

THE CURRENT



Gratitude
CHANGES
every
thing

November 2023, Issue #11

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



Discover the Offerings at the Oshkosh Seniors Center



FITNESS AND WELLNESS



**EDUCATION AND ART
ENRICHMENT**



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/Oshkosh_Seniors_Center 920.232.5300

Welcome to the Oshkosh Seniors Center



Happy
Thanksgiving

The Oshkosh Seniors Center will be closed
on Thursday, November 23rd.

Friday November 24th hours:
North building: Open 7 am-4 pm
South building: Closed

**DON'T
FORGET
TO FALL
BACK.**

Sunday,
November 5, 2023



Volunteers Needed

Help is needed decorating the
Center for the holidays.
Please come and help with tree
decorating and village set up
if you can.

Friday, December 1
1-3 pm

Call 920.232.5300
to register.

Meet at the South building
front desk

WHAT'S IN THIS ISSUE?

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

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OSHKOSH SENIORS
CENTER PRESENTS

Winter White Dinner Party (S)

TUESDAY, DECEMBER 12

5-6:30 PM

DOORS OPEN 4:45 PM

Tickets: \$20

*Available November 6-December 4
at Senior Center front desks*

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

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



**Entertainment provided by Paul Evansen
Playing 50's, 60's, 70's &
some holiday favorites!**

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

Art Expression (S)

Thursdays & Fridays,
November 2- December 1, 9-11:30 am
NO CLASS NOVEMBER 23 AND 24

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

Do you need a space to create an art project or to work on a hobby? Bring your project and own supplies and use the Center art room with friends that share in creative endeavors.

Senior Center supplies are not to be used during this time. 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 7-28, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Register by Friday, November 3
Payment due upon registration

This class offers a fun community environment to explore the creative world of the clay. The fee includes 6 pounds of clay, glazes, and two firings.

Beginners welcome! Please note, class supplies are for use only during regularly scheduled class times.

Stained Glass Suncatcher (S)

Mondays, November 6, 13, & 27
10 am-12 pm

Cost: R \$25/NR \$30 (Three week class)

Min/Max: 3/6

Register by Thursday, November 2
Payment due at time of registration

This class is open to anyone interested in making a sun catcher. You will have several different projects to choose from, ranging in number of pieces and skill level. Some experience with stained glass preferred. Sun catchers make great gifts! See the project ideas in the photos. A second class will be created on Wednesday mornings if there is enough demand.



Resin on Canvas Project (S) Fall Theme

Wednesday, November 8, 9 am-12 pm

Instructor: Jane Wells

Cost: R \$20 /NR \$25

Min/Max: 3/8

Register by Monday, November 6
Payment due upon registration

Ring in the season with a beautiful resin on canvas project! Whether you want to celebrate fall or Thanksgiving, there will be plenty of seasonal embellishments to choose from. Photos don't do the projects justice, these are beautiful! Canvas is 8 X 10, and will need to set until the following day for the resin to cure. The resin we will be using is odor free and non-toxic.



Gnome Paint Brush Ornament (S)

Monday, November 13, 9am-12 pm

Instructor: Kerry Wolfe

Cost: R \$5.00/NR \$6.50

Min/Max: 2/10

Register by Wednesday, November 8
Payment due upon registration

Christmas is right around the corner. Come and join us in making these easy ornaments to keep or give away. All materials are supplied for you.



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Preventing Medicare Fraud



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Oshkosh Senior Center, Oshkosh, WI

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Needle Felting - Ornaments

Monday, November 27, 9 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$8/NR \$9.50

Min/Max: 2/12

Register by Tuesday, November 21

Payment due upon registration

Just in time for gift giving. We will be felting ornaments to hang on a tree. Easy enough for beginners and fun for advanced crafters. Come and have fun.



What is Needle Felting? Needle Felting craft allows you to create all kinds of shapes and designs using special felting needles and wool fibers. The long thin needles have a series of notches at the tip. When poked in and out of the wool fibers, the notches tangle the wool together, and starts to become firmer and allows you to create a shape. Everything you need to create projects is included in the class fee. Come try something new and easy!



Quilting Foundations 203 (S)

Building Quilting Skills-Basic Samplers

Wednesdays, November 29-December 20, 9-11:30 am

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50

Min/Max: 3/6

Register by Tuesday, Monday, November 27

Payment due at time of registration

Building off your basic skills of measuring, cutting, and sewing accurate seam allowances, we will explore nine-patches and Irish Chains to make 2 small quilts. We will also explore types of fabric and storage of your growing stash.



Participants must bring their own sewing machine and have a good working knowledge of it.

A supply list will be at the South Building desk when you register. You will need to purchase the book on your own (Quilter's Academy Vol. 1, Harriet & Carrie Hardgrave- Available on Amazon.) This book will be used for several months.



Quilts are like friends, a great source of comfort. Quilting is like love... do it with abandon. When life gives you scraps, make a quilt. A good day is a day spent quilting.

