

# THE CURRENT

**Maintain Don't Gain During the Holidays. We can help at the Center!**

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

November, 2022, Issue #11



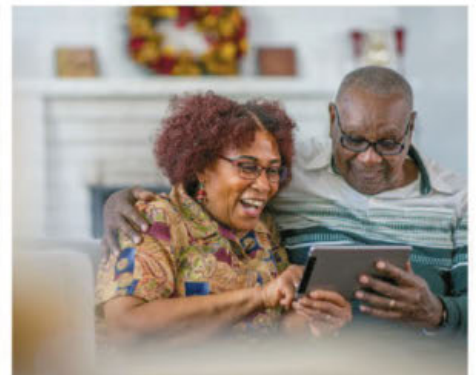
## Discover the Offerings at the Oshkosh Seniors Center



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# Welcome to the Oshkosh Seniors Center

Exercise so you can always do  
the things you love!



Don't Forget to  
*Fall Back*  
Sunday, November 6



We will be  
**CLOSED**  
on 24th November  
**THANKSGIVING**

On Friday, November 25 the  
North building will be open  
7 am-3:30 pm.

The South building will be closed  
Friday, November 25.

## WHAT'S IN THIS ISSUE?

Classes are listed alphabetically by category and then by date order.

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## Art Expression (S)

Thursdays & Fridays, November 3-18  
9-11:30 am

Cost: R \$1.50 / NR \$2.25 per visit

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

Bring your project and supplies.

Enjoy the company of other artists while you work on your projects. **The kiln is not**

**available for firing at this time.**



## Hand Building with Clay (S)

Tuesdays, November 1-22, 1-3 pm

Instructor: Kathi Dittmer

Cost: R \$35 / NR \$40 for 4 week session

Min/Max: 3/10

Register by Thursday, October 27

Payment due upon registration

This class offers a fun community environment to explore the creative world of clay. The fee includes 3 pounds of clay, glazes, and two firings. **Extra clay is not available at this time.**



## Beginner Stained Glass Gnome (S)

Monday, November 7, 9 am -2 pm

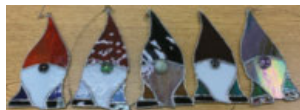
Instructor: Jane Wells

Cost: R \$20 / NR \$25

Min/Max: 2/6

Register by Wednesday, November 2

Payment due upon registration



Join in and be guided through this beginner stained glass gnome. You will learn the basics of stained glass including cutting, grinding, foiling, and soldering. We will work together to get project completed in one day. Bring a lunch. **This class is for beginner students only.**

## DIY Soap Making (S)

Wednesday, November 9, 10-11 am

Instructor: Debbi Terry

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

Register by Friday, November 4

Payment due upon registration

Here's your chance to learn a new skill, create a gift, or make something special for yourself. You will follow step by step instructions to make beautiful and aromatic soap.



## Needle Felting-2D Tapestry (S)

Wednesday November 16, 9:15am—12 pm

Instructor: Kerry Wolfe

Cost: R \$10.00 / NR \$11.50

Min/Max: 2/10

Register by Thursday, November 3

Payment due upon registration



We will be felting a 2D tapestry design of your choice and colors. All supplies and materials provided for you. Come have fun and learn a new craft.

## Wine Glass Snow Globe (S)

Candle Holders

Monday, November 28, 10-11:30 am

Instructor: Kerry Wolfe/Jane Wells

Cost: R \$7 / NR \$8.50

Min/Max: 2/10

Register by Wednesday, November 23

Payment due upon registration

Have fun making these adorable wine glasses that we will transform into snow globe candle holders for your Holiday décor. They are cute and easy to make. Share your crafting talent and give as a gift! Variety of "scenes" and embellishments available.



## Upcoming

### Intermediate Stained Glass Fan Lamp (S)

Mondays, December 5-19, 10 am -12 pm

Instructor: Marla Tonn

Cost: R \$30 / NR \$35

Min/Max: 2/6

Registration open November 14 - November 30

Payment due upon registration

Instructor Marla Tonn is an experienced stained glass artist. She will guide you in making this stained glass fan lamp. Project is approximately 9" wide x 7" tall. Price includes lamp base.

**Experience in working with stained glass required for this class.**

**May add second class if needed. Put name on waitlist.**



## Pyrography on Leather Coasters (S)

**Tuesdays, November 1-29, 10 am-12 pm**

Instructor: Cedric Richeson & Dick Krummick

**Cost: R \$25/ NR \$30**

Min/Max: 3/6

**Register by Tuesday, October 25**

**Payment due upon registration**

This class is a unique spin on a traditional woodburning class. You will be creating a set of 4 custom leather coasters using burning tools. **Intermediate level of woodburning.**



## Wood Crafting - Welcome Sled (N)

**Tuesdays, November 1-22, 1-3 pm**

Instructor: Linda Gomach

**Cost: R \$40/ NR \$45**

Min/Max: 3/6

**Register by Tuesday, October 18**

**Payment due upon registration**

Join our wood crafters as you will be creating a welcome sled for your home or front entry. In this class you will be using a miter saw, power sanding, staple gun and other machines in the woodshop. Sled is approximately 16" X 40" tall. **Basic Machine Safety Training is required.**



## Beach Robin Carving Class (N)

**Thursdays, November 3-December 1, 9-11:30 am**

**No class Thursday, November 24**

Instructors: Richard Krummick & John Goheen

**Cost: R \$25 / NR \$30**

Min/Max: 3/8

**Register by Thursday, October 27**

**Payment due upon registration**

Carve an antique style decoy. Beginner project using power and hand carving tools. Will need bench fan and tools.



