

# THE CURRENT

March 1, 2021 Issue #3

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



## Discover the Offerings of the Oshkosh Seniors Center



**FUN ART PROJECTS**



**CONNECT THROUGH TECH**



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View the online newsletter at [www.ci.oshkosh.wi.us/Senior\\_Services/Oshkosh\\_Seniors\\_Center](http://www.ci.oshkosh.wi.us/Senior_Services/Oshkosh_Seniors_Center) (920)-232-5300

# WELCOME TO THE *Oshkosh* SENIORS CENTER

## A change in the OSC Weather Policy

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

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



**Please be aware that due to Covid-19**

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

## Almeda Fisk Gallup Trust

Do you know someone unable to afford medical costs relating to vision, hearing, or dental services?

If yes, they may qualify for financial assistance from the Almeda Fisk Gallup Trust. The Oshkosh Seniors Center is proud to participate in the awarding of funds given to the center from the Almeda Fisk Gallup Trust, the mission of the trust is to provide assistance to **City of Oshkosh residents in need of vision, hearing, or dental services.** Over the years the Oshkosh Seniors Center has awarded funding to applicants demonstrating a financial need for these services.

If you know of a person in need please have them contact **Bobbie Jo Luft** at the Oshkosh Seniors Center for information regarding eligibility and instructions on how to apply for the Almeda Fisk Gallup Trust. **Call Bobbie Jo at 920-232-5301.**



**Remember to set your clocks ahead one hour Sunday, March 14**



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

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# In-Person Programming

**Building: North (N) South (S)**



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

We will practice social distancing at all programs and **face coverings are required** while in the Center. **To allow for safe transitioning and cleaning time between programs, please do not arrive more than 5 minutes before your class/activity begins.**



## Book & Puzzle Pick Up (S)

**Thursdays, March 4-25, 8:30 am-12 pm**

**No registration needed**

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



## Learn To Play Ukulele (S)

**Fridays, March 5-26, 8:30-9:30 am**

Facilitator: Jane Wells

**Cost: R \$30/NR \$35 for 4 week session**

Min/Max: 3/5

**Registration and payment required by Wednesday, March 3**

Interested in learning basic ukulele chords and basic songs? This class will be lead by amateur ukulele enthusiast and will be using online tutorials to guide us. You can expect to learn the basics of chords and playing ukulele. Don't have your own ukulele? **Thanks to a generous donor, the Center has ukuleles available for checkout with a refundable \$50.00 deposit.** Contact Sara at 920-232-5310 to reserve your ukulele.



## Ukulele Play Along (S)

**Fridays, March 5-26, 10-11:00 am**

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

Min/Max: 3/12

**Registration and payment required by Wednesday, March 3**

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



## Death & Taxes (S)

**Tuesday, March 9, 10-11:00 am**

Presenter: Joseph McCleer & Anna Lautenbach (Presenters will be virtual)

**Cost: Free**

Min/Max: 3/10

**Registration Monday, March 8**

Anna Lautenbach of Expert Financial and Joe McCleer of McCleer Law Office discuss tips and strategies for organizing your estate so as to leave your family with the smallest tax burden possible. Issues discussed will include Roth IRA conversion, how the Secure Act can affect an inheritance, why you probably don't need to worry about estate taxes, and why you should never put your house in your children's' names while you're still living in it.



# In-Person Programming

Building: North (N) South (S)



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

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

## Genealogy For Free (S)

**Wednesday, March 10, 10-11:00 am**

Presenter: Michael McArthur,  
Oshkosh Public Library Local History and  
Genealogy Reference Librarian

**Cost: Free**

Min/Max: 3/12

**Register by Monday, March 8**

Do you want to start (or restart) your genealogy research but are not ready to shell out hundreds of dollars a year on an Ancestry membership? The Oshkosh Public Library has all the resources you need to build the foundation of your family history research all for the low price of zero dollars. Librarian Michael McArthur will show you how far you can get with just your library card and some free time.

## Paper Making Creativity (S)

**Thursday, March 11, 10-11:30 am**

Instructor: Jane Wells

**Cost: R \$10/NR \$12.50**

Min/Max: 3/6

**Register by Tuesday, March 9**

Come learn how to make paper and also how to form paper. We will be using molds and papermaker Arnold Grummer's white cotton Linter shred for a smooth texture. Cotton Linter provides a smooth paper ideal for picking up the details of the molds. Turn your creation into a card, refrigerator magnet, or whatever you would like!

## Glassware Art (S)

**Thursday March 18, 10-11:30 am**

Instructor: Kerry Wolfe

**Cost: R \$10/ NR \$12.50**

Min/Max: 3/5

**Register by Monday, March 15**

Old dishes, vases, cups and plates... Have them sitting around? Turn them into Yard Art! If you have dishes that are special to you, bring them along or we will have a selection for you to choose from. Everything is provided for you, come turn glassware into an unique work of art such as a bird feeder or arrange so that the rain falls off like a fountain. These one of a kind yard art pieces are great to keep for yourself or give away as a gift.



## Cherry Blossom Beginner Painting (S)

**Tuesday, March 23, 10 am -12 pm**

Instructor: Jane Wells

**Cost: R \$15/ NR \$20**

Min/Max: 3/5

**Register by Friday, March 19**



Get a group of friends together and come learn to paint this easy acrylic painting for beginners! We will go step by step in a fun and safe environment. All supplies are provided, including painting canvas.

