

THE CURRENT



September 2023, Issue #9

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



Discover the Offerings at the Oshkosh Seniors Center



FITNESS AND WELLNESS



**EDUCATION AND ART
ENRICHMENT**



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/
Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center

September is Fall Prevention Awareness Month

The Oshkosh Seniors Center is here to help you avoid falling! Your journey can start with a conversation with our Fitness Coordinators Alec Jensen and Kayla Stankowski.



HOUSING **LEARNING** **HEALTH** **FINANCE** **LEISURE**

IT'S THE *Time of Your Life*

OSHKOSH SENIOR EXPO
OSHKOSH CONVENTION CENTER
TUES. OCT 3, 2023 9am-1pm

- A Public Expo for Active Adults, Retirees, Veterans and Caregivers
- 400 Attendees with 75+ Exhibitors of Senior Products & Services
- Free Admission, Health Screenings, Speakers, and Door Prizes

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For more information: TimeOfYourLifeExpo.com | (920) 966-9199

WHAT'S IN THIS ISSUE?

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

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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



Get tickets
early
Event will
sell out!

**Advance Tickets on sale
September 1-October 4
Oshkosh Seniors Center**
No ticket sales at door

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

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

Art Expression (S)

Thursdays & Fridays, September 1-29
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 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, September 5-26, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Register by Thursday, September 1
Payment due upon registration

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

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

Quilting Foundations (S)

Building Quilting Skills-Basic Samplers

Wednesdays, September 6-27, 9-11:30 am

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50

Min/Max: 3/10

Register by Tuesday, September 5
Payment due at time of registration

In this class we will work on 2 basic samplers focusing on the importance of your sewing environment, fabric and machine preparation, cutting and piecing accuracy, and fussy cutting. Establishing good habits will serve you long into the future and make quilting a more fun activity.

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). This book will be used for several months.



Intermediate Stained Glass (S)

Floral Panel

Wednesdays, September 6-27
10 am –12 pm

Instructor: Marla Tonn

Cost: R \$35/NR \$40

Min/Max: 3/6

Register by Tuesday, September 5
Payment due at time of registration



This class is for those who have some experience in the art of stained glass. Finished piece is approximately 10 X 8. Price includes all supplies needed for class.

Fall Wreath

Monday, September 18, 9am–12 pm

Instructor: Kerry Wolfe

Cost: R \$10/NR \$11.50

Min/Max: 2/10

Register by Wednesday, September 6
Payment due upon registration

Fall is in the air... Need a new decoration for the home or in need of a gift? Come and sign up to make a fall wreath similar to the one in the picture. We will be using a pizza pan and embellishments. All materials and supplies are provided.



Needle Felting with Stencils (S)

Monday, September 25, 9 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$10/NR \$11.50

Min/Max: 2/10

Register by Wednesday, September 20
Payment due upon registration

We will be using stencils to create a design on felt or linen. If you have your own design you would like to use, please bring it with you to class.

All supplies and materials will be provided to complete your project. Project similar to the one shown.



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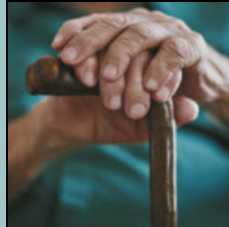


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Seniors age 60 and older ride GO Transit buses for the lowest fare in the City.

Call 920.232.5340 for info about your mobility options.

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



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Oshkosh Senior Center, Oshkosh, WI

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Block Printing (N)

Tuesdays, September 5-26, 1-3 pm

Instructor: Linda Gomach/Diane Curtis

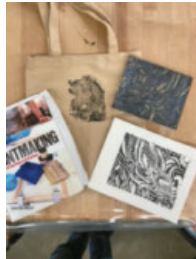
Cost: R \$25/NR \$30

Min/Max: 3/6

Register by Thursday, August 31

Payment due upon registration

Using pieces of basswood, impressions are cut into the wood. Once the impression is made, ink is applied and can be transferred to a canvas tote, cards, or cardstock suitable for framing. No experience necessary. All materials supplied.



Woodshop Guided Hours (N)

Wednesdays, September 6-27

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.

