

# THE CURRENT



## Heart Healthy Habits

February 2024, Issue #2

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



## Discover the Offerings at the Oshkosh Seniors Center



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# Welcome to the Oshkosh Seniors Center



## OSC Closings and Notifications

It is the policy of the Oshkosh Seniors Center to follow the Oshkosh Area Public School District's lead on closures due to weather. If the school district closes school for a full day, the Center will be closed. (If there is an announcement via media outlets stating the Oshkosh Area Public School District is closed for a full day, the Center will be closed.)

Anytime OSC is closed due to weather, or any other reason, it will be announced on the OSC Facebook page and posted with WBAY, Green Bay's ABC Channel 2.

**What happens if the Oshkosh Area Public School District declares a delay in opening due to weather?**

The Center will open for the day. We will not have delays in opening.

**What happens if the Oshkosh Area Public School District declares they are closing early due to weather?**

The Center will not close early due to weather.



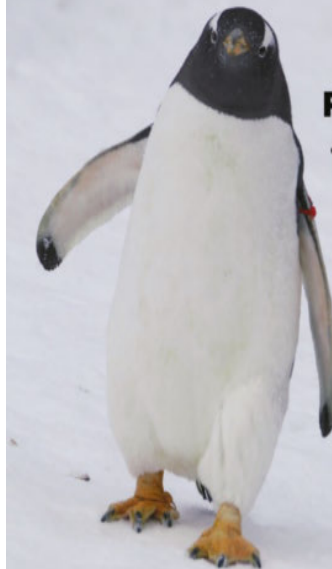
### Have you heard about "Prepay" accounts?

You can put any dollar amount you wish on your prepay account and use it to pay for classes or activities. Having to make payments every time you visit can be an inconvenience. In SchedulesPlus, there's an account PREPAY, which will enable you to make a deposit of funds, 'PREPAY' to your own account. These prepay funds are then available for you to use as you check-in for future events, or as you register you can use those funds for the payment.

- Stop at front desk with a check or cash and tell them you would like to put the money on your prepay account
- When you come to activities at the Center, sign in at the kiosk and the fees will be deducted from your account. No need to have cash every time.
- Want to register for a class that has a fee via phone? Call 920.232.5300 and have the fees taken out of your prepay account. No special trip to the Center is needed.



**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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# GetSetUp Watch Parties

Watch Parties are simply a gathering of individuals viewing something at the same time.



## Water Color Studio: Simple Landscapes (S)

Friday, January 26, 11 am-12 pm

Cost: Free

Register by Wednesday, January 24

Have you ever wanted to try watercolor painting, but didn't know where to start? Join our Watercolor Studio class and learn the basics of this beautiful and expressive art form! We will learn how to paint simple landscapes using essential techniques and skills to get you started on your watercolor journey. Whether you're a complete beginner or have some experience with watercolors, this class is designed to help you improve your skills and confidence in a supportive and encouraging environment.

Project similar to one shown.

**All tools and supplies will be provided through the generosity of an anonymous donor.**

## IPAD Intermediate (S)

Monday, January 29, 10 am-11 am

Cost: Free

Register by Friday, January 26

If you are familiar with your iPad and want to learn some tips and tricks to make it even more helpful, this class is for you. Learn about features to help you be more productive, make the iPad even more useful and more fun to use. Bring your iPad fully charged.

This class covers

- How to use the Home screen more effectively
- How to use keyboard features such as QuickPath
- Tips for easier text editing
- How to use multiple windows in the same app
- How to add a mouse



## Creating Mindfulness-Neurographic Circles (S)

Wednesday, February 7, 9-10 am

Cost: Free

Register by Friday, Monday, February 5

We will practice neurographic art, a technique that involves drawing freeform lines, known as 'neuro lines,' to facilitate a connection between your conscious and unconscious mind. With this technique, you can redirect negative thoughts and channel them into creating something beautiful. No art experience required. All needed supplies provided.



OSHKOSH SENIORS CENTER PRESENTS

# IRISH FUN (S)



**Tuesday, March 19**  
**5-7 pm**



Doors open at 4:45 pm

**Tickets: \$17**

**Dinner & Live Music by Sheamus Fitzpatrick &  
the McNally Boys**

Tickets on sale February 12-March 11

**Menu**

**Traditional Irish Meal**  
**Corned Beef, Cabbage, Carrots**  
**Potato, Irish Soda Bread**

**Dessert**



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Seniors age 60 and older ride GO Transit buses for the lowest fare in the City.

Call 920.232.5340 for info about your mobility options.

Subsidized taxi service within the city is also available with an ID Card provided by the Oshkosh Seniors Center.



924 Dempsey Trail, Oshkosh, WI 54902  
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**REPORT** suspicious claims or activities



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Wisconsin Senior Medicare Patrol



This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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## Art Expression (S)

Thursdays & Fridays,  
February 1-29, 9-11:30 am  
Cost: R \$1.50/NR \$2.25 per visit

Do you need a space to create an art project, or to work on a hobby? Bring your project and own supplies and use the Center art room with friends that share in creative endeavors.

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

## Hand Building with Clay (S)

Tuesdays, February 6-27, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

**Registration opens Monday January 22**

**Payment due upon registration**

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

**Beginners welcome!** Please note, class supplies are for use during regularly scheduled class times only. Those listed as "on stand by" will be given first option on the following month's class.

