



# The Current

February 1, 2021

ISSUE #2

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A Monthly Publication of the Oshkosh Seniors Center supported by The Friends of the Oshkosh Seniors Center, Inc.



*Never forget  
that the most  
powerful force  
on Earth is  
LOVE*

*Nelson Rockefeller*

# WELCOME TO THE *Oshkosh* SENIORS CENTER

## **A change in the OSC Weather Policy**

*If the weather outside is frightful...*

Due to COVID-19 and the question of schools being in session, the Oshkosh Seniors Center will continue to follow this weather closure policy: When the School District closes schools due to inclement weather the Center will also close. If the district is in **virtual session**, management will make the decision to close the Center.

Please keep in mind this is for the safety of both participants and staff. **Be sure to watch WBAY news (Channel 2) or check Facebook for updates on the latest closings.**



**Please be aware that while we are trying to move forward with additional programming, the Covid-19 situation remains a fluid one. This means that while we will make every effort to hold programs listed in this newsletter, if the Center gets directions otherwise, we might postpone some offerings.**

**Face Coverings are required for all activities and classes at the Center**



## **2021 ADRC Resource Directories Now Available!**

This directory will provide you with the most up-to-date information about the services and programs in our area.

It is intended to serve as a starting point for accessing services in Winnebago County.

**Directories may be picked up in the entryway of the North building between 7 am-3 pm Monday-Friday**

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

Announcements  
In Person Programming  
Make & Take Projects  
Fitness/Exercise  
Wellness  
Recipe  
Puzzle Fun

Page 2  
Page 3-6  
Page 7  
Page 9-14  
Page 15-18  
Page 19  
Page 20-21

Connect Through Tech  
Virtual Programming  
Valentine Drive Through  
Miscellaneous Programming  
Friends of OSC  
Winnebago Senior Tours

Page 22-23  
Page 24-26  
Page 27  
Page 28  
Page 29  
Page 30-31

# In-Person Programming

**Building: North (N) South (S)**



Please note, going forward **all programs and activities** at the Oshkosh Seniors Center **require advanced registration**. You can register online at [schedulesplus.com/oshkosh/kiosk](https://schedulesplus.com/oshkosh/kiosk), or by calling the Center at **920-232-5310**. Payments for class can be made via check made out and mailed to: OSC, 200 North Campbell Road, Oshkosh WI 54902

We will practice social distancing at all programs and **face coverings are required** while in the Center. **To allow for safe transitioning and cleaning time between programs, please do not arrive more than 5 minutes before your class/activity begins.**



## Write-A-Story Game (S)

**Tuesday, February 2, 10-11 am**

Facilitator: Evan Bremberger

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

Min/Max: 3/10

**Registration Monday, February 1**

This is a fun game that allows you to express your creativity! Players throw the dice and the number rolled matches story topics. You then create a story based on your "assignments," and share your story with the rest of the group.

## Book & Puzzle Pick Up (S)

**Thursdays, February 4, 11, 18, 25**  
**8:30 am-12 pm Expanded Hours!**

The Center is opening up the opportunity to come in and pick out books, DVD's, and puzzles for you to enjoy at home. **This will be at the South building ONLY.** When finished, items may be returned to the bin located under the West covered entrance of the South building. We will follow the guidelines established by the Oshkosh Public Library before putting them back into circulation. **No registration necessary.**



## Valentine Decoration (S)

**Thursday, February 4, 10-11 am**

Instructor: Evan Bremberger

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

Min/Max: 3/6

**Register by Tuesday, February 2**

This will be a fun morning! Paint two Mason jars with whatever design your imagination creates. These two jars could be great gifts or decorations around your own home. Registration fee includes all supplies.



## Learn To Play Ukulele (S)

**Fridays, February 5-26, 8:30-9:30 am**

Facilitator: Jane Wells

**Cost: R \$30/NR \$35 for 4 week session**

Min/Max: 3/5

**Registration and payment required by Wednesday, February 3**

Interested in learning basic ukulele chords and basic songs? This class will be lead by amateur ukulele enthusiast and will be using online tutorials to guide us. You can expect to learn the basics of chords and playing ukulele. Don't have your own ukulele? **Thanks to a generous donor, the Center has ukuleles available for checkout with a refundable \$50 deposit.** Contact Sara at 920-232-5310 to reserve your ukulele.



## Ukulele Play Along (S)

**Fridays, February 5-26, 10-11:00 am**

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

Min/Max: 3/9

**Registration and payment required by Wednesday, February 3**

This is a chance for ukulele players to get together and play music they've learned in past classes and from each other, and share our favorites. We will be working under the guidance of a Ukulele volunteer. Please bring your own music. We will practice social distancing of 6-8 feet apart, and face coverings are required.



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## Essential Oils: Make & Take Perfume (Hybrid Program)

**Tuesday, February 9, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne, LLC

**Cost: R \$10 / NR \$11.50 Due at registration**

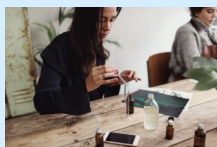
Max In Person: 10

**Register by Friday, February 5**

**Call the Center at 920-232-5310 or register online at <https://schedulesplus.com/oshkosh/kiosk/>**

Come make your own perfume! It's easy to do and you'll learn how scents compliment each other, then make one that appeals to you. Let's get together and make the perfect scent for you! Cost includes all the supplies you will need to make and take home your very own creation.

**Hybrid Programming means that you have the choice to attend in person or via Zoom. If you choose to attend via Zoom, the meeting link will be sent to your email and you will need to come to the Center ahead of time to pick up project supplies.**



## Paper Making Creativity (S)

**Wednesday, February 10, 1-3 pm**

Instructor: Jane Wells

**Cost: R 12 / NR \$14.50**

Min/Max: 3/6

**Register by Monday, February 8**

Learn how to make and form paper. We will be using molds and papermaker Arnold Grummer's white cotton linter to shred for a smooth texture. Cotton Linter provides a smooth paper ideal for picking up the details of the molds. Turn your creation into a card, refrigerator magnet, or whatever you would like!



## Chocolate Covered Treats (S)

**Thursday, February 11, 2-3 pm**

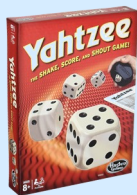
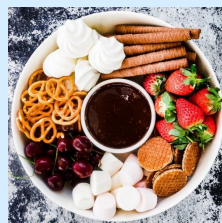
Instructor: Evan Bremberger

**Cost: R \$8 / NR \$10**

Min/Max: 3/6

**Register by Tuesday, February 9**

If you have not made chocolate strawberries or other chocolate dipped treats in a long time, this is your opportunity to have a blast. We will have an assortment of treats available for you to dip into chocolate: strawberries, pretzels, marshmallows, and more! You will leave with a plate full of your creations!



