

THE CURRENT



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

April 2022, Issue #4



Discover the Offerings at the Oshkosh Seniors Center



**FITNESS AND
WELLNESS**



ART ENRICHMENT



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/
Oshkosh Seniors Center (920) 232-5300

Welcome to the Oshkosh Seniors Center



WHAT'S YOUR STRATEGY TO STAY FIT AS YOU AGE? THE OSHKOSH SENIORS CENTER CAN HELP.

Most people plan for their retirement from a financial perspective but are they planning and strategizing on maintaining their physical health? That is where the Center can help. Because after 50 years of age, people start to lose muscle mass, they need to be building strength, working on endurance, flexibility, and balance to age well.

Stop by for a tour to get started on your fitness journey.
Oshkosh Seniors Center - Fitness
234 N. Campbell Road, 920-232-5300



**OSC will be closed
Friday, April 15 for the
Spring Holiday.**

Please bring
small bills or
pay via check
for payment!



2022 Fitness Benefit

If you have any changes in your Medicare Advantage Insurance Plans, please be sure to check to see if you have a Fitness Benefit. The plans may allow you to work out at the Center at NO COST TO YOU!

Please stop at the front desk of the North Building with your insurance card, and we will be happy to see if you are eligible.

OSC honors Silver & Fit, Active & Fit, Renew Active, and Silver Sneakers.

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

Bulletin Board

Page 2

Enrichment

Page 3-6

Fitness

Page 7-11

Wellness

Page 12-16

Connect Through Tech

Page 18-19

Cooking Classes/Recipe

Page 20-21

Social and Educational

Page 22-27

Friends of OSC

Page 28

Winnebago Senior Tours

Page 29-31

Art Expression (S)

Thursdays & Fridays, April 1-29, 9-11:30 am

No class Friday, April 15

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

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, then enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**

Advanced Hand Building with Clay (S)

Tuesdays, April 5-26, 1-3 pm

4 week session

Instructor: Kathi Dittmer

Cost: R \$35 / NR \$40

Min/Max: 3/10

Register by Thursday, March 31

Payment due upon registration

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



Needle Felting—Bunny (S)

Wednesday, April 6, 9-11:30 am

Instructor: Kerry Wolfe/Jane Wells

Cost: R \$7 / NR \$8.50

Max: 8

Register by Monday, April 4

Payment due upon registration



After making our basic egg shape, we will add arms and legs. The focus of this project is adding details to the face. Learn how to make eye lids, eyes, face and cheek area. With the techniques learned, you will easily be able to add faces to many different projects.



Twig Frame (S)

Wednesday, April 13, 10-11:30 am

Instructor: Kerry Wolfe/Jane Wells

Cost: R \$7 / NR \$8.50

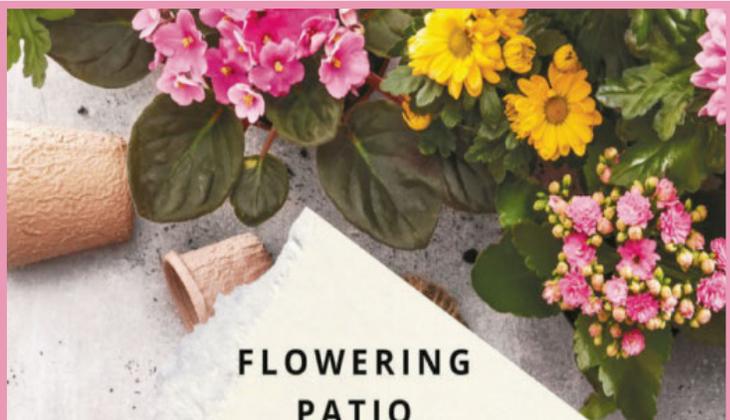
Max: 8

Register by Friday, April 8

Payment due upon registration

This natural frame will bring a touch of the outdoors inside. You'll learn how to make beautiful flowers from coffee filters dyed in cheery spring colors. This shabby chic project will be a great addition to your home décor.





