

THE CURRENT

Stay healthy as you
age with the help
of the Center!

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

October, 2022, Issue #10



Discover the Offerings at the Oshkosh Seniors Center



FITNESS AND WELLNESS



ART ENRICHMENT



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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



WHAT'S YOUR STRATEGY TO STAY FIT AS YOU AGE? THE OSHKOSH SENIORS CENTER CAN HELP.

Most people plan for their retirement from a financial perspective but are they planning and strategizing on maintaining their physical health? That is where the Center can help. Because after 50 years of age, people start to lose muscle mass, they need to be building strength, working on endurance, flexibility, and balance to age well.

Stop by for a tour to get started on your fitness journey.
Oshkosh Seniors Center - Fitness
234 N. Campbell Road, 920-232-5300

Cancellations & Refunds

Refund Guidelines

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

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

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Beginner Stained Glass (S) **Geometric Sun Catcher** **Mondays, October 3-17, 10 am-12 pm**

Instructor: Marla Tonn
Cost: R \$25 / NR \$30

Max: 6

Register by Thursday, September 29
Payment due upon registration

This 7 piece sun catcher will help you get experience at cutting curves! You will learn pattern layout, precision grinding, foiling, and soldering.



Hand Building with Clay (S) **Tuesdays, October 4-25, 1-3 pm**

Instructor: Kathi Dittmer
Cost: R \$35 / NR \$40 for 4 week session
Min/Max: 3/10

Register by Thursday, September 29
Payment due upon registration



This class offers a fun community environment to explore the creative world of clay. The fee includes 3 pounds of clay, glazes, and two firings. Additional 3# of clay is available for purchase per session.

Quilting 105 (S) **Foundation Paper Piecing** **Wednesdays, October 5-19, 9-11 am**

Instructor: Liz Lahm
Cost: R \$15 / NR \$16.50
Min/Max: 2/6

Register by Wednesday, September 28
Payment due upon registration

In this class we will introduce foundation paper piecing. We will move from the basics to completing a number of small blocks. These can be assembled into a wall hanging, table topper, or table runner. A sashing and borders can be added to complete the quilt top. Foundation paper piecing is a good method for using up scraps. When you register, please request a supply list with photo samples of projects.

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



Art Expression (S) **Thursdays & Fridays, October 6-28** **9-11:30 am**

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

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



Fall Gnome Wreath (S) **Wednesday, October 12, 1-2:30 pm**

Instructor: Jane Wells
Cost: R \$12 / NR \$13.50
Min/Max: 3/10

Register by Friday, October 7
Payment due upon registration

Come learn how to make this adorable fall Gnome Wreath! He is perfect to hang on your wall or door. Being on the slim side, this might be a good fit for in between storm door and your front door. Gnome is approximately 24" long and 15" wide. Project includes use of hot glue gun, provided.



Needle Felting—Fall Pumpkins (S) **Wednesday October 19, 9:00 –11:30 am**

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

Register by Wednesday, October 12
Payment due upon registration

We will be felting a 2D pumpkin that you can frame, or use as a magnet or homemade card. All supplies and materials are provided for you.



Power Tool Carving (N)

Mondays, October 3-24, 8 am-12 pm

Instructor: Gene Bengle & Don Schettl

Cost: R \$40 / NR \$45

Min/Max: 5/12

Register by Monday, September 26

Payment due upon registration

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

Hand Tool Carving Class (S)

Monday, October 10-31, 1-3 pm

Cost: R \$20 / NR \$25

Min/Max: 5/12

Register by Friday, September 30

Payment due upon registration

This four week hand tool carving class is open to carvers who want to refresh their skills and complete unfinished projects. Award-winning carving instructors will be available to instruct, and problem solve.



Woodburning - Brook Trout (S)

Tuesdays, October 4-25, 10 am-12 pm

Instructor: Cedric Richeson & Dick Krummick

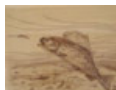
Cost: R \$20 / NR \$25

Min/Max: 3/10

Register by Thursday, September 29

Payment due upon registration

Create a brook trout on a extra large piece of basswood round. Class is for beginner/intermediate wood burners. Students should bring their own woodburning supplies, limited equipment available if needed.