## Yahtzee (S)

**Tuesday, February 9, 10-11:30 am**

Instructor: Evan Bremberger

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

Min/Max: 3/10

**Register by Monday, February 8**

Let's play a fun game. Each player receives their own dice and scorecard. We will social distance, but laughter is encouraged!

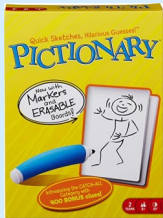




# In-Person Programming

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## Pictionary (S)

**Tuesday, February 16**

**10-11:30 am**

Instructor: Evan Bremberger

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

Min/Max: 4/10

**Register by Monday, February 15**

If you would like to have a fun-filled morning come play an interactive game of Pictionary. Everyone will receive their own marker to use for the drawing portion of the game. We will be social distancing and masks are required.

## Paper Maché Rabbit (S)

**Thursdays, February 18 & 25,**  
**10-11:30 am**

Instructor: Jane Wells

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

Min/Max: 3/6

**Register by Monday, February 15**

Winter won't last forever, let's think spring! Make this adorable Paper Maché rabbit using just crumpled paper, flour and water paste, and acrylic paint. **Must attend both classes to complete project.**



## Walking In the Rain Canvas Painting (S)

**Tuesday, February 23, 10 am -12 pm**

Instructor: Jane Wells

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

Min/Max: 3/5

**Register by Friday, February 19**



Get a group of friends together and come learn to paint! We will go step by step in a fun and safe environment. All supplies are provided, including painting canvas.

## Scattergories (S)

**Tuesday, February 23, 10-11:30 am**

Instructor: Evan Bremberger

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

Min/Max: 2/6

**Register by Monday, February 22**

Try your luck with Scattergories. This is a game where a 20 sided die gets rolled with letters on it, what ever letter gets rolled has to be the first letter of your answer for 12 questions while a timer is running. This game will challenge your mind and be lots of fun!



## Salsa Making Demonstration (S)

**Wednesday, February 24, 10-11 am**

Instructor: Evan Bremberger

**Cost: R \$2 / NR \$3.50**

Min/Max: 3/10

**Register by Monday, February 22**



Have you ever wanted to make your own homemade salsa? You will be shown all of the ingredients and how to modify it for your own unique preference. This side dish is great to make on taco night!

## Popcorn and A Movie (S)

**Thursday, February 25, 1-2:30 pm**

**Cost: Free**

Min/Max: 2/12

**Register by Wednesday, February 24**

Join us for a newly released movie on DVD, Chosen by your peers. Inquire at the front desk for details.

**Note: MPLC regulations prohibit us from disclosing titles of upcoming movies.**





## Take & Make Kits

**New!**

Are you looking for fun projects that you can do from the safety of your home? The Oshkosh Seniors Center is now offering kits that you pick up and make at home. Each kit comes with the supplies needed to make the project, plus step-by-step instructions. Call to reserve your kit and make pick-up arrangements. Payment made at time of pick-up. **Kits available beginning Monday, February 1. You may pick up your kit between 7 am-3pm at the North Building.**

**Limited number of kits are available each month.**

**Call 920-232-5310 to reserve your kit today!**

Here are the kits offered for February!

### **Kit #1**

#### **Mandala CD Art Magnet**

**Cost: \$5**

Follow the template provided or tap into your creativity and do your own design. Once dry, attach the magnet for use as a refrigerator magnet. It would look great as a candle base or tea light holder.



### **Kit #2**

#### **Mod Podge Paper Bowl Art**

**Cost: \$5**

These bowls are easy and fun to make with Mod Podge! Give as a gift, or use to store your keys, help you organize small objects, or give a pop of color to an area!



### **Kit #3 Doily Butterfly**

**Cost: \$5**

Make a pair of stunning paper doily butterflies as a reminder that change has happened to all of us, and that spring will be here soon!



**The past months have brought changes to all of our lives, and the butterfly is a symbol of transformation and growth. "The Butterfly Principle" starts with the caterpillar, which eats as much as it can to fuel the growth that will take place. It then sheds its "skin" many times as growth occurs. Then comes the Chrysalis stage; when it hangs from a branch and spins a protective cocoon around itself. Although the outside appears unchanged, there are dramatic changes happening inside. Finally, the Butterfly stage; where the fully developed butterfly emerges. At last the butterfly is ready to fly and share its beauty with the world.**

**In some ways, we have to leave behind the old way of doing things, and move forward with courage and patience. When you're ready to "break free" and come back to the Center, we will be here to welcome you and keep you safe. We look forward to seeing everyone again soon!**

Building: North (N) South (S)

## What's New in Fitness & Wellness

**Hybrid Programming means that you have the choice to attend in person or via Zoom. In-person attendance has a maximum capacity of 10 people. If you choose to attend via Zoom, the meeting link will be sent to your email**

### Healthy Shoulders (N)

**Thursday, February 4, 11:45 am -12:45 pm**

Presenter: Courtney Van Zeeland, PT, DPT Ascension Mercy and Alec Jensen **(via Zoom only)**

**Cost: Free**

**Register by Friday, February 3**

Description: Join Courtney Van Zeeland Pt, DPT, and Alec Jensen as they discuss how to keep your shoulders healthy and pain free. We will cover the importance of good posture, common compensations people make when their shoulders hurt, and easy modifications to help improve shoulder health.

### Building a Stronger You in 2021: Get Your Strength, Balance & Agility Back (S)

**Tuesdays, February 9, 11 am -12 pm**

Presenter: Dr. Erik Koehler, Physical Achievement Center **(Hybrid Program)**

**Cost: Free**

Min/Max: 10 in person

**Register by Friday, February 5**

Learn practical tips and strategies that will enable you to turn back the clock on your strength, balance and agility for getting active. These tips will help you to overcome the limits that winter, shutdowns, and pain have placed in your way.

### A Healthier You (S)

**Monday, February 22, 1 -2 pm**

Presenter: Dena Myer, Registered Dietitian& Diabetes Educator, Aurora Health **(Hybrid Program)**

**Cost: Free**

Min/Max: 10 in person

**Register by: Friday February 19**

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.

