

THE CURRENT

June, 2022, Issue #6

2022 FOOD TRUCK FRIDAY



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Welcome to the Oshkosh Seniors Center



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Most people plan for their retirement from a financial perspective but are they planning and strategizing on maintaining their physical health? That is where the Center can help. Because after 50 years of age, people start to lose muscle mass, they need to be building strength, working on endurance, flexibility, and balance to age well.

Stop by for a tour to get started on your fitness journey.
Oshkosh Seniors Center - Fitness
234 N. Campbell Road, 920-232-5300

Cancellations & Refunds

Refund Guidelines

- ◆ The Oshkosh Seniors Center reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. In the event of a cancelled class, a credit will be issued to the registrants pre-pay account unless a refund check is requested. Refund checks will be issued from City Hall Finance. Please allow 2-4 weeks for a refund check.
- ◆ In the event that a registrant cancels less than **72 hours** prior to the program, the Program Supervisor will make a determination regarding a refund. If refund eligible, a credit will be issued to the registrants pre-pay account unless a refund check is requested. Refund checks will be issued from City Hall Finance. Please allow 2-4 weeks for a refund check.
- ◆ There are no refunds or credits given for individual classes missed due to personal illness or other personal situation.
- ◆ No Refunds/Credits are given on individual classes cancelled due to weather. We will make every effort to reschedule these classes.

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

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Art Expression (S)

Thursdays & Fridays, June 2-30, 9-11:30 am
Cost: R \$1.50 / NR \$2.25 per visit

Do you need a space to create or finish an art project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies, then enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**

DIY Yarn Wall Décor (S)

Friday, June 3, 12-2 pm

Instructor: Leah Hackmaster

Cost: R \$6 / NR \$7.50

Register by Thursday, May 26

Looking for an easy craft to change up your wall décor? Look no further! In this class you will be making a fun wall hanging piece to jazz up your space.



Advanced Hand Building with Clay (S)

Tuesdays, June 7-28, 1-3 pm 4 week session

Instructor: Kathi Dittmer

Cost: R \$35 / NR \$40

Min/Max: 3/10

Register by Tuesday, May 31
Payment due upon registration



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

Needle Felting—Barn Quilt Square (S)

Wednesday, June 8, 9:30—11:30 am

Instructor: Kerry Wolfe

Cost: R \$10/ NR \$11.50

Min/Max: 2/8

Register by Friday, June 3

Payment due upon registration

Do you love barn quilt squares, but don't want to invest in one? We will be making a smaller version of a barn quilt square with wool & felt. Sign up today. All supplies will be provided.



Brush to Canvas (S)

Wednesday, June 22, 10 am-12 pm

Instructor: Molly Jo Zornow

Cost: R \$20 / NR \$225

Min/Max: 5/15

Register by Friday, June 17

Payment due upon registration.

Beginners to experts, this class is for you! We will be enjoying the nice weather on the patio for step by step paint along class. You will be painting a bouquet of flowers using acrylic paint. Join us and learn new skills while creating a beautiful piece.



Painting Class (S)

Brush
to Canvas

Wednesday, June 22
10 am-12 pm
R \$20 | NR \$25

create



*Artrageous Wednesdays!
Wednesdays, June 8 and/or June 22*

Drop in between 9-10:30 am

(Room closes at 11 am)

Cost: R \$7/NR \$8.50 per project

Register in advance

*Join us in June on Wednesdays for
three different crafts available at
the same time. Come in and do just
one craft, or all three.*

Grandchildren are welcome!

June Projects:

Soap Making-3 bars

Garden Pot Gnome-1 gnome pot

Paper Making-4 sheets

with additives

Upcoming!

Beginner Stained Glass Class (S)
Always Blooming Stained Glass Flower
Tuesdays, July 12-26, 10-11:30 am

Instructor: Les Bandt

Cost: R \$20/ NR\$25

Max: 5

Register by Friday, July 8

Join stained glass artist Les Bant as he guides you through this beginner stained glass flower. You will learn the basics of stained glass including cutting, grinding, foiling, and soldering.

Please bring own safety goggles and a stack of newspaper about 1/4" thick.





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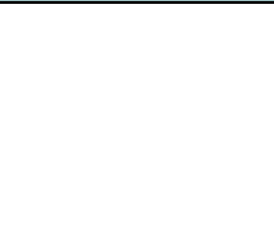


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Portrait Woodburning Class (S) Thursdays, June 2-July 21, 1-3 pm 8 week session

Instructor: Linda Gomach

Cost: R \$40 / NR \$45

Min/Max: 3/10

**Register by Thursday, May 19
Payment due upon registration**

Turn a cherished photo into the likeness of a favorite person using shading methods and a lot of patience. Make life-like eyes, ears, nose, lips and hair. This is an advanced wood burning class. Students should bring: graphite paper, red ink pen, a favorite photo of a loved one and 3 copies of that photo on 8 x 10 copy paper. The wood provided is a 9 x 12 piece of Baltic Birch that is included with the class.

Woodshop Safety Refresher (N)

For those who have already completed Basic Machine Safety Training

Friday, June 3, 9-10:30 am

Register by Tuesday, May 31 OR

Friday, June 10, 9-10:30 am

Register by Monday, June 6

Instructor: Jeff Becker

Cost: Free

Min/Max: 2/10

In order to attend one of these safety trainings you must have been a previous woodshop participant who has gone through the safety training before. You will only be

required to attend ONE of the training dates above. Once you do, your safety certification will be valid for one year.



