

THE CURRENT

Have you ever wondered how your risk for falling compares with others? Take the Fall Risk Screening Test to find out! (see pages 14-15 for details)

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

September, 2022, Issue #9



Discover the Offerings at the Oshkosh Seniors Center



FITNESS AND WELLNESS



ART ENRICHMENT



SOCIALIZE AND CONNECT THROUGH TECH

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/
Oshkosh Seniors Center (920) 232-5300

Welcome to the Oshkosh Seniors Center



**OSC will be closed
Monday, September 5**

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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Art Expression (S)

Thursdays & Fridays, September 1-30
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.**



Quilting 104 (S)

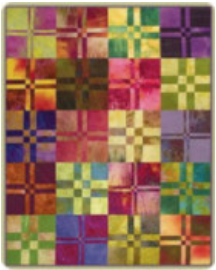
Disappearing 9 Patch
Wednesdays, September 7-21
9-11 am

Instructor: Liz Lahm

Cost: R \$15 / NR \$16.50

Max: 6

Register by Friday, September 2
Payment due upon registration



In this class we will introduce a 9-patch block which will be cut into 4 pieces then rearranged to make a different block. Sashing can be added to complete the quilt top.

When you register, please request a supply list with photo samples of project.

Participants must bring their own sewing

machine and have a good working knowledge of it.

Pattern Stampin' (S)

Wednesday, September 7, 12-2 pm

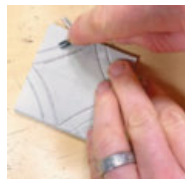
Instructor: Molly Jo Zornow

Cost: R \$20 / NR \$25

Min/Max: 5/15

Register by Wednesday, August 31

Join Molly as you carve a pattern into rubber material to make a stamp. This stamp will then be used to create a pattern on a tote bag and homemade cards! This project is great because when you're finished you will be able to take it home and apply the stamps to other items around the house.



Card Making (S)

Wednesday, September 14, 9:30-11 am

Instructor: Jenny Baier

Cost: R \$5 / NR \$6.50

Min/Max: 2/12

Register by Friday, September 9
Payment due upon registration

Join the fun in making beautiful cards. Using specialty papers, creative stamps, and with guidance of a card making artist, you will be able to make 4 extraordinary cards. Choice of birthday, sympathy, thank you, and fall designs. **Bring own tape runner and scissors.**



Needle Felting (S)

Sandpiper

Monday, September 19, 9:30-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50

Min/Max: 2/8

Register by Thursday, September 15
Payment due upon registration



This month we will be felting a sandpiper. Intermediate level of felting. All material are supplied for you.

Fall Silhouette Lantern (S)

Wednesday, September 21, 1-2:30 pm

Instructor: Jane Wells

Cost: R \$10 / NR \$12.50

Max: 10

Register by Friday, September 16
Payment due upon registration

These lanterns will add just a hint of spookiness or fall to your décor. Using a paint pen, you will trace the image onto the glass and then color it in. Fairy lights inside the lantern give it the special night time glow. You will have patterns to choose from to make one lantern.



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.

Beginner Woodburning Class (S)

Thursdays, September 1-29, 1-3 pm

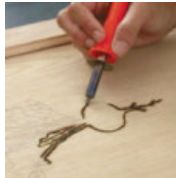
Instructor: Cedric Richeson

Cost: R \$15 / NR \$20

Min/Max: 3/12

Register by Monday, August 29
Payment due upon registration

This class will focus on woodburning fundamentals including safety, equipment, pattern transfer, burning straight lines, curves, circles, shading effects such as stippling, crosshatching. This class prepares you for other OSC woodburning classes. If you have a woodburner, please bring it. A limited number of woodburners are available for use in class, please reserve at registration. No prior experience required.



What's a Witch to Wear? (N)

Tuesdays, September 6-27, 10 am-12 pm

Instructor: Linda Gomach

Cost: R \$30 / NR \$35

Min/Max: 3/6

Register by Tuesday, August 23
Payment due upon registration



How about a hat, boots, and a spider to complete the look! September's class will create a hat and high-heeled, lace-up boots for a wall or door hanging. The well-dressed witch and her spidey pal are a must for Halloween. You will need Woodshop Basic Machine Safety Training to participate in this class.

