

# THE CURRENT



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Oshkosh Seniors Center (920)-232-5300



# WELCOME TO THE *Oshkosh* SENIORS CENTER

## Happy 20th Anniversary to the North Building

In 2001, the North Building of the Oshkosh Seniors Center opened up to the public. The former "Badger Lumber/Do It" building was bought through a large donation from the Ladies Benevolent Society and numerous donors. Through the Friends of the Seniors Center tireless efforts, they raised money to support the purchase and renovations to make the North building become a reality. Volunteers shared their skills and talents to help renovate the building and get it operational for seniors to enjoy. This facility is home today to many fitness opportunities and our woodshop.

The Friends of the Oshkosh Seniors Center continue their efforts to support the Center. Your financial donation to the Friends and your support of the fundraiser Food Truck Friday, help make both the North and the South facility a place where seniors in the community can come to stay active, stay social and stay informed.



2001



2001 Fox Fitness Center



2001 Kiwanis Hall



2021



Fox Fitness Center Today



Kiwanis Hall Today

When paying for fees at the Center, please try to bring small bills. We have a limited amount of cash on hand and may not be able to break a large bill.



**Thank you!**



**The Oshkosh Seniors Center will be closed on Monday, July 5th. Have a safe and happy holiday!**

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

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## Programs and Activities Guidelines

Programs and activities **require advanced registration.**

You can register online at [Schedulesplus.com/Oshkosh/kiosk](https://Schedulesplus.com/Oshkosh/kiosk), or by calling the center at 920-232-5300. Payments for class can be made via check and mailed to OSC, 200 North Campbell Road, Oshkosh, WI 54902 or in-person when you arrive at your scheduled program day. We will practice social distancing in all programs. **Please do not arrive more than 10 minutes before your class/activity begins. Face coverings for those who are NOT COVID-19 vaccinated are required.** Your health and safety is our number one concern. We are continually re-evaluating protocols based on guidelines from the governor, CDC, Public Health and the City of Oshkosh.

## Fox Fitness Center & Exercise Class Guidelines

### Fox Fitness Center: (N)

The Fox Fitness Center will be available for you to come in and exercise, **no pre-registration necessary**, between the hours of 7:00 am to 3:30 pm. Monday through Friday. This will allow our staff to prepare for your arrival and departure.

Face coverings are still mandatory during your time at the center for those who are **NOT** COVID-19 vaccinated.

### Exercise Classes: (N)

- All exercise classes will be held in the Oshkosh Seniors Center North Building and also outside the North facility.
- **Indoor exercise class size will be limited.**
- **You must sign a 2021 exercise waiver and also an outdoor 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 three Insurance or pass eligible classes during the registration period during the months of June, July and August.**
- No registration limit on specialty classes. There is a separate fee attached.
- Register at 920-232-5300 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.
- 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 finish using it.
- Participate at your own risk.

If you need an equipment orientation please contact Alec Jensen at 920-232-5320

# Enrichment

Building: North (N) South (S)

## Woodburning Free Flow (S)

Thursdays, July 1-29, 12:15 -2:30 pm  
Cost: R \$20 / NR \$25 (5 week session)  
Min/Max: 5/10

**Register and pay by Tuesday, June 29**



This session features a casual learning atmosphere for beginners and those experienced in the craft. Experienced students are invited to bring in unfinished projects they need help with. Instructors will be on hand to offer guidance. Beginners are invited to attend for an informal learning environment taught by

skilled teachers. Woodburning tools available on a first come, first served basis.

## Stepping Stone (S)

Thursday, July 15, 9:30 am –11 am

Instructor: Kerry Wolfe  
Cost: R \$10 / NR \$11.50  
Min/Max: 2/8

**Register and pay by Wednesday, July 7**

Personalize your garden, path or walkway with your home made stepping stone. They make great gifts or keepsakes for family and friends. All materials will be supplied, if you would like to bring your own mementos to personalize the stone, please feel free do so.



## Art Expression (S)

Mondays, July 12-26, 12:45-2:45 pm  
Fridays, July 9-30, 9-11 am  
Cost: R \$6.50 / NR \$9.75 (3 week session)  
Min/Max: 4/12

**Register and pay by Friday, July 2,**



Do you need a space to create or finish your art or craft project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies and

enjoy the company of others as you work on your project. No sharing of supplies between participants. Two people per table. **Kiln is not available for firing.**

## Pizza Pan Summer Decor (S)

Tuesday, July 20, 9:30-11:30 am

Instructor: Jane Wells  
Cost: R \$7 / NR \$8.50  
Min/Max: 4/10



**Register and pay by Friday, July 16**



It's easy to turn a pizza pan into cute home décor. Use as a front door decoration or put handles on it and use as a serving tray! You can even seal it and use as garden art!

## Copper Wire Tree Sculpture (S)

Tuesday, July 27, 9:30-11:30 am

Instructor: Kayla Fox  
Cost: R \$10/ NR \$11.50  
Min/Max: 3/6

**Register and pay by Friday, July 23**

This copper wire tree is made from strands of wire that have been twisted, wrapped, and formed into a one of a kind piece of art. Once completed your tree will be mounted on a circuit board base. You may bring in alternative base options for your own project. Tree is approximately 8" tall.



## Did You Know?

Seniors living with a number of ailments may benefit from art therapy. This is a targeted use of painting and other activities to help keep the mind sharp and promote dexterity in a setting that is fun, casual and social. Artistic interests can become a cherished hobby, and each session is an opportunity to reap the rewards of this interesting form of therapy.

Regular art therapy engages the fingers, hands and arms. This light but consistent physical activity can promote better blood flow and dexterity. With time, seniors who begin writing, painting or sketching may feel more nimble and experience less pain.





