

# THE CURRENT



**October 2023, Issue #10**

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



## Discover the Offerings at the Oshkosh Seniors Center



**FITNESS AND WELLNESS**



**EDUCATION AND ART  
ENRICHMENT**



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CONNECT THROUGH  
TECH**

View the online newsletter at [www.ci.oshkosh.wi.us/Senior\\_Services/Oshkosh\\_Seniors\\_Center](http://www.ci.oshkosh.wi.us/Senior_Services/Oshkosh_Seniors_Center) 920.232.5300

# Welcome to the Oshkosh Seniors Center

The Brain Health Fair is back!  
Brain health matters to all of us.  
Check out pages 12 & 26  
for more program information.



**September 25-October 25**

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



## WHAT'S IN THIS ISSUE?

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

Inside Cover  
Enrichment  
Fitness  
Wellness  
Support Services

Page 2  
Pages 4 - 9  
Pages 10 - 12  
Pages 14 - 15  
Page 16

Connect Through Tech  
Social And Educational  
Winnebago Senior Tours  
Friends of OSC

Pages 20 - 21  
Pages 22 - 27  
Pages 28 - 30  
Page 31

# Fall Concert at the Senior Center (N)



PERFORMANCE BY

## Elvis John

**AN ELVIS TRIBUTE ARTIST  
PROFESSIONAL  
IMPERSONATOR FROM  
WISCONSIN**

**Friday, October 6  
2-3 pm**

**\*Doors open 1:30 pm  
Tickets: \$6**



**Tickets on sale  
through October 4**  
Oshkosh Seniors Center  
*No ticket sales at door*

Seniors Center North Bldg  
234 North Campbell Road  
920.232.5300

**Water/Snacks available for purchase  
No Carry In's**

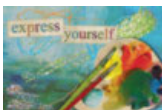
## Art Expression (S)

**Thursdays & Fridays, October 5-27**  
**9-11:30 am**

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

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

**Senior Center supplies are not to be used during this time.** Enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**



## Hand Building with Clay (S)

**Tuesdays, October 3-24, 12-3 pm**

Instructor: Kathi Dittmer

**Cost: R \$45/NR \$50**

Min/Max: 3/8

**Register by Friday, September 29**  
**Payment due upon registration**

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

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

## Quilting 202 (S)

**Building Quilting Skills-Basic Samplers**

**Wednesdays, October 4-25, 9-11:30 am**

Instructor: Liz Lahm

**Cost: R \$15/NR \$16.50**

Min/Max: 3/10

**Register by Tuesday, October 3**  
**Payment due at time of registration**

Building off your basic skills of measuring, cutting, and sewing accurate seam allowances, we will explore log cabin quilts and their variations, 4-patch quilts, and introduce drafting. This leads us to planning your own quilt or modifying an existing pattern. Participants must bring their own sewing machine and have a good working knowledge of it. A supply list will be at the South Building desk when you register. You will need to purchase the book on your own (Quilter's Academy Vol. 1, Harriet & Carrie Hardgrave, available on Amazon.) This book will be used for several months.



4

## Halloween Decoration

**Monday, October 16, 9am-12 pm**

Instructor: Kerry Wolfe

**Cost: R \$6/NR \$7.50**

Min/Max: 2/10

**Register by Wednesday, October 11**  
**Payment due upon registration**

It's that time of year! Halloween is right around the corner. Come and join us in making this Halloween or Fall themed decoration. All supplies and materials are provided for you.



## Needle Felting -

**Fall Acorn & Leaf Garland (S)**  
**Monday, October 30, 9 am-12 pm**

Instructor: Kerry Wolfe

**Cost: R \$10/NR \$11.50**

Min/Max: 2/10

**Register by Wednesday, October 25**  
**Payment due upon registration**

Fall is in the air... let's get in the spirit of the cooler weather and holiday season. In this class we will be felting acorns and leaves made into a garland to be hung. All supplies and materials will be provide for you to complete a project similar to the picture shown here.



## Upcoming

### Stained Glass Suncatcher (S)

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

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

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

This class is open to anyone interested in making a sun catcher. You will have several different projects to chose from, ranging in number of pieces and skill level. Some experience with stained glass preferred. Sun catchers make great gifts! Project ideas samples.



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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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## Introducing Glass "One & Done" Projects

Projects to be completed in one class session



### 3D Glass Bevel Spinner (S) Wednesday, October 11, 9 am-12 pm

Instructor: Jane Wells

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

Min/Max: 3/6

**Register by Monday, October 9**

**Payment due upon registration**

We will be making this spinner using six pieces of 2" bevel glass squares. Once foiled, squares will be soldered together into the 3D shape. All supplies and tools included in fee. Experience with stained glass required.



### Resin & Glass Night Light (S) Wednesday, October 18, 9 am-12 pm

Instructor: Jane Wells

**Cost: R \$20/ NR \$25 for two lights**

Min/Max: 3/6

**Register by Monday, October 16**

**Payment due upon registration**

Get creative decorating a night light with glass and other decorative items. Once your done with layout, we will be pour resin over the creation. Bring your own ideas or copy one of the ideas provided. Make something special and give it as a gift! Project will be similar to ones shown.