Woodburning (S) Raccoon or Squirrel

Tuesdays, June 7-28, 10 am-12 pm

Instructor: Cedric Richeson & Dick Krummick

Fee: R \$25 / NR \$30

Min/Max: 3/10

**Register by Tuesday, May 31
Payment due upon registration**

This is an intermediate class that focuses on burning eyes and animal fur using your choice of a squirrel or raccoon pattern. Woodburning basics are covered for creating lifelike fur and textures for both short and long hair. Birch plywood board and test strip are provided. Students will need to bring a white vinyl eraser, dust mask, tack cloth, graphite paper, a red or blue ink pen, Pre-requisite: Woodburning Basics or permission of Instructor.



Wisconsin Pallet Class - Wall Art (N)

Tuesdays, June 7-21, 9-11:30 am

Instructor: Jeff Becker & John Brad

Cost: R \$30 / NR \$35

Min/Max: 3/6

**Register by Tuesday, May 24
Payment due upon registration**

You will be using pine board to make your state. When Finishing is up to you, stain it all one color, several colors, or leave it looking rustic.



Hand Tool Carving Class (S)

Mondays, June 13 - July 25, 1-3 pm

Cost: : R \$30 / NR \$35

Min/Max: 5/12

**Register by Friday, June 10
Payment due upon registration**

This six-week hand tool carving class is open to carvers who want to refresh their skills and complete unfinished projects. Award-winning carving instructors will be available to instruct, and problem solve.



Why Woodworking?

Check out these benefits:

- Boost mood and mental sharpness.
- Reduce anxiety and stress.
- Utilize math and communication skills.
- Improve cardiovascular health and fine motor skills.
- Hone a creative skill.

Basic Machine Safety Training (N)

Fridays, June 17 & 24, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Monday, June 13

All **NEW** participants wanting to use the woodshop for woodshop classes and/or open guided hours are required to attend the machine training class. The two class requirement for all participants **must be taken in consecutive weeks**. Once you have completed the training you may use the designated machines in the shop. Materials provided for the training.

Guided Woodshop Hours

(Formerly Open Hours)

Pre- registration is encouraged. Drop in's are also welcome, however please understand there is only a limited amount of space in the woodshop. The shop may close early if there are no users.

Payment due upon registration

Wednesdays

9 - 11:30 am , Cost: R \$5/NR \$6.50 per 2.5 hr time slot

12 - 2:30 pm, Cost: R \$5/NR \$6.50 per 2.5 hr time slot

Shop will be closed 11:30 am-12 pm

Facilitators: Woodshop Monitors

These two and a half hour windows of time were designed to allow participants to come in and use the machines to work on their own projects, with support as needed from experienced volunteer woodworkers. There will be limited capacity per time slot.

Must have completed Machine Safety Training to use any equipment in shop.



Looking for Woodshop Volunteers

If you are interested in volunteering in our Woodshop or want more information please contact Jane Wells, Program Supervisor

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Fox Fitness Center (N)

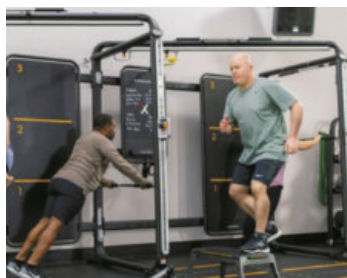
Monday-Friday, 7 am - 4 pm

Stay Active Pass & Insurance Reimbursement Eligible

Check with the front desk as many Medicare supplement plans will pay for fees. Workout for FREE!

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

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System.



If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.

To keep our equipment clean and working at its best, we have three requests:

- 1. We ask that you please remember to change out your street shoes before your workout.**
- 2. Please wear fitness apparel when exercising. Wearing jeans can cause damage to the equipment.**
- 3. Wipe down exercise equipment.**

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 five years of experience in group exercise, personal training, coaching, and strength and conditioning. He's ready to help you achieve your fitness and wellness-related goals.

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

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



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

To schedule your appointment call Alec at 920.232.5320.

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

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

Rapid Movement Training (N)
Mondays & Wednesdays
8:30-9 am

Instructor: OSC Staff

Drop-in eligible

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

Range of Motion (N)
Mondays & Wednesdays
9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

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



Life Fitness & Movement (N)
Tuesdays & Thursdays
9-9:30 am

Instructor: Alec Jensen

Drop-in eligible

The class is an energizing modern approach to low impact aerobics and strength training. We will be focusing on building our total physical well-being. This class will utilize bodyweight movements, resistance bands, and light cardio to improve fitness.

Tai Chi Energy (N)
Tuesdays & Thursdays
9:45-10:15 am

Instructor: Alec Jensen

Drop-in eligible

Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion to help with energy flow. This class is geared towards beginner and intermediate levels of tai chi.



Movement Exercise (N)
Tuesdays & Thursdays
11-11:45 am

Instructor: Bobbie Jo Nagler

Drop-in eligible

A class for senior adults with ongoing conditions such as Parkinson's, MS, or 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.