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- ▶ Call (920) 232-5340 for info. about your mobility options in the City of Oshkosh and Rural Winnebago County.
- ▶ Subsidized taxi service within the City is also available with an ID Card provided by the Oshkosh Seniors Center.

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## July Fitness Class Schedule

Mon.	Tue.	Wed.	Thurs.	Fri.
Matrix Circuits 8– 8:45 am	Tai Chi for Arthritis & Falls 8– 8:45 am	Step Aerobics July 14 & 21	Tai Chi for Arthritis & Falls 8– 8:45 am	Coming Soon: Specialty Fitness Classes 8– 8:45 am
Rapid Movement Training 9–9:30 am	Life Fitness & Movement 9–9:30 am	Rapid Movement Training 9–9:30 am	Life Fitness & Movement 9–9:30 am	FFC 3G 9–9:45 am
Range of Motion 9:45–10:15 am	Functional Fuel 9:45–10:15 am	Range of Motion 9:45–10:15 am	Functional Fuel 9:45–10:15 am	
SS Classic 10:45–11:30 am	Movement Exercise 11–11:45 am	SS Classic 10:45–11:30 am	Movement Exercise 11–11:45 am	
Advanced Line Dancing 12:30–1:15 pm	Advanced Line Dancing 12:30–1:15 pm Beginner Line Dancing 1:45–2:15 pm			

**Find the description for all of the classes on the following pages.**

**Cut out this handy schedule as a reminder of class days and times.**

9 am classes M -TH have the possibility of being held outside pending the weather. Outdoor classes will be held outside the OSC North building. The first time these classes meet they will be held inside.

**Specialty classes will have a separate charge. All other exercise classes are Stay Active Pass and Insurance Reimbursement eligible.**



**Fox Fitness Center  
now open  
7 am-3:30 pm  
Walk ins welcome!**

Building: North (N) South (S)

## Indoor Exercise Classes

Please arrive no more than 10 minutes prior to any class.

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

### Rapid Movement Training (N) Mondays & Wednesdays, July 7-28 9 am-9:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday June 23, 7:30 am

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 the heart rate come back down. This style of training also helps to improve our agility, power, coordination, and balance helping reduce the risks of falls.

### Range of Motion (N) Mondays & Wednesdays, July 7-28 9:45-10:15 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, June 23, 7:30 am

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.**

### Silver Sneakers Classic (N) Mondays & Wednesdays, July 7-28 10:45-11:30 am

Instructor: Jean Wollerman

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, June 23, 7:30 am

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 support. Hand weights, exercise bands, and small exercise balls will be used for resistance. Exercises may be modified for your fitness level.



### Life Fitness & Movement (N) Tuesdays & Thursdays, July 6-29 9-9:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, June 23, 7:30 am

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 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, July 6-29 9:45-10:15 am

Instructor: Dr. Josh Belville/Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, June 23, 7:30 am

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, 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.**



### Movement Exercise (N) Tuesdays & Thursdays, July 6-29 11:45-11:45 am

Instructor: Bobbie Jo Luft

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, June 23, 7:30 am

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 improve your sense of well-being by utilizing stress free movements.



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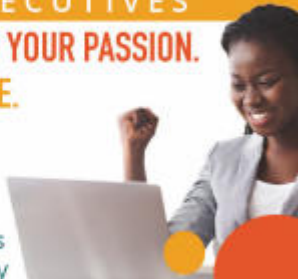
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Building: North (N) South (S)

## Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

Please arrive no more than 10 minutes prior to any class.

### Line Dancing (N)

Instructor: Debbie Ruck

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, June 23, 7:30 am

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! Please arrive no more than 10 minutes prior to class.

**Advanced Line Dancing**  
Mondays & Tuesdays, July 6-27  
12:30-1:15 pm

Prior experience preferred

**Beginner Line Dancing**  
Tuesdays, July 6-27  
1:30-2:15 pm

No prior experience necessary



### Matrix Circuits –Specialty class

Mondays, July 12-26

8 am-8:45 am

Instructors: Alec Jensen

Cost: R \$7.50 / NR \$11.25

Registration opens Wednesday, June 23, 7:30 am

This class will use timed circuits and a combination of TRX, strength/cardio Machines, free weights, and body weight to provide a full body workout. You will learn new skills and ways to strengthen your body and cardio vascular system. **Prior exercise experience is preferred as well as being able to get up and down from the ground.**

### FFC 3g (N)

Fridays, July 2-30, 9-9:45 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, June 23, 7:30 am

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) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format **you will be coached** through different exercises. The Coach will not be in front of you for the entire class so it's up to you to keep yourself accountable during the workout. This class will use 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, you may sign up for an equipment orientation with Alec before you start this class. Call 920-232-5320 to set up an equipment orientation.**

### Step Aerobics—Specialty class

Wednesdays, July 14 & 21

8am - 8:45am

Instructor: Jill Reichenberger

Cost: R \$5 / NR \$7.50

Max 12

Registration opens Wednesday, June 23, 7:30 am

Step aerobics is a form of exercise that involves stepping up and down onto a stationary block. This is a low/high-intensity exercise that combines cardio with weight training to provide for a great workout



**Motivation is what gets you started. Habit is what keeps you going.**



## Personal Training

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

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He has over 5 years of experience in group exercise, personal training, coaching, and strength and conditioning. Alec has worked with a variety of clients helping them achieve their fitness and wellness related goals.

### Why work with Alec?

Personalized training can be a huge benefit to your health. Most of us have heard from our doctors that we need to eat right, exercise more, and improve our overall health. This is easier said than done, especially if you're new to exercising. A Fitness Professional can help guide and educate you on your fitness and wellness journey.