## Quilting 205 (S)

Finishing a Quilt - Borders, Binding, & Quilting

Wednesdays, February 7-28, 9-11:30 am

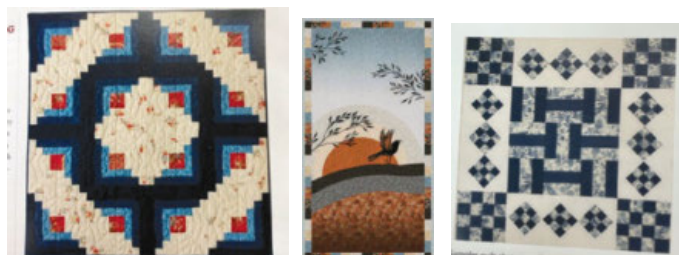
Cost: R \$15/NR \$16.50

Min/Max: 3/6

**Register by Monday, February 5**

**Payment due at time of registration**

In this class we will focus on completing a quilt. This includes squaring it up, calculating the borders, adding mitered corners, and attaching the binding. You will need to bring a small quilt top without borders to this class. This could be one from a previous class, a panel, or something new. With the borders complete, we will explore options to quilt the top and finish it with binding.



## Quilting 101 (S) **NEW!**

Knowing Your Sewing Machine

Wednesdays, February 7-28, 1-3 pm

Cost: R \$15/NR \$16.50

Min/Max: 3/6

**Register by Monday, February 5**

**Payment due at time of registration**

In this class participants will learn about their own sewing machine including part identification, how to wind a bobbin, thread tension, stitch and foot selection, sewing straight and curved seams, and last but not least, machine maintenance. Bring your own sewing machine to class, and any manuals you may have.

## Beginner Stained Glass (S)

Mondays, February 12-26, 10 am-12 pm

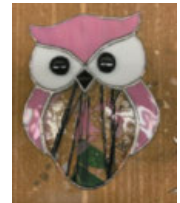
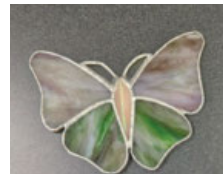
Cost: R \$25/NR \$30

Min/Max: 3/6

**Register by Thursday, February 8**

**Payment due at time of registration**

This class is for those who are brand new to the art of stained glass. You will learn how to use a pattern, cut, grind and foil glass, and lastly how to solder your piece. Price includes all supplies needed for class. Beginner students only please! Projects similar to ones shown.



## Needle Felting Colorful Eggs (S)

Monday, February 19, 9:30 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$10/NR \$11.50

Min/Max: 3/10

**Register by Thursday, February 15**

**Payment due at time of registration**

Step-by-step instructions on how to make these sweet eggs will be shared. This is a fun and easy project, starting with a Styrofoam egg. Various design ideas available. Fill your basket or decorate your home with something different this year! Project similar to ones shown.



## Pyrography (S) Native American Art on Baltic Birch (S)

**Thursdays, February 1-29, 1- 3 pm**  
Instructors: Cedric Richeson and Dick Krummick  
**Cost: R \$25/NR \$30**  
Min/Max: 4/10

**Register by Wednesday, January 31**  
**Payment due upon registration**

The American Western Indian Dream Weaver design is made by burning tone using three techniques of temperature control, burn time, and layers. This art incorporates burning design elements of feather, bone and bead textures along with a geometric pattern. Alternative patterns for North American Indian designs will also be available to students, including patterns for totem poles and tepees. The art will be burned on an 8" x 10" Baltic birch plywood plaque. The plaque is included along with a test board.  
Pre-requisite: Beginning Woodburning or permission of the instructor."



## Power & Hand Tool Carving (N) Mondays, February 5-26, 8 am-12 pm

Instructor: Gene Bengel and Richard Krummick  
**Cost: R \$40/NR \$45**  
Min/Max: 5/12

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

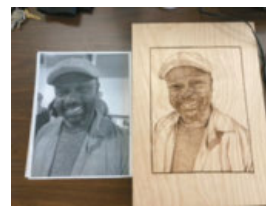
This class is open to wood carvers using either power or hand tools. Power tool carvers must bring a bench fan dust collector. Only carvers with current machine safety training may use designated OSC shop power equipment. Carvers without current machine training may carve using handtools and their own hand rotary tools (e.g. Dremels) using a bench pass available from Gene. Gene is available to instruct, guide, and problem solve to help you with projects **This class open to carving projects only.**

## Pyrography (S) Portraits

**Tuesdays, February 6-April 23, 8-11 am**  
Instructor: Linda Gomach  
**Cost: R \$45/NR \$50 - 12 weeks**  
Min/Max: 3/10

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

Learn to wood burn a realistic human portrait from a photograph onto a 9 X 12 piece of Baltic Birch. Skills taught include learning to transfer the pattern to wood, tips to use for best shading, and how to get started. You will learn how to burn eyes, nose, mouth and hair. Instructors will work with you through the whole process. Attendee to bring three 9 x 12 copies of the photograph you wish to use. One of the copies needs to be in color and 2 may be black & white. Some previous pyrography experience helpful.



## Woodshop Guided Hours (N) Wednesdays, February 7-28

**10 am-2:30 pm**  
**Cost: R \$5/NR \$6.50**

**\*If you plan to attend after 12 pm, please call and register by the Tuesday before.**

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.

**Don't forget, Basic Machine Safety Training is required before using tools and equipment in the shop.**

## Basic Machine Safety Training (N) Fridays, February 16 & 23, 10 am-12 pm

Facilitator: Jeff Becker  
**Cost: R \$5/NR \$7.50**  
Min/Max: 3/10

**Register by Friday, February 9**

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 new participants **must be taken in consecutive weeks.** Once you have completed the training you may use the designated machines in the shop. Materials will be provided for the training.





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A background image for the second section showing a person's hands typing on a laptop. In the background, there are several cardboard boxes and a roll of packing tape, suggesting a shipping or logistics environment.

