

# THE CURRENT



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

October 1, 2021 Issue #10



## Discover the Offerings at the Oshkosh Seniors Center



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WELLNESS**



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Oshkosh Seniors Center (920)-232-5300

# WELCOME TO THE *Oshkosh* SENIORS CENTER

**The Oshkosh Seniors Center continues to follow Covid-19 cleaning protocols.**

**In addition, face coverings will still be required in the Center for all individuals regardless of vaccination status.**



## **Can You Help Us?**

The Oshkosh Senior Center is always looking for people to lead new programs or craft activities. If you are interested in leading a new program, please call Jane Wells at (920) 232-5308 to discuss opportunities to lead a class.



# Coats for Kids

## **September 27-October 29**

Oshkosh Seniors Center is accepting new or gently used kid's winter coats. Look for the Salvation Army bins in either building.

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

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# Enrichment

## Art Expression (S)

**Thursdays & Fridays, October 1-29  
9-11:30 am**

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

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



## Adult Coloring Time (S)

**Tuesdays, October 5-26, 10-11:30 am**

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

Gather your friends and spend some time visiting and coloring. Coloring? Yes!! There are many benefits to coloring and exploring the artist within. Coloring utensils and a variety of pages will be provided, or bring your own. This is an independent project.

## Sewing Basics-Apron (S)

**Thursdays, October 7 & 21, 9-11 am**

Instructor: Liz Lahm

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

Min/Max: 2/6

**Register by Tuesday, October 5. Payment due upon registration.**

Learning new things and developing hobbies is a critical component to healthy aging. Here is an opportunity to dig out that sewing machine and learn how to create decorative and useful items. This class features instruction in basic sewing skills and machine functions, measuring, cutting, and sewing a straight stitch.

Upon registration, you will be given a list of supplies to purchase for class. Must provide own machine in good working order.



## Wine Bottle Art (S)

**Monday, October 11, 1-3 pm**

Instructor: Jane Wells

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

Min/Max: 2/6

**Register by Thursday, October 7. Payment due upon registration.**

Whether you want to make something fun for fall, or a special gift to give to someone else, this is a great project. You will be able to choose from several different quotes and fall sayings. Cost includes bottle, paint, vinyl sayings, and battery operated cork lights.



## Card Making Class (S)

**Tuesday, October 12, 10 am-12 pm**

Instructor: Jenny Baier

**Cost: R \$5/NR \$6.50**

Min/Max: 3/8

**Register and pay by Friday, October 8**

Join the fun in making beautiful cards. Using specialty papers, creative stamps, and with guidance of a card making artist, you will be able to make 4 extraordinary cards. Choose between birthday, sympathy and fall designs.

## Glass Vase Art (S)

**Tuesday, October 19, 9:30-11:30 am**

Facilitator: Kerry Wolfe

**Cost: R \$7 / NR \$8.75**

Max: 8

**Register by Friday, October 15. Payment due upon registration.**

Tired of using a paint brush? We will use two different methods, to make a glass vase come to life with color. The vase will be similar to the one pictured. Come and explore your creative talents and have fun.



Building: North (N) South (S)

## Woodshop Safety Refresher (N)

For those who have already completed Basic Safety Training

Friday, October 1, 9-10:30 am

Register by Wednesday, September 29

or

Friday, October 8, 9-10:30 am

Register by Wednesday, October 6

or

Friday, October 15, 9-10:30 am

Register by Wednesday, October 13

or

Friday, October 22, 9-10:30 am

Register by Wednesday, October 20



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.

If you are a brand new participant and are looking to join future classes, fear not! Initial safety courses for those brand new to our facility are being planned soon.

## Woodburning Class (S)

American Turkey Serving Board

Thursdays, October 7-28, 1-3 pm

Cost: R \$25/ NR \$30

Min/Max: 3/12

Register by Tuesday, October 5

Payment due upon registration

A basswood serving board, approx. 8" X 14", is woodburned with a wonderful autumn turkey, oak leaf, and acorn pattern, and colored with pencils. Board can be sealed for use as a Charcuterie Board. Students should bring woodburners, dust mask (for hand sanding), a tack cloth, graphite transfer paper, and colored pencils. Burning feather designs and using reference photographs for adding detail and color will be discussed. This is a fun project and some students may wish to burn on their own basswood plates or platters, but the class fee includes a board and test strip. We will use skew, writer & shader nibs. The art, books and teaching resources of pyrographer Al Chapman will be discussed. A few in class woodburners are available, please reserve at registration.

Beginner - Intermediate Level. Pre-requisite: Woodburning (Pyrography) 101 or permission of Instructor.



Project similar to one shown



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A 4C 01-0984

Building: North (N) South (S)

## Upcoming Woodburning Classes

Upcoming Woodburning Projects! Each class teaches a progression of skills that are designed to move a beginner student to a skilled Pyrography artist! Watch upcoming newsletters for registration info.

### October 7-28 American Turkey Plaque



Project similar to one shown

### December 2-16 Wood Bangle Bracelet



Burning in  
The  
Round

### February 3-March 24, 2022 "Saw-Whet" Owl Plate



Project  
Similar  
To one  
shown

### November 4-18 Rose on Canvas



Yes, you  
Can burn  
On fabric!

