

THE CURRENT



OPEN HOUSE OSHKOSH SENIORS CENTER
FOX FITNESS CENTER & WELLNESS FAIR

THURSDAY, JANUARY 25
NOON TO 3 PM

January 2024, Issue #1

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



FITNESS AND WELLNESS



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ENRICHMENT**



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Oshkosh Seniors Center 920.232.5300

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.



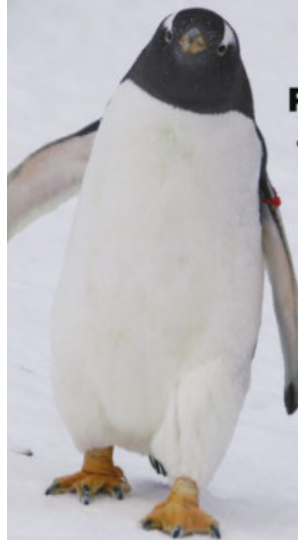
Have you heard about "Prepay" accounts?

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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OPEN HOUSE
OSHKOSH SENIORS CENTER
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& WELLNESS FAIR



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THURSDAY, JANUARY 25
NOON TO 3 PM
234 N. CAMPBELL RD

BREAKOUT SESSION
1:00 PM - BALANCE BUILDER



SilverSneakers

- Visit booths of community health and wellness vendors
- Find out about the variety of classes
- Sign up for door prizes
- Schedule fitness equipment orientations and balance screenings
- Tour the woodshop





Oshkosh Seniors Center 2024 Program Rates

Stay active
Stay social
Stay informed

All passes available throughout the year. Pre-pay is encouraged. Inquire at the desk. Multiple monthly passes may be purchased	RESIDENT	NON-RESIDENT
Creative Expression <small>Only eligible for open hour programming</small>		
Creative Expressions Daily Rate	\$1.50	\$2.25
Creative Expressions Monthly Rate	\$6.50	\$9.75
Creative Expressions Yearly Rate	\$78.00	\$117.00
	Tax Included	
Stay Social Pass <small>All cards, games, knitting</small>		
Stay Social Daily Rate	\$.75	\$1.25
Stay Social Monthly Rate	\$5.75	\$8.50
Stay Social Yearly Rate	\$56.75	\$85.00
	Tax Included	
General Use (<small>puzzles, library, socializing, bingo, movies, billiards</small>)	Donations Greatly Appreciated	
Stay Active Pass <small>Includes both OSC instructor led classes AND the Fox Fitness Center</small>		
Stay Active Pass for the day	\$2.50	\$3.75
Stay Active Pass for the month	\$17.00	\$25.50
Stay Active Pass for the year	\$192.00	\$288.00
Silver Sneakers, Renew Active, Active & Fit or Silver & Fit --- Insurance Fitness Benefit	Insurance Reimbursement to the center per visit. No cost for participant	

Check newsletter: "The Current" for additional program rates

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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.



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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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A 4C 01-0984

Art Expression (S)

**Thursdays & Fridays,
January 4-26, 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.**

Celtic Heart Stained Glass (S)

**Mondays, January 8-22, 10 am-12 pm
Cost: R \$20/NR \$25
Min/Max: 3/6**

**Register by Thursday, January 4
Payment due at time of registration**

Need practice cutting curves? This is a great piece to master that skill. While challenging, learning to cut curves is a skill every stained glass artist needs. Experience in stained glass required.

Approximately 8" in diameter. Project will be similar to one shown.



Quilting 204 (S)

More Irish Chains

**Wednesdays, January 10-31, 9-11:30 am
Cost: R \$15/NR \$16.50
Min/Max: 3/6**

**Register by Monday, January 8
Payment due at time of registration**

Building off your basic skills we will learn to calculate yardage and discuss choosing fabric for a scrappy project. We will expand on 4 and 9 patches to create 16-patch blocks and select fabric placement to create Irish chains. Participants must bring their own sewing machine and have a good working knowledge of it.

A supply list will be at the South Building desk when you register. You will need to purchase the book on your own (Quilter's Academy Vol. 1, Harriet & Carrie Hardgrave-Amazon). This book will be used for several months. You will choose one of these 2 quilts for your project.



Glass Crystal Sun Catcher (S)

**Wednesday, January 17, 10 –11:30 am
Cost: R \$15/NR \$20
Min/Max: 3/8**

**Register by Monday, January 15
Payment due at time of registration**

This crystal suncatcher with glass beads is sure to bring a sparkle inside. The light reflects beautifully off the crystals. Fee includes 2 suncatchers. Easy project, no glass experience required.



