

THE CURRENT



Line Dancing

May 1, 2021 Issue # 5

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



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FUN ART PROJECTS



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WELCOME TO THE *Oshkosh* SENIORS CENTER



Putting your scan card onto your phone

The Oshkosh Seniors Center scanners can now scan from your phone. Here are step by step instructions:

- Go to your APP store: iPhone   Play Store for Android
- Search for the APP *Stocard*
- Install Stocard
- There will be a list of other cards on this app but go to: **OTHER CARDS**
- Take a scan of your OSC scan card. If you don't have one request one at the desk or have a staff person help you.
- Name your card. **Oshkosh Seniors Center**

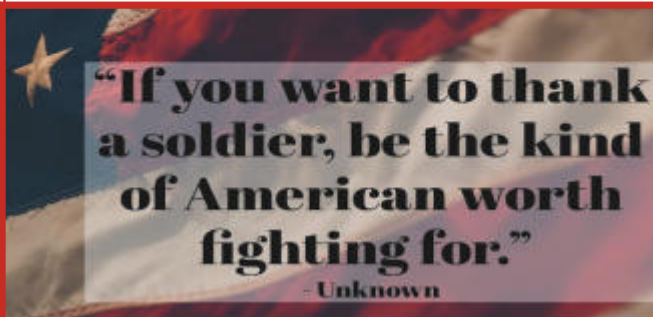


You now have your scan card installed and when you come to the scanner, open your app and go to *Oshkosh Seniors Center* and scan your card.



**OSC will be closed on
Monday, May 31, in
observance of
Memorial Day.**

Have a safe & Happy Holiday!!



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

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Covid-19 Guidelines

Programs and Activities Guidelines

Programs and activities **require advanced registration.**

You can register online at Schedulesplus.com/Oshkosh/kiosk, or by calling the center at 920-232-5310. Payments for class can be made via check and mailed to OSC, 200 North Campbell Road, Oshkosh, WI 54902 or in-person prior to your scheduled program day. We will practice social distancing in all programs. **Please do not arrive more than 10 minutes before your class/activity begins. Face coverings are required. Water bottles allowed, but no sharing of food, drink, or supplies.** Your health and safety is our number one concern. We are continually re-evaluating protocols based on guidelines from the CDC, Public Health and the City of Oshkosh.

Fox Fitness Center & Exercise Class Guidelines

Fox Fitness Center: (N)

Arrive no more than 10 minutes prior to your appointment time.

- **Morning FFC will be by appointment only!!**

Appointments are available hourly at 7 am to Noon, Monday-Friday

- **FFC Open Hours 12 to 3 pm - NO APPOINTMENT REQUIRED**

- Please try your best to keep your appointment times. If you cannot, please contact the Seniors Center to cancel as soon as you can.
- Register at 920-232-5310 or via Schedulesplus.com/Oshkosh/kiosk



Exercise Classes: (N)

- 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 three classes during the registration period.**
- 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 exercise. Keep other objects in your car. We recommend water, exercise mats, and proper athletic attire.
- Cleaning materials for members to wipe/disinfect equipment before and after exercise will be available. Participants will be required to wipe down all exercise equipment after use.

Due to the popularity of the exercise classes, we ask that you attend your scheduled sessions.

If you know you are going to miss several classes of the session, please call to withdraw so that we may allow others on stand-by to attend.

Enrichment

Building: North (N) South (S)

Art Expression (S)

**Mondays, May 3-24,
12:45-2:45 pm**
Cost: R \$6.50 / NR \$9.75
Min/Max: 4/12



Register and pay by Monday, May 3

Do you need a space to create or finish an art or craft project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies then enjoy the company of others as you work on your project. No sharing of supplies between participants. Two people per table.

Carving Comfort Penguin (S)

Wednesdays, May 5-26, 1-3 pm
Instructor: Gene Bengel & Dick Krummick
Cost: R \$40 / NR \$45
Min/Max: 4/10

Register and pay by Monday, May 3



If you have no carving background or are just starting to pick up carving again, this fun looking Penguin will teach blending and symmetry skills. You will be painting it as desired.

Limited carving tools available upon request.

Hydro Dip Wine Tumbler Set (S)

Thursday, May 20, 10-11 am
Instructor: Jane Wells
Cost: \$R \$10/NR \$12.50
Min/Max: 3/8

Register and pay by Monday, May 17

Hydro dipping is a fun and easy way to decorate these wine tumblers. Hydro (water) dipping is the process of transferring images to a 3D surface with water. You can make yours with a variety of color combinations. Each tumbler is unique! Class fee includes making two **personalized** insulated tumblers with covers!