Wood Crafting (N)

Owl & Cat

Tuesdays, October 4-25, 1-3 pm

Instructor: Linda Gomach

Cost: R \$35 / NR \$40

Min/Max: 3/6

Register by Tuesday, September 20

Payment due upon registration

Add to your Halloween décor with an owl on a post, and a cat with a pumpkin! This project is made out of plywood. **Basic Machine Safety Training is required for this class.**



Charcuterie Board (N)

Thursdays, October 6-27, 10 am-12 pm

Instructors: Jeff Becker & John Brad

Cost: R \$45 / NR \$50

Min/Max: 3/5

Register by Thursday, September 22

Payment due upon registration

In this class you will be creating a charcuterie board that you can use when entertaining guests. The board will be made using a band saw, sander, glue and clamps. The size is 12"x 15" using several hardwoods including maple, oak, and walnut. **Basic Machine safety training is required to take this class.**



Woodburning (S)

Autumn Corn Plaque

Thursdays, October 6-November 10, 1-3pm

Instructor: Cedric Richeson & Dick Krummick

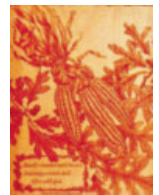
Cost: R \$30 / NR \$35

Min/Max: 3/10

Register by Tuesday, September 27

Payment due upon registration

Students should bring their own woodburning supplies. Birch plaque provided. Pre-requisite: Pyrography 101 or permission of Instructor.



Woodshop Safety Refresher (N)

[For those who have already completed Basic Machine Safety Training](#)

Friday, October 7, 10-11:30 am

Register by Monday, October 3

Facilitator: Jeff Becker

Cost: Free

Min/Max: 2/10

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





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A 4C 01-0984

Basic Machine Safety Training (N) Fridays, October 21 & 28, 10 am-12 pm

Instructor: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Friday, October 14

Any **NEW** participants wanting to use the woodshop for woodshop classes and/or open guided hours are required to attend the machine training class. The two class requirement for all participants **must be taken in consecutive weeks.**

Once you have completed the training you may use the designated machines in the shop. Training materials will be provided.



Upcoming Classes

Woodburning on Leather Coasters (S) Tuesdays, November 1-29, 10 am-12 pm

Instructor: Cedric Richeson & Dick Krummick

Cost: R \$25 / NR \$30

Min/Max: 3/10

Register by Tuesday, October 25
Payment due upon registration

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



Guided Woodshop Hours

(Formerly Open Hours)

Wednesdays

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

Facilitators: Woodshop Monitors

These two and a half hour windows of time were designed to allow participants to come in and use the machines to work on their own projects, with support as needed from experienced volunteer woodworkers. There will be limited capacity per time slot.

Session 1
9-11:30am

Walk-in &
Pre-Registration

Session 2
12-2:30pm

Must Register by the
Tuesday Prior

Must have completed
Machine Safety
Training to use any
equipment in shop.

Fox Fitness Center (N)

Monday-Friday, 7 am - 4 pm

Stay Active Pass & Insurance Reimbursement Eligible

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

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

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



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

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

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

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 five years of experience in group exercise, personal training, coaching, and strength and conditioning. He's ready to help you achieve your fitness and wellness-related goals.

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

Call Alec at 920.232.5320, or email: ajensen@ci.oshkosh.wi.us for more information about the Personal Training Program

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Fitness Opportunities

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

Rapid Movement Training (N) **Mondays & Wednesdays** **8:30-9 am**

Instructor: OSC Staff

Drop-in eligible

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

Range of Motion (N) **Mondays & Wednesdays** **9:15-9:45 am**

Instructor: Alec Jensen

Drop-in eligible

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



Silver Sneakers Classic (N) **Mondays & Wednesdays** **10:45-11:30 am**

Instructor: Jean Wollerman

Drop-in eligible

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



Life Fitness & Movement (N) **Tuesdays & Thursdays** **9-9:30 am**

Instructor: Alec Jensen

Drop-in eligible

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

Tai Chi Energy (N) **Tuesdays & Thursdays** **9:45-10:15 am**

Instructor: Alec Jensen

Drop-in eligible

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



Movement Exercise (N) **Tuesdays & Thursdays** **11-11:45 am**

Instructor: Bobbie Jo Nagler

Drop-in eligible

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



Line Dancing (N)

Instructor: Debbie Ruck

Drop-in eligible

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

Advanced Line Dancing

Mondays & Tuesdays

12:30-1:30 pm

Prior experience preferred



FFC 3g (N)

Fridays, October 7-28, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, October 6

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



to get a quality workout!

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

Synergy Fitness (N)

Mondays, October 3-31, 8-8:30 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, September 29

This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular system in new ways. This class is perfect for those who like small group based classes with a lot of camaraderie. You also get the benefits of the coaches being able to give you one on one help.