Pumpkin Decoration (N)

Thursdays, September 7-28

10 am –12 pm

Instructor: Don Schettl/Richard Krummerick

Cost: R \$25/NR \$30

Min/Max: 3/6

Register by Thursday, August 31

Payment due upon registration

Join our instructors to create this pumpkin trio perfect for displaying during the fall. You will get step by step guidance while using the bandsaw and sanders to create this project. Project will be painted and sealed.

Basic Machine Safety Training is required for participation in this class.



Power Tool Carving (N)

Mondays, September 11-25, 8 am-12 pm

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

Register by Thursday, September 7

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.**

Basic Machine Safety Training (N)

Fridays, September 22 & 29, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, September 15

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.

Upcoming

Beginner Carving (N)

Hound Dog

Mondays, October 2-30, 1-3 pm

Instructor: John Goheen

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.



Beginner Woodburning Class (S)

Thursdays, October 12-Nov. 9, 1-3 pm

Instructor: Cedric Richeson/Dick Krummerick

Cost: R \$15/NR \$20 Min/Max: 3/12

Register by Monday, October 9

Payment due upon registration

See October newsletter for details

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.



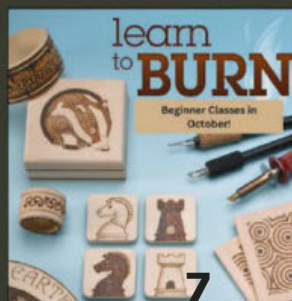
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Demos



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September 19 - October 31 | Tuesdays 10:30 am - 12:30 pm

Oshkosh Seniors Center

200 N Campbell Rd. (South Building)

For more information or to register call the
Winnebago County Health Department
920-232-3000

SUGGESTED DONATION OF \$15 FOR THE SESSION

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

No class Monday, Sept. 4

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

No class Monday, Sept. 4

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, Sept. 4

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

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 starting Sept. 14

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: 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, September 11 & 25
Tuesdays, September 5, 12, & 26
12:30-1:30 pm

No class Sept. 4, 18 & 19

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.

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!

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.

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.

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.



BRAIN FITNESS FAIR

Watch October
newsletter
for date!



COMMUNITY PARTNERS

- Meet our Community Partners
- Win prizes
- Learn about brain health

BREAKOUT SESSION



- Listen to Experts in the Field of Brain Health for these quick 30-minute presentations
- Presentation at 10:15 am and 10:45 am

KEY NOTE SPEAKER



- Join us for our Special Guest Speaker
- 1 Hour Premiere Presentation
- 11:30 am - 12:30 pm

BRAIN FOOD



- Health foods and refreshments available for purchase

PRIZES



- Enter to Win Door Prizes
- Prizes will be drawn at the end of the event

National
YOGA

Awareness Month
September 2023



The Benefits of Yoga (S)

presented by Kayla S.

Tuesday, Sept. 19, 1:30-2:30PM

A Pose-a-Day Challenge

September 1-29

To participate, pick up information and tracking sheet at North desk

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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.

**Cooking w/Alec (N)****Apple Dump Cakes****Friday September 22, 1-2 pm**

Presenter: Alec Jensen

Cost: R \$6/NR \$7.50

Max: 15

Register By Tuesday, September 19

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.

**FREE Blood Pressure Checks****Thursday, September 7, Noon-1 pm (S)****Tuesday, September 12, 10:15-11:15 am (N)****Thursday, September 21, Noon-1 pm (S)****Monday, September 25, 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.

Over Come Knee Weakness & Pain (S)**Monday, September 11, 10-11 am**

Presenter: Physical Achievement Center

Cost: Free**Register By Friday, September 8**

Discover all of your non-medical options to overcome your painful and limiting knee weakness and pain. You will learn unique and clinically proven approaches to build strength and confidence in your knees (even with arthritis and "bone on bone").

**Brain Aerobics (S)****Monday, September 11, 1:30-2:15 pm****Register by Thursday, September 7****Monday, September 25, 1:30-2:15pm****Register by Thursday, September 21**

Presenter: Kayla Stankowski

Cost: Free

Connect with others and keep your brain fit! Each session will be unique, and include an interactive presentation focusing on different functions that our brain controls. Come prepared to get a brain workout while challenging your memory, hand/eye coordination, reaction time, and more!