### Dry Needling for Relieving Pain and Gaining Strength (S)

**Hope or Hype for Getting You Back to Your Active Life**

**Tuesday, February 23, 11 am -12 pm**

Presenter: Dr. Erik Koehler, Physical Achievement Center **(Hybrid Program)**

**Cost: Free**

Min/Max: 10 in person

**Register by Friday, February 19**

Find out what the buzz is about Dry Needling from an expert who has used this technique to improve strength, reduce pain, and improve flexibility in a wide range of individuals. Dr. Eric will discuss the important research and practical nature of this approach and how it may be part of your healthcare.



Building: North (N) South (S)

## Fox Fitness Center & Exercise Class Guidelines

We are excited to welcome more of you back as we begin our transition to resuming more in-person indoor services at the Oshkosh Seniors Center. While we are eager to reopen our doors, we must also be mindful of the importance of safety during this critical time. Therefore, you may notice some changes as we work to modify our practices to ensure everyone's health and safety.



### Fox Fitness Center:

- OSC North will be open to participants that are exercising inside the Fox Fitness Center (FFC).
- **FFC will be by appointment only!!**
- **Appointments are available hourly from 7-7:45 am then again from 10 am—2 pm Monday-Friday**
- Arrive no more than 5 minutes prior to your appointment time.
- **A face covering is required.**
- Register at 920-232-5310 or via **Schedulesplus.com/Oshkosh/kiosk**
- Please try your best to keep your appointment times. If you cannot, please contact the Seniors Center to cancel as soon as you can.

### Exercise Classes:

- All exercise classes will be held in the Oshkosh Seniors Center North Building. (With the exception of Movement Exercise, which will be held in the South Building)
- **The exercise class size will be limited.**
- Arrive no more than 5 minutes prior to your class
- **You must sign a 2021 exercise waiver in order to participate in any exercise class.**
- **You must pre-register for these classes. No drop in's allowed.**
- **You may only sign up for two classes during the registration period.**
- **A face covering is required.**
- Register at 920-232-5310 or via **Schedulesplus.com/Oshkosh/kiosk**



**The Fox Fitness Center is on a **SALT-FREE** diet!**

When the weather outside is frightful, please remember **all participants** must bring an **extra pair of clean shoes** to wear for your workout! (This includes classes or the Fox Fitness Center)

Salt and snow on your shoes can cause damage to the equipment. Help us to keep them in their best working condition!



### Other Considerations:

- Bring only what you need! We ask that you bring only what you need to exercise. Keep other objects in your car. We recommend water, exercise mats, and proper athletic attire.
- With the colder months upon us, we ask that you hang your coats in the coat room or on the various hooks throughout the OSC.
- Cleaning materials for members to wipe/disinfect equipment before and after exercise will be available. Participants will be required to wipe down all exercise equipment after they are finished using it.
- Participate at your own risk.

## 2021 Fitness Reimbursement

Start the new year off right and get fit at OSC!

If you have a Medicare Supplement or Advantage Insurance Plan; **check to see if you have a Fitness Reimbursement Plan.**

This may allow you to work out at the Center at **NO COST TO YOU!**

Stop at North Building front desk with your insurance card, and we will be happy to see if you are eligible. OSC accepts:



Building: North (N) South (S)

Please arrive no more than 5 minutes prior to any class.

## Indoor Exercise Classes

**Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible**  
**OSC accepts Renew Active, Silver Sneakers and Silver and Fit**

Rate sheets available at Front Desks

### Modified Silver Sneakers (N)

**Mondays & Wednesdays, February 1-24 (group 1)**

**Tuesdays & Thursdays, February 2-25 (group 2)**

**8-8:30 am**

Instructor: Alec Jensen

**Cost: R \$17 / NR \$25.50 per 4 week session**

**Registration opens Wednesday, January 20, 7:30 am** **Note Time**

This class will be aimed at getting us moving again and rebuilding any strength and mobility that has been lost over time. This class will be using a variety of exercise techniques to build strength, endurance, power, and balance.



### Life Fitness & Movement (N)

**Mondays & Wednesdays, February 1-24 (group 1)**

**Tuesdays & Thursdays, February 2-25 (group 2)**

**9-9:30 am**

Instructor: Alec Jensen

**Cost: R \$17 / NR \$25.50 per 4 week session**

**Registration opens Wednesday, January 20, 7:30 am** **Note Time**

This is an energizing modern approach to low impact aerobics and strength training. We will be focusing on building our total physical well being. This class aims to reestablish our mobility, flexibility, strength, endurance, and aerobic capacity. This class will utilize body weight movements, resistance bands, and light cardio to improve upon our fitness. Note: Please bring an exercise mat with you to this class as we may be utilizing it.



### Functional Fuel (N)

**Tuesdays and Thursdays, February 2-25**

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

Instructor: Dr. Josh Belville/Alec Jensen

**Cost: R \$17 / NR \$25.50 per 4 week session**

**Registration opens Wednesday, January 20, 7:30 am** **Note Time**

This class will be a combination of upper/lower body strengthening exercises, and high intensity movements. By working on two main ingredients, mobilization and stabilization, your optimal health and fitness goals can be achieved without pain. **It is strongly recommended that you are able to get up and down from the floor to participate in this class. Participants must bring their own exercise mat, and face coverings are required.**



## Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

### Movement Exercise (S)

Tuesdays & Thursdays, February 2-25, 11—11:30 am (group 1)

Tuesdays & Thursdays, February 2-25, 11:45 am — 12:15 pm (group 2)

Instructor: Bobbie Jo Luft

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, January 20, 7:30 am **Note Time**

A class for senior adults who have disorders such as Parkinson's, MS, or suffer from balance related issues. This class will help increase your energy, flexibility, endurance, and sense of well being by utilizing stress free movements. **Face coverings are required.**

Please arrive  
no more than 5  
minutes prior  
to any class.

