburger dip, baked bacon cheese dip and bubbly hot crab dip. Sound good? Grab an apron & come join us.



## Planning for Long Term Care Without Insurance (S)

Friday, December 16, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

**Register by Wednesday, December 14**

Nursing homes costs can swallow up your life savings if you are not prepared. While long-term care insurance is wonderful, not everyone can get it. Attorney Joe McCleer of McCleer Law Office will discuss the alternative options available to everyone that can help ensure that you will get the care you need when you need it while also preserving your most cherished assets for your family.



## Fun & Easy Nature Gift Ideas (S)

Wednesday, December 21, 10 am-12 pm

Instructor: Rob Zimmer, Sponsored by the Oshkosh Rec Department

Cost: Free

Min/Max: 2/10

**Register by Wednesday December 19**

Just in time for Holiday gift giving! You'll get dozens of wonderful, nature-inspired gift ideas for family and friends!



## Popcorn & A Movie (S)

Wednesday, December 28, 1-2:30 pm

Cost: Free

Min/Max: 2/30

**Register by Tuesday, December 27**

Enjoy a movie with the company of friends. We're popping the corn fresh! 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.**

## Book Talk (S)

"I'll Take You There" by Wally Lamb

Thursday, December 29, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 / NR \$1.75

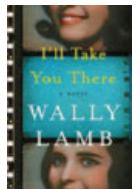
Max: 20

**Register by Thursday, December 1**

**Call the center at 920.232.5300 to register and arrange for a copy of the book.**

Felix is a film scholar who run a Monday night movie club. One evening he is setting up a film, he's confronted by the ghost of Lois weber, a trailblazing motion picture director from Hollywood's silent film era. Lois invites Felix to revisit- and in some cases relive, scenes from his past as they are projected onto the big screen....

Interested where this story goes? Come and join us at Book Talk.







# Ukulele Holiday Music Sing Along Party(S)

Tuesday, December 20, 6-7 pm

Cost: Free, Donations Appreciated

Open to all ukulele players and those that love music and singing! Casual playing and singing holiday tunes, fun, and sharing time. Light refreshments will be available.

**For planning purposes, please register by Thursday, December 15**

**call 920.232.5300**

**Oshkosh Seniors Center    200 N. Campbell Rd**







### Holiday Gift Giving with the Oshkosh Seniors Center's Wisconsin Warmers and Knitting Volunteers

The Azure Memory Care residents will get a unique Christmas gift this coming holiday. The facility reached out to the Oshkosh Seniors Center's Wisconsin Warmers, a dedicated group of volunteers that has sewn and donated quilts to the community for over 25 years, and asked if they could provide quilts and knitted hats and mittens for holiday gifts. The answer was yes, and the Wisconsin Warmers knew where they would find hats and mittens. They reached out to another social group at the Center, the knitters, and asked for their assistance. Everybody was on board, and within a month, they had 19 sets of hats, mittens, scarves, and a cozy quilt ready for Santa to deliver this holiday season.

If you are interested in volunteering at the Oshkosh Seniors Center, please stop by from 8 am to 4 pm to learn about the different volunteer opportunities. The Center is located at 200 N. Campbell Road and is here to help people stay active, stay social, and stay informed. You may find current programming opportunities at this link, [www.ci.oshkosh.wi.us/SeniorServices/](http://www.ci.oshkosh.wi.us/SeniorServices/)

The Center is looking for monetary donations to support the work of the Wisconsin Warmers to purchase quilting materials and maintain sewing machines; don't hesitate to contact the Senior Services Manager, Jean Wollerman, at 920.232.5300, if you wish to support this worthy cause.



### 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!



If you love to knit join the **Knitters** on Thursdays from 8:30 am to 11:30 am (S)

Just pull up a chair to join the knitters, they are more than willing to share their skills with beginners. Knitting is more fun in a group!





- 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**

**We are closed Friday, December 23 & Monday December 26.**

### **Cribbage**

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

### **Mahjongg, Mexican Train**

Tuesdays, 12:30-3:30 pm

### **Canasta**

Wednesdays 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

### **Bridge Instruction**

Open to beginners and those who are interested in freshening up their current skills.

