

# THE CURRENT

Take a walk  
to stay healthy!

November, 2024 , Issue #11

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



## Discover the Offerings at the Oshkosh Seniors Center



**FITNESS AND WELLNESS**



**EDUCATION AND ART  
ENRICHMENT**



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CONNECT THROUGH  
TECH**

View the online newsletter at  
<https://www.oshkoshwi.gov/SeniorServices/>  
Oshkosh Seniors Center 920.232.5300

# Welcome to the Oshkosh Seniors Center

## **A NOTE FROM THE SENIOR SERVICES MANAGER, DAN BRAUN**

November begins the season that many traditionally associate with gratitude and giving thanks for the wonderful elements in your life. Your staff team at the Oshkosh Seniors Center is very grateful to all of you for the support you give to the Center throughout the year through our programs and activities. We strive to do our best in what we do to bring you positivity and empowerment and in finding ways to help you keep doing the things you like and to guide you to new things to keep your mind and body young at heart.

With the weather cooling off outside, there is no better time to find a program at the Center! Between fitness programming, personal training, wellness programming, educational and enrichment programs, the Woodshop, and Winnebago Senior Tours, there is something for everyone here.

An easy way to check in at the Center is to use the Pre-Pay option in the computer system. By keeping money in your account, you can check yourself in, select your program, and be on the way. The monthly pass options work well for this, too. Stop by either building; the desk volunteers can help you set this up.

This month is also the start of the holiday season, which means changes to the hours the Oshkosh Seniors Center is open. We are closed for Thanksgiving this year on Thursday, November 28th; on Friday, November 29th, the South Building is closed, and the North Building will be open from 8 am until 12 noon for the fitness center. There are no exercise classes.

See you by the river! Dan

## WHAT'S IN THIS ISSUE?

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

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OSHKOSH SENIORS CENTER  
PRESENTS

# WINTER WHITE DINNER & EVENT

**TUESDAY, DECEMBER 10**

**5-6:30 PM**

**DOORS OPEN 4:45 PM**

**Tickets: \$25**

**Available for purchase  
November 14-December 6**



*Dinner prepared by the Roxy: Beef Tenderloin Tips, Mashed Potato Gravy, Tender Roasted Chicken, Vegetable, Dessert*

**ENTERTAINMENT:**

*Weenah High School*

# MADRIGAL SINGERS

**Sponsors:**



**Oshkosh Seniors Center-South  
200 N Campbell Rd Oshkosh  
920.232.5300**

## Art Expression (S)

Thursdays & Fridays,  
November 1-22, 9-11:30 am  
Cost: R \$1.50/NR \$2.25 per visit

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

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

## Hand Building with Clay (S)

Tuesdays, November 5-26, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

**Registration opens Monday, October 21**  
**Payment due upon registration**

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

**Beginners welcome!** Please note, class supplies are for use during regularly scheduled class times only. Those listed as "stand by" will be given first option on the following month's class.

## Stained Glass (S)

**Holiday Fun!**

Mondays, November 5-19, 10-12

Cost: R \$20/ NR \$25

**Register by Friday, November 1**

You will be able to make a variety of projects to give as gifts or keep for yourself. Multiple patterns available, from beginner to experienced. Must have stained glass experience.

## Donations Wanted!

Have empty laundry pod containers? We're looking for donations of empty containers for upcoming projects. Drop off at either front desk.



## Quilting 403 (S)

**Quarter Square Triangles**

Wednesdays, November 6-December 18  
9-11:30 am

**No class November 27**

Instructor: Liz Lahm

Cost: R \$20/ NR \$25

Min/Max: 3/10

**Register by Monday, November 4**

In this class we will explore making quarter square triangles and combing them with half square triangles and more. Using 2, 3 or 4 different fabrics the resulting design will change. You will choose one of 2 quilts to work towards, Prairie Windmills (p. 59) or Yankee Puzzle (p. 61). You can change either design by adding different connecting blocks and/or the size of the quilt.

**Recommended Book:** *Quilter's Academy Volume 3 – Junior Year.* Authors Harriet Hargrave and Carrie Hargrave. Available through Amazon.



## Sewing 103 (S)

**Holiday Gifts**

Wednesdays, November 6-December 18  
1-3 pm

**No class November 27**

Instructor: Liz Lahm

Cost: R \$20/ NR \$25

Min/Max: 3/6

**Register by Monday, November 4**

In this class we will apply new sewing skills in a variety of ways to make some small objects that could be gifts for the holidays. This could include 5 or 6 of the following: potato bag, bowl cozy, thread catcher, car organizer, book cover, tissue pocket cover, fabric storage bin, mug rugs, card wallet, potholders, placemats, water bottle sling, car trash can. We will vote on these at the first class.





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Call 920.232.5340 for info about your mobility options.

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

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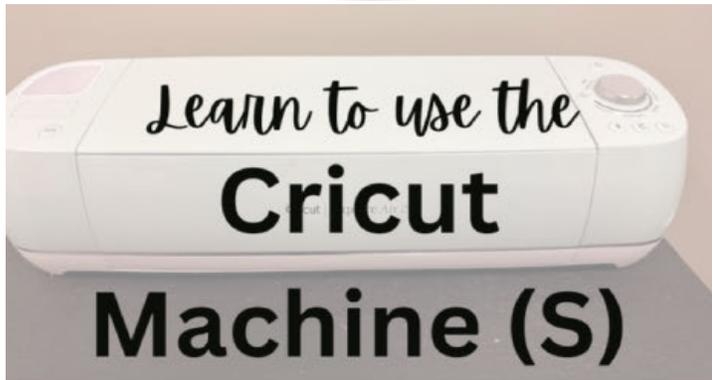
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**Live Happily.**

**\*\*\*\*Note: Doors will open 10 minutes before the start of class.**



**Wednesdays, November 6-20  
10:30-11:30 am**

Instructor: Christie Powers

**Cost: R \$10/ NR \$12.50**

Min/Max: 3/6

**Register by Monday Nov. 4**

**Payment due at time of Registration**

- Learn how to use Design Space, the basic Cricut terminology, functions of the machine, and how to create and make projects using techniques we learn.
- make a new project each week.
- May bring laptop or iPad with Design Space on it, but not needed for this class.
- CRICUT MACHINE NOT NEEDED FOR CLASS. We will have machines available to work on. You are welcome to bring your own if desired.

There will not be time to set up a brand new machine in this class. Please make an appointment with Christie in Tech Connect to do this ahead of time if you'd like.

**Button or Jigsaw Puzzle Art (S)  
Monday, November 6, 9 am - 12 pm**

Facilitator: Kerry Wolfe

**Cost: R \$7.00 / NR \$8.50**

Min/Max: 3/8

**Register by Wednesday October 30**

Don't know what to do with old buttons and jigsaw puzzle pieces? Well, we are going to turn them into masterpieces. All supplies and materials are provided for you. If you have something special to add bring it along. Project similar to the one shown.