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**Cost: \$10**

**Class registration is required.**

## **KETTLEBELL FOUNDATIONS (N)**

**February 1- February 29**

**Monday & Thursday**

**2:00-2:45pm**



## Fitness Opportunities

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

### Rapid Movement Training (N)

**Mondays & Wednesdays**

**8:30-9 am**

Instructor: Alec Jensen

**Drop-in eligible**

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

### Range of Motion (N)

**Mondays & Wednesdays**

**9:15-9:45 am**

Instructor: Alec Jensen

**Drop-in eligible**

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



### Silver Sneakers Classic (N)

**Mondays & Wednesdays**

**10:45-11:30 am**

Instructor: Kayla Johnson

**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.



**SilverSneakers**

### Life Fitness & Movement (N)

**Tuesdays & Thursdays**

**9-9:30 am**

Instructor: Kayla Johnson

**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: Kayla Johnson

**Drop-in eligible**

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

### Advanced Line Dancing (N)

**Mondays & Tuesdays, 12:30-1:30 pm**

Instructor: Debbie Ruck

**Drop-in eligible**

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

## **Slow Flow Yoga (N)** **Wednesdays, 1:15-2pm**

Instructor: Kayla Johnson

### **Drop-in eligible**

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

## **Beginner Chair Yoga (N)** **Thursdays, 1-1:45 pm**

Instructor: Catherine Huybers

### **Drop-in eligible**

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

## **Step Interval Training (N)** **Fridays, 8:30-9 am**

Instructor: Kayla Johnson

### **Drop-in eligible**

This class will use the step and incorporate intervals of aerobic and bodyweight strengthening exercises to give you a full body workout. Use of the step for class is optional.

## **FFC 3g (N)** **Fridays, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

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). 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.

## **Keep Moving! (N)** **Fridays, 10:30-11:15 am**

Instructor: Kayla Johnson

### **Drop-in eligible**

This session class will keep you moving. Cardio, strength, stretching, and balance will help to keep you fit.

## **Kettlebell Foundations (N)** **Mondays & Thursdays, February 1-29, 2-2:45pm**

Instructor Kayla Johnson & Alec Jensen

Cost: \$10/ NR \$11.50

Max:10

### **Registration required by January 31** **Payment due upon registration.**

Kettlebells are beneficial for everyone young or old. The unique nature of the kettlebell lifts provide a powerful training tool that can replace any machine at a gym. No other tool offers as many all-around benefits in such a tight package. Learn the basics of using this incredible piece of equipment.

## **Fox Fitness Center (N)** **Monday-Friday, 7 am –4 pm**

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

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

### **Billiard Players Please Note**

When fitness classes are happening, billiards may not be played. OSC Staff thank you for your cooperation and understanding.

**Mindfulness Meditation (S)****Thursdays, February 1-29, 11 am-12 pm**

Instructor: Donna Janus

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

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

**Introduction to Chair Yoga (S)****Tuesday, February 6, 1:30-2:30pm**

Presenter: Kayla Johnson

**Cost: Free****Register by Friday, February 2**

Have you ever thought about trying chair yoga, but not sure what to expect? This class will provide a brief demonstration of common chair yoga poses, what to expect in a chair yoga class, and education on the benefits of yoga.

**FREE Blood Pressure Checks****Thursday, February 1, Noon-1 pm (S)****Tuesday, February 13, 10:15-11:15 am (N)****Thursday, February 15, Noon-1 pm (S)****Monday, February 26, 12:30-1:30 pm (N)**

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

**Cooking with Alec (S)****Tuna Burgers with Ginger Lemon Mayo****Friday, February 9, 1pm-2pm**

Presenter: Alec Jensen

**Cost: R \$5 NR \$6.50****Register by Wednesday, February 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 of a healthy diet. Samples provided.

**Collagen Supplements (S)****Tuesday, February 13, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Cost: Free****Register by Friday, February 9**

Join Jeanne for an educational session as she explains what collagen is, why our body needs collagen, and how it can help the body.

**Heart Healthy Cardio (S)****Friday, February 16, 10-11am**

Presenter: Alec Jensen

**Cost: Free****Register by Thursday, February 15**

Join Alec as he discusses heart health and how cardio effects it.

**How to Avoid Surgery for The Lower Back (S)****Monday, February 19, 10-11 am**

Presenter: Physical Achievement Center

**Cost: Free****Register By Friday, February 16**

Discover all of your non-medical options to overcome your painful and limiting lower back and leg weakness and pain. You will learn unique and clinically proven approaches to build strength and confidence in your back (even with arthritis and "sciatica"). Information presented will help you learn all your options for you and those you care about.

**A Healthier You (S)****Monday, February 26, 1-2pm**

Presenter: Dena Mayer, RD &amp; Diabetes Educator, Aurora Health

**Cost: Free****Register by Friday, February 23**

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 Q&A.

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Savanna	10/19-27	\$1379

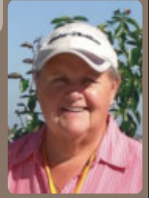
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# OPEN OFFICE HOURS (N)

with Stephanie  
Pereira da Silva, MS  
CHES ACSM NASM  
CPT



Drop in on **Monday, February 5th, 9:30-10:30am** to chat with Stephanie about how shoes and footwear can impact your fitness goals!



10% off your purchase of shoes

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Oshkosh, WI 54902





# PERSONAL TRAINING



>>> **ALEC JENSEN**  
**920.232.5320**

I'm Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience behind me, I create programs tailored to your fitness/wellness needs and goals whether that be strength, balance, weight loss, or post rehab. I have successfully helped hundreds of people with their fitness and wellness journeys whether they're new to fitness or are seasoned pros.

**KAYLA STANKOWSKI** <<<  
**920.232.5303**

I'm Kayla, Activities Coordinator for Healthy Lifestyles, and I'm passionate about designing functional exercise programs that assist you in reaching your specific goals. I have extensive experience working with clients with various goals: injury prevention and rehabilitation, losing weight, increasing strength, cardio fitness, and balance to name a few. I aim to make exercise enjoyable, while still providing you with an attainable challenge.