## March Madness Tournament (N)

**Thursday, March 18 - Monday, April 3**

**Cost: Free**

Try your luck on the 2021 March Madness bracket. All completed brackets need to be **turned in by 11 am on Thursday, March 18**. Brackets will be hung in the North building. The winner will be awarded a prize. Let's get the competitive juices flowing! **Sheets will be available March 15 at 10 am in the North building entryway.**





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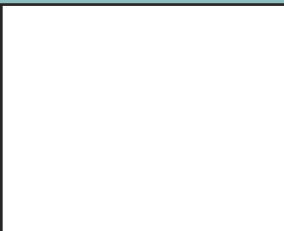


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www.rideGOtransit.com

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

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# In-Person Programming

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## Coleslaw Making Demonstration (S)

**Wednesday, March 17, 10-11 am**

Instructor: Evan Bremberger

**Cost: R \$2 / NR \$3.50**

Min/Max:3/10

**Register by Monday, March 15**

Have you ever wanted to make your own homemade coleslaw? You will be shown all of the ingredients and how to modify it for your own unique preference. This side dish is great for a picnic.



## TED Talk (S) (in person)

**The Power of Vulnerability– Brene ´ Brown**

**Wednesday, March 24, 10-11 am**

Facilitator: Evan Bemberger

**Cost: R \$1.50 / NR 2.25**

Min/Max:2/15

**Register by Tuesday, March 23**

Come in for a group viewing and discussion after seeing this interesting TED talk that will make you think about your actions. After seeing this 20 minutes presentation we will be discussing our reactions and the changes we should make in our own lives. This will open your eyes up to living a healthier life.

**TED** ideas worth spreading

## Popcorn and A Movie (S)

**Thursday, March 25 1-2:30 pm**

**Cost: Free**

Min/Max: 2/12

**Register by Wednesday, March 24**



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.**

## Board Game Fun is Back!

### Write-a-Story Game (S)

**Tuesday, March 2, 10-11 am**

Facilitator: Evan Bremberger

**Cost: R \$.75 / NR \$1.25**

Min/Max: 3/10

**Register by Monday, March 1**

This is a fun game that allows you to express your creativity! Players throw the dice and the number rolled matches with story topics. You create a story based on your "assignments," and share your story with the rest of the group.

### Yahtzee (S)

**Tuesday, March 9, 10-11:30 am**

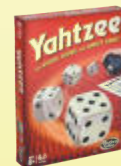
Facilitator: Evan Bremberger

**Cost: R \$.75 / NR \$1.25**

Min/Max: 3/10

**Register by Monday, March 8**

Come for some fun! Each player receives their own dice and scorecard. We will social distance, but laugh together.



### Pictionary (S)

**Tuesday, March 16, 10-11:30 am**

Facilitator: Evan Bremberger

**Cost: R \$.75 / NR \$1.25**

Min/Max: 4/10

**Register by Monday, March 15**

Come play an interactive game of Pictionary. Everyone will receive their own marker to use for the drawing portion of the game and social distancing will be taking place.



### Scattergories (S)

**Tuesday, March 23, 10-11:30 am**

Facilitator: Evan Bremberger

**Cost: R \$.75 / NR \$1.25**

Min/Max: 2/6

**Register by Monday, March 22**

Try your luck with Scattergories. The objective of the 2-to-6-player **game** is to score points by uniquely naming objects within a set of categories, given an initial letter, within a time limit.





# Take & Make Kits

Are you looking for fun projects that you can do from the safety of your home? The Oshkosh Seniors Center is now offering kits that you pick up and make at home. Each kit comes with the supplies needed to make the project, plus step-by-step instructions. Call to reserve your kit and make pick-up arrangements. Payment made at time of pick-up. **Kits available beginning Monday, March 1. You may pick up your kit between 7 am-3pm at the North Building.** Limited number of kits are available each month.

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

Here are the kits offered for March!

## **Kit #1 Seed-to-Flower Contest**

**Cost: \$7**

Try your luck at a friendly contest! You will grow, from seeds, a beautiful Calendula flower in just 6-8 weeks. You'll receive a pot, dirt, and seeds, along with paints that you can use to decorate your pot. Take photos of your potted plant in bloom to see if your flower grew the fastest. If you have Facebook you could comment and tag us in your photo. Just type @Oshkosh Seniors Center.



## **Kit #2 Dress Ties Door Decor**

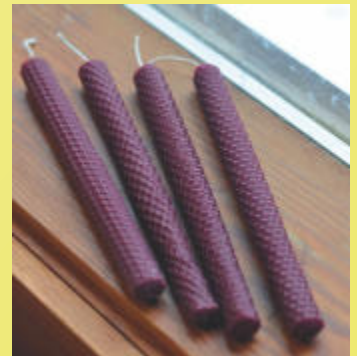
**Cost: \$7**

Do you need a new door wreath to spice up a door? You will be wrapping a 10 inch foam wreath with dress ties and dress bowties. They will be pinned to the wreath making a fun door decoration.

## **Kit #3 Beeswax Candle Making**

**Cost: \$8**

Have you ever wanted to make your own candle? Here's your opportunity to explore candle making. You will be making two beeswax candles with different colors of wax. Included in the kit is beeswax and wicks.



# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
*[www.ourseniorcenter.com](http://www.ourseniorcenter.com)*





Building: North (N) South (S)

## Fox Fitness Center & Exercise Class Guidelines

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



### Fox Fitness Center:

OSC North will be open to participants that are exercising inside the Fox Fitness Center (FFC). Arrive no more than 5 minutes prior to your appointment time.

- **Morning FFC will be by appointment only!!** Appointments are available **hourly at 7 am and 10 am—Noon, Monday-Friday**
- **FFC Open Hours 12—3 pm**  
**NO APPOINTMENT REQUIRED**
- **A face covering is required.**
- Register at 920-232-5310 or via **Schedulesplus.com/Oshkosh/kiosk**
- Please try your best to keep your appointment times. If you cannot, please contact the Seniors Center to cancel as soon as you can.

### Exercise Classes:

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

### Other Considerations:

- Bring only what you need! We ask that you bring only what you need to



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

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

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



exercise. Keep other objects in your car. We recommend water, exercise mats, and proper athletic attire.

- With the colder months upon us, we ask that you hang your coats in the coat room or on the various hooks throughout the OSC.
- Cleaning materials for members to wipe/disinfect equipment before and after exercise will be available. Participants will be required to wipe down all exercise equipment after they finish using it.
- Participate at your own risk.

## 2021 Fitness Reimbursement

If you have a Medicare Supplement or Advantage Insurance Plan; **check to see if you have a Fitness Reimbursement Plan.**

This may allow you to use the FFC or take exercise classes at the Center at **NO COST TO YOU!**

Stop at North Building front desk with your insurance card, and we will be happy to see if you are eligible. OSC accepts:



Building: North (N) South (S)

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

## Indoor Exercise Classes

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

Rate sheets available at Front Desks

### Modified Silver Sneakers (N)

**Mondays & Wednesdays, March 1-31**  
**Tuesdays & Thursdays, March 2– April 1**  
**8-8:30 am**

Instructor: Alec Jensen

**Cost: R \$17 / NR \$25.50**



**Registration opens Wednesday, February 17, 7:30 am**

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

### Life Fitness & Movement (N)

**Mondays & Wednesdays, March 1-31**  
**Tuesdays & Thursdays, March 2- April 1**  
**9-9:30 am**

Instructor: Alec Jensen

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

**Registration opens Wednesday, February 17, 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.

### Range of Motion (N)

**Mondays & Wednesdays, March 1-31**  
**9:45 am-10:15 am**

Instructor: Alec Jensen

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

**Registration opens Wednesday, February 17, 7:30am**

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.**

### Functional Fuel (N)

**Tuesdays and Thursdays, March 2– April 1**  
**9:45-10:15 am**

Instructor: Dr. Josh Belville/Alec Jensen

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

**Registration opens Wednesday, February 17, 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, your optimal health and fitness goals can be achieved without pain. **It is strongly recommended that you are able to get up and down from the floor to participate in this class. Participants must bring their own exercise mat, and face coverings are required.**



### Movement Exercise (S)

**Tuesdays & Thursdays, March 2– April 1**  
**11 am -11:30 am**

**Tuesdays & Thursdays, March 2– April 1**  
**11:45 am - 12:15 pm**

Instructor: Bobbie Jo Luft

**Cost: R \$17 / NR \$25.50**

**Registration opens Wednesday, February 17, 7:30am**

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



# Fitness

Building: North (N) South (S)



## Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

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



### Line Dancing (N)

Instructor: Debbie Ruck

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

Registration opens Wednesday, February 17, 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 5 min prior to class. **Face coverings are required.**

### Advanced Line Dancing

**Mondays & Tuesdays, March 1-30**

**12:30-1:15 pm**

**Prior experience preferred**

### Beginner Line Dancing

**Tuesdays, March 2 -30**

**1:30-2:15 pm**

No prior experience necessary



### FFC 3g (N)

**Fridays, March 5-26, 8-8:45 am**

**March 5-26, 9-9:45 am**

Instructor: Alec Jensen

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

Registration opens Wednesday, February 17, 7:30 am

Introducing a different way to exercise! FFC 3g doesn't work like 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 this means you won't have a Coach in front of you for the entire class and it's up to you to keep yourself accountable within the workout. This class will use equipment such as bikes, treadmills, free weights, and weight machines to get a quality workout in! **If you are not familiar with how the fitness equipment works sign up for an equipment orientation with Alec before you start this class. Call 920-232-5320 to set up a equipment orientation.**

### Zumba Gold (N)

**Fridays, March 12-26, 10-10:30 am**

Instructor: Mark Philipp

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, February 17, 7:30 am

This class will introduce easy to follow Zumba choreography at a lower intensity that focuses on balance, range of motion, and coordination. Join instructor Mark Philipp as he leads you through the dance moves and enjoy the Latin and international dance rhythms. This class is designed for active older adults and is a moderate level class. Come join the fun!



### Mind Over Matter (MOM): An evidence-based health program for women

MOM is a workshop that helps women build the skills and confidence to learn simple exercises and adjust fiber and fluid intake to avoid or improve symptoms of incontinence. This class is specifically for women and lead by women.

It's short and sweet!

3 sessions

April 1, 15, 29

9:30-11:30am

Hosted at the Oshkosh Seniors Center South  
200 N. Campbell Rd. Oshkosh, WI.