## Power Tool Carving (N)

**Mondays, November 7-28, 8 am-12 pm**

Instructor: Gene Bengel & Don Schettl

**Cost: R \$40/ NR \$45**

Min/Max: 5/12

**Register by Monday, October 31**

**Payment due upon registration**

Join fellow peers for power carving in the woodshop! This class is open for those carvers who want to refresh their skills, or beginners looking to pick up a new hobby (selection of beginner projects available). Award-winning carving instructors will be available to instruct and problem solve. **Basic Machine Safety Training required .**

## Hand Tool Carving Class (S)

**Mondays, November 7-28, 1-3 pm**

Instructor: Gene Bengel

**Cost: R \$20 / NR \$25**

Min/Max: 5/12

**Register by Monday, October 31**

**Payment due upon registration**

This four week hand tool carving class is open to carvers who want to refresh their skills and complete unfinished projects. Award-winning carving instructors will be available to instruct and problem solve. **Beginners carvers welcome.** Instructors will have a selection of beginner projects available. They can help you get started on a great new hobby! Don't have any carving tools? There are a limited number of tool kits available for use, reserve at registration.



## SAFETY TRAININGS

### Basic Machine Safety Training (N)

**Fridays, November 4 & 11, 10 am-12 pm**

Facilitator: Jeff Becker

**Cost: R \$5 / NR \$7.50**

Min/Max: 2/10

**Register by Friday, October 28**

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

### Woodshop Safety Refresher (N)

**For those who have already completed Basic Safety Training**

**Wednesday, November 16, 12-1:30 pm**

**Register by Monday, November 14**

Facilitator: Jeff Becker

**Cost: Free**

Min/Max: 2/10

In order to attend one of these safety trainings you must have been a previous woodshop participant who has gone through the safety training before. You will only be required to attend **ONE** of the training dates above. Once you do, your safety certification will be valid for one year.



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## Chillin' with the Penguins (N) Tuesdays, November 29-December 20 1-3 pm

Instructor: Linda Gomach

Cost: R \$35/ NR \$40

Min/Max: 3/6

**Register by Tuesday, November 15**

**Payment due upon registration**

Make these two 3D self-standing penguins from pieces of wood that simply slide together!

You will get step by step instruction, and use the band saw, scroll saw, and sanders for the project. Finish may include decoupage.

One penguin is approximately 20" tall, and the other is 18" tall. Project is similar to one shown.



**Basic Machine Safety Training is required for participation in this class.**

## Pyrography On Leather (S)

### Sailing Ship

Thursdays, December 1-22

1-3 pm

Instructor: Cedric Richeson & Dick Krummick

Cost: R \$25/ NR \$30

Min/Max: 3/6

**Register by Wednesday, November 23**

**Payment due upon registration**

Learn how to "woodburn" on vegetable tanned leather. This 4 week class will explore the special techniques for burning on leather with a choice of sailing ship designs. Leather included (8 1/2" x 11"). Students will use a writing tip and optionally a shader. Patterns will be available. The leather may be left natural, colored or sealed with student provided materials. Cost includes leather. Pattern transfer materials will be provided.



## Guided Woodshop Hours (N)

Wednesdays

Cost: \$5/NR \$6.50 (per session)

This time in the woodshop is designed to allow participants to come in and use the machines to work on their own projects, with support from woodshop monitors as needed.

**Basic Machine Safety Training required to use machines in the shop.**

### Session 1

9-11:30 am

Walk in

### Session 2

12-2:30 pm

**Note: No PM hours November 16**

Must register in advance. Hours will be canceled if there aren't any reservations.

**Need something repaired? Stop in during guided hours to discuss with woodshop volunteer.**

## Butterfly Carving (N)

Tuesdays, December 6-27

9 -11 am

Instructor: Don Schettl & Richard Krummick

Cost: R \$10/ NR \$15

Min/Max: 3/6

**Register by Thursday, December 1**

**Payment due upon registration**

Learn to carve small butterflies. Each figure is about 2 1/2" X 1/2 tall, enough wood to carve 4 butterflies per person. Don't have any carving tools? Limited number of tool kits available for use, reserve at registration. Project similar to one shown. **Beginner project using power and hand carving tools.**



## Fox Fitness Center (N)

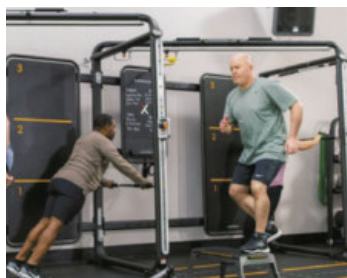
**Monday-Friday, 7 am - 4 pm**

Stay Active Pass & Insurance Reimbursement Eligible

**Check with the front desk to find out if your Medicare advantage plan will pay the fee, then workout for FREE!**

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

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



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

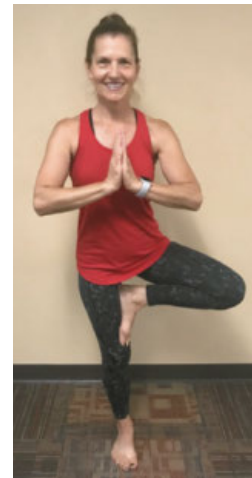
**To keep our equipment clean and working at its best, we have three requests:**

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

## Meet our New Instructors!

### Welcome Cathy Huybers

Cathy has been a life-long learner in areas of nutrition and fitness, as well as in the connection between mind, body, and spirit. She is passionate about helping people heal using food, exercise, and alternative healing methods. Cathy naturally gravitates towards teaching and leading. So when she found yoga, she knew she would become a yoga instructor. She wants to help people lead happier, healthier, and more balanced lives through their yoga practice. Cathy has completed her 200 hour yoga teacher training and is a graduate of Grace under Fire Yoga Teacher Training. Check out her classes on page 10



### Welcome Gerardo Calderon

Gerardo Calderon was born in San Jose Costa Rica. He has been married for 17 years and has two beautiful daughters. He is very social. "I love people, I love coffee, great conversation, and I love football (Go Packers)." Gerardo is studying physical education and he has 8 years of experience with the management of people, teams, and groups.



