



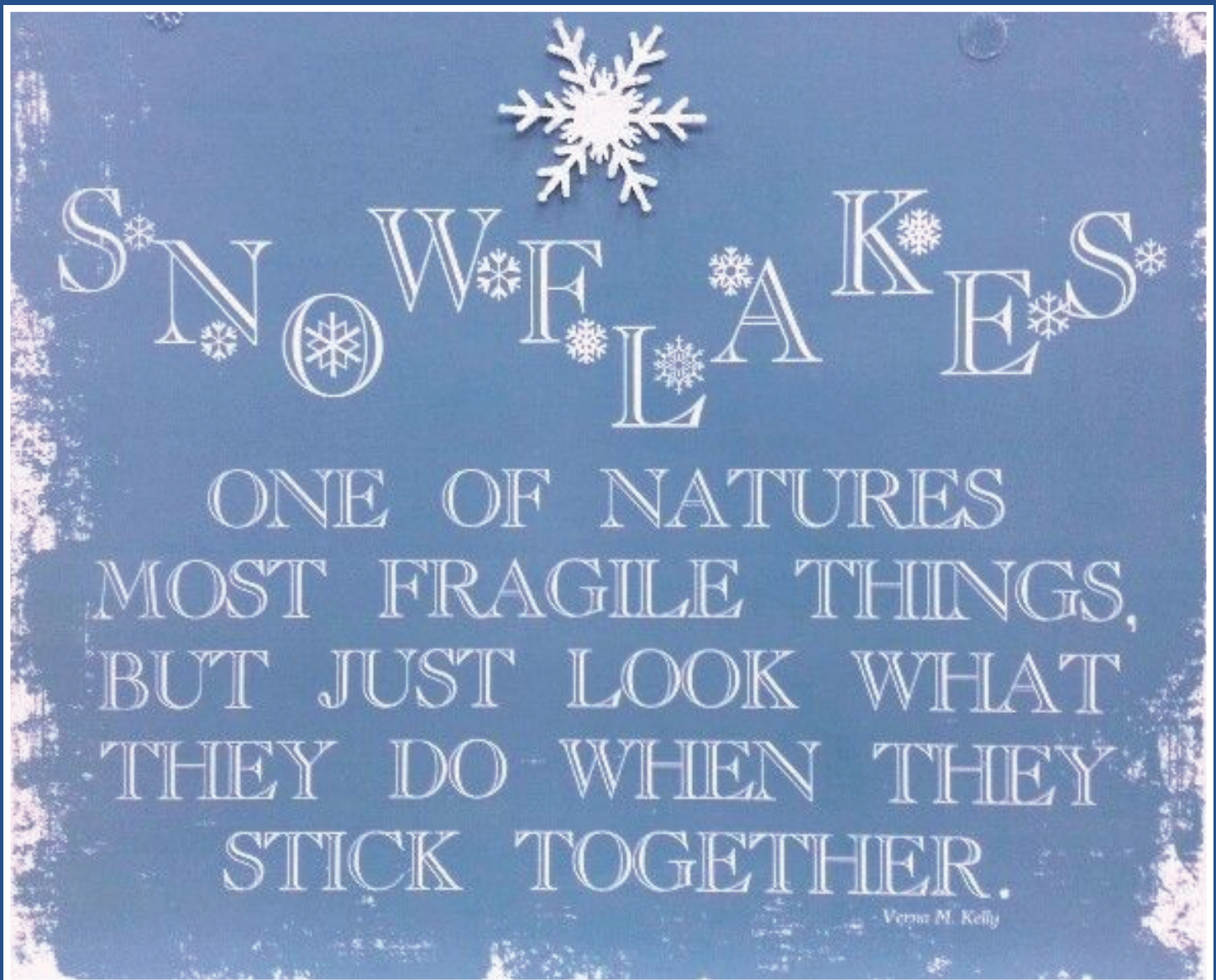
The Current

January 1, 2021

ISSUE #1

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WELCOME TO THE *Oshkosh* SENIORS CENTER

A change in the OSC Weather Policy

If the weather outside is frightful...
Due to COVID-19 and the question of schools being in session, the Oshkosh Seniors Center will continue to follow this weather closure policy: When the School District closes schools due to inclement weather the Center will also close. If the district is in **virtual session**, management will make the decision to close the Center.

Please keep in mind this is for the safety of both participants and staff. **Be sure to watch WBAY news (Channel 2) or check Facebook for updates on the latest closings.**



Please be aware that while we are trying to move forward with additional programming, the Covid-19 situation remains a fluid one. This means that while we will make every effort to hold programs listed in this newsletter, if the Center gets directions otherwise, we might postpone some offerings.

Face Coverings are required for all activities and classes at the Center



**The Oshkosh Seniors Center will be closed for programs and activities Friday, January 1.
Happy New Year!**



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

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In-Person Programming

Building: North (N) South (S)



Please note, going forward **all programs and activities** at the Oshkosh Seniors Center **require advanced registration**. You can register online at schedulesplus.com/oshkosh/kiosk, or by calling the Center at **920-232-5310**. Payments for class can be made via check made out and mailed to: OSC, 200 North Campbell Road, Oshkosh WI 54902



We will practice social distancing at all programs and face coverings are required while in the Center. **To allow for safe transitioning and cleaning time between programs,**

Book & Puzzle Pick Up (S)

Thursdays, January 7-28, 10 am-12 pm

The Center is opening up the opportunity to come in and pick out books, DVD's, and puzzles for you to enjoy at home. **This will be at the South building ONLY**. When finished, items may be returned to the bin located under the West covered entrance of the South building. We will follow the guidelines established by the Oshkosh Public Library before putting them back into circulation.



Paper Making Workshops

A series of workshops with a new technique taught each time. Handmade paper is a means of artistic expression where you can create unique works of art using paper and pulp. For all classes we recommend wearing rubber soled shoes and clothes that you won't mind getting wet or dirty. All supplies included in the class fee. We will practice social distancing and face coverings are required. Bring your own water bottle if desired.

Thank you for the generous donor that made purchasing the papermaking supplies and molds possible. **Register by calling 920-232-5310 or online schedulesplus.com/oshkosh/kiosk**

Paper Making (S)

Thursday, January 14, 10-11:30 am

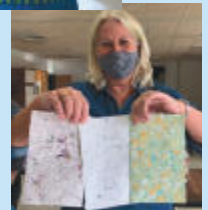
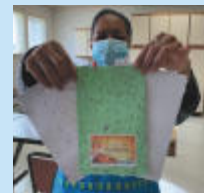
Instructor: Jane Wells

Cost: R \$10/ NR \$12.50

Min/Max: 3/6

Register by Tuesday, January 12

Learn the basics of making your own paper by recycling paper. We will be making handmade paper using scrap paper, a blender to make our own pulp, a deckle mold for forming, and an iron to dry paper. This is a fun hobby you'll enjoy!



