

THE CURRENT



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

January 2023, Issue #1



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

The Center is here to help you achieve your resolutions!



VOLUNTEERS NEEDED



It's time to take down the Holiday decorations throughout the Center. Can you help?

Friday, January 6 9:30 am-12 Noon

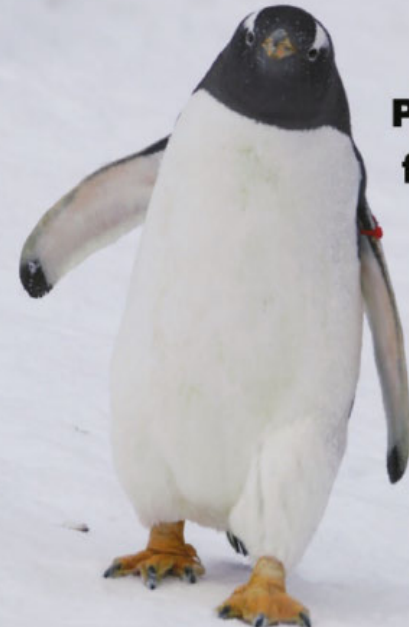
Meet at South

Register at: 920.232.5300

Thank you!



The Oshkosh Seniors Center will be closed on Monday, January 2



Remember to walk like a Penguin to avoid falling in wintry conditions!

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

WHAT'S IN THIS ISSUE?

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

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Quilting 107 (S)

Quilt As You Go

Wednesdays, January 4-25, 9-11 am

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50

Min/Max: 2/10

Register by Friday, December 30

Payment due upon registration



Often you have a quilt project that is too large to quilt on a small home machine, but you don't want the expense of a long arm quilter. You can quilt smaller blocks on your home machine then attach them together to make a larger quilt. In this class we will explore these options to make a quilt with multiple blocks. We will use a disappearing 4-patch design for the blocks and connect them with sashing for quilt 1. The second quilt will use strip piecing for the blocks and connecting them without a sashing. When you register, please request a supply list with photo samples of projects. Participants must bring their own sewing machine and have a good working knowledge of it.

Art Expression (S)

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

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

Do you need a space to create an art project or to work on a hobby? Bring your project and own supplies. **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.**



Stained Glass Skill Builder (S)

Oval Glass Bevel

Monday, January 23 & 30, 10 am -12 pm

Instructor: Marla Tonn

Cost: R \$20/NR \$25

Min/Max: 2/10

Registration December 27-January 19

Payment due upon registration

Instructor Marla Tonn is an experienced stained glass artist who will be demonstrating techniques and assisting participants individually. Purpose of this class is to improve grinding, foiling and most importantly solder skills. You will also learn about fixes for common issues. Bring your questions and your struggles.

This class is intended for those experienced in stained glass. Not open to beginners.



Needle Felting Insulated Bag (S)

Tuesday, January 10, 9-11:30am

Instructor: Kerry Wolfe

Cost: R \$10/NR \$11.50

Min/Max: 3/10

Register by Thursday, January 5

Payment due upon registration

We will be needle felting a design onto a sheet of felt, then attaching the design to an insulated bag. All supplies and materials will be provided for you. **Come with design ideas in mind, or chose what ideas we've gathered.** Felt is approximately 8.5" long X 6" wide. This would make a great gift, just find a photo or design that would appeal to the gift recipient.



Card Making (S)

Wednesday, January 18, 9:30-11 am

Instructor: Jenny Baier

Cost: R \$5 /NR \$6.50

Min/Max: 2/12

Register by Friday, January 13

Payment due upon registration

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

Bring own tape runner and scissors.

Upcoming

Intermediate Stained Glass (S)

Tulip Bevel Cluster

Mondays, February 6-27, 10 am -12 pm

Instructor: Marla Tonn

Cost: R \$40/NR \$45

Min/Max: 2/6

Registration January 23-February 2

Payment due upon registration

Instructor Marla Tonn is an experienced stained glass artist. She will guide you in making this stained glass project working with bevel clusters, and perimeter beading on edge. **Experience in working with stained glass required for this class.**

Counter Cluckers (N)

Tuesdays, January 3-24, 1-3 pm

Instructor: Linda Gomach

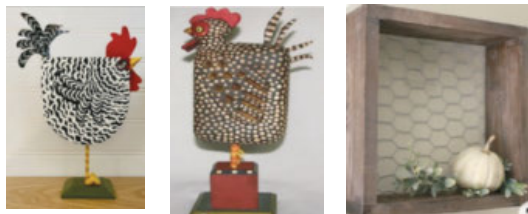
Cost: R \$25/NR \$30

Min/Max: 3/6

Register by Tuesday, December 27

Payment due upon registration

Make these two, self-standing chickens and a coop from pieces of wood. You will get step by step instruction, and use a band saw, scroll saw, and sanders for the project. Project is similar to the ones shown. **Basic Machine Safety Training is required for participation in this class.**



Pyrography Snowy Owl (S)

Thursdays, January 5-27, 1-3 pm

Instructor: Cedric Richeson & Dick Krummick

Cost: R \$20/NR \$25

Min/Max: 3/10

Register by Thursday,

December 29

Payment due upon registration

Make a Snowy Owl on 8 X 10 Baltic birch. This 4 week class will teach skills for burning a white bird on a moonlit night. Contrast of dark of night versus the light of the bird. Focus on features such as eyes and talons.