**Paper Quilling (S)**

**Monday, November 11, 9 am - 12 pm**

Facilitator: Kerry Wolfe

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

Min/Max: 3/8

**Register by Tuesday, November 5**

What is paper quilling? We will taking precut paper and rolling them into different shapes. All materials are provided for you.

**Artfully Yours –**

**Thanksgiving Centerpiece**

**Wednesday, November 13, 10 am-12 pm**

Instructor: Kelly Arens

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

Min/Max: 4/10

**Register by Wednesday,  
November 6**

**Payment due upon  
registration**

Looking for a fresh look for your table this Thanksgiving? Join us as we put together a beautiful Fall centerpiece, that will wow all your guest! *Similar to picture shown.*



**Needle Felting**

**Christmas Ornaments (S)**

**Monday, November 25, 9 am - 12 pm**

Facilitator: Kerry Wolfe

**Cost: R \$8 / NR \$9.50**

Min/Max: 3/8

**Register by Tuesday,  
November 19**

It's that time of year. Come needle felt some Christmas ornaments. Keep for yourself or give as a gift. From beginner to advance felters are welcomed.



## Woodshop Guided Hours (N)

Wednesdays, 10 am-2:30 pm

**\*If you plan to attend after 12 pm on Wednesdays, please call and register by the Tuesday before.**

Fridays, 1-3 pm

**\*Register by the Thursday before.**

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

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

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

**Closed Fridays:  
11/22 & 11/29**

## Power & Hand Tool Carving (N)

Mondays, November 4-25, 8 am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

**Register by Tuesday October 28**

**Payment due upon registration**

Power tool carvers must bring bench fan, dust collector, have completed safety training to use OSC power equipment. Hand carvers must use their own hand/rotary tools. Instructors available to teach, guide, and problem solve. **This class open to carving projects only**

## Vinyl Block Carving and Printing (N)

Mondays, November 4-25, 1-3 pm

Instructor: Linda Gomach/Diane Curtis

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

Min/Max: 3/8

**Register by Tuesday, October 28**

**Payment due upon registration**

In this class, you will carve an impression in a 8X10 Vinyl tile, using a v-gouge (bring your own if you have, provided if not). Upon completing your carving, you will then ink the tile and apply to textiles. If you wish to apply to a fabric piece, such as a shirt, please bring in your own item.

## Pyrography (S)

Unfinished Projects

Tuesdays, November 5-26, 8:15-11:15 am

Instructors: Linda Gomach, Richard Krummick

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

Min/Max: 3/10

**Register by Tuesday, October 29**

**Payment due upon registration**

Here's a chance to work on those unfinished projects. Award-winning instructors will give guidance to help get your pieces completed. Come enjoy Woodburning time with fellow burners!

## Basic Machine Safety Training (N)

Fridays, November 8 & 15, 10 am-12 pm

Facilitator: Jeff Becker

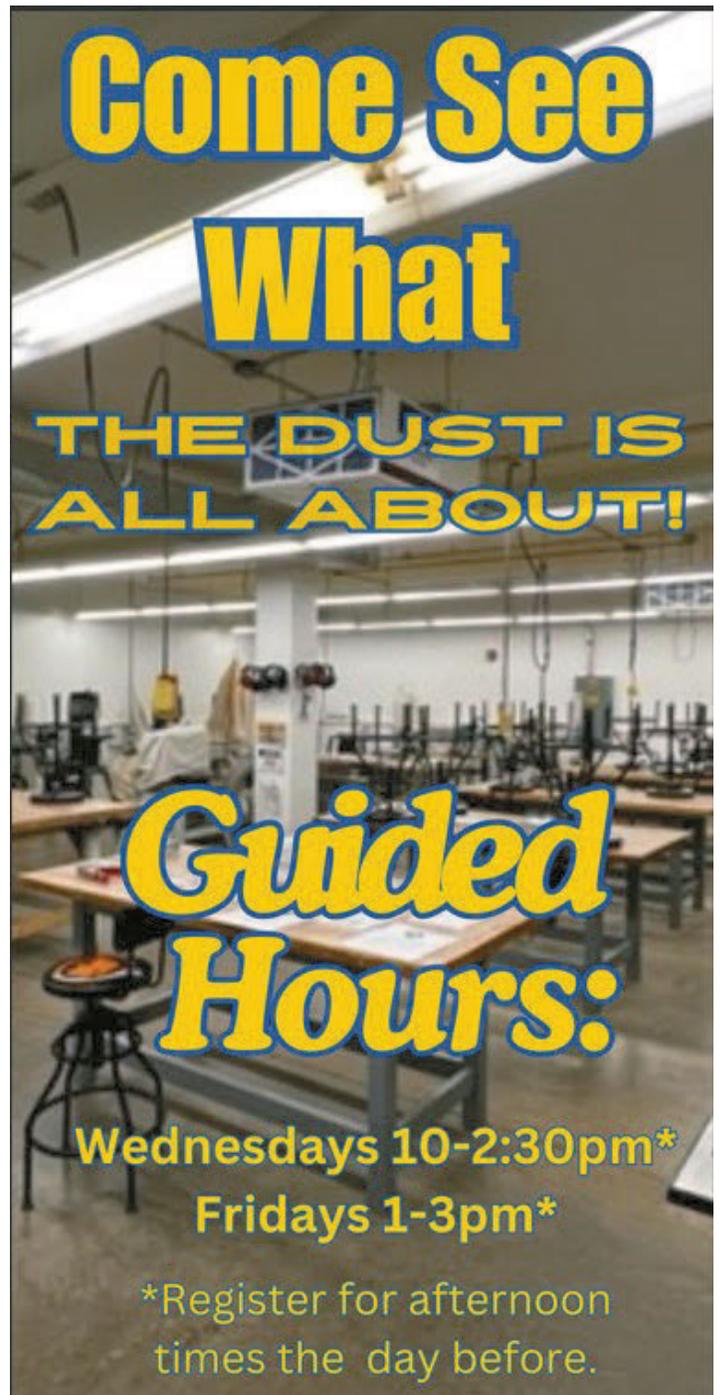
**Cost: R \$5/NR \$7.50**

Min/Max: 3/10

**Payment due upon registration**

**Register by Friday, November 1**

All **NEW** participants wanting to use the woodshop for classes or guided hours are required to attend the machine training class. The two class requirement for new participants **must be taken in consecutive weeks.**



**Come See  
What  
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**Wednesdays 10-2:30pm\***  
**Fridays 1-3pm\***

**\*Register for afternoon  
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# TURKEY TROT



## PACKET PICK UP



PICKUP:  
WEDNESDAY, NOVEMBER  
27: 2:00 PM – 6:00 PM  
THANKSGIVING:  
6:30 AM – 7:30 AM

Oshkosh Seniors Center,  
234 North Campbell Road,  
Oshkosh, WI



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Fitness Opportunities  
 OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit.  
 Rate sheets are available at Front Desks for non-insurance eligible programs.