Paper Casting & Card Making (S)

Thursdays, January 21 & 28, 10-11:30 am

Instructor: Jane Wells

Cost: R \$12/ NR \$14.50

Min/Max: 3/6

Register by Tuesday, January 19

This class has 2 sessions and you must attend both dates.

The first week we will make pulp and cast in in molds. The molds will take several days to dry. The following week we will remove our castings and create beautiful cards or artwork with them. Cards will be similar to ones shown.



In-Person Programming

Building: North (N) South (S)



Please note, **all programs and activities** at the Oshkosh Seniors Center **require advanced registration**. You can register online at schedulesplus.com/oshkosh/kiosk, or by calling the Center at **920-232-5310**. Payments for class can be made via check made out and mailed to: OSC, 200 North Campbell Road, Oshkosh WI 54902

We will practice social distancing at all programs. **To allow for safe transitioning and cleaning time between programs, please do not arrive more than 5 minutes before your class/activity begins.** Those arriving early for activities may be asked to wait outside for own safety and safety of others. There may be changes to programming. Your health and safety is our number one concern. We are continually re-evaluating based on guidelines from the governor, CDC, Public Health and City of Oshkosh. You will be notified of any changes to start dates as soon as possible. **Face covering is required**-Center has them available if you are in need of one.

Ukulele Play Along (S)

Fridays, January 8-29, 10-11:00 am

Cost: R \$\$8/NR \$9.50 for 4 week session

Min/Max: 3/9

Registration and payment required by Wednesday, January 6

This is a chance for ukulele players to get together and play music learned in past classes and from each other, and to share our favorites with each other. Led by volunteer Ukulele player. Please bring own music. We will practice social distancing of 6-8 feet apart, and face covering is required.



Celebrate National "Mocktail" Week

Tuesday, January 12, 10-10:30 am

Facilitator Evan Bremberger

Cost: Free

Max: 10

To register call the Center at 920-232-5310 or register online at schedulesplus.com/oshkosh/kiosk/ or go to Facebook



Just because a mocktail is non-alcoholic doesn't mean it has to be boring! We'll share our favorite easy and delicious non-alcoholic recipes.

Recipes and "how to" that range in flavor from sweet and a little spicy to fresh like a spring garden. **Note: This program will be offered in person, via Zoom, and Facebook Live.**

DYI Bath Bombs for Guys & Gals (S)

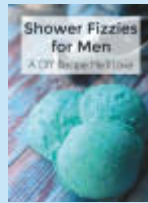
Wednesday, January 13, 10-11:30 am

Instructor: Jane Wells

Cost: R \$7/ NR \$8.50

Min/Max: 3/6

Register by Monday, January 11



If you've never tried a bath bomb you are missing out on a great bath. Bath bombs fill your tub with a wonderful scent and leave your skin soft and body relaxed. All supplies included to make 3 bath bombs.



Tip-up or Tip-down—Do You Know the Difference? (S)

Tuesday, January 19, 10-11:30 am

Instructor: Evan Bremberger

Cost: Free

Min/Max: 3/6

Register by Monday, January 18

Join us for this informational session on the differences between tip ups and tip downs and which best for what your trying to catch.

To register call the Center at 920-232-5310 or register online at schedulesplus.com/oshkosh/kiosk/ or go to Facebook Note:

This program will be offered in person, via Zoom, and Facebook Live.





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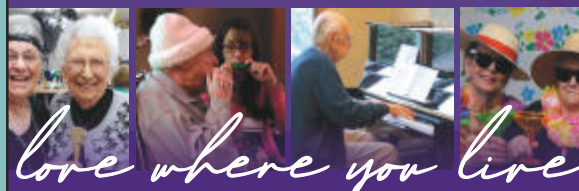
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Take & Make Kits

New!

Are you looking for fun projects that you can do from the safety of your home? The Oshkosh Seniors Center is now offering kits that you pick up and make at home. Each kit comes with the supplies needed to make project, plus step-by-step instructions. Call ahead to reserve your kit and make pick-up arrangements. Payment made at time of pick-up. **You may pick up your kit between 7 am-3pm at the North Building. Limited number of kits are available each month.**

Call 920-232-5310 to reserve your kit today!

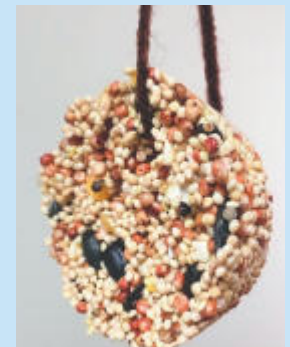
Here are the kits offered for January!

Kit #1

Winter Bird Cookies

Cost: R \$5/NR \$6.50

Make easy birdseed ornaments to attract a wide variety of wild birds. Hang them in a spot where you can watch our feathered friends enjoying the treats you made for them. Using your own muffin pan, or other similar mold, you will be able to use the supplies to make 6-10 bird cookies. Be kind to our feathered friends!



Kit #2

Crepe Paper Bouquet

Cost: R \$4/NR \$5.50

You can make crepe paper flowers in a breeze with this fantastic craft kit. These crepe paper streamer flowers are wildly easy to make. They brighten a home in the dead of winter. The instructions includes step-by-step photos to follow along! Give them to a friend or keep them for yourself. Kit contains supplies to make 4 flowers.



Kit #3

Gnome Craft

Cost: R \$6/NR \$7.50

Gnome crafts are trendy and fun for adding to your home's décor. The whimsical characters bring cheer and smiles. This no sew basic project is easy to do, and once you get started, you may not be able to stop making them! Decorate your home or give these quirky decorations as a gift. Spread cheer to others. There's no place like Gnome!

Sara's Savory Samplings



This recipe is so comforting on a cold January night! "Stoved" is derived from the French étouffer—to cook in a covered pot—and originates from the seventeenth century! Bon Appetit!

Stoved Chicken

Ingredients

- | | |
|---|------------------------------------|
| 2 1/4 lbs potatoes, sliced 1/4 inch thick | 2 large slices bacon, chopped |
| 2 large onions, thinly sliced | 4 large chicken quarters, halved * |
| 1 T fresh thyme, chopped (or 1 tsp dried) | 1 bay leaf |
| 2 T butter | 2 1/2 C chicken stock |
| 1 T oil | Salt and black pepper (to taste) |

Directions

Preheat oven to 350°. Make a thick layer of half the potato slices in the bottom of a large, heavy casserole dish, Dutch oven or roaster, then cover with half of the onion. Sprinkle with half of the thyme, and salt & pepper.