Education is one of the biggest components when it comes to your fitness journey. A Fitness Professional's job isn't just to keep you moving and healthy. Their job is to help educate you. Education is a key component to reaching your goals because it acts as your compass on your fitness journey. Knowing the how is every bit as important as knowing the why when it comes to fitness.

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

### Cost:

6 sessions \$75  
12 sessions \$120  
18 sessions \$150

**The more you buy,  
the more you save!**

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

### Contact:

Alec at 920-232-5320 with questions.

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





## Tai Chi for Arthritis & Falls Prevention (N) Tuesdays & Thursdays, July 13–August 12 8-9 am

Instructor: Alec Jensen & Joanne Murphy Spice

**Cost: \$25**

**Register and pay by Wednesday, July 7**

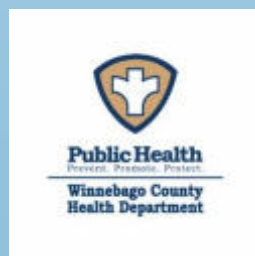
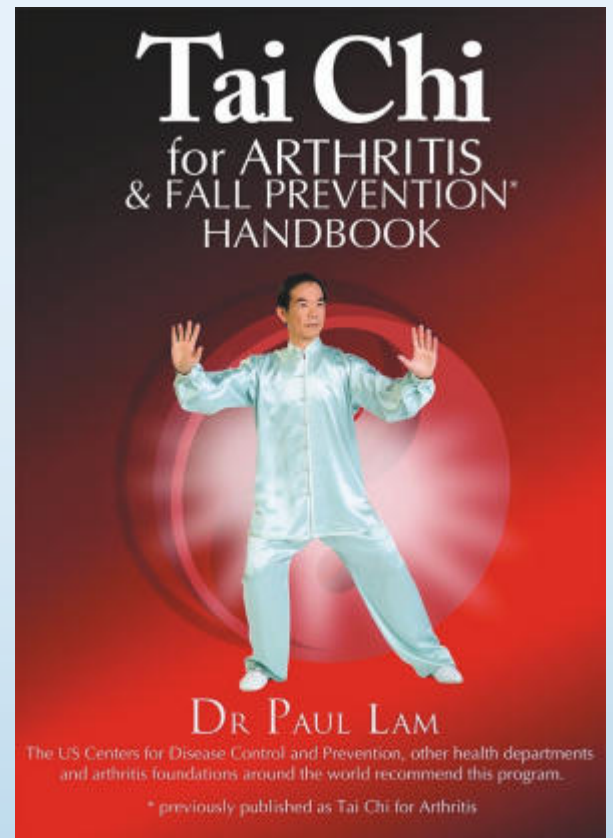
### What is Tai Chi?

There is much more to Tai Chi than one can see; virtually no one can describe such a complex art in one simple sentence. Yes, it's aesthetically pleasing, easy, and enjoyable to practice. It can be a meditation and an integral exercise for all parts of the body and the mind. It brings tranquility and helps you think more clearly. Tai Chi can be many things for different people; regular practice will bring better health and wellness.

The flowing movements of Tai Chi help you develop inner strength, like water flowing in a river, beneath the tranquil surface there is a current with immense power—the power for healing and wellness. With consistent practice, people will be able to feel the internal energy, convert it to an internal force and use it to generate more internal energy.

Tai Chi development, has the ability to help you live a more balanced mental state; at the same time your fitness, agility, and balance will improve. The unique feature of Tai Chi is that it is internal. Internal means building the inner strength from the inside out, therefore you can continue to develop the art of Tai Chi at any age.

Older people are more likely to fall which can cause serious injury. The causes of falls in the elderly include muscle weakness, poor balance and vision, lack of confidence in your abilities, and the effects of medication. Many studies have shown Tai Chi as being one of the most effective approaches to prevent falls.



# Community Partners

**We sincerely appreciate the work and partnership of the ADRC**



**What is the ADRC?** The Aging & Disability Resource Center is a program of the U.S. Department of Health and Human Services, whose work is to serve as a highly visible and trusted place where people of all ages, income, and disabilities can go get information and one-on-one counseling on the full range of long-term services and support options.



The Aging & Disability Resource Center of Winnebago County is one of almost 500 such centers across the U.S.

ADRC offers a no cost, yes FREE, single point of contact for information; assistance/referrals; options benefit and long term care enrollment counseling, advocacy, plus health and wellness programs.

## **What is an ADRC Elder Benefit Specialist?**

**Joan Jaworski** is Winnebago County's Elder Benefit Specialist. As part of the Aging and Disability Resource Center (ADRC) I advocate for individuals age 60 years or older. I can provide information on many of the public benefit programs. I will discuss with you the programs and services that may best meet your needs, and will help make what seems like a confusing process easier for you. There is no charge for my services.

- Understanding Medicare Parts A and B
- Medicare Part D plans
- Wisconsin Senior Care drug coverage
- Medicare Part C plans- Medicare Advantage Plans
- FoodShare
- Medical Assistance and Low Income Subsidy programs.
- I can also troubleshoot issues with medical insurance, denials and other consumer issues.



**ADRC Elder Benefit Outreach is back! Joan will be at the Oshkosh Seniors Center:**

**Elder Benefit Outreach @  
Oshkosh Seniors Center  
Wednesdays, July 7-28  
10-11:30 am South Building**



Joan is also available by appointment at Winnebago County Dept. of Human Services and can be reached at 920-236-4685 ADRC Office at 220 Washington Ave. Oshkosh, WI 54901

The ADRC resource directory is packed full of information . You can find printed copies at the Center or digital copies at <https://www.co.winnebago.wi.us/adrc/resource-manual>



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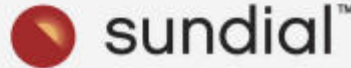
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of one of our sites  
call **920-424-1450**

Oshkosh sites include Marian Manor,  
Raulf Place, Court Tower,  
and Waite Rug Place

Rents are based on income.