### January 6-27, 2022 Aw Nuts!



Focus on  
Textures:  
Metal, cloth  
nuts

### March 31-April 28, 2022 Pattern Making

Focus on  
Composition and creation of  
woodburning patterns



### Woodshop Volunteers Needed!

Do you have skills in working with wood, equipment, and people? Knowledge of woodshop safety precautions? The Oshkosh Seniors Center has a wonderful woodshop that operates with dedicated volunteers. It takes a lot of work and volunteers to make the woodshop run smoothly and safely. Woodshop monitors and class instructors are needed so we can expand programs and opportunities to participants.

Interesting in finding out more?  
Call Jane Wells @ 920-232-5308.



## Fox Fitness Center (N)

Monday- Friday, 7 am - 3:30 pm

Stay Active Pass & Insurance Reimbursement Eligible



The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility. We have seven pieces of the Life Fitness Circuit Series 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 any questions or concerns about how to use equipment or to update your workout regimen, stop by the Fitness Coordinator's office conveniently located in the fitness center for better accessibility.

**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 actually cause damage to the equipment.**
- 3. Wipe down exercise equipment before and after use.**

We also offer free equipment training. To schedule, an equipment training appointment, please call Alec at 920-232-5320.

### **Important Reminder:**

Every participant that attends the Fox Fitness Center and any of the Instructor led classes, **please be sure to check in each day.**

**Thank you for your cooperation!**

## Personal Training

Alec Jensen, Activities Coordinator specializing in Fitness and Wellness, is here to help you achieve your fitness and wellness goals.

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He has over 5 years of experience in group exercise, personal training, coaching, and strength and conditioning. Alec has worked with a variety of clients helping them achieve their fitness and wellness related goals.

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

### **Cost:**

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

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

### **Contact:**

Alec at 920-232-5320 with questions.

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

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Building: North (N) South (S)

## 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

8:30-9:00 am

New Time

Instructor: Jill Reichenberger

**Drop in eligible**

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

### Range of Motion (N)

Mondays & Wednesdays

9:15-9:45 am

New Time

Instructor: Alec Jensen

**Drop in eligible**

This class will be a combination of yoga, stretching, and other restorative movements. By gently working on our mobility and flexibility we can create a greater range of motion for our body while minimizing aches and pains! **It is strongly recommended that you independently have the ability to 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 support. Hand weights, exercise bands, and small exercise balls will be used for resistance. Exercises may be modified for your ability level.



### Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructor: Alec Jensen

**Drop in eligible**

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

### Tai Chi Energy (N)

Tuesdays and 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 Luft

**Drop in eligible**

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

Building: North (N) South (S)

## 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 participants

### FFC 3g (N)

**Fridays, October 1-29, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

**Register by Tuesday, September 28, 4 pm.**

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) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format **you will be coached** through different 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 equipment such as bikes, treadmills, free weights, and weight machines to get a quality workout in!

**If you are not familiar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before you start this class. Call 920-232-5320 to set up an equipment orientation.**

### Matrix Circuits—Specialty Class (N)

**Mondays, October 4-25, 8-8:45 am**

Instructors: Alec Jensen

**Cost: R \$10/ NR \$15**

Max: 10

**Register by Thursday, September 30, 4 pm**

**Payment due upon registration.**

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.

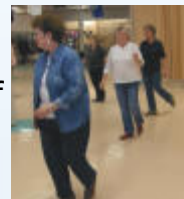


### Line Dancing (N)

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

**Prior experience preferred**

**Beginner Line Dancing**  
**Tuesdays, October 5-26**  
**1:30-2:15 pm**

No prior experience necessary

**Group Dance Fun (N)**  
**Thursdays, 1-2 pm**

**Cost: R \$2.50/NR \$3.75 per visit**

Stay Active Pass or Fitness Reimbursement eligible

Min/Max: 4/15

**No registration required**

In the spirit of fun, we will learn together how to do several of the most popular group dances. Using online tutorials and other methods, we'll follow along the step by step instructions. All dance levels encouraged to attend, this is a no judgement zone! Come on, here's your chance to learn easy moves! This will be fun!



## Grief Support Group (S)

Thursdays, October 7 & 21, 1-2:30 pm

Facilitated by: Compassus Hospice

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

Min/Max: 12

Register by Tuesday, October 5 & 19

Open to anyone grieving the death of a loved one.



## Mindfulness Meditation (S)

Thursdays, October 7-28, 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!

## Instant Pot Cooking Demo (S)

Friday, October 8, 10:30-11:30 am

Presenter: Alec Jensen

Cost: R \$5 / NR \$7

Max: 20

Register & pay by Wednesday, October 6

Join Alec as he leads you through how to use an Instant Pot and all the benefits that it brings to the kitchen! We will have samples of different dishes that can easily be made in the Instant Pot!

## How to Improve Your Balance (S)

Wednesday, October 13, 10-11 am

Presenter: Courtney Van Zeeland, PT, DPT

Ascension Mercy and Alec Jensen

Cost: Free

Max: 12

Register by Monday, October 11

Join Dr. Van Zeeland and Alec as they cover the most up to date and best ways to help improve one's balance, reduce your risk of falling, and how to properly get up if you do fall. Bring a pen and paper to take notes!



## Chair Massage (S)

Thursdays, October 14 & 28, 1-4 pm

Provider: Emilie Ilg, Certified Massage Therapist

Cost: \$15 per 15 minute massage

Register by Tuesday, October 12 & 26

Payment due upon registration.

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



**Stop at the North building front desk to schedule and pay for your appointment.**

## Hearing Screening (S)

Friday, October 15, 10 am-12 pm

Instructor: Dr. Jared Drummond Au.D

Cost: Free

Min/Max 8

Register by Wednesday, October 13



Join Dr. Drummond Au.D for a brief exam to determine if you are experiencing any hearing loss. He will answer any questions you may have about hearing health and hearing care.