Panda Carving (N)

**Thursdays, January 5-February 2
10 am-12 Noon**

Instructors: John Goheen & Dick Krummick

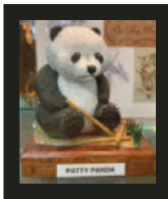
Cost: R \$40 /NR \$45

Min/Max: 3/10

Register by Friday, December 30

Payment due upon registration

During this 5 week class you will create this 3" wide X 4" tall basswood Panda by using a combination of hand and power carving techniques. This class includes learning texturing skills, facial expressions and painting. Base is included. Blue Ribbon award winning instructors will work with beginners.



**This class open to all levels of carvers.
Bring dust collector/Bench fan.**

Power Tool Carving (N)

Mondays, January 9-30, 8 am-12 pm

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

Register by Monday, Tuesday, January 3

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 required .**



Hand Tool Carving Class (S)

Mondays, January 9-30, 1-3 pm

Instructor: Gene Bengel

Cost: R \$20 /NR \$25

Min/Max: 5/12

Register by Tuesday, January 3

Payment due upon registration

This four week hand tool carving class is open to carvers who want to refresh their skills and complete unfinished projects. Award winning carving instructors will be available to instruct and problem solve. Instructors will have a selection of beginner projects available, and can help you get started on a great new hobby! Don't have any carving tools? Limited number of tool kits available for use, reserve at registration.



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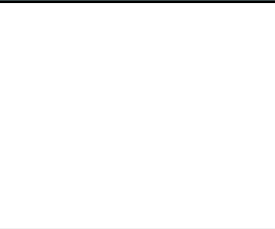
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Safety Trainings

Basic Machine Safety Training (N)

Fridays, January 13 & 20, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Friday, January 6

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 all participants **must be taken in consecutive weeks**. Once you have completed the training you may use the designated machines in the shop. Materials provided for the training.

Woodshop Safety Refresher (N)

For those who have already completed Basic Safety Training

Friday, January 6, 10-11 am

Register by Tuesday, January 3

Facilitator: Jeff Becker

Cost: Free

Min/Max: 2/10

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

Upcoming Carving Class

Hand Tool Relief Carving (N)

Horse on the Farm

Mondays, February 6-March 27, 1-3 pm

Instructors: Master Carver Gene Bengel

Cost: R \$40 / NR \$45

Min/Max: 3/10

Register by Monday, January 30

Payment due upon registration

Make this beautiful low/shallow relief carving under the guidance of Master Carver Gene Bengel. Carving will be on an 8 X 10 piece of basswood. During this 8 week class, you will learn how foreground, subject, background and horizon all relate to each other. Need to borrow carving tools? Reserve at time of registration.



Guided Woodshop Hours (N)

Wednesdays

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

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.

Machine Safety Training required to use machines in the shop.

Session 1

9-11:30 am (Walk-in)

Session 2

12-2:30 pm (Register)

No registration for Session 1, but you must register for Session 2. Hours will be canceled if there aren't any reservations for Session 2.

Need something repaired? Stop in during guided hours to discuss the project with woodshop volunteer.

Woodshop Class Survey

Did you know woodworking is a great activity to challenge your mind, strengthen your body, and give opportunities to socialize? Not only that, you get to make cool things out of wood! We are planning 2023 classes, and would like to hear what is of interest. What would you like to see offered? Complete survey, cut out, and return to either front desk. Thank you! Check all the boxes you have interest in learning more about.

How to use specific machines-Band saw, scroll saw, etc

Type(s): _____

Furniture (small tables, benches, stools)

Type(s) : _____

Crafts-Boards, animals, seasonal items

Type(s): _____

Carving Pieces

Type(s): _____

Specialty Skills, wood inlay, biscuit joining etc

Type(s) _____

Any other suggestions:

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

Stay Active Pass & Insurance Reimbursement Eligible

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

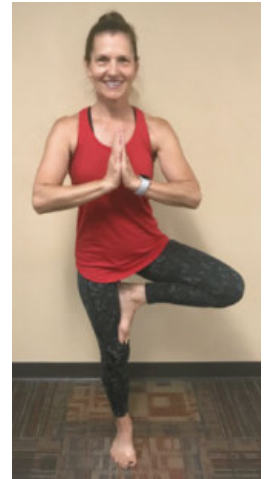
The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility.