Apply online: [www.ohawcha.org](http://www.ohawcha.org)



### lp's companionship

We're dedicated to helping the elderly keep their independence by coming into their home and helping with everyday needs. Our goal is to provide enrichment to the lives of those we touch.

- Reading • Daily laundry • Daily Dishes • Light Meal Prep
- Walks • Shopping Trips • Going For A Drive • Games

Call Lindsay today for more information! **(920) 279-1976**



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

Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

New Insurance  
Reimbursement  
Program  
Beginning  
July 1, 2021

Participating Health Plans, Employer Groups and  
Association members for ages 50-64



If your insurance plan has a fitness benefit called Active&Fit, you are eligible to participate in a variety of exercise classes as well as the Fox Fitness Center at no cost to you.

Check with your insurance company to verify your eligibility, bring your Active&Fit Fitness ID card to the Center's North Building and enroll today



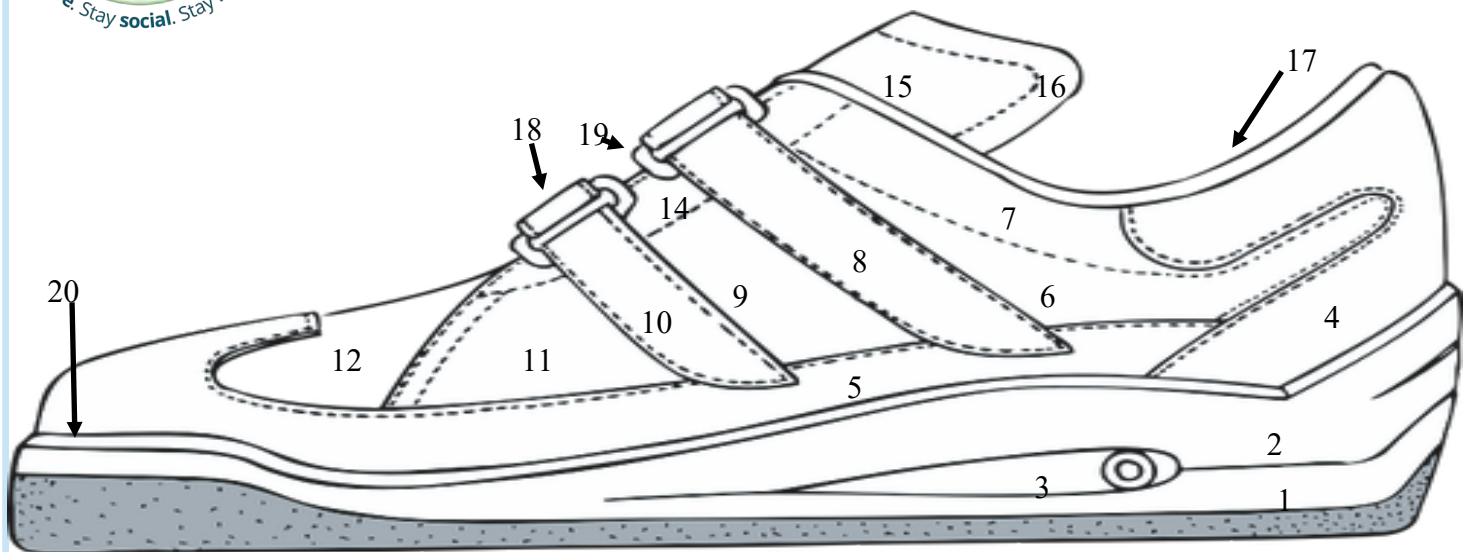
The Active&Fit program is provided  
by American Specialty Health Fitness, Inc.



### Walk in My Shoes

In honor of the 20 year Anniversary of our North Building , Walk 20 miles starting July 1 through July 31 – color in the area for each mile to create a colorful shoe

When your shoe is complete, turn it in for a chance to win prizes!





Building: North (N) South (S)

## What's New in Wellness

In person attendance has a maximum capacity of 20 people

### Grief Support Group (S)

Thursdays, July 1 & 15, 1-2:30 pm

Cost: R \$1 / NR \$1.75

Min/Max: 9

**Registration by Tuesday, June 29**

Open to anyone grieving the death of a loved one. Facilitated by Compassus Hospice.



### Mindfulness Meditation (S)

Thursdays, July 8-29, 11 am-12 pm

Cost: R \$5/NR \$7 (4 week session)

Instructor: Donna Janus

**Register and pay by Thursday, July 1**

Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will have a positive impact on your life! **This class will be meeting on the riverside patio at the South building. Dress**



**appropriately for the weather.**

### Chair Massage (S)

Thursday, July 8 & 22, 1-4 pm

Provider: Emilie Ilg, Certified Massage Therapist

Cost: \$15 per 15 minute massage

**Register and pay by Tuesday, July 6 and Tuesday, July 20**

Chair massages can improve circulation and improve sleep. Emily Ilg, Certified Massage Therapist, will be offering relaxing chair massages. Studies have shown 10 minutes can reduce inflammation. Massage can help your body recover more quickly. Can't sit in a massage chair? Emily will make accommodations. Appointments are in 15 minute increments. Book two appointments for a 30 minute massage!



**Call 920-232-5310 to book appointment**

### Reverse The Aging Process With Exercise (S)

Friday, July 9, 10:15-11 am

Presenter: Alec Jensen

Cost: R \$5/NR \$7

**Register and pay by Wednesday, July 7**

Did you know that exercise is the closest thing we have to a magic pill to slow down aging and improve your health? Learn why this is and what the current exercise recommendations are for older adults.