Woodburning—Intermediate/Advanced (S) After the Rain

Thursdays, May 6– June 24, 1-3 pm
Instructor: Cedric Richeson & Dick Krummick
Cost: R \$50 / NR \$55
Min/Max: 4/10

Register and pay by Tuesday, May 4

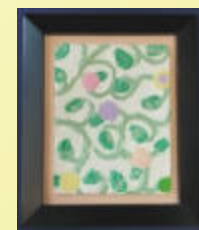
Students will be Wood burning on an 8"× 10" birch plaque with various trees and grasses. You will be taught techniques and skills for each part of this scene. Trees, a fence, clouds, puddles, barn, and reflections, are all found in this very detailed, challenging two month project. After wood burning you can finish off your scene with color.



Paper Casting & Pulp Art (S)

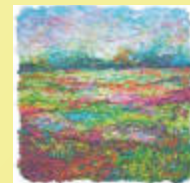
Tuesday, May 11, 9:30 -11:30 am
Instructor: Jane Wells
Cost: R \$12 / NR \$14.50
Min/Max: 3/6

Register and pay by Monday, May 10



Paper casting is a paper crafting technique in which paper fiber or pulp, is formed using a mold. Pulp can also be used to create abstract art. We will use a variety of pulp colors and techniques to make our cast/art project. Project can

then be mounted on mat board and framed for display. All supplies included.



Jewelry Pendant Class (S)

Thursday, May 13, 10-11:30 am
Facilitator: Kerry Wolfe
Cost: \$5.00 R / \$6.25 NR
Min/Max: 3/8

Register and pay by Thursday, May 6

Looking for that special pendant to wear? Don't want to spend a lot? Can't find what you are looking for? Well, why not make your own. We will be using clear stones and alcohol ink to create your very own unique pendant to wear. You will have the opportunity to make two pendants. Bring your creative minds.





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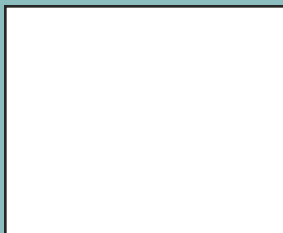
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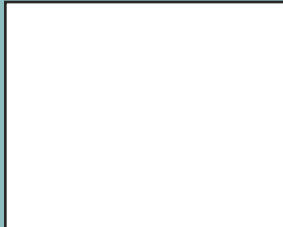
Together, we can explore your Medicare choices
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7:00 am to Noon - One hour Appointments. Call 232.5310

Noon to 3:00 pm - No Appointment Necessary

Rate sheet available at the front desk



Building: North (N) South (S)

Please arrive no more than 10 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, May 3-26 Tuesdays & Thursdays, May 4-27 8-8:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 7:30 am

This class will be aimed at getting us moving 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, May 3-26 Tuesdays & Thursdays, May 4-27 9-9:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 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, May 3-26 9:45-10:15 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 7:30 am

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

Functional Fuel (N) Tuesdays and Thursdays, May 4-27 9:45-10:15 am

Instructor: Dr. Josh Belville/Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 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, May 4-27 11-11:30 am

Tuesdays & Thursdays, May 4-27

11:45 am - 12:15 pm

Instructor: Bobbie Jo Luft

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 7:30 am

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



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Fitness

Building: North (N) South (S)



Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

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

Line Dancing (N)

Instructor: Debbie Ruck

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 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 minutes prior to class. **Face coverings are required.**

Advanced Line Dancing
Mondays & Tuesdays, May 3-25
12:30-1:15 pm

Prior experience preferred

Beginner Line Dancing
Tuesdays, May 4-25
1:30-2:15 pm

No prior experience necessary



FFC 3g (N)

Fridays, May 7-28, 8-8:45 am
May 7-28, 9-9:45 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 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, you may 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, May 7-28, 10-10:30 am

Instructor: Mark Philipp

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, April 21, 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



5 Health Benefits of Dancing

1. Minimizes Symptoms of Depression

Australian researchers found that people with mood disorders who participated in a 2 week tango class felt less depressed and experienced significant reductions in their levels of stress, anxiety, and insomnia.

2. Improves Strength and Balance

Gerontology reports that Salsa dance proved to be a safe and feasible exercise for older adults. In this study, 92% of participants completed the 8 week dance class!

3. Reduces Joint Pain and Stiffness

A St. Louis University (SLU) study showed that after engaging in a 12 week low impact dance program participants were able to decrease the amount of pain medication they were taking by 39%!

4. Protects Your Heart

People with heart issues may derive the same aerobic health advantages from learning to waltz as they would from exercise such as cycling or walking.