He will provide literature on hearing loss and the importance of annual checkups. Exams take 10-15 minutes. **Register for an appointment by calling 920-232-5310.**

## Overcoming Back Pain (S)

Wednesday, October 20, 1-2pm

Presenter: Kaci Kizewski, Chiropractic Health

Cost: Free

Register by Monday, October 18

Join Kaci Kizewski as she talks about alternative ways to overcome back pain. She'll discuss common causes of back pain and what people do that often makes their back pain worse. You will walk away knowing better ways to deal with backaches and pain.



# Wellness

Building: North (N) South (S)

## Healthier Treats Fall Edition (S)

Friday, October 22, 1-2pm

Presenter: Alec Jensen

Cost: \$5 /NR \$7

Max: 20

**Register & pay by Wednesday, October 20**

Join Alec as he shows you how to make healthier versions of your fall favorites with a special Fall flair to them! Samples and recipes will be provided!

## A Healthier You (S)

Monday, October 25, 1 -2 pm

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

Cost: Free

Max 30

**Register by Friday, October 22**

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.

## Essential Oils (S)

Holiday Baking & Cooking

Tuesday, October 26, 1-2 pm

Presenter: Jeanne Gehrke, Dream of Jeanne LLC

Cost: Free

Max 30

**Register by Friday, October 22**

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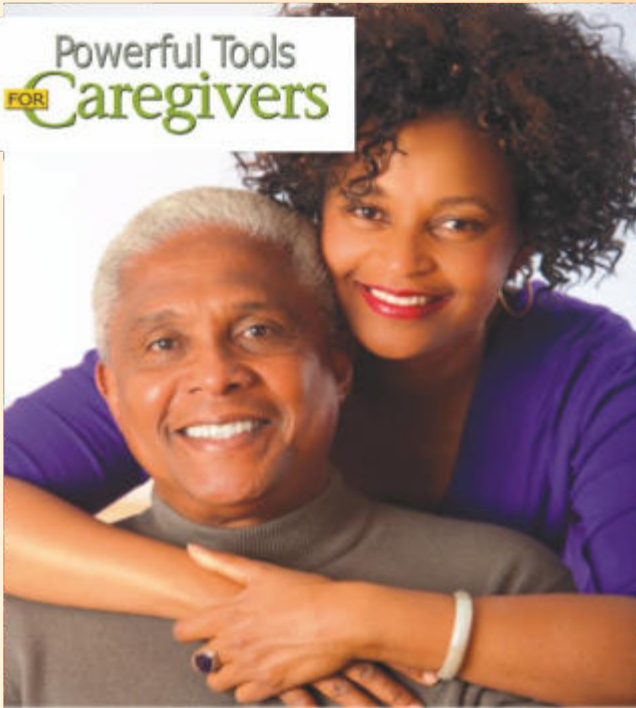


For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

## Powerful Tools FOR Caregivers



**I don't think of myself as a caregiver.**  
I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

**There's a Powerful Tools for Caregivers workshop starting soon near you!**

**Powerful Tools for Caregivers Class**  
**Thursdays, October 14-Nov. 18**  
**10:30 am-Noon**  
**Cost: Free**

Facilitated by: Alisa Richetti  
Dementia Care Specialist, Winnebago County

**To register:** call Alisa at 920-236-1227  
Or email: [arichetti@co.winnebago.wi.us](mailto:arichetti@co.winnebago.wi.us)  
**Registration deadline is Friday, Oct. 8**

Classes will be held at the  
Oshkosh Seniors Center South Bldg.  
200 North Campbell Road  
Oshkosh

## Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

### **What is Powerful Tools for Caregivers? And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

Building: North (N) South (S)

## Foot Care Services

Meet Nadine Hutmaker, RN, Foot Care Specialist



Nadine has been providing Foot Care services at the Oshkosh Seniors Center since August, 2020. In addition to being a Registered Nurse, she has a degree in Occupational Therapy and is a **Certified Foot Care Specialist with 15 years of experience.**

Those using Foot Care services at the Center have rave reviews for Nadine. "She's good, she's really good," and "very knowledgeable and helpful, so glad I came to the Center."

When not providing Foot Care, Nadine and husband Keith spend time with their five grown children and nine grandchildren. She enjoys gardening, cooking, baking, and learning about health and healthy living.

If you need professional Foot Care services, come see Nadine at the Oshkosh Seniors Center. **Appointments are available Tuesdays and Wednesdays, 9 am-3 pm and can be scheduled by calling 920-232-5310.**

To ensure you get the appointment date that you want, please call 2-3 weeks in advance of when you'd like your nail care.