A Healthier You (S)**Monday, September 25,****1-2 pm**

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

Cost: Free**Register by Friday, September 22**

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

Essential Oils**Fall Party Hosting Prep (S)****Tuesday, September 26, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: Free**Register by Friday, September 22**

Join Jeanne and get prepared for hosting fall parties. Learn how to use essential oils in snacks and drinks, get recipes for fall diffuser blends to make your home smell like the season, and discover how to preserve your jack-o-lantern creations longer.

Medicare Fraud: Things to Know (S)**Thursday, September 28, 1:30-2:30 pm**

Presenter: Senior Medicare Patrol

Cost: Free**Register by Thursday, September 27**

Did you know that Medicare loses billions of dollars each year due to fraud, errors, and abuse? Think it can't happen to you? Think it doesn't happen in Wisconsin? Unfortunately it could, and it does. Learn more about how you can protect, detect, and report Medicare-related fraud with the help of Wisconsin's Senior Medicare Patrol.



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, September 7 & 21, 1-2:30 pm

Monday, September 18, 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, September 7-28
11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email:
info@foxvalleymemoryproject.org

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

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, September 28, 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 The Oshkosh Seniors Center has copies of their directory located in our resource room.

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valleyvna.org | 920.727.5555 | Neenah, WI



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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

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SMP
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Preventing Medicare Fraud



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

Heritage Court
A Senior Community

600 W. Packer
Oshkosh, WI 54901
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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



What is Canva?

Learn about using CANVA. It's an easy to use graphic design program. During the class we will learn how to make a Thanksgiving card and set up a FREE account.

.....

Tuesday, September 19

10:00 am

FREE (South Bldg.)

Must Register

920.232.5300

Connect Through Tech



Stay Connected to Age Well

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.

Mondays, September 11, 18, and 25
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, September 5, 12, 19, and 26
9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, September 6, 13, 20, and 27
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, September 11, 18, and 25
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





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THE OSHKOSH
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Bobbie Jo Nagler
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920.232.5301**



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Community Partners ...



For more information: TimeOfYourLifeExpo.com | (920) 966-9199

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.

Elder Benefit Specialist (S)

Wednesdays, Sept. 6-27, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) 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 (S)

Wednesdays, September 6-27

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 ARE BACK!

NO PRIOR MUSIC EXPERIENCE NECESSARY . . .

. . .

Beginner Ukulele (S)

Fridays, September 1, 15, & 22

11 am-12 pm

Cost: R \$30/NR \$35

Instructor: Joe Wiedenmeier

Register by Wed., August 30

Payment Due Upon Registration

Intermediate/Advanced Ukulele (S)

Fridays, September 1, 15, & 22

11 am-12 pm

Cost: R \$30/NR \$35

Instructor: Aaron Baer

Register by Wed., August 30

Payment Due Upon Registration

Beginner 2 Ukulele (S)

Fridays, September 1, 15, & 22

12:10 pm-1:10 pm

Cost: R \$30 / NR \$35

Instructor: Aaron Baer

Register by Wed., August 30

Payment Due Upon Registration . . .

. . .

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

Golden Tones Chorus (S)
Mondays, September 11-December 4
1:30-3 pm (13 week session)

Director: Paula Steinert
 Accompaniment: Marshall Potter
Cost: R \$40/NR \$45
 Min/Max: 25/50

Register by Thursday, September 7
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 for 13 weeks 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.



**Chat-N-Chop-
 Homemade Pasta (S)**
Tuesday, September 12, 9:45-11:45 am

Instructor: Kerry Wolfe/Jane Stenerson
Cost: R \$10/NR \$11.50
 Min/Max: 2/8

Register by Wednesday, September 6
Payment due upon registration

In this episode of Chat N Chop, we will be making three types of homemade pasta: tomato, spinach and regular. Want to learn? Come join us to learn how to make pasta.

Tuesday Morning Football Talk (S)
Tuesdays, September 12-26
9:45-11 am

Presenter: Brett Ryan
Cost: Free
 Min/Max: 2/12

Register by Monday, September 11
BRING YOUR OWN COFFEE

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.



Adventures In Investing (N)
Tuesdays, September 12-October 17
6-7:30 pm

Presenter: Jeff Kemp
Cost: Free-Donations to the Center greatly appreciated
 Min/Max: 10/75

Register by Monday, September 11

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! Program will be available in person as well as virtually. Please make sure the Center has your correct email address on file.