5. Defends Against Dementia

When compared with other leisure activities like playing golf, doing crosswords, reading and cycling, dance appears to offer the best chance of helping to stave off dementia. A study by the Albert Einstein College of Medicine indicates that adults who danced regularly had a 76% reduced risk for developing dementia.

SENIOR HEALTH & FITNESS DAYS (N) May 24-28

This year OSC will be hosting it's 28th Annual Senior Health & Fitness Days! We are excited to celebrate this awesome event with you. In fact, we decided to turn it into a week long affair!

This week will be filled with all sorts of fun fitness and wellness related events and prize giveaways!



Game Days

Do you like your exercise to feel more like a game? Well you're in luck! We will have specialty game days that will be so much fun that you won't even realize you've been exercising! Games will be incorporated within the exercise classes

Physical Therapy Screening

Thursday, May 27, 1 pm –3 pm

Presenter: Courtney Van Zeeland, PT, DPT Ascension Mercy and Alec Jensen CPT, Karly Wolf, Student Physical Therapist

Cost: Free

Register by Tuesday, May 25

These quick, simple, and non-invasive tests will help identify balance , motor control deficits, strength issues, and pain. These screenings will 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. If you have any type of strength issues or pain, make an appointment at 920-232-5310.

Health-ier Treats

Wednesday, May 26, 1 pm –2 pm

Presenter: Alec Jensen

Cost: Free

Register by Monday, May 24

Everyone loves treats. So why not stop on in and learn how to make a few healthier options! These simple recipes are tasty, easy to make, and most importantly a healthier option than store bought products. Come check out what we have cooking at OSC this year! We will have free samples of the different treats we are making. Register at 920-232-5300

Open House

Haven't been to OSC North for awhile? Come on in **Monday, May 24 through Friday, May 28, 12-3 pm** and see what's changed over this past year! Stopping by will net you some awesome fitness and wellness materials along with fun door prizes!

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 health. This is easier said than done, especially if you're new to exercising. A Fitness Professional can help guide and educate you on your fitness and wellness journey.

Education is one of the biggest components when it comes to your fitness journey. A Fitness 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.





Oshkosh Seniors Center is pleased to present:

“Stories from a COVID Physician Leader”

With Dr. John Newman
**President & Chief Medical Officer
Aurora Medical Center Oshkosh**



Thursday, May 6, 9-10 am (S)
Cost: R \$3/NR \$4.50

Register and pay by Tuesday, May 4

Dr. Newman is a dynamic speaker and will share his experiences as a medical leader during COVID. He wants to hear from you and answer your questions. This promises to be an interactive morning! What a great opportunity for Center participants to hear and engage with such an esteemed medical professional. All attendees will receive a coupon for a free McCafe beverage.



John Newman, MD, FACS, is the President, Aurora Medical Center Oshkosh and Chief Medical Officer, Oshkosh/Fond du Lac patient service area. Dr. Newman is board certified in general surgery and has over 25 years of experience in the field of medicine and surgery. Prior to joining Aurora, Dr. Newman spent nine years with Sentara Healthcare in Norfolk. Since joining Aurora in April 2015, his accomplishments include the Truven Top 100 Hospital and CMS 5 Star Hospital awards. Dr. Newman also had a distinguished military career of 17 years, including three tours of duty in Iraq. He received his Medical Degree from Uniformed Services University of Health Sciences, Bethesda, Maryland, general surgery training at the Naval Medical Center in Portsmouth, Virginia, and the Naval Aerospace Medical Institute in Pensacola, Florida and a Cosmetic Fellowship.

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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Building: North (N) South (S)

What's New in Wellness

In person attendance has a maximum capacity of 20 people

Mindfulness Meditation (S)

Thursdays, May 6-27, 11 am-12 pm

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

Instructor: Donna Janus

Register and pay by May 4

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 Group (S)

Thursdays, May 6 & 20

1-2:30 pm

Cost: R \$1 / NR \$1.75

Min/Max: 9

Registration required

Open to anyone grieving the death of a loved one. Facilitated by Compassus Hospice. Call 1-866-236-8500 (choose option #2) for more information.



Essential Oils-Bye Bye Pests (S)

Tuesday, May 11, 10:15-11:15 am

Presenter: Jeanne Gehrke, Dreams of Jeanne, LLC

Cost: Free

Register by Friday, May 7

Do you want to know how to use essential oils in your garden? Learn about the best essential oils for gardening and grab some helpful recipes for gardeners. Essential oils help tackle other pest problems including flies and mosquitos. Different oils can be mixed and matched to target, repel and even terminate the bugs plaguing your garden, home, and stop them from bugging you!