Stepping On Building Confidence and Reducing Falls

A community-based program for older people

Oshkosh Seniors Center
Fridays, October 14-November 18
 10:30 am-12:30 pm
 Cost: \$20 (Scholarships Available)



Powerful Tools
FOR Caregivers

I don't think of myself as a caregiver.

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

**Powerful Tools for Caregivers (S)
Mondays, October 17-November 21
2-3:30pm**

Instructor: ADRC/Alisa Richetti

Cost: Free

Register by Wednesday, October 12

To register contact: Alisa Richetti

920.236.1227

arichetti@co.winnebago.wi.us

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

Mindfulness Meditation (S)

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

Instructor: Donna Janus

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

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



Grief Support (S)

Thursdays, October 6 & 20, 1-2:30 pm

Facilitator: Meredith Schlute, Compassus Hospice

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

Register by calling 920.232.5305

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

Essential Oils Fall Scents (S)

Tuesday, October 11, 10-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$5 for one bottle

(\$5 for each additional bottle)

Max: 15

Register by Friday, October 7

Payment due upon registration

This fall we will be featuring cinnamon & spice, sweet citrus, evergreens and minty fresh scents for your home without harsh chemicals. We will discuss different ways to diffuse oils and how to blend specific oils for the result you are seeking. Calm emotions, uplift mood, open airways, promote restful sleep and more! Take home 30 drops of your favorite diffuser blend.



FREE Blood Pressure Checks

Tuesday, October 11, 10:15-11:15 am (N)

Monday, October 24, 12:30-1:30 pm (S)

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



Sleep & Pain Reduction (S)

Presenter: Eric Koehler

Tuesday, October 11, 1-2 pm

Cost: Free

Max: 30

Register by Friday, October 7

The quality of your sleep will impact many aspects of your health...including your spine, shoulder and knee health. Come learn how the science of sleep impacts stress reduction while improving recovery from exercise, pain and weakness in your daily movements. Practical strategies for a more restful sleep will be covered.

Brain Games (S)

Friday, October 14, 1:30-2:30 pm

Facilitator: Alec Jensen

Cost: Free

Max: 20

Register by Wednesday, October 12

Want to sharpen your mind and increase your critical thinking skills while having fun? This is an interactive presentation and games will be played throughout the presentation.



Memory Care Screening (S)

Thursday, October 20, 10:30 am-12 pm

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, October 18

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

A Healthier You (S)

Monday, October 24, 1-2 pm

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

Cost: Free

Register by Friday, October 21

Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Dena will educate you about the latest tips on how to stay healthy. Her classes include information, handouts, and time for your questions.



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The Latest Research: *Insulin Resistance, Diabetes, and Cognitive Decline*



Date: Friday, October 21
Time: 1:00 – 2:30pm
Where: OSC South Building

Facilitated by Jane Wells
Cost: Free
Max: 35
We will be joining the presentation via Zoom.



About the Presenter

Dr. Gilda Ennis is a Scientist at the Alzheimer’s Disease Research Center, UW-Madison School of Medicine and Public Health. She has always had a passion for studying factors that influence cognition in older adulthood. Dr. Ennis has been involved in research at Georgia Tech and at North Carolina State University, where she received her PhD. She has participated in the Alzheimer’s Association International Conference (AAIC) for the last four years with poster presentations.

Dr. Gilda Ennis
Scientist
Alzheimer’s Disease Research Center
UW Madison School of Medicine and Public Health

This is a Hybrid Presentation. The Audience can attend in person or virtual via Zoom.
Stay tuned for Q&A after the presentation.