Resin & Glass Tree (S)

**Monday, January 15, 9 am—12 pm
Cost: R \$25/NR \$30
Min/Max: 3/10**

**Register by Tuesday, January 9
Payment due at time of registration**

Make a 8" x 10" frame tree featuring crushed & tumbled glass, with embellishments covered in resin. Choose from embellishments supplied, or bring items that are special to you. Project similar to ones shown.



Upcoming

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.

Woodshop Guided Hours (N)

Wednesdays, January 3-31

*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.

Power & Hand Tool Carving (N)

Mondays, January 8-29, 8 am-12 pm

Instructor: Gene Bengel, Richard Krummick

Cost: R \$40/NR \$45

Min/Max: 5/12

Register by Friday, January 5

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.**

Intermediate/Advanced Wood Carving (N)

"The Robin" Bird

Mondays, January 8-March 25-12 week class
12:30 –3 pm

Instructor: Don Schettl, Gene Bengel

Cost: R \$55/NR \$60

Min/Max: 3/10

Register by Friday, December 29

Payment due upon registration

This is a great class to continue your wood carving journey. Using the techniques and methods taught, you will carve a full size Robin, the State Bird of Wisconsin. You will use a basswood cutout provided by the instructors. Award winning instructors will help you with step by step instructions to complete your project. **Power carvers will require the use of a dust collector/bench fan.**

Painting & Habitat will be scheduled at the completion of the carving portion.



Basic Machine Safety Training (N)

Fridays, January 19 & 26, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, January 12

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.

Pyrography (S)

NEW!

Unfinished Projects

Tuesdays, January 9-30, 8-11 am

Instructors: Linda Gomach, Richard Krummick

Cost: R \$30/NR \$35

Min/Max: 3/10

Register by Friday, January 5

Payment due upon registration

Here's a chance to work on those unfinished projects. Award winning Instructor will give guidance to help get your pieces completed.

Upcoming

Pyrography (S)

Native American Art on Baltic Birch (S)

Thursdays, February 1-29, 1- 3 pm

Instructors: Cedric Richeson, 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."





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Cost: \$10

Class registration is required.

KETTLEBELL FOUNDATIONS (N)

January 4th-January 29th

Monday & Thursday

(no class Jan. 25th)

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

No class Monday, January 1

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

No class Monday, January 1

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 Stankowski

No class Monday, January 1

Drop-in eligible

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



Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructor: Kayla Stankowski

No class Thursday, January 25

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

No class Thursday, January 25

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 Stankowski

No class Thursday, January 25

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 Stankowski

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

No class Thursday, January 25

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 Stankowski

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 Stankowski

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, January 4-29, 2-2:45pm

No class Thursday, January 25

Instructor Kayla Stankowski & Alec Jensen

Cost: \$10/ NR \$11.50

Max:10

Registration required by January 2

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.

Front Desk help needed!

We are short-handed on Friday afternoons at the North desk. Often there is no one to assist with payments or registrations. If you could please make payments and register for programs on other days of the week it would be a big help. The South building is staffed and available to assist participants on Friday afternoons.

The best solution would be to find a volunteer for the front desk on Friday afternoons from 12-4pm. If you can't commit to the full shift, any hours of help are appreciated.

Contact Bobbie at 920.232.5301 for more information

Mindfulness Meditation (S)**Thursdays, January 4-25, 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.

**FREE Blood Pressure Checks****Thursday, January 4, Noon-1 pm (S)****Tuesday, January 9, 10:15-11:15 am (N)****Thursday, January 18, Noon-1 pm (S)****Monday, January 22, 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.

Living Beyond Hip Pain (S)**Monday, January 8, 10-11 am**

Presenter: Physical Achievement Center

Cost: Free**Register By Friday, January 5**

We will discuss the most common causes of hip pain, what you may be doing that is stopping you from healing, how to avoid costly medications and surgery, and how to get rid of hip pain for good.

Cooking with Alec (N)**Korean Pancakes (Pajeon)****Friday, January 12, 11am-12pm**

Presenter: Alec Jensen

Cost: R \$5 NR \$6.50**Register By Friday, January 5**

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.

Essential Oils: Fighting the Winter Blues (S)**Tuesday, January 9, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: Free**Register by Friday, January 5**

Do you struggle with the "winter blues"? In our geographical area, winter can definitely play a role in our emotional health. Join Jeanne to learn about how to use essential oils to combat the "winter blues" and stay healthy emotionally.