Professional Foot Care Service include:



Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toe Nails

Calluses and Corns Reduced

Thinning/Debridement thick nails

Minor Ingrown Nails Addressed

Lower Leg and Foot Massage with Light Lotion

Patient Education

Cost: \$22

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

Nail Care area is completely sanitized between appointments



Valley VNA  
Senior Care

## All About Autumn

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



**Word List:**

- |              |            |          |             |
|--------------|------------|----------|-------------|
| APPLES       | AUTUMN     | BOUNTY   | BRISK       |
| CHESTNUTS    | COBWEB     | COLORS   | COLUMBUS    |
| COOL         | CORNUCOPIA | COSTUMES | CRANBERRIES |
| ELECTIONS    | FALL       | FEAST    | FOLIAGE     |
| FOOTBALL     | FROST      | GHOSTS   | GOURDS      |
| HALLOWEEN    | HARVEST    | HAYRIDE  | LEAVES      |
| MAIZE        | NOVEMBER   | NUTS     | OCTOBER     |
| PEARS        | PIE        | PUMPKINS | RAKE        |
| SCARECROW    | SCARF      | STUFFING | SWEATERS    |
| THANKSGIVING | TREES      | TURKEY   | VETERANS    |

## Sudoku

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

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





*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



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

## CATARACTS



**YOU**  
get to choose drop-free  
and laser-assisted.

Dr. Stephen Dudley  
503 Doctors Ct.  
Oshkosh  
920-236-3540

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



**AZURA**  
MEMORY CARE  
Celebrate moments of JOY  
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anicholas@picommunities.com  
or (800) 950-9952 x2538



**Mark & Susie's Piggly Wiggly**  
525 East Murdock Ave  
920-236-7801

**KONRAD-BEHLMAN FUNERAL HOMES AND CREMATORY**  
Serving All Faiths Since 1875  
402 Waugoo Ave.  
100 Lake Pointe Dr.  
920-231-1510

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

- |                           |                                 |
|---------------------------|---------------------------------|
| <b>Home Care Services</b> | <b>Day Services</b>             |
| • Medication Reminders    | • Community Involvement         |
| • Housekeeping            | • Gain Independence             |
| • Meal Preparation        | • Individual & Group Activities |
| • Shopping & Errands      | • Develop Daily Living Skills   |
| • Personal Care Services  | • Flexible Scheduling           |



**ClarityCare** | OSHKOSH x GREEN BAY  
www.claritycare.org

**Concerned about Medicare fraud? Give us a call...**

- PROTECT** your personal information  
**DETECT** suspected fraud, abuse, or errors  
**REPORT** suspicious claims or activities

**Toll-free Helpline:**  
**888-818-2611**  
Email: smcp-wisconsin.org  
[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
WisconsinSeniorMedicarePatrol



**Wisconsin SMP**  
Empowering Seniors To Prevent Healthcare Fraud



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



**Heritage Court**  
A Senior Community  
600 W. Packer  
Oshkosh, WI 54901  
**CALL (920) 236-6540**  
1 & 2 Bedroom Apartments  
Rent includes: Heat • Water • Electricity • Cable TV  
Some apartments available at below market rent.  
Optional noon meals Monday - Friday.  
Visit [www.claritycare.org](http://www.claritycare.org) for more information.



**Thrive Locally**

# Social and Educational

Building: North (N) South (S)

## Coffee & Chatter (S)



A time to build community, meet new people, and create a network of like-minded friends...and have coffee and treats!

Anyone can attend any of the Coffee & Chatter events, but each date will have a topic of interest and activities/ideas associated with topic.

**Monday, October 4, 10-11 am** Interest Area: Outdoor activities: hiking, walking, kayaking, bike riding, geocaching, nature, skiing, fishing, gardening, camping, bird watching etc.

Cost: R \$2/ NR \$3 **Register by Thursday, September 30**

**Monday, October 11, 10-11 am** Interest Area: Travel, dining out, entertainment, card games, games, crafts, rummage sales/thrift stores, sewing, knitting/crocheting, baking, cooking etc.

Cost: R \$2/ NR \$3 **Register by Thursday, October 7**

**Monday, October 18, 10-11 am** Interest Area: Health, Wellness, Holistic, fitness, Healthy cooking, weight loss, continued learning, history, diversity, learning about other cultures, community etc.

Cost: R \$2/ NR \$3 **Register by Thursday, October 14**

## Elder Benefit Specialists (S)

Wednesdays, October 6-27, 10-11:30 am

Cost: Free

Walk in, no appointment necessary.



Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance for an array of topics and issues to anyone 60+. EBS services are completely free and the service is not based upon income. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and providing

assistance with denials and appeals. Oshkosh's EBS, Joan Jaworski, can be reached toll free at 877-886-2372.

## Ukulele Play Along (S)

Wednesdays, October 6-27, 10-11:30 am

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

Min/Max: 3/20

**Registration by Monday, October 4.**  
**Payment due upon registration.**

This is a chance for ukulele players to get together and play music learned in past classes. It's an opportunity to learn from each other, and to share our favorites. We will be working on a variety of music under the guidance of a Ukulele volunteer. Please bring your own music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend. This is a great learning and social opportunity. *This program is offered in a 4 week session format, which helps us plan the necessary set ups.*



# Social and Educational

## Ukulele Lessons (S)

**Fridays, October 8-29, 11 am-12 pm**

Instructors: Aaron Baer & Dave Hable

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

Min/Max: 5/20

**Register by Wednesday, October 6.**

**Payment due upon registration.**

For beginners and experienced players! Aaron Baer started playing ukulele in 1995 and quickly took to the instrument, incorporating the uke into his arsenal of instruments which include banjo, guitar, accordion, and harmonica. Dave has experience playing and working with those who are new to ukulele. Music stands provided.



## AARP-Home Fit (S)

**Wednesday, October 20, 1:30-3 pm**

Presenter: Darrin Wasniewski, AARP WI

**Cost: Free**

Max: 25

**Register by Monday, October 18**

AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements — such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in. Based on the free AARP HomeFit Guide, this presentation can help individuals and families make their current or future residence — or that of a loved one — their "lifelong home."