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With our Certified Trainers, you're taking your first steps into taking control of your overall health and wellness. **Each session is 30 minutes long and is specifically designed for you and your goals.** You will have direct access to a trainer who will show you how to exercise safely and effectively in a one-on-one setting.

Pricing: 6 sessions \$79, 12 sessions \$129, 18 sessions \$166.50





# STEP TO THE BEAT

## February Stepping Challenge

Step into the beat of Heart Health Month with our heart-healthy steps challenge "Step To The Beat" February is heart health month and Step to the Beat is a steps challenge aimed at improving one's heart health one step at a time! Step to The Beat is about increasing the number of steps you take daily! The ultimate goal is to see if you can walk around 10,000 steps (5 miles per day) in February!

### How can I Join?

Sign up anytime in the Month of February at the OSC Front Desks. When you sign up you will receive a tracking sheet where you can record your daily steps! See where you stack up against your peers and be entered into prize drawings for simply walking.

### Steps that Count

Walking in/outside, Treadmill, Elliptical, or Nu Step. 2,000 steps = 1 mile

**FEBRUARY**  
1-29

**FREE**

**JOIN NOW**



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**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.  
DHS Approved 4/22/2021

**ClarityCare** | OSHKOSH • GREEN BAY  
[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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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.

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Optional noon meals Monday - Friday.

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

## **Grief Support (S)**

**Thursdays, February 1 & 15, 1-2:30 pm**

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: R \$1/NR \$1.25 per visit**

Maximum 12 per session

Register by calling 920.232.5300

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

## **Mindworks (S)**

**Thursdays, January 4-25**

**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. Each class provides care partners three hours of free time while their loved one attends class.

## **Memory Screening (S)**

**3rd Thursday of the month**

**10:30am -12:00pm**

Facilitator ADRC

**Cost: Free**

Alisa will be available each month to complete a free memory screening and answer questions related to memory loss, dementia, an caregiving appointments take 20 minutes.

## **Memory Link Resource Hours (S)**

**4th Thursday of the month**

**11 am-1 pm**

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

Resource Navigator will be here to answer any questions you may have regarding memory loss

**Drop ins welcome**

## **Advocap Meal Program (S)**

**To register call 920.725.2791**

**24 hour in advance.**

Come and enjoy a meal with friends served inside the Oshkosh Seniors Center Monday-Friday. Lunch is served about 11:15 daily. Suggested donation of \$4, but nobody will be turned away based on payment.

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

Facilitator: Fox Valley Memory Project

**Cost: Free**

**(Supported by the FV 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.

## **Foot Care (S)**

**Tuesdays and Wednesdays, 9 am to 3 pm**

**To make an appointment call 920.232.5301**

Cost: \$28.00

Nail care services are provided by a Valley VNA nurse. To ensure you get the appointment date you want, please call 5-6 weeks in advance.

Appointments are filling fast.

**\*Please note nail care services will be \$28 due to increase in our cost.**

## **Almeda Fisk Gallup Fund (S)**

**To apply call 920.232.5301**

City of Oshkosh residents demonstrating financial need can apply for assistance for vision, hearing and dental.

## **Bus Passes (N or S)**

Transportation via bus from bus stop nearest your home to Senior Center and from Senior Center to bus stop nearest your home is FREE for Seniors. No other destination is included in this pass. The passes may be obtained at the South or North front desk.

## **Dial-A-Ride (N or S)**

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh. Brochures detailing the program including the fares may be found at the South or North front desks.

## **Aging and Disability Resource Center**

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at [www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc) The Oshkosh Seniors Center has copies of their directory located in our resource room.



# HOME IMPROVEMENT LOAN PROGRAM

## HOUSING IMPROVEMENT LOAN PROGRAM

THE CITY OF OSHKOSH IS INVITING SENIORS TO APPLY FOR THE CITY'S 2024 HOUSING IMPROVEMENT LOAN PROGRAM. APPLICATIONS WILL BE ACCEPTED THROUGH MARCH 15, 2024. THIS PROGRAM HAS BEEN IN EXISTENCE FOR OVER 30 YEARS AND HAS BENEFITED MANY SENIORS. THERE IS NO INTEREST ON THE LOANS AND THEY ARE NOT REPAID UNTIL THE HOUSE IS SOLD.

TO QUALIFY FOR THE LOAN, YOUR HOUSE MUST BE LOCATED WITHIN THE CITY OF OSHKOSH AND MUST BE YOUR PRINCIPAL PLACE OF RESIDENCE. THE PROGRAM PAYS FOR REPAIRS TO THE HOME SUCH AS ROOF REPLACEMENTS, EXTERIOR REPAIRS, PLUMBING AND ELECTRICAL REPAIRS, FURNACE REPLACEMENTS, PAINTING, AND OTHER ITEMS. THE PROGRAM WILL ALSO ADDRESS ACCESSIBILITY NEEDS AND ALL LEAD-PAINT HAZARDS IF NECESSARY. THE PROGRAM IS NOT INTENDED FOR REMODELING OR ADDITIONS. YOU WILL BE CONSIDERED FOR A LOAN IF YOU MEET THE FOLLOWING INCOME REQUIREMENTS.

### FAMILY SIZE ANNUAL INCOME

1	\$50,400.00
2	\$57,600.00
3	\$64,800.00

PLEASE CALL KENNETH GRESSER OF THE PLANNING DIVISION AT 920-236-5056 IF YOU HAVE ANY QUESTIONS OR IF YOU WISH TO RECEIVE INFORMATION AND APPLICATION PACKET.