**Please register by calling 920.232.5300**

Fridays, December 2-16, 11-12:30 pm

### **Open Bridge**

Fridays, 12:30-3:30 pm

## **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.

If you register for a program and are unable to attend, please call and let us know. Often times we are at capacity with a program and turn people away, only to have some who are registered not show up. We understand things come up, but please call and let us know.

To remove your reservation and free up a spot for someone else, please call

**920.232.5300**

Thank you so much!  
Jane Wells  
Program Supervisor



# Happy Holidays!



**During this season of giving be a champion of healthy aging with a gift to the Oshkosh Seniors Center!**

**One in five Americans are 65 or older, yet only 1% of all charitable gifts support healthy aging!**



**Your gifts will help fund critical services like Connect through Tech!**



**The Center serves 3,300 older adults from our community!**



**Your donations will help keep nail care affordable, a "must" for those with diabetes.**

**Donation envelopes are available at the front desks. The Center relies on donations, grants, and fees to cover 50% of our operating budget.**

Friends of the Oshkosh Seniors Center  
P.O. Box 3423, Oshkosh, WI 54903

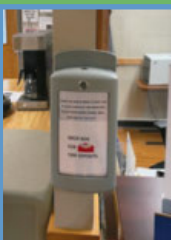


# Winnebago Senior Tours

**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**

## Christmas Celebration Mystery Trip

**Destination: Shh! It's a Secret!!**

**Date: Wednesday, November 30**

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

**Depart: 7 am Return: 8 pm**

Are you ready for a mystery? We can't tell you where or what we'll be doing, but we can tell you pick up will be available in Fond du lac. So south at least that far! It's a Christmas



Celebration Mystery so obviously Christmas activities are involved—but not everything is Christmas related. It will be interesting to be able to view Christmas lights from a unique vantage point. Included are: coach bus transportation, admission to all events, a light lunch, limited shopping opportunities and dinner before returning home. Choose your dinner entrée: Atlantic Salmon, Crusted Chicken Breast, or Tenderloin Stroganoff. For even more fun, invite your friends along to share the memories made on the trip.  
Guides: Pat Heyer & Cheryl Freiberg.

## Old World Christmas Market Kristmas Kringle Shoppe

**Date: Wednesday, December 7**

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

**Depart: 9:15 am Return: 5:30 pm**

A motorcoach takes you to an authentic Old World Christmas Market at The Osthoff Resort in Elkhart Lake. Admission ticket is included. Just in time for the holidays, visit over 70 vendors in a heated tent and find authentic imported European items: nutcrackers, felted gloves & hats, hand-knit items; linens & ornate ornaments. Artisan crafts: one -of-a-kind reindeer-horn carved items or jewelry made with glass beads from Lithuania and Ukraine. Choose from several bakery items. The Osthoff kitchen begins preparing the reasonably priced European recipes right after Thanksgiving. Try the apple kuchen with vanilla sauce. On the way home, we stop at the Kristmas Kringle Shoppe in Fond du Lac.  
Guides: Ginnie Riley & Donna Landers



## White Christmas at the Fireside

**Date: Thursday, December 15**

**WAIT LIST ONLY**

**Bus 2-White Christmas at the Fireside**

**Date: Tuesday, December 20**

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

**Depart: 7:45 am Return: 6 pm**

*Due to overwhelming response we've added an additional trip.* Based on the beloved film, this



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. Enjoy the music, including the 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 to the Fireside.

Guides: Cindy Paffenroth & Cheryl Freiberg

# Winnebago Senior Tours

## Six-The Musical

The Performing Arts Center—Appleton

Date: January 18

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

Depart: 6:00 pm Return: immediately after the show

Divorced, beheaded, died, divorced, beheaded, survived. From Tudor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an



exuberant celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over. *The New York Times* says, *Six* "Totally Rules!" (Critic's Pick) and *The Washington Post* hails *Six* as "Exactly the kind of energizing, inspirational illumination this town aches

for! The Broadway season got supercharged!"