No experience necessary. Resin projects will have to set for 24 hours before they can be taken home.



### Scrappy Glass Projects (S) Friday, October 27, 9 am-12 pm

Instructor: Jane Wells

**Cost: R \$15/ NR \$20**

Min/Max: 3/6

**Register by Wednesday, October 25**

**Payment due upon registration**

There are many creative projects that can be made using scrap pieces of glass. Let your imagination go! Experience with stained glass required.



## Power Tool Carving (N)

**Mondays, October 2-23, 8 am-12 pm**  
Instructor: Gene Bengel / Richard Krummick  
**Cost: R \$40/NR \$45-4 week session**  
Min/Max: 5/12

**Register by Friday, September 29**  
**Payment due upon registration**

Join fellow peers for power carving in the woodshop! This class is open for those carvers who want to refresh their skills. Award-winning carving instructors will be available to instruct and problem solve. Bench fan & dust collector required for this class. **Basic Machine Safety Training is required for participation in this class.**

## Beginner Carving (N) Hound Dog

**Mondays, October 2-30, 1-3 pm**  
Instructor: John Goheen / Richard Krummick  
**Cost: R \$30/NR \$35**  
Min/Max: 3/6

**Register by Friday, September 29**  
**Payment due upon registration**

This is a great class to begin or continue your wood carving journey. Using the techniques and methods taught, you will carve a little Hound Dog using basswood provided by the instructors. Award winning instructors will be to teach you the basics of carving and finishing. **Carving tools available for beginners, reserve at time of registration.**

Project similar to photo.



## Woodshop Guided Hours (N)

**Wednesdays, October 4-25**  
**10 am-2:30 pm**  
**Cost: R \$5/NR \$6.50**  
**Registration not required.**

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

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

## Basic Machine Safety Training (N)

**Fridays, October 20 & 27, 10 am-12 pm**  
Facilitator: Jeff Becker  
**Cost: R \$5/NR \$7.50**  
Min/Max: 3/10

**Register by Friday, October 13**

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



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- A Public Expo for Active Adults, Retirees, Veterans and Caregivers
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# Oshkosh Seniors Center Woodshop Open House

Tuesday, October 10  
9 am-12 pm  
North Building

We are a volunteer-run  
woodshop dedicated to helping  
others grow their craftsmanship  
and hobbies.



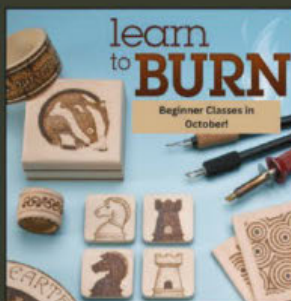
Wood Carving  
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\*Sale on wood  
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Woodburning  
Demos



9



## Fitness Opportunities

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

### Rapid Movement Training (N)

**Mondays & Wednesdays**

**8:30-9 am**

Instructor: Alec Jensen

**Drop-in eligible**

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

### Range of Motion (N)

**Mondays & Wednesdays**

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

Instructor: Alec Jensen

**Drop-in eligible**

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



### Silver Sneakers Classic (N)

**Mondays & Wednesdays**

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

Instructor: Kayla Stankowski

**Drop-in eligible**

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



### Life Fitness & Movement (N)

**Tuesdays & Thursdays**

**9-9:30 am**

**No class Tuesday, October 3**

Instructor: Kayla Stankowski

**Drop-in eligible**

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

### Tai Chi Energy (N)

**Tuesdays & Thursdays**

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

**No class Tuesday, October 3**

Instructor: Alec Jensen

**Drop-in eligible**

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



### Movement Exercise (N)

**Tuesdays & Thursdays**

**11-11:45 am**

**No class Tuesday, October 3**

Instructor: Kayla Stankowski

**Drop-in eligible**

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



**Advanced Line Dancing (N)**  
**Mondays & Tuesdays, 12:30-1:30 pm**  
**No class Tuesday, October 10th**

Instructor: Debbie Ruck

**Drop-in eligible**

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

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

Instructor: Kayla Stankowski

**Fridays, 9:30-10:15 am**

Instructor: Catherine Huybers

**Drop-in eligible**

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced yoga that is a great class for beginners, but is good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own yoga mat.