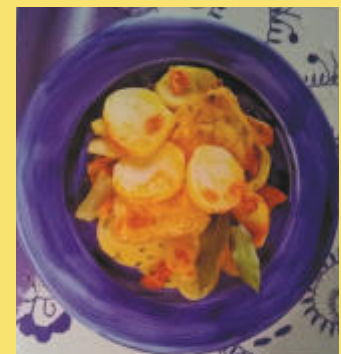
Heat the butter and oil in a large frying pan and brown the bacon and chicken. Using a slotted spoon, transfer the chicken and bacon into the casserole. Reserve the fat in the pan. Sprinkle the remaining thyme, bay leaf and some salt & pepper over the chicken, then cover with the remaining onion, followed by a neat layer of overlapping potato slices.

Pour the stock into the casserole, brush the potatoes with some of the reserved fat, then cover tightly and cook in the oven for about 2 hours, until the chicken is tender.

Preheat the broiler. Uncover the casserole, place under the broiler and cook until the potatoes are beginning to brown and crisp.

* You may substitute chicken parts or boneless chicken thighs

Serves 4



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Building: North (N) South (S)

What's New in Fitness & Wellness

Live Your Best Life When Dealing with Chronic Pain (S)

Tuesdays, January 12, 11 am-12 pm

Instructor: Dr. Erik Koehler, Physical Achievement Center

Cost: Free

Min/Max: 10 in person

Register by Friday, January 8

Learn how you can lift the grip that chronic pain has on you and your active life. Dr. Eric Koehler will be sharing top tips to get you active and live more fully. You can move past the discouragement and exhaustion with a proven plan to get you back to more comfortable sleep, walking, and outings in the community. Replace the fear and doubt with empowering tips and tools to help you live your best life.

Why Chiropractic Care is Important for Older Adults (S)

Tuesday, January 19, 11-11:45 am

Presenter: Bellville & Associates

Min/Max: 10 in person

Register by Friday, January 15

In this presentation we will learn about why chiropractic care is an important part of health and wellness as we age. This class will cover why joint health is important, how chiropractic work can alleviate chronic pain and inflammation in joints, and the importance of having your joints properly aligned.

Falls Assessment (N)

Tuesday, January 19, 1-3 pm

Instructor: Courtney Van Zeeland, DPT Ascension Mercy and Alec Jensen

Register by Friday, January 15

Max/min: 8

Description: These quick, simple, and non-invasive tests will help identify balance and motor control deficits, and allow a professional to create a plan to implement corrective strategies and further modify your lifestyle to suit your current functional capabilities. The best part these assessments only take 15-20 min.



A Healthier You (S)

Monday, January 25 1 pm - 2 pm

Presenter: Dena Myer, Registered Dietitian & Diabetes Educator, Aurora Health (via Zoom)

Cost: Free

Min/Max: 10 in person

Register by: Friday, January 22

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. **This is a hybrid class with a 10 max for in person attendance. This will also be shown on zoom so if you can't make it in, you can watch from home!**



Properly Manage Inflammation, Swelling, Edema, and Lymphedema (S)

Tuesday, January 26, 11 am-12 pm

Presenter: Dr. Erik Koehler, Physical Achievement Center

Cost: Free

Min/Max: 10 in person

Register by Friday, January 22

Learn how you can feel and move better when you are experiencing the effects of inflammation, edema, and pain. Learn the top tips on overcoming your stiffness, pain, swelling and weight gain.

Fox Fitness Center & Exercise Class Guidelines

We are excited to welcome more of you back as we begin our transition to resuming more in-person indoor services at the Oshkosh Seniors Center. While we are eager to reopen our doors, we must also be mindful of the importance of safety during this critical time. Therefore, you may notice some changes as we work to modify our practices to ensure everyone's health and safety.

Fox Fitness Center:

- OSC North will be open to participants that are exercising inside the Fox Fitness Center (FFC).
- **FFC will be by appointment only!!**
- **Appointments are available hourly from 7-7:45 am then again from 10 am—2 pm M-F**
- Arrive no more than 5 minutes prior to your appointment time.
- **A face covering is required.**
- Register at 920-232-5310 or via [Schedulesplus.com/Oshkosh/kiosk](https://schedulesplus.com/Oshkosh/kiosk)
- Please try your best to keep your appointment times. If you cannot, please contact the Seniors Center to cancel as soon as you can.



Exercise Classes:

- All exercise classes will be held in the Oshkosh Seniors Center North Building. (With the exception of Movement Exercise, which will be held in the South Building)
- **The exercise class size will be limited.**
- Arrive no more than 5 minutes prior to your class
- **You must sign a 2021 exercise waiver in order to participate in any exercise class.**
- **You must pre-register for these classes. No drop in's allowed.**
- **You may only sign up for one class during the registration period.**
- **A face covering is required.**
- Register at 920-232-5310 or via [Schedulesplus.com/Oshkosh/kiosk](https://schedulesplus.com/Oshkosh/kiosk)

Other Considerations:

- Bring only what you need! We ask that you bring only what you need to exercise. Keep other objects in your car. We recommend water, exercise mats, and proper athletic attire.
- With the colder months upon us, we ask that you hang your coats in the coat room or on the various hooks throughout the OSC.
- Cleaning materials for members to wipe/disinfect equipment before and after exercise will be available. Participants will be required to wipe down all exercise equipment after they are finished using it.
- Participate at your own risk.



The Fox Fitness Center is on a SALT-FREE diet!

When the weather outside is frightful, please remember **all participants** must bring an **extra pair of clean shoes** to wear for your workout! (This includes classes or the Fox Fitness Center)

Salt and snow on your shoes can cause damage to the equipment. Help us to keep them in their best working condition!



Building: North (N) South (S)

Please arrive no more than 5 minutes prior to any class.

Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible
OSC accepts Renew Active, Silver Sneakers and Silver and Fit

Rate sheets available at Front Desks

Modified Silver Sneakers (N)

Mondays & Wednesdays, January 4—27 (group 1)

Tuesdays & Thursdays, January 5—28 (group 2)

8-8:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50 per 4 week session

Register by Thursday, December 31

This class will be aimed at getting us moving again and rebuilding any strength and mobility that has been lost over time. This class will be using a variety of exercise techniques to build strength, endurance, power, and balance.



Life Fitness & Movement (N)

Mondays & Wednesdays, January 4—27 (group 1)

Tuesdays & Thursdays, January 5—28 (group 2)

9-9:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50 per 4 week session

Register by Thursday, December 31

This 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 aims to reestablish our mobility, flexibility, strength, endurance, and aerobic capacity. This class will utilize body weight movements, resistance bands, and light cardio to improve upon our fitness. Note: Please bring an exercise mat with you to this class as we may be utilizing it.