Silver Sneakers Classic (N)
Mondays & Wednesdays
10:45-11:30 am

Instructor: Jean Wollerman

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.



Line Dancing (N)

Instructor: Debbie Ruck

Drop-in eligible

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

Advanced Line Dancing Mondays & Tuesdays

12:30-1:30 pm

Prior experience preferred

Beginner Line Dancing Tuesdays

1:45-2:45 pm

No prior experience is necessary



FFC 3g (N)

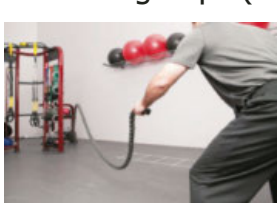
Fridays, June 3-24, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, June 4

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3



different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself

accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout!

If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920.232.5320 for an appointment.

Synergy Fitness (N)

Mondays, June 6-27, 8-8:30 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, May 26

This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular system in new ways.

This class is perfect for those who like small group based classes with a lot of camaraderie. You also get the benefits of the coaches being able to give you one on one help.

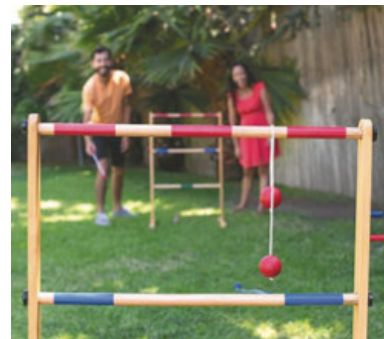
Outdoor Yard Games (S)

Thursdays, June 9-30, 2-3 pm

Instructors: Alec Jensen & Kerry Wolfe

Register by the Tuesday prior to each Thursday if you want to participate.

Join us for a fun and relaxing time playing yard games! We'll teach you the fundamentals of games like Bocce Ball, Croquet, Ladder Golf, etc. It's a great time to socialize and exercise all at once! Water and shaded areas available.



Mindfulness Meditation (S)
Thursdays, June 2-30, 11 am-12 pm

Instructor: Donna Janus
Cost: R \$1.25 / NR \$1.75 per visit
 Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will have a positive impact on your life!



Grief Support (S)
Thursdays, June 2 & 16, 1-2:30 pm

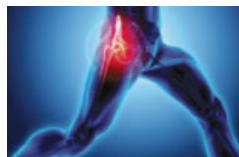
Facilitator: Meredith Schlute, Compassus Hospice
Cost: R \$1 / NR \$1.25 per visit
Register by calling 920.232.5310
 For any adult grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith Schlute with Compassus Hospice will facilitate groups conversations around how we grieve, and allow a safe space for support.

Work Smarter, Not Harder (S)
(Tools & Tips for Safety and Independence)

Presenter: Fox Rehab
Wednesday, June 8, 2-3pm
Cost: Free
 Max: 30
Register by Monday, June 6
 As we age, daily tasks can become harder and put us at risk for falls, medication mismanagement and decreased mobility. Fox clinicians will introduce you to a number of solutions to help you enjoy life safely in your apartment/home. Stair adaptation, medication management tools, dressing tools to ease arthritis and more! Come join us for an hour of smarter ways to manage safely and independently!

Hip Pain & Corrections (S)
Monday, June 13, 11 am-12 pm

Presenter: Excel Physical Therapy
Cost: Free
 Max: 30
Register by Friday, June 10
 If you suffer from hip pain this presentation can help you identify what may be causing the pain, why it may be causing pain, and possible ways to solve the issue.



Essential Oils (S)
Bug Spray

Tuesday, June 14, 1:30-2:30 pm
 Presenter: Jeanne Gehrke, Dreams of Jeanne LLC
Cost: \$10
 Max: 15
Register by Friday, June 10
Payment due upon registration
 Summer is finally here and so are the bugs! Learn how to make your very own toxin-free bug spray. You will get the recipe and your own bottle to take home.



Ankle & Foot Pain (S)
Tuesday, June 14, 1-2 pm

Presenter: Eric Koehler Dpt., Physical Achievement Center
Cost: Free
 Max 30
Register by Friday, June 10
 We will reveal the biggest mistake ankle & foot pain sufferers make, the seven most common causes of ankle and foot pain, and how to get rid of the root problem once and for all with non-medical options. You will learn unique and clinically proven approaches to build strength and confidence in your ankle/foot.



Hip Pain Screening (S)
Wednesday, June 15, 10 am-12 pm

Facilitator: Excel Physical Therapy
Cost: Free
 Max: 10
Register by Monday, June 13
 Still having issues with your hips? Get it checked out for free! These quick 15-20min screenings are a great way to find out what you may need to do in-order to reduce your hip pains whether it's stretching, strengthening, or therapeutic interventions. We strongly encourage you to attend the Hip Pains & Corrections presentation on June 13 first! **Call 920.232.5310 to schedule your appointment.**

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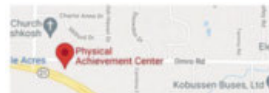
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

InBody Scans (N)

Thursday, June 16, 8-9:30 am

Facilitator: J.J Allen Hometown Pharmacy

Cost: \$10

Register by Tuesday, June 14

The InBody provides a comprehensive analysis that is an accurate way to monitor changes in body fat and lean mass. Not only do you get your body composition analysis, but it provides your Basal Metabolic Rate, or BMR, the minimum calories required at rest. These are non invasive test that take 5 minutes and can provide great health information to help you meet your fitness/wellness goals. Result print outs are included. Fasting is preferred to give the most accurate results. **Call 920.232.5310 to schedule your appointment.**



Don't miss this opportunity to receive this test at a reduced price!