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System. If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.



Meet Catherine Huybers

Cathy has been a life-long learner in areas of nutrition and fitness, as well as in the connection between mind, body, and spirit. She is passionate about helping people heal using food, exercise, and alternative healing methods. She naturally gravitates towards teaching and leading. So when she found yoga, she knew she would become a yoga instructor. She wants to help people lead happier, healthier, and more balanced lives through their yoga practice. She has completed her 200 hour yoga teacher training and is a graduate of Grace under Fire Yoga Teacher Training. Check out her classes on page 10



Meet Gerardo ("Michi") Calderon

Gerardo Calderon was born in San Jose Costa Rica, he has been married for 17 years and has two beautiful daughters. He is very social. " I love people, I love coffee, great conversation, and I love football (Go Packers). " Gerardo is studying physical education and he has 8 years of experience with the management of people, teams, and groups. As a personal trainer and sports manager, he focuses on the development and implementation of useful training plans so people can achieve their goals. He is all about motivating people and he's excited to work with our community of older adults so they achieve their healthy aging goals.



Holiday Fitness Class Schedule

**NO Fitness Classes
January 2**

**Classes Resume
January 3, 2023**

**Fox Fitness Center
7am-4pm Open Daily**

**Come get started on your
New Year's Resolutions!**

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Fitness Opportunities

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible
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 Rate sheets available at Front Desks for non-insurance eligible
No Fitness classes December 23-January 2

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

Instructor: OSC Staff

Drop-in eligible

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

Range of Motion (N)

Mondays & Wednesdays

9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

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



Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructors- Tuesdays: Gerardo Thursday: Alec

Drop-in eligible

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

Tai Chi Energy (N)

Tuesdays & Thursdays

9:45-10:15 am

Instructor: Alec Jensen

Drop-in eligible

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



Movement Exercise (N)

Tuesdays & Thursdays

11-11:45 am

Instructors-Tuesdays: Gerardo

Thursday: Bobbie Jo

Drop-in eligible. No Class on January 26.

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



Line Dancing (N)

Instructor: Debbie Ruck

Drop-in eligible

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

Advanced Line Dancing

Mondays & Tuesdays

12:30-1:30 pm

Prior experience preferred

No Class December 26 & 27

FFC 3g (N)

Fridays, January 6-27, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, January 5

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

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

Synergy Fitness (N)

Mondays, January 9-30, 8-8:30 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, January 5

This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular system in new ways.

This class is perfect for those who like small group based classes with a lot of camaraderie. You also get the benefits of the coaches being able to give you one on one help.

New Classes!

Beginner Chair Yoga (N)

Thursdays, January 5-26, 1-1:45pm

Instructor: Catherine Huybers

Drop-in eligible. No class on January 26.

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.

Yoga GOLD (N)

Fridays, January 6-27, 9:30-10:15am

Instructor: Catherine Huybers

Drop-in eligible

Whether you're aiming to get stronger and more flexible or you just want to decompress and still your mind, yoga can help. Yoga Gold combines traditional yoga with elements of chair yoga. 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.

Keep Moving! (N)

Fridays, January 6-27

10:30-11:15 am

Instructor: Jean Wollerman

Drop-in eligible

This session class will keep you moving through the winter season. Cardio, strength, stretching, balance and some nutrition chats to help keep you fit during the winter months.



Mindfulness Meditation (S)**Thursdays, January 5-26, 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.

**Grief Support (S)****Thursdays, January 5 & 19, 1-2:30 pm**

Facilitator: Meredith Schlute, Compassus Hospice

Cost: R \$1 / NR \$1.25 per visit**Register by calling 920.232.5305**

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

Energy & Motivation (S)**Tuesday, January 10, 10-11am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: Free**Register by Friday, January 6**

Looking for a natural kick of energy? If you're feeling tired, bored, listless, or uninspired, reach for energizing essential oils and dietary supplements. You might be surprised at the difference these natural gifts of the earth can make in your everyday life. Essential oils and botanical extracts can spark energy and enthusiasm so you can enjoy the thrill of achievement.

FREE Blood Pressure Checks**Tuesday, January 17, 10:15-11:15 am (N)****Monday, January 23, 10:15-11:15 am (S)**

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

**How to be a good Health Care Consumer (S)****Tuesday, January 10, 1-2pm**

Presenter: Physical Achievement Center

Cost: Free

Discover more options for your non-surgery, non-drug options to overcome your painful and limiting conditions. When it's important to seek second opinions and when to use either conservative or liberal treatment methods. Learn why your diagnosis doesn't have to define you or your life style.