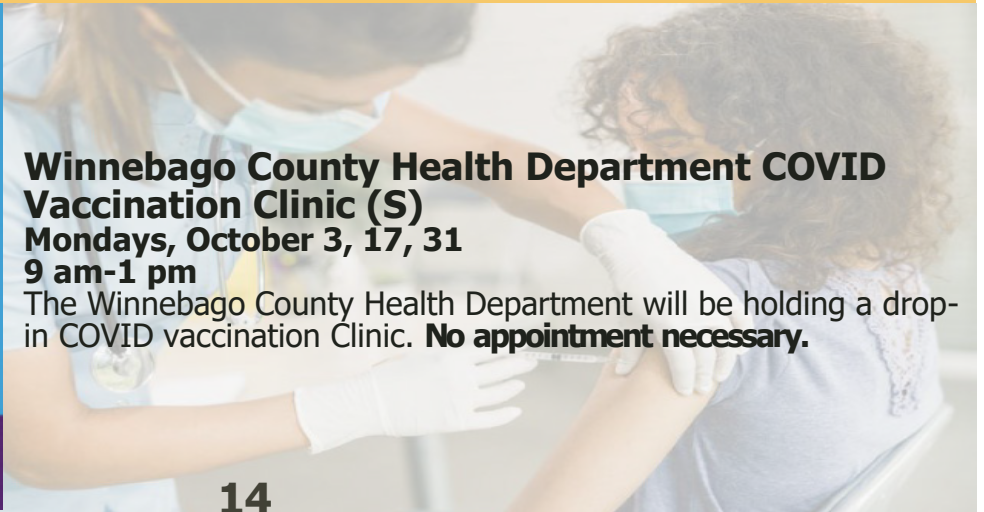
Registration Required by
Wednesday, October 19
920.232.5300

Vaccination Clinics



Winnebago County Health Department COVID Vaccination Clinic (S)
Mondays, October 3, 17, 31
9 am-1 pm

The Winnebago County Health Department will be holding a drop-in COVID vaccination Clinic. **No appointment necessary.**





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

BIODEX FALL RISK
SCREENING WILL
BE AVAILABLE IN
OCTOBER
FEE IS \$10.00



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

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

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

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



Sara's Savory
Samplings



TACO SOUP

SERVINGS: 6-8

PREP TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

1 lb ground beef	1 can (15 oz) black beans
1 small onion, chopped	1 can (15 oz) whole kernel corn, drained
1 can (10 oz) Rotel tomatoes	1 package mild taco seasoning
1 can (14.5 oz) stewed tomatoes	1 package dry ranch salad dressing mix

DIRECTIONS

In a large pot, brown the ground beef with the onion until no longer pink, then drain well.

Drain only the corn, and add to the pot along with the remaining ingredients.

Simmer for 30 minutes, or until the flavors have blended.

This soup comes together quickly and is so good on a cold fall or winter evening!
If you'd like, serve with sour cream, shredded cheese and tortilla chips.

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

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support our ADVERTISERS



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www.claritycare.org

<p>Home Care Services</p> <ul style="list-style-type: none"> • Medication Reminders • Housekeeping • Meal Preparation • Shopping & Errands • Personal Care Services 	<p>Day Services</p> <ul style="list-style-type: none"> • Community Involvement • Gain Independence • Individual & Group Activities • Develop Daily Living Skills • Flexible Scheduling
---	--

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

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Oshkosh, WI 54901
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1 & 2 Bedroom Apartments
Rent includes: Heat • Water • Electricity • Cable TV
Some apartments available at below market rent.
Optional noon meals Monday - Friday.



Visit www.claritycare.org for more information.

Thrive Locally

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.



CELEBRATE WITH US



OSHKOSH SENIORS CENTER WISCONSIN
ASSOCIATION OF SENIOR CENTERS
RE-ACCREDITATION ACCOMPLISHED

OSC IS COMMITTED TO EXCELLENCE IN PROGRAMS, ACTIVITIES, AND OPERATIONS



Following our review and discussion with staff and volunteers, it was clear that the senior Center plays a vital role in the community and the lives of area seniors. The reviewers were impressed by the commitment and dedication of staff and volunteers who are determined to see their Center succeed and thrive. Several of the commendations that the reviewers made were:



- Their Center champions spreading the word in the community about the importance of healthy aging and how the Center can help older adults achieve that goal.
- They have progressive programming and are in tune with the seniors and the boomers and what they want at the Center.
- Excellent and thorough risk documents and waivers.
- You can see the Seven Dimensions of Wellness throughout their programming and planning process.
- Excellent logo and tagline, including their name Oshkosh Seniors Center.
- Impressive policies include donation forms, dealing with reporters, gambling, staff use of the facility, and displays of artwork collections.





Meet with Connect through Tech to improve your Digital IQ

One on One Tech Appointments

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

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

One on One with Diane Friday (S)

Mondays,
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

Tuesdays,
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

Wednesdays,
9 am, 10:15 am, 11:30 am, 1:30 pm, 2:45 pm

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

Wi-Fi Access (S) Cost: FREE

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

Appointments with Stephanie Carlin

If you wish to schedule an appointment with Stephanie Carlin please leave your name and number with the front desk. Stephanie will call you to set up an appointment time.