Brain Games (S)

Friday, June 24, 11 am-12 pm

Facilitator: Alec Jensen

Cost: Free

Max: 20

Register by Wednesday, June 22

Want to sharpen your mind while having fun? Join Alec for Brain Games. You will learn the benefits of how these games can help increase our critical thinking skills and more. This is an interactive presentation and games will be played throughout the presentation.



A Healthier You (S)

Monday, June 27 , 1-2 pm

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

Cost: Free

Register by Friday, June 24

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.



Memory Care Screening (S)

Thursday, June 16, 10:30 am-12 pm

Facilitator: ADRC

Cost: Free

Max: 8

Register by Tuesday, June 14

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. All appointments take approximately 20 minutes in a one-on-one setting. **Call 920.232.5310 to schedule your appointment.**

Balance Screening (N)

Wednesday, June 22, 1-3 pm

Facilitator: Physical Achievement Center

Cost: Free

Max: 6

Register by Friday, June 17

Join as Eric as he takes you through a balance screening. These simple screenings can help identify back pain, hip, shoulder issues, problems with balance and gait. These are non-invasive screenings that only take a few minutes! These are held a 15-20 minute one on one session and can guide you on how to properly treat the problem. **Call 920.232.5310 to make your appointment.**

City of Oshkosh residents in need of financial assistance for vision, hearing and dental

Apply for funding by calling 920.232.5301

Almeda Fisk Gallup Fund

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- Warm Foot Soak
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- Patient Education

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COST: \$24

CALL 920.232.5310
FOR AN APPOINTMENT

TO ENSURE YOU GET THE
APPOINTMENT DATE THAT YOU
WANT, PLEASE CALL 4-6 WEEKS IN
ADVANCE.

APPOINTMENTS ARE AVAILABLE
TUESDAY AND WEDNESDAYS,
9 AM TO 3 PM



Valley VNA
Senior Care



Sara's Savory
Samplings



SHRIMP TACOS WITH CILANTRO-LIME SOUR CREAM

SERVINGS: 4

PREP TIME: 20-30 MIN

COOKING TIME: 8 MIN

INGREDIENTS

20 medium shrimp, peeled and deveined

1 clove garlic, minced

1/2 tsp ground cumin

1/2 tsp chili powder

1/4 tsp kosher salt

1/8 tsp cayenne pepper (optional)

1 T olive oil

4 small flour tortillas

shredded romaine lettuce

diced tomatoes

sliced avocado

Cilantro-Lime Sour Cream

CILANTRO-LIME SOUR CREAM:

1/4 C sour cream

2 T fresh cilantro, chopped

1/4 tsp cumin

2 tsp lime juice

1/2 tsp lime zest

salt to taste

DIRECTIONS

1. In a bowl whisk together olive oil, garlic, cumin, salt and cayenne pepper (if using). Add the shrimp and toss to coat completely. Cover and refrigerate for 20-30 minutes to allow flavors to marry.
2. Cook shrimp in a skillet over medium heat until pink and cooked through, about 8 minutes. Turn off the heat and cover to keep warm.
3. Mix together the ingredients for the cilantro lime sour cream in a small bowl.
4. Place 4-5 shrimp into each tortilla. Top with the lettuce, tomato, avocado, and the Cilantro-lime sour cream.

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WisconsinSeniorMedicarePatrol



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
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Optional noon meals Monday - Friday.



Visit www.claritycare.org for more information.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

One on One Tech Appointments Designed to improve your digital literacy (all levels of expertise are welcome).

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

One on One with Diane Friday (S)

Mondays, June 6, 13, 20, and 27
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, June 7, 14, 21, and 28
9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, June 1, 8, 15, 22, and 29
9 am, 10:15 am, 11:30 am, 12:45 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310

One on One with Steph Carlin (S)

Mondays, June 6, 13, 20, and 27
Noon, 1:15 pm, 2:30 pm

Tuesdays, June 7, 14, 21, and 28
Noon, 1:15 pm, 2:30 pm

Wednesdays, June 1, 8, 15, 22, and 29
9 am, 10:15 am, 11:30 am, 12:45 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310

Connect through Tech can help you improve your Digital IQ!

Wi-Fi Access (S) Cost: FREE

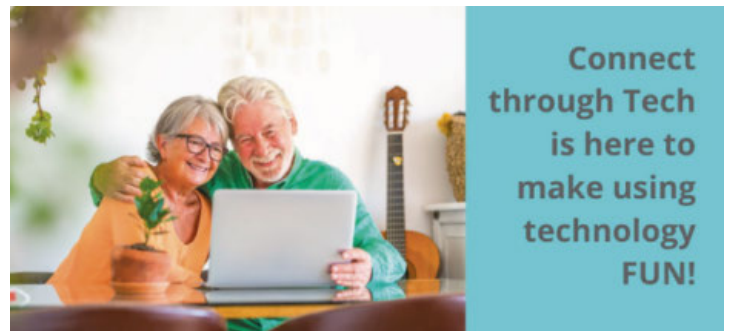
Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room and enjoy the high-speed internet service. No password required.