Program is a collaboration with Learning In Retirement

## It Seems Like Only Yesterday (S)

**Wednesday, October 13, 10-11 am**

Presented by Randy Domer

**Cost: Free**

**Register by Monday, October 11**

"It Seems Like Only Yesterday" by local author and historian, Randy Domer, will lead you on a journey in and around Oshkosh with incredible stories. From the events that claimed lives and destroyed the Beckwith House to the son of a locally famous candy maker who earned fame as an escape artist. These stories and so many



## Paying For Long-Term Care (S)

**Know Your Options**

**Tuesday, October 12, 1-2 pm**

Presenter: Hooper Law Office

**Cost: Free**

Max: 30

**Register by Friday, October 8**

Long-Term Care in Wisconsin can cost an individual over \$100,000. Join us for a discussion about the options available to plan to afford Long-Term Care. Whether you are planning for the future or have been receiving care for years, there are options to help you stretch every dollar.



## The Family Endowment (S)

**Securing Family's Future with Weakening SS**

**Friday, October 22, 10-11 am**

Presenter: Attorney Joseph McCleer

**Cost: Free**

**Register by Wednesday, October 20**

Absent massive changes, the Social Security trust fund will run dry by 2035, and future retirees will be looking at a benefit cut of at least 20%. Such cuts could prove disastrous for your children once they reach retirement age. Attorney Joseph McCleer of McCleer Law Office will introduce and discuss the concept of a "Family Endowment," a legal and financial tool you can easily start now that can provide an additional stream of income for your children and for generations going forward to offset the losses in public benefits they will likely experience.



## Representative Hintz Office Hours (S)

**Friday, October 22, 10 am-12 pm**

**Cost: Free**



State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Rep. Hintz is dedicated to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share with Gordon what's on your mind.

# Social and Educational

Building: North (N) South (S)

## Celebrate October!

### National Eat a Pretzel Day!

#### Make Your Own Soft Pretzels (S)

Tuesday, October 19, 1-2:30 pm

Instructor: Jane Wells

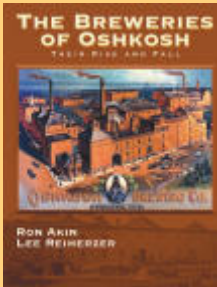
Cost: R \$7/ NR \$8.50

Max: 6

Register by Friday, October 15

Payment due upon registration.

Join us as we learn how to make easy to prepare homemade soft pretzels! We'll make the dough, shape it, and then before baking, learn a secret technique to get the traditional flavor and texture. Each person will make 3-4 pretzels to take home, unless you eat one fresh from the oven!



#### The Breweries of Oshkosh (S)

Wednesday, October 27, 10:15-11:15 am

Presenter: Lee Reiherzer

Cost: Free

Register by Monday, October 25

Oshkosh has fascinating stories about the history of beer and brewing in Oshkosh. Lee's tales start at the very beginning in the late 1840s and end with the current state of Oshkosh breweries. All attendees will be entered in a drawing for a pack of specialty beer!

#### October Eat & Greet-an Oktoberfest Celebration! (S)

Wednesday, October 27, 11:30am-12:30 pm

Cost: \$7

Purchase ticket at front desk by Friday, October 22

No Refunds

Ticket sales begin September 22

Join us for a delicious traditional German meal and games.

#### Menu:

Schnitzel

Potato Pancakes

Veggie

German Chocolate Cake



# Social and Educational

Building: North (N) South (S)



## Bingo (S)

Monday, October 25, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/30

Note Day Change

Register by Thursday, October 21

Come for a fun afternoon of bingo!

Prizes sponsored by EdenBrook.



EDENBROOK  
OSHKOSH

## Lemurs, Chameleons, Baobab Trees, and more (S)

Tuesday, October 26, 1-2:30 pm

Presenter: Mary Ann Offer

Cost: Free

Max: 25

Register by Friday, October 22

Mary Ann will be sharing photos from her 2008 trip to Madagascar, shortly before the 2009

nine-month coup that derailed an already meager tourist industry. Her daughter was serving in the Peace Corps there, and spoke the Malagasy language, which allowed them

to experience some places and situations not common for tourists. Her slide show will highlight the people and their culture in both urban and rural settings and will feature many of the fascinating animals and plants which are unique to that island.

Program is a collaboration with Learning In Retirement

## Book Talk

"The Alice Network"

By Kate Quinn

Thursday, October 28, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 9

Register by Tuesday, October 5

Call the center at 920-232-5300 to register and arrange for book pick up or register

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

Two women— a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947, are brought together in a mesmerizing story of courage and redemption.



## A few things to know as we return to these activities:

- At this time, **no food or sharing of food/drink allowed**
- Single serve beverages allowed (bottled water sold at front desk) Soda machine is available.
- Please wash hands before playing
- Fees have remained the same
- Due to new cleaning protocols, all cards and games end at 3:30 pm

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

## Stay Social

Cost: R \$.75/ NR \$1.25 daily rate/per visit or purchase a Monthly or Annual Stay Social pass

## Cribbage

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

## Canasta

Mondays, 12:30-3:30 pm

## Mahjonn, Mexican Train

Tuesdays, 12:30-3:30 pm

## Yahtzee, Scrabble, & Scattergories

Wednesdays, 8:30-11:30 am

## 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



**Let's have a little  
Halloween fun!**

**Costumes, Pizza & Scary Movie (S)**

**Friday, October 29**

**11:30 am-1:30 pm**

**Cost: R \$5/NR \$6.50**

**Register and pay by  
Wednesday, October 27**

**11:30 am-Pizza served &  
costume judging  
12 pm-Halloween movie begins**

**Prizes will be award for  
best costumes**

**Sweet treats for everyone!**

**You do not have to come in costume,  
but why not?**





are sponsoring a **FREE**

# SHRED EVENT



**OCTOBER 30, 2021**

**9:00 AM TO 11:00 AM**

**Oshkosh Seniors Center North Parking Lot  
234 N. Campbell Rd**

**What can be shred?**

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

**What cannot be shred?**

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.

**CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays**

If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

**Make a monetary donation to  
The Friends of the Oshkosh Seniors Center  
or bring a canned good for a local food bank!**



## Sara's Savory Samplings

This recipe was given to me by a former boss and was used by the Neenah Soccer Booster Club. It was for 40-50 servings. Needless to say, it was for MANY more servings than I needed, so I have broken it down into 20, 11, and 5 servings. The measurements below are for 5 servings. Just give me a call if you would like the quantities for a larger batch. Bon Appetit!

### Shredded Barbeque Beef

#### Ingredients:

1.5 lb boneless beef chuck roast  
1/2 of a small onion, diced  
1/4 C Worcestershire sauce  
8 oz can tomato sauce

1/2 C sugar  
1/4 C vinegar  
Salt & pepper to taste

#### Directions:

Preheat the oven to 350°. Trim fat from the beef roast and place in a roaster or baking pan. Mix together the remaining ingredients then pour over the meat. Cover and bake approximately 2 hours. (Ovens vary, so check for tenderness)

Skim any fat from the pan, then pull apart with two forks. Stir to distribute the sauce evenly throughout the meat. Serve with your favorite sides.

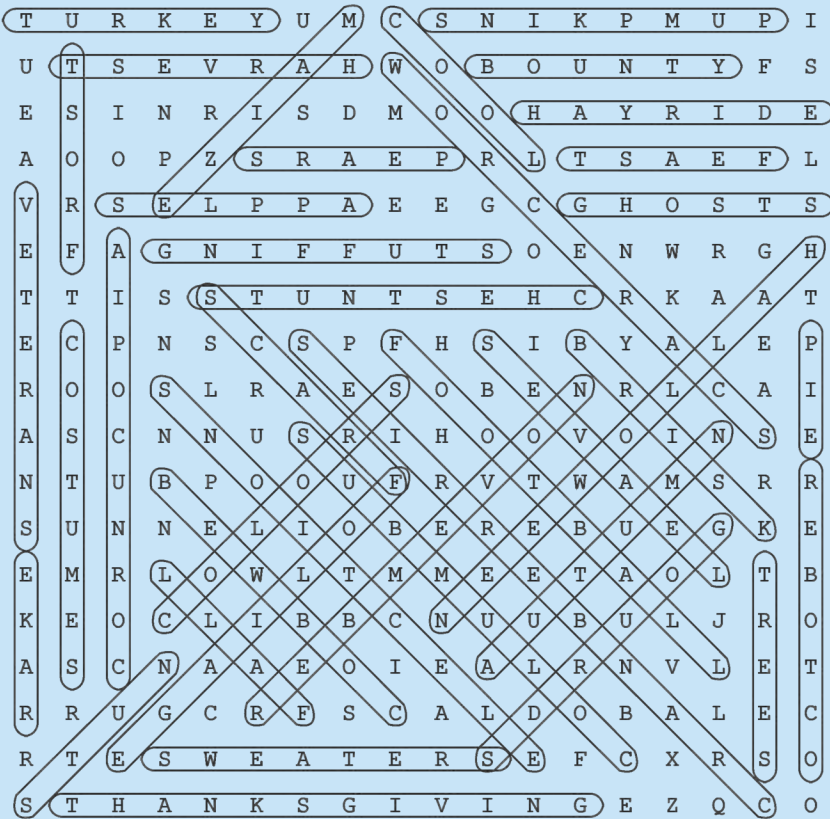
Serves 5-6

\*This can be made ahead of time and frozen until needed.





## All About Autumn



### Word List:

- |              |            |          |             |
|--------------|------------|----------|-------------|
| APPLES       | AUTUMN     | BOUNTY   | BRISK       |
| CHESTNUTS    | COBWEB     | COLORS   | COLUMBUS    |
| COOL         | CORNUCOPIA | COSTUMES | CRANBERRIES |
| ELECTIONS    | FALL       | FEAST    | FOLIAGE     |
| FOOTBALL     | FROST      | GHOSTS   | GOURDS      |
| HALLOWEEN    | HARVEST    | HAYRIDE  | LEAVES      |
| MAIZE        | NOVEMBER   | NUTS     | OCTOBER     |
| PEARS        | PIE        | PUMPKINS | RAKE        |
| SCARECROW    | SCARF      | STUFFING | SWEATERS    |
| THANKSGIVING | TREES      | TURKEY   | VETERANS    |



## Answer to Sudoku

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



# Connect Through Tech

## Connect through Tech (S)

**NEW! Classes will be scheduled for one hour so we can accommodate more people! If you still need a longer appointment schedule for the 12:45 pm time slot, or with Sandy at 1 pm.**

### One on One Tech Appointments (S) (All levels of expertise)

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

**By Appointment Only 232-5310**

**Mondays, October 4, 11, 18, & 25**

9 am, 10:15 am, 11:30 am, or 12:45 pm

**Tuesdays, October 5, 12, 19, & 26**

9 am, 10:15 am, 11:30 am, or 12:45 pm

**Wednesdays, October 6, 13, 20, & 27**

9 am, 10:15 am, 11:30 am, or 12:45 pm

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. 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.