Memory Care Screening (S)**Thursday, January 19, 10:30 am-12 pm**

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, January 17

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

Cooking with Alec (S)

Chipotle Chicken Tortilla Soup

Friday, January 20, 1-2pm

Presenter: Alec Jensen

Cost: R \$6/NR \$7.50

Max: 15

Register by Wednesday January 18

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

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

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

Cost: Free**Register by Friday January 20**

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

Programming to improve the lives of people experiencing dementia and those that care for them



Mindworks (S)

Thursdays, January 5-26

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. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

Memory Care Screening (S)

Thursday, January 19

10:30 am-12 pm

Facilitator: ADRC Dementia Care Specialist

Cost: Free

Appointment Required

Call 920.232.5301

Max: 6

Memory screenings are an important tool in identifying possible changes in memory and cognition. One-on-one 20 minute appointments. Come get your baseline screening today!

Tender Loving Care (TLC) Support Group (S)

Thursday, January 26

1-2 pm

Facilitator: Fox Valley Memory Project

Cost: Free (Supported by the Fox Valley 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.

Thank you to our community partners for making this programming possible.



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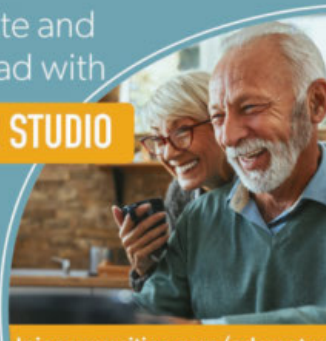
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THRIVE
LOCALLY





Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Oshkosh Seniors Center
200 North Campbell Road

This classroom style class will be held:

Thursdays, January 5-26 with a follow up class/social on Thursday, Feb. 23, 1-2:30 pm

Cost: \$15.00 per person

Time: 1:00-2:30 pm

Place: Oshkosh Seniors Center Willow Room

Register at the center by: December 30th

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up and Move More class to learn:

- ♦ The consequences of too much sitting time and the benefits of more standing time
- ♦ Strategies for incorporating more standing time into your day
- ♦ To set achievable goals and address problems or barriers



wihealthyaging.org/standup

HOUSING IMPROVEMENT LOAN PROGRAM

The City of Oshkosh is inviting seniors to apply for the City's 2023 Housing Improvement Loan program. Applications will be accepted through March 15, 2023. This program has been in existence for over 30 years and has benefited many seniors. There is no interest on the loans and they are not repaid until the house is sold.

To qualify for the loan, your house must be located within the City of Oshkosh and must be your principal place of residence. The program pays for repairs to the home such as roof replacements, exterior repairs, plumbing and electrical repairs, furnace replacements, painting, and other items. The program will also address accessibility needs and all lead-paint hazards if necessary. The program is not intended for remodeling or additions. You will be considered for a loan if you meet the following income requirements.



Family Size	Annual Income
1	\$47,600
2	\$54,400
3	\$61,200

Please call Kenneth Gresser of the Planning Division at 920-236-5056 if you have any questions or if you wish to receive information and application packet.



Valley VNA
Senior Care

Healthy
Feet

**Foot care
services**

**COST: \$24
CALL 920.232.5301 FOR AN
APPOINTMENT**

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





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

BIODEX FALL RISK
SCREENINGS
ARE AVAILABLE
FEE IS \$10.00



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

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

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

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

Caring for the community since 1908.

Valley VNA Senior Care

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

valleyvna.org | 920.727.5555 | Neenah, WI



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Dr. Adam Mootz
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anicholas@picommunities.com

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 WisconsinSeniorMedicarePatrol



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



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CALL (920) 236-6540

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Rent includes: Heat • Water • Electricity • Cable TV
Some apartments available at below market rent.
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Oshkosh Senior Center, Oshkosh, WI

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calling
920.232.5301

New in 2023:
Foot care
needs

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

Friends of Oshkosh Seniors Center Annual Meeting



Open to Public
Please register
if you wish to attend.
920.232.5300

Tuesday, January 24 at 8:15 am
Oshkosh Seniors Center
South building
200 N Campbell Road



ADVOCAP MEAL PROGRAM

Register within 24
hours to be
guaranteed a meal.
Meals are served
inside the Oshkosh
Seniors Center South
facility

CALL: 920-450-5122
TO MAKE A RESERVATION



Meet with Connect through Tech to improve your Digital IQ

One on One Tech Appointments

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

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

Mondays, January 2, 9, 16, 23, and 30
9 am, 10:15 am, 11:30 am, 1:00 pm

Tuesdays, January 3, 10, 17, 24, and 31
9 am, 10:15 am, 11:30 am, 1:00 pm

Wednesdays, January 4, 11, 18, and 25
9 am, 10:15 am, 11:30 am, 1:00 pm

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

Wi-Fi Access (S) Cost: FREE

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

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, January 2, 9, 16, 23, and 30
9:15 am, 10:30 am, 11:45 am, 1 pm

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



HOME SAFETY OPTIONS



LET'S EXPLORE DIGITAL HOME SECURITY OPTIONS

- OVERVIEW OF FEATURES
- COST COMPARISONS
- EASY TO USE?