One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library online services. She is very tech savvy so don't hesitate to set up an appointment with her on any technology challenges you are experiencing.

Mondays, June 6, 13, 20, and 27
9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310



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.**



Ukulele Lessons Everyone Welcome!

No prior music experience necessary.

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$50 check for deposit, and when Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about Ukulele "rental."



Beginner Ukulele Lessons (S) Fridays, June 3, 17, & 24, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/20

**Register by Wednesday, June 1
Payment due upon registration**

Research shows learning something new is the best way to improve brain health. You do not need to know how to read music to learn to play the uke. Don't have your own Ukulele? Rent one from the Center.

Intermediate/Advanced Combo Ukulele Lessons (S)

Fridays, June 3, 17 & 24, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, June 1
Payment due upon registration**

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

Legal Counseling (S)

Friday, June 10, 10 am-12 pm

Cost: Free

Legal Counseling with an attorney from the law firm of Reff, Bavier, Birmingham and Lim SC will be offered at no charge for a **25 minute**

individual session. Counseling is limited to advising only and does not include other legal work such as drafting of documents. **Call 920.232.5310 to schedule an appointment.**



Did You Know?

Puzzles are good for the brain. Studies have shown that doing jigsaw puzzles can improve cognition and visual-spatial reasoning. The act of putting the pieces of a puzzle together requires concentration and improves short-term memory and problem solving.

Elder Benefit Specialist (S)

Wednesdays, June 1-29, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

Bingo (S)

Monday, June 13, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Thursday, June 9

Come for a fun afternoon of bingo! Prizes sponsored by EdenBrook.



Online Dating (S)

Tuesday, June 14, 10-11 am

Presenter: Jeanne Tondryk

Cost: Free

Min/Max: 5/25

Register by Friday, June 10

Join us to learn the ins and outs of joining an online dating service, especially for those ages 50+. Jeanne Tondryk, a previous Matchmaker, has been navigating Match.com and others for about a year. She will explain how fun this can be with a little excitement and



effort. Match.com is a well-established online dating site with a good reputation and a large pool of senior singles aged 50 and older.

Voices of Nature (S)

Wednesday, June 15, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

Register by Monday, June 13

The spring and early summer forest is an amazing place to simply sit and listen to the many sounds of nature. Rob will introduce you to many of them in this exciting program.



Chat & Chop (S)

Tuesday, June 21, 10 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50

Min/Max: 2/8

Register by Wednesday, June 15

Payment due upon registration



We will be preparing a stir fry recipe. Easy enough to make for one or if you are having company for dinner. Sign up today and bring your appetite.

What is Green Burial? (S)

Wednesday, June 22, 10-11 am

Presenter: Shedd Farley, Natural Path Sanctuary

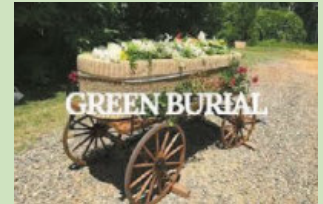
Cost: Free

Min/Max: 5/25

Register by Monday, June 20

Learn from Shedd Farley, Natural Path

Sanctuary, about burial options that emphasize simplicity and environmental sustainability. Shedd will share about his passion for green burials and



Natural Path Sanctuary, a nature preserve burial ground also known as a green cemetery.

Donuts & Elder Law (S)

Celebrity Edition

Friday, June 24, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, June 22

What can we learn from celebrities about estate planning and long-term care planning? Attorney Joe McCleer of McCleer Law Office will discuss several instances in which celebrities and their families faced unnecessary and lengthy battles due to poor planning. Free donuts and coffee!



Representative Hintz Office Hours (S)

Friday, June 24, 10 am-12 pm

Cost: Free



State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Representative Hintz is dedicated

to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share with Gordon what's on your mind.



Cooking Matters

Cooking With Alec (N)

Friday, June 17, 10:30-11:30 am

Instructor: Alec Jensen

Cos: R \$6 / NR \$8

Min/Max: 2/15

Register by Wednesday, June 8

Payment due upon registration

Want to 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 there is in a healthy diet. Samples of each food will be provided. Bring a pen & paper to take notes!

Chat & Chop (S)

Tuesday, June 21, 10 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50

Min/Max: 2/8

Register by Wednesday, June 15

Payment due upon registration

We will be preparing a stir fry recipe. Easy enough to make for one or if you are having company for dinner. Sign up today and bring your appetite!

Eat & Greet (S)
Wednesday, June 29
11:30 am-12:30 pm
Cost: \$10
 Max: 40



Purchase tickets by Friday, June 24
Payment due upon registration

Finally, summer is here, we will be breaking out the grill. Come join us for hamburgers, baked beans, chips, and something yummy for dessert.

Popcorn & A Movie (S)
Wednesday, June 29, 12:45-2:45 pm
Cost: Free
 Min/Max: 2/30

Register by Monday, June 27



Enjoy a movie with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations prohibit us from**

disclosing titles of upcoming movies in newsletter.