# OSC LENDING OPPORTUNITIES



## ITEMS TO BORROW



Books, DVD's, Great Courses DVD's, Puzzles, Brain Game Kits

## ITEMS TO BORROW WHEN ENROLLED IN A CLASS



Woodburning tools, Woodcarving tools, Ukuleles





# Do you enjoy singing?

Consider joining the  
**Oshkosh Seniors Center Golden Tones Chorus**  
Director Paula Steinert Accompanist: Marshall Potter



**Informational Open House (S)**  
**Monday, February 12, 1:30 pm**

**Register by Thursday, February 8**

**Come meet others who enjoy singing. Learn about what's involved in being a part of the Chorus, and enjoy light refreshments.**

**Chorus Rehearsals are held on Mondays at 1:30 pm**

**Cost for Spring Chorus session: R \$40/NR \$45**

**(All fees go directly back into chorus program)**

**\*\*\*Registration and payment deadline to join chorus is**  
**Monday, February 26\*\*\***

# Connect Through Tech



## Stay Connected to Age Well

### One on One Tech Appointments

**Programs are designed to improve your digital literacy (all levels of expertise are welcome).**

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

**Mondays, February 5, 12, 19, and 26**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Tuesdays, February 6, 13, 20, and 27**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Wednesdays, February 7, 14, 21, and 28**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Thursdays, February 1, 8, 15, 22, and 29**

**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 is required.

### One on One with Sandy Toland (S)

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

**Mondays, February 5, 12, 19, and 26**  
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**





# Let's Explore GetSetUp



Monday, February 19  
10 am

Oshkosh Seniors Center (S)

Learning in Retirement

Please register at 920.232.5300

## Cooking Classes



How to Create (and Stick to) a Healthy Meal Plan

By Vanessa LaBranche

ON NOW 29m ago

Enter

## Fitness and Wellness Classes



Women's Qigong

By Ellen Shapiro

ON NOW 29m ago

Enter



Gentle Exercises for Knee Pain (20-min class)

By Twyla Teitzel

ON NOW 29m ago

Enter

We will navigate and learn about GetSetUp which is a platform of community active agers who want to learn new skills, connect with others, and unlock new life experiences. Your subscription will provide you access to thousands of classes designed for you and taught by your peers.

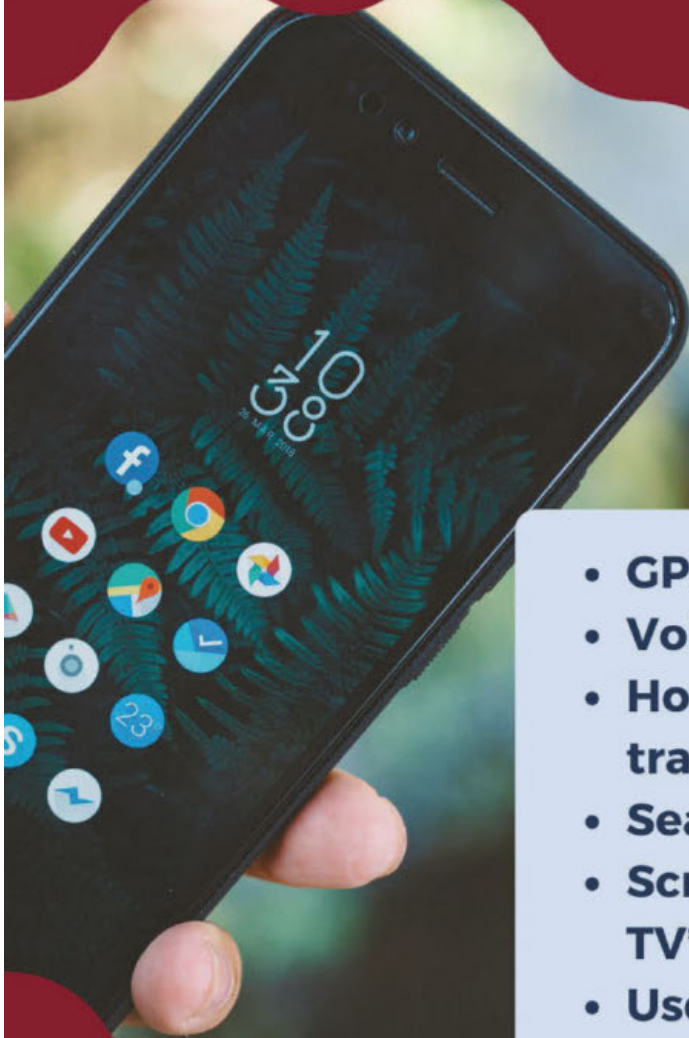
Sign up for a free account at this link or scan the QR code.  
<https://www.getsetup.io/partner/Oshkosh>



The Oshkosh Seniors Center has partnered with GetSetUp so you can book engaging classes on travel, exercise, technology, cooking, and more. These online classes will help you stay active, stay social and stay informed.

# Fun things about your smartphone you may not know about! (iphone and androids)

Join Connect through Tech to learn about features on your smartphones that can come in handy.



**TUESDAY, FEB. 27  
10 AM (FREE)  
OSHKOSH SENIORS  
CENTER (S)  
MUST REGISTER  
920.232.5300**

- **GPS Uses**
- **Voice Memos**
- **How to use google lens to translate to English**
- **Search Features for Photos**
- **Screen Mirroring to Smart TV's**
- **Use it to hang a picture straight**
- **Pay for things right from your phone**
- **Screen Shots**

## 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, February 7-28, 10-11:30 am

**Cost: Free**

Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance for an array of topics and issues to anyone 60+. EBS Services are completely free and the service is not based on income. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and providing assistance with denials and appeals. Oshkosh EBS can be reached toll free at 877-886-2372.

## Ukulele Play Along (S)

Wednesdays, February 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.