As a personal trainer and sports manager, he focuses on the development and implementation of useful training plans so people can achieve their goals. He is all about motivating people and he's excited to work with our community of older adults so they can achieve their healthy aging goals. Gerardo will be assisting with classes and personal training.

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## Fitness Opportunities

**Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible**  
**OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit**  
**Rate sheets available at Front Desks for non-insurance eligible**

### Rapid Movement Training (N)

**Mondays & Wednesdays**

**8:30-9 am**

Instructor: OSC Staff

**Drop-in eligible**

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

### Range of Motion (N)

**Mondays & Wednesdays**

**9:15-9:45 am**

Instructor: Alec Jensen

**Drop-in eligible**

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



### Silver Sneakers

**Classic (N)**

**Mondays & Wednesdays**

**10:45-11:30 am**

Instructor: Jean Wollerman

**Drop-in eligible**

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



### Life Fitness & Movement (N)

**Tuesdays & Thursdays**

**9-9:30 am**

Instructor: Alec Jensen

**Drop-in eligible**

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

### Tai Chi Energy (N)

**Tuesdays & Thursdays**

**9:45-10:15 am**

Instructor: Alec Jensen

**Drop-in eligible**

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



### Movement Exercise (N)

**Tuesdays & Thursdays**

**11-11:45 am**

Instructor: Bobbie Jo Nagler

**Drop-in eligible**

A class for senior adults with ongoing conditions such as Parkinson's, MS, or those who struggle with balance-related issues. This class will help increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress-free movements.



## Line Dancing (N)

Instructor: Debbie Ruck

### Drop-in eligible

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

## Advanced Line Dancing

**Mondays & Tuesdays**

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

Prior experience preferred

## FFC 3g (N)

**Fridays, November 4-18, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

### Register by Thursday, November 3

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout!

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

## Synergy Fitness (N)

**Mondays, November 7-28, 8-8:30 am**

Instructor: Alec Jensen

Max: 10

### Register by Thursday, October 27

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

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

## New Classes!

### Beginner Chair Yoga (N) NEW

**Thursdays, November 3-17, 1-1:45pm**

Instructor: Cathy Huybers

### Drop-in eligible

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. No Prior experience is necessary for this class. Wear comfortable exercise attire.

### Yoga GOLD (N) NEW

**Fridays, November 4-18, 9:30-10:15am**

Instructor: Cathy Huybers

### Drop-in eligible

Whether you're aiming to get stronger and more flexible or you just want to decompress and still your mind, yoga can help. Yoga Gold combines traditional yoga with elements of chair yoga. Strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own exercise mat.

### Keep Moving! (N) NEW

**Fridays, November 4-December 16**

**10:30-11:15 am**

**No Class on Friday, November 25**

Instructor: Jean Wollerman

### Drop-in eligible

This session class will keep you moving through the holiday season. Cardio, strength, stretching, balance and some nutrition chats to help keep you fit during this fast pace holiday time.





# Afternoon Tea Holiday Party (\$)

Wednesday, November 30  
2-3 pm

Cost: R \$5/ NR \$6.50

Register by Wednesday  
November 23

Entertainment by the  
"funnier side" of Westhaven Quartet



Entertainment paid for by an anonymous donor

## InBody Scans (N)

Thursday, November 3, 8-930am

Facilitator: Alec Jensen & J.J Allen

**Cost: \$10-Special reduced rate for Senior Center participants!**

**Register by Wednesday, November 2**

The **InBody** provides a comprehensive analysis that is an accurate way to monitor changes in body fat and lean mass. Not only do you get your body composition analysis, but it provides your Basal Metabolic Rate, or BMR, the minimum calories required at rest. This non invasive test that takes 5 minutes and can provide great health information to help you meet your fitness/wellness goals. Result print outs are included. Fasting is preferred to give the most accurate results. **Call 920.232.5301 to schedule your appointment.**

## Maintain Don't Gain Challenge for the Holidays

It's no secret that the holiday's can lead to unintended weight gain. Whether it's from eating too much food or not getting enough exercise and activity in throughout the week. **Maintain Don't Gain** aims to stop that from happening by keeping you aware and monitoring yourself throughout the holidays. Use the calendar below to track your weight. The goal is to stay within 1% or 3 pounds of your current

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) Time: Weight:	2) Time: Weight:	3) Time: Weight:	4) Time: Weight : goal setting	5) Time: Weight:
6) Time: Weight :	7) Time: Weight :	8) Time: Weight :	9) Time: Weight :	10) Time: Weight :	11) Time: Weight : weigh in	12) Time: Weight :
13) Time: Weight :	14) Time: Weight :	15) Time: Weight :	16) Time: Weight :	17) Time: Weight :	18) Time: Weight : goal setting	19) Time: Weight :
20) Time: Weight :	21) Time: Weight :	22) Time: Weight :	23) Time: Weight :	24) Time: Weight :	25) Time: Weight : Weigh in	26) Time: Weight :
27) Time: Weight :	28) Time: Weight :	29) Time: Weight	30) Time: Weight			

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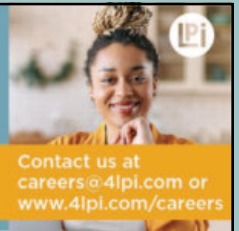


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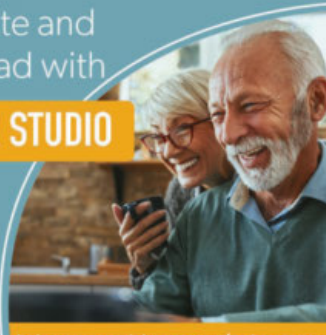
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## Mindfulness Meditation (S)

**Thursdays, November 3-17, 11 am-12 pm**

Instructor: Donna Janus

**Cost: R \$1.25 / NR \$1.75 per visit**

Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will have a positive impact on your life!