Attendees will be entered into a drawing for a FREE spray bottle of "Bug Repellent".

Overcoming Peripheral Neuropathy (S)

Tuesday, May 11, 1-2 pm

Presenter: Dr. Erik Koehler, Physical Achievement Center

Cost: Free

Register by Friday, May 7

Learn how your diagnosis of Peripheral Neuropathy doesn't sentence you to losing your mobility and independence. Replace fear with hope and education about options to be stronger on your feet. It's a step forward to a more active life.

Chair Massage (S)

Thursdays, May 13 & 27, 1-4 pm

Provider: Emilie Ilg, Certified Massage Therapist

Cost: \$15 per 15 minute massage

Call 920-232-5310 to book appointment

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



Sleep (S)

Friday, May 14, 10:15-11 am

Presenter: Alec Jensen

Cost: R \$5/NR \$7

Register and pay by Wednesday, May 10

Join Alec Jensen as he discusses the science of sleep and how it effects our bodies. We will learn how our sleep habits can significantly impact our daily thinking and memory, and what we can do to get the rest we need to stay sharp and focused.

All programs on this page are in person

Building: North (N) South (S)

Why Chiropractic Care is Important (S)

Tuesday, May 18, 1-2 pm

Presenter: Dr. Josh Bellville

Cost: Free

Register by Friday, May 14

In this presentation we will learn about why chiropractic care is an important part of health and wellness as we age. This class will cover why joint health is important, and how chiropractic work can alleviate chronic pain and inflammation in joints, through proper alignment.

Falls Screening & Prevention (N)

Thursday, May 20, 1-3 pm

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

Register and pay by Friday, May 14

Cost: R \$2.50 / NR \$3.75

Insurance reimbursement eligible

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 about these assessments is they only take 15-20 minutes.

Move (S)

Friday, May 21 10:15-11:00am

Presenter Alec Jensen

Cost: R \$5/NR \$7

Register and pay by Wednesday, May 19

Exercise is a lot more than just moving your body and breaking a sweat! Join Alec Jensen as he talks about the science behind exercise and how to make it work for you. In this workshop you will learn the various ways to build your own type of exercise programs to help meet your health and wellness goals.

A Healthier You (S)

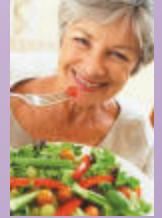
Monday, May 24 1 -2 pm

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

Cost: Free

Register by: Friday, May 21

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.



How to Overcome Chronic Pain (S)

Tuesday, May 25, 1 -2 pm

Presenter: Dr. Erik Koehler, Physical Achievement Center

Cost: Free

Register by Friday, May 21

Learn how you can lift the grip of chronic pain. Dr. Eric Koehler will be sharing the top tips to get you active and live more fully. You can move past the discouragement and exhaustion with a proven plan to get you back to more comfortable sleep, walking, and outings in the community. Replace the fear and doubt with empowering tips and tools to help you live your best life. This educational style offering will allow you time to have your questions answered by an expert in chronic pain.

Recover (S)

Friday, May 28 10:15-11 am

Presenter: Alec Jensen

Cost: R \$5/ NR \$7

Registration and pay by Wednesday, May 26

A lot has changed in the last few years when it comes to recovering from injuries. Gone are the days of just rub some dirt on it. Join Alec as he helps you navigate through the scientifically backed approaches that may help you recover from various injuries.



Building: North (N) South (S)

Walk With Ease? You can do it — we can help.

Why Walk With Ease?

Looking for relief from arthritis pain? Want to be more active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Space is limited. Sign up today!

Mondays & Wednesdays
May 10 – June 21 (No class Memorial Day)
10-11 am

Oshkosh Seniors Center-South Building
200 North Campbell Road, Oshkosh, WI

Cost: \$15.00

Call 920-232-5300 to register

Winnebago County
Health Department



Arthritis Foundation **Certified.**
Doctor **Recommended.**

Caring for the community since 1908.

Valley VNA Senior Care

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

valleyvna.org | 920.727.5555 | Neenah, WI



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

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920-236-3540

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



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

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Mark & Susie's Piggly Wiggly
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Serving All Faiths Since 1875
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DETECT suspected fraud, abuse, or errors
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Toll-free Helpline:
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WisconsinSeniorMedicarePatrol



Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud



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



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

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



Visit www.claritycare.org for more information.