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

Instructor: Catherine Huybers

**Drop-in eligible.**

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

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

Instructor: Kayla Stankowski

**Drop-in eligible**

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

**FFC 3g (N)**  
**Fridays, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

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

**Keep Moving! (N)**  
**Fridays, 10:30-11:15 am**

Instructor: Kayla Stankowski

**Drop-in eligible**

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

**Kettlebell Foundations (N) NEW!**  
**Mondays & Thursdays, October 2-26,**  
**2-2:45pm**

Instructor Kayla Stankowski & Alec Jensen

Cost: \$10/ NR \$11.50

Max:10

**Registration required by September 29**  
**Payment due upon registration**

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

**Fox Fitness Center (N)**  
**Monday-Friday, 7 am –4 pm**

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

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

**Please Note: Friday, October 6th**  
**Fox Fitness Center & billiards will**  
**be closing at 12 pm due to the**  
**Elvis concert.**

>>> OSHKOSH SENIORS CENTER PRESENTS

# BRAIN HEALTH FAIR

WEDNESDAY OCTOBER 18

10 AM - 1 PM

200N CAMPBELL RD. OSHKOSH, WI 54902

CONTACT 920.232.5300 TO REGISTER



## GUEST SPEAKERS



Dr. J.J. Allen  
PharmD, CISSN

### J.J. ALLEN

>>> 10:15-10:45 AM  
"MEDICATIONS & THE BRAIN"

Join Dr. J.J. Allen PharmD, CISSN as he discusses how medications can affect our brain health as we age, and what supplements we can use to boost our brain health.

Join our Friends at Network Health as they discuss the latest data of the "Importance of Diet and Exercise as it relates to Brain Health".

>>> 11:00-11:30 AM

**NETWORK HEALTH**  
"THE IMPORATNCE OF NUTRITION & EXERCISE FOR BRAIN HEALTH"



### ALESE NELSON, PHD.

>>> 11:45 AM-12:45 PM  
"STRESS, COPING, & HEALTH."

Join our Key Note Speaker Alice Nelson PhD. from UWO as she talks about how stress and coping can affect our Brain Health



### >>> INFORMATION

The Oshkosh Seniors Center is excited to be hosting it's first Brain Health Fair since 2019! Meet our Community Partners, win prizes, and listen to the experts in the field of Brain Health. Hope to see you there!

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Oshkosh Senior Center, Oshkosh, WI

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**Mindfulness Meditation (S)**  
**Thursdays, September 7-28, 11 am-12 pm**

Instructor: Donna Janus  
**Cost: R \$1.25/NR \$1.75 per visit**  
 This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how Mindfulness and Meditation work to increase well-being.



**FREE Blood Pressure Checks**  
**Thursday, October 5, Noon-1 pm (S)**  
**Tuesday, October 10, 10:15-11:15 am (N)**  
**Thursday, October 19, Noon-1 pm (S)**  
**Monday, October 23, 12:30-1:30 pm (N)**

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

**Relief For Neuropathy (S)**  
**Monday, October 9, 10-11 am**

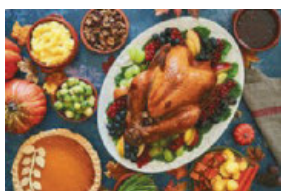
Presenter: Physical Achievement Center  
**Cost: Free**  
**Register By Friday, September 8**  
 Do you, or someone you love, suffer from numbness, sensitivity, or pain and temperature in your feet? Have painful tingling, or burning sensations in your feet? This workshop will reveal the different types of Neuropathy, the main elements to involved to help with nerve recovery and regeneration, why you are having this problem, and what you can do to reverse this degenerative nerve disease.



**Essential Oils: Cooking with Oils for Thanksgiving (S)**  
**Tuesday, October 10, 11 am-12 pm**

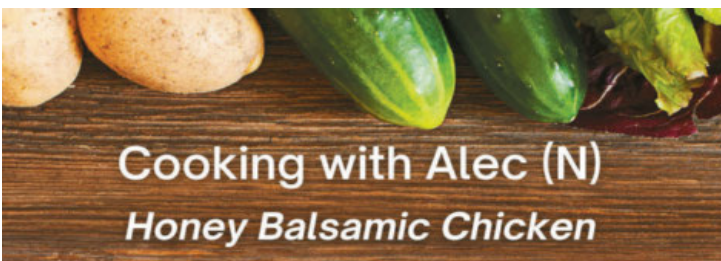
Presenter: Jeanne Gehrke, Dreams of Jeanne LLC  
**Cost: Free**  
**Register by Friday, October 6**

Join Jeanne as she shares some creative uses for essential oils in cooking, as you plan for your Thanksgiving festivities.



**Dental Care: 8 Surprising Dangers & What You Can Do About It (S)**

**Thursday, October 12, 1-2pm**  
 Presenter: Amanda LaPean, RDH, BA- Glacier Dental  
**Cost: Free**  
**Register by Tuesday, October 10**  
 Join Amanda (Registered Dental Hygienist and Practicing Orofacial Myofunctional Therapist) as she shares the latest information in the dental field of known dangers in your mouth, and what you can do about it. Learn how to protect your best first impression, your smile.



**Friday, October 20**  
**1-2 pm**

Cost: R \$5/ NR \$6.50  
**Register by Tuesday October 17**

Learn how to make nutritional foods and pick up a few cooking hacks along the way. Join Alec as he demonstrates the value and variety of a healthy diet. Samples provided.



**A Healthier You (S)**  
**Monday, October 23, 1-2 pm**

Presenter: Dena Mayer, RD & Diabetes Educator, Aurora Health  
**Cost: Free**  
**Register by Friday, October 20**

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.