Power Tool Carving (N)

Mondays, November 6-27, 8 am-12 pm

Instructor: Gene Bengel / Richard Krummick

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

Min/Max: 5/12

Register by Friday, November 3

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. Award-winning carving instructors will be available to instruct and problem solve. Bench fan & dust collector required for this class. **Basic Machine Safety Training is required for participation in this class.**

Woodshop Guided Hours (N)

Wednesdays, November 1-29

***10 am-2:30 pm**

Cost: R \$5/NR \$6.50

***If you plan to attend after 12 pm, please call and register by the Tuesday before.**

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.

Don't forget, Basic Machine Safety Training is required before using tools and equipment in the shop.

Decorative Rustic Trees (N)

Tuesdays, November 7-21, 10 am-12 pm

Instructors: Linda Gomach/Jeff Becker

Cost: R \$20/NR \$25

Min/Max: 3/6

Register by Friday, November 3

Payment due upon registration

This is a great class to begin or continue your wood crafting journey. You will be guided in using the bandsaw, sanders and air tools, to create this rustic tree set. After cutting out your project, it will be finished with paint and decoupage. Large tree is approximately 4 feet tall, and short tree is 2 feet tall.

This would make a great gift! **Basic Machine Safety Training is required for this class.**

Project similar to photo.



Basic Machine Safety Training (N)

There will be no Basic Machine Safety Training for the month of November and December.



Pyrography on Leather (S)

Thursdays November 16, 30, & December 7 1-3 pm

Instructors: Cedric Richeson, Dick Krummick

Cost: R \$30/NR \$35

Min/Max: 3/10

Register by Monday, November 13

Payment due upon registration

Students will adapt pyrography techniques to burn designs into vegetable tanned leather to make two bookmarks using an oak leaf, acorn, or fanciful owl pattern. Techniques for applying color to designs on leather will also be discussed. Leather and masking tape is included. Students will bring their burner, a writing nib and a shader, graphite paper, white vinyl eraser, red or blue pen, a sharp knife, utility knife, or Exacto knife for cutting leather. Colored oil pencils and an acrylic sealant may enhance your design.

Beginner/Intermediate Level.

Pre-requisite: Pyrography 101 or permission of Instructor.



See page 9 for upcoming classes.

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Upcoming Classes

Windmill Pyrography (S)

Thursdays, December 14-January 18

1:00 3:00 pm

Instructors: Cedric Richeson, Dick Krummick

Cost: R \$30/NR \$35

Min/Max: 3/10

Register by Monday, December 11

Payment due upon registration

Pyrography techniques are used to burn this classic windmill scene on a 9" x 12" birch plywood plaque. This pattern may be adapted by students of different skill levels by omitting one or more design elements such as clouds, geese, carts, etc. Plaque and test strip are included. Students will bring their burner, favorite nibs including those suitable to work as a writing, skew, and a shader nib, graphite paper, white vinyl & kneaded eraser, red or blue pen.

Advanced/Intermediate/Beginner Level.

Pre-requisite: Pyrography 101 or permission of Instructor.



Intermediate/Advanced Wood Carving (N)

"The Robin" Bird

Mondays, January 8-March 25-12 week class

12:30 -3 pm

Instructor: Don Schettl, Gene Bengel

Cost: R \$55/NR \$60

Min/Max: 3/10

Register by Friday, December 29

Payment due upon registration

This is a great class to continue your wood carving journey. Using the techniques and methods taught, you will carve a full size Robin, the State Bird of Wisconsin. You will use a basswood cutout provided by the instructors. Award winning instructors will help you with step by step instructions to complete your project. **Power carvers will require the use of a dust collector/bench fan.**

Painting will be scheduled at a later class.

Project similar to one shown.



We encourage people to consider picking up a new hobby like pyrography because it challenges the brain and studies show it decreases cognitive decline.

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
Please stop at desk if insurance information has changed

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

Instructor: Alec Jensen

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: Kayla Stankowski

No class on Wednesday, Nov. 22

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

No class Thursday, November 23

Instructor: Kayla Stankowski

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

No class Thursday, November 23

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

No class Thursday, November 23

Instructor: Kayla Stankowski

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



Advanced Line Dancing (N)
Mondays & Tuesdays, 12:30-1:30 pm
 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! Prior experience preferred.

Slow Flow Yoga (N)
Wednesdays, 1:15-2pm

Instructor: Kayla Stankowski

Class on Wednesday, November 22 will take place at the South building.

Fridays, 9:30-10:15 am

Instructor: Catherine Huybers

Drop-in eligible

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced yoga that is a great class for beginners, but is good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. 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 yoga mat.

Beginner Chair Yoga (N)
Thursdays, 1-1:45 pm

Instructor: Catherine 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.

Step Interval Training (N)
Fridays, 8:30-9 am

Instructor: Kayla Stankowski

Drop-in eligible

This class will use the step and incorporate intervals of aerobic and bodyweight strengthening exercises to give you a full body workout. Use of the step for class is optional.

FFC 3g (N)

Fridays, 9-9:45 am

Instructor: Alec Jensen

Max: 10

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!

Keep Moving! (N)

Fridays, 10:30-11:15 am

Instructor: Kayla Stankowski

Drop-in eligible

This session class will keep you moving. Cardio, strength, stretching, and balance will help to keep you fit.

Kettlebell Foundations (N) NEW!