TUESDAY, JAN. 18, 2023

FREE

1:30 PM

OSC - SOUTH BUILDING

MUST REGISTER 20





OSHKOSH SENIORS CENTER'S

FOX FITNESS CENTER & WELLNESS FAIR OPEN HOUSE

Sponsored by



Thursday, January 26 Noon-3 pm

234 N. Campbell (North Facility)

Need additional information please call 920.232.5300

First 50 people to sign up and attend fitness equipment orientations receive **FREE Exercise Band Kits**

Find out how to be proactive in your healthy aging journey!



- Tour Facility's State-of-Art Fitness Equipment
- Signup for Equipment Orientation
- Win Door Prizes
- Receive Health and Wellness Information

Wellness Fair Booth Participants

Elite Hearing Center
 Physical Achievement Center
 Fox Valley Physical Therapy
 ADRC - Winnebago County
 Memory Care Project

Chiropractic Health
 Home Town Pharmacy
 Oshkosh Fire Department
 Oshkosh Police Department
 Christine Ann Center

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, January 4-25, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) Lisa Madell will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

Ukulele Play Along (S)

Wednesdays, January 4-25

10:30 am-12 pm

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

Min/Max: 3/20

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

Ukulele Lessons Everyone Welcome!

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



Beginner Ukulele Lessons (S)

Fridays, January 6-27,
11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

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

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

Intermediate/Advanced Combo Ukulele Lessons (S)

Fridays, January 6-27, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

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

We will be combining the Intermediate and Advanced classes during the summer months. With Aaron's style of teaching, he will be able to challenge both skill levels during the same lesson.

Beginner 2 Ukulele Lessons (S)

Fridays, January 6-27, 12 -1 pm

Instructor: Aaron Baer

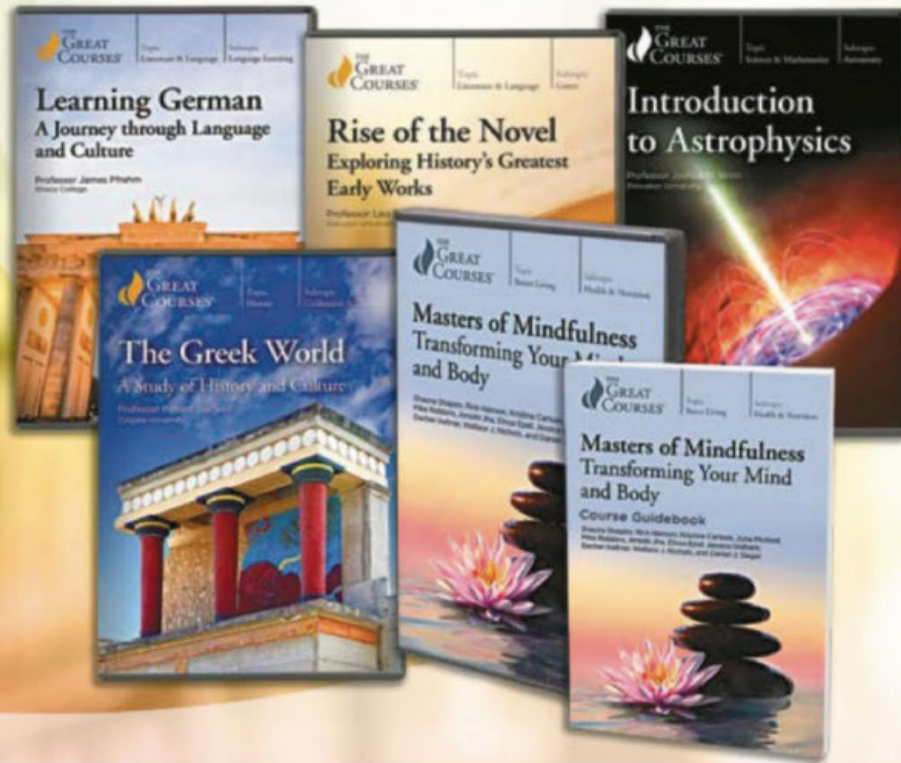
Cost: R \$40 /NR \$45 for 4 week session

Min/Max: 10/20

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

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

THE GREAT COURSES®



What are Great Courses? Classes taught by award-winning experts and professors, facilitated by volunteers.