Get Your Mind Right (S)**Friday, January 19, 10-11am**

Presenter: Alec Jensen

Cost: Free**Register by Thursday, January 18**

Join Alec as he leads you through a motivational presentation on how to get your mind right. This presentation is aimed at helping you get out of a funk and helping you to become the best version of yourself!

Find Help! Find Hope! Mental Health Today (S)**Thursday, January 18, 9:30-10:30am**

Presenter: NAMI

Cost: Free**Register by Monday, January 15**

Join the National Alliance on Mental Illness (NAMI) of Oshkosh for a presentation focused on mental wellness. NAMI provides education, advocacy, and support for those affected by mental illness. Learn about resources to support mental health today!

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

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

Cost: Free**Register by Friday, January 19**

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

Sleep Hygiene (S)**Friday, January 26, 11am-12pm**

Presenter: Alec Jensen

Cost: Free**Register By Thursday, January 25**

Join Alec as he discusses the science of sleep, how sleep changes as we age and what you can do to help improve your sleep.



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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984



5 Tips to Stay Active

DURING WINTER MONTHS



01

FIND AN ACCOUNTABILITY PARTNER

When we commit to a goal or journey with others, we are more likely to stick to it!

02

ONLINE RESOURCES

GetSetUp

GetSetUp is a free resource that includes health and wellness topics and fitness classes.

Check it out here:

www.getsetup.io/partner/Oshkosh

03

USE "DOWN" TIME



March in place while you wait for the microwave, or try 10 chair squats during commercial TV breaks.

04

USE WHAT YOU HAVE



No fitness equipment at home? No problem! Soup cans or other household items are great options to use for resistance exercises.

05



FIND RESOURCES AT THE LIBRARY

Check out exercise videos, books, or e-books for exercise ideas and inspiration.





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.



>>> VALUE

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



Prevent type 2 diabetes, join the Network Health Medicare Diabetes Prevention Program (MDPP)

This program is presented by Network Health lifestyle coaches and is a part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This class is available at no cost to participants.

You'll participate in a year-long program designed to help you make small changes that make a big difference to your health. According to the CDC, adults with prediabetes who participate in a structured lifestyle program can cut their risk of developing type 2 diabetes by 58 percent.

What are the criteria to enroll?

- Have Medicare Part B coverage through Original Medicare or a Medicare Advantage Plan.
- Have a body mass index of at least 25.
- Have prediabetes confirmed with a blood test (A1c 5.7-6.4% or fasting glucose value of 110-125 mg/dl) in the last year.

Classes start in 2024, find a location and start date that works for you. Space is limited, register today.



Register online at networkhealth.com/diabetesprevention. There is no cost to you for this program.



Register online using this QR code



Call **920-720-1602** or **866-709-0019** for more information or email us at NHPreventT2@networkhealth.com.



Together, We Can Make a Difference

This Medicare Diabetes Prevention Program is supplied by Network Health Ventures and available to eligible Medicare beneficiaries. Medicare beneficiaries do not need to be members of Network Health to participate in the Medicare Diabetes Prevention Program. 4821-01-1023.

Information Sessions about Network Health Medicare Diabetes Prevention Program(S)

Wednesday, January 10, 12:30 pm to 1:30 pm or

Tuesday, January 16, 9 am to 10 am

Facilitator Network Health

Cost: Free

Please register to find out about the life-changing Network Health Medicare Diabetes Prevention Program that can help people prevent type 2 diabetes.

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- **Assisted Living and Memory Care** for when your needs change.

valleyvna.org | 920.727.5555 | Neenah, WI

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OCTOBER EDITION

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my choice WISCONSIN

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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

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

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www.claritycare.org

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

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

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888-818-2611
www.smpwi.org
WisconsinSeniorMedicarePatrol

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

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

Heritage Court
A Senior Community

600 W. Packer
Oshkosh, WI 54901
Call (920) 379-5006

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

Visit www.claritycare.org for more information.

Grief Support (S)

Thursdays, January 4 & 18, 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 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.

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!



The holidays are over, and it's time to take down the decorations throughout the Center. The ornaments and tinsel need to be put away. A crew will be coming in on Friday to put the trees away, so no heavy lifting required. Will you please help? Meet at the South building front desk.

Taking Down the Decorations (S)

Thursday, January 4th
10 -11:30 am

Light refreshments will be served.