Functional Fuel (N)

Tuesdays and Thursdays, January 5—28

9:45-10:15 am

Instructor: Dr. Josh Belville/Alec Jensen

Cost: R \$17 / NR \$25.50 per 4 week session

Register by Thursday, December 31

This class will be a combination of upper/lower body strengthening exercises, and high intensity movements. By working on two main ingredients, mobilization and stabilization, your optimal health and fitness goals can be achieved without pain. **It is strongly recommended that you are able to get up and down from the floor to participate in this class. Participants must bring their own exercise mat, and face coverings are required.**



Building: North (N) South (S)

Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

Movement Exercise (S)

Thursdays, January 7—February 11, 11 am —11:30 am (group 1)
January 7—February 11, 11:45 am — 12:15 pm (group 2)

Instructor: Bobbie Jo Luft

Cost: R \$17 / NR \$25.50 per 5 week session

Register by Friday, December 31 for January 7—February 11 session

A class for senior adults who have disorders such as Parkinson's, MS, or suffer from balance related issues. This class will help increase your energy, flexibility, endurance, and sense of well being by utilizing stress free movements. **Face coverings are required.**

Advanced Line Dancing (N)

Mondays & Tuesdays, January 4—26, 12:30-1:15 pm

Instructor: Debbie Ruck

Cost: R \$17 / NR \$25.50 per 4 week session

Register by Thursday, December 31

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! This class is for those who already know line dance routines, steps are not taught in this class. Please arrive no more than 5 min prior to class.

Note: Prior Line Dancing experience is preferred. Face coverings are required.

Please arrive
no more than 5
minutes prior
to any class.

Range of Motion (N)

Mondays & Wednesdays, January 4-27, 9:45-10:15 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50 per 4 week session

Register by Thursday, December 31

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



FFC 3g (N)

Fridays, January 8—29, 8-8:45 am (group 1)
January 8—29, 9-9:45 am (group 2)

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50 per 4 week sessions

Register by: Friday, December 31

Introducing different way to exercise! FFC 3g doesn't work like your typical group exercise class. In this format participants will be broken up into 3 different groups (hence the 3g) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format **you will be coached** through different exercises this means you won't have a Coach in front of you for the entire class and it's up to you to keep yourself accountable within the workout. This class will use equipment such as bikes, treadmills, free weights, and weight machines to get a quality workout in! **If you are not familiar with how the fitness equipment works sign up for an equipment orientation with Alec before you start this class. Call 920-232 -5320 to set up a equipment orientation.**



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TOTAL BRAIN HEALTH
BODY • MIND • SPIRIT

Total Brain Health is a recognized leader in the brain fitness industry. They believe that brain health is a critical part of optimal living, and that everyone should have the chance to boost their brain power and live life fully and richly, each day and every year. That is both their passion and our company mission. Thanks to the gift from a generous donor, the Oshkosh Seniors Center is able to bring you these programs directly from the Total Brain Health company.

Advance registration required for all classes. Register online at schedulesplus.com/Oshkosh/ kiosk, or by calling the Center at **920-232-5310**.

Start Something New (S)

Friday, January 8, 10:15-10:45 am

Cost: R \$5 / NR \$7

Min/Max: 2/10

Register by Wednesday, January 6

Our TBH Blueprint focus is the "Stretch Your Mind" action point. We know that staying intellectually engaged is one of the best ways we can take care of our brains. We'll learn more about why, and plan together for ways we can "start something new."

**All programs on this page
will be in-person**

Attention, Attention! The Importance of Focus (S)

Friday, January 15, 10:15-10:45 am

Cost: R \$5/ NR \$7

Min/Max: 2/10

Register by Wednesday, January 13

Come join us as we "get smart" about brain health! Developed by the leading brain fitness experts at Total Brain Health, the TBH BRAIN WORKOUT course teaches the many proven ways we can keep our thinking sharp, lower our dementia risk, and promote better cognitive vitality. In this class we will learn more about how we can boost our attention, a key thinking skill we rely on every day.



Did You Hear That? (S)

Friday, January 22, 10:15-10:45 am

Cost: R \$5/ NR \$7

Min/Max: 2/10

Register by Wednesday, January 20

We will learn why good hearing health is critical to staying sharp, good memory and our cognitive well-being. While it can be harder to hear as we age, there are things we can do to keep our hearing healthy and be more effective listeners. Focusing is a great way we can do that, and something we can keep practicing on our own each day.

Snack Attack! (S)

Friday, January 29, 10:15-10:45 am

Cost: R \$5/ NR \$7

Min/Max: 2/10

Register by Wednesday, January 27

Now let's "attack" brain healthy snacks. When it comes to what we eat, it's important to keep our brain cells in mind, as well as our taste buds. There are lots of delicious foods that have the potential to protect us from memory loss and dementia, and that includes foods that can satisfy our hunger pangs when we crave a snack. In this class we will learn about how food affects our brain.



Building: North (N) South (S)



Authors: Dr. JJ Allen PharmD, CISSN & Sean Casey RD, CISSN

If there was ever a time in our recent history where the immune system was at the forefront of daily discussion, it's now. One can hardly turn on the nightly news, open a newspaper, or surf the internet without coming across strategies to boost the immune system. With the overwhelming flow of information out there, it's no wonder many patients ask me, "*What are legitimate ways to improve my immune system?*"

To address this question, I emphasize a personalized, holistic approach to building one's immune system through six key pillars: a diet rich in nutrient-dense foods, sleep, stress management, social connection, physical activity, and sunlight exposure. Although these pillars form a strong base, there are times when further fortification of the immune system, in the form of nutraceuticals (natural foods, including antioxidants, dietary supplements, fortified dairy products, and citrus fruits, and vitamins, minerals, herbals, milk, and cereals) is quite important; especially in instances where it may be challenging to obtain desired nutrients from food alone.

Research suggests that nutraceuticals such as beta-glucan, CBD, elderberry, Immunoglobulin G, melatonin, vitamin D, zinc, and many others all may directly or indirectly support various aspects of immune function. I recommend and personally take combinations of these and other dietary supplements quite frequently, but recognize that the combination varies for each patient.

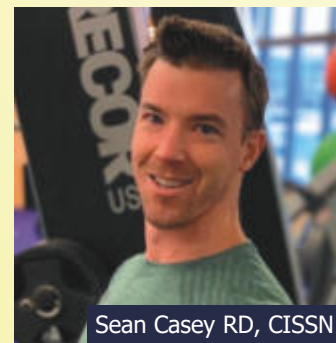
Here are few things to consider: elderberry products should be standardized for anthocyanins, but many are not. High doses of CBD interact with blood thinning medications such as warfarin. Without the proper supporting micronutrients, taking a high dose of Vitamin D may lead to calcification of your arteries and soft tissue. When it comes to high-dose zinc, consuming it without other key minerals may lead to anemia and neurological symptoms.

My goal in sharing these nuances of various nutraceuticals which support the immune system is not to scare you. Rather it's to inform you that although dietary supplements are great tools when used correctly, if used incorrectly, they do carry risk. As a Doctor of Pharmacy with extensive study in physiology, pharmacology, nutrition, and biochemistry, I know that one cannot take a "one size fits all" approach to fortifying the immune system. For this reason, I strongly encourage anyone considering the use of nutraceuticals to seek the assistance of someone with knowledge of both their medications as well as a firm understanding of the biological science disciplines.