## CLASS TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8am</b>	Rapid Movement 8:30-9am	Life Fitness 8:30-9am	Rapid Movement 8:30-9am	Life Fitness 8:30-9am	
<b>9am</b>	Range of Motion 9:15-9:45am	Tai Chi Energy 9:15-9:45am	Range of Motion 9:15-9:45am	Tai Chi Energy 9:15-9:45am	FFC 3G 9:15 - 10am 
<b>10am</b>		TRX 10am-10:45am 			
<b>11am</b>	Silver Sneakers 11-11:45am	Movement Exercise 11-11:45am	Silver Sneakers 11-11:45am	Movement Exercise 11-11:45am	Keep Moving 11-11:45am
<b>12pm</b>	Adv Line Dance 12:15 -1:45pm	Adv Line Dance 12:15 -1:45pm			
<b>1pm</b>				Chair yoga 1-1:45pm	
<b>2pm</b>		Chair yoga 2:15-3:00pm		Low Impact Dance 2:15-3:00pm	
<b>3pm</b>					



Not Insurance Eligible



Registration Required



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## Rapid Movement

Improve your cardio by doing fast and quick bursts of exercise then letting your heart rate come back down. This training style helps improve agility, power, coordination, and balance, to reduce the risk of falls.

## Range of Motion

A combination of yoga, stretching, and other therapeutic movements. Gently work on mobility and flexibility. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own exercise mat.

## Silver Sneakers® Classic

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

## Life Fitness

An energizing, modern approach to low impact aerobics and strength training. This class will utilize bodyweight movements, resistance bands, and light cardio to improve fitness.

## Tai Chi Energy

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

Increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress-free movements. All exercises can be performed seated or standing.

## Advanced Line Dancing

Instructor: Debbie Ruck

Kick up your heels, have fun, and impress your friends and family when you show off your line dancing skills! Prior experience preferred.

**No class Monday 11/25 and Tuesday 11/26.**



Registration Required

## Beginner Chair Yoga

Instructor: Jim Crane (T)/Catherine Huybers (Th)  
A gentle practice in which postures are performed while seated and/or with the aid of a chair. Boost strength, flexibility, and mental well-being. No prior experience is necessary for this class.

## Low Impact Dance

Instructor: Diane Hergert  
Step-by-step instructions for a low impact aerobic workout. All levels encouraged to attend, this is a no judgement zone! Here's your chance to improve fitness and coordination, and have fun doing it!

## FFC 3g **Limit 10 people.**



Challenge your body in different ways by incorporating cardio exercises on the treadmill, bike, and elliptical. This can help you maximize your calorie burn, build endurance, and improve overall fitness!

## Keep Moving!

Cardio, strength, stretching, and balance to keep you fit.



## TRX **Limit 6 people** **Tuesdays 10-10:45am**

Instructor: Bob Braun

Use suspension straps to push, pull, and lift your body weight to develop strength, balance, flexibility, and core stability at your own pace. Due to equipment, capacity is limited. **Please** register before each class to ensure there is space.



Not Insurance Eligible

**Happy Thanksgiving**

**Please note holiday hours:**  
We are closed for Thanksgiving this year on Thursday, November 28th; on Friday, November 29th, the South Building is closed, and the North Building will be open from 8 am until 12 noon for the fitness center. No exercise classes.

# PERSONAL TRAINING



## ALEC JENSEN 920.232.5320

Hi, I'm Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience, I specialize in designing personalized programs that cater to your unique fitness and wellness needs and goals. Whether you're aiming to build strength, improve balance, lose weight, or recover post-rehab, I'm here to support you every step of the way. I have successfully guided hundreds of individuals on their fitness journeys, from beginners to seasoned athletes. Let's work together to achieve your best self and make your wellness goals a reality!



## CIERRA BOUTELLE 920.232.5303

Hello, I'm Cierra, the Healthy Lifestyles Coordinator at the OSC. My background includes a Bachelor's degree in Exercise Science with a strength and conditioning and psychology emphasis. Additionally, I have my Master's in Athletic Training where I have worked with individuals in a wide variety of settings helping them with injury prevention and/or rehabilitation programs that is specifically tailored to meet their needs and overall goals. My goal is to give you a safe outlet to gain confidence and freedom in your everyday activities! Let's work together to keep moving our bodies and get stronger every day!

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Branson (when new shows are out)	12/1-6	TBD

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Oshkosh Senior Center, Oshkosh, WI

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**Mindfulness Meditation (S)****Thursdays, November 7-21, 11 am-12 pm**

Instructor: Donna Janus-Volunteer

**Cost: R \$1.25/NR \$1.75 per visit**

This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how Mindfulness and Meditation work to increase well-being.

**FREE Blood Pressure Checks****Thursday, November 7, 12:00-1:00 pm (S)****Tuesday, November 12, 10:15-11:15 am (N)****Thursday, November 21, 12:00-1:00pm (S)****Monday, November 25, 12:30-1:30 pm (N)**

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

**Essential Oils:****Christmas Room Sprays (S)****Tuesday, November 12, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Cost: \$8.00****Register by Friday, November 8**

Most room sprays are full of toxic chemicals that can cause a host of health issues. Create an all natural room spray perfect for any room of the home. From spicy to floral to woody and citrus. We have the perfect spray for your holidays! Each 1oz spray bottle is just \$8.

**Winter Walking Tips & Tricks (S)****Wednesday, November 13, 1-2 pm**

Presenter: Stephanie Pereira Da Silva

**Cost: Free****Register by Monday, November 11**

Join Stephanie from Fusion Footwear to learn tips and tricks on walking in winter conditions!

**Get Set Up Watch Party: Fight Stress & Build Happiness (S)****Monday, November 18, 1-2 pm**

Presenter: Get Set Up Guide—Bernadette Barton

**Cost: Free****Register by Thursday, November 14**

Are you worry prone? Come learn techniques for changing your thinking and setting yourself up for success! In this session, you will learn how to prevent worry and fear from holding you back, how to strengthen your forward thinking mindset and learn how to use these techniques everyday!

**Portion Distortion (S)****Tuesday, November 19, 1:30-2:30pm**

Presenter: Alec Jensen

Cost: Free

**Register by Friday, November 15**

What you eat is just one part of good nutrition. This presentation clears the confusion between portions sizes and serving sizes and provides tips on avoiding common portion pitfalls.

**Exercise 101 How to Get Started****Wednesday November 20, 10 -11 am**

Presenter: Alec Jensen

**Cost: Free****Register by Monday, November 18**

Are you ready to increase your physical activity but not sure where to start? In this presentation you'll learn when to speak with your doctor, the components of an exercise plan, tips for getting started and tools to help you succeed.