**Contact the Winnebago County Health Department for more information and to register. 920-232-3000**



## 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 also 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 well-being. 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 Professionals job isn't just to keep you moving and healthy. It's their job 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 all 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.



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Building: North (N) South (S)

## What's New in Wellness

**Hybrid Programming means that you have the choice to attend in person or via Zoom. In person attendance has a maximum capacity of 10 people. If you choose to attend via Zoom, the meeting link will be sent to your email**

### **Mindfulness In Motion (S)** **Tai Chi, Qi Gong, and Feldenkrais** **Tuesday, March 9, 1-2 pm**

Presenter: Dr. Erik Koehler, Physical Achievement Center **(via Zoom & in person)**

**Cost: Free**

Min/Max: 10 in person

**Register by Friday, March 5**

Learn to make everyday breathing and movement more comfortable, less painful, and with much less strain on your body. Dr. Eric will guide you through several breathing movement lessons using Tai Chi, Qi Gong, and the Feldenkrais Method. The goal of these movements are to **"Make the impossible possible, the possible easy and the easy elegant"**. Come with a curious mind, comfortable clothing and a willingness to learn some new moves!

### **How Medication Affects Nutrition (S)** **Tuesday, March 16, 1-2 pm**

Instructor: JJ Allen PharmD, CISSN **(in person only)**

**Register by Friday, March 12**

**Cost: Free**

Min/Max: 12 in person

Join JJ Allen PharmD, CISSN as he covers how medicine and medications can effect your nutrition. Did you know medicine may speed up or slow down the metabolism of certain nutrients, resulting in higher/lower dietary requirements of that particular nutrient? Join JJ as he explains how this happens along with other ways medicines may affect our nutrition.

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

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

**Cost: Free**

Min/Max: 10 in person

**Register by: Friday March 19**

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



### **Overcoming Knee Weakness & Pain (S)** **Without the Risks of Medications, Injections, and Surgery**

**Tuesday, March 23, 1-2 pm**

Presenter: Dr. Erik Koehler, Physical Achievement Center **(via Zoom & in person)**

**Cost: Free**

Min/Max: 10 in person

**Register by Friday, March 19**

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

### **Falls Prevention/Screening (N)** **Thursday, March 25, 1-3 pm**

Instructor: Courtney Van Zeeland, PT, DPT  
Ascension Mercy & Alec Jensen **(in person)**

**Register by Friday, March 19**

**Cost: Free**

Min/Max: : 12 in person

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

### **Grief Support Group (S)** **1st & 3rd Thursday of every month**

**1-2:30 pm**

**Cost: R \$1 / NR \$1.75**

Min/Max: 9

**Registration required**

**WELCOME BACK!!** Open to anyone grieving the death of a loved one. Facilitated by Jen Van Newland, Ascension Mercy Visiting Nurses Hospice. Contact Jen at 1-866-236-8500 for more information.





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

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

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

## **Stroke Awareness (S)**

**Friday, March 5, 10:15-11 am**

**Cost: R \$5 / NR \$7**

Min/Max: 2/10 in person

**Register by Wednesday, March 3**

Our TBH Blueprint focus is the "Live with Your Brain In Mind" action point. Stroke is an important brain health issue, and we will learn more today about how to manage our stroke risk and how to recognize signs of a stroke.

## **We Have So Much In Common! (S)**

**Friday, March 12, 10:15-11 am**

**Cost: R \$5/ NR \$7**

Min/Max: 2/10 in person

**Register by Wednesday, March 10**

Our TBH Focus is the "Stretch Your Mind" action point. We're going to learn why training as part of a group is perhaps the very best way we can build better brainpower.

## **Brain Strong Throw Down (S)**

**Friday, March 19, 10:15-11 am**

**Cost: R \$5/ NR \$7**

Min/Max: 2/10 in person

**Register by Wednesday, March 17**

Our TBH Focus is the "Believe In Yourself" action point. Research shows that having confidence in our memory and brain fitness supports healthy brain function and may lower dementia risk, and that building that confidence with others enhances the positive effects.

## **It's a Mystery (S)**

**Friday, March 26, 10:15-11 am**

**Cost: R \$5/ NR \$7**

Min/Max: 2/10 in person

**Register by Wednesday, March 24**

Our TBH Focus is the "Stretch Your Mind" action point. Research shows that intellectual engagement can defend the brain against symptoms of memory loss and lower the risk of dementia. We're going to engage our brains today with some creative writing that promises to be challenging and definitely fun!

Building: North (N) South (S)

## TBH QUIET THE MIND



### TAKE TIME TO LAUGH!

Laughter is great medicine!  
What about using today to find some ways to laugh?



Researchers have found that laughter boosts endorphins, our "feel good" hormones. It also helps us feel more connected to others by activating our "mirror" neurons. Finally, often comedy provides a cognitive challenge, as we need to use our thinking skills to "get" the joke.

Take time to laugh today! Watch or listen to a favorite comedian or tune into a lighthearted comedy show or movie. And let your laughter lift your spirits and soul!