### Line Dancing (N)

Instructor: Debbie Ruck

Cost: R \$17 / NR \$25.50 per 4 week session

Registration opens Wednesday, January 20, 7:30 am **Note Time**

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! Please arrive no more than 5 min prior to class. **Face coverings are required.**

Advanced-Mondays & Tuesdays, February 1-23, 12:30-1:15 pm **Prior experience preferred**

Beginner-Tuesdays, February 2-23, 1:30-2:15 pm

### Range of Motion (N)

Mondays & Wednesdays, February 1-24, 9:45-10:15 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50 per 4 week session

Registration opens Wednesday, January 20, 7:30 am **Note Time**

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



### FFC 3g (N)

Fridays, February 5-26, 8-8:45 am (group 1)

February 5-26, 9-9:45 am (group 2)

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50 per 4 week session

Registration opens Wednesday, January 20, 7:30 am **Note Time**

Introducing different way to exercise! FFC 3g doesn't work like your typical group exercise class. In this format participants will be broken up into 3 different groups (hence the 3g) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format **you will be coached** through different exercises this means you won't have a Coach in front of you for the entire class and it's up to you to keep yourself accountable within the workout. This class will use equipment such as bikes, treadmills, free weights, and weight machines to get a quality workout in! **If you are not familiar with how the fitness equipment works sign up for an equipment orientation with Alec before you start this class. Call 920-232 -5320 to set up a equipment orientation.**



# Take The Lake

February 2021 Fitness Challenge



Step into the beat of Heart Health Month with our heart healthy step challenge Take the Lake! Want to be a healthier you? February is heart health month and Oshkosh Seniors Center is proud to announce this year's heart health fitness challenge "**Take the Lake!**"

Take the Lake is a step challenge aimed at improving ones heart health by getting you to move one step at a time! Take the Lake is all about increasing the amounts of steps you take per day! The ultimate goal is to see if you're able to walk around Lake Winnebago (88 miles) in the month of February!

**What:** Step/Mileage Challenge

**Where:** OSC North Building or at home

**When:** Monday, February 1—Sunday, February 28

**Cost:** Free

**Register:** Call 920-232-5310 or register online at: [Schedulesplus.com/Oshkosh/kiosk](https://Schedulesplus.com/Oshkosh/kiosk)

**Description:** Walk (inside/outside), Treadmill, Elliptical or Nu Step, it doesn't matter!

**Tracking:** Tracking sheets will be available at the OSC North Building or can be emailed to you. Tracking Sheet deadlines are as follows to be entered to win prizes: Turn into OSC North Drop Box by the following dates.

**WK1:** Mon Feb 8

**WK2:** Mon Feb 15

**WK3:** Mon Feb 22

**WK4:** Mon Mar 1

**Prizes:** Winners will be drawn at random each week and the person with the most overall steps will also win a prize. You must turn in a tracking sheet each week in order to be entered for a prize drawing. These can be dropped off at the OSC North or emailed to [ajensen@ci.oshkosh.wi.us](mailto:ajensen@ci.oshkosh.wi.us)





## TOTAL BRAIN HEALTH

BODY ♦ MIND ♦ SPIRIT

Total Brain Health is a recognized leader in the brain fitness industry. They believe that brain health is a critical part of optimal living, and that everyone should have the chance to boost their brain power and live life fully and richly, each day and every year. That is both their passion and our company mission. Thanks to the gift from a generous donor, the Oshkosh Seniors Center is able to bring you these programs directly from the Total Brain Health company.

**Advance registration required for all classes.** Register online at [schedulesplus.com/Oshkosh/](https://schedulesplus.com/Oshkosh/) kiosk, or by calling the Center at **920-232-5310**.

### **Balancing Act (S)**

**Friday, February 5, 10:15-11 am**

**Cost: R \$5 / NR \$7**

Min/Max: 2/10

**Register by Wednesday, February 3**

Practicing balance is key to staying physically active, which is one of the most important ways we can stay cognitively fit as we age, and to preventing falls that lead to traumatic brain injury. Learn how to include some simple balance practice in your daily routine. You'll learn how to build up slowly, and make sure you do so in a safe way.

### **Why Stress? (S)**

**Friday, February 12, 10:15-11 am**

**Cost: R \$5/ NR \$7**

Min/Max: 2/10

**Register by Wednesday, February 10**

Research shows that emotional stress can take a toll on our brain health. We're going to learn more about the science behind stress and take a look at how stress might be affecting us day to day and why we stress.

### **De-Stress Yourself (S)**

**Friday, February 19, 10:15-11 am**

**Cost: R \$5/ NR \$7**

Min/Max: 2/10

**Register by Wednesday, February 17**

Research shows while stress can take a toll on our cognitive fitness, there are simple, practical things we can do to lower the impact stress has on our thinking and well-being. Learn simple and effective lifestyle strategies for reducing the "stress" we feel when situations feel out of our control.

### **Get the Scent (S)**

**Friday, February 26, 10:15-11 am**

**Cost: R \$5/ NR \$7**

Min/Max: 2/10

**Register by Wednesday, February 24**

Our focus today is aromatherapy, or the use of certain scents for healing purposes. Aromatherapy is nothing to sniff at. Research has found that we're often able to follow our noses to better well-being, thanks to the impact that olfaction, or our sense of smell, can have on our health.

**Participants will receive a free essential oils sample for attending this class.**

**All programs on this page  
will be in-person**

Building: North (N) South (S)

# Shoulder Screening



Courtney Van Zeeland, PT, DPT  
Alec Jensen, BS Kinesiology



**Thursday, February 25**

**1-3 pm**

**Oshkosh Seniors Center  
North**

**234 North Campbell Road**

**Cost: Free**

**Appointments Required**

**920-232-5310**



Do you have a hard time lifting your arms overhead, pain in your shoulders, or find yourself favoring one side? This screening is a great way to assess what may be holding you back from having full control of your arms! Join Courtney Van Zeeland PT, DPT from Ascension Mercy as she helps people overcome their shoulder problems.



Building: North (N) South (S)

## Foot Care Clinic



The Oshkosh Seniors Center in partnership with Valley VNA Senior Care offer foot care clinics for seniors. Clinics are held at the Center, 200 North Campbell Road, Oshkosh. Proper foot care is very important for patients with diabetes, cardiovascular disease, neurological disorders and also aids in the prevention of falls.

For the health of all, masks are required when entering the Oshkosh Seniors Center. If you do not have a mask, we will provide you with one.

**Appointments are available Tuesdays and Wednesdays, 9 am-3 pm and can be scheduled by calling 920-232-5310**



Valley VNA  
Senior Care

### Professional Foot Care Service include:



**Warm Foot Soak**

---

**Diabetic Foot Care**

---

**Lower Leg and Foot  
Assessment**

---

**Trimming of Toe Nails**

---

**Calluses and Corns Reduced**

---

**Thinning/Debridement thick  
nails**

---

**Minor Ingrown Nails Addressed**

---

**Lower Leg and Foot Massage  
with Light Lotion**

---

**Patient Education**

---

**Cost: \$22**

---

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

---

**Nail Care area is completely  
sanitized between appointments**



## Sara's Savory Samplings

This is an easy, delicious, and HEALTHY recipe. I find it makes way more filling than the amount needed for 8 tortillas, so I cut the recipe into thirds. I have made the notations behind the original measurements. I hope you enjoy this as much as I do. Bon Appetit!