Mondays & Thursdays, November 2-30, 2-2:45pm

Instructor Kayla Stankowski & Alec Jensen

Cost: \$10/ NR \$11.50

Max:10

Registration required by November 1
Payment due upon registration

Kettlebells are beneficial for everyone young or old. The unique nature of the kettlebell lifts provide a powerful training tool that can replace any machine at a gym. No other tool offers as many all-around benefits in such a tight package. Learn the basics of using this incredible piece of equipment.

Fox Fitness Center (N)

Monday-Friday, 7 am –4 pm

Purchase a Stay Active Pass or use your eligible insurance reimbursement.

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

Mindfulness Meditation (S)
Thursdays, November 2-30, 11 am-12 pm
No class November 23

Instructor: Donna Janus
Cost: R \$1.25/NR \$1.75 per visit

This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how Mindfulness and Meditation work to increase well-being.



FREE Blood Pressure Checks
Thursday, November 2, Noon-1 pm (S)
Tuesday, November 14, 10:15-11:15 am (N)
Thursday, November 16, Noon-1 pm (S)
Monday, November 27, 12:30-1:30 pm (N)

High blood pressure usually has no symptoms and cannot be detected without being measured. Get yours checked for free by a retired nurse. No appointment necessary.

Shoulder Arthritis and Rotator Cuff Pain Explained (S)

Monday, November 13, 10-11 am
 Presenter: Physical Achievement Center
Cost: Free

Register By Friday, November 10
 Discover what options you may not have heard of for managing your painful, weak shoulders and learn the secrets of those who avoid the time, cost, and risk of surgery for shoulders. You will learn unique and clinically proven approaches to build strength and confidence in your shoulders.

Essential Oils: Gift Giving Ideas for Christmas (S)

Tuesday, November 14, 10-11 am
 Presenter: Jeanne Gehrke, Dreams of Jeanne LLC
Cost: Free

Register by Friday, November 10
 Join Jeanne as she shares creative ideas for Christmas gifts, including room sprays, baking recipes, and holiday-scented diffuser blends.

Prepare Meals to Prevent and Live with Type 2 Diabetes (S)

Wednesday, November 15, 2:30-3:30pm
 Presenter: Megan Abler, DNP
Cost: Free

Register by Monday, November 13
 Type 2 diabetes is an ever-growing disease among adults in the United States. Preparing nutritious foods is one of the biggest daily burdens. Join Megan as she discusses 7 days of meals and snacks to incorporate for adults trying to prevent Type 2 diabetes or those already diagnosed.

Living Well & Brain Health (S)

Thursday, November 16, 9-10am
 Presenter: Fox Valley Memory Care Project
Cost: Free

Register by Tuesday, November 14
 Discover the importance of living well as it relates to your brain health. This includes how lifestyles affect memory, diseases, and more.

A Healthier You (S)

Monday, November 27, 1-2 pm
 Presenter: Dena Mayer, RD & Diabetes Educator, Aurora Health
Cost: Free

Register by Friday, November 24
 Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentations. She'll educate you about the latest tips on how to stay healthy. Her classes include information, handouts, and time for your questions.

Chat & Chop (S)
Non-Traditional Thanksgiving
Friday, November 10
1-2 pm
 Cost: R \$10/ NR \$11.50
Register by Tuesday November 7
 During this episode join Alec to learn how to make delicious non-traditional Thanksgiving sides dishes that the whole family will love!

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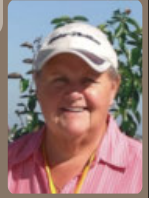
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Holiday Wellness Challenge November 7 - December 31



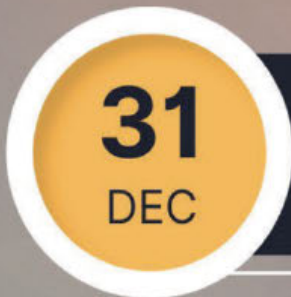
START HERE

Pick up your tracking sheets at the OSC North Building Front Desk. You may register at any time. Participation is FREE! Turn in your Tracking sheets each week to win prizes.



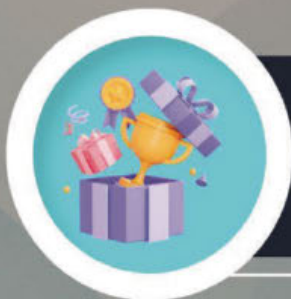
HALF WAY

The challenge is easy! Simply track your physical activity and/or your food intake from November 7 to December 31. Set goals along the way and turn in your sheets to win prizes.



FINISH

The wellness challenge ends on December 31. Tracking sheets must be turned in by January 5, 2024 to be eligible for prizes.



PRIZES

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Tracking sheets must be received to win.

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>>> ALEC JENSEN
920.232.5320

I'm Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience behind me, I create programs tailored to your fitness/wellness needs and goals whether that be strength, balance, weight loss, or post rehab. I have successfully helped hundreds of people with their fitness and wellness journeys whether they're new to fitness or are seasoned pros.