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

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TBHTOOLBOX365.COM

### March 19th is National Laugh Day!

#### Afternoon of Laughter! (S)

Thursday, March 18, 1-2 pm

Facilitator: Jane Wells

Cost: R \$ 2/ NR \$ 3.50

Register by Tuesday, March 16

This will be a variety show in the truest sense! We'll be viewing the funniest clips from some old favorites like "I Love Lucy", "The Carol Burnett Show", "Johnny Carson" as well as funny comedian bits. Each year, National Let's **Laugh** Day on reminds us to add a little humor to our day. It's never good to be serious all the time and letting the **laughter** bubble up from time to time is good for all of us! We have all heard the saying, "**Laughter** is the best medicine." This is the day to take your medicine!



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<b>Home Care Services</b>	<b>Day Services</b>
<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>	<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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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.

Building: North (N) South (S)

## Foot Care Clinic (S)



The Oshkosh Seniors Center in partnership with Valley VNA Senior Care offer foot care clinics for seniors. Clinics are held at the Center, 200 North Campbell Road, Oshkosh. Proper foot care is very important for patients with diabetes, cardiovascular disease, neurological disorders and also aids in the prevention of falls.

For the health of all, masks are required when entering the Oshkosh Seniors Center. If you do not have a mask, we will provide you with one.

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



**Valley VNA  
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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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**Thinning/Debridement thick nails**

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**Minor Ingrown Nails Addressed**

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

---

**Patient Education**

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**Cost: \$22**

---

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

---

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



## Sara's Savory Samplings

This is a recipe my Mom made every year around St. Patrick's Day. Although this recipe came from a family friend who is Irish, traditionally, Irish soda bread doesn't always have raisins, so if you aren't a fan, just omit them. Another interesting fact: The cross that is traditionally slashed into the dough before baking was made to ward off devils and protect the house. 🤪 Bon Appetit!

### Irish Soda Bread

#### Ingredients

- |                        |                       |
|------------------------|-----------------------|
| 3 C Flour              | 1 1/2 C raisins       |
| 2/3 C granulated sugar | 2 eggs, beaten        |
| 3 tsp baking powder    | 1 3/4 C buttermilk    |
| 1 tsp salt             | 2 T melted shortening |

#### Directions:

- Preheat oven to 350°
- Mix together all dry ingredients.
- Beat the eggs, then add the sugar & buttermilk; mix well and add to the dry ingredients.
- Add melted shortening and mix until just moistened.
- Pour into a greased and floured loaf pan, and bake for 1 hour.

May those who love us love us,  
and those who don't love us,  
may God turn their hearts.  
And if he doesn't turn their hearts,  
may he turn their ankles  
so we'll know them by their limping.



# Puzzle Fun For Brain Health

## Celebrate St. Paddy's Day!

P E D A R A P G R E E N B E E R N I O  
 E R P O T O F G O L D E R E E U H I Y  
 E A N E R B S R T M R M C X A E T O E  
 T A T E I N I S H I T N A H E N N E N  
 E O E C I R A R N G A O C R N O E G R  
 E H P O L C S G E D R E P O C B E A A  
 C R C O C O O H E L R E I H L H T B L  
 F R N E F B V P A P A T E E A S N B B  
 O I I L R T I E E M I N S N E T E A G  
 L I N A P P H L R D R S D K K A V C N  
 K O G L G M O E A H I O A Z C D E C I  
 L H S A U H W R M N S N C J I C S E K  
 O P B S A O T J G O S I I K R H R L N  
 R O I R B D I S G H R A R Q E A I E I  
 E C P N U G W I S H B N W I M R S B R  
 K C I R T A P T N I A S I D I M S R D  
 T A C O R N E D B E E F K N L R I A N  
 R B Y A D I L O H G F Y V E G A K T R  
 E T S K C U L P C E L T I C A L I E G

Bagpipe  
 Castle  
 Cheer  
 Dance  
 Green  
 Ireland  
 Leprechaun  
 Music  
 SaintPatrick  
 Tophat

Blarney  
 Celebrate  
 Clover  
 Drinking  
 Greenbeer  
 Irish  
 Limerick  
 Parade  
 Seventeenth  
 Topofthemorning

Blessings  
 Celtic  
 Coins  
 Eringobragh  
 Harp  
 Jig  
 Luck  
 Potofgold  
 Shamrock  
 Tradition

Cabbage  
 Charm  
 Cornedbeef  
 Folklore  
 Holiday  
 Kiss  
 March  
 Rainbow  
 Snakes  
 Wish



**Why shouldn't  
 you iron a  
 four leaf clover?**



**Because you don't  
 want to press  
 your luck!**

**Answers on Page 23**

## Sudoku

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

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

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DIFFICULTY: ★★★★★

# Connect Through Tech

Building: North (N) South (S)

## Connect through Tech (S)

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

### One on One Tech Appointments (S)

**Mondays, March 1-29**  
9 am, 11 am or 1 pm

**Tuesdays, March 2-30**  
9 am, 11 am or 1 pm

**Wednesdays, March 3-31**  
9 am, 11 am or 1 pm

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

**By Appointment Only 232-5310**

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

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

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



## CONNECT THROUGH TECH



LEARN ABOUT TECHNOLOGY DURING FUN AND INDIVIDUAL SESSIONS.