Call and let us know you'll help! 920.232.5300

Let's do
LUNCH



Eat & Greet Lunch (S)
Wednesday, January 24

Serve at 11:30

Cost: \$7.00

Tickets available December 28 - January 16
Join us for chunky beef, cabbage, and tomato soup,
half a sandwich, and a fruit cup.

Connect Through Tech



Connect through Tech

Building North (N) South (S)

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, January 8, 15, 22, 29
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, January 2, 9, 16, 23, 30
9 am, 10:15 am, 11:30 am, 12:45 pm

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

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

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, January 8, 15, 22, and 29
9:15 am, 10:30 am, 11:45 am, 1 pm

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





CITY OF OSHKOSH
POLICE

DRONE PRESENTATION & DEMONSTRATION (S)

Tuesday, January 30

10-11 am

Free

Oshkosh Police Department Drone Team is a part of the City Patrol Division. Come learn about how after the generous donation of a DJI Phantom Professional Drone by Straight Forward Crisis Management, four members of the Oshkosh Police Department became certified pilots and formed the first ever Unmanned Aerial System Unit. The drone is used in a variety of applications and tactical response efforts. Including applications designed to keep our community safe.

USES OF THE DRONE INCLUDE :

- ✓ Search & Resuce
- ✓ Assist at crash & Crime Scenes
- ✓ Locating missing or endangered citizens



Call 920.232.5300
to register by
Monday, January 29

GetSetUp



Join the community of active agers who want to learn new skills, connect with others, and unlock new life experiences. Access thousands of classes designed for you and taught by your peers.

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

Sign up for a free account at this link!

<https://www.getsetup.io/partner/Oshkosh>

Once on the page, create an account to start booking classes.

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.

<https://www.getsetup.io/partner/Oshkosh>

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, January 3-31, 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, January 3-31**

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, January 5-26, 11 am-12 pm**

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, January 3
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, January 5-26, 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, January 3
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, January 5-26, 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 3
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!

Active Threat Preparedness (S)

Tuesday, January 9, 10 am-12 pm

This is a 90 minute training + Q & A

Presenter: Chris Tarmann, Acting Chief of Police and Dr. Joseph Peterson, UWO Associate Geology Professor

Cost: Free

Register by Monday, January 8

Anywhere people gather can be a place where an active threat is possible. The session will include information on emergency practices, information sharing, awareness, and action steps for staying safe should you ever find yourself in an active threat. This session will be led by Chris Tarmann, UWO's Acting Chief of Police, and Dr. Joseph Peterson, UWO associate geology professor. He is the survivor of an active shooter incident that occurred in 2008 at Northern Illinois University, and he brings vital insight to the discussion. This program is in collaboration with Learning In Retirement.

Striving to Eliminate Food Insecurity (S)

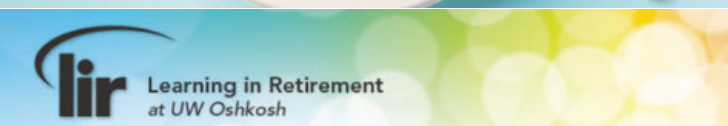
Tuesday, January 16, 10-11:30 am

Presenter: Ryan Rasmussen-ED Oshkosh Area Community Pantry

Cost: Free

Register by Monday, January 15

The Oshkosh Area Community Pantry believes in the vision of a community where no one goes hungry. The organization is dedicated to working tirelessly and in collaboration with all partners necessary to achieve this goal. This program is in collaboration with Learning In Retirement.



Chat N Chop—Budget Friendly (S)

Tuesday, January 23, 9:45-11:45 am

Facilitator: Kerry Wolfe

Cost: R \$10.00 /NR \$11.50

Min/Max: 3/8

Register by Wednesday, January 10
Payment due upon registration

In this session of Chat N Chop, we will be making Korean Beef Lettuce Wraps, ham & cheese pinwheels. Grab your aprons and join the fun of Chat N Chop

ORD-Owls of Sax-Zim Bog (S)

Wednesday, January 17, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, December 18

See amazing photos and hear stories about the

wildlife, birds and owls of the world-renowned Sax-Zim Bog in northern Minnesota. Long known among serious birders as THE place to find northern owls and finches in winter and warblers and other boreal birds in summer, the Sax-Zim Bog is a "magic mix" of habitats that attracts a unique array of species not found in other parts of the United States.