**Getting To Know Diabetes (S)****Wednesday, November 20, 1-2 pm**

Presenter: Megan Fritz

**Cost: Free****Register by Monday, November 18**

What is Diabetes? What are the causes? What will be my symptoms? How can I prevent the onset of diabetes? What are the different forms of treatment? Come learn about diabetes and everything you need to know. A perfect way to get all of your lingering questions answered. We will also discuss 3 new habits to prevent or slow progression of diabetes.

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

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

**Cost: Free****Register by Thursday, November 21**

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 Q&A.

# Seed Saving Workshop Save Your Plants & Money! (S)

Tuesday, October 29, 1:30-2:30 pm **Note October date**

Presenter: Rox Olesen, Horticulturist (retired)

**Cost: Free**



**Register by Friday  
October 25 920.232.5300**

Saving seeds from this year's annual and perennial plants is rewarding and you don't have to buy new seeds for next year. Learn the difference between annual and perennial seeds, and how to prepare and store each type. Participants can bring some seeds from their garden, and share/exchange what other people have brought.

Kids are off of school, it's time for a

## Grandparent & Me Project!

**Children Christmas  
Stocking Making (S)**

*For kids ages 10 and older*

**Friday, November 8, 1-3 pm**

**Register by Monday, November 4**

**Facilitators: WI Warmer Volunteers**

**Cost: R \$10/ NR \$12.50**



Work together with your grandchild to make their very own stocking. The child will choose a stocking front (already made) and learn how to layout, line, pin, and cut the stocking. Volunteers will sew the project together. When the stocking is done, enjoy an afternoon treat of cookies and milk. Children must be accompanied by an adult. The fee includes supplies for one stocking per child. Registration is required.



# 25 Days Of Gratitude



There are so many reasons to be grateful every day!  
 Pick an activity below every day to connect with yourself,  
 friends and strangers for 25 days. Remind yourself that  
 there are so many reasons to be grateful for!

Write down 3 things you are grateful for	Thank a friend	Take a friend out for coffee	Give someone a compliment	Join a new class at the Senior Center
Send a card to someone	Do a 5 minute gratitude meditation	Read a book	Don't watch TV for an entire day	Call a friend or family member
Bake your neighbor a treat	Write down 3 positive things about your day	Do 30 minutes of exercise	Drink 8 glass of water	Self-Care Day
Say Thank You	Hold the door for somone	Make your favorite meal	Call a friend	Go outside for 30 minutes
Go out for lunch	Go to bed 30 minutes earlier	Write down something you love about yourself	Tell someone your favorite holiday story	Write down 25 things you are grateful for

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825 Cobblestone Lane, Kimberly, WI 54136



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

**Visit us today:**  
mychoicewi.org/LPI  
1-800-963-0035

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

DHS Approved 4/22/2021

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

## Grief Support (S)

Thursday, November 7, 1-2:30 pm

Thursday, November 21, 1-2:30 pm

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: FREE**

Maximum 12 per session

Register by calling 920.232.5300

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

## Mindworks (S)

Thursdays, November 7-21

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

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

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

## Memory Screening (S)

Wednesday, November 20

10:30 am -12:00 pm

Facilitator Alisa Richetti, ADRC

**Cost: Free**

**To make an appointment call 920.232.5301**

Have a free, confidential memory screen completed and learn about normal brain changes as you age. Alisa will answer your questions related to memory loss, dementia and prevention of cognitive decline. Appointments take 15 minutes.

## Memory Link Resource Hours (S)

4th Thursday of the month

**Not meeting in November**

11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

Resource Navigator will be here to answer any questions you may have regarding memory loss

**Drop ins welcome**

## Advocap Meal Program (S)

**To register call 920.725.2791**

**24 hour in advance.**

Come and enjoy a meal with friends served inside the Oshkosh Seniors Center Monday-Friday.

Lunch is served about 11:15 daily.

Suggested donation of \$4, but nobody will be turned away based on payment. Menu at

## Tender Loving Care Support Group (S)

4th Thursday of the month, 1 pm

Facilitator: Fox Valley Memory Project

**Cost: Free**

**Not meeting in November**

**(Supported by the FV Memory Project)**

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

## Foot Care (S)

Tuesdays and Wednesdays 9 am to 3 pm,

Friday Appointments November 15 & 22

9 am to 3pm

**To make an appointment call 920.232.5301**

Cost: \$28.00

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

## Almeda Fisk Gallup Fund (S)

**To apply call 920.232.5301**

City of Oshkosh residents demonstrating financial need can apply for assistance for vision, hearing and dental.

## Bus Passes (N or S)

Transportation via bus from bus stop nearest your home to Senior Center and from Senior Center to bus stop nearest your home is FREE for Seniors. No other destination is included in this pass. The passes may be obtained at the South or North front desk.

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

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

## Aging and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at [www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc)

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

Knock, Knock. Who's there? Peas! Peas, who?

Peas bring a friend with you to OSC.

## Meet the Oshkosh Seniors Center New Staff!

# Get to know Cierra Boutelle, the new Healthy Lifestyles Activity Coordinator

Originally from Janesville, Wisconsin, she grew up with her older brother Zach and younger sister Julia.

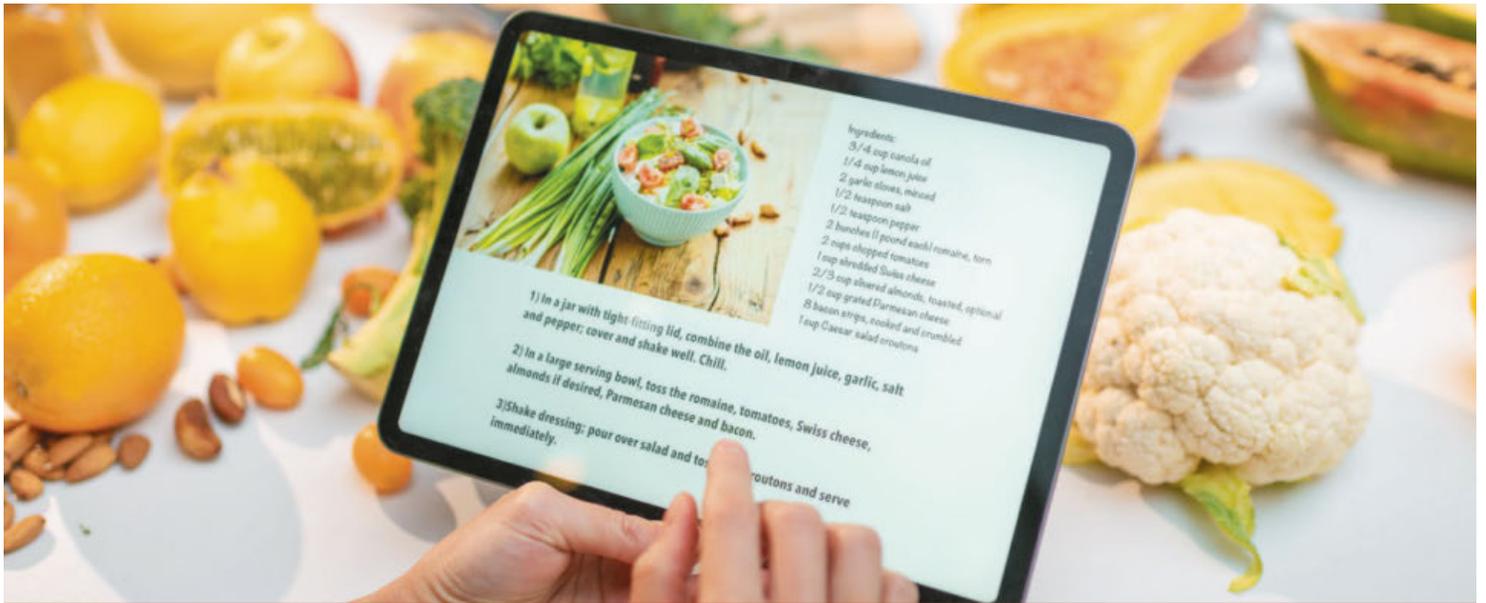
She loved being active, and her favorites were basketball, soccer, and swimming.