### Falls Screen/Prevention (S)

Friday, July 16, 9-11 am

Presenter: Courtney Van Zeeland, PT, DPT  
Ascension Mercy and Alec Jensen

Cost: R\$2.50/NR \$3.75

**Register by Wednesday, July 14**

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, July 26, 1 -2 pm

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

Cost: Free

**Register by: Friday, July 23**

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



### Get Your Mind Right (S)

Friday, July 30, 10:15-11 am

Presenter: Alec Jensen

Cost: R \$5/NR \$7

**Register and pay by Wednesday, July 28**

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 become the best version of yourself!

Building: North (N) South (S)

## Foot Care Services

Meet Nadine Hutmaker, RN, Foot Care Specialist



Nadine has been providing Foot Care services at the Oshkosh Seniors Center since August, 2020. In addition to being a Registered Nurse, she has a degree in Occupational Therapy and is a **Certified Foot Care Specialist with 15 years of experience.**

Those using Foot Care services at the Center have rave reviews for Nadine. "She's good, she's really good," and "very knowledgeable and helpful, so glad I came to the Center."

When not providing Foot Care, Nadine and husband Keith spend time with their five grown children and nine grandchildren. She enjoys gardening, cooking, baking, and learning about health and healthy living.

If you need professional Foot Care services, come see Nadine at the Oshkosh Seniors Center. **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**

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**Diabetic Foot Care**

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**Lower Leg and Foot Assessment**

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**Trimming of Toe Nails**

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**Calluses and Corns Reduced**

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**Thinning/Debridement thick nails**

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**Minor Ingrown Nails Addressed**

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**Lower Leg and Foot Massage with Light Lotion**

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**Patient Education**

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**Cost: \$22**

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

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**Nail Care area is completely sanitized between appointments**



**Valley VNA**  
**Senior Care**



*Caring for the community since 1908.*

# Valley VNA Senior Care

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

valleyvna.org | 920.727.5555 | Neenah, WI



**Belville & Associates**  
Chiropractic Clinic  
Dr. Kent Belville  
Dr. Adam Mootz  
Dr. Nicholas Belville  
Dr. Joshua Belville  
440 N. Koeller St. • Oshkosh, WI  
(920) 230-2525

## CATARACTS



**YOU**  
get to choose drop-free  
and laser-assisted.

Dr. Stephen Dudley  
503 Doctors Ct.  
Oshkosh  
920-236-3540

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



**AZURA**  
MEMORY CARE  
Celebrate moments of JOY  
920-312-0260  
2220 Brookview Ct. Oshkosh

**FREE AD DESIGN**  
WITH PURCHASE OF THIS SPACE  
**CALL 800.950.9952**

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

<p><b>Home Care Services</b></p> <ul style="list-style-type: none"> <li>• Medication Reminders</li> <li>• Housekeeping</li> <li>• Meal Preparation</li> <li>• Shopping &amp; Errands</li> <li>• Personal Care Services</li> </ul>	<p><b>Day Services</b></p> <ul style="list-style-type: none"> <li>• Community Involvement</li> <li>• Gain Independence</li> <li>• Individual &amp; Group Activities</li> <li>• Develop Daily Living Skills</li> <li>• Flexible Scheduling</li> </ul>
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**ClarityCare** | OSHKOSH x GREEN BAY  
www.claritycare.org



**Mark & Susie's Piggly Wiggly**  
525 East Murdock Ave  
920-236-7801

**KONRAD-BEHLMAN FUNERAL HOMES AND CREMATORY**  
Serving All Faiths Since 1875  
402 Waugoo Ave.  
100 Lake Pointe Dr.  
920-231-1510

**Concerned about Medicare fraud? Give us a call...**

**PROTECT** your personal information  
**DETECT** suspected fraud, abuse, or errors  
**REPORT** suspicious claims or activities

**Toll-free Helpline:**  
**888-818-2611**  
Email: [smo-w@gwaar.org](mailto:smo-w@gwaar.org)  
[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
WisconsinSeniorMedicarePatrol



**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.



**Heritage Court**  
A Senior Community  
600 W. Packer  
Oshkosh, WI 54901  
**CALL (920) 236-6540**

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



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



**Thrive Locally**

# Connect Through Tech

Building: North (N) South (S)

## Connect through Tech (S)

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. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

### One on One Tech Appointments (S)

**Mondays, July 12, 19, 26**

**9 am, 11 am or 1 pm**

**Tuesdays, July 6, 13, 20, 27**

**9 am, 11 am or 1 pm**

**Wednesdays, July 7, 14, 21, 28**

**9 am, 11 am or 1 pm**

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

**By Appointment Only 232-5310**



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

**Mondays, July 12, 19, 26**

**9:15 am, 11 am, or 12:45 pm**

Sandy is from the Oshkosh Public Library and can certainly answer the questions about the library's online services. However, she is very tech-savvy and can walk you through any challenge with technology you may be experiencing.

### Wi-Fi Access (S)

**Monday through Friday**

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. All are welcome.

Due to the popularity of the one on one appointments, we ask that you attend your scheduled session.

If for some reason you are unable to attend, please cancel one day in advance by calling 920-232-5310 so that we may fill your spot.



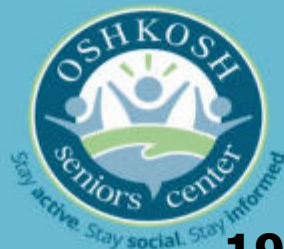


# JUST KEEP TALKING

**JULY 22 @ 1:30 PM  
IN-PERSON OR ZOOM  
SOUTH BUILDING**

**WHY TYPE WHEN YOU CAN TALK?  
VOICE TECHNOLOGY MAKES LIFE EASIER!**

**Free, but  
Registration  
Required  
920-232-5300**



# Connect Through Tech

## Connect through Tech and the New Furniture

When we received the funding from Bader Philanthropies, Inc. part of the grant allowed us to purchase furniture to create collaborative learning environments that encourage participation, facilitate communication, and foster the development of social networks.