## Grief Support (S)

**Thursdays, November 3 & 17, 1-2:30 pm**

Facilitator: Meredith Schlute, Compassus Hospice

**Cost: R \$1 / NR \$1.25 per visit**

**Register by calling 920.232.5305**

For any adult grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith Schlute with Compassus Hospice will facilitate group conversations around how we grieve, and allow a safe space for support.

## Collagen & Health (S)

**Tuesday, November 8, 10-11am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Cost: Free**

**Register by Friday, November 4**

This metabolic class will answer the following: "How collagen can help clear brain fog, ease fatigue, joint pains, and discomfort".

Expert instruction on quality collagen supplements  
Provided by Jeanne, an expert in holistic and alternative health. This workshop will jump start your wellness journey.



## FREE Blood Pressure Checks

**Tuesday, November 8, 10:15-11:15 am (N)**

**Monday, November 28, 12:30-1:30 pm (S)**

High blood

pressure usually has no symptoms and cannot be detected without being measured. Get yours checked for free. RSVP Volunteer Retired Nurse, Terri Radtke, will be conducting the blood pressure checks. No appointment necessary.



## Therapeutic Exercise (S)

**Tuesday, November 15, 10 am-11 am**

Presenter: Courtney Disterhaft

**Cost: Free**

Max: 30

**Register By: Friday November 11**

Do you have chronic aches and pains? This presentation aims to give you the tools to effectively manage these annoying conditions. Please note this is not an exhaustive presentation and not all conditions will be covered.

## Hearing Screening (S)

**Wednesday, November 16, 9:00-12:00pm**

Presenter: Oshkosh Elite Hearing Center

**Cost: Free**

Max: 8

**Register by Friday, November 11.**

Join us for a brief exam to determine if you are experiencing any hearing loss. They will answer any questions you may have about hearing health and hearing care. Literature on hearing loss and the importance of annual checkups will be handed out. Exams take 10-15 minutes.

**Register for an appointment by calling 920.232.5301.**

## Memory Care Screening (S)

**Thursday, November 17, 10:30 am-12 pm**

Facilitator: ADRC

**Cost: Free**

Max: 6



**Register by Tuesday, November 15**

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. All appointments take approximately 20 minutes in a one-on-one setting. **Call 920.232.5301 to schedule your appointment.**

## A Healthier You (S)

**Monday, November 28, 1-2 pm**

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

**Cost: Free**

**Register by Wednesday, November 23**

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

# Programming to improve the lives of people experiencing dementia and those that care for them



## Mindworks (S)

Thursdays, November 3-17

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email:

info@

foxvalleymemoryproject.org

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

## Memory Care Screening (S)

Thursday, November 17

10:30 am-12 pm

Facilitator: ADRC Dementia Care Specialist

Cost: Free

Appointment Required

Call 920.232.5301

Max: 6

Memory screenings are an important tool in identifying possible changes in memory and cognition. One-on-one 20 minute appointments. Come get your baseline screening today!

## Tender Loving Care (TLC) Support Group (S)

Thursday, December 29

1-2 pm

Facilitator: Fox Valley Memory Project

Cost: Free (Supported by the Fox Valley Memory Project)

This support group offers a supportive and safe environment to share, interact, listen, and learn with other caregivers and care partners of those with a memory loss disability. This group is specific to dementia caregivers.

Group typically meets on the last Thursday of the month.

Thank you to our community partners for making this programming possible.





# Happy Retirement

SARA BARNDT

Thank you for your 23 years of hard work for the City of Oshkosh and the Seniors Center. May the next chapter be filled with wonderful surprises. Wishing you all the best!



## Healthy Feet

ValleyVNA  
Senior Care

Foot care services



**COST: \$24**  
**CALL 920.232.5301 FOR AN APPOINTMENT**

**TO ENSURE YOU GET THE APPOINTMENT DATE THAT YOU WANT, PLEASE CALL 5-6 WEEKS IN ADVANCE. APPOINTMENTS ARE AVAILABLE TUESDAY AND WEDNESDAYS 9 AM TO 3 PM**



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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.



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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984



The Oshkosh Seniors Center and Oshkosh Fire Department are teaming up to reduce the number of falls in our community. One in four people aged 65 or older falls each year. The prevention program you are here for today is designed to assess your risk of falling and give you the tools you need to reduce your risk of falling in the future.

BIODEX FALL RISK  
SCREENINGS  
ARE AVAILABLE  
FEE IS \$10.00



Appointments are required for the screening. Call 920.232.5301 to set up your test date.

**Don't be a statistic!  
Instead be proactive in  
your efforts to maintain  
and improve your balance.**

**Have you ever wondered how  
your risk for falling compares  
with others? Take the Fall Risk  
Screening Test to find out!**

- **In just 2 minutes the Biodesx SD System's Fall Risk Test measures your risk of falling in comparison to people of your same age.**
- **It's a starting point that gives you the motivation to improve your balance.**



## HAVE YOU EVER CONSIDERED VOLUNTEERING AT THE OSHKOSH SENIORS CENTER?

- New 2 hour front desk shifts
- Woodshop
- Newsletter delivery
- Event help

**Contact  
Bobbie Jo Nagler  
to get started!  
920.232.5301**



### Mini Pumpkin Cheesecakes Yields 12 servings

#### Crust:

- 7 graham Crackers (Full Sheets)
- 1 1/2 Tbsp. packed light brown sugar
- 1/4 tsp Salt
- 5 Tbsp butter, melted

#### Filling:

- |                                 |                           |
|---------------------------------|---------------------------|
| 8 oz Cream Cheese, softened     | 1/2 Tbsp cornstarch       |
| 3 Tbsp packed light brown sugar | 1/2 tsp cinnamon          |
| 2 Tbsp Maple Syrup              | 1 large egg               |
| 1 large egg yolk                | 1/8 tsp ground ginger     |
| 1 cup pumpkin puree             | 1/8 tsp salt              |
| 1 tsp vanilla                   | whipped Cream for serving |

For Crust: Preheat oven to 350. Line a standard 12-cup muffin tin with liners

Place graham crackers in bowl of food processor and pulse until fine. Add brown sugar, salt and pulse. Drizzle melted butter and process until crumbs are moist.