# PERSONAL TRAINING



**>>> ALEC JENSEN**  
**920.232.5320**

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

**KAYLA STANKOWSKI <<<**  
**920.232.5303**

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



## **>>> VALUE**



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

## GRIEF SUPPORT (S)



Thursdays, October 5 & 19, 1-2:30 pm

Monday, October 16, 9:30-11 am

Facilitator: Meredith Schluter, Compassus Hospice

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

Maximum of 12 people/session

Register by calling 920.232.5300



In an effort to keep the grief support groups smaller in size, please register at least one day prior to the meeting time. Please consider coming on Monday if Thursdays are already full.

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



## Mindworks (S)

Thursdays, October 5-26

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email:  
[info@foxvalleymemoryproject.org](mailto:info@foxvalleymemoryproject.org)

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. Each class provides care partners three hours of free time while their loved one attends class.

## Resource Hours (S)

Topics: Dementia

4th Thursday of the month

11 am-1 pm

Facilitator: Kristy Millar, CDP, CADDCT

Memory Link Resource Navigator

Drop ins welcome

Do you have questions about memory loss? Kristy will be here to answer any questions you may have regarding memory loss.

## Advocap Meal Program (S)

To register call 920.725.2791  
24 hour in advance.

Looking to enjoy a lunch meal with friends? Meals are served inside the Oshkosh Seniors Center. Monday-Friday. Lunch begins at 11:30 everyday.

## Tender Loving Care Support Group (S)

Thursday, October 26, 1-2 pm

Facilitator: Fox Valley Memory Project

Cost: Free

(Supported by the FV Memory Project)

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

## Foot Care (S)

Tuesdays and Wednesdays, 9 am to 3 pm

To make an appointment call 920.232.5301

Cost: \$24.00

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

## Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

City of Oshkosh residents demonstrating financial need can apply for assistance for vision (eye appointments or glasses), hearing (appointment or hearing aids), and dental (appointment or dental work, to dentures).

## Transportation Assistance

### Bus Passes to the Center or Senior

### Dial-A-Ride (N or S)

Transportation via bus to and from your home is FREE for Seniors. The passes may be obtained at the South or North front desk.

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

## Aging and Disability Resource Center

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



*Caring for the community since 1908.*

# Valley VNA Senior Care

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

valleyvna.org | 920.727.5555 | Neenah, WI



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

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
1-800-963-0035

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

DHS Approved 4/22/2021

**ClarityCare**

OSHKOSH • GREEN BAY  
[www.claritycare.org](http://www.claritycare.org)

**Home Care Services**

- Medication Reminders
- Housekeeping
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WisconsinSeniorMedicarePatrol

**SMP**  
Senior Medicare Patrol

Preventing Medicare Fraud



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

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A Senior Community

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984



## Get your **FREE** Balance Screening at the Oshkosh Seniors Center Booth on Tuesday, October 3rd during the Oshkosh Senior Expo taking place at the Oshkosh Convention Center from 9 am to 1 pm.







The Oshkosh Seniors Center and the Oshkosh Fire Department want anyone aged 50 or older to become more knowledgeable about fall prevention. Please stop by the Oshkosh Seniors Center's booth at the Senior Expo to complete a FREE balance screening and receive information on fall prevention. The screening will help you determine your risk for falling and learn about what you can do to reduce your risk. Anyone who participates will receive information on strategies to prevent falling.



Program made possible through a grant from Wisconsin Institute for Healthy Aging

# October 2025

## Trick or Treat and More Your Feet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 	3 	4 	5 	6 	7
8 	9	10 	11 	12 	13 	14
15 	16 	17 	18	19 	20 	21
22	23 	24 	25 	26 	27	28 
29 	30 	31 <b>Happy Halloween</b>				

Match the symbols above to the symbols below (pumpkin, ghost, and candy) complete the given workout for that day. Days that are blank are recovery days.

## Trick or Treat & More Your Feet Workouts





**20 leg swings**  
5 sets | 30 seconds rest



**20 alt arm / leg raises**  
5 sets | 30 seconds rest



**10 deadbug**  
5 sets | 30 seconds rest



**10 bridges**  
5 sets | 30 seconds rest

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20 bounce**



**10 jabs**



**20 jab + cross**



**10 squats**



**20 uppercuts**



**10 squat + cross**



**20 hooks**

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20 jumping jacks**



**20 seal jacks**



**20 toe tap hops**



**20 high knees**



**20 split jacks**



**20 butt kicks**

# Connect Through Tech



## Stay Connected to Age Well

### One on One Tech Appointments

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

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

**Mondays, October 2, 9, 16, 23, and 30**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Tuesdays, October 3, 10, 17, 24, and 31**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Wednesdays, October 4, 11, 18, and 25**  
9 am, 10:15 am, 11:30 am, 12:45 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 is required.