Pyrography on Paper (S)

Halloween Theme

Tuesdays, September 6-27, 1-3 pm

Instructor: Cedric Richeson

Cost: R \$8 / NR \$10.50

Min/Max: 3/8

Register by Tuesday, August 30

Payment due upon registration

This project adapts pyrography techniques to burn an image of a spooky Halloween night on 140 lb watercolor paper. Color may also be added using watercolor or colored pencils. Heavyweight watercolor paper will be provided. Light Tables will be available for pattern transfer. Students should bring their own woodburning supplies.

Pre-requisite: Pyrography 101 or permission of Instructor.

Bunny Rabbit Carving Class (N)

Mondays, September 12-October 3, 1-3 pm

Instructor: Gene Bengel

Cost: R \$15 / NR \$20

Min/Max: 3/10

Register by Monday, August 29

Payment due upon registration

Join us in creating a beautiful bunny rabbit to add to your wood carving collection. Beginners are welcome in this class!



Basic Machine Safety Training (N)

Fridays, September 16 & 30, 10 am-12 pm

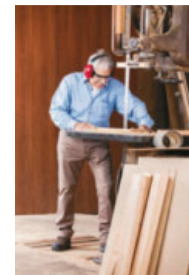
Instructor: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Wednesday, September 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.



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Subsidized taxi service within the city is also available with an ID Card provided by the Oshkosh Seniors Center.



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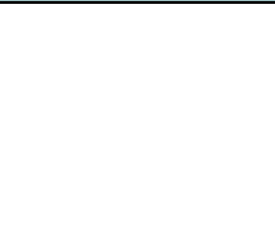
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Oshkosh Senior Center, Oshkosh, WI

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Upcoming Classes

Woodburning (S)

Brook Trout

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

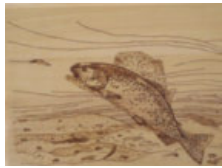
Instructor: Cedric Richeson & Dick Krummick

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.

available if needed.

Wood Crafting (N)

Owl & Cat

Tuesdays, October 4-25

10 am-12 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 a owl on a post, and a cat on a pumpkin!



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. Pre-requisite: Pyrography 101 or permission of Instructor.



Oshkosh Seniors Center

Celebrates National Senior Center month!



We enrich the quality of life for adults 50 and over

Mind

Educational Programming, Classes, Brain Health & Activities that helps develop the mind through learning.

Legal/Financial Presentations
Woodshop Classes
Meditation
Craft Classes
Art Classes
Book Clubs and more!

Body

Active Programming that helps develop the body through physical activity and wellness education.

Exercise Classes
Fitness Center
Personal Training
Line Dancing
Wellness Classes
Nutritional & Healthy Cooking and more!

Soul

Social Programming that helps develop the soul through interaction with peers and meeting new friends.

Music Events
Cards & Games
Ukulele Lessons
Lunch & Dinner Events
Outdoor Games
"Meet Ups"
Trips and more!

Come see what we're all about
Center Hours:
North Building M-F, 7 am-4 pm
South Building M-F, 8 am-4 pm

OSHKOSH SENIORS CENTER
200 & 234 NORTH CAMPBELL ROAD
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Fox Fitness Center (N)

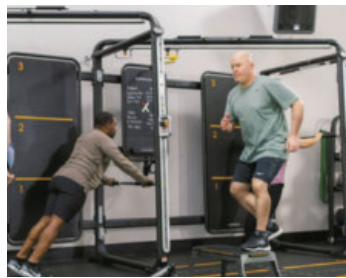
Monday-Friday, 7 am - 4 pm

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.

Cost:

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

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

To schedule your appointment call Alec at 920.232.5320.

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



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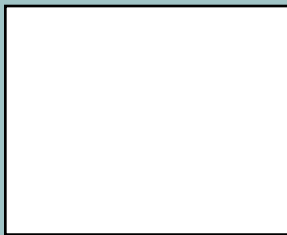
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Fitness Opportunities

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

No class Monday, September 5

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

No class Monday, September 5

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

No class Monday, September 5

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

No class Monday, September 5



FFC 3g (N)

Fridays, September 2-23, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, September 1

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, September 12-26, 8-8:30 am

No class Monday, September 5

Instructor: Alec Jensen

Max: 10

Register by Thursday, September 1

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.

