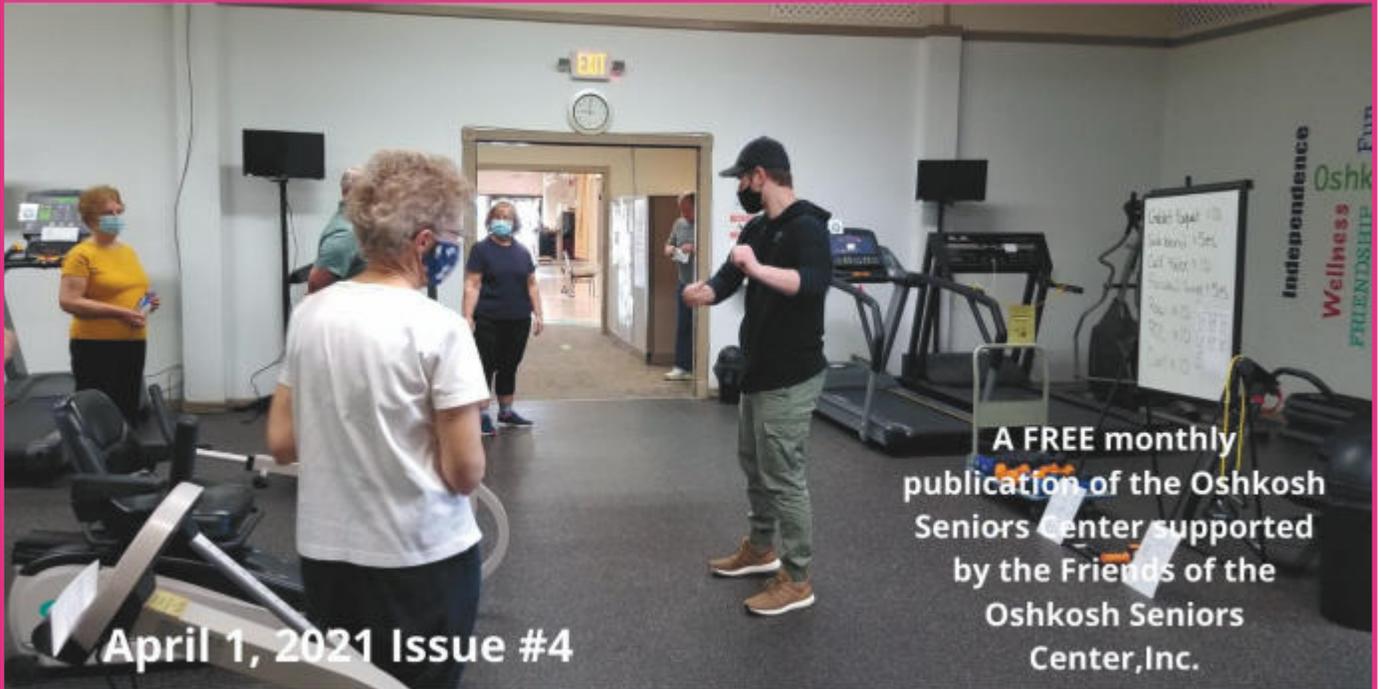


THE CURRENT



April 1, 2021 Issue #4

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



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FUN ART PROJECTS



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WELCOME TO THE *Oshkosh* SENIORS CENTER

Dear Seniors Center Participants:

It is hard to believe we have been in this pandemic for a year now. The staff at the center miss seeing many of you. We are excited for the vaccine roll out but we still need to follow our protocols as many have not been through the process yet. Your health and safety are our top priorities.

As we move forward with our programming we want to welcome many of you back. If you have not been here this past year we have made many changes to keep all of you healthy when you participate at the center. In May and June, we will begin to transition some of our programs back outside, as well as increasing other programs inside. This summer we are also looking at more activities along the river. Continue to look for those programs in the upcoming newsletters.

We will continue the following procedures:

- Face coverings inside the buildings remain mandatory.
- Social distancing, sprayed disinfecting and continued cleaning in all areas.
- Consider using pre-pay funds or checks to participate in programming. This avoids exchanging cash.
- Register for programming either online, in-person or by calling 920-232-5310. Please contact us when you need to cancel.
- We continue to have limits in our classes due to the space availability to continue social distancing.
- Fox Fitness Center will be open **without** registrations from Noon until 3:00 pm every weekday. Please continue to make reservations during the morning time frame.
- Books and puzzle pick up will now be available on Mondays as well as Thursdays starting Monday, April 5 from 8:30 am-Noon.
- Please review our COVID-19 guidelines before visiting the center.

We look forward to seeing you all again,

*Jean Wollerman,
Senior Services Manager*



The Oshkosh Seniors Center will be closed
Friday, April 2 for the Spring Holiday



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

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Covid-19 Guidelines

Programs and Activities Guidelines

Programs and activities **require advanced registration.**

You can register online at Schedulesplus.com/Oshkosh/kiosk, or by calling the center at 920-232-5310. Payments for class can be made via check and mailed to OSC, 200 North Campbell Road, Oshkosh, WI 54902 or in-person when you arrive at your scheduled program day. We will practice social distancing in all programs. **Please do not arrive more than 5 minutes before your class/activity begins. Face coverings are required. Water bottles allowed, but no sharing of food, drink, or supplies.** Your health and safety is our number one concern. We are continually re-evaluating protocols based on guidelines from the Governor, CDC, Public Health and the City of Oshkosh.

Fox Fitness Center & Exercise Class Guidelines

Fox Fitness Center: (N)

Arrive no more than 5 minutes prior to your appointment time.

- **Morning FFC will be by appointment only!!**

**Appointments are available hourly at
7 am and 10 am to Noon, Monday-Friday**

- **FFC Open Hours 12 to 3 pm - NO APPOINTMENT REQUIRED**

- Please try your best to keep your appointment times. If you cannot, please contact the Seniors Center to cancel as soon as you can.
- Register at 920-232-5310 or via **Schedulesplus.com/Oshkosh/kiosk**



Exercise Classes: (N)

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

Other Considerations:

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

Enrichment

Building: North (N) South (S)

Book & Puzzle Pick Up (S)

**Mondays & Thursdays,
April 1-29, 8:30 am-12 pm**

The Center is providing the opportunity to come in and pick out books, DVD's, and puzzles for you to enjoy at home. **This will be at the South building ONLY.** When finished, items may be returned to the bin located under the West covered entrance of the South building. We will follow the guidelines established by the Oshkosh Public Library before putting them back into circulation.