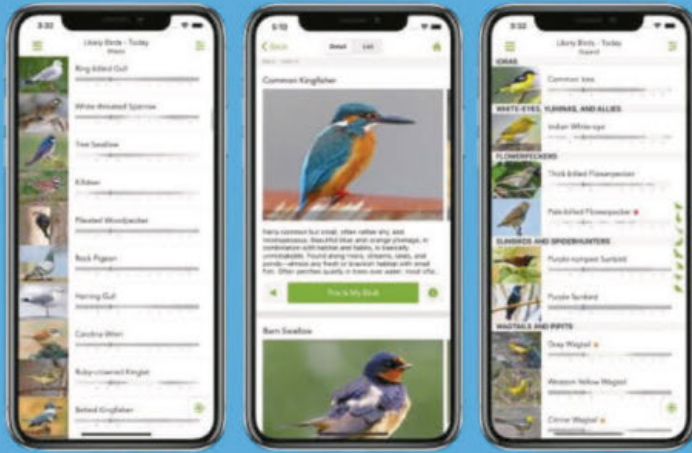
### One on One with Sandy Toland (S)

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

**Mondays, October 2, 9, 16, 23, and 30**  
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**





## Discover apps on your phone that show you a whole new world of birding!

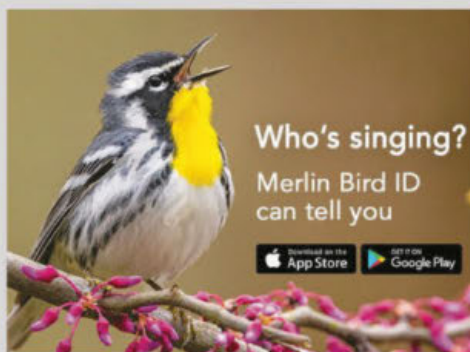
Join professional photographer and Audubon specialist Tom Prestby to learn all about Merlin, eBird, and the Audubon Apps you can download for free. Enhance your local "birding" experiences while assisting with conservation efforts.



# AT&T

*2023 Speaker Series  
at the Oshkosh Seniors Center*

Learn how to use technology to age well!



## TUESDAY, OCTOBER 31 1:30 PM

*Do you like to birdwatch?*

**Come learn about eBird, Merlin, and Audubon's Free Apps available on your phone that identify what birds you are hearing and seeing!**

**OSHKOSH SENIORS CENTER  
200 N CAMPBELL ROAD  
Please call to reserve your seat.  
(920.232.5300)**

**Funded by the  
AT&T Foundation**

## Book & Puzzle Pick Up (S) Monday-Friday, 8 am-4 pm

**Cost: Free**

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

## Brain Game Kit (S) Monday-Friday, 8 am-4 pm

**Cost: Free**

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

## Ukulele Play Along (S) Wednesdays, October 4-25

**10:30 am-12 pm**

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

Min/Max: 3/20

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



## Ukulele Lessons Everyone Welcome!

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$150 check for deposit, and when the Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about a Ukulele "rental."

## Beginner Ukulele Lessons (S) Fridays, October 6-27

**11 am-12 pm**

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, October 4  
Payment due upon registration**

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

## Intermediate Ukulele Lessons (S) Fridays, October 6-27, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, October 4  
Payment due upon registration**

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

## Beginner 2 Ukulele Lessons (S) Fridays, October 6-27, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, October 4  
Payment due upon registration**

This class is for those who have completed beginner ukulele class, know 2-3 basic chords and are ready to take the next step. This is an ideal class for those who need an ukulele refresher class. Chords, strumming, and playing songs will be emphasized in this class. Come join the fun!

## Personal Finance Tips (S)

**Monday, October 2, 10-11:30 am**

Presenter: William Morrison, CFA, CFP®, CPA - Senior Lecturer, Finance UWO College of Business

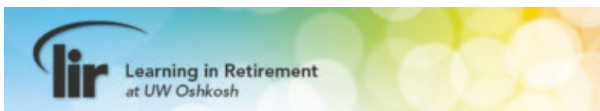
**Cost: Free**

Max Capacity: 25

**Register by Friday, September 30**

Come learn about Required Minimum Distributions, which are mandatory withdrawals from a qualified account works for those that have reached age 73. There are ways to avoid taxes by contributing to a charity from your IRA.

This program is in collaboration with Learning In Retirement.



## ORD-The Wonders of Migration (S)

**Wednesday, October 4, 10 am-12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

Min/Max: 10/75

**Register by Monday, October 2**

From monarchs and hummingbirds to waterfowl and birds of prey, the migrations of autumn in Wisconsin are breathtaking! Join Rob Zimmer for an in-depth look at these migratory wonders!



## Golden Tones Chorus (S)

**Mondays, October 2-30, 1:30-3 pm**

Director: Paula Steinert

Accompaniment: Marshall Potter

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

Min/Max: 25/50

**Payment Due Upon Registration**

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

## Tuesday Morning Football Talk (S)

**Tuesdays, October 3-31**

**9:45-11:00 am**

Presenter: Brett Ryan

**Cost: Free**

Min/Max: 2/12

**BRING YOUR OWN COFFEE**

**Register in advance**

Bring your own coffee and let's recap the football weekend, specifically Wisconsin sports. There will be spirited but joyful conversation, where we will discuss our thoughts on the Packers and Badgers and the rest of the league. We will also do a weekly "pick the games" to see who has the ultimate bragging rights. Men and women are all welcome.