Coming In October

Stepping On
Building Confidence and Reducing Falls

A community-based program for older people

Oshkosh Seniors Center-South
Fridays, October 14-November 18
10:30 am-12:30 pm

Cost: \$20 (Scholarships Available)
Call County Health Department with questions
or to register: 920.232.3000



Walk With Ease? You can do it — we can help.



Arthritis Foundation **Certified.**
Doctor **Recommended.**

Space is limited.
Sign up today!

Walk With Ease
September 12-October 20
Mondays & Thursdays
10-11 am
Cost: \$R \$15 / NR \$16.50
Min/Max: 8/12

Trained Facilitators: Jane Wells & Joanne Murphy-Spice

Register by Tuesday, September 6

Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn
to Walk With Ease!**

11



**Arthritis
Foundation**



Wisconsin Institute
for Healthy Aging

Mindfulness Meditation (S)**Thursdays, September 1-29, 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, September 1 & 15, 1-2:30 pm**

Facilitator: Meredith Schlute, Compassus Hospice

Cost: R \$1 / NR \$1.25 per visit**Register by calling 920.232.5310**

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. **Call 920.232.5310 to schedule your appointment.**

Back Pain & Sciatica (S)

Presenter: Eric Koehler

Tuesday, September 6, 1-2 pm**Cost: Free**

Max: 30

Register by Tuesday, August 30

Discover non-medical options to overcome your painful and limiting lower back and leg weakness or pain. You will learn unique and clinically proven approaches to build strength and confidence in your back (even with arthritis and "sciatica"). Information presented will help you learn about the options available.

**Essential Oils Immune Boosting (S)****Tuesday, September 27, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$10 for one bottle**(\$10 for each additional bottle)**

Max: 15

Register by Friday, September 23**Payment due upon registration**

Each person will make and take home a 1oz plastic spray bottle of our hand/surface sanitizing mist. We will learn how to support the immune system during the winter months. With a good foundation to help the body fight off seasonal threats, including the importance of nutrition.

FREE Blood Pressure Checks**Tuesday, September 13, 10:15-11:15 am (N)****Monday, September 26, 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.

Are You Strong Enough? Slippery Slope of Aging (S)**Wednesday, September 14, 10-11 am**

Presenter: Fox Rehab

Cost: Free**Register by Friday, September 9**

Simply put, the stronger a person is, the more able they are to fully participate in enjoyable activities. We will look at the correlation between strength and balance with functional wellness.

Memory Care Screening (S)**Thursday, September 22, 10:30 am-12 pm**

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, September 20

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 and are held in a one-on-one setting. **Call 920.232.5310 to schedule your appointment.**

Brain Games (S)**Friday, September 23, 10-11 am**

Facilitator: Alec Jensen

Cost: Free

Max: 20

Register by Wednesday, September 21

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.

**A Healthier You (S)****Monday, September 26, 1-2 pm**

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

Cost: Free**Register by Friday, September 23**

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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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984



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

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



Appointments are required for the screening. Call 920.232.5310 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.**

BE PROACTIVE

Exercise can help to Prevent Falls

The Oshkosh Seniors Center offers evidence-based exercise classes that can help reduce your falling risk. Be proactive and get enrolled now!



After your initial balance test we will suggest exercise options 1, 2, or 3.
(Minimum 2 times per week for 6 weeks to see improvements)

1

Tai Chi
Tues & Thu
9:45-10:15

Movement Exercise
Tues & Thu
11-11:45

LifeFitness Circuit
Mon-Fri
7 - 4:00

2

Tai Chi
Tues & Thu
9:45-10:15

Silver Sneakers
Mon & Wed
10:45-11:30

Range of Motion
Mon & Wed
9:15-9:45

LifeFitness Circuit
Mon-Fri
7-4:00

3

Tai Chi
Tues & Thu
9:45-10:15

Life Fitness
& Movement
Tues & Thu
9-9:30

Rapid Movement
M-W
8:30-9:00

LifeFitness Circuit
Mon-Fri
7-4:00

Tai Chi will require standing for a prolonged period

Healthy Feet



Foot care services



**COST: \$24
CALL 920.232.5310 FOR AN APPOINTMENT**

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

Apply for funding by calling 920.232.5301

City of Oshkosh residents in need of financial assistance for vision, hearing and dental



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to place an ad today!
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or (800) 950-9952 x2538