Bingo (S)

Wednesday, January 17, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Tuesday, January 16

Come for a fun afternoon of bingo!
Please note, doors for Bingo will open at 1:15 pm. Sponsored by Edenbrook

Rep. Palmeri Office Hours (S)

Friday, January 19, 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, January 24

Serve at 11:30

Cost: \$7.00

Max: 50

Tickets available December 28– January 16

Let's do lunch! Come and join us for chunky beef, cabbage and tomato soup, half a sandwich, and a fruit cup.

Popcorn & A Movie (S)

Wednesday, January 24, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Friday, January 19

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

Legal Program from McCleer Law

What Should We Do About

the House? (S)

Friday, January 26, 10-11 am

Presenter: McCleer Law

Cost: Free

Max Capacity: 30

Register by Wednesday, January 24

Attorney Joe McCleer of McCleer Law Office will discuss what you should keep in mind about your house when engaging in estate planning and long-term care planning, and details why you should never put your house in your children's names.

Book Talk (S)

***The Rosie Project* by Graeme Simsion**

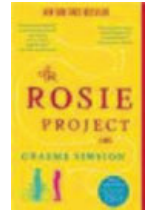
Thursday, January 25 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by January 4

Don Tillman, Professor genetics, has never been on a second date. He can count all of his friends on one hand, so when an acquaintance informs him that he would make a "wonderful" husband, his first reaction is shock. He embarks on the "wife Project." He sets out to find the perfect partner. Want to see how the book ends? Come join us at Book talk.



Front Desk help needed!

We are short-handed on Friday afternoons at the North desk. Often there is no one to assist with payments or registrations. If you could please make payments and register for programs on other days of the week it would be a big help. The South building is staffed and available to assist participants on Friday afternoons.

The best solution would be to find a volunteer for the front desk on Friday afternoons from 12-4pm. If you can't commit to the full shift, any hours of help are appreciated. Contact Bobbie at 920.232.5301 for more information

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Center Closed on Thursday, November 23

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.

Upcoming

Golden Tones Chorus (S)

Mondays, 1:30-3 pm

Watch February newsletter for more details and start date

Do you enjoy singing in unison with others?

Come join this organized group of singers at the Center. Come together weekly in preparation for a concert at the Center. Singing is a great way to make friends and build relationships with people who have a common interest. Instruction, music, and vests provided.

Director: Paula Steinert

Accompaniment: Marshall Potter



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

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

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

Cribbage

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

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

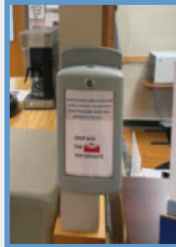
Grab your friends, pick a time to meet and come play.

Have a game you would like to see at the Center?
Call 920-232-5308 with your suggestion.

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

If you have questions please call
920.232.5312

Jersey Boys

The Fireside Theatre — Fort Atkinson

Date: Thursday, January 25

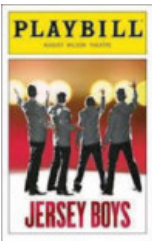
Cost: \$140 (\$20 non-refundable deposit)

Depart 8 am Return: Approx. 6:15 pm

They had a look, an attitude and a sound like no other. With phenomenal music, JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons following the evolution of four blue-collar kids as they work their way from the streets of New Jersey to become one of the greatest successes

in pop-music history and to the Rock 'n' Roll Hall of Fame. Enjoy chart-topping hits including "Sherry," "Big Girls Don't Cry," and "My Eyes Adored You." Includes tickets, coach bus transportation and driver gratuity. Lunch with your choice of Creole Chicken, Seared Pork Ribeye or Steamed Salmon ending with New York Cheesecake! (Includes adult language.)

Guide: Pat Heyer



Lake of the Torches Casino

Date: Sunday/Monday February 4-5

Cost: \$110/\$140

(\$20 non-refundable deposit)

Depart: Feb 4 at 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. Be sure to sign up early for this one. 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 Misérables

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

After 19 years as a prisoner, Jean Valjean is freed by Javert, the officer in charge of the prison workforce. Valjean promptly breaks parole but later uses money from stolen silver to reinvent himself as a mayor and factory owner. Javert vows to bring Valjean back to prison. Eight years later,



Valjean becomes the guardian of a child named Cosette after her mother's death, but Javert's relentless pursuit means that peace will be a long time coming. The magnificent score of *Les Misérables* includes the songs "I Dreamed a Dream," "On My Own," "Bring Him Home," "One Day More" and many more. Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cindy Paffenroth