Wood Burning (S)

Country Church

Thursdays, April 1-29, 1-3 pm

Instructor: Cedric Richeson & Dick Krummick

Cost: R \$25 / NR \$30

Min/Max: 4/10

Register and pay by Tuesday, March 30



In this **Beginner/Intermediate** class students will be wood burning a scene of a Country Church on a 8x10 birch plaque with a various trees and grasses. You will be taught techniques and skills for each part of this

scene. After wood burning you can finish off your scene with color. Limited wood burners available on a first-come basis. Please reserve one when registering. **Note that this class is being held in the Art Room at OSC South.**

Art Expressions Lab (S)

Mondays, April 5-26, 12:45-2:45 pm

Cost: R \$6.50 / NR \$9.75 per month

Min/Max: 4/12

Register by Monday, April 5

Do you need a space to create or finish an art project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies while enjoying the company of other artists as you work. Please, no sharing of supplies between participants. Two people per table.



Stained Glass Adapted Mosaic (S)

Mondays, April 12-May 17, 9:30-11:30 am

Instructor: Barb Schneider

Cost: R \$40 / NR \$45-Due at Registration

Min/Max: 7/10

Register and pay by Wednesday, April 7



Beginning/Intermediate level. Some glass cutting experience is helpful, but not necessary. Bring a wooden frame with glass in it for your project base. Minimum size frame is 11" x 14", not larger than

an 18" x 20" please. The finished product will look like an old church window.

Bottle Cap Flowers (S)

Wednesday, April 14, 10-11 am

Instructor: Evan Bremberger

Cost: R \$10 / NR \$12.5

Min/Max: 4/10

Register and pay by Monday, April 12

Spice up your yard or a planter with two Bottle Cap Flowers. You will make two flowers from a variety of colored bottle caps and glue them on a metal stake. Or if you choose not to have them on a stake, attach a magnet and hang it anywhere!



Hydrangeas Painting (S)

Tuesday, April 20, 9:30-11:30 am

Instructor: Jane Wells

Cost: R \$20 / NR \$25

Min/Max: 3/5

Register and pay by Friday, April 16

We're getting ready for spring and summer with this beautiful acrylic Hydrangea painting. Bring some friends and let's have some fun and learn step by step how to complete this painting. All supplies included.



Card Making Class (S)

Wednesday, April 21, 10-11 am

Instructor: Jenny Baier

Cost: R \$5/NR \$6.50

Min/Max: 3/6

Register by Monday, April 19

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





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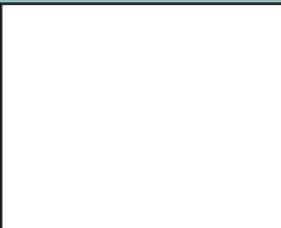


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Take & Make Kits

Are you looking for fun projects that you can do from the safety of your home? The Oshkosh Seniors Center is now offering kits that you pick up and make at home. Each kit comes with the supplies needed to make the project, plus step-by-step instructions. Call to reserve your kit and make pick-up arrangements. Payment made at time of pick-up. **Kits available beginning Monday, April 5. You may pick up your kit between 7 am-3pm at the North Building.** Limited number of kits are available each month.

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

Here are the kits offered for April!

Kit #1 Dream Catcher Cost: \$10

The meaning of dreamcatchers: the beliefs surrounding their construction originate from Native American cultures. The dreamcatcher is a protective talisman that is used to protect people from nightmares and bad dreams. The charm was usually used for young children and hung above their cradles or beds. Create your own dream catcher to chase your bad dreams away. Everything you need is provided for you.



Kit #2 Wind Chime Cost: \$10

Do you love the sound of wind chimes? Haven't found one you like? Well, then this is the craft for you...make your own wind chime out of buttons, beads, old silverware and dishes. Instructions included.



Kit #3 Paint a Rock/Share a Rock Cost: \$7

Show others you are thinking of them. Give to a friend, neighbor or loved one. Paint one for yourself or give away to brighten someone's day. Your kit includes 3 smooth paintable rocks, and paint.





Sara's Savory Samplings

These puff pastry bundles are an easy and elegant appetizer or brunch idea, and would be perfect for your Easter or Mother's Day brunch! If you don't have prosciutto, you can substitute paper thin slices of your Easter ham. Didn't make a ham this year? Just pick up some deli ham! You may also substitute Swiss cheese for the Gruyere. I like to sprinkle a little fresh dill on top before serving. Bon Appetit!

Asparagus & Prosciutto Puff Pastry Bundles

Ingredients

1 bunch fresh asparagus, trimmed
1 T extra virgin olive oil
Kosher salt, to taste
Pepper, to taste

2 sheets frozen puff pastry, thawed
8 oz Gruyere cheese, shredded
12 slices prosciutto or ham
1 egg, beaten

Directions:

Preheat the oven to 425° F. Line a sheet pan with parchment paper.

On a lightly floured surface, roll the puff pastry out to a large rectangle about double the original size. Square off the edges and cut into 6 squares.

Toss asparagus in olive oil and season with salt and pepper.

To make the bundles, place a slice of prosciutto on top of the pastry square. You may need to fold the prosciutto in half so that it fits on the square. Follow with 3 to 4 stalks of asparagus & 1 to 2 tablespoons of cheese.

Lift two opposite corners of the puff pastry squares and wrap them around the asparagus, then press to seal. Brush the puff pastry with egg wash. Sprinkle with more salt and pepper if desired.

Bake until puff pastry is golden and puffed, about 12-15 minutes. Serve immediately.