The Center has received a large donation of Great Courses on a variety of subjects. We invite your input as to which courses to offer. Please come and see available topics, meet volunteer facilitators, and share your thoughts.

Great Courses Open House (S)

Thursday, January 12, 10-11 am
Light refreshments will be served

Let us know you're coming

Register by Tuesday, January 10 920-232-5300



Bingo (S)

Monday, January 9, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Thursday, January 5

Come for a fun afternoon of bingo!



EDENBROOK
OSHKOSH

Chat-N-Chop— Melt Sandwiches (S)

Tuesday, January 17

9:30-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10.00 / NR \$11.50

Min/Max: 2/10

Register by Wednesday, January 11

Payment due upon registration

Happy New Year. This month we will be making hot melt sandwiches which include: ham, apple & Swiss panini, bacon & egg breakfast panini and Chocolate & Brie Panini. Put on those aprons and come and join us.



Book Sharing Club (S)

NEW!

Thursday, January 12, 1:30-3 pm

Facilitator: Lois Potratz

Cost: R \$1.25/NR \$1.75

Register by Tuesday, January 10

This is not your "traditional" type of book club. Rather than everyone reading the same book, members choose an author or a subject and then we each pick any book by that writer or on that topic. We take turns at our meeting to share comments and/or give a short review of our selection.

For January, our current members have selected to read any book that is set in Wisconsin (either fiction or nonfiction). Some examples are: The Land Remembers by Ben Logan, Population 485: Meeting Your Neighbors One Siren at a Time by Michael Perry, Little House in the Big Woods by Laura Ingalls Wilder, Shotgun Love Song by Nicholas Butler, A Sand County Almanac by Aldo Leopold, just to name a few.



On the Move (S)

Tuesday, January 17, 10-11 am

Presenter: Scott Armstrong, All Senior Movers

Cost: Free

Register by Friday, January 13

Moving a lifetime of belongings can be challenging, emotionally and physically. Senior Movers specializes in helping those who are downsizing and relocating to a new home. Scott will share what you can do to make the transition as smooth as possible. Program sponsored by Synergy Home Care.

Donuts & Elder Law (S)

Celebrity Edition

Friday, January 20, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, January 18

What can we learn from celebrities about estate planning and long-term care planning? Attorney Joe McCleer of McCleer Law Office will discuss several instances in which celebrities and their families faced unnecessary and lengthy battles due to poor planning.

Free donuts!



Live piano music Thursday afternoons in the South building Great room. Sherri Tipton tickles the ivories on the baby grand, sharing a variety of music for listeners to enjoy. This is an informal time to listen to live music.



Eat & Greet (S)

Wednesday, January 25, 11:30 am

Cost: \$10.00

Min/Max: 2/30

Tickets available December 28-January 18

Join us for a delicious bowl of chili with all the fixings, corn bread and rice crispy bar for dessert.



Popcorn & A Movie (S)

Wednesday, January 25,

12:45-2:00 pm

Cost: Free-Donation for popcorn appreciated

Min/Max: 2/30

Register by Tuesday, January 24

Enjoy a movie with the company of friends. We're popping the corn fresh! Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies in newsletter.**

Book Talk (S)

"Where the Crawdads Sing" by

Delia Owens

Thursday, January 26, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 / NR \$1.75

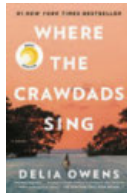
Max: 20

Register by Thursday, December 28

Call the center at 920.232.5300 to register and arrange for a copy of the book.

Limited number of books are available

For years, rumors of the "Marsh Girl" haunted Barkley Cove, a quiet fishing village. Kay Clark is barefoot & wild; unfit for polite society. So when Chase Andrews is found dead, she is immediately suspected of the crime. But Kya is not what they say. A born naturalist, she takes life's lessons from the land. Kya opens herself up to a new & startling world—until the unthinkable happens. Intrigues? Come and join us at Book Talk.



Fraud Prevention Tips(S)

Tuesday, January 31, 10-11 am

Presented by Rick Panske

Senior Director of Global Investigations, Oshkosh Corporation

Cost: Free

Register by Friday, January 27

Scams seem to be on the rise again, and it is important to keep yourself safe! Many times scammers will pretend to be from an organization you know. Rick will share some "quick tips", things to watch out for, and what is the newest scam out there. This promises to be a very informative presentation with tips you can use to keep yourself safe.

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

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





- 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

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

We are closed Monday, January 2

Cribbage

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

Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

Canasta

Wednesdays 9-11 am
New players welcome!