Winnebago Senior Tours

Fiddler on the Roof

The Fireside Theatre—Fort Atkinson

Date: Thursday, February 29

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

Depart: 7:45 am Return: Approx 6 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. It is a story that captures the essential human longings for love, community success, freedom, family and meaning. *Fiddler* features such songs as "Sunrise, Sunset," "If I Were a Rich Man", and the classic "Matchmaker, Matchmaker." Includes tickets coach bus transportation and driver gratuity. Lunch is your choice of Chicken Cordon Bleu, Sliced Roast Beef Tenderloin, or Baked Almond Crusted Cod topped off with Oreo cookies in vanilla custard with a layer of fudge. Guide: Cindy Paffenroth

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. The tale begins at a remote mansion where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects. Led by Wadsworth — the butler, Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock and Colonel Mustard race to find the killer as the body count stacks up. *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. Guide: Cheryl Freiberg



Tina ... the Tina Turner Musical

The Performing Arts Center-Appleton

Date: Wednesday, April 17

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

Depart: 6 pm 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. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards and her live shows have been seen by millions, with more concert tickets sold than any other solo performer in music history. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. Trip includes theatre ticket, yellow express bus transportation & driver gratuity.



Guide: Cheryl Freiberg

NOTE: February 1st at 1:30 pm Collette Rep Katie Ganshert will be highlighting our 2024 travels in the Willow Room at the Center.

Southern Italy & Sicily

Date: April 26-May 10 Waitlist Available

Journey through a crossroads of civilization in Sicily and on to the spectacular coastlines of Southern Italy. Uncover Sicily's capital Palermo and its Moorish and Norman influences. Explore Agigento's ancient Valley of the Temples and seaside Cefalu. Travel to the historic hilltop town of Taormina. Visit a local winery for a wine tasting and agriturismo dinner. Venture to the ancient cave dwellings of Sassi di Matera, Explore Sorrento and stunning Positano, the pearl of the Amalfi Coast. Walk in the footsteps of ancient Romans in the excavated Pompeioi. 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

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. Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. *Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and — above all — Love. With a book by John Logan; music supervision, orchestrations, and arrangements by Justin Levine; and choreography by Sonya Tayeh, *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

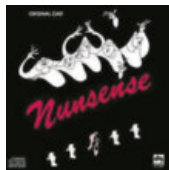
The Fireside Theatre—Fort Atkinson

Date: Thursday, June 20

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

Depart: 8 am Return: Approx 6:15 pm

Nunsense begins when the Little Sisters of Hoboken discover their cook, Sister Julia, Child of God, 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 an outrageous premise for a show that's "sinfully" hilarious and definitely habit forming! Includes tickets, coach bus transportation and driver gratuity. Lunch is your choice of Chicken Piccata, Braised Pork Belly, or Shrimp Tempura served with potatoes and vegetable. Dessert is a blueberry crisp served warm with homemade lemon custard.



Guide: Cheryl Freiberg

Other Side of the Lake

Date: Thursday, May 16

Save the Date! More information to come

Lake Geneva Experience

Date: Wednesday, June 26

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

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

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: Cindy Paffenroth and Pat Heyer

Greece Island Hopper

Date: September 13-24

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.

Guide: Cheryl Freiberg

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

and include:

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Address _____

City _____ State _____ Zip Code _____

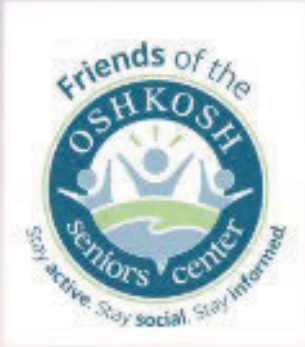
Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____

Friends of the Oshkosh Seniors Center



**Friends of the Oshkosh Seniors Center's
Annual Meeting**
Donors, volunteers, sponsors, and the
public are welcome.

Tuesday, January 9
4 pm at the Oshkosh Seniors Center in the
South Building at 200 N. Campbell Road
Please register at 920.232.5300

Past accomplishments will be celebrated and future goals shared.

We want to thank you for your generosity in supporting the Friends of the Oshkosh Seniors Center. The power of your giving and the positive impact it has on the programs and services you enjoy at the Center is invaluable.

Please consider extending your generosity into a new year. The Friends would appreciate your consideration in making a contribution for 2024.

To donate today, please visit 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



**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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**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

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