## Ukulele Lessons Everyone Welcome!

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

## Beginner Ukulele Lessons (S)

Fridays, February 2-23, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, January 31**

**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. For those new to ukulele.

## Intermediate Ukulele Lessons (S)

Fridays, February 2-23, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, January 31**

**Payment due upon registration**

For those comfortable with different strum patterns, knowledge of 8-10 chords, and confident in changing between chords. You can sing and strum at the same time and can learn chords to simple tunes fairly quickly.

## Beginner 2 Ukulele Lessons (S)

Fridays, February 2-23, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, January 31**

**Payment due upon registration**

This class is for those who have completed beginner ukulele class, know 2-3 basic chords and are ready to take the next step. This is 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!



## MASH

### Actual History to the TV Show (S)

Monday, February 12, 10-11:30 am

Presenter: **Presenter:** Chris Henry, Manager of EAA Museum

**Cost: Free**

**Register by Thursday, February 8**

We all have our impression of the workings and realities of a MASH unit in wartime based on the TV show. Join us for a thorough discussion of what is found in actual military history and how it was portrayed in the TV show.

## Chat N Chop—Muffin Pan Baking (S)

Tuesday, February 13, 9:45-11:45 am

Facilitator: Kerry Wolfe

**Cost: R \$10.00 /NR \$11.50**

Min/Max: 3/8

**Register by Wednesday, February 6**  
**Payment due upon registration**

In this session of Chat N Chop, we will be making Chicken Tostada Cups, Mac & Cheese Cups and Cheesy Potato Gratin Stacks

## ORD-The Winter Night Sky (S)

Wednesday, February 21, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

Min/Max: 10/75

**Register by Monday, February 20**

Explore the wonders of the winter night sky. Constellations, stars, planets, meteor showers, the northern lights and more!



## Favorite Broadway & Movie Love Songs Piano & Sing Along (South Bldg)

Wednesday, February 14

11-11:45 am

Cost: Free

**Register by Monday,  
February 12**

Pianist Sheri Tipton will entertain on the baby grand piano and lead us in singing along.

Come join the fun!

**Singing is good for your heart!**



## Bingo (S)

Wednesday, February 21, 2-3:30 pm

Sponsored by Edenbrook

**Cost: Free**

Min/Max: 10/55

**Register by Tuesday, February 20**

Come for a fun afternoon of bingo!

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

**Thank you to our yearly sponsor Edenbrook!**



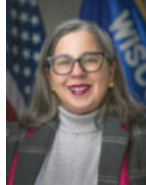
## Rep. Palmeri Office Hours (S)

**Friday, February 16, 10 am-12 pm**

State Representative Lori Palmeri represents the 54th Assembly District since January 2023. Come meet Lori, bring your issues and share with Lori what's on your mind.

### Madison Office:

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



## Eat & Greet (S)

**Wednesday, February 28**

**Serve at 11:30**

**Cost: \$7.00**

Max: 50

**Tickets available January 24– February 20**

Let's do lunch! Come and join us for nachos/taco bar. Hard or soft shell will be available and all of the fixings. Coffee and dessert are also included.

## Popcorn & A Movie (S)

**Wednesday, February 28, 12:45 pm–2 pm**

**Cost: Free– Donation for popcorn appreciated**

Min/Max: 2/50

**Register by Monday, February 26**

Inquire at the front desk for movie details.

**NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter**

## Long-Term Care Assistance

### Programs for Veterans (S)

**Friday, February 23, 10-11 am**

Presenter: McCleer Law

**Cost: Free**

Max Capacity: 30

**Register by Wednesday, February 21**

If you are a veteran or a spouse of a veteran, there are programs that you may be unaware of that will help you pay for your long-term care needs. Joe McCleer of McCleer Law Office and Matt Thompson of Visiting Angels Living Assistance Services will detail some of the programs and answer questions from attendees.



# BLACK



## HISTORY MONTH Educational Presentation

### The Great Migration (S)

**Wednesday, February 28, 10-11 am**

**Cost: Free**

**Register by Monday, Feb. 26**

1905 to 1935 was a significant period of migration into Milwaukee by African Americans. World War I changed the landscape for African-Americans, and hinted at opportunity in the North.

Presented by Sandra Toland,  
Oshkosh Public Library

## Book Talk (S)

**The Thursday Murder club by Richard Osman**

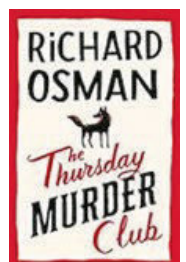
**Thursday, February 29 9:30-11 am**

Facilitator: Kerry Wolfe

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

**Register by Thursday, February 9**

In a peaceful retirement village, four unlikely friends meet up once a week to investigate unsolved murders. When a brutal killing takes place on their doorstep, they find themselves in the middle of their first live case. Can our unorthodox but brilliant gang catch the killer before it's too late. Want to see how the book ends? Come join us at Book talk.



## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

### Currently Seeking Volunteers!

Consider joining this 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.

## Meet the NEW Elder Benefit Specialist



Beginning in February Libby Guth is the new Elder Benefit Specialist who will be helping folks at the Center navigate their questions around benefits, Medicare, Insurance, and other programs. Please see page 24 for her scheduled office hours and

contact information. Libby wanted to share a little about her with us.

“My name is Libby, and I am one of the Elder Benefit Specialists of Winnebago County and am based out of the Oshkosh Human Services building. Since graduating with a degree in Social Work from UW-Whitewater (go Warhawks!) in 2019, I have worked as a case manager, a medical equipment specialist, a social services director at a nursing home, and now have found my way to the wonderful team at Winnebago County Human Services. I have a passion for connecting with and helping others. My husband and I live in Fond du Lac with our three cats and a dog. I love reading and trying out new crafts and hobbies. My life goal is to visit all the National Parks. I hope to help you understand your Medicare, Medicaid, Social Security, and other benefits or connecting you with resources.”