KAYLA STANKOWSKI <<<
920.232.5303

I'm Kayla, Activities Coordinator for Healthy Lifestyles, and I'm passionate about designing functional exercise programs that assist you in reaching your specific goals. I have extensive experience working with clients with various goals: injury prevention and rehabilitation, losing weight, increasing strength, cardio fitness, and balance to name a few. I aim to make exercise enjoyable, while still providing you with an attainable challenge.



>>> VALUE



With our Certified Trainers, you're taking your first steps into taking control of your overall health and wellness. **Each session is 30 minutes long and is specifically designed for you and your goals.** You will have direct access to a trainer who will show you how to exercise safely and effectively in a one-one setting. Don't hesitate to get in touch with Alec or Kayla for more information and pricing, and to register for personal training.

Grief Support (S)

Thursdays, November 2 & 16, 1-2:30 pm

Monday, November 20, 9:30-11am

Facilitator: Meredith Schluter, Compassus Hospice

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

Maximum 12 per session

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, November 2, 9, 16, 30

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. Each class provides care partners three hours of free time while their loved one attends class.

Memory Screening (S)

3rd Thursday of the month

10:30am -12:00pm

Facilitator ADRC

Cost: Free

Alisa will be available each month to complete a free memory screening and answer questions related to memory loss, dementia, an caregiving appointments take 20 minutes.

Memory Link Resource Hours (S)

4th Thursday of the month-

No November hours, see you December

11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

Resource Navigator will be here to answer any questions you may have regarding memory loss

Drop ins welcome

Advocap Meal Program (S)

To register call 920.725.2791

24 hour in advance.

Looking to enjoy a lunch meal with friends? Meals are served inside the Oshkosh Seniors Center. Monday-Friday. Lunch begins at

Tender Loving Care Support Group (S)

No November Hours see you in December

Facilitator: Fox Valley Memory Project

Cost: Free

(Supported by the FV 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.

Foot Care (S)

Tuesdays and Wednesdays, 9 am to 3 pm

To make an appointment call 920.232.5301

Cost: \$24.00

Nail care services are provided by a Valley VNA nurse. To ensure you get the appointment date you want, please call 5-6 weeks in advance.

Appointments are filling fast.

***Please note that as of January 1, 2024 nail care services will be \$28 due to increase in our cost.**

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

City of Oshkosh residents demonstrating financial need can apply for assistance for vision, hearing and dental.

Bus Passes to the Center from Your Home and Back Again (N or S)

Transportation via bus from bus stop nearest your home to Senior Center and from Senior Center to bus stop nearest your home is FREE for Seniors. No other destination is included in this pass. The passes may be obtained at the South or North front desk.

Dial-A-Ride (N or S)

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh. Brochures detailing the program including the fares may be found at the South or North front desks.

Agging and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at www.co.winnebago.wi.us/adrc The Oshkosh Seniors Center has copies of their directory located in our resource room.

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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LOCALLY**

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WISCONSIN**

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

ClarityCare

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www.claritycare.org

Home Care Services

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- Meal Preparation
- Shopping & Errands
- Personal Care Services

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

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WisconsinSeniorMedicarePatrol

SMP
Senior Medicare Patrol

Preventing Medicare 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
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Visit www.claritycare.org for more information.



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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Connect Through Tech



Stay Connected to Age Well

One on One Tech Appointments

Programs are 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.

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

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

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

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

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 is required.

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

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



YOU'RE INVITED

Come join the fun and learn how to stay active and healthy with SilverSneakers®



Join us for a Gratitude workshop.

Brought to you by Network Health

**Friday, November 17
1 p.m. - 2 p.m.**

Oshkosh Seniors Center

200 N. Campbell Rd., Oshkosh, WI

Registration is required, please call 920.232.5300

Learn five ways to cultivate an attitude of gratitude and how it affects your mental and physical health in this educational workshop.

Spots are limited, registration is required.

Register today, call 920.232.5300

SilverSneakers¹ is your fitness benefit, made available by Network Health.



Network Health members, activate your online account at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)



Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved. For accommodations of persons with special needs at meetings call 800378-5234 (TTY 800-947-3529) SSFP5014_0523 H5215_4687-01-0823_C



Must attend the Gratitude Workshop with SilverSneakers*

FRIENDSGIVING

FRIDAY, NOV. 17

1 PM TO 3 PM

**THANKSGIVING
WITH FRIENDS(S)**

**Coffee and Dessert Bar Catered by LaSure's
Turkey Trivia Using Your Smart Device
How to Practice Gratitude Using Technology**

***Must attend both events from 1 to 3 pm.
Registration is required and FREE call 920.232.5300**

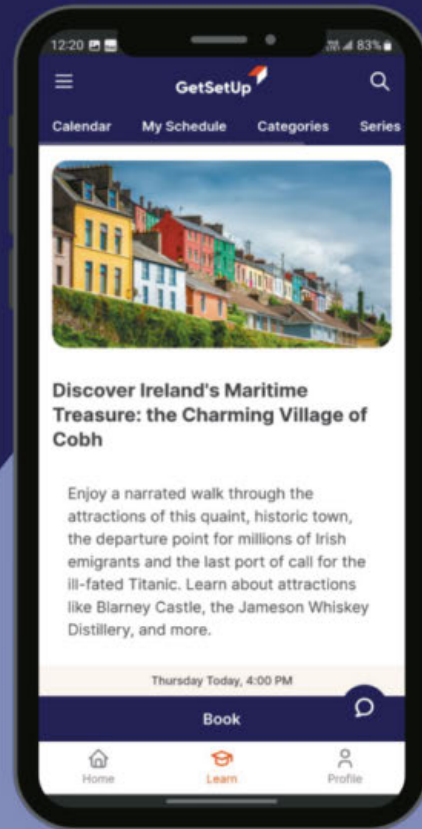
GetSetUp



GetSetUp is an online community of active agers who want to learn new skills, connect with others, and unlock new life experiences.