### Wi-Fi Access (S)

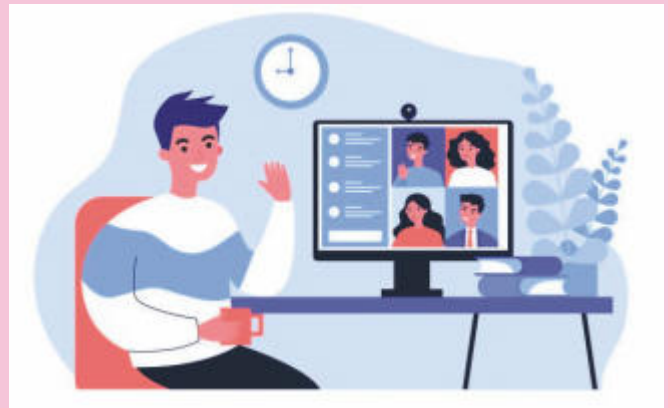
Thursdays, March 4, 11, 18, and 25

**By appointment only**

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

**Call 232-5310 to reserve one time slot.**

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





# ***LET'S HAVE FUN WITH FACEBOOK***

**Thursday, March 18**

**10:00 am - Willows Room South**

**Connect.Learn.Be Entertained**

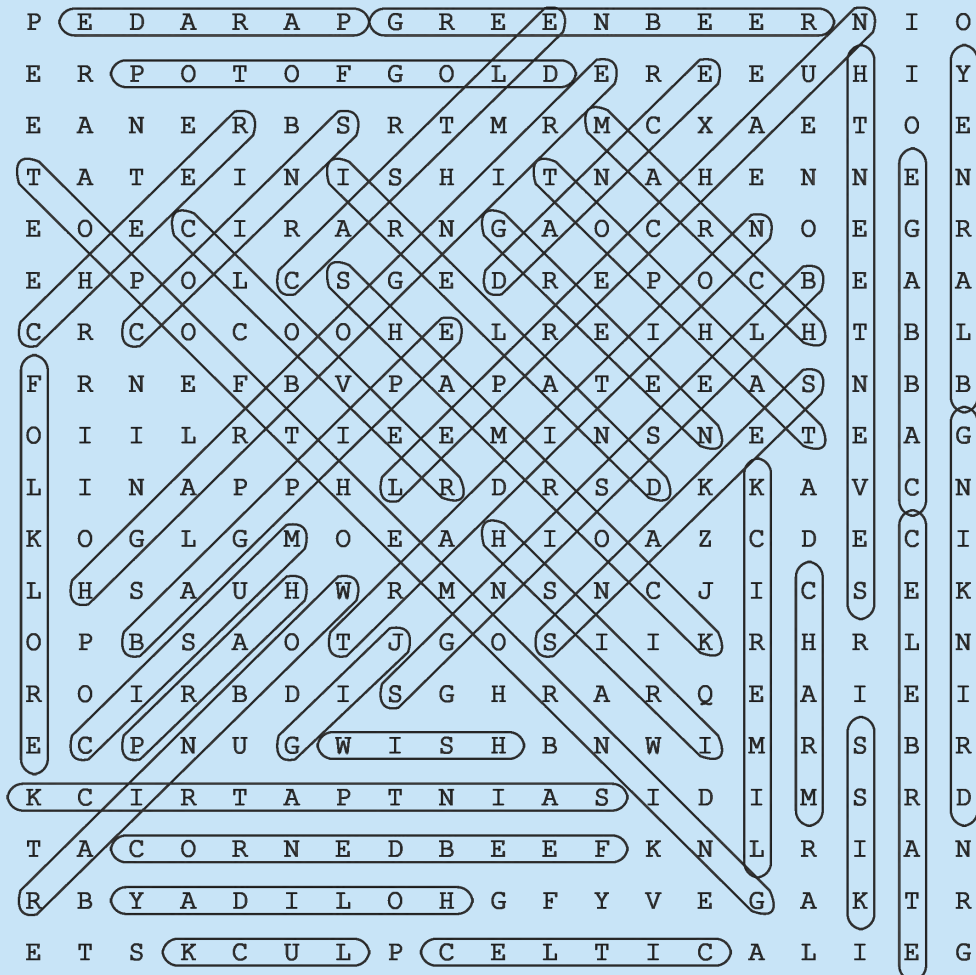
**Attend via Zoom or In-person.**

**Zoom Invite will be emailed to you.**

**Must Register - 232-5310**

# Puzzle Fun for Answers

## Celebrate St. Paddy's Day!



## Answer to Sudoku

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

# Virtual Programming



# zoom zoom zoom

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

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

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

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

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

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

Popular Topics



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

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

Check out our virtual programming opportunities on pages 25 - 27



# Virtual Programming



## COVID 19 and Senior Center Programming

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



### Mah Jongg-Online Site

Tuesdays, March 2-30, 1-3 pm

Cost: Free

Leader: Jeanne Bredbeck

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

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

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

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



### Mindfulness Meet up-via Zoom

Tuesdays, March 2-30, 2-3 pm

Cost: Free

Instructor: Donna Janus

To register call the Center at 920-232-5310 or register online at [https://](https://schedulesplus.com/oshkosh/kiosk/)

[schedulesplus.com/oshkosh/kiosk/](https://schedulesplus.com/oshkosh/kiosk/)

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



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

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

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

# Virtual Programming

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

## **Book Talk *My Grandmother Asked Me To Tell You She's Sorry* " (via Zoom)**

**By Frederick Backman**

**Thursdays, March 4-18, 1:30-2:30 pm**

Facilitator: Kerry Wolfe

**Cost: Free**

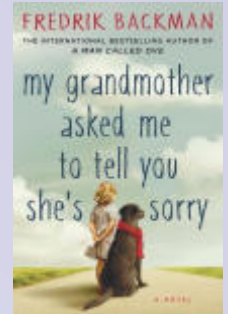
Max: 9

**Register by Tuesday, February 23**

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

Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy, standing-on-the-balcony-firing-paintball-guns-at-men-who-want-to-talk-about-Jesus-crazy. She is also Elsa's best, and only, friend. At night Elsa takes refuge in her grandmother's stories, in the Land of Almost-Awake and the Kingdom of Miamas where everybody is different and nobody needs to be normal.