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, October 3, 10, 17, 24, and 31
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



Connect through Tech



DISCOVER PODCASTS

**Politics, cooking, news, travel,
books, health and wellness,
crime, and more!**

**Tuesday,
October 18th
1:30 pm**

**Free (please register)
Willows in the South
Building**

WHAT IS A PODCAST ?

It's a audio file made available on the internet for downloading to a computer or mobile device, typically available as a series, new installments of which can be received by subscribers automatically.



Please Register



920.232.5300

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.**

Dignity & Respect in County Jail (S)
Tuesday, October 4, 1:30-3 pm
 Presenter: Matt Richie, PhD
Cost: Free

Max Capacity: 25
Register by Friday, September 30
 Individuals incarcerated in America's jails face several barriers (substance and alcohol abuse, mental health issues, physical ailments, homelessness). The nature of jail stays makes it difficult to treat or support individuals plagued by these issues. As such, correctional officers are charged with managing these individuals. By conducting in-depth interviews with correctional officers, this study answers the question of how these individuals manage an ever-changing population with a host of problems. Results suggest that interpersonal communication skills are the primary way officers obtain compliance from incarcerated individuals. By treating the rabble class with dignity and respect, officers not only avoid physical confrontations but can also provide support for these individuals.

This program is in collaboration with Learning In Retirement.

Elder Benefit Specialist (S)
Wednesdays, October 5-26, 10-11:30 am
Cost: Free

Walk-in, no appointment necessary
 Winnebago County Elder Benefit Specialist (EBS) Lisa Madell will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372

Ukulele Play Along
Wednesdays, October 5-26
10:30 am-12 pm
Cost: R \$2 / NR \$2.50 per visit
 Min/Max: 3/20

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



Ukulele Lessons
Everyone Welcome!

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

Beginner Ukulele Lessons (S)
Fridays, October 7-28, 11 am-12 pm
 Instructor: Joe Wiedenmeier
Cost: R \$40 / NR \$45 for 4 week session
 Min/Max: 5/12

Register by Wednesday, October 5
Payment due upon registration
 Research shows learning something new is the best way to improve brain health. You do not need to know how to read music to learn to play the uke. Don't have your own Ukulele? Rent one from the Center.

Intermediate/Advanced Combo
Ukulele Lessons (S)
Fridays, October 7-28, 11 am-12 pm
 Instructor: Aaron Baer
Cost: R \$40 / NR \$45 for 4 week session
 Min/Max: 10/20

Register by Wednesday, October 5
Payment due upon registration
 We will be combining the Intermediate and Advanced classes during the summer months. With Aaron's style of teaching, he will be able to challenge both skill levels during the same lesson.

Bingo (S)

Monday, October 10, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max:10/55

Register by Thursday, October 6

Come for a fun afternoon of bingo!

Prizes sponsored by EdenBrook.



End of Life Planning (S)

Friday, October 14, 10 -11 am

Presenter: Konrad Behlman Funeral Home

Cost: Free

Max: 35

Register by Wednesday, October 12

Thinking about the end of life can be hard, and knowing options helps. This presentation will speak about the funeral planning process and things you may want to consider in making an end of life plan. Ever thought about writing your own obituary? Information will be shared to walk you through the process of writing your obituary.



Bald Eagles Presentation (S)

Friday, October 14, 9:30-10:30 am

Presenter: Heckrodt Wetland Reserve Naturalist

Cost: Free

Register by Monday, October 10

Visit with a Heckrodt Wetland Reserve Naturalist to learn more about our national bird. We will explore the life of the bald eagle, as well as it's recovery story after being on the endangered species list.



The 5 W's of Elder Mediation (S)

Monday, October 17, 10-11:30 am

Presenter: Michael Rust, Winnebago Conflict Resolution Center

Cost: Free

Max: 25

Register by Thursday, October 13

As the Baby Boomer generation ages, unique medical, family, and legal issues are multiplying. Michael Rust, CEO of the Winnebago Conflict Resolution Center (WCRC, Inc.) has mediated many such disputes and has trained others from around the country on effective ways to engage with and resolve these conflicts. Learn about the who, what, when, where, and why of Elder Mediation. **This program is in collaboration with Learning In Retirement.**



"Keep The Memories, Lose the Stuff" Book Talk (S)

Tuesdays, October 18 & 25, 10-10:45 am

Facilitator: Jane Wells

Cost: R \$1.25 / NR \$1.75

Min/Max:10

Register by Friday, October 14

America's top cleaning expert and star of the hit series Legacy List with Matt Paxton distills his fail-proof approach to decluttering and downsizing. Your boxes of photos, family's china, and even the kids' height charts aren't just stuff; they're attached to a lifetime of memories—and letting them go can be scary. This book offers tips to help you sift through years of clutter, let go of what no longer serves you, and identify the items worth keeping so that you can focus on living in the present. **Purchase book on your own, or check out from library. Read to page 144 for first book talk.**



Fascinating Fungi (S)

Wednesday, October 19, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

Min/Max 5/60

Register by Monday, October 17

Join Rob Zimmer for an enjoyable and informational program on how to identify the wild mushrooms of our area.