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- Develop Daily Living Skills
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is Important... Call us today! (920) 236-6560*

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WisconsinSeniorMedicarePatrol



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



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Oshkosh, WI 54901
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Rent includes: Heat • Water • Electricity • Cable TV
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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984



Sara's Savory
Samplings



CALICO BEANS

SERVINGS: 8

PREP TIME: 15 MIN

COOKING TIME: 45 MIN

INGREDIENTS

1 can pork & beans, drained	1/2 lb bacon, chopped, cooked and drained
1 can kidney beans, drained	1/2 C ketchup
1 can butter beans, drained	1/2 C brown sugar
1 can lima beans, drained	2 T vinegar
1 can crushed pineapple	4 T molasses
1 lb ground beef, browned & drained	2 small onions, chopped
	dash of worchestershire sauce

DIRECTIONS

Mix all ingredients and bake at 350 degrees for 45 minutes.

Calico beans are a popular side dish, in part because they take much less time than traditional baked beans. There are many recipes, but this one is slightly different with the addition of crushed pineapple.



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, September 12, 19, and 26
9 am, 10:15 am, 11:30 am, 12:45 pm

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

Wednesdays, September 7, 14, 21, and 28
9 am, 10:15 am, 11:30 am, 12:45 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310

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.

One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library online services. She is very tech savvy so don't hesitate to set up an appointment with her on any technology challenges you are experiencing.

Mondays, September 12, 19, and 26
9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310



Join us for puzzle frenzy

Oshkosh Seniors Center - South

Come join in on the competition while beefing up your brain health! Working puzzles improves mental speed and short-term memory.

We will have teams of 3 compete to see who can build a **500 piece puzzle the fastest.**

**THURSDAY, SEPTEMBER 1, 12:30PM
REGISTER BY THURSDAY, AUGUST 31**

No charge - Prize for the fastest team

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.**



Oshkosh History (S) Wednesday, September 7, 10-11:30 am Presenter: Randy Domer

Cost: Free

Max Capacity: 35

Register by Tuesday, September 6

Join local historian, Randy Domer, as he discusses special locations in Oshkosh History: The Orphanage, Smith Ice Cream, and Lake Winnebago...or Loch Ness?

This program is in collaboration with Learning In Retirement.



Elder Benefit Specialist (S) Wednesdays, September 7-28, 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, September 7-28 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 many 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, September 9-30, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/20

**Register by Wednesday, September 7
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, September 9-30, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, September 7
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, September 12, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Thursday, September 8

Come for a fun afternoon of bingo!

Prizes sponsored by EdenBrook.



Adventures in Investing (S)

**Wednesdays, September 14-October 19
6-7:30 pm**

Presenter: Jeff Kemp, Financial Educator

Cost: Free-Donations to Center accepted, please give as you are able

Max Capacity: 75

Register by Monday, September 12

Call 920-232-5300

This session is open to all ages. Do you have family members who you think would benefit from learning more about investments? Introducing investing to your grandchildren might be one of the wisest decisions you make. Jeff Kemp, a Financial Educator from Oshkosh, will discuss "no load commission free stock and bond mutual funds", how the actions of the Federal Reserve



affect the economy and eventually your investments. Any questions you have about investing in 401K, IRA's or 403B's will also be addressed. New and current information will be shared; past participants welcome!

Scams & Frauds Targeting Seniors (S)

Thursday, September 15, 10-11:30 am

Presenter: Jeff Kersten, WI Bureau of Consumer Protection

Cost: Free

Max Capacity: 35

Register by Tuesday, September 13

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available.

Addiction Medical Solutions (S)

Tuesday, September 20, 1:30-3 pm

Presenter: Jim Reider, AMS Wisconsin

Cost: Free

Max Capacity: 35

Register by Friday, September 16

AMS provides medication assisted treatment in addition to counseling services designed to improve the quality of life of those suffering from addiction. Learn about AMS' services as well as training and building awareness to the use of Narcan. **This program is in collaboration with Learning In Retirement.**



Monarch Migration (S)

Wednesday, September 21, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

Min/Max: 10/75

Register by Monday, September 19

Monarch migration is in full swing and Rob Zimmer will present an amazing program on this annual natural wonder and ways you can bring Monarchs to your own backyard.