**FLOWERING
PATIO
PLEASER(S)**

Friday, April 29, 10-11:30 am
Cost: R \$ 10 / NR \$ 11.50
Register by Monday, April 25
Payment due upon registration

Presented by Sandy Dennis, Master Gardener

Ever wonder how to brighten up your sunny stoop or patio? Do you have a brown thumb? April is gardening month. Let us show you how to turn it green! Learn about container gardening and how to select plants to bring cheer to your outdoor space. Walk away with a bit of potted sunshine that will delight you this summer.
Pot, plants, and soil included.

Wood Carving (N)

Club Ducks

Thursdays, March 31-April 28, 9 am-12 pm

Facilitator: John Goheen

Cost: R \$20 / NR \$25

Min/Max: 4/10

Register by Thursday, March 17

Payment due upon registration

Beginner Level

This is a beginner blended class between hand carving and power carving. You will learn how to create a beautiful duck using a golf club for the body, and carving a duck head out of bass wood. Creating a club duck is truly a unique piece! Please bring your own carving tools, and bench exhaust fan. OSC has a limited amount of tools to lend out. Please reserve at the time of registration.



Woodshop Safety Refresher (N)

For those who have already completed Basic Safety Training

Friday, April 1, 9-10:30 am

Register by Monday, March 28 OR

Friday, April 8, 9-10:30 am

Register by Monday, April 4

Facilitator: Jeff Becker

Cost: Free

Min/Max: 2/10

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

Carving & Painting (S)

Sea Turtles

Mondays, April 4-June 6, 1-3 pm

No class May 2 & May 30

Instructor: Gene Bengel

Cost: R \$30 / NR \$35

Min/Max: 4/10

Register by Monday, March 21

Payment due upon registration



Intermediate Level

Did you know that sea turtles have been around for an estimated 110 million years! Join us for this 8 week class carving and painting a beautiful

sea turtle from a piece of bass wood.

This is a hand tool carving class.

Woodburning (S)

Tulips with Floral Border

Tuesdays, April 5-26, 10 am-12 pm

Facilitators: Cedric Richeson & Dick Krummick

Cost: R \$20 / NR \$25

Register by Tuesday, March 29

Payment due upon registration

A pair of tulips with a ribbon banner is burned on an 8" x 10" birch plywood board. An optional floral border uses a heat transfer method for the border pattern. Seven shading techniques are covered. Students may color using their own materials. Wood is provided including: practice board & tonal scale board. **Students should bring** a vinyl eraser, graphite paper, red, or blue ink pen, and colored pencils. Prerequisite: Woodburning Basics or permission of Instructor.

Pyrography Pattern Making (S)

Thursdays, April 7-28, 1-3 pm

Facilitators: Cedric Richeson & Dick Krummick

Cost: R \$15 / NR \$20

Min/Max: 3/10

Register by Thursday, March 31

Payment due upon registration

Pattern making for Pyrographers, use of photo editing software, making sepia tonal prints, combining photos into a pattern, stencils, stamps, copyright considerations, etc. Students learn how to convert a photograph to a line drawing pattern & sepia ton guide.

Students are encouraged to bring their own subject matter ideas and photographs. The pyrographic art, books, and teaching resources of Minisia Robinson will be discussed. **This class focuses on composition and creation of woodburning patterns only; woodburning of any created patterns may be done outside of this class time.**





By Your Side

So you can stay at home.

Whether you need support a few hours a week or 24 hours a day, our CAREGivers provide a variety of in-home care services suited to your needs and lifestyle:

- Alzheimer's & dementia care
- Hospice support
- Medication reminders
- Bathing, dressing & grooming
- Meal prep & nutrition
- Housekeeping & laundry
- Incontinence care
- Transportation
- Companionship

**TWO
CONVENIENT
LOCATIONS**

**Oshkosh
920.966.1220**

**Appleton
920.997.0118**

**Free In-Home
Consultation!**



Each Home Instead® franchise office is independently owned and operated.



Medicare Aces
Questions about Medicare?
We can help!