Considering the current viral pandemic we are experiencing, to date there are no known nutraceuticals proven to prevent, treat, or cure COVID-19. If you see advertisements suggesting this or individuals making such claims, these should be disregarded. Per FDA law, these claims are illegal.

In summary, there are many ways to support and fortify your immune system. At Hometown Pharmacy, we take a holistic approach to optimizing your immune system through the six pillars; and when appropriate, the strategic use of nutraceuticals. If you have questions on which nutraceuticals may be right for you, please reach out to a Hometown Pharmacy team in your area.

To reach JJ and the Sawyer Street Hometown Pharmacy team: Call: 920-426-0763, Text: 920-289-2863, or Email: jjallen@hometownpharmacyrx.com



Winter Blues? Seasonal Affective Disorder? Be Smart About Your Mental Health

During late fall and winter it isn't uncommon to get the winter blues, sometimes called SAD or Seasonal Affective Disorder. SAD affects both men and women equally, affecting a total of 5% of the U.S. adults. However, men experience SAD differently than women. Men often show signs of increased irritability, anger, and frustration. As compared to women who more frequently shows signs of melancholy, lethargy, and loss of appetite. SAD can be managed in a number of ways, including light therapy, anti-depressants, talk therapy, exercise, supplementation and/or a combination of these. While symptoms will generally improve on their own with the change of season, symptoms can improve faster with treatment. Below are easy at home ways to help manage SAD:



Light Therapy: Involves sitting in front of a light therapy box that emits bright light while filtering out UV rays. It typically requires 20 or more minutes of exposure per day. Most people see some improvements from light therapy within one or two weeks of beginning treatment. To maintain benefits it's suggested to continue treatment throughout the winter season.

Exercise: Has been shown to help alleviate SAD, as well as other forms of depression. According to the American Heart Association (AHA). People should strive for 150 minutes of moderate aerobic activity a week or 75 minutes of vigorous aerobic activity per week.



Vitamin D: Low levels of vitamin D were linked to SAD in a research report in 2014 in the Journal of Medical Hypotheses. A study published in the 2014 Journal Nutrients found that people who supplement vitamin D saw significant improvements in their depression. *(It is suggested you contact a doctor before supplementing vitamin D).*

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

<p>Home Care Services</p> <ul style="list-style-type: none"> • Medication Reminders • Housekeeping • Meal Preparation • Shopping & Errands • Friendly Companionship 	<p>Day Services</p> <ul style="list-style-type: none"> • Recreational Activities • Enhancing Opportunities • for Personal Choice • Community Inclusion • Flexible Scheduling
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Wisconsin SMP
Empowering Seniors To Prevent Healthcare 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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A Senior Community

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CALL (920) 236-6540

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Visit www.claritycare.org for more information.

Building: North (N) South (S)

Foot Care Clinic



The Oshkosh Seniors Center in partnership with Valley VNA Senior Care offer foot care clinics for seniors. Clinics are held at the Center, 200 North Campbell Road, Oshkosh. Proper foot care is very important for patients with diabetes, cardiovascular disease, neurological disorders and also aids in the prevention of falls. For the health of all, masks are required when entering the Oshkosh Seniors Center. If you do not have a mask, we will provide you with one.

Appointments are available Tuesdays and Wednesdays, 9 am-3 pm and can be scheduled by calling 920-232-5310



Professional Foot Care Service include:



Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toe Nails

Calluses and Corns Reduced

Thinning/Debridement thick nails

Minor Ingrown Nails Addressed

Lower Leg and Foot Massage with Light Lotion

Patient Education

Cost: \$22

To limit the handling of cash, please pay by check made out to OSC

Nail Care area is completely sanitized between appointments



Valley VNA
Senior Care

Building: North (N) South (S)

TOTAL BRAIN HEALTH QUIET THE MIND



Welcome to the TBH Quiet the Mind series, workouts everyone can use to de-stress, build calm, and promote focus.

TBH QUIET THE MIND



DECLUTTER DAY



Getting organized is a wonderful brain-boosting habit! But organization has another benefit for our brains, one that is often unappreciated. When things are organized it can help us feel calmer and more relaxed. Now this is not to say that you can't have a preferred way of organizing! However, you like to organize, being organized can quiet the mind.

With perhaps more time at home than you've had in a while, why not choose something to declutter and organize? It can be something as small as a junk drawer, or as large as your bedroom or office.

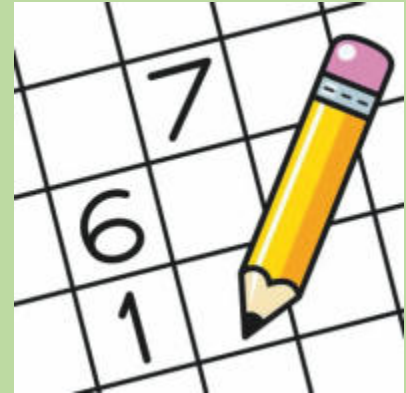
Whatever you pick, no doubt decluttering will set a better sense of order and calm to your day. It might even prove habit forming!

From the experts at Total Brain Health | TBH QUIET THE MIND is a series of stress-reducing activities you can do on your own to stay engaged with brain wellness anytime, anywhere.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

							8	
		1	7	6	5	2	9	
6					9			
5	4				8	6		
		9			6	7		
	7			9	1	8		
					2	1		4
				4				
						9		



Answers on Page 28

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DIFFICULTY: ★★★★★

ENIGMATM CRYPTOGRAM

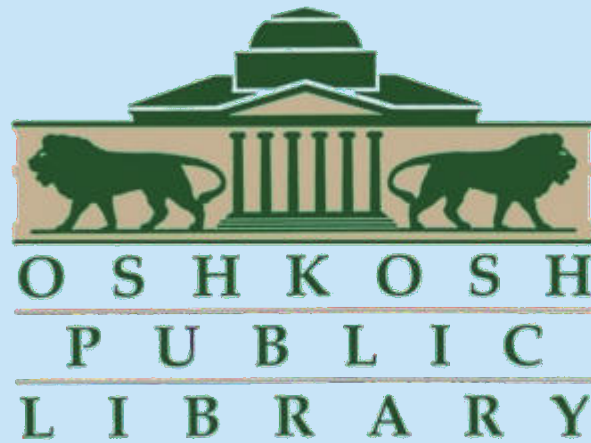
Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "O" = "R"*

“LND CDAATFA JD VDG LTRR CDAATF
QPDGJ VDG.”