Cierra received a Bachelor's degree in Exercise Science from Ripon College, where she was on the Women's Swim Team! After graduating, she pursued her Master's in Athletic training at the University of Wisconsin – Oshkosh. While in Oshkosh, she loved exploring and meeting new people. Cierra met her boyfriend, Ian, while lifeguarding at the YMCA.

The couple plan on making Oshkosh their home! Ian and Cierra love water-related activities, especially being on their boat and jet ski with friends and family. She is committed to being active and enjoys pickleball, disc golf, going on bike rides, and walks. She looks forward to connecting with new people from the Seniors Center and making time to give back to the community she now calls home!



**Fall Back on Sunday, Nov. 3 for  
Daylight Savings. Turn your  
clock back one hour.**



# Connect Through Tech

## One on One Tech Appointments

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

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

*Various Hours are offered during the week.*  
**Cost: R \$2/NR \$2.75 per class**  
**By Appointment Only 920.232.5301**

**Appointments are available with Stephanie and Christie throughout the week. Just call to book an appointment that works with your schedule. Both instructors have knowledge about all the major operating systems such as Apple macOS, Microsoft Windows, Google's Android OS, and Apple iOS!**

## Wi-Fi Access (S) Cost: FREE

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

## One on One with Sandy Toland (S)

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

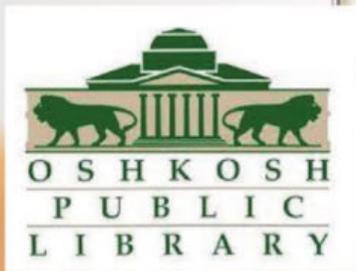
**Mondays, November 4, 11, 18 and 25**  
**9:15 am, 10:15 am, 11:15 am, 12:15 pm**

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



# **Come check out the Oshkosh Public Library's New Website**

**TUESDAY, NOVEMBER 19  
OSHKOSH SENIORS CENTER (SOUTH)  
10:30 AM  
PLEASE REGISTER. 920.232.5300**



**Sandy Toland will share how to navigate the Oshkosh Public Library's New WebSite. It's a modern, user-friendly website that will make it easier for you to find resources, events and information quickly. The new website will work smoothly on cell phones and tablets which means you'll be able to access library services anytime, anywhere.**

Oshkosh Seniors Center presents the  
Golden Tones Chorus concert

# "Joyful Noise"

With special guests  
The Fox Sounds

Paula Steiner, Director  
Marshall Potter, Accompanist

Sunday, December 8, 2 pm  
Doors open at 1:30 pm

\*Advanced tickets only, cost: \$5

\*kids under 16 free (ticket still required)

**Tickets on sale Monday, Nov. 4-Thurseday, Dec. 5**

*Concert Location:*

*234 N Campbell Road Oshkosh*

*920.232.5300*



## **Elder Benefit Specialist (S)** **No Appointments in November, call the ADRC**

Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance for an array of topics and issues to anyone 60+. EBS Services are completely free and the service is not based on income. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and providing assistance with denials and appeals. Oshkosh EBS can be reached toll free at 877-886-2372.

### **Mission Statement**

The mission of the Aging and Disability Resource Center (ADRC) of Winnebago County is to **empower and support seniors**, people with disabilities and their families, by providing useful information and finding the help people seek so they may live with dignity and security, and achieve maximum independence and quality of life.

Need help or have questions? Phone 877.886.2372

## **Ukulele Play Along Beginners (S)** **Wednesdays, November 6-27** **9:15 –10:15 am**

Instructors: Dave Hable & Jane Wells

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

Min/Max: 3/20

**Register by Monday, November 4**

**NEW!** This play along is for new players, and most songs will be 3 chords or less and basic strums. Our focus will be on easy songs, and sheet music will be provided. Please bring a 3 ring binder to hold your music. Registration helps us have the correct amount of supplies prepared.

## **Ukulele Play Along Intermediate/Advanced Players (S)**

**Wednesdays, November 6-27**

**10:30 am-12 pm**

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

Min/Max: 3/20

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

## **Ukulele Lessons** **Everyone Welcome!**

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

## **Beginner Ukulele Lessons (S)** **Fridays, November 1-22, 11 am-12 pm**

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, October 30**

**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 Seniors Center, see info above.

## **Intermediate Ukulele Lessons (S)** **Fridays, November 1-22, 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, October 30**

**Payment due upon registration**

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

## **Beginner 2 Ukulele Lessons (S)** **Fridays, November 1-22, 12:10 –1:10 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, October 30**

**Payment due upon registration**

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



## JOT Indian Cooking (S)

**Mondays, November 4-25, 10-11:30 am**

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

**Min/Max: 3/6**

**Register by Tuesday, October 29**

**Payment due at time of registration**

Each JOT (just one thing) cooking class focuses on one idea that can be incorporated into your at-home cooking. This set of classes will concentrate on techniques for cooking traditional Indian dishes such as curries and pakoras in a typical US kitchen. Demonstrations and samples will be a part of every class.

Sorry, class is full

## Golden Tones Chorus (S)

**Mondays, November 4-25, 1:30-3 pm**

Director: Paula Steinert

Accompaniment: Marshall Potter

Looking to join a wonderful chorus? Consider joining the Golden Tones next session in 2025.

**Golden Tones Holiday concert Sunday, December 8, 2 pm. Tickets \$5 and on sale November 4-December 5**

## Karaoke (S)

**Tuesday, November 5, 1-2:15 pm**

**Register by Friday, November 1**

**Tuesday, November 19, 1-2:15 pm**

**Register by Friday, November 15**

Facilitator: Lori Schroeder/ Kelly Arens

**Cost: Free**

**Min/Max: 5/25**

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers welcome. Program made possible through the generosity of an anonymous donor.