Thrive Locally



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



Professional Foot Care Service include:



Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toe Nails

Calluses and Corns Reduced

Thinning/Debridement thick nails

Minor Ingrown Nails Addressed

Lower Leg and Foot Massage with Light Lotion

Patient Education

Cost: \$22

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

Nail Care area is completely sanitized between appointments



Valley VNA
Senior Care

Puzzle Fun For Brain Health

Search for as many words as you can find.

- The letters must be adjoining in a 'chain'. (Letter cubes in the chain may be adjacent horizontally, vertically, or diagonally.)
- Words must contain at least three letters.
- No letter cube may be used more than once within a single word.

The first 30 people to turn in their word list and score with us will receive a coupon good for a free McCafe beverage from McDonalds! Present your sheet at North building front desk and receive your coupon and answer sheet. There are a total of 243 words!

Scoring:

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



Name _____

Phone _____

Score: _____

Sudoku

Fill in the grid so that every row, column and box contains the numbers 1-9

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

Generated by <https://www.zenky.co/~jkhilts/software/sudoku/>

Use an additional sheet of paper if needed...

Answers on page 26

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, May 3-24
9 am, 11 am or 1 pm

Tuesdays, May 4-5
9 am, 11 am or 1 pm

Wednesdays, May -26
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!

Meet with and instructor one-on-one to achieve your technology 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.

One on One Tech Appointments with Sandy Toland (S)

Mondays, May 3-24
9:15 am, 11 am, or 12:45 pm

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library online services. However she is a very tech savvy and can walk you through any technology challenges you are experiencing.

CONNECT THROUGH TECH



LEARN ABOUT TECHNOLOGY DURING FUN AND INDIVIDUAL SESSIONS.



Wi-Fi Access (S) Thursdays & Fridays, 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.

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

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

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 Presents How to use Technology to Enjoy Music

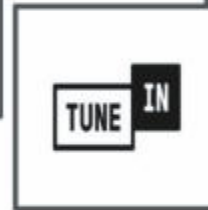
May 20 at 1:30 pm South Building - Willows Room

Class will be offered FREE in-person or Zoom

Registration required (920) 232-5310

Apps and Websites

There are numerous apps you can download to get music you will enjoy from any artist. We will be discussing the most popular, but there are many more.



**"If music be the food of love, play on." -
William Shakespeare**

**"Life seems to go on without effort when I
am filled with music." - George Eliot**

**"Music gives a soul to the universe, wings to
the mind, flight to the imagination, and life to
everything." - Plato**



Social and Educational

Building: North (N) South (S)

Book & Puzzle Pick Up (S) Mondays, Thursdays, & Fridays May 3-28, 8:30 am - 3 pm

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



Planning for Long Term Care (S) When You Don't Have Insurance Friday, May 7, 9:30-10:30 am

Presenter: Joseph McCleer

Cost: Free

Min/Max: 3/20

Register by Wednesday, May 5

How do you plan for Long Term Care when you don't have insurance? Nursing home costs can swallow up your life savings if you are not prepared. While long-term care insurance is wonderful, not everyone can get it. Attorney Joe McCleer of McCleer Law Office will discuss the alternative options available to everyone that can help ensure that you will get the care you need while preserving cherished assets for your family.

Ukulele Play Along (S)

Wednesdays, May 5-26, 1:15-2:15 pm

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

Min/Max: 3/12

Register and pay by Monday, May 3

This is a chance for experienced ukulele players to get together and play music learned in past classes and from each other. It's an opportunity to share our favorite songs. 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 coverings are required.



Ukulele Lessons are back!

Fridays, May 7-28 11 am-12 pm

OSC South Building

Cost: R \$40/ NR \$45 Register and pay by Tuesday, May 4

****No Ukulele experience required**

No Ukulele? OSC has Ukuleles available for checkout-call 920-232-5310 for info and to register for class!

With Aaron Baer & Joe Wiedenmeier



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

Aaron brings great energy and enthusiasm to his teaching style and his goal is to have everyone playing for fun and enjoyment!



Wear A Mask

Physical Distance

Stay Home If



Social and Educational

Building: North (N) South (S)


Bingo (S)

Wednesday, May 19, 2-3:30 pm

Cost: Free

Min/Max: 10/20

Register by Tuesday, May 18

Come for a fun afternoon of bingo! We will be socially distanced one per table unless in the same household. Prizes sponsored by 



Genealogy & City Directories (S)

Thursday, May 20, 10-11 am

Presenter: Oshkosh Public Library

Cost: Free

Register by Tuesday, May 18



Librarian Michael McArthur will take a look at how city directories can be used in your family or local history research. Learn what kind of information can be found in their

pages and how they can be used to fill in the blanks and give context to your research.