Scoop a heaping tablespoon of crumb mixture into each liner. Press crumbs flat into bottom of cup with the bottom of a drinking glass. Bake crusts for 5 minutes, until golden. Transfer to wire rack to cool.

Filling: Beat cream cheese, brown sugar, and maple syrup in large bowl with mixer at medium-high for 2-3 minutes until combined and fluffy. Scrap down side of bowl, lower speed and beat in the egg and egg yolk just until incorporated. Beat in pumpkin and vanilla until combined. Beat in the cornstarch, spices, and salt.

Divide cheesecake filling evenly among the 12 cups, filling each 3/4 of the way full. Bake 10-12 minutes, until the edges are set and dry, and centers are slightly jiggly.

**HAPPY**  
*Thanks*  
*giving*  
**DAY**





## One on One Tech Appointments

**Designed to improve your digital literacy (all levels of expertise are welcome).**

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

### One on One with Diane Friday (S)

**Mondays, November 7, 14, 21, and 28**  
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

**Tuesdays, November 1, 8, 15, 22, and 29**  
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

**Wednesdays, November 2, 9, 16, and 23**  
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

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

### Wi-Fi Access (S) Cost: FREE

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password required.

### Appointments with Stephanie Carlin

If you wish to schedule an appointment with Stephanie Carlin please inquire at the front desk for available times.

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

Sandy is from the Oshkosh Public Library and can not only answer questions about the library online services, but any other technology challenges you are experiencing.

**Mondays, November 7, 14, 21, and 28**  
9:15 am, 10:30 am, 11:45 am, 1 pm

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



# *Friendsgiving*

**"Let's Get Cooking with Technology"**

**Join us for a social Friendsgiving. LaSure's will be catering a pie and dessert bar! We will have some fun showing you how to use technology to get cooking and baking for the holidays! Limited seating. Register early.**

**920-232-5300**

**Tuesday, November 15th  
2:30 pm to 4:00 pm  
(South Building)**

**Free Live Music Performance**  
**Friday, November 11**  
**1:30 pm-North Building**  
**Doors open at 1 pm**



Part of the 2022-2023 **1** First Business Bank.



**Presents Free "Art Reach"**  
**Event at**  
**Oshkosh Seniors Center**

*Live Music Performance*

*Q & A*

*Meet & Greet with the Twins!*

**B2WINS**



**Event is Free, but ticket is required. Tickets available (while they last)**

**October 3- November 9**



B2Wins are twin brothers from Brazil that bring you a high-energy live show. Playing a violin and a ukulele, the brothers will captivate you with their unique sound and reimagined classics. Don't miss this unforgettable show!

## Great Courses Facilitator Needed

We are looking for volunteer instructors to facilitate Great Courses. Great Courses are videos and documentaries featuring University Instructors across the country. A wide variety of topics are available, thanks to the generosity of a donor. The facilitator will break down lectures by professors into lessons that consist of videos, handouts, and enlightening discussion. A variety of courses to choose from, with leader guides included. Turn your love of learning into a great volunteer experience. Call Jane Wells, 920.232.5308.

## Book & Puzzle Pick Up (S)

**Monday-Friday, 8 am-4 pm**

**Cost: Free**

The Center has books, DVDs, and puzzles for you to enjoy at home. Materials are all located in the South building ONLY. When finished, items should be returned to the bin located under the West covered entrance of the South building. Did you know we have a wide selection of Great Courses available? Great Courses offer DVD presentations from award-winning experts and professors from the most respected institutions in the world. History, language, art cooking, the topics are endless. Check out a "Great Course" today! **\*Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

## Ukulele Play Along (S)

**Wednesdays, November 2-30**

**10:30 am-12 pm**

**Cost: R \$2 / NR \$2.50 per visit**

Min/Max: 3/20

Looking for some fun people to play ukulele with? If you already know 2-3 strum patterns and 8-10 chords, you will be able to play along. There is a wide variety of music played from different genres. Play music under the guidance of a Ukulele volunteer. Please bring your music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend. The play-along is a great learning and social opportunity.

## Ukulele Lessons Everyone Welcome!

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



## Beginner Ukulele Lessons (S)

**Fridays, November 4-18, 11 am-12 pm**

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, November 2**

**Payment due upon registration**

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

## Intermediate/Advanced Combo Ukulele Lessons (S)

**Fridays, November 4-18, 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, November 2**

**Payment due upon registration**

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

## New Class!!

### Beginner 2 Ukulele Lessons (S)

**Fridays, November 4-18, 12 -1 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, November 2**

**Payment due upon registration**

This class is for those who have completed beginner ukulele class, and are ready to take the next step. This is also an ideal class for those who need an ukulele refresher class. Chords, strumming, and playing songs will be emphasized in this class. Come join the fun!

## Before You Claim Social Security Lunch & Learn (S)

**Monday, November 7, 11 am-12:30 pm**

Presenter: Aegis Financial

**Cost: Free**

**Max: 25**

**Register by Thursday, November 3**



Claiming Social Security benefits usually is preceded by numerous questions. When to file? Can we still work while receiving benefits? What if my spouse died? How does my recent marriage or divorce affect my benefits? This seminar seeks to shed light on those questions and is specifically geared to individuals aged 60 to 70 years old.