### Oven Baked Black Bean & Cheese Quesadillas

#### Ingredients

2 (15 oz) cans Black Beans, drained  
1 1/2 C salsa (divided)  
1 tsp ground cumin  
2 C shredded cheddar cheese  
8 8-inch flour tortillas (white or wheat)  
1/3 C sour cream  
Optional ingredients: onion, corn, cilantro

#### 1/3 Recipe

10 oz black beans total  
4 oz salsa total  
1/3 tsp cumin  
5 1/2 oz cheese  
4 tortillas  
sour cream to taste

#### Directions

Preheat oven to 350°. Place one can of beans in a bowl and gently mash with the back of a fork. Mix in the remaining can of whole beans, 1 cup of salsa and the cumin. If you want any additional ingredients, add them at this time.

Spread mixture evenly on one half of each tortilla. Top with cheese, fold over and place on a lightly greased baking sheet.

Brush each quesadilla with a small amount of oil. Place in oven and bake for 20-25 minutes or until cheese is just melted and tortillas are lightly browned.


Cut into wedges and serve with additional sour cream.

Number of servings depends on amount made.



# Boggle Fun

Search for as many words as you can find.

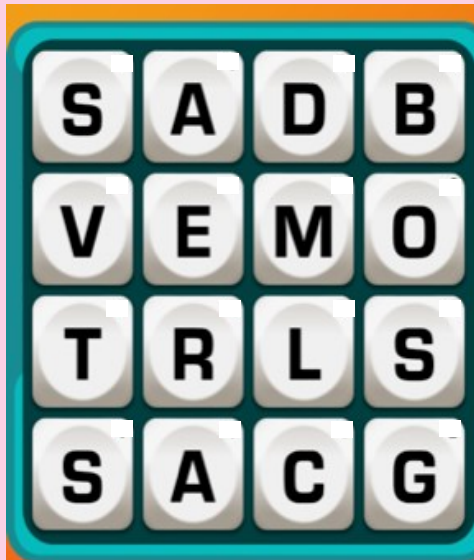
- The letters must be adjoining in a 'chain'. (Letter cubes in the chain may be adjacent horizontally, vertically, or diagonally.)
  - Words must contain at least three letters.
  - No letter cube may be used more than once within a single word.
- 

Share your word list and score with us and you will be entered into a drawing for a box of chocolates! Drop your sheet off: North building entryway. Drawing to take place on Friday, February 26, 1 pm.



## Scoring:

- Fewer than 3 Letters: no **score**.
- 3 Letters: 1 point.
- 4 Letters: 1 point.
- 5 Letters: 2 points.
- 6 Letters: 3 points.
- 7 Letters: 4 points.
- 8 or More Letters:



Name

Phone

Score: \_\_\_\_\_



## Keep Joking Around

**Q: What did the paperclip say to the magnet?**

A: I find you very attractive.

**Q: Why didn't the skeleton send any Valentine's day cards?**

A: His heart wasn't in it!

**Q: What did one oar tell the other oar?**

A: This is so “row-mantic”

**Q: What did the cucumber say to the pickle?**

A: You mean a great "dill" to me.

**Q: What did the calculator say to the pencil?**

A: You can count on me.

Use an additional sheet of paper if needed...





## Valentine Words

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

### Word List:

ADORE	AFFECTION	AMOROUS	ARROW
BELOVED	BEMINE	BOUQUET	CANDLELIGHT
CANDY	CARDS	CHERISH	CHERUB
CHOCOLATE	CUPID	DARLING	DEAR
DESIRE	DEVOTION	EMBRACE	ENDEARMENT
FEBRUARY	FLOWERS	FOURTEENTH	FRIENDS
HEART	HONEY	HUGS	KISSES
LOVE	LOVEBIRDS	PINK	POEM
RED	ROMANCE	ROSES	SECRETADMIRER
SWEETHEART	SWEETS	TEDDYBEAR	TENDERNESS

# Connect Through Tech

Building: North (N) South (S)

## Connect through Tech (S)

We want to provide opportunities to learn about technology! We are offering one-on-one appointments to take the fear out of using technology so *you* can connect with friends and family and navigate through a pandemic! We want every older adult in our community to have access to affordable technology options and access to learning how to use it!

### One on One Tech Appointments (S)

**Mondays, February 1-22**  
9 am, 11 am or 1 pm

**Tuesdays, February 2-23**  
9 am, 11 am or 1 pm

**Wednesdays, February 3-24**  
11 am or 1 pm

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

**By Appointment Only 232-5310**

**Meet with an instructor one-on-one to achieve your technology goals!**

In these sessions we will teach you the basics to achieve your goals! We are here to help you do what you are interested in. We are even available to help you purchase and upgrade your devices.

Registration is required for all program/activities. To register call the Center at 920-232-5310 or register online via Schedules Plus at <https://schedulesplus.com/oshkosh/kiosk/>

## CONNECT THROUGH TECH

LEARN ABOUT  
TECHNOLOGY  
DURING FUN AND  
INDIVIDUAL  
SESSIONS.



### Wi-Fi Access (S)

**Thursdays, February 4, 11, 18, and 25**

**By appointment only**

- 8:30 am—10 am
- 10:30 am—12 pm
- 12:30 pm —2 pm

**Call 232-5310 to reserve one time slot.**

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





## **Google is way more than a search engine!**

Learn the Benefits of Google  
Free Session

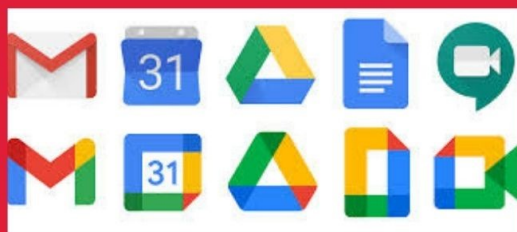
Thursday, February 25

1:30 pm to 3:00 pm

Willows Room South

Registration Required choose to attend in-person or  
via zoom. Link will be emailed to you.

920-232-5300





# Virtual Programming



# zoom zoom zoom

You may be hearing about “Zoom” from many different sources. In fact, the Seniors Center is using Zoom to facilitate online programming (referred to as meeting in text below). Zoom requires internet service, a device (with camera optional), and an email address. Here’s some guidance on how to get set up so that you can join us! **[www.zoom.us](http://www.zoom.us)**

**What is Zoom?** Zoom is on the internet, uses a cloud based service, and provides a way to meet with people via video on your desktop computer, laptop computer, smartphone or tablet.