GetSetUp offers interactive peer-to-peer classes and other engaging programming to meet the needs of our diverse community on multiple topics, from business to cooking and fitness, health and wellness, art, technology, travel, and much more.

Explore more at:
www.getsetup.io/partnet/Oshkosh



2023 Speaker Series

at the Oshkosh Seniors Center

Learn How to Use Technology to Age Well!



TUESDAY, NOVEMBER 21
10:30 AM

Explore GetSetUp's Peer-to-Peer Learning.

Are you curious to meet like-minded people and enjoy learning new things?

Join GetSetUp Guide Wade to learn how to sign up for GetSetUp and get the most out of the online platform. Our expert Guide will show you how to sign up, navigate the site, get the most out of classes, and answer all your questions!

Explore more at: www.getsetup.io/partnet/Oshkosh



AT&T

Must be a Seniors Center participant. Website will be going live on Tuesday, Nov 21

Please call to reserve your seat
(920.232.5300)

Funded by the
AT&T Foundation

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.**

Brain Game Kit (S)

Monday-Friday, 8 am-4 pm

Cost: Free

Come and pick up a brain kit and challenge yourself with the variety of brain games. Return to the south building when finished for others to enjoy.

Ukulele Play Along (S)

Wednesdays, November 1-29

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.



Ukulele Lessons

Everyone Welcome!

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$150 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 a Ukulele "rental."

Beginner Ukulele Lessons (S)

Fridays, November 3-17, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, November 1

Payment due upon registration

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

Intermediate Ukulele Lessons (S)

Fridays, November 3-17, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, November 1

Payment due upon registration

For those comfortable with different strum patterns, knowledge of 8-10 chords, and confident in changing between chords. You can sing and strum at the same time and can learn chords to simple tunes fairly quickly.

Beginner 2 Ukulele Lessons (S)

Fridays, November 3-17, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, November 1

Payment due upon registration

This class is for those who have completed beginner ukulele class, know 2-3 basic chords and are ready to take the next step. This is 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!



"Back In Harmony" Holiday Concert (N)

Oshkosh Seniors Center
Golden Tones Chorus is back!

Director: Paula Steinert

Accompanist: Marshall Potter

**No Tickets
Will Be
Sold at
Door**

**Sunday, December 10
1:30 pm**

**Admission \$5
(Doors open at 1 pm)**

Tickets Must Be Purchased in Advance*

Ticket Sales - Nov 6 thru Dec 8

(Sold at North and South Buildings)

***Kids under age 16 free. (Ticket required)**



Concert Location

**Oshkosh Seniors Center-North
234 North Campbell Road Oshkosh
920.232.5300**

Golden Tones Chorus (S)

Mondays, November 6 –27

1:30-3 pm

Director: Paula Steinert

Accompanist: Marshall Potter

Cost: R \$40/NR \$45

Min/Max: 25/50

Payment Due Upon Registration

Do you enjoy singing with in unison with others? Come join this organized group of singers at the Center. Come together weekly in preparation for a concert at the Center in December. Singing is a great way to make friends and build relationships with people who have a common interest. Instruction, music, and vests provided.

The Fine Art of Traditional Rug Hooking (S)

Tuesday, November 7, 10-11 am

Presenter: Marci Braun, McGown Rug Hooking Instructor

Cost: Free

**Register by Friday, November 3
920.232.5300**

If you enjoying working with fiber and making things with your hands you may enjoy learning about the fine art of traditional rug hooking. Marci Braun, a certified McGown Rug Hooking teacher from Oshkosh, will present samples of her finished pieces, and share with you some history, the tools used, and details of the process of creating your own projects. Marci has been hooking pieces for 22 years. She will demonstrate the simple technique used and give you the opportunity to try it yourself.



Chat & Chop (S)

Non-Traditional Thanksgiving

Friday, November 10

1-2 pm

Cost: R \$10/ NR \$11.50

**Register by Tuesday
November 7**

During this episode join Alec to learn how to make delicious non- traditional Thanksgiving sides dishes that the whole family will love!