The Center's Great Room was transformed through physical design. The room is now a hub with distinct spaces that encourage learning technology in small groups, one-on-one, and self-directed learning. The collaborative learning space is flexible, group-friendly and provides easy access to technology. These improvements are a visual and functional change at the Center designed to enhance our participant's experiences with technology and other programming.







## Sara's Savory Samplings

This is a recipe I came up with after seeing a local bakery's version at the Farmer's Market. They are perfect for a hot summer day, and may be served warm or at room temperature. Pair with a salad for a light, delicious meal. Bon Appetit!

### Sweet Corn & Tomato Puff Pastries

#### Ingredients:

3 T olive oil	1 egg, beaten with 1/4 tsp water
5-6 fresh basil leaves	1 ear corn, kernels removed
1 clove garlic, finely minced	salt and pepper to taste
8-10 cherry, grape or pear tomatoes, halved	1 sheet puff pastry
Gruyère or Swiss cheese, thinly sliced (enough to cover the center of the pastry)	2-3 T crumbled feta cheese

#### Directions:

Preheat oven to 400°

In a small bowl, mix the olive oil, garlic, salt, and pepper. Tear or chiffonade the basil and add to the oil mixture along with the halved tomatoes. Let marinate for about 30 minutes.

Unfold the pastry sheet and cut into four squares. Place on a parchment covered baking sheet. Brush generously with the egg wash, then use a sharp knife to score a 1/4—1/2 inch border around each square, taking care not to cut all the way through the pastry.

Lay sliced Gruyère inside the border. Divide the corn kernels between the four pastries. Spoon tomatoes and basil on top of the corn. (Discard the oil.) Sprinkle with the feta cheese.

Bake at 400° for 20-25 minutes, until pastry is golden brown. Sprinkle with additional salt, pepper and basil if desired.

Makes 4 pastries or double the recipe to make 8.



## Boggle

M	I	H	Y	S
W	S	E	E	P
S	O	W	D	H
D	M	A	N	Q
F	T	F	E	T




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Use an additional sheet of paper if needed...

## Sudoku

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

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

### Scoring:

- Fewer than 3 Letters: no **score**.
- 3 Letters: 1 point.
- 4 Letters: 1 point.
- 5 Letters: 2 points.
- 6 Letters: 3 points.
- 7 Letters: 4 points.
- 8 or More Letters: 11 points.

Answers on page 26



# Social and Educational

Building: North (N) South (S)

## Book & Puzzle Pick Up (S)

Monday through Friday  
8:30 am - 3:30 pm

The Center is providing 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.



## Ukulele Play Along (S)

Wednesdays, July 7-28, 1:15-2:15 pm  
Cost: R \$8 / NR \$9.50 for 4 week session  
Min/Max: 3/15

**Register and pay by Tuesday, July 6**

This is a chance for experienced ukulele players to get together and play music learned in past classes. It's an opportunity to share favorite songs. We will be working under the guidance of a Ukulele volunteer. Please bring your own music.

## Ukulele Lessons (S)

Fridays, July 9-30, 11 am-12 pm

Instructors: Aaron Baer & Joe Wiedenmeier

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

Min/Max: 5/20

**Register and pay by Tuesday, July 7**

For beginners and experienced players! Aaron Baer started playing ukulele in 1995 and quickly took to the instrument, incorporating the uke into his arsenal of instruments which include banjo, guitar, accordion, and harmonica. Joe has years of experience playing ukulele, and will be working with those who are new to the instrument.



## Bingo (S)

Wednesday, July 21, 2-3:30 pm

Sponsored by EdenBrook

Cost: Free

Min/Max: 10/25

**Register by Monday, July 19**

Come for a fun afternoon of bingo! *We will be socially distanced two per table unless same household.* Prizes sponsored by EdenBrook.



## Book Talk (S)

"The Art Forger" by B.A. Shapiro

Thursday, July 22, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 9

**Register by Tuesday, July 6**

**Call the center at 920-232-5300 to register and arrange for book pick up.**

On March 18, 1990, thirteen works of art worth today over \$500 million were stolen from the Isabella Stewart Gardner Museum in Boston. It remains the largest unsolved art heist in history, and Claire Roth, a struggling young artist, is about to discover that there's more to this crime than meets the eye.



## Family Cottage Estate Plan (S)

Friday, July 23, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

**Register by Wednesday, July 21**

For folks who have a special spot on the lake up north, or hunting grounds used by the whole family, or a quiet cabin they visit on the weekends with their grandchildren, estate planning for that special place may not be so cut and dry. Attorney Joseph McCleer of McCleer Law Office will discuss the particular considerations that should be paid towards a second property when drafting one's estate plan.

## Popcorn and A Movie (S)

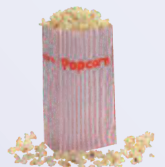
Friday, July 30, 1-2:30 pm

Cost: Free

Min/Max: 2/12

**Register by Tuesday, July 27**

Join us for a newly released movie on DVD, Chosen by your peers. Inquire at the front desk for details. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies.**



# Social and Educational

Building: North (N) South (S)

## Cards & Games are back!

Few things to know as we return to these activities:

- At this time, **no food or sharing of food/drink allowed**
- Single serve, sealed, beverages allowed (bottled water sold at front desk)
- Please wash hands before playing
- Fees have remained the same
- Due to new cleaning protocols, all cards and games end at 3:30 pm