Planning for Long Term Care Without Insurance (S)

Friday, October 21, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, October 19

Nursing homes costs can swallow up your life savings if you are not prepared. While long-term care insurance is wonderful, not everyone can get it. Attorney Joe McCleer of McCleer Law Office will discuss the alternative options available to everyone that can help ensure that you will get the care you need when you need it while also preserving your most cherished assets for your family.



Safe & Healthy Housing (S)

Tuesday, October 25, 1-2 pm

Presenter: Chip Wood, Rebuilding Fox Valley

Cost: Free

Min/Max: 5/30

Register by Friday, October 21

What changes need to be made in your home to make it the safest it can be as you age? Join Rebuilding Together Fox Valley and learn about home modifications and repairs offered at no cost to help you stay safe and healthy in your home. Sponsored by Synergy Home Care. Light refreshments will be served.



Eat & Greet (S)

Wednesday, October 26

11:30 am-12:30 pm

Cost: \$10

Max: 5/50

Tickets available September 26-October 19

Join us for a Taco bar, Mexican rice and an ambrosia fruit salad.

Popcorn & A Movie (S)

Wednesday, October 26, 1-2:30 pm

Cost: Free

Min/Max: 2/30

Register by Monday, October 24



Enjoy a movie with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations**

prohibit us from disclosing titles of upcoming movies in newsletter.

Book Talk (S)

"The Guncle" by Steven Rowley

Thursday, October 27, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 20

Register by Thursday,

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

Patrick, or Gay Uncle Patrick, has always loved his niece and nephew. This is, he loves spending time with them when they come to visit, but in terms of caretaking & relating to two children, no matter how adorable, Patrick is a bit out of his league. So when tragedy strikes, Patrick finds himself suddenly taking on the role of primary guardian. Despite having a set of "Guncle rules" ready to go, Patrick has no idea what to expect.....

Want to know what happens next? Come and join book talk.



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

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



Live Music Performance

Friday, November 11

1:30 pm-North Building

Doors open at 1 pm



Presents Free "Art Reach" Event at Oshkosh Seniors Center

Live Music Performance

Q & A

Meet & Greet with the Twins!

B2WINS



Event is Free, but ticket is required.

Tickets available

October 3-

November 9



B2Wins are twin brothers from Brazil that bring you a high-energy live show.

Playing a violin and a ukulele, the brothers will captivate you with their unique sound and reimagined classics.

Don't miss this unforgettable show!



RSVP at 920.232.5300 by Friday, October 7

The inspiring story of the Home Front effort that produced tanks, planes, ships, and guns with staggering speed and unparalleled energy.

- Oshkosh Seniors Center participants & guests receive private, exclusive access to the newest exhibition: Tuesday, October 11 9-10AM. Meet at the Oshkosh Public Museum.
- Admission: Seniors (62+) \$6, Adults \$8, Children (6-17) \$4



National Touring Exhibit
Presented by



1331 Algoma Blvd, Oshkosh, WI 54901 • 920.236.5799 • oshkoshmuseum.org



Are you providing care for a loved one?

In this free 60-minute workshop, learn communication and support strategies that improve the health care and caregiving for older adults.

This is an interactive workshop. You will learn:

- Strategies to improve medication management and safety.
- Communication strategies to make the most of doctor's appointments.
- Plain language strategies to improve communication with your loved one.
- Special considerations for dementia and Alzheimer's

A workbook and fact sheets will be provided.

Date and Time: **Thursday October 20th at 1:00 pm**

Location: **Oshkosh Senior Center (S)**

200 N Campbell Rd, Oshkosh, WI 54902

Register **by Tuesday October 18th**

Supported by:



RRF | Foundation
for Aging





COOKING MATTERS

CHAT & CHOP (S)

Tuesday, October 11, 9:45-11:45 am

Instructor: Kerry Wolfe

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

Register by Wednesday, October 5

Payment due upon registration

This month we'll feature **Muffin Pan Baking**. Did you know that your muffin pan isn't only for muffins? We will be making mini meatloaf, pizza bombs, and easy cheesy spaghetti cupcakes. Sound yummy? Register today!