## Chat & Chop (S)

### Fall Appetizers

**Tuesday, October 10**

**9:45-11:45 am**

Instructor: Kerry Wolfe

**Cost: R \$10/ NR \$11.50**

**Register by Wednesday Oct. 4**

**Payment due upon registration**

In this episode of Chat N Chop, we will be making three different types of fall appetizers which include Brie, Apple and Honey Crostini, Maple Caramel Bacon Crack, and Maple Bacon Cheese Twists.

## Getting to Know iGen (S)

**Tuesday, October 10, 10-11:30 am**

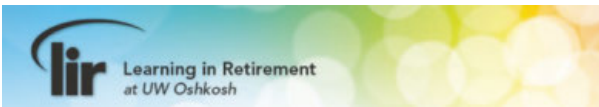
Presenter: Rev. Dr. Kevin P. Mundell, Pastor, Our Saviour's UCC, Ripon

**Cost: Free**

Max Capacity: 25

**Register by Monday, October 9**

The first generation to grow up never knowing a world without the internet and smart phones. This presentation will look at the summary data gathered from the four largest surveys conducted on the generation now being called the iGen, or Internet Generation, and how they are different in many ways from all previous generations alive today and what this may mean for us culturally. The presentation will also examine how we connect with them as our grandchildren, great grandchildren, and, for some, even great-great grandchildren. This program is in collaboration with Learning In Retirement.



## Resources for Older Adults (S)

**Tuesday, October 17, 10-11:30 am**

Presenter: Bryn Ceman, M.S., Older Americans Act Consultant & Brian Nagler, Program Supervisor

**Cost: Free**

Max Capacity: 25

**Register by Monday, October 16**

Join Brian Nagler Program Supervisor to learn about your local Aging & Disability Resource Center (ADRC) and Bryn Ceman, M.S., Older Americans Act Consultant to learn about state & federal grant programs specific to family caregivers as well as other local resources available to older adults. Staff can provide information about respite care, adaptive equipment, transportation, medication management, home and yard care, support groups, meals, and wellness programs and also check to see if you are eligible for any programs to help cover the cost.

This program is in collaboration with Learning In Retirement.

## ORD-Autumn in Maine (S)

**Wednesday, October 11, 10 am-12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

Min/Max: 10/75

**Register by Tuesday, October 10**

A virtual journey to the sea along the East Coast as we travel to Acadia National Park and other locations along the Atlantic Ocean.



## Bingo (S)

**Wednesday, October 18, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max: 10/55

**Register by Tuesday, October 17**

Come for a fun afternoon of bingo!

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





Thursday, October 19

1:30-2:30 pm

Cost: Free

Register by:

Wednesday, October 18

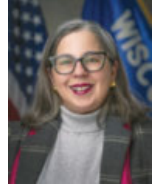
920-232-5300



## Rep. Palmeri Office Hours (S) Friday, October 20, 10 am-12 pm

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

**Madison Office:**  
Room 5 North  
State Capitol  
PO Box 8953  
Madison, WI 53708



## Popcorn & A Movie (S)

Wednesday, October 25, 12:45 pm-2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

**Register by Tuesday, October 19**

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

## Book Talk (S)

"*The Boys in the Boat*" by Daniel James Brown

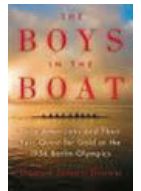
Thursday, October 26 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

**Register by Thursday, September 28**

The story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans. Intrigued? Come and join us for Book Talk.



## Power of Attorney Workshop (S)

Friday, October 27, 10-11 am

Presenter: McCleer Law Office Supervisor

Cost: Free

Max Capacity: 30

**Register by Wednesday, October 25**

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

## Facebook

## Marketplace:

## Buy and Sell your items with Ease (S)

Presenter: Brett Ryan-  
Activities Coordinator



Are you looking to buy or sell some of your old items before the holiday season? Come in and learn about ins and outs of the modern day way of purchasing and selling second hand treasures. Join us, as Brett will go over the world of Facebook marketplace, and his knowledge and experience with it. You will learn how to list items, respond to inquiries, and the best way to safely make the sale.



# Brain Health Eat & Greet (S)

Wednesday, October 25 - Serve at 11:30 am

**\*Special Ticket Price: \$ 7.00 (Max: 50)**

**Tickets available September 27-October 18**

It's Brain Health Month. Come join us for Lemon Peppered baked haddock, sweet potato medallions, fruit salad, rye bread, and pumpkins bars. Bring a friend!

Check out Brain Fitness Fair on October 18th.



\*Discounted ticket price made possible by the generosity of an anonymous donor.

## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

### Currently Seeking Volunteers!

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

## Upcoming

### The Fine Art of Traditional Rug Hooking (S)

Tuesday, November 7, 10-11 am

Presenter: Marci Braun, McGown Rug Hooking Instructor

Cost: Free

Register by Friday, November 3  
920.232.5300

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



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

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

### Cribbage

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

### Mexican Train

Tuesdays, 12:30-3:30 pm

### Bid Euchere, Rummikub

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

### Knitting & Crochet

Thursdays, 8:30-11:30 am

### Sheepshead, Mahjonn

Thursdays, 12:30-3:30 pm

### Open Bridge

Fridays, 12:30-3:30 pm

### Need a spot to play with Friends?

#### Open Cards & Games

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

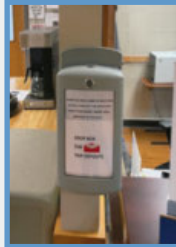
Have a game you would like to see at the Center?  
Call 920-232-5308 with your suggestion.

# Winnebago Senior Tours

## Tours Sign-up Options

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

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



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

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

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

**If you have questions please call  
920.232.5312**

## Cranberry Tour—Warren, WI

**Date: Tuesday, October 10**

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

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

Come learn about Wisconsin's cranberry industry. We will tour the Weatherby Cranberry Farm, founded in 1903. Jim and Nodji Van Wyhern are major contributors to the success of the marsh year around. Nodji will join us on our bus to describe the cranberry harvesting process. There will be time to shop for cranberries and homemade wine. Next on the tour is the Wisconsin Cranberry Discovery Center. The museum features information about the cranberry industry and history of Wisconsin cranberries. The gift shop features everything cranberry and highlights Kindred Candles that are made in Warren. Lunch will be at the Cranberry Country Café. Our day will end with a visit to Bog's Edge Brewing, where we will sample a variety of hand-crafted beers brewed on site.

Guides: Cindy Paffenroth and Cathy Koch

**28**

## Pretty Woman

**The Performing Arts Center-Appleton**

**Date: Tuesday, October 24**

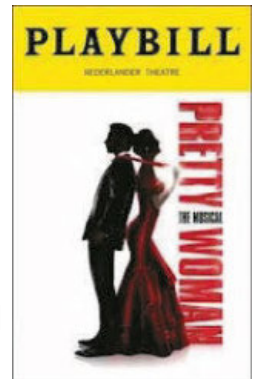
**Cost: \$106 (\$20 non-refundable deposit)**

**Depart: 6 pm—**

**Return immediately after show**

**Limited Seating: Sign up ASAP!**

*Pretty Woman: The Musical* features an original score by Bryan Adams and Jim Vallance, written by J.F. Lawton and directed by Gary Marshall. The musical centers around Vivian Ward, a free spirited Hollywood prostitute who lives with her sarcastic wisecracking best friend Kit De Luca who taught Vivian the prostitute trade. Vivian is hired by Edward Lewis, a handsome and wealthy businessman, to be his escort for several business and social functions during her week-long stay with him. *Pretty*



*Woman: The Musical* will lift your spirits and light up your heart. If you love the movie, you'll love the musical!. Trip includes tickets to the performance, bus transportation and driver gratuity.

Guides: Cheryl Freiberg and Laurie Peach

## Titanic—The Musical

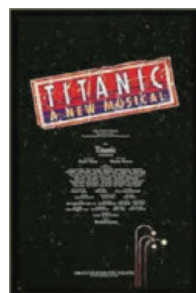
**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, October 26**

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

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

Titanic is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring



songs, grand staging, set awash in glorious costumes makes this historic musical a must-see. It traces the lives of people uniquely united on that fateful journey, with the central character being the Titanic herself. Titanic is a human drama that explores individual strength, love, faith and the

triumph of human dignity.

Entrée choices: Chicken Waterford, Sliced Pork Tenderloin, or Shrimp Tempura.

Guides: Cheryl Freiberg and Laurie Peach

# Winnebago Senior Tours

## Lake of the Torches Casino

**Date: Sunday/Monday February 4-5, 2024**

**Cost: \$110/\$140**

**(\$20 non-refundable deposit)**

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

**Return Monday Approx 4:30 pm**

**NOTE DATE CHANGE TO FEBRUARY 2024**

Do you enjoy gambling? Are you looking for 'A Perfect Getaway'? 'A

Place To Chill and Relax'?

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

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

Guides: Cathy Koch and Laurelyn Hensarling



## Trans-Siberian Orchestra

**Resch Center—Green Bay**

**Date: Wednesday, November 15**

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

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

**Final sign-up date: September 10**

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



family tradition. In addition to hearing many familiar Christmas songs, you will enjoy an instrumental O Holy Night, Siberian Sleigh Ride and Christmas Cannon Rock. This show is certain to leave you awestruck and in the holiday spirit!. Trip includes coach bus transportation, tickets to the performance and driver gratuity.