**Sign up for a free account:** visit [zoom.us/signup](http://zoom.us/signup) and enter your email address. You will receive an email from Zoom ([no-reply@zoom.us](mailto:no-reply@zoom.us)). In this email, click **Activate Account**. Once activated, you can sign in to your Zoom account.

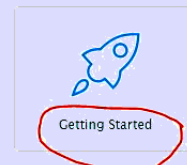
**Test computer before joining meeting:** You can [join a test Zoom meeting](http://zoom.us/test) to familiarize yourself with Zoom and test your microphone/speakers before joining a Zoom meeting. Visit [zoom.us/test](http://zoom.us/test) and click **Join**. You do not have to have a camera to join a meeting, you should still be able to listen to the meeting. If you do not have a built in microphone, you could call the meeting host to be able to participate. Without a camera or microphone, you will only be able to listen to the meeting.

**Learn how to use before attending meeting:** Take some time to learn a little bit about how to work in Zoom. There are wonderful tutorials in Zoom. Go to [Zoom.us](http://Zoom.us) and on the far right click on “Support”. You will see a wide variety of topics, including “getting started”. Getting to know how to use Zoom (it’s quite easy) before attending a meeting helps to keep things going smoothly.

**Ok, so you have an account, you’ve tested your device, looked at tutorials on how to use Zoom, now what happens? Where do I find out about virtual programming?**

The Center will make lists of virtual programs available via email, Facebook, phone call, newsletter, as well as SchedulesPlus. If you find something you want to join, log on to **[SchedulesPlus.com/Oshkosh/kiosk](http://SchedulesPlus.com/Oshkosh/kiosk)**, click register, enter phone, add activity to cart, and check out. Once registered for a program (meeting), you will receive a join meeting link and meeting ID code via email.

Popular Topics



**Join a meeting (program):** Open your email to find the Zoom meeting link and meeting ID code. Click on link and it will take you to Zoom. Or you can go directly to [Zoom.us](http://Zoom.us) and on right hand side click on “join meeting”, enter the meeting ID number from your email (copy and paste), then select audio and video options and click join. **To minimize meeting disruptions, please arrive at least 5 minutes before the meeting start time to get set up and ready to go.**

**Still have questions about how to use Zoom? Call 232-5310 for an appointment or see page 22 for technology learning options. We are all in this together!**

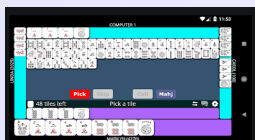
**Check out our virtual programming opportunities on pages 25 - 27**

# Virtual Programming



## COVID 19 and Senior Center Programming

As we face an unprecedented event regarding COVID-19, we have to make decisions regarding all of our programming. Please know we are continually monitoring the Winnebago County Public Health Department and data regarding COVID. During this time, **we require advance registration for all programs.** Please only come in to the Seniors Center if you have an appointment or have registered for a class. We have introduced virtual programs for the first time! We will continue to run these online programs for the foreseeable future. **You will need internet access, an email, and a computer, tablet or smart phone to participate. Online classes are run through Zoom. Details and one on one learning about using Zoom is available via Connect Through Tech program. Call 232-5310 to set up a one on one learning session.**



### Mah Jongg-Online Site

Tuesdays, February 2-23, 1-3 pm

Cost: Free

Leader: Jeanne Bredbeck

To register call the Center at 920-232-5310 or register online at

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

Play American Mah Jongg online against friends from the Oshkosh Seniors Center. You will need your own Mah Jongg card. Organizers will set up "host tables" where friends can play each other. Please note: There is a 14 day free trial period, after that there is a \$5.99/month fee to play on the real Mah Jongg site. Volunteer Jeanne B will walk you through each step to get set up playing and to join the group. She will contact you once you have registered.

Check out the site: <https://realmahjongg.com/>



### Mindfulness Meet up-via Zoom

Tuesdays, February 2-23, 2-3 pm

Cost: Free

Instructor: Donna Janus

To register call the Center at 920-232-5310 or register online at [https://](https://schedulesplus.com/oshkosh/kiosk/)

[schedulesplus.com/oshkosh/kiosk/](https://schedulesplus.com/oshkosh/kiosk/)

Join instructor Donna Janus for peaceful meditation and educational experiences. Meeting is held via Zoom. Don't let worry rob you of peace and happiness. Each class has a different focus and educational piece. The instructor will send you a link to the program once you have registered.

### Book Talk- "The Story of Arthur Truluv" by Elizabeth Berg via Zoom

Thursdays, February 4-18, 1:30-2:30 pm

Facilitator: Kerry Wolfe

Cost: Free

Max: 9

Register by Tuesday January 26. Call the Center at 920-232-5300 to register and arrange for book pick up or register online at

<https://schedulesplus.com/oshkosh/kiosk/>. You will be sent the Zoom meeting link.

A moving novel about three people who find their way back from loss and loneliness to a different kind of happiness. Arthur, a widow, meets Maddy, a troubled teenage girl who is avoiding school by hiding out at the cemetery, where Arthur goes every day for lunch to have imaginary conversations with his late wife, and think about the lives of others. The two strike up a friendship that draws them out of isolation. Maddy gives Arthur the name Truluv, for his loving and positive responses to every outrageous thing she says or does. With Arthur's nosy neighbor Lucille, they create a loving and unconventional family, proving that life's most precious moments are sweeter when shared.



# Virtual Programming

Virtual Programs held via Zoom. You will need internet access, an email, and a computer, tablet, or smart phone to participate. If you need help setting up Zoom, or need other options to participate, please call 920-232-5310 for a technology appointment. **Registration is required for all programs/activities.** To register call the Center at 920-232-5300 or register online via Schedules Plus at <https://schedulesplus.com/oshkosh/kiosk/>

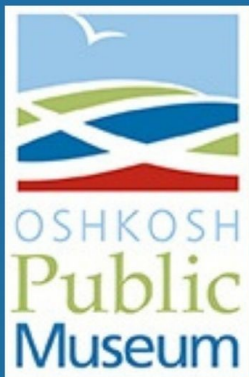
## **WELCOME TO MEDICARE Zoom presentation Wednesday, February 17, 1-2 pm**

Presenter: Joan Jaworski, Elder Benefits Specialist, ADRC

**Cost: Free**

Welcome to Medicare is an excellent introductory presentation for anyone becoming eligible for Medicare. You will become familiar with the various parts of Medicare and understand the choices available. Presented by Joan Jaworski and Julie Nicks the Elder Benefit Specialists of Winnebago County's ADRC. **Please call Joan at 920-236-4685 to register and get the log on information.** The presentation lasts approximately one hour.