## Difference Between Senior Living Community & Living Facility (S)

**Wednesday, November 6, 1:30-2:30 pm**

Presenter: The Residence at Oshkosh

**Cost: Free-Coffee & Cookies provided**

**Register by Monday, November 4**

Senior living is evolving. Do you know the difference between a senior living community and a facility? Come learn about when you should consider senior living and what are the first steps to take.

## Brownie The War Dog: (S)

**Veterans' Best Friend**

**Book Presentation & Signing**

**with Local Author, Kelly Nelson**

**Special Guest: Joan Yohr, Niece of Oren!**

**Friday, November 8, 10-12 am**

**Cost: Free**

**Min/Max: 10/90**

**Register by Thursday, November 7**

In honor of Veteran's Day, don't miss this! Come hear about Brownie's story! **BRING** your book along to be signed by Kelly! Bring your grandkids!



*The true story of a family pet who served in WWII and went on to become a friend to wounded veterans During World War II, families all over the country volunteered their pet dogs to serve in the Dogs for Defense Program. This beautifully illustrated picture book tells the true story of a family and their beloved dog, Brownie, who served*

*alongside the troops and returned home to become a companion to wounded vets. At first Brownie's boy, Oren, isn't sure he wants to send his boisterous best friend to war. But with the help of his parents, Oren decides that Brownie could do a lot of good. Brownie serves faithfully on the frontlines until an injury sends him home from the Pacific islands. His family welcomes him back with open arms. But Brownie is not content sitting around at home—he needs a job. He begins to accompany Oren's mother to the Veterans Home in King, Wisconsin, where she works. There, Brownie finds a way to serve his fellow veterans just as he served his fellow soldiers. Lovingly illustrated by Aaron Boyd, this heartwarming story gives poignant new meaning to the phrase "man's best friend" and will be a favorite for children and their grownups.*

### About the Author:

KELLY NELSON has loved true animal stories ever since she was a little girl. *Brownie the War Dog* is her first book, inspired by a visit to the Veterans Home at King to seek care for her father, a veteran of the Korean War. Kelly lives locally in Wisconsin with her family and 3 pets. Info sourced from Wisconsin Historical Society (WHS) website. **More information about the book and author can be found on WHS site or Facebook under: Kelly Nelson, Author**



# Social and Educational

Building North (N) South (S)

## Medicare 101- Lunch & Learn (S) Friday, November 8, 11:30 am-12:30 pm

Presenter: Jim Strey, 64 Insurance Group

**Cost: Free**

Min/Max: 5/20

**Register by Wednesday, November 6**

Welcome to Medicare. Enjoy a free lunch and learn about choices and options.

Talking points include:

- Full Medicare Breakdown- A to Z (Premiums, Deductibles, Coinsurance)
- Should you transition to Medicare?
- Can you keep your employer coverage?
- When/How you should apply for Medicare
- Medicare Advantage vs Medicare Supplement Plan (Medigap)

Still time to learn about options.

## Chat N Chop (S)

Tuesday, November 12, 9:45—11:45 am

**Cost: R \$10.00 / NR \$11.50**

**Min/Max: 3/8**

**Register By: Wednesday November 6**

In this episode of Chat N Chop we will be making Chicken Bacon ranch rolls, Spinach Feta skillet dip and cranberry brie knots. Sound YUMMY? Find your aprons and come join us.

## LIR: The History of Father Carr's in Oshkosh (S)

Tuesday, November 12, 1:30– 3 pm

Presenter: Jim Boehm

**Cost: Free**

**Register by Monday, November 11**

Learn more about Father Carr's history. Father Carr: the man, mission, ministry structure, Handmaids of the Divine Redeemer, and the Golden Jubilee Anniversary in 2024. Followed by Q&A.

## Rep. Palmeri Office Hours (S)

Friday, November 15, 10:30 am-12 pm

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

**Madison Office:**

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



## Royal Icing Christmas Cookie Decorating (S)

Friday, November 15, 1-3pm

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

**Min/Max: 5/10**

**Register by Wednesday, November 6**

**Payment due at time of registration**

Learn to make edible art! We will decorate 6 cookies, learning Royal Icing decorating techniques, including how to flood, wet on wet technique, and adding layers to your cookies.

**Bring a container that will fit your cookies in a single layer to bring home.**

*Cookies similar to picture shown.*



## SPECIAL EVENT: LOCAL AUTHOR VISIT!

**BROWNIE THE WAR DOG: A VETERANS' BEST FRIEND  
BOOK SIGNING & PRESENTATION  
NOVEMBER 8, 10AM-12PM FREE**

**REGISTER BY  
NOVEMBER 7**

During World War II, families all over the country volunteered their pet dogs to serve in the Dogs for Defense Program. This beautifully illustrated picture book tells the true story of a family and their beloved dog, Brownie, who served alongside the troops and returned home to become a companion to wounded vets.

**More info about the Author can be found on her  
Facebook page under: Kelly Nelson, Author**

**BRING YOUR  
OWN COPY OF  
THE BOOK TO BE  
SIGNED!**



Author Kelly Nelson

## Feeding America (S)

**Tuesday, November 19, 9 am– 12 pm**

**Cost: Free**

Feeling the pinch? Drop in and visit with Jaki, the FoodShare Outreach Specialist for Feeding America Eastern Wisconsin. She will be here to visit one-on-one, answer a questions, and share information about Wisconsin's Health, Nutrition and other programs that are available to help stretch your food budget. Jaki can also teach you how to navigate your FoodShare benefits, apply for benefits with the Access website or through the MyACCESS phone app. No computer? No problem! We have one, or you can bring your mobile phone/tablet and Jaki will help you download the app and sign up. Learn how to manage your Staff of Wisconsin benefits and programs all in one place, at any time.



## ORD-Songs in the Winter Garden (S)

**Wednesday, November 20, 10 am-12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

**Register by Monday, November 18**

Some are just migrating through. Others will remain with us all winter. Enjoy discovering the world of songbirds in winter.

## Bingo (S)

**Wednesday, November 20, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max: 10/80

**Registration opens Wednesday October 23**

**Register by Tuesday, November 19**

Come for a fun afternoon of bingo!

**Please note doors for Bingo will open at 1:30 pm.**

**Note: New process for registration. You can register by calling 920.232.5300, stopping in person or online. Thank you to our Bingo sponsor, Edenbrook**



## Book Talk (S)

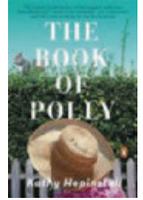
**The Book of Polly by Kathy Hepinstall**  
**Thursday, November 21, 9:30-11 am**

Facilitator: Kerry Wolfe

**Cost: R \$1.25 / NR \$1.75 NR**

**Register by Friday, October 31**

A bittersweet novel about the grip of love in a truly quirky family and you'll come to know an unforgettable mother-daughter duo.. Sound Interesting? Want to know how the story ends? Join Book Talk.