— JGOYTAN FODKHOP

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E032



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**DON'T HAVE A CARD? DURING THIS SESSION A CARD CAN BE
ISSUED FOR IN-PERSON ATTENDEES. CALL 232-5300 TO REGISTER**



Connect Through Tech

Building: North (N) South (S)

Connect through Tech (S)

We want to provide opportunities to learn about technology! We are offering one-on-one appointments to take the fear out of using technology so *you* can connect with friends and family and navigate through a pandemic! We want every older adult in our community to have access to affordable technology options and access to learning how to use it!

One on One Tech Appointments (S)

Mondays, January 4-25

9 am, 11 am or 1 pm

Tuesdays, January 5-26

9 am, 11 am or 1 pm

Wednesdays, January 6-27

11 am or 1 pm

Cost: R \$2 / NR \$2.75 per class

By Appointment Only 232-5310

Meet with an instructor one-on-one to achieve your technology goals!

In these sessions we will teach you the basics to achieve your goals! We are here to help you do what you are interested in. We are even available to help you purchase and upgrade your devices.

Registration is required for all program/activities. To register call the Center at 920-232-5310 or register online via Schedules Plus at <https://schedulesplus.com/oshkosh/kiosk/>

CONNECT THROUGH TECH



LEARN ABOUT TECHNOLOGY DURING FUN AND INDIVIDUAL SESSIONS.



Wi-Fi Access (S)

Thursdays, January 7, 14, 21, 28

By appointment only

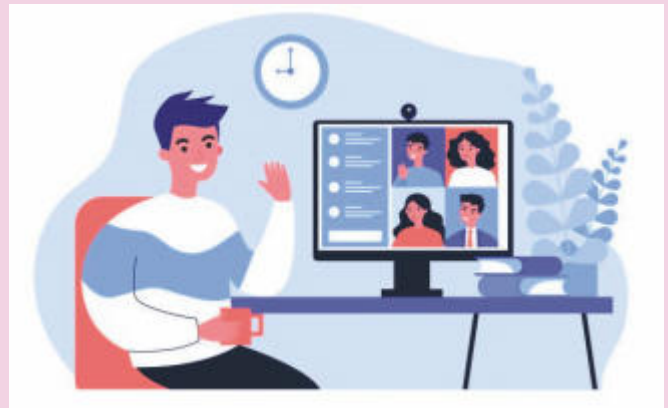
- 8:30 am—10 am
- 10:30 am—12 pm
- 12:30 pm —2 pm

Call 232-5310 to reserve one time slot.

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the great room and enjoy the high-speed internet service. No password required.



OSHKOSH HEALTHY NEIGHBORHOODS





The Benefits of Online Banking Thursday, January 21, 10:00 AM Presented by Mitchell Michiels from Verve, a credit union

Register to attend in-person or via a Zoom invitation
Here's your opportunity to ask questions about
the pros and cons of banking online.
Call 232-5310 to register for this FREE presentation



Virtual Programming



zoom zoom zoom

You may be hearing about “Zoom” from many different sources. In fact, the Seniors Center is using Zoom to facilitate online programming (referred to as meeting in text below). Zoom requires internet service, a device (with camera optional), and an email address. Here’s some guidance on how to get set up so that you can join us! **www.zoom.us**

What is Zoom? Zoom is on the internet, uses a cloud based service, and provides a way to meet with people via video on your desktop computer, laptop computer, smartphone or tablet.

Sign up for a free account: visit zoom.us/signup and enter your email address. You will receive an email from Zoom (no-reply@zoom.us). In this email, click **Activate Account**. Once activated, you can sign in to your Zoom account.

Test computer before joining meeting: You can [join a test Zoom meeting](https://zoom.us/test) to familiarize yourself with Zoom and test your microphone/speakers before joining a Zoom meeting. Visit zoom.us/test and click **Join**. You do not have to have a camera to join a meeting, you should still be able to listen to the meeting. If you do not have a built in microphone, you could call the meeting host to be able to participate. Without a camera or microphone, you will only be able to listen to the meeting.

Learn how to use before attending meeting: Take some time to learn a little bit about how to work in Zoom. There are wonderful tutorials in Zoom. Go to Zoom.us and on the far right click on “Support”. You will see a wide variety of topics, including “getting started”. Getting to know how to use Zoom (it’s quite easy) before attending a meeting helps to keep things going smoothly.

Ok, so you have an account, you’ve tested your device, looked at tutorials on how to use Zoom, now what happens? Where do I find out about virtual programming? The Center will make lists of virtual programs available via email, Facebook, phone call, newsletter, as well as SchedulesPlus. If you find something you want to join, log on to **SchedulesPlus.com/Oshkosh/kiosk**, click register, enter phone, add activity to cart, and check out. Once registered for a program (meeting), you will receive a join meeting link and meeting ID code via email.

Popular Topics



Join a meeting (program): Open your email to find the Zoom meeting link and meeting ID code. Click on link and it will take you to Zoom. Or you can go directly to Zoom.us and on right hand side click on “join meeting”, enter the meeting ID number from your email (copy and paste), then select audio and video options and click join. **To minimize meeting disruptions, please arrive at least 5 minutes before the meeting start time to get set up and ready to go.**

Still have questions about how to use Zoom? Call 232-5310 for an appointment or see page 22 for technology learning options. We are all in this together!

Check out our virtual programming opportunities on pages 25 - 27

Virtual Programming



COVID 19 and Senior Center Programming

As we face an unprecedented event regarding COVID-19, we have to make decisions regarding all of our programming. Please know we are continually monitoring the Winnebago County Public Health Department and data regarding COVID. During this time, **we require advance registration for all programs.** Please only come in to the Seniors Center if you have an appointment or have registered for a class. We have introduced virtual programs for the first time! We will continue to run these online programs for the foreseeable future. **You will need internet access, an email, and a computer, tablet or smart phone to participate. Online classes are run through Zoom. Details and one on one learning about using Zoom is available via Connect Through Tech program. Call 232-5310 to set up a one on one learning session.**



Mah Jongg-Online Site

Tuesdays, January 5-26 , 1-3 pm

Cost: Free

Leader: Jeanne Bredbeck

To register call the Center at 920-232-5310 or register online at

<https://schedulesplus.com/oshkosh/kiosk/>

Play American Mah Jongg online against friends from the Oshkosh Seniors Center. You will need your own Mah Jongg card. Organizers will set up "host tables" where friends can play each other. Please note: There is a 14 day free trial period, after that there is a \$5.99/month fee to play on the real Mah Jongg site. Volunteer Jeanne B will walk you through each step to get set up playing and to join the group. She will contact you once you have registered.

Check out the site: <https://realmahjongg.com/>



Mindfulness Meet up-via Zoom

Tuesdays, January 5-26 , 2-3 pm

Cost: Free

Instructor: Donna Janus

To register call the Center at 920-232-5310 or register online at <https://schedulesplus.com/oshkosh/kiosk/>

<https://schedulesplus.com/oshkosh/kiosk/>

Join instructor Donna Janus for peaceful meditation and educational experiences. Meeting is held via Zoom. Don't let worry rob you of peace and happiness. Each class has a different focus and educational piece. The instructor will send you a link to the program once you have registered.