Brewers vs Mets Watch Party (S)

Wednesday, September 21, 1-3 pm

Cost: R \$3 / NR \$4

Register by Friday, September 16

Join us in your Brewers gear to watch the Brewers game vs the Mets! We will have an ice cream bar & pecan cookies for National Pecan Cookie Day!

Powerful Experiences with Virtual Reality (S)

Thursday, September 22, 1-2 pm

Instructor: Dr. Amy Knepple Carney, UW-Oshkosh Psychology Department

Cost: Free

Min/Max: 3/10

Register by Tuesday, September 20

Are you ready to experience something new? Dr. Knepple-Carney will discuss how virtual reality can be used to help increase well-being. There are times we can't travel and virtual reality will give us an opportunity to visit places we have always wanted to see.



Dr. Knepple-Carney will bring in virtual reality goggles for everyone to try. This is an opportunity you don't want to miss!

Family Cottage Estate Plan (S)

Friday, September 23, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, September 21

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

Representative Hintz Office Hours (S)

Friday, September 23, 10 am-12 pm

Cost: Free



State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Representative Hintz is dedicated

to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share what's on your mind with Gordon.

Eat & Greet (S)

Wednesday, September 28

11:30 am-12:30 pm

Cost: \$10

Max: 50

Tickets available August 29—September 21

It's Oktoberfest... join us for a German themed lunch which will include snappy cocktail meatballs, German cucumber salad, Oktoberfest casserole, a cold root beer, and apple cake for dessert.



Popcorn & A Movie (S)

Wednesday, September 28, 1-2:30 pm

Cost: Free

Min/Max: 2/30

Register by Monday, September 26



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 Other Mrs." by Mary Kubica

Thursday, September 29, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 20

Register by Thursday, September 8

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

Sadie & Will Foust have only just moved their family from Chicago to small-town Maine when their neighbor is found dead in her home. The murder rocks their tiny coastal town, but no one is more shaken than Sadie, who is terrified by the thought of a killer in her very own backyard. As the eyes of suspicion turn toward the new family in town, Sadie is drawn deeper into the mystery of death. The more she learns, the more she begins to realize just how much she has to lose if the truth ever comes to light. By Mary Kubica



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!

Display Cabinet

We want to see your collections! Do you have a hobby or collection you would be willing to have on display for a month at the Center? We are taking reservations for displays. The cabinet is a locking unit and is located in the South building near the Willows. Interested in learning more?

Contact Leah Hackmaster at 920.232.5303

LET'S GET SOCIAL

R \$.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

Mahjongg, 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 September 16)



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





COOKING MATTERS

CHAT & CHOP (S)

Wednesday, September 14, 9:45–11:45 am

Instructor: Kerry Wolfe

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

Register by Thursday, September 8

Payment due upon registration

This month we'll feature no-bake desserts. We will be making peaches 'n cream lasagna, crunch bars, and no-bake oatmeal cookies. So tie on those aprons and join us for good recipes and enjoyable conversation.



COOKING WITH ALEC (N)

Friday, September 16, 10:30–11:30 am

Instructor: Alec Jensen

Cost: R \$6 / NR \$8 Min/Max: 2/15

Register by Wednesday, September 14

Payment due upon registration

Want to 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 there is in a healthy diet. Samples will be provided. Bring a pen and paper to take notes!

TWO EXCITING EVENTS PRESENTED BY SELECTIVE SHOWS LLC

"Mark Twain Revisited"
with Parker Drew



Saturday, October 1ST
2 pm Matinee, 7 pm Evening Performance
The GRAND OSHKOSH
100 HIGH AVE. *Victorian dress is greatly welcomed.*

A portion of the profit will be donated to the Oshkosh Seniors Center.

For more info including tickets visit, TheGrandOshkosh.org



- * 500 Active Adults, Retirees & Caregivers
- * 85+ Senior Product & Services Exhibitors
- * Informative Seminars
- * Health Screenings
- * Door Prizes & Giveaways

Tuesday, October 4TH
9:00 am - 1:30 pm • 1 hr. Coffee @ Opening
OSHKOSH CONVENTION CENTER • 2 N. MAIN ST.
GRAND PRIZE DRAWING FOR A 42" HIGH DEFINITION LED/TV
FREE ADMISSION & PARKING