## On the Move (S)

**Tuesday, November 8, 10-11 am**

Presenter: Scott Armstrong, All Senior Movers

**Cost: Free**

**Register by Friday, November 4**

Moving a lifetime of belongings can be challenging, emotionally and physically. Senior Movers specializes in helping those who are downsizing and relocating to a new home. Scott will share what you can do to make the transition as smooth as possible. Program sponsored by Synergy Home Care.



## Bingo (S)

**Monday, November 14, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max:10/55

**Register by Thursday, November 10**

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



## Navigating Medicare (S)

**Tuesday, November 15, 9:30-11 am**

Presenter: Network Health

**Cost: Free**

**Max: 30**

**Register by Friday, November 11**

If you are close to turning 65 you are going to want to attend this informative presentation. The experts from Network Health will walk you through Medicare. It's an opportunity for you to ask questions. This is not a "sales" pitch. They're here to teach you about the Medicare options that are available.

## COOKING MATTERS

**Just in time for Holiday Entertaining!**

### CHAT & CHOP-APPETIZERS (S)

**Tuesday, November 15, 9:30-11:30 am**

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

**Register by Wednesday November 9**

**Payment due upon registration**

We will be making Ham & Swiss sliders and Antipasto bake. Put on those aprons and come learn to cook with us.

## Winter Road Trips For Nature Lovers (S)

**Wednesday, November 16**

**10 am-12 pm** Presenter: Rob Zimmer, Outdoor Enthusiast

**Cost: Free**

**Register by Monday, November 14**

Enjoy the journey across Wisconsin and get ideas for some wonderful winter road trips to embark upon this season. Program sponsored by the Oshkosh Recreation Department.



Oshkosh Recreation Department



## Power of Attorney Workshop (S)

Thursday, November 17, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Tuesday, November 15

Failing to have your Powers of Attorney for both Health Care and Finances in place will put you and your family in a serious bind should you ever lose capacity. Joe McCleer from McCleer Law Office will talk about the importance of these documents, give tips and strategies for completing them, and provide free statutory Power of Attorney forms to attendees who wish to complete their Powers of Attorney on the spot. **This class fills quickly, register early!**



## What is an Artist's Book? (S)

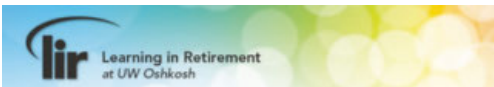
Friday, November 18, 10-11:30 am

Presenter: Deb Bartelt

Cost: Free

Register by Wednesday, November 16

When does a book not necessarily fit the standard idea of a book? Is it a book? Is it a work of art? Is it a book about art? Is it all of the above or none of them? Who makes them? Why? Come see for yourself and explore the world of artists' books with local artist Deb Bartelt. **This program is in collaboration with Learning In Retirement.**



## CaptionCall (S)

Monday, November 21, 10-10:45 am

Presenter: CaptionCall

Cost: Free

Register by Thursday, November 17

Learn about no cost telephone captioning. There is no charge for the captioning service, phone or mobile app, delivery, or any form of customer support.

## Popcorn & A Movie (S)

Wednesday, November 23, 1-2:30 pm

Cost: Free

Min/Max: 2/30

Register by Monday, November 21

Enjoy a movie with the company of friends. We're popping the corn fresh! Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies in newsletter.**

## The New Way OPD Handles Behavioral Health Calls (S)

Monday, November 28, 1:30-3 pm

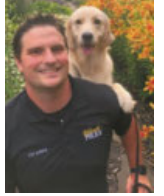
Presenter: Officer Scott Sopata, OPD

Cost: Free

Min/Max: 5/30

Register by Wednesday, November 23

Office Sopata, a Behavioral Health Officer, from the Oshkosh Police Department will discuss how the department is using a therapy dog to respond to behavioral health or highly sensitive calls. The two work together to bring a sense of calm with a focus on peaceful resolutions. Magic is deployed on calls for our community but also helps our officers after critical incidents. Also attending will be Officer Sopata's co-responder, Kayla, who works with and helps citizens access services from Winnebago Human Services. **This program is in collaboration with Learning In Retirement.**



## Book Talk (S)

The Art of Crash Landing by Melissa DeCarlo

Thursday December 1, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 20

Register by Thursday, November 3

Call the center at 920.232.5300 to register and arrange for book pick up.

This debut novel about a young woman who travels for the first time to her mother's hometown, and gets sucked into the mystery that changed her family, forever. Mattie has really screwed up this time and no longer deny that she really is turning into her mother. Uncovering what started her mother's downward spiral might be the only way to stop her own. Intrigued? Come join book talk.



## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

Consider joining a fun group who have been making quilts and other items to distribute to those in need in our community for over 25 years. No experience necessary and all supplies provided. Also, we accept donations of 100% cotton fabric or monetary contributions to help fund our work. All donations need to be brought to the South building front desk to be processed and a donation form completed. P.S. We usually have an unending array of chocolate candy available for our volunteers!



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

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

**The South building is closed Friday, Nov. 25**

### **Cribbage**

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

### **Mahjongg, Mexican Train**

Tuesdays, 12:30-3:30 pm

### **Canasta**

Wednesdays 9-11 am  
New players welcome!

### **Bid Euchere, Rummikub**

Wednesdays, 12:30-3:30 pm  
Beginners welcome

### **Knitting & Crochet**

Thursdays, 8:30-11:30 am  
Closed Thursday November

### **Sheepshead**

Thursdays, 12:30-3:30 pm  
**Closed Thursday, November 24**

### **Bridge Instruction**

Open to beginners and those who are interested in freshening up their current skills.

**Please register by calling 920.232.5300**

Fridays, November 4 & 18, 11-12:30 pm

### **Open Bridge**

\*Fridays, 12:30-3:30 pm

## **Cancellations & Refunds**

### **Refund Guidelines**

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

If you register for a program and are unable to attend, please call and let us know. Often times we are at capacity with a program and turn people away, only to have some who are registered not show up. We understand things come up, but please call and let us know.