**New time- 3rd
 Wednesday of the
 month!**

Wednesday, September 20
2-3:30 pm
Cost: Free

Register by Monday, Sept. 18
920.232.5300

Held at OSC South Building



Baseball Day (S) Brewers vs. Cardinals on TV Thursday, September 21, 12-3pm

Instructor: Brett Ryan

Cost: \$10 for food

Min/Max: 5/30

Register by Tuesday, September 19
Payment due at time of registration

Come cheer on your Milwaukee Brewers, as they take on the Cardinals in a push for the playoffs late in the season. TV viewing with food provided with the \$10 fee will include popcorn, soda, hot dogs, and burgers.



Eat & Greet—Oktoberfest (S)

Wednesday, September 27


Serve at 11:30 am

Cost: \$12.00

Min/Max: 2/50

Tickets available August 30—September 21


Its Oktoberfest Time! Come join us for Pulled Pork Sauerkraut, German Potato Salad, Soft Pretzels, and Apple Strudel for dessert. We will also have Root beer and Non Alcoholic Beer. Come join us for the fun!




DONUTS & ELDER LAW

TRUSTS 101 (S)
Friday, September 22
10-11 am
Free

Presented by: Attorney Joseph McCleer

Register by September 20 

Free Coffee & Donuts!



Popcorn & A Movie (S)

Wednesday, September 27 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, September 26

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)

This Tender Land by William Kent Krueger

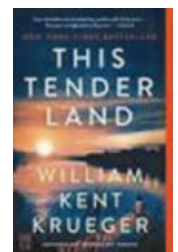
Thursday, September 28, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Thursday, August 31

Summer of 1932, the Lincoln Indian Training School is a pitiless place where Native American children are sent to be educated. It is also home to Odie and his brother Albert, the only white faces among hundreds of Native American children. After a terrible crime, the boys are forced to flee for their lives... over the course of one forgettable summer their journey takes them into the unknown. Intrigued? Join Book talk today.



Rep. Palmeri Office Hours (S) Friday, September 22, 10 am-12 pm

Madison Office:

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



Fun &
Laughs

Oktoberfest Eat & Greet

Trivia

This day, we're all German! Come join the fun!

Wednesday, September 27

Serving at 11:30 am

Tickets: \$12

Tickets on sale August 30-September 21

Special Menu:

Soft Pretzels

Pulled Pork, Slaw, German Potato
Salad, Apple Dumpling Dessert

Root Beer & Non-Alcohol Beer (1 per person)



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.



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



CELEBRATING THE SEASONS IN SONG

Oshkosh Seniors Center (S)

Pianist Sheri Tipton invites you to a Sing Along

Thursday, Sept. 21, 1:30 pm
Free
Register by Sept. 19

Travel through the seasons singing some of your favorite weather-related songs. Sheri is on the grand piano to share beautiful melodies and memories.



Some of the songs included are:

- Autumn Leaves
- Winter Wonderland
- Raindrops Keep Fallin' on My Head
- Sunshine on My Shoulders

Cribbage

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

Need a spot to play with Friends? Open Cards & Games

Grab your friends, pick a time to meet and come play
 Mondays and Thursdays, 12:30-3:30 pm

Chicken Foot Dominoes

Tuesdays, 8:30-11:30 am

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, Mahjongg

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

Healthy aging starts with you and help from the Center !



What can you do to stay independent?

Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. This includes changes in your mobility—your ability to get around.

It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do—like driving, shopping, or doing household chores.

There may be a time when you still need to get around, but can no longer drive.

You might not have mobility problems now, but you could in the future. You may even know others who already do—perhaps a parent, relative, friend, or neighbor. While it may not be possible to prevent all of these changes, there are actions you and your loved ones can take today, and as you age, to help keep you safe and independent tomorrow.

MySelf

A plan to stay independent



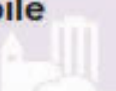
MyHome

A plan to stay safe at home



MyNeighborhood

A plan to stay mobile in my community



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

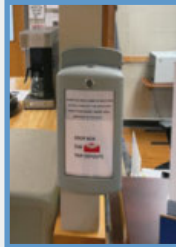
Make a plan today.
Stay independent tomorrow.