When Elsa's grandmother dies and leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. Her grandmother's letters lead her to an apartment building full of drunks, monsters, attack dogs, and totally ordinary old crones, but also to the truth about fairytales and kingdoms and a grandmother like no other.



## **Essential Oils: Life Long Vitality (via Zoom)**

**Tuesday, March 16, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne, LLC

**Cost: Free**

**Register by Friday, March 12**

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

Your body needs the proper nutrients to live it's best life. While we may try to eat well, sometimes we need a little extra help meeting our body's needs. Learn how essential oils can contribute to a life of vitality.





## Museum Mondays

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

### The Naming of Oshkosh Streets

Have you ever wondered about the name origin of the street you are driving down or the avenue you live on? Deb Daubert, Curator interesting sagas behind the titles of our city's roadways.

**Monday, March 15, 2021, at 1 pm**  
Register online at [oshkoshmuseum.org](http://oshkoshmuseum.org),  
click on program/events, or call  
920-236-5799





## Friends of the Oshkosh Seniors Center Annual Meeting Announcement

A requirement of every 501(c)3 non-profit organization, like the Friends of the Oshkosh Seniors Center, is the holding of an Annual Meeting – an opportunity to publicly share an up-date, recognize and thank donors and share plans for the future. The Friends have done this on sub-zero days, in blizzards, as well as sunny winter days. So how do you do that during a Pandemic, with social distancing, required masks and limits on number of people in a room? You do it “with an abundance of caution” and “in keeping with CDC guidelines”.

Balancing personal safety with organization transparency, this year’s Friends Annual Meeting will be done in a virtual and more personal way. The Friend’s Board welcomes your questions and hopes to hear from you in this “safer at home” format. Please email any questions you may have regarding the Friend’s operations to: [FriendsofOSC1986@gmail.com](mailto:FriendsofOSC1986@gmail.com) – OR – you may call the OSC and leave a message for a Board member to return your call. 920-232-5300.

In our year of gratitude, we will be using this space in future newsletters to communicate upcoming events and to recognize our donors and sponsors, thanking them and you for your on-going support of the Oshkosh Seniors Center. Be safe, be healthy! Think Spring!



### Donations may be directed to:

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

### Or email us:

[FriendsofOSC1986@gmail.com](mailto:FriendsofOSC1986@gmail.com)

### Or use the donation link posted on:

[www.facebook.com/FriendofOSC](https://www.facebook.com/FriendofOSC)

### **Friends Mission Statement**



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

# Winnebago Senior Tours



## Tours Sign-up Options

- Beginning in March the Tours Desk will be open **9 am —1 pm** on **MONDAYS ONLY** at the South Building. You may sign up for trips and please note WST is accepting **CHECKS 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.**



The COVID-19 outbreak in the United States is a rapidly evolving situation. The status of the outbreak varies by location. State and local authorities are updating their guidance frequently. We are hopeful for the future, but is impossible to predict travel restrictions. **Please be aware that planned trips may change.**

## Wittenberg Casino Trip

**Date: Thursday, March 11**

**Cost: \$25**

**Guides: Donna Landers & Betty Litjens**

**Depart: 8:00 am & Return: 4:30 pm**

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



## What Happens in Vegas—Fireside

**Date: Wednesday, March 31**

**Cost: \$105 (\$20 down, non-refundable, Final Payment due Wednesday, March 10)**

**Guides: Donna Landers & Betty Litjens**

**Depart 7:45 am & Return 6:00 pm**

For over 70 years, Las Vegas has been the entertainment capital of the world; from the best singers and dancers, to musicians and comedians, entertainers have flocked to the city where dreams come true. The Fireside will pay tribute to many of these legendary performers, such as Frank Sinatra, Judy Garland, Elvis Presley, and many more great performers. What Happens in Vegas won't stay in Vegas! It will be here for all to see and hear on stage. Lunch at the Fireside includes fresh summer salad, fresh breads, skinless reuben chicken, yukon gold potato wedges, green beans and carrots. Dessert will be a lemonade cake, and coffee, tea, and milk. For flyers, call guides Donna 920.303.1683 or Betty 920-231-4504.



## Biltmore Estate & Ashville NC

**Dates: April 25 – 30**

**Cost: \$575 (\$75 down)**

**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 Kentucky Artisan Center, a 20,000 foot facility, where we can explore Kentucky crafts, history and shop Kentucky products. Eight meals will be offered, 5 breakfasts and 3 dinners. For a flyer, contact a guide: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373.



# Winnebago Senior Tours

## Dalton Greenhouse Trip

**Date: Tuesday, May 4**

**Cost: \$54 (\$20 non-refundable deposit, Final payment due April 25)**

**Guides: Sherry Katzenberger & Donna Landers**

**Depart: 8:00 am from Seniors Center North**

**Return: Approximately 4:00 pm**

Come and enjoy a spring ride to Dalton. Bring your garden plans and your walking shoes, and cloth or paper bags with handles to carry your plants in. Masks will be required on the trip. Also, most of these places we will be visiting only take cash.