To remove your reservation and free up a spot for someone else, please call

**920.232.5300**

Thank you so much!  
Jane Wells  
Program Supervisor

OSHKOSH SENIORS CENTER  
PRESENTS

# Winter White Dinner Party

**TUESDAY, DECEMBER 13**

**5-6:30 PM**

**DOORS OPEN 4:45 PM**

**Tickets: \$17**

*Available November 14-December 6  
at Senior Center front desks*

**Sparkling cider provided and served by the  
Friends of the Oshkosh Seniors Center**

*Dinner prepared by the Roxy:  
Beef Tenderloin Tips, Mashed Potato, Gravy,  
Tender Roasted Chicken, Vegetable, Dessert*

**Entertainment  
provided by  
Westhaven  
Barbershop  
Quartet**



This event sets the mood for a special evening out with a festive atmosphere, great food and entertainment. Get your friends together and get your tickets early!

Oshkosh Seniors Center-South  
200 N Campbell Rd Oshkosh 920.232.5300



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

### 2022 FOSC Board

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### Website:

[www.ci.oshkosh.wi.us/SeniorServices/](http://www.ci.oshkosh.wi.us/SeniorServices/)

### Contact Us:

[friendsofosc1986@gmail.com](mailto:friendsofosc1986@gmail.com)  
PO Box 3423  
Oshkosh WI 54903

Like us on FACEBOOK 

Fall 2022

Dear Friend of the Oshkosh Seniors Center,

One in 5 Americans is over 65, yet only 1% of all charitable gifts are directed to helping older adults. You are one of the **champions** supporting healthy aging. The Oshkosh Seniors Center provides the tools needed to achieve healthy aging through your generous donations.

The Friends' mission, our passion, is to provide financial support for the Oshkosh Seniors Center, support that enriches the lives of older adults in the Oshkosh community.

This year we ask you to please help support increasing the Center's critical services.

- Offer more hours of personal training. The one-on-one personal training sessions help people overcome health issues. *"I started personal training when I was recovering from an accident. I came in using a cane; I could barely get in and out of the car. I needed a plan and motivation. After a few months, I'm cane-free, and my wife and I have just returned from a vacation where we did a ton of walking."*
- Continue to provide technology instruction hours. Over 500 people improved their technology skills this year, a basic need in today's world. *"This is the first smartphone I've ever had. At first, it was a huge struggle. I'm starting to get it. I live alone and don't have children to help me. You must have a cell phone and access to the internet. This program is worth its weight in gold. Go, Tech, go!"*
- Continue to provide affordable therapeutic nail care. *"Getting to the Center is so easy for me. I'd have to go without if they didn't offer this inexpensive foot care. It would not be good if that happened because of my diabetes."*

I hope you will be an Oshkosh Seniors Center **champion**, please make a stretch gift if you can, and help us to increase critical services for older adults in our community. All the funds raised by FOSC directly support Center staff positions, programs, and the un-funded needs of the Oshkosh Seniors Center.

Thank you for your support!

Carolyn Edgerton, Friends of the Oshkosh Seniors Center

*No goods or services were received in exchange for your donation. Contributions may be deductible for income tax purposes to the extent allowed by law. Please consult your tax advisor.*

Friends of the Oshkosh Seniors Center • PO Box 3423 • Oshkosh WI 54903

# Winnebago Senior Tours

For questions call 920.232.5312

## Tours Sign-up Options

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

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



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

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

**Detailed flyers available at the  
Seniors Center South  
Sign up now, don't delay**

## Christmas Celebration Mystery Trip

**Destination: Shh! It's a Secret!!**

**Date: Wednesday, November 30**

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

**Depart: 7 am Return: 8 pm**

Are you ready for a mystery? We can't tell you where or what we'll be doing, but we can tell you pick up will be available in Fond du lac. So south at least that far! It's a Christmas



Celebration Mystery so obviously Christmas activities are involved—but not everything is Christmas related. It will be interesting to be able to view Christmas lights from a unique vantage point. Included are: coach bus transportation, admission to all events, a light lunch, limited shopping opportunities and dinner before returning home. Choose your dinner entrée: Atlantic Salmon, Crusted Chicken Breast, or Tenderloin Stroganoff. For even more fun, invite your friends along to share the memories made on the trip.  
Guides: Pat Heyer & Cheryl Freiberg.

## Old World Christmas Market

### Kristmas Kringle Shoppe

**Date: Wednesday, December 7**

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

**Depart: 9:15 am Return: 5:30 pm**

A motorcoach takes you to an authentic Old World Christmas Market at The Osthoff Resort in Elkhart Lake. Admission ticket is included. Just in time for the holidays, visit over 70 vendors in a heated tent and find authentic imported European items: nutcrackers, felted gloves & hats, hand-knit items; linens & ornate ornaments. Artisan crafts: one -of-a-kind reindeer-horn carved items or jewelry made with glass beads from Lithuania and Ukraine. Choose from several bakery items. The Osthoff kitchen begins preparing the reasonably priced European recipes right after Thanksgiving. Try the apple kuchen with vanilla sauce. On the way home, we stop at the Kristmas Kringle Shoppe in Fond du Lac.  
Guides: Ginnie Riley & Donna Landers



## White Christmas at the Fireside

**Date: Thursday, December 15**

**WAIT LIST ONLY**

### Bus 2-White Christmas at the Fireside

**Date: Tuesday, December 20**

**Cost: \$125 (\$20 non-refundable deposit)**

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

*Due to overwhelming response we've added an additional trip.* Based on the beloved film, this



stage adaption features 17 Irving Berlin songs. Two WWII Army Veterans with a successful song -and-dance act following a duo of beautiful singing

sisters to their Christmas show at a Vermont lodge. Enjoy the music, including the title song. White Christmas is an uplifting musical especially loved at Christmas. Choice of entrees: Grilled Pork Ribeye, Beef Short Rib, or Grilled Shrimp. There will be a short stop at Jones Market on our way to the Fireside.