From our friends at the
Oshkosh Public Museum



Museum Mondays

Join us for a Free Program on Zoom.
Stories, Research and Interesting Information, from the
Staff at the Oshkosh Public Museum.

Meet the Sawyer Siblings

The family of Philetus Sawyer was a well-known and closely knit unit in Oshkosh. Come and meet his brothers and sisters, valuable citizens he hardly ever acknowledged.

Monday, January 18, 2021 at 1 pm
Call to register: 920-236-5799



Virtual Programming

Virtual Programs held via Zoom. You will need internet access, an email, and a computer, tablet, or smart phone to participate. If you need help setting up Zoom, or need other options to participate, please call 920-232-5310 for a technology appointment. **Registration is required for all programs/activities.** To register call the Center at 920-232-5300 or register online via Schedules Plus at <https://schedulesplus.com/oshkosh/kiosk/>

Book Talk- "Midnight at Blackbird Cafe" by Heather Weber via Zoom

Thursdays, January 7-28, 1:30-2:30 pm

Facilitator: Kerry Wolfe

Cost: Free

Max: 9

Register by Tuesday January 5. Call the Center at 920-232-5300 to register and arrange for book pick up or register online at <https://schedulesplus.com/oshkosh/kiosk/>. You will be sent Zoom meeting link.

Nestled in the mountain shadows of Alabama lies the little town of Wicklow. It is here that Anna Kate has returned to bury her beloved Granny Zee, owner of the Blackbird Café. Through a collaboration with Oshkosh Public Library, copies of the book are available for checkout from the Seniors Center.

Essential Oils: Top Three Essential Oils for Winter

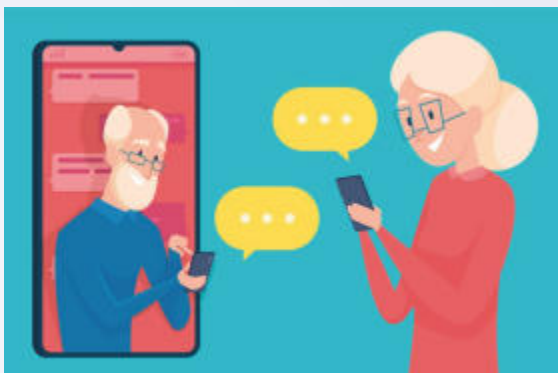
Tuesday, January 12, 10-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne, LLC

Cost: Free

Register by Monday, January 11 Call the Center at 920-232-5310 or register online at <https://schedulesplus.com/oshkosh/kiosk/>

During cold, dark winter months, discover essential oils that can really come in handy—especially for those of us dealing with compromised immune systems, holiday stress, and seasonal depression. Jeanne will share 3 of the top essential oils and how to use them for your best health.



**Need help with Zoom or other technology?
Get help NOW! Connect Through
Tech program will teach you.
Call 920-232-5310 today!**

Virtual Programming

Virtual Programs may be held via Zoom. You will need internet access, an email, and a computer, tablet, or smart phone to participate. If you need help setting up Zoom, or need other options to participate, please call Anne Schaefer at 920-232-5306. **Registration is required for all programs/activities.** To register, call the Center at 920-232-5310 or register online via Schedules Plus at <https://schedulesplus.com/oshkosh/kiosk/>

Celebrate National "Mocktail" Week via Zoom and Facebook Live!

Tuesday, January 12, 10-10:30 am

Facilitator: Evan Bremberger

Cost: Free

To register call the Center at 920-232-5310 or register online at schedulesplus.com/oshkosh/kiosk/ or go to Facebook

Just because a mocktail is non-alcoholic doesn't mean it has to be boring! We'll share our favorite easy and delicious non-alcoholic recipes. Recipes and "how to" that range in flavor from sweet and a little spicy to fresh like a spring garden.



Inside the Mind of a Master Procrastinator

TED Talk-Discussion after

Thursday, January 14, 10-11 am

Facilitator: Evan Bremberger

Cost: Free

To register call the Center at 920-232-5310 or register online at schedulesplus.com/oshkosh/kiosk/

Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this **hilarious and insightful** talk, Urban takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window -- and encourages us to think harder about what we're really procrastinating on, before we run out of time. **This TED Talk has been viewed over 41,700,000 times. Don't procrastinate, join this fun discussion!**



Check your emails! Most communication after you register for a program is sent out through email.

Make sure the email on your account is up to date!

ZOOM LINKS WILL BE SENT OUT TO YOU BY EMAIL BEFORE THE START OF THE CLASS.

Word Search Solution

Answer to Sudoku

9	2	7	1	3	4	5	8	6
4	8	1	7	6	5	2	9	3
6	5	3	2	8	9	4	7	1
5	4	2	3	7	8	6	1	9
8	1	9	4	2	6	7	3	5
3	7	6	5	9	1	8	4	2
7	3	8	9	5	2	1	6	4
1	9	5	6	4	7	3	2	8
2	6	4	8	1	3	9	5	7



Enigma Cryptogram Solution:

“Who gossips to you will gossip about you.”—Turkish proverb

Friends of the Oshkosh Seniors Center

501 (c)3 Non-Profit



2020 Lessons = 2021 Actions

2020 was a year unlike any of us have lived before - a year filled with challenges and opportunities. A year of change. A year of learning and growing. Some of the lessons learned include:

- Store shelves can be emptied
- ZOOM is more than a phrase seen in comic strips
- Having food in the cupboards and money to pay rent can be difficult
- Holidays, celebrations, achievements are very different, when done alone
- Isolation is real, heartbreaking and debilitating

We've also learned:

- There are SO many heroes around us – medical, safety, faith, friends, family
- ZOOM meetings, telephone calls, texts, and mail are life-lines
- Eyes can relay a smile
- We are a generous community, willing to give and help others
- There is much we can be grateful for in our lives

Looking ahead to 2021, with a calendar that may seem empty and many questions about “what’s next”, let’s use what we have learned and continue to make a difference in our family, with our friends and our community.

We thank you for your continued support of the Oshkosh Seniors Center and hope you know the value of the contributions you make to the Friends of the Oshkosh Senior Center in making their work happen – Happy New Year!

Donations may be directed to:

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

Or email us:

FriendsofOSC1986@gmail.com

Or use the donation link posted on:

www.facebook.com/FriendofOSC

Friends Mission Statement



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

Winnebago Senior Tours

The COVID-19 outbreak in the United States is a rapidly evolving situation. The status of the outbreak varies by location. State and local authorities are updating their guidance frequently. We are hopeful for the future, but is impossible to predict travel restrictions. **Please be aware that planned trips may change.** We appreciate your understanding and flexibility during this difficult time. The Wisconsin Department of Health Services is a good resource to assess current risks. www.dhs.wisconsin.gov

New Tours Sign-up Procedure

Due to the Tours desk being unavailable, a new procedure is in place to sign up and pay for a tour. You will now send a check to:

**Winnebago Senior Tours
P. O. Box 1851
Oshkosh WI 54903-1851**

Please be sure to note the trip on the memo line.