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

Cancellations & Refunds

Refund Guidelines

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

If you register for a program and are unable to attend, please call and let us know. Often times we are at capacity with a program and turn people away, only to have some who are registered not show up. We understand things come up, but please call and let us know.

To remove your reservation and free up a spot for someone else, please call

920.232.5300

Thank you so much!
Jane Wells
Program Supervisor

EAT & GREET

**WEDNESDAY, JANUARY 25
11:30 AM (SOUTH BUILDING)**



CHILI WITH ALL THE FIXINGS!

**TICKETS AVAILABLE
DECEMBER 28-JANUARY 18**

**JOIN US FOR A DELICIOUS BOWL OF CHILI
WITH ALL THE FIXINGS, CORN BREAD,
AND RICE CRISPY BAR FOR DESSERT.**

nothing
but
gratitude!



*The Friends wish you
a happy, healthy, and peaceful New Year*



Please accept our sincere gratitude to everyone who volunteered, sponsored events, and made monetary donations to benefit the Oshkosh Seniors Center.

The impact of your gifts is immeasurable. Through your generosity, we improve the lives of older adults in our community!

***The Friends of the Oshkosh
Seniors Center***

We accept gifts to further the mission of the Oshkosh Seniors Center to enrich the lives of older adults in our community throughout the year. Individuals aged 70 1/2 or older may make a charitable distribution from their IRA. It's as simple as designating the Friends of the Oshkosh Seniors Center as the beneficiary. You may also designate a gift to the Center in your will. Your gifts help to secure a sustainable future.

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

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

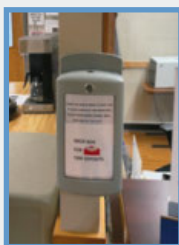
If you have questions, please contact Anne Schaefer, Marketing and Fund Development Coordinator at 920.232.5306

Winnebago Senior Tours

For questions call 920.232.5312

Tours Sign-up Options

- Desk for registration is available **9 am -1 pm MONDAY through THURSDAY** South Building. **200 N. Campbell Rd.**
- Place your payment in the drop box located next to the WST Desk **OR**
- Mail your check to:
Winnebago Senior Tours
P. O. Box 1851
Oshkosh WI 54903-1851
Please be sure to note the trip on the check memo line.



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

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

Six-The Musical

The Performing Arts Center—Appleton

Date: January 18

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

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

Divorced, beheaded, died, divorced, beheaded, survived. From Tudor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power!



This new original musical is the global sensation that everyone is losing their head over. *The New York Times* says, *Six* "Totally Rules!" (Critic's Pick) and *The Washington Post* hails *Six* as "Exactly the kind of energizing, inspirational illumination this town

aches for! The Broadway season got supercharged!" Written by Toby Marlow & Lucy Moss. Includes: show ticket, School Bus Transportation and tip.
Guide: Cheryl Freiberg

The Music Man

The Fireside Theatre-Fort Atkinson

Date: Thursday, March 16

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

Depart: 7:45 am Return: 6 pm

Strike up the band for Broadway's brassiest musical comedy.

Winner of eight Tony Awards including Best Musical, *The Music Man* has delighted audiences the world over with its



tale of the fast-talking, charming con man, the prim but passionate librarian, the bumbling mayor, and all the colorful characters that make this show a classic. Add such songs as "Goodnight My Someone," "The Wells Fargo Wagon," and "76 Trombones" and you have a guaranteed great time. Entrée Choices: Chicken Piccata, BBQ Ribs, or Cod.

Guides: Cindy Paffenroth & Marianne Zaring

Cats – The Musical

The Performing Arts Center-Appleton

Date: Sunday, March 26

Cost: \$70 (\$20 non-refundable deposit)

Depart: 11:30 am

Return: Immediately after the show

An anthology-style musical taking place over one night. Set in a junkyard, each cat wants to enter the Heaviside Layer or cat heaven, hoping to be reborn a "hotter" cat.

Deuteronomy, a lovable rotund cat oversees each cat's song-plea. Grizabella,



an old scruffy cat attempts to become part of this junkyard scene, but the other cats judge her appearance and shun her. After the lead cats have their moment in the spotlight, Deuteronomy decides Grizabella deserves to ascend to the Heaviside Layer. Includes: Show ticket, School Bus transportation and tip.

Guides: Cheryl Freiberg & Ginnie Riley

Winnebago Senior Tours

Grumpy Old Men

The Fireside Theatre-Fort Atkinson

Date: Thursday, April 20

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

Depart: 7:45 am Return: 6 pm

This is the story of Max and John, neighbors who have been feuding for most of their lives.

Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until

their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based

on the 1993 film, this stage adaptation captures the lovable crotchety characters through

twinkling humor, great songs, and the affectionate depiction of a small town that feels like home

to everyone. Entrée choices: Pretzel Crusted Stuffed Chicken, Grilled Pork Ribeye, Trout.

Guides: Cheryl Freiberg and Laurie Peach



The Duttons

Schauer Arts Center-Hartford

Saturday, April 29

The Duttons are a performing family of three generations of amazing talent. They have been recording, performing and touring together

professionally for over 30 years. The adult Duttons started out their musical training as classical musicians when they were children, but it didn't take long for them to branch out to play just about any style of music. Along with the classical, they play pop, country, bluegrass, and gospel. Their ability to adapt and play just about any style of music is just one of the things that makes them so unique.

Details for this trip at the time of the newsletter being published were not yet available. Watch the Brochure Rack at the WST Desk for further details.



Exploring the Amish Community of Cashton

Date: Friday, May 12

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

Depart: 7:00 am Return: 6:00 pm

Set deep in the heart of southwestern Wisconsin you will find a serene spot nestled in the valley two miles east of Cashton. Set amongst the gorgeous rolling countryside, the Kuderer farm is home to the Village Shops at "Down A Country Road."

After spending time at the village shops, our guide, will ride along with us on our tour bus as we visit the Amish community. We will learn the history, traditions, and customs of the Amish through the eyes of an experienced tour guide. Enjoy hearing about the customs of courtship and marriage, church services, funeral practices and much more. Our guide will share many heartwarming stories of experiences she has had amongst her Amish friends and neighbors. You will have a chance to meet Amish families as we stop at their farmyards to look at the goods they may have for sale. Such as plants, hanging baskets, annuals, garden décor, candy, quilts, wood working, and bakery items.

After our tour we will travel toward Sparta (the bike capital of America) for lunch and tour other local attractions.

Guides: Cindy Paffenroth and Pat Heyer



MORE UPCOMING 2023 TRIPS

Performing Arts Center - Appleton

Ain't Too Proud June 21—7:30 pm

The Fireside - Fort Atkinson

Legends In Concert—July 13

Mary Poppins—August 17

Scrooge—December 14

A Few of the Day Trips

Discovering Warren's Cranberry Culture

Around the Lake

Door County

Salute to Veterans

Casino Trips

Winnebago Senior Tours

Hamilton

The Performing Arts Center-Appleton

Date: Wednesday, May 17

Cost: \$180 (\$20 non-refundable deposit)

Depart: 6:00 pm

Return: Immediately after the show

Hamilton is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, Hamilton has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre—a musical that has had a profound impact on culture, politics, and education. With book, music, and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler, and musical supervision and orchestrations by Alex Lacamoire, Hamilton is based on Ron Chernow’s acclaimed biography. It has won Tony, Grammy, and Oliver Awards, the Pulitzer Prize for Drama, and an unprecedented special citation from the Kennedy Center Honors. Includes: Theatre ticket & Express transportation. Guides: Cheryl Freiberg & Pat Heyer

Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

Date: July 26– August 6 (12 Days)

Cost: Varies by stateroom selection

Now is the time to cross traveling to Alaska off your “Bucket List”! Traverse the Pacific Coast by land and sea aboard Holland America’s Noordam Cruise Ship on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. Passport is required. Cruise the Sternwheeler Discovery and encounter Alaska’s diverse culture and rich history. Ride in a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel into Denali National Park to view the region’s wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska’s gorgeous capital, Juneau. flyer for complete details

Guide: Cheryl Freiberg

France Magnifique Discovery

September 14—25,

Cost: \$4999 Double (early booking)

Special Travel Presentation:

Tuesday, January 17, 2023 2:00 pm

Oshkosh Senior Center

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Set off for the Normandy coast where the largest invasion in history took place during World War II. Visit the Caen Memorial Peace Museum, Juno Beach, the Normandy American Cemetery and Visitors Center on Omaha Beach, walk Pointe du Hoc Ranger Memorial, and make your way to Sainte Mere Eglise, the heart of the American Airborne operations on D-Day. Delight in a 2-night stay in a stunning, renovated château in the UNESCO World Heritage Loire Valley. Enjoy a visit of the famous Chenonceau Castle. Sip wine during a tour of a winery and its impressive underground caves. Glide along the Seine as you take in the highlights in Paris. Savor the views and rich cuisine during dinner at the Eiffel Tower. Bask in the robust history, culture and romance of these celebrated cities and charming towns.

> SPACE IS LIMITED on this tour!!

> Save \$250/pp when you sign up now.

Guide: Cheryl Freiberg

When sending payments in the mail be sure to include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____



Friends of the Oshkosh
Seniors Center
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Oshkosh WI 54903-3423

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

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

www.schedulesplus.com/oshkosh/kiosk



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