Put on those aprons and join us!

LET'S GET SOCIAL

R \$0.75
NR \$1.25

Daily Rate/Per Visit or Purchase a Monthly Stay Social Pass

- 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
 - All cards and games end at 3:30 pm
- All cards and games are played at the South building ONLY

Cribbage

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

Mahjonn, Mexican Train

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

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

Canasta

1st Wednesday of each Month, 9-11 am
New players welcome!

Knitting & Crochet

Thursdays, 8:30-11:30 am

Open Bridge

Fridays, 12:30-3:30 pm

Bridge Instruction

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

Fridays, 11-12:30 pm

(No class October 11)



September 26-October 27

Help The Salvation Army reach children in need who don't have winter coats and help make sure they stay cozy when the temperatures drop.

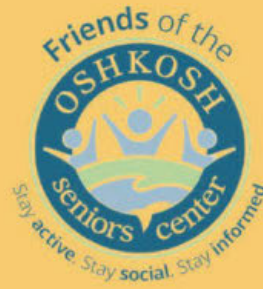
The Salvation Army's annual Coats for Kids program collects and distributes thousands of new or clean, gently-used warm coats to local kids and families in need. Coats are accepted in sizes from infant to adult.



Look for the drop boxes in both North & South buildings



A gift in your will is a gift for the Center's future.



If you are passionate about our mission to enhance the lives of older adults in our community this could be the most impactful gift you make. It's an opportunity to support the cause that is important to you.



Frequently Asked Questions

Do I need to leave a large gift?

Any gift, large or small, makes an impact at the Oshkosh Seniors Center.

Who can help me leave a gift in my Will?

A lawyer, financial advisor, or accountant will have the expertise to guide you through the process. A gift you designate ensures programs and services important to you are supported.

How can I make a bequest (gift designation in my will) to the Friends of the Oshkosh Seniors Center who has 501(c)(3) charitable status?

Contact your professional advisor and share your intentions. They can assist you with making a planned gift and explain the tax benefits. Here's the information you will need:

**Friends of the Oshkosh
Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423
ES# 008-0000-529165-04**



Winnebago Senior Tours

For questions call 920.232.5312

Tours Sign-up Options

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

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



- Mail your check to:
Winnebago Senior Tours
P. O. Box 1851
Oshkosh WI 54903-1851

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

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

**Detailed flyers available at the
Seniors Center South**

Sign up now, don't delay

Travelers

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

Grease

The Fireside Theater—Ft. Atkinson

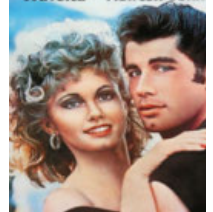
Date: Thursday, October 20

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

Final Payment due September 29

Depart: 7:45 am Return: 6 pm

An eight-year run on Broadway, two subsequent revivals, and innumerable school and community productions place Grease among the world's most popular musicals. Here is Rydell High's senior class of 1959: duck-tailed, hot-rodding



"Burger Palace Boys" and their gum-snapping, hip-shaking "Pink Ladies" in bobby socks and pedal pushers. Head "greaser" Danny Zuko and the new (good) girl Sandy Dumbrowski try to relive the romance of their "Summer Nights" as the rest of the gang sings and dances its way through such songs as "Greased Lightning," "It's Raining on Prom Night ." " Alone at the Drive-in Movie", recalling the music of Buddy Holly, Little Richard, and Elvis Presley that was the soundtrack of a generation. There will be a brief stop at Jones Market on our way there. Be sure to include your choice of entrée with reservation: chicken & ribs, sliced roast beef tenderloin, or grilled Atlantic salmon.

Guides: Cheryl Freiberg & Laurie Peach

Lake of The Torches-Casino Getaway

Date: November 13-14

Cost: \$100 pp Double \$110 Single
(\$20 non-refundable deposit)

Final Payment due October 20

Depart: 9:30 am Return: 4:30 pm

Join us on Sunday and Monday for a relaxing ride to the Lake of the Torches in Lac du Flambeau

that is nestled in the Wisconsin Northwoods. Mondays are Senior Day at the casino, so from 8 am to 11 pm, they offer a chance to win \$50 to \$100 in cash if your name gets called. Also, on Senior Day, you will receive 50% off at Eagles Nest breakfast or lunch.