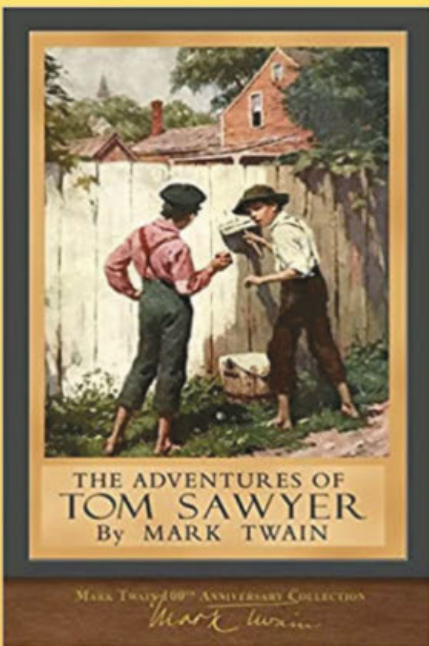
Community Partners



Flu & Vaccine Clinic by



For Expo, Seminar & Exhibitor info visit, TimeOfYourLifeExpo.com



**Mark Twain:
His Amazing Adventures
Documentary (S)**

Tuesday, September 20, 1-2 pm

Cost: Free

Register by Friday, September 16

The irresistible life story of the author who gave the world Tom Sawyer and Huck Finn. This documentary follows Mark Twain's journey from steamboat pilot to miner to failed inventor to acclaimed lecturer. After viewing the documentary, we will visit with Parker Drew, solo performer of "Mark Twain Revisited".



Coming to The Grand Oshkosh

"Mark Twain Revisited"

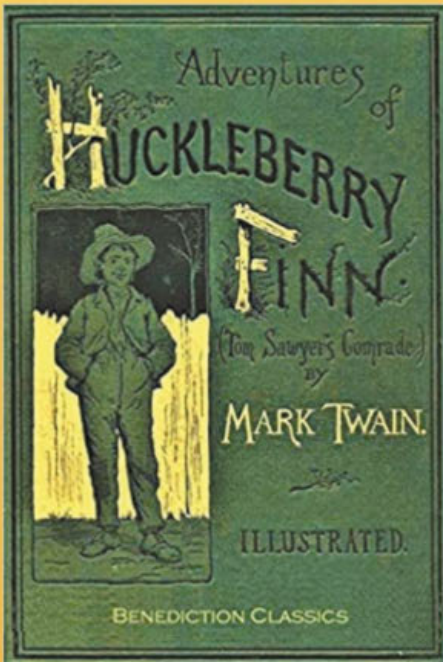
with Parker Drew

Saturday, October 1

2 pm Matinee, 7 pm Evening performance

Tickets available at The Grand box office or online at www.thegrandoshkosh.org

A portion of the proceeds will be donated to the Oshkosh Seniors Center courtesy of Selective Shows -Producer of Senior Expo-Tuesday October 4



Eat & Greet (S) Oktoberfest Style

Wednesday, September 28, 11:30 am-12:30 pm

Serving at 11:30 am

Cost: \$10

Tickets available

August 29-September 21

Join us for a German themed lunch!

Menu:

Snappy Cocktail Meatballs

German Cucumber Salad

Oktoberfest Casserole

Apple Cake Dessert

and a cold Root Beer!

200 North Campbell Road Oshkosh

920.232.5300



Thank
you...

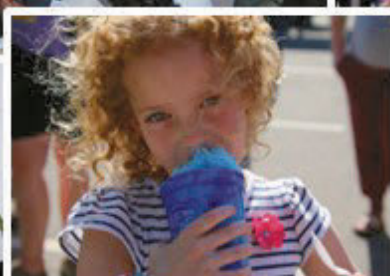
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FABULOUS 2022
FOOD TRUCK FRIDAY
SPONSORS, VENDORS, VOLUNTEERS, AND ATTENDEES!**



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helps us achieve our mission
of supporting the
Oshkosh Seniors Center
and those who use
its programs and services!*



- NETWORK HEALTH
- Sweetwater Performance Center and Care Partners
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- Mark & Susie's Piggly Wiggly
- Wisconsin Public Service Foundation
- State Farm/Shawn Dockry
- Suttner Accounting
- Amcor Cares
- 4imprint
- Menasha Corp
- Cumulus Radio
- The Oshkosh Herald