See page 24 for the EBS weekly hours



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

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

### Cribbage

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

### Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

### 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

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

Grab your friends, pick a time to meet and come play.

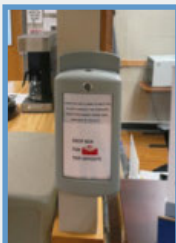


Per WI State Statute: The Oshkosh Seniors Center does not allow gambling of any kind. Participants are still welcome to play games here at the center, but there is no money exchanged to play and there are no winnings.”

# Winnebago Senior Tours

## Tours Sign-up Options

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



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

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

**If you have questions please call  
920.232.5312**

## Lake of the Torches Casino

**Date: Sunday/Monday February 4-5**

**Cost: \$110/\$140**

**(\$20 non-refundable deposit)**

**Depart: Feb 4 9:30 am**

**Return Feb 5 Approx 4:30 pm**

Do you enjoy gambling? Are you looking for 'A Perfect Getaway'? 'A Place To Chill and Relax'? Join us for a 2-day excursion to Lake of the Torches Casino in Lac Du Flambeau, in Wisconsin's Northwoods. Bonus: Mondays are Senior Days at the Casino! You will have a chance to win \$50 or \$100; And dining at the Eagles Nest and Woody's Bar and Grill is up to 50% off.

Note: When signing up, you will need to give your date of birth for the casino manifest. Trip includes coach bus transportation, hotel room, and driver gratuity. Guides: Cathy Koch and Laurelyn Hensarling



## Les Miserables

**The Performing Arts Center-Appleton**

**Date: Wednesday, February 21**

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

**Depart: 6:15 pm from the OSC South Building Lot**

**Return immediately after show**

**Wait List Available**

Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cindy Paffenroth

## Fiddler on the Roof

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, February 29**

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

**Depart: 8am Return: Approx 6:15 pm**

Based on Sholom Aleichem's *Tevye and his Daughters*, *Fiddler on the Roof* is the beloved story of the small, tradition-steeped town of Anatevka, Russia,

where Jews and Russians live in delicate balance. Tevye witnesses his daughters grow up and fall in love in a time of extraordinary change. *Fiddler* features such songs as "Sunrise, Sunset," "If I Were a Rich Man", and the classic "Matchmaker, Matchmaker." Includes: theatre tickets, coach bus transportation and driver gratuity. Lunch is your choice of Chicken Cordon Bleu, Sliced Roast Beef Tenderloin, or Baked Cod and dessert of Oreo cookies in vanilla custard and fudge. Guide: Cindy Paffenroth



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## Clue—The Musical

**The Performing Arts Center-Appleton**

**Date: Thursday, March 21**

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

**Depart: 6:15 pm—from the OSC South Building Lot Return immediately after show**

Based on the iconic 1985 Paramount movie which was inspired by the classic board game, *Clue* is a hilarious farce-meets-murder mystery. *Clue* is the comedy whodunnit that will leave both clue-fans and newcomers in stitches as they try to figure out. WHO did it? WHERE? And with WHAT? Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.



# Winnebago Senior Tours

## Tina ... The Tina Turner Musical

The Performing Arts Center-Appleton

Date: Wednesday, April 17

Cost: \$79 (\$20 non-refundable deposit)

Depart: 6pm Return immediately after show

There is only one! Her voice is undeniable. Her fire is unstoppable. Her triumph is unlike any other. An uplifting comeback story like no other, *TINA – The Tina Turner Musical* is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Trip includes theatre ticket, yellow express bus transportation & driver gratuity.

Guide: Cheryl Freiberg



## Southern Italy & Sicily

Date: April 26-May 10

Waitlist Available

Explore Sorrento and stunning Positano, the pearl of the Amalfi Coast. Walk in the footsteps of ancient Romans in the excavated Pompei. Allow the unique culture to capture your heart and get a glimpse into an age old heritage composed of ancient monuments and cultivated lands.

Guide: Cheryl Freiberg

## Beautiful: The Carole King Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, May 9

Cost: \$135 (\$20 non-refundable deposit)

Depart: 8am Return: Approx 6:15 pm

Beautiful: Takes you back to where it all began.



Carole King began as Carole Klein, a songwriter from Brooklyn with a unique voice who wrote chart-topping hits for the biggest acts in music and continues through her own life-changing success. Featuring classics as "You've Got a Friend" "One Fine Day," and "Natural

Woman." Includes theater tickets, coach bus transportation and driver gratuity. Lunch is your choice of Supreme Cut Chicken Breast, Hagar Steak or Rainbow Trout with pecan pie for dessert.

## Other Side of the Lake

Date: Thursday, May 16

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

Depart: TBD

**Shhh—Still under construction but what we're are working on:**

*There will be moderate walking on this trip.*

- Lambeau Field Tour
- Uncle Mike's Bake Shop
- Honeymoon Acres Garden Center
- Hidden Hollow Art
- Buffet lunch in Chilton
- Kelley's Creamery ice cream

Obviously too soon to guarantee any or all stops, but keep watching the circular rack at the Center Tour Desk for the brochure to come out.

Guides: Cheryl Freiberg and Pat Heyer

## Brewers/Cubs Baseball Game

American Family Stadium—Milwaukee

Date: Thursday, May 30

Cost: \$115.00 (\$20 non-refundable deposit)

Depart 9am

Return Approx 6pm

*Moderate Walking for the game.*

**Also under construction! Details to come.**



Are you ready for some BASEBALL??? Join us as we travel to American Family Field in Milwaukee to cheer on the Brewers, who will be

playing our rival Chicago Cubs. We have put an order in for a beautiful sunshiny day. It's sure to be a fun time at the ballpark! We will be stopping at Exit Q in Menomonee Falls for anyone wanting to grab a bite to eat and save a few bucks on food. Game tickets, Coach Bus and Driver Tip Included.