Book Talk (S)
"The Little Paris Bookshop" by Nina George
Thursday, June 30, 9:30-11 am
 Facilitator: Kerry Wolfe
Cost: \$1.25 R / \$1.75 NR
 Max: 15



Register by Tuesday, June 2
Call the center at 920.232.5300 to register and arrange for book pick up.

Monsieur Perdu calls himself a literary apothecary. From his floating bookstore in a barge on the Seine, he prescribes novels for the hardships of life. Using his intuitive feel for the exact book a reader needs, Perdu mends broken hearts & souls. The only person he can't seem to heal through literature is himself; he is still haunted by heartbreak..... How does the story end? Join us for book talk.

Wisconsin Warmers (S)
Thursdays, 9 am-3 pm

Consider joining the WI Warmers, a volunteer group that creates handmade items such as lap quilts and stockings for those in need. No sewing skills necessary, supplies and training provided. Come meet new friends while giving to others. The Wisconsin Warmers are in continual need of cotton fabric pieces that are 2 to 3 yards or larger in size for quilt backs. Please, NO polyester, satin, tulle/netting, knits of any kind, or bed sheets.



At this time, **no food or sharing of food/drink allowed**

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

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

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

Mahjongg, Mexican Train
 Tuesdays, 12:30-3:30 pm

Canasta
 Wednesdays 9-11 am
 New players welcome!



Bid Euchere, Rummikub
 Wednesdays, 12:30-3:30 pm
 Beginners welcome

Knitting & Crochet
 Thursdays, 8:30-11:30 am

Sheepshead
 Thursdays, 12:30-3:30 pm

Open Bridge
 Fridays, 12:30-3:30 pm





Outdoor Live with Lunch (S)

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



In case of inclement weather, event will be moved indoors



Featuring the Jackson Street Polecats Jug band

FRIDAY, JUNE 10, 12:15-1:15 PM

Ticket Cost: \$10 includes lunch & music

Lunch prepared by New Moon Cafe-"The Parker" Wrap-Turkey, Tomato, Cucumber, Red Onion, Colby Jack, Cheese, Lettuce, Ranch, pickle spear, pasta salad, dessert, drink

Tickets on sale Monday May 23-June 8

Max attendance 35

Get ready for some foot stompin', hand clapping music as Aaron Baer and Jeff Mitchell perform blues, jazz, & folk music jug band style!

This event is funded in part by a generous donation from the Ladies Benevolent Society



Oshkosh United Martial Arts Presents

Demonstration



Martial Arts Demonstration (S)

Monday, June 20, 1-1:45 pm

Cost: Free

Register by Thursday, June 16
920.232.5300

Come and be amazed as both kids and adults demonstrate the skills they've learned practicing Tae Kwon Do.

Grandchildren are welcome too!

**BOARD
BREAKING**

**FLYING
KICKS**

NUNCHUCKS



Light refreshments will be served after the program

LOVE TO
PLAY THE
PIANO?

LOOKING FOR VOLUNTEERS

WE ARE LOOKING FOR INDIVIDUALS TO COME TO THE CENTER AND PLAY ON OUR BABY GRAND PIANO TO ENTERTAIN SENIORS IN THE CENTER. CONTACT JANE WELLS, PROGRAM SUPERVISOR IF YOU ARE INTERESTED AND TO OBTAIN MORE INFORMATION

920.232.5308



Ukulele

**FOOT
STOMPING**

**TOE
TAPPING**

Outdoor Sing Along Party(S)

**Wednesday, June 22,
10:30-11:30 am**

Register by Monday, June 20

**Join the Ukulele Play Along group
in singing some favorite songs!
Open to all ages.**

Bring a lawn chair

**In case of rain, event will be
moved indoors**

**Light refreshments will be
available. Donations appreciated**

TIME FOR GRILLED BURGERS

EAT AND GREET (\$)

WEDNESDAY, JUNE 29
11:30 - 12:30 PM
COST: \$10.00

HAMBURGER, BAKED
BEANS, PASTA SALAD
CHIPS, DESSERT

TICKETS AVAILABLE MAY, 25

Summer Concert at the Leach Amphitheater

PERFORMANCE BY

*Janet
Planet*

WITH

Tom Theabo -Guitar

Mark Urness-Bass

Ryan Korb -Percussion

Tuesday, July 19

11 am -1 pm

***Doors open 10:15 am**

Advance Tickets: \$10

includes box lunch



Advance tickets available at the
Oshkosh Seniors Center June 11-July 12

Tickets at the Gate: \$8 (No lunch included)

Children under 12 Free

Bring a lawn chair

27

**Leach Amphitheater
303 Ceape Ave. Oshkosh**

2022 FOOD TRUCK FRIDAY



15 FOOD TRUCKS

*Variety of tasty foods
from Mexican to American
and Asian to Italian!*

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AT THE PARK!
SOUTH PARK ■ OSHKOSH**

JUNE 17

and

AUGUST 19

4:30–8:30PM

PRESENTING SPONSOR



Live Entertainment Sponsor



June 17
KITTY CORONA



August 19
GOT WISCO

GROCERY RAFFLE

\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR!
Mark & Susie's Piggly Wiggly - Food Truck Friday Sponsor!