12 servings
(This recipe can easily be cut in half)



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

Indoor Exercise Classes

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

Rate sheets available at Front Desks

Modified Silver Sneakers (N)

Mondays & Wednesdays, April 5-28

Tuesdays & Thursdays, April 6-29

8-8:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50



Registration opens Wednesday, March 17, 7:30 am

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

Life Fitness & Movement (N)

Mondays & Wednesdays, April 5-28

Tuesdays & Thursdays, April 6-29

9-9:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, March 17, 7:30 am

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

Range of Motion (N)

Mondays & Wednesdays, April 5-28

9:45 am-10:15 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, March 17, 7:30 am

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

Functional Fuel (N)

Tuesdays and Thursdays, April 6-29

9:45-10:15 am

Instructor: Dr. Josh Belville/Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, March 17, 7:30 am

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



Movement Exercise (S)

Tuesdays & Thursdays, April 6-29

11 am -11:30 am

Tuesdays & Thursdays, April 6-29

11:45 am - 12:15 pm

Instructor: Bobbie Jo Luft

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, March 17, 7:30 am

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



Fitness

Building: North (N) South (S)



Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

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



Line Dancing (N)

Instructor: Debbie Ruck

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, March 17, 7:30 am

Kick up your heels and impress your friends and family when you show off your line dancing skills! Line dancing is a great way to exercise while having fun! Please arrive no more than 5 min prior to class. **Face coverings are required.**

Advanced Line Dancing
Mondays & Tuesdays, April 5-27
12:30-1:15 pm

Prior experience preferred

Beginner Line Dancing

Tuesdays, 6-27

1:30-2:15 pm

No prior experience necessary



Zumba Gold (N)

Fridays, April 9-30, 10-10:30 am

Instructor: Mark Philipp

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, March 17, 7:30 am

This class will introduce easy to follow Zumba choreography at a lower intensity that focuses on balance, range of motion, and coordination. Join instructor Mark Philipp as he leads you through the dance moves and enjoy the Latin and international dance rhythms. This class is designed for active older adults and is a moderate level class. Come join the fun!



FFC 3g (N)

Fridays, April 9-30, 8-8:45 am
April 9-30, 9-9:45 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, March 17, 7:30 am

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

Fitness Myths

Myth: Cardio is all you need

Truth: While cardio is important to your overall health, science is finding that strength training is even more important to our health. Strength training can help prevent injury, aches/pains, and allows us to keep a greater degree of freedom.

Myth: You have to be sweaty and sore

Truth: Yes, sometimes soreness is unavoidable, but that doesn't mean that it's necessary. Soreness and sweat is not a measure of effective training.

Myth: I can use light weights with lots of reps

Truth: While this can be an effective training method to begin with, after a while the body will acclimate to this type of training. It's important to challenge yourself by gradually using heavier weights/resistance too.

Personal Training

Alec Jensen, Activities Coordinator specializing in Fitness and Wellness, is here to help you achieve your fitness and wellness goals.

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He also has over 5 years of experience in group exercise, personal training, coaching, and strength and conditioning. Alec has worked with a variety of clients helping them achieve their fitness and wellness related goals.

Why work with Alec?

Personalized training can be a huge benefit to your health. Most of us have heard from our doctors that we need to eat right, exercise more, and improve our overall health. This is easier said than done, especially if you're new to exercising. A Fitness Professional can help guide and educate you on your fitness and wellness journey.

Education is one of the biggest components when it comes to your fitness journey. A Fitness Professionals job isn't just to keep you moving and healthy. It's their job to help educate you. Education is a key component to reaching your goals because it acts as your compass on your fitness journey. Knowing the how is every bit as important as knowing the why when it comes to fitness.

Everybody is unique and that means everyone has their own goals. **A Fitness Professional is able to create a fitness program tailored for you!** They can help build your strength, balance, speed, and power all while working around pre-existing injuries and conditions.

Cost:

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

**The more you buy,
the more you save!**

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

Contact:

Alec at 920-232-5320 with questions.

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





NEED TO KNOW

Who:

Anyone who plays golf

What:

A Strength & Conditioning Program for golfers

Where:

OSC North

When:

April 6-29
Tuesday & Thursday
10:30 -11:00 am
30 minutes

Why:

Improve your game while having fun.

Cost:

\$30.00 (R)
\$35.00 (NR)

Limit:

8 participants

Equipment:

Fitness Attire

Questions:

Contact: Alec Jensen
Fitness & Wellness
Coordinator
(920)-232-5320

The Front Nine

April specialty class

Calling all golfers! Do you want to take a few strokes off your game, increase your overall playing ability, or play more rounds of golf? Then Front Nine Fitness is for you! Front Nine Fitness is a program *TaylorMade*® to the needs of golfers.

This 4 week program is designed specifically to help your golf game; by improving body mechanics, strength, power generation, and endurance. Focusing on these aspects will help improve your stroke, add distance to your shot, and make playing 18 holes more enjoyable.

In this program you'll learn how to, warm up, unlock your hips, and build the strength and endurance needed to play all 18 holes. In all, this program will help you optimize your time on the fairway. However, unlike the golf course you won't need any equipment. Just wear comfortable fitness attire!

So get a head start on this year's golfing season and join! Sign up is available at OSC North Front Desk or online at schedulesplus.com/Oshkosh/kiosk **Register by Monday, April 5.**

Questions

Contact Alec Jensen
Fitness & Wellness Coordinator
(920)-232-5320



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Oshkosh Senior Center, Oshkosh, WI

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Building: North (N) South (S)

What's New in Wellness

Hybrid Programming means that you have the choice to attend in person or via Zoom. In person attendance has a maximum capacity of 12 people. If you choose to attend via Zoom, the meeting link will be sent to your email

Healthy Hips (N) (via Zoom only)

Thursday, April 15, 1pm –2pm

Presenter: Courtney Van Zeeland, PT, DPT
Ascension Mercy and Alec Jensen **Cost: Free**

Register by Friday, April 9

Join Courtney Van Zeeland, PT, DPT from Ascension Mercy and Alec Jensen as they discuss how to keep your hips healthy and pain free. We will cover the importance of good posture, common compensations people make when their hips hurt, and easy modifications to help improve hip health. **Current email must be on file.**

Get Strong Despite Back Pain & Sciatica (S) (Hybrid)

Tuesday, April 13, 1 pm -2 pm

Presenter: Dr. Erik Koehler, Physical Achievement Center

Cost: Free

Register by Friday, April 9

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

A Healthier You (S) (Hybrid)

Monday, April 26, 1 pm -2 pm

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

Cost: Free

Register by Friday, April 23

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.



"Oh My Aching Shoulder" (S) (Hybrid)

Tuesday, April 27, 1 pm -2 pm

Presenter: Dr. Erik Koehler, Physical Achievement Center

Cost: Free

Register by Friday, April 23

Discover what options you may not have heard of for managing your painful, weak shoulders and learn the secrets of those who avoid the time, cost, and risk of surgery for shoulders. You will learn unique and clinically proven approaches to build strength and confidence in your shoulders (even with arthritis and "torn rotator cuff"). Information presented will help you learn all your options for you and those you care

Grief Support Group (S) (In Person)

Thursdays, April 1 & 15

1-2:30 pm

Cost: R \$1 / NR \$1.75

Min/Max: 9

Registration required

Open to anyone grieving the death of a loved one. Facilitated by Jen Van Newland, Ascension Mercy Visiting Nurses Hospice. Contact Jen at 1-866-236-8500 for more information.