## Cooking with Alec:

**Green & Cheese Stuffed Pumpkin**

**Friday, November 22, 1-2pm**

**Cost: R \$5.00 / NR \$6.50**

**Max: 15**

**Register By: Wednesday November 20**

This stuffed pumpkin is filled with a nutty, creamy blend of Gruyère and feta cheeses; sweet, anise-scented fennel; and hearty green lacinato kale for a stunning vegetarian main dish fit for any holiday table.

## Power of Attorney Workshop (S)

**Friday, November 22, 10-11 am**

Presenter: Joseph McCleer, McCleer Law

**Cost: Free**

Min/Max: 5/30

**Register by Wednesday, November 20**

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

## Eat & Greet (S)

**No Eat & Greet in November & December.**

**See you in 2025!**

## Popcorn & A Movie (S)

**Wednesday, November 27, 12:45 pm–2 pm**

**Cost: Free– Donation for popcorn appreciated**

Min/Max: 2/50

**Register by Tuesday, November 26**

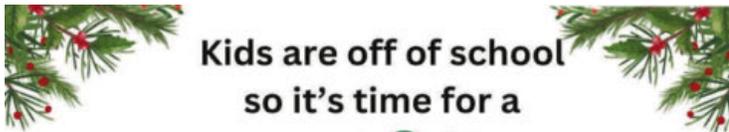
Inquire at the front desk for movie details. **NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter. May be rated for mature audiences.**

## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

### Currently Seeking Volunteers!

Consider joining this volunteer 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.



Kids are off of school  
so it's time for a

## Grandparent & Me Project!

Children Christmas  
Stocking Making (S)

For kids ages 10 and older

Friday, November 8, 1-3 pm

Facilitators: WI Warmer Volunteers

Cost: R \$10/ NR \$12.50

Work together with your grandchild to make their very own stocking. Child will choose stocking front (already made), and will learn how to layout, line, pin, and cut stocking. Volunteers will sew project together. When stocking is done, enjoy an afternoon treat of cookies and milk.

Children must be accompanied by an adult-  
Fee includes supplies for 1 stocking per child.



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

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

**No cards Friday, November 29**

### Cribbage

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

### Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

### Bid Euchere, Rummikub

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

### Knitting & Crochet

Thursdays, 8:30-11:30 am

### Sheepshead

Thursdays, 12:30-3:30 pm

### Open Bridge

Fridays, 12:30-3:30 pm

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

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

### Billiards (N)

Billiards are free to use. Please stop at front desk to get the billiard balls and to sign in. Please no billiards during exercise classes.

### Piano Music (S)

Enjoy free beautiful piano music on Thursday afternoons offered by pianist Sheri Tipton. Available by the baby grand piano in Great room C.

# Winnebago Senior Tours

## Tours Sign-up Options

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



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

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

**If you have questions please call 920.232.5312**

## Mrs. Doubtfire

**The Performing Arts Center—Appleton**  
**Date: Wednesday, November 20**  
**Cost: \$90 (\$20 non-refundable deposit)**  
**Depart: 6pm—OSC South Building Lot**  
**Return immediately after show**



Out-of-work actor Daniel Hillard will do anything for his kids. After losing custody in a messy divorce, he creates the kindly alter ego of Nanny

Euphegenia Doubtfire. Join us for this hysterical and heartfelt story about holding onto your loved ones against all odds, Mrs. Doubtfire is the musical comedy we need right now.

Prices Include: Ticket, Yellow Bus Transportation and Driver Gratuity.

Guide: Cheryl Freiberg

**\*\*\*Notice coming Jan. 2025\*\*\***

**Starting 2025, the non-refundable deposits will increase to \$25.**

## Miracle on 34th Street

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, November 21**

**Cost: \$150 (\$20 non-refundable deposit)**

**Depart: 8am Return: Approx. 6:15pm**

Macy's Thanksgiving Day Parade needs a new Santa! Enter Kris Kringle, who claims to be the real Santa Claus. Thus begins the funny, tuneful and inspirational musical as Kris has to prove his claim in court and teach his neighbor and daughter to believe in the love of Christmas. Price includes: Theatre tickets, Motorcoach Bus Transportation, Driver Gratuity and Lunch, with your choice of Chicken & Ribs, Steak Diane or Seared Duck Breast.



Guide: Cheryl Freiberg

## Christmas at Sanfilippo Estate

**Date: Thursday, December 5**

**Cost: \$170 (\$20 non-refundable deposit)**

**Depart: 7:30am Return: Approx. 9pm**

The Sanfilippo "Place de la Musique" is renowned for its collections of antique music machines, phonographs, arcade machines, and the world's largest restored theatre pipe organ and many more functional mechanical antiques. See these marvelous inventions of the Western World. Price includes: Motorcoach Bus Transportation, Driver Gratuity, Estate Tour, Christmas Concert and Lunch at Sanfilippo.



Guides: Cindy Paffenroth & Debbie Hogue

When sending payments in the mail include:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Code \_\_\_\_\_

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

# Winnebago Senior Tours

## Mannheim Steamroller Christmas The Weidner Center—Green Bay

**Date:** Tuesday, December 17

**Cost:** \$140 (Full Payment due on Sign-up)

**Depart:** 4:00pm OSC South Building Lot

**Return:** Immediately after show

Mannheim Steamroller Christmas by Chip Davis has been America's favorite holiday tradition for more than 35 years! Grammy Award winner Chip Davis has created a show that features Mannheim Steamroller Christmas classics in the distinctive Mannheim sound. The program includes 15 musicians playing more than 20 instruments against a backdrop of dazzling multimedia effects, capturing the spirit of the season. Price includes Ticket, Motorcoach Bus Transportation and Driver Gratuity. We will stop for dinner before the show, at your own expense, or you may bring a personal cooler with refreshments.



Guide: Cheryl Freiberg

## Mamma Mia (ABBA)

**The Performing Arts Center—Appleton**

**Date:** Wednesday, December 18

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

**Depart:** 6pm—OSC South Building Lot

**Return immediately after show**

*A mother. A daughter. 3 possible dads.*

And a trip down the aisle you'll never forget! Set on a Greek Island paradise where the sun always shines, a tale of love, friendship and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago. Favorite songs include: *Mamma Mia, Take A Chance on Me, Dancing Queen, Money, Money, Money and the Winner Takes All*. Join us as we sing and dance to the hit tunes and enjoy an evening in Paradise! Price includes Ticket, Yellow Bus Transportation and Driver Gratuity.



Guide: Cheryl Freiberg

## The Lion King

**The Performing Arts Center—Appleton**

**Date:** Wednesday, January 15

**Cost:** \$100 (\$25 non-refundable deposit)

**Depart:** 6pm—OSC South Building Lot

**Return immediately after show**

More than 100 million people around the world have experienced the phenomenon of *Disney's The Lion King*, and now you can too! Winner of six Tony Awards including Best Musical, this landmark musical event brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. *The Lion King* also features the most recognizable music crafted by Tony Award winning artists *Elton John and Tim Rice*. There is simply nothing else like *The Lion King!* Price includes Ticket, Yellow Bus Transportation and Driver Gratuity.