Guides: Cindy Paffenroth & Cheryl Freiberg

# Winnebago Senior Tours

## Six-The Musical

The Performing Arts Center—Appleton

Date: January 18

Cost: \$120 (\$20 non-refundable deposit)

Depart: 6:00 pm Return: immediately after the show

Divorced, beheaded, died, divorced, beheaded, survived. From Tudor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an



exuberant celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over. *The New York Times* says, *Six* "Totally Rules!" (Critic's Pick) and *The Washington Post* hails *Six* as "Exactly the kind of energizing, inspirational illumination this town aches

for! The Broadway season got supercharged!"

Written by Toby Marlow & Lucy Moss. Includes: show ticket, School Bus Transportation and tip.

Guide: Cheryl Freiberg



### We Need Your Help!

Have you thought of becoming a tour guide and/or helping at the Tour Desk?

If you enjoy working with people, this could be your opportunity. Stop at the Tour Desk during regular hours, ask some questions, and get an application to volunteer!

## The Music Man

The Fireside Theatre-Fort Atkinson

Date: Thursday, March 16

Cost: \$125 (\$20 non-refundable deposit)

Depart: 7:45 am Return: 6 pm

Strike up the band for Broadway's brassiest musical comedy. Winner of eight Tony Awards including Best Musical, *The Music Man* has delighted audiences the



world over with its tale of the fast-talking, charming con man, the prim but passionate librarian, the bumbling mayor, and all the colorful characters that

make this show a classic. Add such songs as "Goodnight My Someone," "The Wells Fargo Wagon," and "76 Trombones" and you have a guaranteed great time. Entrée Choices: Chicken Piccata, BBQ Ribs, or Cod.

Guides: Cindy Paffenroth & Cheryl Freiberg

## Cats – The Musical

The Performing Arts Center-Appleton

Date: Sunday, March 26

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

Depart: 11:30 am

Return: Immediately after the show

An anthology-style musical taking place over one night. Set in a junkyard, each cat wants to enter the Heaviside Layer or cat heaven, hoping to be reborn a "hotter" cat. Deuteronomy, a lovable rotund cat oversees each cat's song-plea.

Grizabella, an old scruffy cat attempts to become part of this junkyard scene, but the other cats judge her appearance and shun her. After the lead cats have their moment in the spotlight, Deuteronomy decides Grizabella deserves to ascend to the Heaviside Layer. Includes: show ticket, School Bus Transportation and tip.

Guides: Cheryl Freiberg & Ginnie Riley



# Winnebago Senior Tours

## Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

Date: July 26– August 6, 2023 (12 Days)

Cost: Varies by stateroom selection

Now is the time to cross traveling to Alaska off your "Bucket List"! Traverse the Pacific Coast by land and sea aboard Holland America's Noordam Cruise Ship on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia.

Passport is required. Cruise the Sternwheeler Discovery and encounter Alaska's diverse culture and rich history. In a



modern saloon, enjoy local dishes inspired by Fannie Q, the famed Alaskan pioneer. Ride in a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel into Denali National Park for the best opportunities to view the region's wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska's gorgeous capital, Juneau. Visit Ketchikan, the "Salmon Capital of the World." This is Alaska as you always imagined. See flyer for complete details

Remember when signing up for a trip indicate any special accommodation or dietary needs you have.

### Travelers

Watch for a post card with FINALIZED details approximately a month prior to the date of the trip.

## UPCOMING 2023 TRIPS

Performing Arts Center - Appleton

Hamilton May 17—7:30 pm

Ain't Too Proud June 21—7:30 pm

The Fireside - Fort Atkinson

Grumpy Old Men—April 20

Legends In Concert—July 13

Mary Poppins—August 17

Scrooge—December 14

A Few of the Day Trips

Exploring the Amish Community of Cashton

Discovering Warren's Cranberry Culture

Around the Lake

Door County

Salute to Veterans

When sending payments in the mail be sure to include:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email \_\_\_\_\_

Name of Trip \_\_\_\_\_



Friends of the Oshkosh  
Seniors Center  
200 N Campbell Rd  
PO Box 3423  
Oshkosh WI 54903-3423

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U.S. Postage

**PAID**

UMS

**The Oshkosh Seniors Center is working  
to enrich the quality of life  
for adults 50 and over.**

#### **Oshkosh Seniors Center**

200 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300

#### **South Building Hours:**

Mon – Fri 8 am – 4 pm

#### **North Building Hours**

Mon – Fri 7 am – 4 pm

#### **Oshkosh Committee on Aging**

Judy Richey, Chairperson  
Heidi Basford Kerkhof  
Bryn Ceman  
Julie Davids  
Cheryl Hentz  
Patricia Jirovetz  
Julie Kiefer  
Julie Maslowski  
Jean Wollerman  
Mike Ford, Council

**Alternate:** JoAnne Murphy-Spice  
Cynthia Thorpe

#### **OSC Staff**

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

#### **Activity Coordinators:**

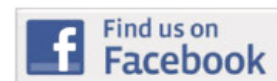
Alec Jensen, Fitness & Wellness  
Bobbie Jo Nagler, Volunteers & Support  
Kerry Wolfe, Asst. Activity Coordinator

#### **Advisory Board**

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

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

[www.schedulesplus.com/oshkosh/kiosk](http://www.schedulesplus.com/oshkosh/kiosk)



#### **Friends Board**

Carolyn Edgerton, President  
Cheryl Freiberg, Vice President  
Chris Kniep, Treasurer  
Julie Hoyt, Secretary  
Judy Brewer  
Colleen Harvot  
Judy Hebert  
Dyanne Kollmann  
Eric Lehocky  
Sarah Thompson

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