Guides: Ginnie Riley and Marianne Zarling

## Milwaukee Christmas

**Date: Monday, November 27**

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

**Depart: 7:30 am Return Approx 5 pm**

Get yourself into the Christmas spirit! We will be visiting several venues in the Milwaukee area including Pabst Mansion (imagine the beauty at Christmas time), Simma's Confectionary, Spice House, Usinger's, Trader Joe's and includes a lunch buffet at Mader's! Trip includes fees for all attractions, lunch buffet, motor coach bus and driver gratuity. Guides: Cheryl Freiberg and Cathy Koch.



## Scrooge The Musical

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, December 14**

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

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

Join us for the merry, sparkling, tuneful, boisterous, Broadway musical version of the world's most beloved Christmas story—Dickens' *A Christmas Carol*. This presentation tells a tale of love and redemption with a rousing musical score, breath-taking dancing, comedy and heart-warming drama. Includes tickets, coach bus transportation and driver gratuity. Lunch with your choice of Supreme Cut Chicken Breast, Sliced Roast Beef Tenderloin or Gilled Atlantic Salmon. Guides: Cheryl Freiberg and Laurie Peach



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

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



# Winnebago Senior Tours

## Les Misérables

**The Performing Arts Center-Appleton**

**Date: Wednesday, February 21, 2024**

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

**Depart: 6:15 pm—from the OSC South Building Lot Return immediately after show**

After 19 years as a prisoner, Jean Valjean is freed by Javert, the officer in charge of the prison workforce. Valjean promptly breaks parole but later uses money from stolen silver to reinvent himself as a mayor and factory owner. Javert vows to bring Valjean back to prison. Eight years later, Valjean becomes the guardian of a child named Cosette after her mother's death, but Javert's relentless pursuit



means that peace will be a long time coming. Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cindy Paffenroth

## Clue—The Musical

**The Performing Arts Center-Appleton**

**Date: Thursday, March 21, 2024**

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

**Depart: 6:15 pm—from the OSC South Building Lot Return immediately after show**

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



When their host turns up dead, they all become suspects. Led by Wadsworth — the butler, Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock and Colonel Mustard race to find the killer as the body count stacks up. Clue is the comedy whodunnit that will leave both cult-fans and newcomers in stitches as they try to figure out. WHO did it? WHERE? And with WHAT?

Guide: Cheryl Freiberg

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

## Tina ... the Tina Turner Musical

**The Performing Arts Center-Appleton**

**Date: Wednesday, April 17, 2024**

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

**Depart: 6 pm Return immediately after show**

Experience Tina Turner's triumphant story live. Celebrate the unstoppable woman that dared to dream fiercely, shatter barriers, and conquer the world. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. Trip includes theatre ticket, yellow express bus transportation & driver gratuity. Guides: Cheryl Freiberg and Laurie Peach



## Southern Italy & Sicily

**Date: April 26-May 10, 2024**

**Cost: \$5998 Double**

Guide: Cheryl Freiberg

Book prior to Oct 27, 2023 for best pricing

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

Guide: Cheryl Freiberg



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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Email \_\_\_\_\_

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

Date of trip: \_\_\_\_\_

# Friends of the Oshkosh Seniors Center



*We can't do it without you!*

Your donations to the Friends of the Oshkosh Seniors Center allow us to complement the City of Oshkosh budget for the Center.

Planned giving offers several benefits for both you and the Friends of the Oshkosh Seniors Center.

You benefit through...

- **Personal Fulfillment:** Knowing your contributions will continue to support a meaningful cause will bring you a sense of personal satisfaction and fulfillment.
- **Flexible Timing:** You have the flexibility to structure planned gifts to align with your financial circumstances and life stages.
- **Deepened Engagement:** Your thoughtful consideration can foster greater involvement, engagement and a stronger sense of community to the Oshkosh Seniors Center.
- **Multiplying Impact:** The longer-term nature of planned giving allows you to make larger contributions over time potentially multiplying your generosity.
- **Financial Planning:** Planned giving can be integrated into your overall financial and estate planning providing opportunities to manage wealth and pass assets in a strategic and tax efficient manner.



Through your generous and thoughtful donations, the Friends of the Oshkosh Seniors Center and the Oshkosh Seniors Center benefit from stability, financial flexibility and the ability to maintain and expand their programs and services over time.

*Donations may be directed to:*

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

Email inquiries to:  
FriendsofOSC1986@gmail.com



Friends of the Oshkosh Seniors Center  
Mission Statement

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



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

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U.S. Postage

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UMS

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

#### **Oshkosh Seniors Center**

200 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300

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

Mon – Fri 8 am – 4 pm

#### **North Building Hours**

Mon – Fri 7 am – 4 pm

#### **OSC Staff**

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

#### **Activity Coordinators:**

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

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

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

#### **Advisory Board**

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

#### **Friends Board**

Judy Brewer, President  
Colleen Harvot, Vice President  
Chris Kniep, Treasurer  
Julie Hoyt, Secretary  
Judy Hebert  
Cheryl Freiberg  
Jeff Schettl  
Julie Maslowski

#### **Or mail registration to:**

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