Guide: Cheryl Freiberg

## Back in the Building—Elvis Tribute

**The Fireside Theatre—Fort Atkinson**

**Date:** Thursday, January 30

**Cost:** \$145 (\$25 non-refundable deposit)

**Depart:** 8am **Return:** Approx. 6:15pm

In honor of Elvis' 90th birthday, The Fireside and Legends in Concert kick off the 2025 season with jumpsuits, black leather, swiveling hips, and leg shaking, presenting their newest retrospective of Elvis' life in music told through the eyes of the world's best tribute artists. Being an Elvis tribute artist is about capturing the essence of Elvis Presley, honoring his legacy, bringing joy to fans who still adore the King of Rock 'n' Roll, and keeping his spirit alive for new generations. Whether on stage or off, these artists live and breathe Elvis' charisma, talent, and timeless appeal.

Price includes: Ticket, Motorcoach Bus

Transportation, Driver Gratuity and Lunch with your choice of Beef Tenderloin, Grilled Pork Ribeye or Rainbow Trout. Guides: Cheryl Freiberg & Cindy Paffenroth



# Winnebago Senior Tours

## Savannah, Jekyll Island & Beaufort, South Carolina

**Date: March 1-9 (Sat-Sun) 9 Days, 8 Nights**

**Cost: \$1349 Per Person/Double Occupancy**

**Departure: Oshkosh Senior Center, 8am**

Enjoy a guided Trolley Tour of Savannah; St Simons Island; guided Tram Tour of Jekyll Island.

There is an evening show at the Famous

Savannah Theatre. For added

enjoyment during the trip, there

is a stop at the Kentucky Artisan

Center in Berea, KY; the South

Carolina State Museum in

Columbia, SC; and the East Tennessee History

Center in Knoxville, TN.

Price includes: 14 meals: 8 breakfasts, 6 dinners;

Hotel and Attractions; Motorcoach Bus

Transportation; Driver and Step On Tour Guide

Gratuity.

Guide: Linda Reinke



## Mount Rushmore, the Badlands. & Black Hills of South Dakota

**Date: June 15-21 (Sun-Sat) 7 Days, 6 Nights**

**Cost: \$1225 Per Person/Double Occupancy**

**Departure: Oshkosh Senior Center, 8am**

You will start your trip with a spectacular stop at the Badland's National Park and the amazing Wall

Drug. You will travel to Borglum Historical Center

and learn about Gutzon Borglum, the sculptor of

Mount Rushmore. Then on to

Mount Rushmore National

Memorial followed by a Tour

of Wildlife Loop Road at

Custer State Park. After a visit

to the High Plains Western Heritage Center, you

will head for Deadwood, the former home of Wild

Bill Hickok and Calamity Jane followed by a

Guided Tour of Deadwood. The Journey Museum

tells the history of the Black Hills. This is followed

by a visit to Crazy Horse Memorial. On the journey

home, you will stop at the famous Corn Palace.

Price includes: 10 meals: 6 breakfasts, 4 dinners;

Hotel and Attractions: Motorcoach Bus

Transportation; Driver and Step On Tour Guide

Gratuity.

Guide: Linda Reinke



## Alaska Discovery Land & Cruise

**Date: July 9-20 (12 Days)**

**Cost: Varies by stateroom selection**

Now is the time to cross Alaska off your "Bucket List" on this 5 day land 7 day cruise tour where you

will encounter Alaska's

diverse culture, rich

history, and beauty.

**Highlights:** Cruise on

the Sternwheeler

Discover, 2 night stay

at Denali National Park,

Tundra Wilderness

Tour, Luxury Domed Rail, Hubbard Glacier, Glacier

Bay, Anchorage, Skagway, Juneau, Ketchikan,

Inside Passage to Vancouver, British Columbia,

aboard Holland American the Noordam Cruise Ship.

This is Alaska as you always imagined. **Passport is**

**Required.**

Guide: Cathy Koch



## Cancelation Policy

Refunds (Excluding the non-refundable deposit)

will only be allowed on trips canceled prior to the

Final Payment Date. There will be no refunds after

Our guides are in the planning phases for 2025

trips. Trips already scheduled are:

### THEATER TRIPS

Some Like It Hot – PAC 3/12

West Side Story – Fireside 3/27

Neil Diamond "A Beautiful Noise" – PAC 5/1

Murder on the Orient Express – Fireside 5/8

Michael Jackson the Musical – PAC 6/4

Church Ladies - Last Potluck – Fireside 6/26

Oklahoma – Fireside 10/2

A Wonderful Life – 12/11

### Sign up now for these MULTI-DAY TRIPS

Pigeon Forge and Smoky Mountains 9/8-13

African Safari – Collette Trip 9/8-22

Beautiful Maine – Diamond Tours 10/4-12

Hawaiian Adventure – Collette Trip 11/2-14

Mediterranean Coastal Journey 4/11-26/26

# Thanking and Giving

As we embrace this season of gratitude and positivity, we want to extend a heartfelt thank you to each of you for being part of the Friends of the Oshkosh Seniors Center. We truly appreciate your continued financial support and your involvement in our fundraising events.

The 2024 Annual Appeal aims to turn retirement dreams into reality. The Friends group is once again seeking your support to help make aspirations such as good health, community connections, technology assistance, and exciting trips and tours achievable through the wonderful programs and services offered by the Oshkosh Seniors Center.

In the spirit of generosity, as you plan your charitable giving this year, think about utilizing your IRA Required Minimum Distribution (RMD) to support a cause close to your heart—the Oshkosh Seniors Center! This option is a win-win for donors looking to contribute to the Center in a tax-advantaged manner. A donation made directly to the Friends of the Oshkosh Seniors Center is a Qualified Charitable Distribution (QCD). Since the IRA distribution is sent directly to the Friends through your IRA administrator, the QCD won't count as taxable income. Your IRA administrator or tax advisor can guide you through this option.

**Your gift to the Friends of the Oshkosh Seniors Center will provide awesome resources and programs for those ready to learn, grow and chase their dreams in retirement. Let's make some dreams come true together!**



To add your support, donate to:  
Friends of the Oshkosh Seniors Center  
PO Box 3423  
Oshkosh, WI 54903-3423  
email inquiries:  
[FriendsofOSC1986@gmail.com](mailto:FriendsofOSC1986@gmail.com)

**Friends of the Oshkosh Seniors Center Mission Statement**

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



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

Non Profit Org

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 7 am – 4 pm

#### **OSC Staff**

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

#### **Activity Coordinators:**

Kelly Arens-Educational & Social  
Alec Jensen, Fitness & Wellness  
Cierra Boutelle, Healthy Lifestyles  
Kerry Wolfe, Asst. Activity Coordinator

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

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

#### **Friends Board**

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

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

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