Recipe Exchange (S)

Thursday, May 20, 12:30-1:30 pm

Instructor: Kerry Wolfe

Cost: R \$1.50 / NR \$2.25

Min/Max: 2/12

Register by Wednesday, May 18

Are you looking for new **Dessert** recipes? This recipe exchange will be a perfect way to share a recipe or two of your favorite **Desserts**. What a great way to discover new favorites! Come enjoy some great conversation and exchange recipes.



Popcorn and A Movie (S)

Thursday, May 27, 1-2:30 pm

Cost: Free

Min/Max: 2/12

Register by Wednesday, May 26

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.



Boggle (S)

Tuesday, May 4, 10-11:30 am

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

Min/Max: 3/10

Register by Monday, May 3

Reveal the Boggle letters, turn over the timer and start hunting for words. How many words can you make by joining letters up, down, sideways, and diagonally? In just 3 minutes, you'll find the fun and improve your brain health!



Yahtzee (S)

Tuesday, May 11, 10-11:30 am

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

Min/Max: 3/10

Register by Monday, May 10

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



Pictionary (S)

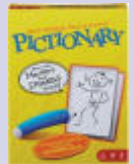
Tuesday, May 18, 10-11:30 am

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

Min/Max: 4/10

Register by Monday, May 17

If you would like to have a fun-filled morning come to play an interactive game of Pictionary. Everyone will receive their own marker to use for the drawing portion of the game social distancing will be taking place.



Po-Ke-No (S)

Tuesday, May 25, 10-11:30 am

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

Min/Max: 5/20

Register by Friday, May 21

In this fun game each player is given a game card with 25 face-up playing card illustrations on each. The dealer shuffles an ordinary deck of playing cards and turns the top card over, calling it out. Each player who has that "card" on her or his board covers it with a chip. The first person to cover a complete row of five, vertically or horizontally, wins! If there are two or more winners at the same time, the person with the highest poker hand wins! Small prizes available.



Register for events on this page
by calling 920-232-5300.





May is National BBQ Month!



**Please Join Us For A
Kick Off To Summer BBQ**



Good Eats Cold Drink

**Grillin'
& Chillin'**

**Thursday, May 27, 11:30-Noon
Drive thru OSC South & take home
or bring your lawn chair and eat
by the river**

**Cost: \$9.00 BBQ Sauce
Cheeseburger, Potato Salad
Pickle, Dessert, Beverage
Tickets must be purchased by Friday, May 21**





Celebrating Mexican Culture! Check out these programs with a Mexican flair!

Mysteries of Chichen Itza Mexico Mayan Lowlands (S)

Wednesday, May 5, 10-11 am

Facilitator: Jane Wells

Cost: R \$2/NR \$3.50

Min/Max: 3/16

Register by Monday, May 3

Recorded segment by Penn Museum, Dr. Simon Martin.

Come learn about the Mexican Mayan ruins. Chichen Itza is a truly remarkable place, but the story behind it has hardly been told. There is a hidden history to these ruins and the biggest secret of all is that this great Maya metropolis is not very Mayan at all. To understand the city properly it will be necessary to debunk the myths and take a journey into the symbolism behind its every carved stone—revealing its true designers and their ancient purpose.



Clay Pinch Pot Class (S)

Wednesdays, May 12 & 19, 10-11:30 am

Instructor: Kathi Dittmer

Cost: R \$10/NR \$12.50

Min/Max: 3/8

Register and pay by Monday, May 10

Make an easy no-bake decorative clay pot or bowl by pinching and pressing a ball of clay into the desired shape. Pot will be formed week 1 then painted the following week. Decorate the pot by painting it or by embellishing with buttons, gems and other notions.



Sweet Tortilla Chips & Fruit Salsa (S)

Thursday, May 13, 1:30-3 pm

Instructor: Jane Wells

Cost: R \$5/NR \$7.50

Min/Max: 3/6

Register and pay by Tuesday, May 11

What a great and easy treat!

This class gives you the opportunity to make your own sweet tortilla chips and fruit salsa. Each person will have own work area and prepare their own food to take home and enjoy. Come and learn how to make this simple treat.



*****Free package of cocktail napkins to every visitor
during the week of May 3-7*****
(While supplies last) Thank you to Hoffmaster for the donation



Virtual Programming

Mah Jongg-Online Site Tuesdays, May 4-25, 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.

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

The Readers of Broken Wheel (via Zoom)

Recommend A Novel by Katarina Bivald

Thursday, May 27, 1:30—2:30 pm

Facilitator: Kerry Wolfe

Cost: Free

Max: 9

Register by Monday, April 26

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 a Zoom meeting link.