Registration is required for all tech programs. To register call the Center at 920-232-5310



### Wi-Fi Access (S) Monday through Friday Cost: Free

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



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

**Mondays, October 4, 11, 18, & 25**

9:15 am, 10:30, 11:45 am, or 1 pm

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

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library's online services. However, she is very tech-savvy and can walk you through any challenge with technology you may be experiencing.

# ONLINE SHOPPING

JUST IN TIME FOR THE  
HOLIDAYS!

**FREE!**



**Thursday, October 21  
9 am (South)**

**Must Register - 920-232-5300**

**Connect with Tech teaches you how  
to safely shop online**

# Friends of the Oshkosh Seniors Center



Our thanks continue this month as we celebrate the success of our “Food Truck Friday” on August 20<sup>th</sup> at South Park. We were blessed with beautiful weather for the event and the enthusiasm of participants made this fund raiser both fun and boosted our fundraising efforts for the Oshkosh Seniors Center. What will 2022 bring in terms of these events? Stay tuned as the Friends’ Board of Directors establish our support goals for 2022.

Next up on our list of events, the “Shred Event”— Saturday morning, October 30, 2021, 9:00 a.m. – 11:00 a.m. This **free**, paper document shredding event will be held in the Oshkosh Seniors Center North Parking Lot, 234 N. Campbell Rd. All paper, file folders, hanging files, computer paper, note pads and envelopes can be shredded. Participants may make monetary donations or bring a canned good for a local food bank.

By the time this newsletter reaches you, you may have already received our Annual Donor Appeal letter. September has become our kick-off month for the Appeal – well before the busy holiday season arrives. Given the uncertainties we all faced this year, the Friends had limited opportunities to raise funds for the Center. We hope you will be able to increase your donation to the Friends this year, helping us reach our 2021 goal.



Again, our thanks for supporting our fun and fund raising events!

## **Donations may be directed to:**

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

## **Or email us:**

FriendsofOSC1986@gmail.com



## **Friends Mission Statement**

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

# Winnebago Senior Tours



## Tours Sign-up Options

• The Tours Desk will be open  
**9 am —1 pm**  
**MONDAY through THURSDAY**  
at the South Building. **200 N. Campbell Rd.**

Please note WST is accepting **CHECKS AND EXACT CASH ONLY** at this time. You may also pickup new flyers for trips you have seen in *The Current*.

- If you cannot make during WST Desk hours:
- Put payment in drop box next to WST Desk or
- You can send a check to:



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

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

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

## California Rail Discovery Trip Presentation (S) Oasis Room Wednesday, October 6, 1 pm Travel Dates: April 20-27, 2022

Join us on Wednesday, October 6<sup>th</sup> at 1:00 pm in the Oasis Room of the OSC South Building to hear the details about the trip from our Premier World Discovery representative.

Flyers are available at the WST Desk.

**See details of this trip on page 31.**



## Door County

**Date: Thursday, October 7, 2021**

**Cost: \$99**

**Guides: Cheryl Freiberg & Laurie Peach**

Enjoy a full day in beautiful Door County. First stop to get the "best string cheese" at Renard's Cheese House. A stop at Egg Harbor's Wood Orchard Market for: bakery, fudge, and salsa.

The best view of the area is at Eagle Tower, which has been rebuilt with an accessible ramp. Next participate in "Trolley of the Doomed", with ghostly tales of sunken ships and haunted lighthouses. Finally you will

enjoy a traditional fish boil, complete with cherry pie at Egg Harbor's The Log Den. Join us for a day of fun, food, and an informative trolley tour on a truly one of a kind trip. Call the guides with any questions: Cheryl Freiberg 920-379-8128  
Laurie Peach 920-232-1336



## Joseph and the Amazing Technicolor Dreamcoat

**Date: Thursday, October 14, 2021**

**Cost: \$115**

**Guides: Sherry Katzenberger & Ginnie Riley**  
**Depart: 8 am**

Enjoy a deluxe motor coach ride to the Fireside Theater. On the way we will make a short stop at the Jones Market where you can pick from their meats and cheeses. Once at the Fireside you can shop and enjoy a meal featuring Beef Short Ribs. Then enjoy the Bible-based musical storytelling by Andrew Lloyd Weber about



Joseph and his brothers. Follow Joseph as he grows up. This production is beautifully and professionally staged in the round with great seating. Call either of the guides with questions or a copy of the flyer.

Sherry Katzenberger 608-576-5366  
Ginnie Riley 715-889-2373

# Winnebago Senior Tours

## Branson Show Extravaganza-Diamond Tours

**Date:** October 18—23

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

**Guides:** Donna Landers & Betty Litjens

**Depart:** 8 am Oshkosh Senior Center North

Board our spacious coach and set off for the "Live Music Show Capital of the World," Branson, Missouri. This trip includes 5 nights of lodging – three consecutive nights in the Branson Area. There will be eight meals; five breakfasts, and three dinners included. We will see seven Branson shows, three morning shows, three evening shows, and one dinner show on the showboat Branson Belle. For a flyer or questions give the guides a call:  
Donna 920-303-1683 or  
Betty Litjens 920-231-4504