Written by Toby Marlow & Lucy Moss. Includes: show ticket, School Bus Transportation and tip.

Guide: Cheryl Freiberg



### We Need Your Help!

Have you thought of becoming a tour guide and/or helping at the Tour Desk?

If you enjoy working with people, this could be your opportunity. Stop at the Tour Desk during regular hours, ask some questions, and get an application to volunteer!

## The Music Man

The Fireside Theatre-Fort Atkinson

Date: Thursday, March 16

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

Depart: 7:45 am Return: 6 pm

Strike up the band for Broadway's brassiest musical comedy. Winner of eight Tony Awards including Best Musical, *The Music Man* has delighted audiences the



world over with its tale of the fast-talking, charming con man, the prim but passionate librarian, the bumbling mayor, and all the colorful characters that

make this show a classic. Add such songs as "Goodnight My Someone," "The Wells Fargo Wagon," and "76 Trombones" and you have a guaranteed great time. Entrée Choices: Chicken Piccata, BBQ Ribs, or Cod.

Guides: Cindy Paffenroth & Cheryl Freiberg

## Cats – The Musical

The Performing Arts Center-Appleton

Date: Sunday, March 26

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

Depart: 11:30 am

Return: Immediately after the show

An anthology-style musical taking place over one night. Set in a junkyard, each cat wants to enter the Heaviside Layer or cat heaven, hoping to be reborn a "hotter" cat. Deuteronomy, a lovable rotund cat oversees each cat's song-plea.

Grizabella, an old scruffy cat attempts to become part of this junkyard scene, but the other cats judge her appearance and shun her. After the lead cats have their moment in the spotlight, Deuteronomy decides Grizabella deserves to ascend to the Heaviside Layer. Includes: show ticket, School Bus Transportation and tip.

Guides: Cheryl Freiberg & Ginnie Riley





# Winnebago Senior Tours

## Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

Date: July 26– August 6, 2023 (12 Days)

Cost: Varies by stateroom selection

Now is the time to cross traveling to Alaska off your “Bucket List”! Traverse the Pacific Coast by land and sea aboard Holland America’s Noordam Cruise Ship on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia.

Passport is required. Cruise the Sternwheeler Discovery and encounter Alaska’s diverse culture and rich history. In a modern saloon,



enjoy local dishes inspired by Fannie Q, the famed Alaskan pioneer. Ride in a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel into Denali National Park for the best opportunities to view the region’s wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska’s gorgeous capital, Juneau. Visit Ketchikan, the “Salmon Capital of the World.” This is Alaska as you always imagined. See flyer for complete details

Remember when signing up for a trip indicate any special accommodation or dietary needs you have.

### Travelers

Watch for a post card with FINALIZED details approximately a month prior to the date of the trip.

## UPCOMING 2023 TRIPS

Performing Arts Center - Appleton

Hamilton May 17—7:30 pm

Ain’t Too Proud June 21—7:30 pm

The Fireside - Fort Atkinson

Grumpy Old Men—April 20

Legends In Concert—July 13

Mary Poppins—August 17

Scrooge—December 14

A Few of the Day Trips

Exploring the Amish Community of Cashton

Discovering Warren’s Cranberry Culture

Around the Lake

Door County

Salute to Veterans

When sending payments in the mail be sure to include:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Cell Phone: \_\_\_\_\_

Email \_\_\_\_\_

Name of Trip \_\_\_\_\_



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

#### **Oshkosh Seniors Center**

200 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300

#### **South Building Hours:**

Mon – Fri 8 am – 4 pm

#### **North Building Hours**

Mon – Fri 7 am – 4 pm

#### **Oshkosh Committee on Aging**

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Bryn Ceman  
Julie Davids  
Cheryl Hentz  
Patricia Jirovetz  
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Mike Ford, Council

**Alternate:** JoAnne Murphy-Spice  
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Anne Schaefer, Mktg/Fund Development  
Jane Wells, Program Supervisor

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Bobbie Jo Nagler, Volunteers & Support  
Kerry Wolfe, Asst. Activity Coordinator

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