*Raffle tickets available for purchase at various events this summer,
the Oshkosh Seniors Center and Food Truck Fridays.*



DRAWING AT 7:00 PM ON AUGUST 19, 2022 - AT FOOD TRUCK FRIDAY



*These events are sponsored by
The Friends of the Oshkosh Seniors
Center and all proceeds will benefit
programs and services provided
by the Oshkosh Seniors Center.*

Winnebago Senior Tours

For questions call 920.232.5312

Tours Sign-up Options

- Desk for registration is available
9 am -1 pm
MONDAY through THURSDAY
South Building. **200 N. Campbell Rd.**

- Place your payment in the drop box located next to the WST Desk **OR**

- Mail your check to:
Winnebago Senior Tours
P. O. Box 1851
Oshkosh WI 54903-1851
Please be sure to note the trip on the check memo line.



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

Detailed flyers available at the Seniors Center South

Sign up now, don't delay

Travel Back in Time Great Scott, Fox Valley

Date: Thursday, June 9
Cost: \$55 (\$20 non-refundable deposit)
Final payment due May 19
Depart: 9:25 am Return: 4:30 pm

Going Back in Time, we will have a guided tour of the FIRST house to have electric light bulbs in the United States, Hearthstone, in Appleton. From there we will enjoy a delicious lunch at Good Company. We will hand out \$10 towards your lunch. Next we see the working windmill which stands over 100 feet tall in Little Chute. A guide describes how the mill grinds the grains needed for breads. Our final stop will be Mansion in the Woods, known as Grignon Home in Kaukauna. There will be a guided tour of the quaint mansion that was built as a wedding gift for his bride. A blacksmith will demonstrate his craft.



Departing from Seniors Center North. Park on gravel area.

Guides: Donna Landers & Ginnie Riley

Discover Manitowoc/Two Rivers

Date: Thursday, June 23
Cost: \$80 (\$20 non-refundable deposit)
Final payment due June 2

Depart: 8:15 am Return: 7:45 pm

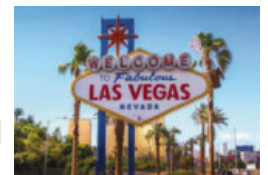
You will see some of the best kept secrets on Lake Michigan. Manitowoc is the home of the Midwest's largest Smithsonian Maritime Museum. If you are adventurous you can climb into a real submarine and ring the dive bell. From there we will visit the Rahr West Art Museum to see where a piece of the Russian Sputnik landed in front of the museum. Lunch will be at Kurtz's Pub & Deli. You will receive \$10 towards your lunch. We will then have a guided tour of the Hamilton Wood Type & Printing Museum, where you will hear about their over 100 years of wood print history, including some famous posters. At the Roger Street Fishing Village Museum a guide will tell you about ill-fated schooners, and the famous Christmas Tree Ship. Enjoy the lighthouse in the village and see many artifacts from the waters of Lake Michigan. To end our day in Manitowoc. Ice Cream Sundaes for all.
Departing from Seniors Center North.
Guides: Donna Landers & Sherry Katzenberger



What Happens in Vegas Won't Stay in Vegas?

The Fireside Theater—Ft. Atkinson
Date: Wednesday, July 13
Cost: \$120 (\$20 non-refundable deposit)
Final payment due June 13
Depart: 7:45 am Return: 6 pm

Let's have some fun! Just about every great entertainer has dazzled Las Vegas showrooms over the last 70 years. The Fireside pays tribute to many of those legendary performers in this new live band show featuring Steve Watts and the celebrated Fireside Band. Works featured are: Frank Sinatra and the Rat Pack to Chere, as well as, Garth Brooks to Lady Gaga. On our way we will stop at Jones Market for samples to taste and savor. **We will meet in the Oasis Room of the Seniors Center South.** Watch for the red cones and a guide will show you the parking area.
Guides: Donna Landers & Betty Litjens



Winnebago Senior Tours

Washington Island

Wait List Available

Date: Thursday, July 28

Cost: \$145 (\$20 non-refundable deposit)

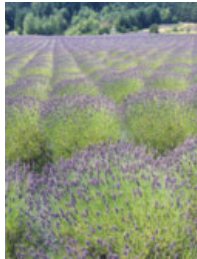
Final payment due July 7

Depart: 7:30 am Seniors Center South

Return: 9:30 pm

A day visiting Washington Island is an educational adventure. Start with the five-mile ferry ride and learn the history and legends of the Island. Highlights include: Stavekirk Church, The Farm Museum and the Fragrant Isle Lavender Farm. Coach Bus, tips, fees, lunch and dinner included. Be ready for a memorable experience that can only be found in Wisconsin.

Guides: Cheryl Freiberg & Laurie Peach



WI State Fair

171 years of Tradition!

Date: Tuesday, August 9

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

Final Payment due July 21

Depart: 10 am Return: 6 pm

Come enjoy a day at the fair with all the sounds, smells, and attractions. Enjoy a leisurely walk around all the displays of 4H exhibits which are their pride and joy. There are over 400 shopping locations offering the craziest gadgets and coolest items. 200 concession stands offering over 800 different foods and beverage items. Of course

everyone comes to the fair to try the famous cream puff, 4000,000 are sold every year. Pig Races, Dock Dogs, Ferris Wheel, Sky Glider-Bird's eye view of fun down below to give you a view of what the fair is all about.