## Wicked-PAC Appleton

**Date:** Wednesday, November 3

**Cost:** \$115 Dinner & Show, \$99 for Show (\$20 non-refundable deposit)

**Depart:** 5:00 pm

**Return:** Immediately after show

We will take express transportation and you have a real choice for this event. Dinner is at the well-known Victoria's Italian Restaurant. You have the choice of three (3) entrees, tip included, cash bar. You may choose the show without dinner for \$99. Whatever your choice, you will enjoy the Broadway sensation WICKED. Long before Dorothy arrives in the land of OZ, another young woman, with emerald skin is bright, yet misunderstood. She meets this blonde who is very popular and a rivalry turns into an unlikely friendship. The world labels one "good" and the other "bad." Any questions contact one of the guides: Cheryl Freiberg 920-379-8128  
Laurie Peach 920-232-1336



## Island Resort & Casino Get Away

**Date:** November 17 & 18

**Cost:** \$95 double occupancy, \$100 single occupancy (\$20 non-refundable deposit, Final Payment due: November 1st)

**Guides:** Donna Landers & Ginnie Riley

**Depart:** 9:30 am

**Return:** Thursday, November 18 approximately 4:30 pm

This is a nice get away before the really cold weather sets in. Wednesday is Senior Day at the Casino, so we might just see a few extra attractions that day. Food is available when you want to take a break. If you really want to relax, there is a comfortable pool area and spa available. Any questions, contact one of the guides: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373



## Holiday Inn

**Date:** Thursday, December 2

**Cost:** \$115 (\$20 non-refundable deposit Final payment due: November 4)

**Guides:** Cheryl Freiberg & Laurie Peach

**Depart:** 7:45 am

Get that wintertime glow by taking a coach bus to the Fireside to see the performance of Irving Berlin's, Holiday Inn. On the way there will be a

short stop at Jones Market to see their latest meats and cheeses. After entering the Fireside enjoy some shopping and a meal of freshly baked breads, soup, breast of chicken, vegetables, and homemade butter pecan frozen custard. Once you

enter the theatre you will become a part of the Connecticut Farmhouse that is only open on holidays. This musical is one that will have you humming and laughing along to the story and familiar melodies. Enjoy the wonderful choreography and such songs as: "Cheek to Cheek" and "White Christmas". This is something to add to your holiday must see. Any questions call one of the tour guides:  
Cheryl Freiberg 920-379-8128  
Laurie Peach 920-232-1336



# Winnebago Senior Tours

## Clausen Family "Christmas on the Farm"

**Date:** Saturday, December 4

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

**Final Payment due:** November 8

**Guides:** Sherry Katzenberger & Donna Landers

**Depart:** 10:30 am

Enjoy a spacious coach bus ride to spend a festive Christmassy afternoon with family or friends. See the talented Clausen family sing and act out their favorite Christmas songs and maybe even sing along! The lunch is always a down-home meal, including 3 meats, potatoes, veggies, rolls and fruit, followed by a freshly baked dessert. Call the guides with any questions: Sherry Katzenberger 608-576-5366 or Donna Landers 920-303-1683



## Exploring Britain & Ireland

**Date:** August 13—28, 2022 Rescheduled

**Guide:** Cheryl Freiberg

**Cost:** \$5649 Double Occupancy

**Presentation by Collette:**

**September 30, 2021 2pm Oasis Room update travel to UK and the trip**

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



## California Rail Discovery Trip

**Date:** April 20—27, 2022

**Cost:** \$3095 pp double

**Guide:** Cheryl Freiberg



Come travel with us for a trip of a lifetime as we fly to San Francisco, "The City by the Bay," to enjoy fascinating museums, world-class cuisine, and amazing

shopping. Highlights include: Two Rail Journeys, the Napa Valley Wine Train, and the Sierra Nevada Rail Journey. In addition, enjoy Two Cruise Experiences, the San Francisco City Tour, Wine Lunch Train, Winery Tour and Tasting, Old Town Sacramento, Virginia City, Reno, NV, National Auto Museum, and optional excursion to Muir Woods to see some of the oldest and tallest Redwood trees in the world. See flyer for complete details. Flyers available at Tour desk or call 920-232-5312 to have one mailed to you. Call Cheryl Freiberg with other questions 920-370-8128

## UPCOMING EVENTS

Fasching Celebration Laack's Ballroom  
February 13, 2022

Hairspray PAC  
February 16, 2022

## **We Need Your Help!**

Do you enjoy working with people? The Winnebago Senior Tour Desk, has an opportunity for you to volunteer 1-2 days a month. The hours are 9 am to 1 pm, Monday through Thursday. Just stop by the WST desk during regular hours, ask some questions, and pick up an application.

### Please note:

Parking for trips is available on the gravel area at the Oshkosh Senior Center North Building.





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

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

### **Oshkosh Seniors Center**

200 North Campbell Road  
Oshkosh, WI 54902  
920-232-5300

### **South Building Hours:**

Mon – Fri 8 am – 4 pm

### **North Building Hours**

Mon – Fri 6:45 am – 4 pm

### **Oshkosh Committee on Aging**

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

### **OSC Staff**

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

### **Activity Coordinators:**

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

### **Advisory Board**

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Barbara Tuchsherer  
Fleurette Wrasse

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Cheryl Freiberg, Vice President  
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Colleen Harvot  
Dyanne Kollmann  
Sue Kreibich  
Chuck Lakefield  
Eric Lehocky  
Sarah Thompson



[Facebook.com/OshkoshSeniorsCenter/](https://www.facebook.com/OshkoshSeniorsCenter/)

### **Advocap**

Libby Stockton, Meal Site Manager  
920-420-3191