Once you let a book into your life, the most unexpected things can happen...

Broken Wheel, Iowa, has never seen anyone like Sara, who traveled all the way from Sweden just to meet her pen pal, Amy. When she arrives however, she finds that Amy's funeral has just ended. Luckily, the townspeople are happy to look after their bewildered tourist—even if they don't understand her peculiar need for books. Marooned in a farm town that's almost beyond repair, Sara starts a bookstore in honor of her friend's memory.



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.**



Sudoku Solution

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



Sara's Savory Samplings

I love wheat berries because of their chewy texture, nutty flavor and because they are a high-fiber whole grain, they're practically guilt-free! Wheat berries are the original source of all wheat products before any refinement occurs. For example, wheat flour comes from milled, ground wheat berries. They can be used as you would any other cooked whole grain. Add them to soups, salads, side dishes, or as a base for a stir-fry. You can stuff bell peppers with them or simmer them in milk for a breakfast porridge. Wheat Berries are available in the health food section of most grocery stores, and at both locations of the Nutrition Discount Center (NDC) in Oshkosh. I serve this salad warm, but you may also serve it cold or at room temperature. Bon Appetit!

Wheat Berry Salad with Chicken and Cherries

Ingredients

1 1/2 cups hard wheat berries	1 scallion, white & green parts, chopped
3/4 cups chopped walnuts	1/2 cup finely chopped flat leaf parsley
2 stalks celery, finely chopped	3 T olive oil
1/2 cup tart dried cherries, chopped	2 T fresh lemon juice
6 oz cooked chicken, pulled or chopped	Salt & freshly ground black pepper

Directions:

In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain.

While the wheat berries are cooking, toast the walnuts in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.

Mix together the lemon juice, olive oil, salt and pepper. Set aside.

After draining the wheat berries, combine them in a large bowl with the walnuts, celery, dried cherries, scallions, and the oil / lemon juice mixture. Check the seasoning and add more salt and pepper if needed.

***Note:** rinse, drain and pick through the wheat berries before cooking. Occasionally you may find small stones that weren't caught in packaging.

Serves 6 (3/4 cup serving)

Friends of the Oshkosh Seniors Center



May – the month of springtime flowers, celebrating the women in our life and in 2021, celebrating the opening up of Churches, stores, restaurants and the Oshkosh Seniors Center! Whether your favorite spots started with a “soft” launch or doors wide open, our gratitude this month extends to all the critical workers in our community, that have kept things going, been creative in delivering services, sanitizing everything from doorknobs to menus and kept our spirits up! And so, it is with great enthusiasm, the Friends of the Oshkosh Seniors Center announce two upcoming fun and family-focused fundraisers!

PLEASE SAVE THE DATES:

Friday, August 20, 2021 – **Food Truck Friday** returns!
South Park – food, music, family fun!!



Saturday, September 11, 2021; **Silver Shoes on the Fox Walk**,
a Grandparents Day walk along the Fox River for the entire family!
(Rain date: Sunday, September 12)

Watch for more details in next month’s Current!

Donations may be directed to:

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

Or email us:

FriendsofOSC1986@gmail.com

Or use the donation link posted on:

www.facebook.com/FriendofOSC

Friends Mission Statement



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

Winnebago Senior Tours



Tours Sign-up Options

- The Tours Desk will be open
9 am —1 pm

MONDAYS, TUESDAYS & THURSDAYS at the South Building. **200 N. Campbell Rd.** Please note WST is accepting **CHECKS AND EXACT CASH ONLY** at this time. You may also pickup new flyers for trips you have seen in *The Current*.

- Can't make it in during in person hours? You can send a check to:

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

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



Call 920-232-5312 with any questions.

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

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 am from Seniors Center North

Return: Approximately 4 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 purchased plants. Masks will be required on the trip and many vendors 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. 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: June 16

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

Guides: Cheryl Freiberg & Betty Litjens

Depart: Seniors Center North at 9:30 am

Return: approximately 7 pm

Let Winnebago Senior Tours take you out to the ballgame 2021. Come and cheer on the Brewers at Milwaukee Stadium, 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 glove. For a flyer or questions give the guides a call. Cheryl 920-379-8128 or Betty 920-231-4504



Cedarburg Strawberry Festival

Date: June 26

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

Guides: Donna Landers & Dorey Hannagan

Departing: 8 am, Seniors Center North

Return: approximately 5 pm

Cedarburg's annual 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 historical Main Street and find the perfect treasure at the arts and crafts stands. Listen to live music, check out the unique shops, and even 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.