Almeda Fisk Gallup Trust

Do you know someone unable to afford medical costs relating to vision, hearing, or dental services?

If yes, they may qualify for financial assistance from the Almeda Fisk Gallup Trust. The Oshkosh Seniors Center is proud to participate in the awarding of funds given to the center from the Almeda Fisk Gallup Trust, the mission of the trust is to provide assistance to **City of Oshkosh residents in need of vision, hearing, or dental services.** Over the years the Oshkosh Seniors Center has awarded funding to applicants demonstrating a financial need for these services.

If you know of a person in need please have them contact **Bobbie Jo Luft** at the Oshkosh Seniors Center for information regarding eligibility and instructions on how to apply for the Almeda Fisk Gallup Trust. **Call Bobbie Jo at 920-232-5301.**

Building: North (N) South (S)



TOTAL BRAIN HEALTH

BODY • MIND • SPIRIT

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

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

Is It My Memory? (S)

Friday, April 16, 10:15-11 am

Instructor: Alec Jensen

Cost: R \$5/ NR \$7

Min/Max: 2/14 in person

Register by Wednesday, April 14

Today's topic is "Is It My Memory?" Our TBH Focus is the "Live With Your Brain in Mind" action point. We undergo cognitive changes as we age, and it's important to know which ones are part of the aging process and which ones we should discuss with a doctor. Today, we're going to explore what this means.

All programs on this page
will be in-person

Brain Games (S)

Friday, April 23, 10:15-11 am

Instructor: Alec Jensen

Cost: R \$5/ NR \$7

Min/Max: 2/14 in person

Register by Wednesday, April 21

Think about the types of games you like. Scrabble? Boggle? Sudoku? Canasta? Something on your phone, tablet or computer? Research shows that adapting game elements to our brain training can boost our everyday thinking skills. We'll learn why this is and add an element of friendly competition to our brain workout!

Just Breathe (S)

Friday, April 30, 10:15-11 am

Instructor: Alec Jensen

Cost: R \$5/ NR \$7

Min/Max: 2/14 in person

Register by Wednesday, April 28

Our TBH Focus is in the "Keep Emotional Balance" action point. Research shows that practicing mindfulness boosts cognitive function and may even lower the risk of dementia and slow the progression of Alzheimer's disease. We're going to learn about the role that simple breathing exercises can play in this important practice.

Building: North (N) South (S)

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

Why Walk With Ease?

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

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

Program Benefits

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

Space is limited. Sign up today!

Mondays & Wednesdays
May 10 – June 21 (No class Memorial Day)
10-11 am

Oshkosh Seniors Center-South Building
200 North Campbell Road, Oshkosh, WI

Cost: \$15.00

Call 920-232-5300 to register

Winnebago County
Health Department



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

Caring for the community for over 100 years.

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.

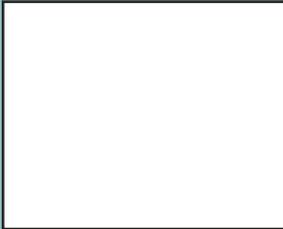
valleyvna.org | 920.727.5555 | Neenah, WI



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Arborview Manor
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Webster Manor

www.thegoodlife.care



920-231-7900

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Chiropractic Clinic

Dr. Kent Belville
Dr. Adam Mootz
Dr. Nicholas Belville
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440 N. Koeller St. • Oshkosh, WI
(920) 230-2525

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--	---

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Mark & Susie's Piggly Wiggly

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920-236-7801

If Compassion, Quality Care and Independence is Important... Call us today! (920) 236-6560

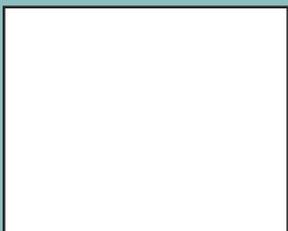
<p>Home Care Services</p> <ul style="list-style-type: none"> • Medication Reminders • Housekeeping • Meal Preparation • Shopping & Errands • Personal Care Services 	<p>Day Services</p> <ul style="list-style-type: none"> • Community Involvement • Gain Independence • Individual & Group Activities • Develop Daily Living Skills • Flexible Scheduling
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ClarityCare | OSHKOSH | GREEN BAY
www.claritycare.org

KONRAD-BEHLMAN FUNERAL HOMES AND CREMATORY

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920-231-1510



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PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Toll-free Helpline: 888-818-2611
Email: smcp-wisconsin.org
gwaar.org/senior-medicare-patrol



Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud



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



600 W. Packer
Oshkosh, WI 54901
CALL (920) 236-6540

1 & 2 Bedroom Apartments
Rent includes: Heat • Water • Electricity • Cable TV
Some apartments available at below market rent.
Optional noon meals Monday - Friday.



Visit www.claritycare.org for more information.

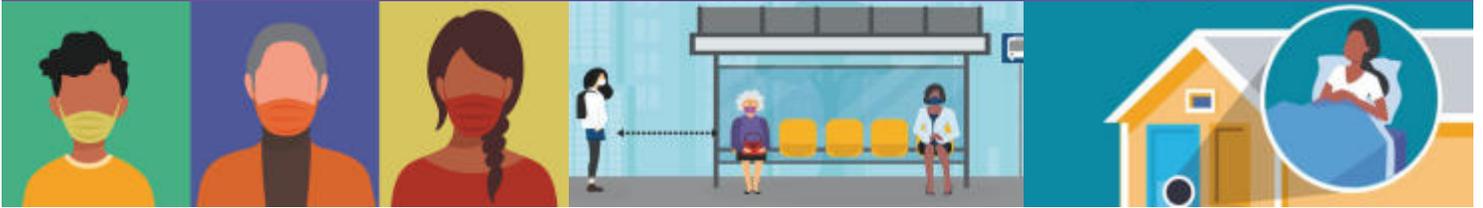


Thrive Locally

Wear A Mask

Practice Physical Distancing

Stay Home If Sick



You Got The Vaccine, Now What?