LIR– How to Stay Safe Online (S)

Tuesday, November 14, 1:30-3:00pm

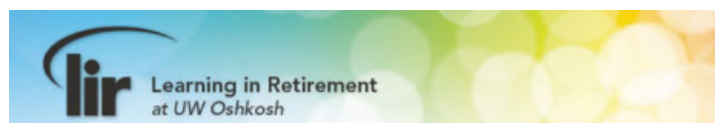
Presenter: Anne Schaefer, Connect Through Tech

Cost: Free

Max Capacity: 35

Register by Friday, November 10

Join Anne Schaefer as she presents a program from our friends at Connect Through Tech. She will teach us about safely navigating being “online” and Cybersecurity. Other topics to be covered will be: creating strong passwords, keeping information private, two-factor authentication process, backing-up your data, traveling, online banking, and recognizing fraud and scams. This program is in collaboration with Learning In Retirement.



ORD-Whitetail Tales (S)

Wednesday, November 15, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, November 13

Learn fascinating facts about whitetail deer and how their lives and ways have adapted over the last few decades in Wisconsin. Join Rob Zimmer for an in-depth look at these fascinating creatures!



Bingo (S)

Wednesday, November 15, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Tuesday, November 14

Come for a fun afternoon of bingo!

Please note, doors for Bingo will open at 1:15 pm. Sponsored by Edenbrook



Rep. Palmeri Office Hours (S)

Friday, November 17, 10 am-12 pm

State Representative Lori Palmeri represents the 54th Assembly District since January 2023. Come meet Lori, bring your issues and share with Lori what's on your mind.

Madison Office:

Room 5 North

State Capitol

PO Box 8953

Madison, WI 53708



Gratitude (SilverSneakers) and Friendsgiving (S)

Friday, November 17, 1:00-3:00 pm

Cost: Free

Min/Max: 2/50

Register by Friday, November 10

Friendsgiving for Connect through Tech with the hosted Gratitude event with SilverSneakers presented by Network Health. Practice gratitude then stay for the Friendsgiving event to celebrate friends. FREE Dessert and coffee bar.

Get Set Up

Tuesday, November 21, 11:30 am-12:30 pm

Presenter: Wade

Cost: Free

Max Capacity: 75

Register by Monday, November 20

Do you want to receive a FREE subscription to unlimited interactive classes? Come find out about the pilot programming the Oshkosh Seniors Center is participating in with Get Set Up that will give our participants unlimited access to interactive classes taught by older adults. The class topics cover fitness, technology, cooking, wellness, arts, crafts, and so much more! This subscription would cost \$20 per month but it will be free to people that come to the Center. See the sample of a class offered to the right. Over four million people subscribe to this online learning platform and we can't wait to share this opportunity with you!

Upcoming Classes



Guided Visualization Meditation

Join this guided session to learn visualization techniques to incorporate into daily life.

Before you Claim Social Security Lunch and Learn

Wednesday, November 22

11:30 am-12:30 pm

Presenter: Aegis Financial

Cost: Free

Max Capacity: 25

Register by Monday, November 20

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. Come for a delicious **FREE lunch** and great information.



Family Cottage Estate Planning (S) Friday, November 17, 10-11 am

Presenter: McCleer Law

Cost: Free

Max Capacity: 30

Register by Wednesday, November 15

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

Popcorn & A Movie (S)

Wednesday, November 29, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, November 22

Inquire at the front desk for movie details. **NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter**

Book Talk (S)

Before We Were Yours by Lisa Wingate

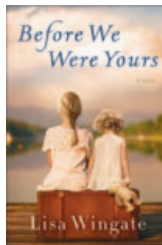
Thursday, November 30, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Thursday, November 2

Memphis, 1939. Twelve-year-old Rill Foss and her 4 younger siblings live a magical life aboard their family's Mississippi River shantyboat. One night her father rushes her mother to the hospital, Rill is left in charge—until the Tennessee Children's Home Society orphanage arrives. They are assured that they will be returned to their parents—but quickly realize the dark truth. Intrigued how it ends? Come join book talk.



Please Join Us For

Hammered Dulcimer Holiday Concert (S)

Featuring Hammered
Dulcimer artist
Charlene Luebke

Friday, December 8
1:30-2:30 pm
Cost: Free-
Donations Appreciated

**Please register
by
Thursday
December 7
920.232.5300**

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Center Closed on Thursday, November 23

Currently Seeking Volunteers!

Consider joining this 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.



Stay Social
Cost: R \$.75/NR \$1.25
Daily Rate/Per Visit or
Purchase a Monthly
Stay Social Pass

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

- 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

Cribbage

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

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

Need a spot to play with Friends?

Open Cards & Games

Grab your friends, pick a time to meet and come play.

Have a game you would like to see at the Center?
Call 920-232-5308 with your suggestion.

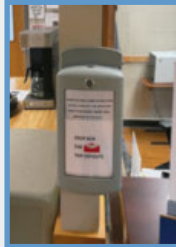


Winnebago Senior Tours

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**

**If you have questions please call
920.232.5312**

Trans-Siberian Orchestra

Resch Center—Green Bay

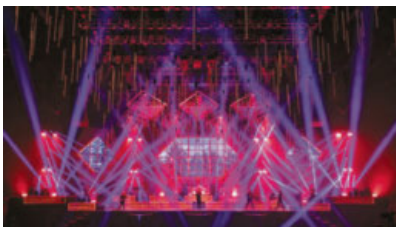
Date: Wednesday, November 15

Cost: \$135 due at the time of sign-up!