## **From our Friends at the Oshkosh Public Library**



# Museum Mondays

Join us for a Free Program on Zoom.  
Stories, Research and Interesting Information, from the  
Staff at the Oshkosh Public Museum.

**Join  
Museum Director  
Brad Larson**

**Monday, February 15, 2021 at 1 pm  
Call to register: 920-236-5799**





## Drive Through Valentine Lunch

# Will you be our Valentine?



**Friday, February 12,**  
**Meals available for pickup 11-11:45 am**  
**Cost:\$6** Limited supply available

Tickets available for purchase at the North building  
7 am-3 pm Monday, January 25—Tuesday, February 9



Drive through our North building parking lot to receive a wonderful Valentine's Day lunch sponsored by these local businesses. You will be receiving ZaRonis mac & cheese, bread, a homemade Valentine cookie, and for when a snack attack hits, a bag of OshPop buttered popcorn.



# Miscellaneous Programming

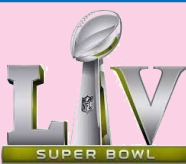
## Super Bowl Competition

**Sheets will be available  
February 1 at the North  
building entryway.**

**Deadline to return sheet is  
Friday, February 5, 3 pm**  
(Box in North building entryway)

**Cost: Free**

Fill out the Super Bowl question sheet and return it by the deadline. The questions will be for example: length of the National Anthem, coin flip winner, who wins the game, what will be the first commercial...make your game day predictions and see if you're the best—the person with the most correct answers will receive a prize.



## Calling All Letter Writers!

### Pen Pal Program

**February 8-26**

Facilitator: Evan Bremberger

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

**Register by Friday, February 5**

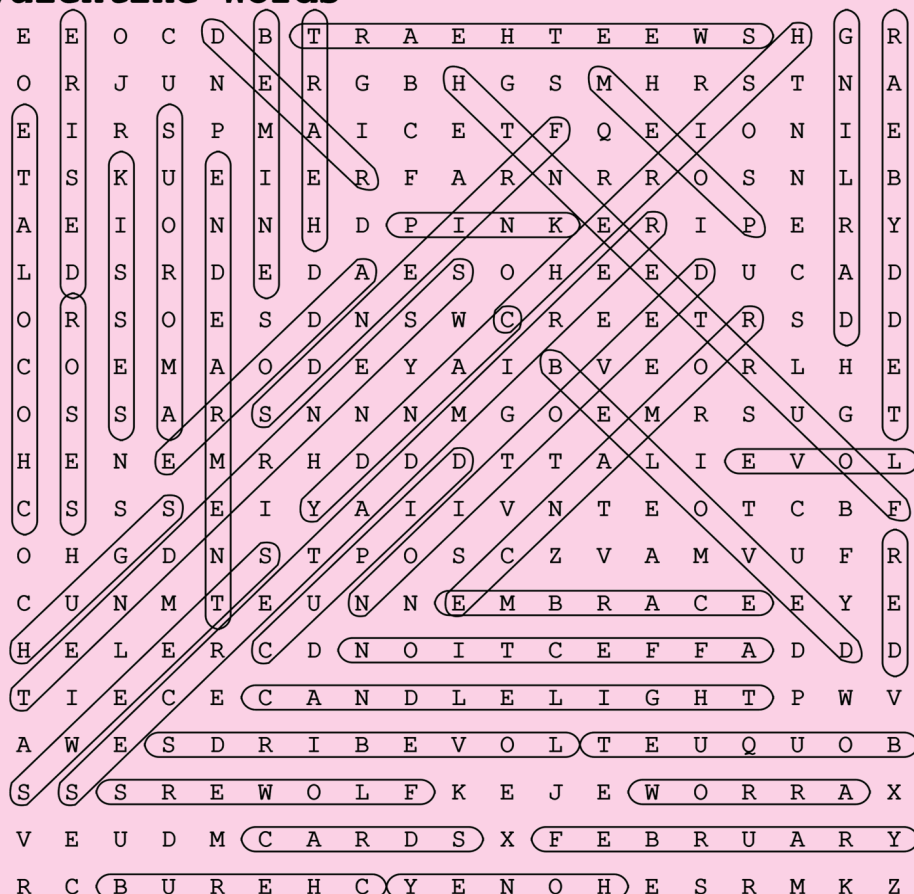
Starting in February, the Center is launching a Pen Pal Program where those who enjoy writing and receiving letters have an opportunity to communicate with each other. Who doesn't love the thrill of opening a personalized letter? You will be matched up with another senior, and given weekly topic ideas for your letter content. You will be contacted with the details of the Pen Pal Program and letter due dates once the registration has closed. The exchanging of letters will be arranged through Evan Bremberger.

**Call 232-5310 to register.** For questions about the program, call Evan at 232-5303.



## Word Search Solution

### Valentine Words



# Friends of the Oshkosh Seniors Center



## 2021 Actions - A year of gratitude!

The dictionary defines a hero many ways:

- a: a mythological or legendary figure endowed with great strength or ability
- b: an illustrious warrior
- c: a person admired for achievements and noble qualities
- d: one who shows great courage

Whichever description works for you, I think we all agree that 2020 has shown us there are many heroes in our lives – neighbors who drop off groceries, aunts, uncles, grandparents who became child care providers, teachers who teach over the phone, restaurant owners who became take out experts and health care professionals who risked their lives to care for others – just to mention a few.

The Oshkosh Seniors Center has its own heroes – the **staff** that are creatively delivering programs to seniors both in person and virtually, the **Senior Tours Committee** busy planning trips for 2021, **Valley VNA** who continue to provide foot care, the **Current sponsors** and **YOU**, our generous donors and supporters.

Our thanks to all of our HEROES – hats off to you for all you do!



### Donations may be directed to:

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

### Or email us:

FriendsofOSC1986@gmail.com

### Or use the donation link posted on:

[www.facebook.com/FriendofOSC](https://www.facebook.com/FriendofOSC)

## Friends Mission Statement



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



# Winnebago Senior Tours

The COVID-19 outbreak in the United States is a rapidly evolving situation. The status of the outbreak varies by location. State and local authorities are updating their guidance frequently. We are hopeful for the future, but is impossible to predict travel restrictions. **Please be aware that planned trips may change.** We appreciate your understanding and flexibility during this difficult time. The Wisconsin Department of Health Services is a good resource to assess current risks. [www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov)

## New Tours Sign-up Procedure

Due to the Tours desk being unavailable, a new procedure is in place to sign up and pay for a tour. You will now send a check to:

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

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



## Wittenberg Casino Trip

**Date: Thursday, March 11**

**Cost: \$25**

**Guides: Donna Landers & Betty Litjens**

**Depart: 8 am & Return: 4:30pm**

Come spend the day at Wittenberg Casino and check out the new games at the casino. Enjoy a deluxe coach ride from Gold Star and sit back and let them do the driving. Ho Chunk will add \$25 on your player's card, so your trip is free. Any questions on flyers, contact Donna 920-303-1683 or Betty 920-231-4504.