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

### Stay Social

**Cost: R \$.75/ NR \$1.25 daily rate/per visit or purchase a Monthly or Annual Stay Social pass**

### Cribbage

Mondays & Fridays, July 9-30, 8:30-11:30 am

### Canasta

Mondays, July 12-26, 12:30-3:30 pm

### Mexican Train

Tuesdays, July 6-27, 12:30-3:30 pm

### Yahtzee, Scrabble, Rummikub, & Scattergories

Wednesdays, July 7-28, 8:30-11:30 am

### Bid Euchere

Wednesdays, July 7-28, 12:30-3:30

### Knitting & Crochet

Thursdays, July 1-29, 8:30-11:30 am

### Sheepshead

Thursdays, July 1-29, 12:30-3:30 pm

### Open Bridge

Fridays, July 9-30, 12:30-3:30 pm

### Learn to Play Mahjong

Thursdays, July 15-29, 12:30-2 pm

Instructor: Kerry Wolfe

**Cost: R \$2.25/NR \$3.75**

Min/Max: 2/8

**Register by Tuesday, July 13**

You will learn over the course of 3 weeks how to play the game and some of the strategies to use. Mahjong is a traditional Chinese game, played by four people with tiles. The goal of each player is to win the game by being the first person to declare "**Mahjong**" by correctly creating a hand that exactly matches a hand on the score card. As an added bonus, studies have shown that Mahjong is a great game for keeping the mind sharp!



### Learn to Play Card Game "Scratch" (Oh Pshaw or Blackout)

Tuesdays, July 13 & 20, 10:30 am-12 pm

Instructor: Jane Wells

**Cost: R \$1.50/ NR \$2.50**

Min/Max: 2/8

**Register by Friday, July 9**

The object is for each player to bid the number of tricks he thinks he can take from each hand, then to take exactly that many; no more and no fewer. Points are awarded only for making the bid exactly. If you're looking to learn a new card game that is fun and easy to learn, come join me. This is a family favorite and can be played by older kids as well as adults.







Oshkosh Seniors Center Presents

## Outdoor Live with Lunch\*

Friday, July 16, 11:30 am-12:30 pm

Cost: \$10 includes lunch & music

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

**Tickets on sale June 16-July 13**

Music by:



JT Dog (John) plays a variety of music, from oldies to country, to anything requested!

His energetic performances will leave you toe-tapping & singing along!

**Menu by Panera Bread: Turkey Bravo 1/2 Sandwich**  
Oven-roasted turkey breast, applewood-smoked bacon, smoked Gouda, emerald greens, vine-ripened tomatoes and signature sauce with salt and pepper on thin-sliced Tomato Basil, 1/2 Seasonal Greens Salad, Fruit Cup, Dessert, and Drink



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

\* In case of inclement weather, event will be moved indoors

## Answer to Sudoku

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



## Did You Know?

A UK researcher did two studies into the positive effects of word puzzles, released in November 2018, and number puzzles, released in February 2019, on older people.

Older people that frequently tried puzzles had better short-term memory capabilities and verbal reasoning of someone much younger. For example, older people who regularly did word puzzles had the brain function of someone 10 years younger compared to their actual age.

The word puzzle study concluded that there was a close relationship between the frequency of puzzle use by people aged 50 and over and the quality of their cognitive function.

Another study from 2017 found that jigsaw puzzles had a positive effect on visuospatial functioning in older adults. Visuospatial functioning is integral to a person's ability to process, identify, detail, and analyze a space and visual form. It is also essential to a person's movement, and depth and distance perception.



## A Favorite in Wisconsin Communities for Over Five Decades



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

**Free! July 18 at the Leach Amphitheater**  
**Kinsella Irish Dance @ 1:30 pm**  
**Kids from Wisconsin @ 3:00 pm**



303 Ceape Ave  
Oshkosh, WI  
920-232-5319




**LIVE AT THE LEACH TUESDAY NIGHT FREE! CONCERTS!**  
 July 6th - August 10th  
 Gates Open: 5:30pm  
 Family Fun: before concert  
 Music Plays: 6:30-9pm

*Family Fun Sponsor:*



Wisconsin Public Radio Foundation

[www.leachamphitheater.com](http://www.leachamphitheater.com)

### 2021 FREE FAMILY MOVIE NIGHTS

*Join us for fun entertainment before the movie!*

Gates Open: 6:30pm Movie: Dusk

- June 25th: Small Foot
- July 9th: A Dog's Journey
- July 30th: Onward
- August 13th: The Mighty Ducks
- August 27th: Playing with Fire



1:30pm opening performance by Kinsella Irish Dancers!  
 Kids perform 3pm-5pm



July 18th 1pm-5pm

Trucks & equipment to explore!  
 Fun games!



Sept. 25th 10am-2pm



# Friends of the Oshkosh Seniors Center



## FUN and FUNDS (Raising)

2021 seems like the perfect year for the Friends of the Oshkosh Seniors Center to have FUN as they raise FUNDS for the Center. FUN, like:



**Food Truck Friday** – WE ARE BACK!! And cannot wait to see you all on: Friday August 20<sup>th</sup> at South Park featuring music by **Copper Box** and favorite food from your favorite Food Trucks! Come on out and enjoy a FUN evening with your family and friends!

**Grocery Raffle** – an opportunity to win \$100 of groceries a month – for a whole year! (September 2021 – August 2022) from **Mark and Susie's Piggly Wiggly** in Oshkosh. The drawing will occur at 7:00 p.m. on 8/20 at Food Truck Friday. Tickets are available for purchase at the Seniors Center or from any FOSC Board Member.

**Silver Soles on the Fox River** – celebrate Grandparents Day on Saturday September 11<sup>th</sup> by walking with your family while raising FUNDS for the Seniors Center. Our thanks to Network Health for sponsoring the family walk!

Your support of these FUN and FUND-Raising events make it possible for the Friends to support the community at the Seniors Center. Stay tuned for more details about a document shredding event in October the paving/lighting of the parking area used by Tour participants, scheduled for later this year!!