Winnebago Senior Tours

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 am



Join us on a trip to the picturesque North Woods, and experience the beautiful landscapes of the Apostle Islands and Apostle Island Peninsula. Enjoy a ferry ride to Madeline Island, visit Big Bay State Park

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

Wisconsin State Fair

Date: August 10

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

Guides: Sherry Katzenberger & Betty Litjens

Depart: Senior Center North 8 am

Return: approximately 6:30 pm

Leave the parking to us! Travel on an air-conditioned motor coach with a day at the Wisconsin State Fair.

Your cream puff or brownie is on us! Price includes admission and "Fair Bucks" good towards food or beverage. Enjoy free samples when you experience the agricultural and horticulture displays throughout the Fair Grounds. Remember the rides, while you enjoy outstanding events such as Pig Races, fabulous music, and Pubs featuring Wisconsin Brews, cheeses, beekeeping and an atlas of information about Wisconsin. For a flyer or question call one of the guides:

Sherry 608-576-5366 or Betty Litjens 920-231-4504.



Exploring Britain & Ireland

Date: 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.



Biltmore Estate & Ashville NC

Date: September 5 - 10

Cost: \$575 (\$75 down, Final Payment due, June 28)

Guides: Donna Landers & Ginnie Riley

Travel with us on a 6 day trip to North Carolina. We will be spending 3 nights in Ashville, Including a full day at the Biltmore Estate. We will get a

guided tour of Ashville, and see the magnificent St. Lawrence Basilica. Then a guided tour on the Blue Ridge Parkway to see the visitor center. The tour includes a 24 minute film of breathtaking aerial photography of the Parkway. Later we will take in the Folk Art Center. On our way back we will be stopping in Kentucky at Kentucky Artisan Center, a 20,000 square foot facility, where we can explore Kentucky crafts, history and shop Kentucky products. Eight meals will be offered, 5 breakfasts and 3 dinners. For a flyer, contact a guide: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373.



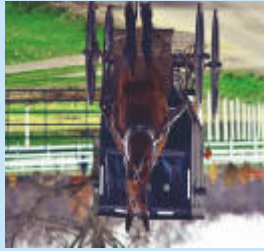
Winnebago Senior Tours

Amish Acres in Nappanee Indiana September 16 & 17

Cost: \$215 Double Occupancy, Driver tip, Hotel, Dinner, Guided Tour
(\$20 non-refundable deposit, Final payment due July 15)

Depart: 9 am, Seniors Center North

Join us to explore the humble Amish community in Nappanee, Indiana. After checking into our Hotel we will have a farm feast dinner, then a live performance in their Round Barn Theater. Day 2, after our continental breakfast there will be a wagon ride tour of the area. Explore the 130 year old Farmstead Landmark, German schoolhouse, blacksmith shop, and the many demonstrations. When we finish lunch, have fun shopping at the Courtyard shops. If you have any questions on the Amish Acres contact Donna at 920-303-1683 for more details.



Branson Show Extravaganza- Diamond Tours

Date: October 18—23

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

Guides: Donna Landers & Dorey Hannagan

Depart: 8 am 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, five breakfasts and three dinners included. 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



A Day in Green Bay

Date: Wednesday, September 29

Cost: \$90 (\$20 deposit, non-refundable, Final payment due, August 31)

Guides: Laurie Peach & Cheryl Frieberg

Depart: 8 am & Return: 6 pm

Come spend a wonderful day in Green Bay. You will ride along the Packers Heritage Trail, enjoying many sites that will take you on a journey through the history of the area, including train depots, churches and landmarks such as the old City Stadium. Your sweet tooth will be rewarded by a stop at Uncle Mike's, known for their award-winning Kringle and a stop at Seroogy's the famous sweet confectionary.



WST gives a BIG Shout out!

The **First** bus trip in almost a year with Guides Donna Landers and Betty Litjens was completed March 11, 2021 to Nekoosa, WI. **49** travelers were excited that **WST** is back doing trips!! Continue to check out *The Current* for future trips.



COMING IN 2021

Taste of Green Bay
September 2021

Door County
October 2021

Rosemount 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

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Ron Duerkop, Vice Chair
Heidi Basford Kerkhof
Lindsay Temple
Julie Davids
Julie Kiefer
Julie Maslowski
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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:

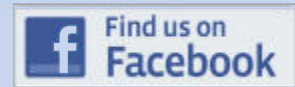
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Bobbie Jo Luft, Volunteers & Support
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Advocap

Libby Stockton, Meal Site Manager
920-420-3191