## We Need Your Help!

Have you thought of becoming a tour guide? Would you like to plan a trip you'd like to share with others? We are need of volunteers who would like to plan and/or guide trips.

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!

# Winnebago Senior Tours

## Moulin Rouge

The Performing Arts Center-

Date: Wednesday, June 19

Cost: \$85 (\$20 non-refundable deposit)

Depart: 6:15 pm—from the OSC South Building Lot Return immediately after show

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment.

*Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and — above all —

Love. *Moulin Rouge* is more than a musical — it is a state of mind. The musical uses strobe lighting, fog and haze and contains some mature themes, revealing costumes and adult language. Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cheryl Freiberg



## Nunsense Musical Comedy

The Fireside Theatre—Fort Atkinson

Date: Thursday, June 20

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

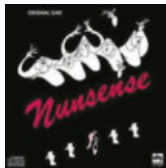
Depart: 8am Return: Approx 6:15 pm

*Nunsense* begins when the Little Sisters of Hoboken discover their cook has accidentally poisoned 52 of their sisters and they are in dire need of funds for the burials. They

decide to put on a variety show in the school auditorium. It's a show that's "sinfully" hilarious and definitely habit forming! Includes theatre tickets, coach bus

transportation driver gratuity, and lunch which is your choice of Chicken Piccata, Braised Pork Belly, or Shrimp Tempura served with potatoes and vegetable and blueberry crisp for desert.

Guide: Cheryl Freiberg



## REMINDERS

Be sure to check out the rotating rack at the Travel Desk for any new trips for which flyers are completed but not yet in the *Current!!*

And...for more information on a trip, refer to

30

## Lake Geneva Experience

Date: Wednesday, June 26

Cost: \$150.00 (\$20 non-refundable deposit)

Depart: 6:30 am-return approx. 8:00 pm

*There will be moderate walking on this trip.*

A full day of fun at Lake Geneva starting with a seat on the mail boat as it (and the jumpers) deliver mail to residents.



Then lunch at Pier 290 followed by a short bus ride to the mansion at Black

Point Estates. [See flyer for more information.](#)

Guides: Pat Heyer and Cindy Pfafenroth

## Greece Island Hopper

Date: September 13-23

Cost: \$5749 Double

Book prior to Jan. 14, 2024 for best pricing . In

Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-



style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, and Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotirn. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini—embrace the country at its best.

When sending payments in the mail **please call 920 232.5312 to be certain of availability** and include:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Email \_\_\_\_\_

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

Traveling with: \_\_\_\_\_

# Friends of the Oshkosh Seniors Center

## Oshkosh Seniors Center - A Love Story

Once upon a time, there lived a woman named Emily. After the passing of her husband, she found herself navigating the lonely waters of widowhood. Long days stretched ahead, filled with solitude and memories.

Following a suggestion from a friend, Emily decided to visit the Oshkosh Seniors Center. As she stepped into the center, the air buzzed with the warmth of companionship. Tables were filled with cards, puzzles, games and laughter echoed through the room.

Amidst the friendly chatter, Emily noticed a group of seniors engaged in a lively discussion. Drawn by the magnetic pull of their camaraderie, she joined them. The lively banter, shared stories, and laughter enveloped her like a comforting embrace. In just a few short weeks, Emily discovered she not only found the companionship she missed, but also rekindled her love of art, travel and learning new things.

Emily's once solitary life transformed into a vibrant tapestry woven with the threads of friendship and love, all thanks to the Oshkosh Seniors Center.

Thank you for your donations and for supporting the programs that bring seniors, like Emily, a renewed love of life!

*Share the love - donate today!*

*To donate today,  
please visit [www.ci.oshkosh.wi.us/seniorservices](http://www.ci.oshkosh.wi.us/seniorservices)  
and click on the Donate Today button.*

Donations may be directed to:

Friends of the Oshkosh Seniors Center  
PO Box 3423  
Oshkosh, WI 54903-3423

Email Inquiries to:  
[FriendsofOSC1986@gmail.com](mailto:FriendsofOSC1986@gmail.com)



Friends of the Oshkosh Seniors  
Center Mission Statement

*We are community members  
dedicated to supporting the  
Oshkosh Seniors Center and those  
who use its programs and services.*



Friends of the Oshkosh  
Seniors Center  
200 N Campbell Rd  
PO Box 3423  
Oshkosh WI 54903-3423

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U.S. Postage

**PAID**

UMS

**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

#### **OSC Staff**

Dan Braun, Senior Services Mgr.  
Anne Schaefer, Mktg/Fund Development  
Jane Wells, Program Supervisor  
Bobbie Jo Nagler, Office Assistant

#### **Activity Coordinators:**

Alec Jensen, Fitness & Wellness  
Kayla Stankowski, Healthy Lifestyles  
Kerry Wolfe, Asst. Activity Coordinator

Register for our activities and  
special events by logging on to  
our website from your comput-  
er, laptop or tablet.  
Visit us at:

[www.schedulesplus.com/  
oshkosh/kiosk](http://www.schedulesplus.com/oshkosh/kiosk)

#### **Advisory Board**

Scott Huiras, Chairperson  
Teri Jolin  
Liz Lahm  
Dawn Lux  
Barb Miller  
Barbara Tuchsherer  
Fleurette Wrasse

#### **Friends Board**

Judy Brewer, President  
Colleen Harvot, Vice President  
Chris Kniep, Treasurer  
Julie Hoyt, Secretary  
Judy Hebert  
Cheryl Freiberg  
Jeff Schettl  
Julie Maslowski

#### **Or mail registration to:**

**Oshkosh Seniors Center  
200 N. Campbell Road  
Oshkosh, WI 54902**