Cheryl, Ginnie, Donna, Sherry, Betty, Laurie, Dorey, and Volunteers who work the Tour Desk, would like to wish everyone a safe and healthy New Year!



Church Basement Ladies in "Mighty Fortress" at Fireside

Date: Thursday, February 4, 2021

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

Guides: Sherry Katzenberger & Ginnie Riley

Depart 7:45 am & Return 6 pm

Final Payment Due: January 14, 2021

The Church Basement Ladies series is in the year 1960, and Beverly gets her first pair of high heels, Mrs. Snustad wins top honors at the County Fair, and Pastor has found new love and announces his nuptials. There are many more stories that will be told with great songs and lessons learned. Lunch consists of Harvest Blend salad and fresh baked breads. The entrée is a roasted boneless pork chop with whipped potatoes and rich homemade pork gravy, along with creamed corn, and cinnamon apple sauce. For dessert, apple pie with streusel topping and served with homemade vanilla bean frozen custard. Coffee, tea and milk will also be served with lunch. For questions, please call Sherry 608-576-5366 or Ginnie 715-889-2373.



Wittenberg Casino Trip

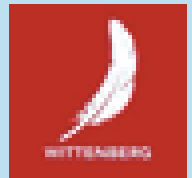
Date: Thursday, March 11, 2021

Cost: \$25

Guides: Donna Landers & Betty Litjens

Depart: 8am & Return: 4:30pm

Come spend the day at Wittenberg Casino and check out the new games at the casino. Enjoy a deluxe coach ride from Gold Star and sit back and let them do the driving. Ho Chunk will add \$25 on your player's card, so your trip is free. Any questions on flyers, contact Donna 920-303-1683 or Betty 920-231-4504.



COMING IN 2021

Dalton Greenhouse Trip
May 2021

Taste of Green Bay
June 2021

Strawberry Fest
June 2021

State Fair
August 2021

Amish Acres Indiana 2 day Trip
September 2021

Winnebago Senior Tours

Informational Great Britain Meeting

Date: Tuesday, January 12, 2021

Time: 2 pm

Senior Center South Building,
200 North Campbell Road Any questions
give Cheryl Freiberg a call 920-379-8128



What Happens in Vegas—Fireside

Date: Wednesday, March 31, 2021

Cost: \$105 (\$20 down non-refundable)

Guides: Donna Landers & Betty Litjens

Depart 7:45 am & Return 6 pm

Final Payment due Wednesday, March 10

Over 70 years, Las Vegas has been the entertainment capital of the world, best singers, best dancers, to musicians and comedians have flocked to the city where dreams come true.



The Fireside will pay tribute to many of these legendary performers, such as Frank Sinatra, Judy Garland, Elvis Presley, and many more great performers. What Happens in Vegas won't stay in Vegas! It will be here for all to see and hear on stage. Lunch at the Fireside includes fresh summer salad, fresh breads, skinless Reuben Chicken, Yukon Gold potatoes wedges, green beans and carrots. Dessert will be a Lemonade Cake, and coffee, tea, and milk. For flyers, call guides Donna 920-303-1683 or Betty 231-4504.

Biltmore Estate & Ashville NC

Date: April 25 – 30, 2021

Cost: \$575 (\$75 down payment) by

Mailing to: WST, P.O. Box 1851

Oshkosh WI 54903

Final Payment February 17, 2021

Guides: Donna Landers 920-303-1683

& Ginnie Riley 715-889-2373

Come travel with us on a 6 day trip to North Carolina.

We will be spending 3 nights in Ashville, Including a full day at the Biltmore Estate.

We will get a guided tour of Ashville, and see the magnificent St. Lawrence Basilica. A guided tour on the Blue Ridge Parkway to see the visitor center. The tour includes a 24 minute film of breathtaking aerial photography of the Parkway. Later we will take in the Folk Art Center. On our way back we will be stopping in Kentucky at Kentucky Artisan Center, a 20,000 foot facility, where we can explore Kentucky crafts, history and shop Kentucky products. Eight meals will be offered, 5 breakfasts and 3 dinners. For a flyer, contact a guide.



Bayfield, Ashland, Madeline Island and Live Performance at Chautauqua Trip

Date: July 14, 15, 16, 2021

Cost: \$440 (\$20 down non-refundable)

Guides: Ginnie Riley & Donna Landers

Depart July 14, 8:45 am

Come join us on a trip to the picturesque North Woods, and experience the beautiful landscapes of the Apostle Islands and surrounding towns. Enjoy a ferry ride to Madeline Island and visit Big Bay State Park and the museum on the Island. Bayfield has lots of unique shops to check out, eateries, and local artists showing off their talents. We will visit Hauser Superior View Farm which offers lots of berries, apples, Apfelhaus hard cider, and Jim's hat collection in the loft, which you cannot miss. We will take in a live performance at Chautauqua, located at the base of Mount Ashwabay ski hill. We will be stopping at Northern Great Lakes Visitor Center and getting a tour which will explain the history of North Woods and there is also a beautiful gift shop to explore. When touring Historic Murals of Ashland, see the many different murals and the story behind each one. Flyers are available from Ginnie 715-889-2373 or Donna 920-303-1683.



Exploring Britain & Ireland

Date: August 12 – 27, 2021

Guide: Cheryl Freiberg

This year our International trip, by Travelers choice will be exploring Britain and Ireland. Highlights include London, Stonehenge, Bath, Cardiff, Blarney castle, Dublin, Wales, and an Irish cooking class to name a few. Included in the experience is the epic Royal Military Tattoo in Scotland. There are a few seats available. Give Cheryl a call 920-379-8128 for more details on this trip.



****The COVID-19 outbreak in the United States is a rapidly evolving situation.**

Please be aware that planned trips may change.



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

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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 6:45 am – 4 pm

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Ron Duerkop, Vice Chair
Heidi Basford Kerkhof
Julie Davids
Julie Kiefer
Julie Maslowski
Sue Ashton
Jean Wollerman
Deb Allison-Aasby, Council

Alternates:

Lindsay Christian

OSC Staff

Jean Wollerman, Senior Services Manager
Sara Barndt, Secretary
Anne Schaefer, Mktg/Fund Development
Jane Wells, Program Supervisor

Activity Coordinators:

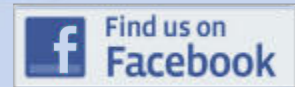
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Libby Stockton, Meal Site Manager
920-420-3191