Woody's Bar and Grill 50% off the combo baskets. When signing up, make sure you give us your date of birth for the casino manifest. Guides: Donna Landers & Betty Litjens



Winnebago Senior Tours

Christmas Celebration Mystery Trip

Destination: Shhh! It's a Secret!!

Date: Wednesday, November 30

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

Final Payment due October 31

Depart: 7 am Return: 8 pm

Are you ready for some mysterious fun? North, South, East, or West—we can't tell, but can you guess??? Hint—it will be a full day of activities—but is it *all* Christmas related, or have we included some non-Christmas activities?? We can tell you what is included: Coach bus, guided tours, light lunch, shopping opportunities, admission to all events, and dinner before returning home. For even more fun, invite your friends along on the trip. Sign up today before this trip is full.

Guides: Pat Heyer & Cheryl Freiberg



White Christmas at the Fireside

Date: Thursday, December 15

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

Final payment due November 15

Depart: 7:45 am Return: 6 pm

Based on the beloved film, this heartwarming stage adaptation features 17 Irving Berlin songs. Two WWII Army Veterans with a successful song-and-dance act following a duo of beautiful singing sisters to their Christmas show at a Vermont lodge. Enjoy a dazzling score, including the title song. White Christmas is an uplifting musical especially loved at Christmas. Choice of entrees: Grilled Pork Ribeye, Beef Short Rib, or Grilled Shrimp. There will be a short stop at Jones Market on our way to the Fireside. Guides: Laurie Peach & Pat Heyer



Old World Christmas Market & Kristmas Kringle Shoppe

Date: Wednesday, December 7

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

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

A motorcoach ride takes you to an authentic Old World Christmas Market at The Osthoff Resort in Elkhart Lake. Admission ticket is included. Just in time for the holiday season, visit over 70 vendors in a heated tent and purchase some imported European items. Browse items such as: authentic nutcrackers, felted gloves and hats, hand knit imported items; linens and ornate ornaments. Enjoy local artisan



crafts: one-of-a-kind reindeer-horn carved items, or enjoy artisan jewelry made with glass beads from Lithuania and Ukraine. Choose from bakery items: like a large Bavarian pretzel. The Osthoff kitchen begins preparing the reasonably priced authentic European recipes right after Thanksgiving. Try the apple kuchen with vanilla sauce. On the way home, we stop at the Kristmas Kringle Shoppe in Fond du Lac. It's a day of revisiting memories and creating new ones.

Guides: Ginnie Riley & Donna Landers



We Need Your Help!

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

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

Winnebago Senior Tours

Six-The Musical

The Performing Arts Center—Appleton

Date: January 18

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

Final Payment due December 15

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

Divorced, beheaded, died, divorced, beheaded, survived. From Tudor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over. *The New York Times* says, *Six* "Totally Rules!" (Critic's Pick) and *The Washington Post* hails *Six* as "Exactly the kind of energizing, inspirational illumination this town aches for! The Broadway season got supercharged!" Written by Toby Marlow & Lucy Moss. Includes: show ticket, School Bus Transportation and tip. Guide: Cheryl Freiberg



Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

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

Cost: Varies by stateroom selection

Now is the time to cross traveling to Alaska off your "Bucket List"! Traverse the Pacific Coast by land and sea aboard Holland America's Noordam Cruise Ship on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. Passport is required. Cruise the Sternwheeler Discovery and encounter Alaska's diverse culture and rich history. In a modern saloon, enjoy local dishes inspired by Fannie Q, the famed Alaskan pioneer. Ride in a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel into Denali National Park for the best opportunities to view the region's wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska's gorgeous capital, Juneau. Visit Ketchikan, the "Salmon Capital of the World." This is Alaska as you always imagined. See flyer for complete details. Space is limited...sign up today! Additional information at Collette Tours:



<http://gateway.gocollette.com/link/1095567>

Guide: Cheryl Freiberg

UPCOMING 2023 TRIPS

Casino

Both overnight and day

The Fireside - Fort Atkinson

Music Man
Grumpy Old Men
Legends In Concert
Mary Poppins
Scrooge

PAC - Appleton

Cats
Ain't Too Proud
Hamilton

A Few of the Day Trips

Around the Lake
Door County

These are just a few of the tours!
WST Volunteer Guides are working hard!

When sending payment in the mail be sure to include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____



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

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**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

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

www.schedulesplus.com/oshkosh/kiosk



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