Depart: 1:15 pm Return: Approx 6:30 pm

Final sign-up date: September 10

The Trans-Siberian Orchestra (TSO) is a progressive American Rock Band, founded by composer and lyricist Paul O'Neill. The music is a rock opera blend of classical and rock music and the performance is a spectacular Christmas multi-generation pleaser. Many have made it a family tradition. In addition to hearing familiar



Christmas songs, you will enjoy an instrumental O Holy Night, Siberian Sleigh Ride and Christmas Cannon Rock. This show is certain to leave you

awestruck and in the holiday spirit!. Trip includes coach bus transportation, tickets to the performance and driver gratuity.

Guides: Ginnie Riley and Marianne Zarling

28

Milwaukee Christmas

Date: Monday, November 27

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

Depart: 7:30 am Return Approx 5 pm

Get yourself into the Christmas spirit! We will be visiting several venues in the Milwaukee area including Pabst Mansion (imagine the beauty at Christmas time), Simma's Confectionary, Spice House, Usinger's, and Trader Joe's. Included with this trip is a lunch buffet at Mader's! The cost includes fees for all attractions, lunch buffet, motor coach bus and driver gratuity.

Guides: Cheryl Freiberg and Cathy Koch.

Scrooge The Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, December 14

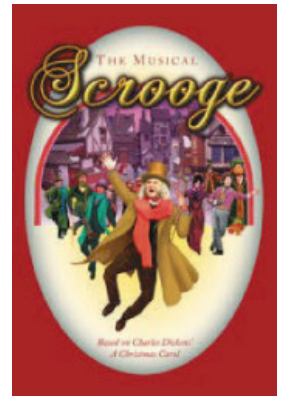
Cost: \$130 (\$20 non-refundable deposit)

Depart: 7:45 am Return: Approx 6 pm

Join us for the merry, sparkling, tuneful, boisterous, Broadway musical version of the world's most beloved Christmas story—Dickens' *A Christmas Carol*. This presentation tells a tale of love and redemption with a rousing musical score, breathtaking dancing, comedy and heart-warming drama.

Includes tickets, coach bus transportation and driver gratuity. Lunch with your choice of Supreme Cut Chicken Breast, Sliced Roast Beef Tenderloin or Gilled Atlantic Salmon.

Guide: Cheryl Freiberg



Needed! Volunteers wanting to guide trips for the Winnebago Senior Tours.

Winnebago Senior Tours is looking for volunteers who would enjoy creating and arranging trip details, as well as guiding travelers on the trips. Some of the requirements include organizational skills, time management skills, and computer skills, and enjoyment of travel. Guides also need to be flexible and enjoy working with other travelers.

For more information, call the Tour Desk.



Winnebago Senior Tours

Lake of the Torches Casino

Date: Sunday/Monday February 4-5, 2024

Cost: \$110/\$140

(\$20 non-refundable deposit)

Depart: Sunday, Feb. 4 at 9:30 am

Return Monday Approx 4:30 pm

NOTE DATE CHANGE TO FEBRUARY 2024

Do you enjoy gambling? Are you looking for 'A Perfect Getaway'? 'A Place To Chill and Relax'?

Join us for a 2-day excursion to Lake of the Torches Casino in Lac Du Flambeau, in Wisconsin's Northwoods.



Bonus: Mondays are Senior Days at the Casino! You will have a chance to win \$50 or \$100; **And** dining at the Eagles Nest and Woody's Bar and Grill is up to 50% off. Be sure to sign up early for this one. Note: When signing up, you will need to give your date of birth for the casino manifest. Trip includes coach bus transportation, hotel room, and driver gratuity.

Guides: Cathy Koch and Laurelyn Hensarling

Les Misérables

The Performing Arts Center-Appleton

Date: Wednesday, February 21, 2024

Cost: \$90 (\$20 non-refundable deposit)

Depart: 6:15 pm—from the OSC South

Building Lot Return immediately after show

After 19 years as a prisoner, Jean Valjean is freed by Javert, the officer

in charge of the prison workforce. Valjean promptly breaks parole but later uses money from stolen silver to reinvent himself as a mayor and factory owner. Javert vows to bring Valjean back



to prison. Eight years later, Valjean becomes the guardian of a child named Cosette after her mother's death, but Javert's relentless pursuit means that peace will be a long time coming. The magnificent score of *Les Misérables* includes the songs "I Dreamed a Dream," "On My Own," "Bring Him Home," "One Day More" and many more.

Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cindy Paffenroth

Clue—The Musical

The Performing Arts Center-Appleton

Date: Thursday, March 21, 2024

Cost: \$95 (\$20 non-refundable deposit)

Depart: 6:15 pm—from the OSC South

Building Lot Return immediately after show

Based on the iconic 1985 Paramount movie which was inspired by the classic board game, *Clue* is a hilarious farce-meets-murder mystery. The tale begins at a remote mansion where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu.

When their host turns up dead, they all become suspects. Led by Wadsworth — the butler, Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock and Colonel Mustard race to find the killer as the body count stacks up.

Clue is the comedy whodunnit that will leave both clue-fans and

newcomers in stitches as they try to figure out. WHO did it? WHERE? And with WHAT?

Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cheryl Freiberg



Tina ... the Tina Turner Musical

The Performing Arts Center-Appleton

Date: Wednesday, April 17, 2024

Cost: \$79 (\$20 non-refundable deposit)

Depart: 6 pm Return immediately after show

There is only one! Her voice is undeniable. Her fire is

unstoppable.

Her triumph is

unlike any

other. An

uplifting

comeback

story like no

other, *TINA – The Tina Turner Musical* is the

inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards and her live shows have been seen by millions, with more concert tickets sold than any other solo performer in music history. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. Trip includes

theatre ticket, yellow express bus transportation & driver gratuity.

Guides: Cheryl Freiberg



Winnebago Senior Tours

Southern Italy & Sicily

Date: April 26-May 10, 2024

Cost: \$5998 Double

Book prior to Oct 27, 2023 for best pricing

Highlights include Palermo, Monreale, (with Choices on tour) Agrigento, Valley of the Temples, Taormina, Giardini Naxos, Mt. Etna, Mtera, Sorrento, Amalfi Coast & Pompei. Guide: Cheryl Freiberg



Moulin Rouge

The Performing Arts Center-Appleton

Date: Wednesday, June 19, 2024

Cost: \$85 (\$20 non-refundable deposit)

Depart: 6:15 pm—from the OSC South Building Lot

Return immediately after show

Pop the champagne, *Moulin Rouge! The Musical* is the winner of 10 Tony Awards® — including Best Musical! Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. Welcome to *Moulin Rouge! The Musical*! Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award® winner Alex Timbers, *Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and — above all — Love. With a book by Tony Award® winner John Logan; music supervision, orchestrations, and arrangements by Tony Award® winner Justin Levine; and choreography by Tony Award® winner Sonya Tayeh, *Moulin Rouge!* is more than a musical — it is a state of mind. *Moulin Rouge! The Musical* is a grand and spectacular production; the musical uses strobe lighting, fog and haze and contains some mature themes, revealing costumes and adult language. Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.



What else is in the works for 2024?

As you look through these pages, you see we have several performances already booked for 2024. In addition, there will be trips to the Fireside as well. We are Considering"

Jersey Boys
Fiddler on the Roof
Nunsense

Miracle on 34th Street

Other day trips we are planning include:

Clausen Family Music Show at Coloma, WI

Mail Boat at Lake Geneva

And continuing a couple of popular trips:

Door County

Around the Lake—Springtime

In addition to the South Italy & Sicily trip, we are planning a "**Greece Island Hopper**" trip with Collette Travel for September 13-23, 2024.

Watch for more information on this as well!!!

As we work on the 2024 schedule, be sure to check the circular rack at the Tour Desk as brochures for new trips will be in the rack sooner than they will be in the *Current*. As has happened in the past, sometimes trips are filled before we've had a chance to get them in the *Current*! Don't miss out!

When sending payments in the mail **please call 920 232.5312 to be certain of availability**

and include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____

Traveling with: _____

Food choice if appropriate: _____

Dietary Restrictions: _____



Take a much-deserved bow! Your donations helped the Oshkosh Seniors Center serve 7,000 people in the last six years. Together, they attended the Center 300,000 times. All thanks to you!



Your Donations Deliver Good Health, Joy, and Purpose!

Just ask Alice, age 91, how much better life is after she started to exercise!

It's true that because of your generosity, we are the biggest and most utilized Senior Center in the state. With your help, we can continue to be a shining example of how communities should treat older adults.

Please consider donating to the Oshkosh Seniors Center so we can do more to make a difference in the lives of deserving seniors right here in the Oshkosh area.

What exactly does **more** look like?

One of our "**more projects**" was purchasing Biodex balance screening equipment with the help of the Oshkosh Fire Department to prevent falls in our community.

Just ask Alice, 91 years young. She broke her wrist during a fall and is determined not to have it happen again, so she took the balance screening test. Her risk of falling was high. Alice embraced the recommendations and started taking Tai Chi instruction and doing strength training at the Center. Once she began to exercise, there's been no more falls - that is **your contribution at work!**

Thank you for your kindness and generous support,

Judy K Brewer

Judy K. Brewer, President of the Friends of the Oshkosh Seniors Center

P.S.

As a 501(c)(3) charity, we accept qualified charitable distributions from your IRA's. Ask your tax advisor to help you designate the Friends of the Oshkosh Seniors Center so we can help more people like Alice!

Friends of the Oshkosh Seniors Center, PO Box 3423, Oshkosh, WI 54903
If you wish to speak to someone about your donation please call 920.232.5306 for assistance.
www.ci.oshkosh.wi.us/SeniorServices



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

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U.S. Postage

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

Dan Braun, Senior Services Mgr.
Anne Schaefer, Mktg/Fund Development
Jane Wells, Program Supervisor
Bobbie Jo Nagler, Office Assistant

Activity Coordinators:

Alec Jensen, Fitness & Wellness
Kayla Stankowski, Healthy Lifestyles
Kerry Wolfe, Asst. Activity Coordinator

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

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

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Or mail registration to:

**Oshkosh Seniors Center
200 N. Campbell Road
Oshkosh, WI 54902**