Friends of the Oshkosh Seniors Center

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

Discovering Hidden Gems

Date: September 15-16

Cost: \$180 pp double \$215 single (\$20 non-refundable deposit)

Final payment due August 25

Depart: 9 am Return: 4 pm

We start with a drive up north & a stop in Townsend for a break & lunch on your own. Next is a tour of "The Farm" with agricultural equipment & organically raised bison, pigs & chickens. The Farm produces maple syrup & honey, available on sight. Then we visit the re-opened Potawatomi Museum before checking into the Mole Lake Casino & Lodge. In the early evening, we will enjoy music & entertainment at The Big Easel in Wabeno. Outside a Lumber Baron's house, the play is on a stage in front of the old carriage house. After the music, we return to the Mole Lake Casino & Lodge for the night. Enjoy the casino, pool, or breakfast on your own in the morning. After check-out, we leave for a grilled lunch at the beautiful McCauslin Brook Golf Course. The end of the tour includes a personalized tour of the Holt & Balcom Logging Museum.

Guides: Ginnie Riley & Donna Landers



For questions call 920.232.5312

Beautiful Vermont

Date: September 24-October 2

WAIT LIST ONLY

This magnificent Fall Colors Trip highlights include Erie Maritime Museum, Shelburne Outdoor Museum, Church Street Market, Dinner Cruise on Lake Champlain, Rock of Ages Granite Quarry, Morse Farm Sugar Works, Cold Hollow Cider Mill and majestic Niagara Falls.



Guides: Donna Landers & Betty Litjens



When sending payment in the mail be sure to include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____

Winnebago Senior Tours

Fall-ing in Love with Waupaca

Date: Thursday, September 29

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

Final Payment due September 8

Depart: 8 am **Return:** 6:30 pm

The fall beauty of Waupaca awaits you. We will start our journey at the Red Mill. The 2.5-story frame mill was built in 1855 to grind grain for Little Hope and Waupaca farmers. Today the mill hosts a gift & ice cream shop, a covered bridge, and a small Chapel in the Woods. We will feast on a Thanksgiving lunch with all the fixings at Waupaca Woods Restaurant. Next is Clearwater Harbor and a 2-hour cruise on the beautiful Chain O' Lakes. Destination includes The Cottage Garden Farm, filled with home & garden décor, gifts, clothing, jewelry, and a year-round Christmas shop. We cannot forget Turner's Market. This family-owned business carries seasonally fresh produce, plants, decorations, and local gourmet products. Feel free to purchase a colorful mum or pumpkin to take home.
Guides: Cindy Paffenroth & Cheryl Freiberg



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, 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 combo baskets. When signing up, make sure you give us your date of birth for the casino manifest.

Guides: Donna Landers & Betty Litjens



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



We Need Your Help!

Have you thought of becoming a tour guide and helping at the Tour Desk? If you enjoy working with people, this could be your opportunity. Stop at the Tour Desk during regular hours and get an application to volunteer!

Winnebago Senior Tours

Old World Christmas Market & Kristmas Kringle Shoppe

Date: Wednesday, December 7

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

Final payment due November 16

Depart: 9:15 am Return: 4:30 pm

A motorcoach ride takes you to a nostalgic Christmas Market in a heated tent at the Osthoff Resort in Elkhart Lake. Over 70 vendors with various ethnic wares, and authentic food. On the way home, we stop at the Kristmas Kringle Shoppe in Fond du Lac to round out a day of revisiting memories and creating new ones.



Guides: Ginnie Riley & Donna Landers

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 adaption features 17 Irving Berlin songs.



Two WWII Army Veterans with a successful song-and-dance act following a duo of beautiful singing sisters to their Christmas show

at a Vermont lodge. Enjoy 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 there.

Guides: Laurie Peach & Pat Heyer

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

UPCOMING TRIPS

Casino
overnight and day

The Fireside - Ft. Atkinson

PAC - Appleton
Cats
Ain't Too Proud
Hamilton

A Few of the Day Trips
Around the Lake
Tribute to Veterans

Over the past few months both gas and food prices have increased. Be assured, the WST always strives to be cost effective.

These are just a few of the tours!
WST Volunteer Guides are working hard!
There are more tours to be announced!



Friends of the Oshkosh
Seniors Center
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**The Oshkosh Seniors Center is working
to enrich the quality of life
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Oshkosh Seniors Center

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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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