What can you do post-vaccine, and when?

Vaccines are here, and with it comes hope that the pandemic will end. Everyone is eager and ready to return to life “as we knew it.” However, scientists believe that everyone should still be using masks, continue to distance and remain cautious post-vaccine. The vaccine is new, and it is not yet known whether vaccinated people can spread the virus. The coronavirus is likely to continue its spread until a large majority of the population is vaccinated or has survived a natural infection.

Vaccines will not be a ticket to “back to normal,” but rather a way for us to move forward.

As staff working during a pandemic, we continually think of things in phases. While we are very eager to see everyone again, we ask that you think of your post vaccine life in phases as well.

What’s safer to do once I’m vaccinated?

When people are fully vaccinated, but most others aren’t yet, their lives probably shouldn’t change very much. However, it will most likely be safer to do things like visit the grocery store or the post office. All the same, vaccinated people should still wear masks and avoid large groups and gatherings when possible. Scientists are waiting to learn if vaccinated people can spread the virus to others, and vaccines are very unlikely to curb contagiousness entirely. **Please note that most peers and staff under the age of 65 have not been eligible for a vaccine yet. We are all still vulnerable and do not want to get sick.**

What’s safer to do once most of the population is vaccinated?

It will be much safer to move around once the community achieves herd immunity—the point when the virus can’t easily spread because enough people have been vaccinated or have already had the illness. Many scientists believe that at least 70 percent of people need to have acquired immunity for the whole community to be protected. This percentage might be revised once more is known about how vaccines affect the ability of the virus to spread.

What is the Center doing? We know that isolation and lack of social interaction is hard for everyone. We’ve evaluated programs for risks and how to mitigate them. We are bringing back activities in a way that keeps everyone safe, yet allows staff time to sanitize in between activities. We are requiring masks to be worn, limiting class sizes, the number of participants in the Center at any one time, the length of time in the Center and all spaces will be set up to allow for distancing. Please respect the room set ups and time limits and no food or drink (except a water bottle). The staff sanitizes spaces after each group leaves, and tables will have a card on it that says “Sanitized, ready for Use” or “Needs to be Sanitized”. Every space has cleaner and disposable cloth to sanitize areas. Please understand it’s not just about individual wants, but about everyone within the Center. While you might desire to stay longer, workout longer, the majority of staff and participants have not yet been vaccinated and we have limited staff that needs to have access to areas and clean in between groups. We promise to continue to move forward as best and as safely as possible.

Article Source: The New York Times, Updated February 3, 2021.

April is National Foot Health Month

Keep Your Feet Healthy, it matters!

3 Out of **FOUR** Americans experience serious foot problems in their lifetime.

Up to **50%** of people with diabetes experience peripheral neuropathy.

52

bones in both feet



Each of your feet have:

107 ligaments

26 bones

19 muscles

33 joints-can cause pain and mobility issues for those with osteoarthritis

Approximately **36%** of people over age 65 have bunions

62%

increased odds of recurrent falls for those with foot pain

33%

have reduced circulation in feet leading to swelling

Do your feet need pampering? Check out our Foot Care clinics on page 20

Building: North (N) South (S)

Foot Care Clinic (S)



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

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

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



Professional Foot Care Service include:



Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toe Nails

Calluses and Corns Reduced

Thinning/Debridement thick nails

Minor Ingrown Nails Addressed

Lower Leg and Foot Massage with Light Lotion

Patient Education

Cost: \$22

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

Nail Care area is completely sanitized between appointments



Valley VNA Senior Care

Puzzle Fun For Brain Health

Think Spring

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



Word Pyramid

Each word in the pyramid has the letters of the word above it, plus a new letter.

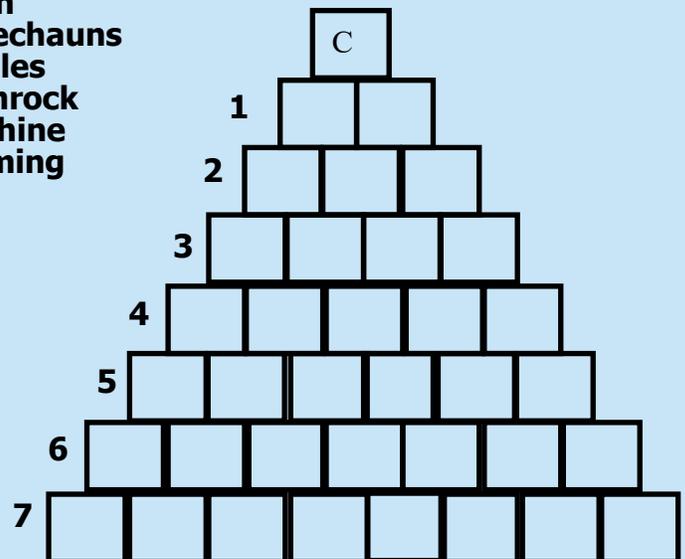
1. Electric Current
2. Curve
3. Black & White whale
4. Nocturnal insect
5. Performed by a choir
6. Intestinal Infection caused by ingestion
7. Academic degree

Aries
Blossom
Bunnies
Chirping
Flowers
Hatching
March
Rain
Showers
Thaw

Basketball
Bouquet
Butterfly
Clover
Galoshes
Irish
Melt
Renewal
Springtime
Tulips

Birds
Breezy
Caterpillar
Crocus
Grass
Kites
New
Robins
Sprouting
Umbrella

Blooming
Bud
Chicks
Daffodil
Green
Leprechauns
Puddles
Shamrock
Sunshine
Warming



Answers on Page 24

Connect Through Tech

Building: North (N) South (S)

Connect through Tech (S)

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

One on One Tech Appointments (S)

Mondays, April 5—26
9 am, 11 am or 1 pm

Tuesdays, April 6—27
9 am, 11 am or 1 pm

Wednesdays, April 7-28
9 am, 11 am or 1 pm

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

By Appointment Only 232-5310

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

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

Due to the popularity of these appointments, we ask that you attend your scheduled session.

If for some reason you are unable to attend, please cancel one day in advance so that we may fill your spot.

CONNECT THROUGH TECH



LEARN ABOUT TECHNOLOGY DURING FUN AND INDIVIDUAL SESSIONS.



Wi-Fi Access (S)

Thursdays & Fridays, April 1—30

By appointment only

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

No Appointments Friday, April 2

Call 232-5310 to reserve one time slot.