Guides: Donna Landers & Sherry Katzenberger



Please let us know if you need any special accommodations on the bus or for an overnight stay.

Charter Fishing on Lake Michigan Let's Go Fishing!

Date: Thursday, August 25

Cost: \$160 (\$20 non-refundable deposit)

Final Payment due August 4

Depart: 11:30 am Return 9 pm

Maximum of 12 participants

Capt. Keith from Willie Bee Charters will be your guide for an awesome day of fishing on Lake Michigan. Keith's spacious boat is 33 ft. long and 12 ft. wide, which provides room for up to 6 people anxiously awaiting to catch fish. We have 2 boats reserved, so maximum of 12. (You must have a WI fishing license and salmon and trout stamp at Willie Bee Charters before you head out on Lake Michigan from 1 to 6 pm.) Fishing poles & bait are provided. The bus will supply coolers for your fish. When you return from fishing you will enjoy home cooking from Kurtz's across the road from Willie Bee Charters. Willie Bee will clean your fish & bag it with your name, while you enjoy your home cooked dinner at Kurtz's. We will give you \$15 toward your dinner. **Depart from Seniors Center North.** Guides: Donna Landers & Sherry Katzenberger



Salute to Two Rivers Area "Trivers" to the Locals

Date: Thursday, August 25

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

Final Payment due August 4

Depart: 11:30 am Return: 9 pm

West of the Lake Gardens, on the beaches of Lake Michigan, are six acres of beautiful flowers. The Rose and Japanese gardens have more than 900 feet of herbaceous borders that were created in 1934. Next, stop at Renee's Gourmet Popcorn & Chocolates for some scrumptious treats. Then we visit the Washington House from 1850, home of the original ice cream sundae. Also you may visit Schroeder's Department Store, celebrating 130 years of business. Browse displays of books, clothes, and jewelry; the 2nd floor has various yarns and accessories. Next is the guided tour about the life of an Alpaca, on the century old London Dairy Alpaca Farm. Enjoy the gift shop that sells a variety of alpaca items, with a wine shop featuring wines from Argentina. By this time we should be hungry for some home cooking at Kurtz's, and we will give you \$15 toward your dinner. **Depart from Seniors Center North** Guides: Donna Landers & Sherry Katzenberg



Winnebago Senior Tours

Exploring Britain & Ireland

Date: August 13—28

Cost: \$5449 pp Double Occupancy

The price on this trip has not changed in the past two years. This is your chance to sign up!

This International trip was chosen by our Travelers. Just a few of the highlights include London, Stonehenge, Bath, Cardiff, Blarney Castle, Dublin, Wales, and an Irish cooking class. An ultimate and unique experience is the epic Royal Military Tattoo in Scotland. Transportation from the OSC to airport is included. Documents will be handed out by our Collette Representative on July 27 at 11:00 am.

Guide: Cheryl Freiberg



Hidden Gems

Date: September 15-16

Cost: \$180 pp double \$215 single (\$20 non-refundable deposit)

Final payment due August 25

Depart: 9 am Return: 4 pm

We enjoy a beautiful drive up north to some lucky finds in Forest County. On the way there will be a stop in Townsend for lunch on your own. Next is a visit to The Farm with aquaponic equipment and a variety of fruit trees. We will also see organically raised bison, pigs, & chickens. The Farm also produces maple syrup and honey, which is sold in their gift shop. After checking into the Mole Lake Casino & Lodge, we will board the bus later for magnificent entertainment & music at The Big Easel in Wabeno. You will eat outside of a Lumber Baron's house and enjoy the entertainment playing on the stage in front of the old carriage house. After a restful night's sleep and breakfast on your own, we will leave for a grilled lunch at beautiful McCauslin Brook Golf Course. This is followed with a historic personalized tour of the Holt & Balcom Logging Museum. Then back to Oshkosh! Trip includes coach, tips, events, 1 dinner, 1 lunch, and one overnight stay.



Guides: Ginnie Riley & Donna Landers

Beautiful Vermont Bus 2

Date: September 10-18

Cost: \$1150 pp Double Occupancy (\$75 non-refundable deposit)

Final payment due July 5



Due to popular demand, we have added a second bus! This is your chance to see the fall beauty of Vermont. Trip highlights include Erie Maritime Museum, Shelburne Outdoor Museum, Church

Street Marketplace, Dinner Cruise on Lake Champlain, Rock of Ages Granite Quarry, Morse Farm Sugar Works, Cold Hollow Cider Mill, and the most beautiful waterfall in the Country, Niagara Falls.

Guides: Cindy Paffenroth & Pat Heyer

Beautiful Vermont

Date: September 24-October 2

WAIT LIST ONLY

Magnificent Fall colors.

Guides: Donna Landers & Betty Litjens



UPCOMING TRIPS:

Grease and White Christmas at The Fireside Theater in Fort Atkinson

When sending payment in the mail be sure to include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____



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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

Oshkosh Committee on Aging

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Julie Davids
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Julie Maslowski
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Sara Barndt, Secretary
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Jane Wells, Program Supervisor

Activity Coordinators:

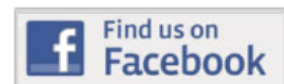
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Register for our activities and special events by logging on to our website from your computer, laptop or tablet. Visit us at:

www.schedulesplus.com/oshkosh/kiosk



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