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**

Wine & Harvest Fest

Date: Saturday, September 16
Cost: \$55 (\$20 non-refundable deposit)
Depart: 9am Return Approx 5:30pm
High activity level trip

Come celebrate a sweet and savory day at the 50th annual Wine & Harvest Festival in historic downtown Cedarburg. You will have hours to enjoy arts and crafts from local artisans and vendors, amazing food and drinks, and enjoy the Pumpkin Regatta, a Grape Stomp, live music and much more. After an exciting few hours on your own, you will return to the bus parking area for your trip back to Oshkosh as you share experiences and memories with your friends.

Guides: Cathy Koch and Ginnie Riley



9/16-9/17/23

The Other Side of the Lake

Date: Thursday, September 28
Cost: \$120 (\$20 non-refundable deposit)
Depart: 8am Return Approx 7pm

We will be spending a full day tasting and eating our way around the lake! Sit back and enjoy the autumn colors as we travel on the eastern side of Lake Winnebago.



Stops include:

Vern's Cheese-Main Street, Chilton
La Clare Creamery County HH, Malone
Ziegler Winery- US Hwy 151, Malone
The Little Farmer- US Hwy 151, Malone

There will be opportunities to shop for cheese, wine, apples, pumpkins, goat products and gift options. Our final stop will be dinner at the popular Schwarz's Supper Club in St. Anna.

Guides: Cheryl Freiberg & Pat Heyer

Cranberry Tour—Warren, WI

Date: Tuesday, October 10
Cost: \$90 (\$20 non-refundable deposit)
Depart: 7am Return: Approx 6pm

Come learn about Wisconsin's cranberry industry. We will tour the Weatherby Cranberry Farm, founded in 1903. Jim and Nodji Van Wychern 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 including chicken salad sandwiches, and cranberry ice cream. Our day will end with a visit to Bog's Edge Brewing, located in Warren where we will sample a variety of hand-crafted beers brewed on site.

Guides: Cindy Paffenroth and Cathy Koch

Winnebago Senior Tours

Pretty Woman

The Performing Arts Center-Appleton

Date: Tuesday, October 24

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

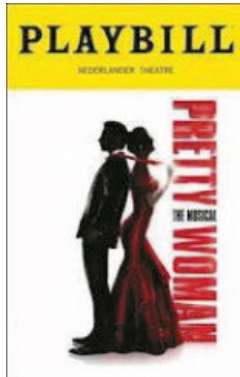
Depart: 6pm—

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

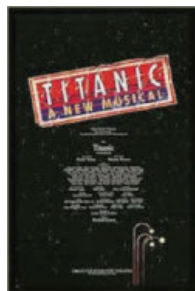
Date: Thursday, October 26

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

Depart: 7:45am 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



Lake of the Torches Casino

Date: Sunday/Monday Nov 12-13

Cost: \$110/\$140

(\$20 non-refundable deposit)

Depart: 9:30am

Return Monday Approx 4:30pm

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: Friday, November 17

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

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

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



Winnebago Senior Tours

Milwaukee Christmas

Date: Monday, November 27

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

Depart: 7:30am Return Approx 5pm

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.



Southern Italy & Sicily

Date: April 26-May 10, 2024

Cost: \$5998 Double

Guide: Cheryl Freiberg

Book prior to Oct 27, 2023 for best pricing

Watch for more information

to come! But for now, 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



Scrooge The Musical

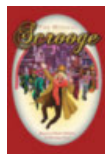
The Fireside Theatre—Fort Atkinson

Date: Thursday, December 14

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

Depart: 7:45am Return: Approx 6pm

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, enjoyment of travel. Guides also need to be flexible and enjoy working with other travelers.



Tina ... the Tina Turner Musical

The Performing Arts Center-Appleton

Date: Wednesday, April 17, 2024

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

Depart: 6pm

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



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

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____

Traveling with: _____

Food choice if appropriate: _____

Friends of the Oshkosh Seniors Center

Thanks A Bunch!

On behalf of Friends of the Oshkosh Seniors Center, we wish to extend our most sincere gratitude for your generous support and sponsorship of our 2023 Food Truck Fridays.



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Donations may be directed to:
Friends of the Oshkosh Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423





Friends of the Oshkosh
Seniors Center
200 N Campbell Rd
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**The Oshkosh Seniors Center is working
to enrich the quality of life
for adults 50 and over.**

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

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

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