Best wishes to you and yours for safe and Happy 4th of July!!



### Donations may be directed to:

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

### Or email us:

FriendsofOSC1986@gmail.com



### 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



## Tours Sign-up Options

•The Tours Desk will be open  
**9 am —1 pm**  
**MONDAY through THURSDAY**  
at the South Building. **200 N. Campbell Rd.**

Please note WST is accepting **CHECKS AND EXACT CASH ONLY** at this time. You may also pickup new flyers for trips you have seen in *The Current*.

•Can't make it in during in-person hours? You can 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.**

**Call 920-232-5312 with any questions.**

COVID-19 continues to impact travel. We are hopeful for the future, but is impossible to predict travel restrictions. **Please be aware that planned trips may change.**

**Reminder** All ages are welcome on WST Tours. Consider the age appropriateness of the trip and please note that children must be accompanied by an adult. Call the WST Tour Desk during open hours with any questions:  
9am—1pm M-T-W & Th.  
920-232-5312.

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

**Dates: July 14, 15, 16**

**Cost: \$440 Double Occupancy / \$540 Single Occupancy (\$20 non-refundable deposit, Final payment due June 15)**

**Guides: Ginnie Riley & Donna Landers**

**Depart July 14, 8 am Seniors Center North**

Join us on a trip to the picturesque North Woods, and experience the beautiful landscapes of the Apostle Islands and Apostle Island Peninsula.

Enjoy a ferry ride to Madeline Island, visit Big Bay State Park and the museum on the Island.

Both Bayfield and Washburn have many unique shops, eateries, and local artists who display and sell their artwork. We will visit Hauser Superior View Farm which offers lots of berries, apples, Apfelhaus hard cider, and Jim's hat collection, which you cannot miss. We will take in a live performance at Chautauqua, stop at Northern Great Lakes Visitor Center and get some history of the North Woods, and visit the beautiful gift shop. Next we take a tour of the Historic Murals of Ashland, to learn the story behind them. Flyers are available from Ginnie 715-889-2373 or Donna 920-303-1683. This is a high-activity trip.



## Brewers vs Pirates 1:10 pm Game

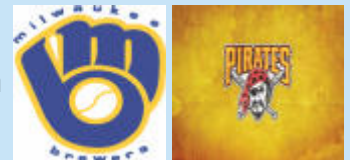
**Date: Wednesday, August 4, 2021**

**Cost: \$64 (\$20 non-refundable deposit, Final Payment due July 14)**

**Guides: Donna Landers & Laurie Peach**

**Depart: 9:30 am Seniors Center North**

Enjoy a carefree and leisurely ride to see Milwaukee Brewers Baseball and the in person thrill of being out to "the" game. Bring your glove, let's see the Brewers take on the Pittsburgh Pirates and get a homerun or two. There will be a brief stop at McDonald's on Hwy Q before the game. For a flyer or questions contact a guide: Donna Landers 920-303-1683 or Laurie Peach 920-232-1336



*Going Places*



# Winnebago Senior Tours

## Wisconsin State Fair

**Date: Tuesday, August 10**

**Cost: \$48 (\$20 non-refundable deposit, Final Payment due July 13)**

**Guides: Sherry Katzenberger & Betty Litjens**

**Depart: 8 am Seniors Center North**

**Return: approximately 6:30 pm**

Leave the parking to us! Travel on an air-conditioned motor coach with a day at the Wisconsin State Fair. Your cream puff or brownie is on us! Price includes admission and "Fair Bucks" good towards food or beverage. Enjoy free samples when you experience the agricultural and horticulture displays throughout the Fair Grounds. Remember the rides, while you enjoy outstanding events such as Pig Races, fabulous music, and Pubs featuring Wisconsin Brews, cheeses, beekeeping, and an atlas of information about Wisconsin. For a flyer or question call one of the guides: Sherry 608-576-5366 or Betty Litjens 920-231-4504.



## Biltmore Estate & Ashville NC

**Date: September 5—10**

**Cost: \$575**

**(\$75 down, Final Payment due, June 28)**

**Guides: Donna Landers & Ginnie Riley**

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. Then 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 the Kentucky Artisan Center, a 20,000 square 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: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373



## Exploring Britain & Ireland

**Date: August 12—27**

**Guide: Cheryl Freiberg**

**Cost: \$5649 Double Occupancy**

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.



## Amish Acres in Nappanee Indiana September 16 & 17

**Cost: \$215 Double Occupancy, Driver tip, Hotel, Dinner, Guided Tour**

**(\$20 non-refundable deposit, Final payment due July 15)**

**Depart: 9 am Seniors Center North**

Join us to explore the humble Amish community in Nappanee, Indiana. After checking into our Hotel we will have a farm feast dinner then a live performance in their Round Barn Theater. Day 2, after our continental breakfast there will be a wagon ride tour of the area.

Explore the 130 year old Farmstead Landmark, German schoolhouse, blacksmith shop, and take in the many demonstrations. When we finish lunch have fun shopping at the Courtyard shops. If you have any questions on the Amish Acres contact Donna at 920-303-1683 for more details.









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

### Oshkosh Committee on Aging

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Heidi Basford Kerkhof  
Lindsay Temple  
Julie Davids  
Julie Kiefer  
Julie Maslowski  
Jean Wollerman  
Mike Ford, Council

### OSC Staff

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

### Activity Coordinators:

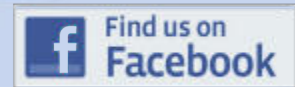
Alec Jensen, Fitness & Wellness  
Bobbie Jo Luft, Volunteers & Support  
Kerry Wolfe, Asst. Activity Coordinator

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### Advocap

Libby Stockton, Meal Site Manager  
920-420-3191