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



OSHKOSH HEALTHY NEIGHBORHOODS

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



Learn to Grocery Shop Online

Friday, April 16

1-3 pm OSC South - Free

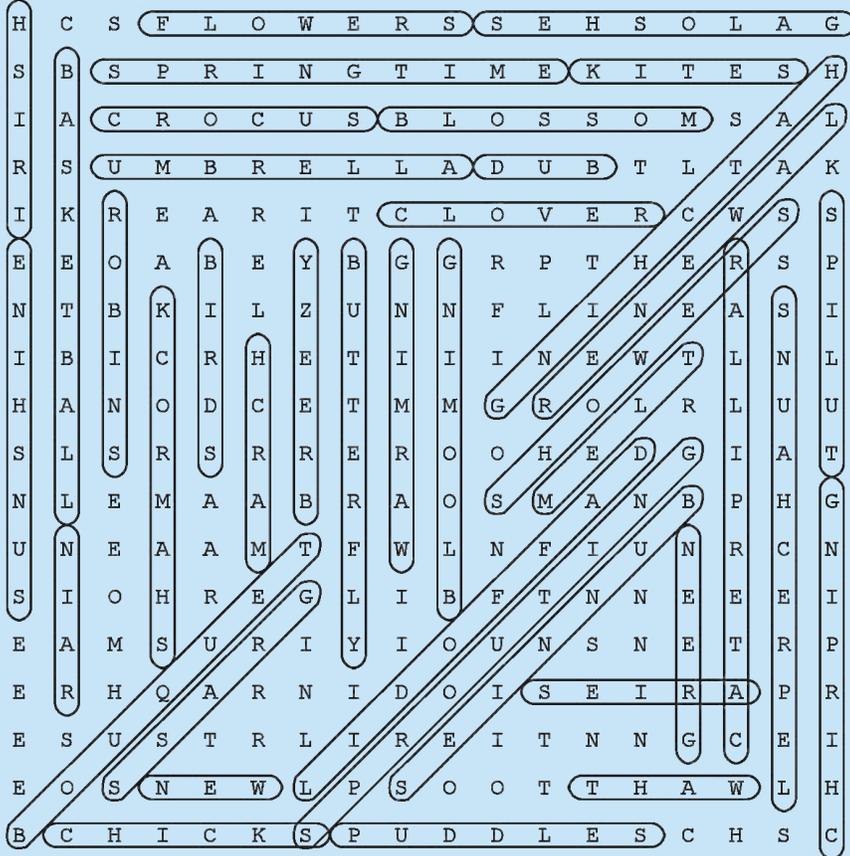
Register for in-person or Zoom

Call 232-5300



Puzzle Fun for Answers

Think Spring



Word Pyramid Answers

- C
1. AC
 2. Arc
 3. Orca
 4. Roach
 5. Choral
 6. Cholera
 7. Bachelor

Try This...

How smart is your right foot?
Give this a try!



It is absolutely true that there are some things that the brain cannot handle.

1. While sitting in a chair, lift your right foot off the floor and make clockwise circles. Keep that going.

2. Now, while doing this, draw the number "6" in the air with your right hand. The challenge is to complete the 6 without messing up what your foot is doing. It's almost impossible and you'll probably find your foot doing all sorts of mad movements. Our brains have evolved to be good at controlling our bodies in rhythmic coordinated ways, which makes us good at walking and running without having to think about it all the time. But it's very difficult to break out of, even when you're concentrating really hard on it, as this experiment shows.

Here's Another One:

Put your two index fingers together in front of your face, like ET would do if he was trying to heal his left index finger with his right. Make sure they're nice and straight and horizontal. Now focus your eyes on something behind your fingers. You should experience a "double vision" of your touching fingers. And it will appear as though you are now holding a weird sausage between the tips of your fingers. The sausage will have nails. Slowly move your fingers apart and you should start to see a floating sausage.

This tells us something really interesting about the way we process information from our eye and nothing interesting about sausages. When we receive conflicting images from our eyes, like when you see double, your brain will suppress one of the images. So one eye is telling you, "This is the end of your finger," and the other eye is telling you, "No, no. Your finger is still going," but only one of these messages can win the battle inside your brain.

Social and Educational

Building: North (N) South (S)

Ukulele Play Along (S)

Wednesdays, April 7-28, 1:15-2:15 pm
Cost: R \$8/NR \$9.50 for 4 week session
Min/Max: 3/12

Register and pay by Monday, April 5

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

Wills & Trusts: What? Why? When? (S)

Friday, April 9, 10-11 am

Presenter: Joseph McCleer

Cost: Free

Min/Max: 3/10

Register by Wednesday, April 7

Attorney Joe McCleer of McCleer Law Office, LLC will join us virtually and share the basics of estate planning including the two most common components, wills and trusts. Joe will discuss issues like what happens when you don't have an estate plan, what is probate and how it can be avoided, and what is the best way to make sure your family is taken care of after you are gone.

TED Talk (S)

- How Stress Affects Your Brain
- Why We All Need To Practice Emotional First Aid

Wednesday, April 21, 10-11 am

TED Ideas worth spreading

Facilitator: Evan Bemberger

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

Min/Max: 2/12

Register by Tuesday, April 20

Come for a group viewing with discussion afterwards. After seeing these two informative TED Talks, we will be discussing our reactions and thinking about changes we should make in our own lives. This will open your eyes to living a more healthy life.



Ukulele Lessons are back!

With Aaron Baer & Joe Wiedenmeier



Fridays, April 9-30, 11 am-12 pm

OSC South Building

Cost: R \$40/ NR \$45

Register and pay by Tuesday, April 6

****No Ukulele experience required**

No Ukulele? OSC has Ukuleles available for checkout-call 920-232-5310 for info and to register for class!

Aaron Baer started playing ukulele in 1995 and quickly took to the instrument, incorporating the uke into his arsenal of instruments which include banjo, guitar, accordion and harmonica. Joe has years of experience playing as well, and will be working with those who are new to ukulele.

Aaron brings great energy and enthusiasm to his teaching style and his goal is to have everyone playing for fun and enjoyment!