We will start at the Pleasant View Bakery, then go to the greenhouses to get the plants you need to make your yard the talk of the town. Next, we're off to Mischler's Country Market.



There will be a box lunch to break up the day. We will take a leisurely ride back to Oshkosh, thinking about all the beautiful plants you've purchased. Give the guides a call if you have any questions. Sherry 608-576-5366 or Donna 920-303-1683.

## Brewers vs Cincinnati—1:10pm Game

**Date: Wednesday, June 16**

**Cost: \$64 (\$20 non-refundable deposit, Final Payment due June 1)**

**Guides: Cheryl Freiberg & Betty Litjens**

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

**Return: approximately 7pm**

Let Winnebago Senior Tours take you out to the ballgame 2021. Come cheer on the Brewers at their home, American Family Field, and see all your favorite Brewer baseball players in action. Enjoy an afternoon of baseball, and maybe catch a foul ball, so bring your baseball gloves. For a flyer or questions give the guides a call. Cheryl 920-379-8128 or Betty 920-231-4504.



## Cedarburg Strawberry Festival

**Date: Saturday, June 26**

**Cost: \$36 (\$20 non-refundable deposit, Final payment due June 10)**

**Guides: Donna Landers & Dorey Hannagan**

**Departing: 8 am, Seniors Center North**

**Return: approximately 5 pm**

An annual Cedarburg Strawberry Festival is a celebration of the luscious summer fruit, STRAWBERRIES. At this event you can eat strawberry shortcake, strawberry brats, strawberry pie, strawberry pancakes, and taste strawberry wine, and many more tasty delicacies.

Festival goers can stroll along our historical main street and find the perfect treasure at our arts and crafts stands, from our local and regional artists. Listen to live music, check out the unique shops, and take a tour of Historic Cedarburg aboard a tractor



hayride. For a flyer or questions give the guides a call. Donna 920-303-1683 or Dorey 920-915-2011.

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

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

**Cost: \$440 (\$20 non-refundable deposit, Final payment due June 15)**

**Guides: Ginnie Riley & Donna Landers**

**Depart July 14, 8:00 am**

Come 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 and visit Big Bay State Park and the museum on the Island. Both Bayfield and Washburn have many unique shops, eateries, as well as 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 in the loft, 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, along with the beautiful gift shop. Then we will take a tour of the Historic Murals of Ashland and learn the story behind each of the Murals. Flyers are available from Ginnie 715-889-2373 or Donna 920-303-1683. This is a high-activity trip.



# Winnebago Senior Tours

## Exploring Britain & Ireland

**Dates: August 12 – 27**

**Guide: Cheryl Freiberg**

This year our International trip by Travelers Choice will be exploring Britain and Ireland.

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



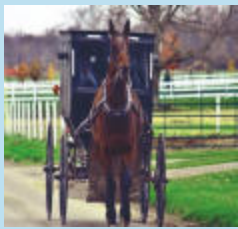
## Amish Acres in Nappanee Indiana

**Dates: September 16 & 17**

**Cost: \$215 Double Occupancy**

**(\$20 non-refundable deposit, Final payment due July 15) Includes driver tip, hotel, dinner, live performance, and guided tour**

**Depart: 9:00 am from Seniors Center North**



Join us and explore the humble Amish community in Nappanee, Indiana. After checking into our Hotel we will have a farm feast dinner, then enjoy 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 interesting 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.

## Branson Show Extravaganza—Diamond Tours

**Dates: October 18 – 23**

**Cost: \$635 Double Occupancy (\$75 down)**

**Guides: Donna Landers & Dorey Hannagan**

**Depart: 8am Seniors Center North**

Board our spacious coach and set off for the

“Live Music Show Capital of the World” Branson, Missouri. This trip includes 5 nights of lodging – three consecutive nights in the Branson Area. There will be eight meals included; five breakfasts and three dinners.

We will see seven Branson shows; three morning shows, three evening shows and one dinner show on the Showboat, Branson Belle. For a flyer or questions give the guides a call;

Donna 920-303-1683 or Dorey 920-915-2011.



## COMING IN 2021

Wisconsin State Fair  
August 2021

Door County  
September 2021

Taste of Green Bay  
October 2021

Rosemont Jewelry & Fashion Show  
October 2021





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

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

### OSC Staff

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

### Activity Coordinators:

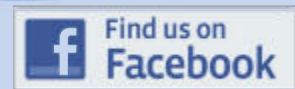
Evan Bremberger, Social & Educational  
Alec Jensen, Fitness & Wellness  
Bobbie Jo Luft, Volunteers & Support  
Kerry Wolfe, Asst. Activity Coordinator

### Advisory Board

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

### Friends Board

Carolyn Edgerton, President  
Cheryl Freiberg, Vice President  
Open Secretary  
Sue Kreibich, Treasurer  
Jerry Burke  
Keri Hammen  
Julie Hoyt  
Chris Kniep  
Dyanne Kollmann  
Eric Lehocky  
Betty Litjens  
Sarah Thompson



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### Advocap

Libby Stockton, Meal Site Manager  
920-420-3191