## What Happens in Vegas—Fireside

**Date: Wednesday, March 31**

**Cost: \$105 (\$20 down non-refundable)**

**Guides: Donna Landers & Betty Litjens**

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

**Final Payment due Wednesday, March 10**

For over 70 years, Las Vegas has been the entertainment capital of the world; from the best singers and dancers, to musicians and comedians, entertainers have flocked to the city where dreams come true. The Fireside will pay tribute to many of these legendary performers, such as Frank Sinatra, Judy Garland, Elvis Presley, and many more great performers. What Happens in Vegas won't stay in Vegas! It will be here for all to see and hear on stage. Lunch at the Fireside includes fresh summer salad, fresh breads, skinless reuben chicken, yukon gold potato wedges, green beans and carrots. Dessert will be a lemonade cake, and coffee, tea, and milk. For flyers, call guides Donna 920-303-1683 or Betty 231-4504.



## Biltmore Estate & Ashville NC

**Date: April 25 – 30**

**Cost: \$575 (\$75 down payment)**

**Final Payment due Wednesday, February 17**

**Guides: Donna Landers & Ginnie Riley**

Travel with us on a 6 day trip to North Carolina. We will be spending 3 nights in Ashville, Including a full day at the Biltmore Estate. We will get a guided tour of Ashville, and see the magnificent St. Lawrence Basilica. Then a guided tour on the Blue Ridge Parkway to see the visitor center. The tour includes a 24 minute film of breathtaking aerial photography of the Parkway. Later we will take in the Folk Art Center. On our way back we will be stopping in Kentucky at Kentucky Artisan Center, a 20,000 foot facility, where we can explore Kentucky crafts, history and shop Kentucky products. Eight meals will be offered, 5 breakfasts and 3 dinners. For a flyer, contact a guide: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373.



# Winnebago Senior Tours

## Dalton Greenhouse Trip

**Date:** Tuesday, May 4

**Cost:** \$54 (\$20 non-refundable deposit,  
**Final payment due April 25)**

**Guides:** Sherry Katzenberger &  
**Donna Landers**

**Depart:** 8:00 am from Seniors Center North

**Return:** Approximately 4:00 pm

Come and enjoy a spring ride to Dalton. Bring your garden plans and your walking shoes, and cloth or paper bags with handles to carry your plants in. Masks will be required on the strip. Also, most of these places we will be visiting only take cash. We will start at the Pleasant View Bakery, then go to the greenhouses to get the plants you need to make your yard the talk of the town. Next, we're off to Mischler's Country Market. There will be a box lunch to break up the day. We will take a leisurely ride back to Oshkosh, thinking about all the beautiful plants you purchased. Give the guides a call if you have any questions. Sherry 608-576-5366 or Donna 920-303-1683.



## Bayfield, Ashland, Madeline Island and Live Performance at Chautauqua

**Date:** July 14, 15, 16

**Cost:** \$440 (\$20 non-refundable deposit,  
**Final payment due June 15)**

**Guides:** Ginnie Riley & Donna Landers

**Depart July 14, 8:00 am**

Come join us on a trip to the picturesque North Woods, and experience the beautiful landscapes of the Apostle Islands and Apostle Island Peninsula. Enjoy a ferry ride to Madeline Island and visit Big Bay State Park and the museum on the Island. Both Bayfield and Washburn have many unique shops to check out, eateries, and local artists who display and sell their artwork. We will visit Hauser Superior View Farm which offers lots of berries, apples, Apfelhaus hard cider, and Jim's hat collection in the loft, which you cannot miss. We will take in a live performance at Chautauqua, located at the base of Mount Ashwabay ski hill. We will be stopping at Northern Great Lakes Visitor Center and get some history of the North Woods, along with the beautiful gift shop to explore. Then taking a tour of the Historic Murals of Ashland and learning the story behind each of the Murals. Flyers are available from Ginnie 715-889-2373 or Donna 920-303-1683. This is a high-activity trip.

## Exploring Britain & Ireland

**Date:** August 12 – 27

**Guide:** Cheryl Freiberg

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



## Going Places

### Amish Acres in Nappanee Indiana

**September 16 & 17**

**Cost:** \$215 Double Occupancy, Driver tip,  
**Hotel, Dinner, Guided Tour**  
**(\$20 non-refundable deposit,**  
**Final payment due July 15)**

**Depart: 9:00 am from Seniors Center North**

Join us and explore the humble Amish community in Nappanee, Indiana. After checking into our Hotel we will have a farm feast dinner, then a live performance in their Round Barn Theater. Day 2, after our continental breakfast there will be a wagon ride tour of the area,, Explore the 130 year old Farmstead Landmark, German schoolhouse, blacksmith shop, and the many demonstrations. When we finish lunch, have fun shopping at the Courtyard shops. If you have any questions on the Amish Acres contact Donna at 920.303.1683 for more details.

## COMING IN 2021

Taste of Green Bay  
June 2021

Strawberry Fest  
June 2021

State Fair  
August 2021



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

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U.S. Postage  
**PAID**  
UMS

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

### **Oshkosh Seniors Center**

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

### **South Building Hours:**

Mon – Fri 8 am – 4 pm

### **North Building Hours**

Mon – Fri 6:45 am – 4 pm

### **Oshkosh Committee on Aging**

Judy Richey, Chairperson  
Ron Duerkop, Vice Chair  
Heidi Basford Kerkhof  
Julie Davids  
Julie Kiefer  
Julie Maslowski  
Sue Ashton  
Jean Wollerman  
Deb Allison-Aasby, Council

### **Alternates:**

Lindsay Christian

### **OSC Staff**

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

### **Activity Coordinators:**

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

### **Advisory Board**

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

### **Friends Board**

Carolyn Edgerton, President  
Cheryl Freiberg, Vice President  
Shelley Swanson, Secretary  
Sue Kreibich, Treasurer  
Jerry Burke  
Keri Hammen  
Julie Hoyt  
Tom King  
Chris Kniep  
Dyanne Kollmann  
Eric Lehocky  
Betty Litjens  
Joe McCleer  
Sarah Thompson



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