Wear A Mask Physical Distance Stay Home If Sick



Social and Educational

Building: North (N) South (S)

Recipe Exchange (S)

Wednesday, April 28, 10:15-11:15 am

Facilitator: Evan Bremberger

Cost: R \$1.50 / NR \$2.25

Min/Max: 2/12

Register by Tuesday, April 27

Are you looking for a new appetizer recipe for family game night? This recipe corner will be perfect for you! Bring your recipe for a favorite appetizer or two to share with the group. Come enjoy some great conversation and exchange recipes.



Oshkosh Stories (S)

Wednesday, April 28, 10-11 am

Presenter: Randy Domer

Cost: Free

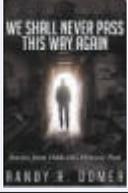
Min/Max: 3/10

Register by Monday, April 26

Join us as hometown author Randy Domer gives his perspective on Oshkosh's recent and historic past. Randy provides an inside glimpse into the people, places and things that make this area special and unique. This very interesting presentation will be given in a variety of ways, including reading from the books, and photos on the big screen to accompany the story. Even if you didn't grow up in Oshkosh, you will find the stories fascinating.

Books by Randy Domer

www.oshkoshhistory.co



Popcorn and A Movie (S)

Thursday, April 29, 1-2:30 pm

Cost: Free

Min/Max: 2/12

Register by Wednesday, April 28

Join us for a newly released movie on DVD, Chosen by your peers. Inquire at the front desk for details. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies.**



Boggle (S)

Tuesday, April 6, 10-11:30 am

Facilitator: Evan Bremberger

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

Min/Max: 3/10

Register by Monday, April 5

We had so much fun with Boggle in our February newsletter, we decided to play together! Boggle, the word search game that spells fun -- for all ages! Reveal the Boggle letters, turn over the timer and start hunting for words. How many words can you make by joining letters up, down, sideways, and diagonally? In just 3 minutes, you'll find the fun and improve your brain health!



Yahtzee (S)

Tuesday, April 13, 10-11:30 am

Facilitator: Evan Bremberger

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

Min/Max: 3/10

Register by Monday, April 12

Come for some fun! Each player receives their own dice and scorecard. We will social distance, but laugh together.



Pictionary (S)

Tuesday, April 20, 10-11:30 am

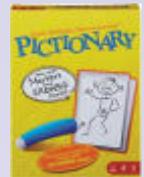
Facilitator: Evan Bremberger

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

Min/Max: 4/10

Register by Monday, April 19

If you would like to have a fun filled morning come to play an interactive game of Pictionary. Everyone will receive their own marker to use for the drawing portion of the game social distancing will also be taking place.



Scattergories (S)

Tuesday, April 27, 10-11:30 am

Facilitator: Evan Bremberger

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

Min/Max: 2/6

Register by Monday, April 26

Try your luck with Scattergories. This is a game where a 20 sided die gets rolled with letters on it, what ever letter gets rolled has to be the first letter of your answer for 12 questions while a timer is being ran. This game will challenge your mind but also be full of excitement.



Spaghetti Lunch



Drive Through Event

"Chef" Evan is making lunch!
Meal includes salad, breadstick,
spaghetti with meat sauce, and dessert!

When: Thursday, April 15
11:30 am-12 pm

Pick UP: OSC-South Building
Signs will direct you



Cost: \$7.00 per ticket-Advanced purchase required
Available at Center front desks March 15-Monday, April 12
Meal will be served warm and ready to eat.

Thank you to Olive Garden for their support of this meal and
Jane Stenerson for the dessert!



Virtual Programming

Mah Jongg-Online Site

Tuesdays, 6-27, 1-3 pm

Cost: Free

Leader: Jeanne Bredbeck



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

Play American Mah Jongg online against friends from the Oshkosh Seniors Center. You will need your own Mah Jongg card. Organizers will set up "host tables" where friends can play each other. Check out the site: <https://realmahjongg.com/>

Mindfulness Meet up (via Zoom)

Tuesdays, April 6-27, 2-3 pm

Cost: Free

Instructor: Donna Janus

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



Join instructor Donna Janus for peaceful meditation and educational experiences. Meeting is held via Zoom. Don't let worry rob you of peace and happiness.

Each class has a different focus and educational piece. The instructor will send you a link to the program once you have registered.

Book Talk: "Defending Jacob" (via Zoom)

Thursdays April 8-22 1:30-2:30 pm

Facilitator: Kerry Wolfe

Cost: Free

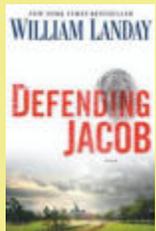
Max: 9

Register by Monday, March 29

Call the center at 920-232-5300 to register and arrange for book pick up or register online at

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

You will be sent a Zoom meeting link.



Andy Barber has been an assistant district attorney in his suburban Massachusetts county for more than twenty years. He is respected in his community, tenacious in the courtroom, and happy at home with his wife, Laurie, and son, Jacob. But when a shocking crime shatters their New

England town, Andy is blindsided by what happens next: His fourteen-year-old son is charged with the murder of a fellow student.

Essential Oils: (via Zoom)

Tuesday, April 13, 10-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne, LLC

Cost: Free

Register by Friday, April 9

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

Looking to avoid cleaning with the harsh chemicals found in store-bought products? Cleaning with essential oils is a great alternative. There are a variety of oils to choose from, for all your cleaning needs, and your home will be left smelling truly amazing. So ditch those rubber gloves and masks and learn from Jeanne about DIY cleaning recipes with essential oils.



A whole new way to clean!

VS



Welcome to Medicare (via Zoom)

Tuesday, April 27, 5:30-6:30 pm

Presenter: Joan Jaworski, Elder Benefit Specialist, ADRC

Cost: Free

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



Museum Mondays

Join us for a Free Program on Zoom.

Stories, Research and Interesting Information, from the Staff at the Oshkosh Public Museum.

Moving a Collection

For 44 years the Fine Barn stood on the northwest corner of the Museum grounds. Initially an outdoor exhibit, the building became collection storage and was demolished in 2018. Learn the history of the building and how Museum staff relocated the objects housed inside.

Monday, April 19, 2021, at 1 pm

Register online at oshkoshmuseum.org, click on program/events, or call 920-236-5799



Friends of the Oshkosh Seniors Center



Thank you Lifetime Members!

Some of you reading this message will remember when the Seniors Center was located on Merritt Avenue, connected to Marian Manor. The facility at this site included a meal site/programming area, a few offices and a living room area. Finding a parking space could be a challenge and lots of time and energy went into “flipping” that meal site/programming area for all the offerings of the center.

Vision, leadership and **generosity**. These three ingredients came together as the current South Building was designed, built, and came to be at the current location on Campbell Road. And with another fund raising effort by supporters and the Friends the “Do It Center” (North Building) was purchased/remodeled, making the Oshkosh Seniors Center a facility with spaces to meet, exercise, woodwork, play cards, enjoy the river, and park!

This month we’d like to thank the Lifetime Members of FOSC, whose donations starting in 1986 and continue to this day, have helped grow and sustain the center and its programs. Thank you Lifetime Members – your investment in the lives of Oshkosh Seniors in 1986 led the way for today’s programs and facility!

Donations may be directed to:

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

Or email us:

FriendsofOSC1986@gmail.com

Or use the donation link posted on:

www.facebook.com/FriendofOSC

Friends Mission Statement



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

Winnebago Senior Tours



Tours Sign-up Options

- Beginning in April the Tours Desk will be open **9 am —1 pm** on **MONDAYS & THURSDAYS** at the South Building. You may sign up for trips. Please note WST is accepting **CHECKS AND EXACT CASH ONLY** at this time. You may also pickup new flyers for trips you have seen in *The Current*.
- Can't make it in during in person hours? You can send a check to:

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

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



COVID-19 continues to impact travel. We are hopeful for the future, but is impossible to predict travel restrictions. **Please be aware that planned trips may change.**

Biltmore Estate & Ashville NC

Dates: September 5-10

Cost: \$575 Double Occupancy
(\$75 down, Final payment due June 27)

Guides: Donna Landers & Ginnie Riley

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



Dalton Greenhouse Trip

Date: Tuesday, May 4

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

Guides: Sherry Katzenberger & Donna Landers

Depart: 8 am from Seniors Center North

Return: Approximately 4 pm



Come enjoy a spring ride to Dalton. Bring your garden plans, your walking shoes, and some bags to carry your plants home. Masks will be required on the trip, and many vendors only take cash. We will start at the

Pleasant View Bakery, then go to the greenhouses to get plants. Next, we're off to Mischler's Country Market. There will be a box lunch to break up the day. Give the guides a call if you have any questions.

Sherry 608-576-5366 or Donna 920-303-1683.

Brewers vs Cincinnati—1:10pm Game

Date: Wednesday, June 16

Cost: \$64 (\$20 non-refundable deposit, Final Payment due June 1)

Guides: Cheryl Freiberg & Betty Litjens

Depart: Seniors Center North at 9:30 am

Return: Approximately 7 pm

Let Winnebago Senior Tours take you out to the ball game 2021.

Come cheer on the Brewers at their home, American Family Field, and see all your favorite Brewer baseball players in action. Enjoy an afternoon of baseball, and maybe catch a foul ball, so bring your baseball glove! For a flyer or questions give the guides a call. Cheryl 920-379-8128 or Betty 920-231-4504.



Cedarburg Strawberry Festival

Date: Saturday, June 26

Cost: \$36 (\$20 non-refundable deposit, Final payment due June 10)

Guides: Donna Landers & Dorey Hannagan

Departing: 8 am, Seniors Center North

Return: approximately 5 pm



At this annual event you can eat strawberry shortcake, strawberry brats, strawberry pie, strawberry pancakes, taste strawberry wine, and many more tasty delicacies. Listen to live music, check out the unique

shops, and take a tour of Historic Cedarburg aboard a tractor hayride. For a flyer or questions give the guides a call. Donna 920-303-1683 or Dorey 920-915-2011.

Winnebago Senior Tours

Bayfield, Ashland, Madeline Island and Live Performance at Chautauqua

Dates: July 14, 15, 16

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

Guides: Ginnie Riley & Donna Landers

Depart July 14, 8:00 am



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

Exploring Britain & Ireland

Dates: August 12 – 27

Guide: Cheryl Freiberg

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



COMING IN 2021

Wisconsin State Fair
August 2021

RESCHEDULED FOR 2022

What Happens In Vegas-Fireside
July 13, 2022

Amish Acres in Nappanee Indiana

Dates: September 16 & 17

Cost: \$215 Double Occupancy

(\$20 non-refundable deposit, Final payment due July 15) Includes driver tip, hotel, dinner, live performance, guided tours and lunch

Depart: 9:00 am from Seniors Center North

Let's explore the humble Amish community in Nappanee, Indiana. After checking into our hotel we will have a farm feast dinner, and enjoy a live performance in their Round Barn Theater. Day 2, after our continental breakfast there will be a wagon ride tour of the area. Explore the 130 year old Farmstead Landmark, German schoolhouse, blacksmith shop, and take in some interesting demonstrations. When we finish lunch, have fun shopping at the Courtyard shops. If you have any questions on the Amish Acres contact Donna at 920-303-1683 for more details.



A Day in Green Bay

Date: Wednesday, September 29

Cost: \$90 (\$20 deposit, non-refundable, Final payment due, August 31)

Guides: Laurie Peach & Cheryl Freiberg

Depart: 8 am & Return: 6 pm

Come spend a wonderful day in Green Bay. You will ride along the Packers Heritage Trail, enjoying many sites that will take you on a journey through the history of the area, including train depots, churches and landmarks such as the Old City Stadium. Your sweet tooth will be rewarded by a stop at Uncle Mike's, known for their Award Winning Kringle and a stop at Seroogy's known for its sweet confections.



Branson Show Extravaganza—Diamond Tours

Dates: October 18 – 23

Cost: \$635 Double Occupancy (\$75 down)

Guides: Donna Landers & Dorey Hannagan

Depart: 8 am Seniors Center North



Board our spacious coach and set off for the "Live Music Show Capital of the World" Branson, Missouri. This trip includes 5 nights of lodging. There will be eight meals included; five breakfasts and three dinners. We will see seven Branson shows; three morning shows, three evening shows and one dinner show on the Showboat, Branson Belle. For a flyer or questions give the guides a call; Donna 920-303-1683 or Dorey 920-915-2011.



Friends of the Oshkosh
Seniors Center
200 N Campbell Rd
PO Box 3423
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 6:45 am – 4 pm

Oshkosh Committee on Aging

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Ron Duerkop, Vice Chair
Heidi Basford Kerkhof
Lindsay Temple
Julie Davids
Julie Kiefer
Julie Maslowski
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Advocap

Libby Stockton, Meal Site Manager
920-420-3191