Shelly Squier
920-527-0292

medicareaces@gmail.com
medicareaceswi.com

1429 Oregon St.
Oshkosh, WI 54902

*not affiliated with any government agency



Arborview Manor
Oakwood Manor
Webster Manor

www.thegoodlife.care

goodlife
ASSISTED LIVING



920-231-7900

Call us today for a personal tour!

I'm here to answer your questions about Medicare

Together, we can explore your Medicare choices

As a local, licensed Medicare agent, I can talk with you about what you need and want from your Medicare plan. Now, more than ever, having Medicare coverage that meets your needs can be reassuring. We can review your plan options - to make sure you receive the health benefits you deserve in the coming year.

I can help you find a Medicare

Advantage plan with benefits like these:

- \$0 monthly payments
- \$0 copays for prescription drugs
- Dental, vision, and hearing benefits

Anthem



1-on-1 help in person,
online or over the phone

Carla Peatter
1-920-391-9074 TTY: 711

8 a.m. to 5 p.m., 5 days a week
<https://agentsite.anthem.com/cpeatter>
WI Lic. #9879968
Authorized Agent



"It's my life and they respect that."
Local long-term care supports and services
delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

**YOUR RIDE
IS HERE GO**



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

Call 920.232.5340 for info about your mobility options.

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

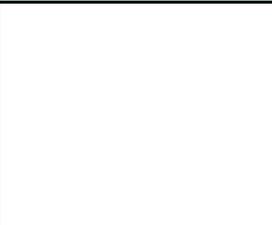


926 Dempsey Trail, Oshkosh, WI 54902
920.232.5340

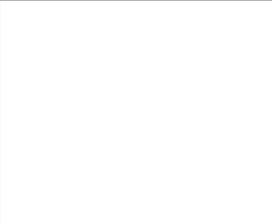


Hickey
Roofing Contractor
Voted Best Roofing Contractor
13 Years Running
Best of WINNEBAGO COUNTY
(920) 426-4008
hickeyroofing@msn.com

WE'RE HIRING
AD SALES EXECUTIVES
BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.
• Work-Life Balance • Paid Training
• Full-Time with Benefits • Some Travel
• Serve Your Community
Contact us at: careers@4lpi.com | www.4lpi.com/careers



**SUPPORT OUR
ADVERTISERS!**



Oshkosh's premier choice
for skilled nursing &
senior living.

The support you need. The care you deserve.

SKILLED NURSING

Edenbrook Oshkosh
920-233-4011
edenbrookoshkosh.com

Omro Care Center
920-685-2755
omronursing.com

SENIOR LIVING COMMUNITIES

Bella Vista
Independent &
Assisted Living
920-233-6667
bellavistaofeden.com

Lakeshore Manor
Memory Care
920-426-2670
lakeshoreofeden.com

Live Happily.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Basic Woodshop Safety Training (N)

Fraturdays, April 22 & April 29, 10-12 pm

Facilitator: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Thursday, April 14

All **NEW** participants wanting to use the woodshop for woodshop classes and/or guided hours are required to attend the machine training class. The two class requirement for all participants **must be taken in consecutive weeks.** Once you have completed the training you may use the designated machines in the shop. Materials are provided for the training.



Upcoming Classes

Woodburning Projects (S)

Thursdays, May 5-26, 1-3 pm

Instructors: Cedric Richeson & Dick Krummick

Fee: R \$15 / NR \$20

Max/Min: 3/10

Register by Monday, May 2

Payment due upon registration

Beginners are invited to attend for an informal learning environment taught by skilled teachers. Woodburning tools available on a first come, first served basis, reserve at time of registration. Experienced students may bring in an unfinished project or a new project. Experienced students, who are planning to take a portrait woodburning class offered in June-July, are encouraged to attend this class to help prepare for their projects.

Woodburning (S)

Flying Mallard & Cattails

Tuesdays, May 3-31, 10 am-12 pm

Instructor: Cedric Richeson & Dick Krummick

Fee: R \$25 / NR \$30

Min/Max: 3/10

Register by Tuesday, April 26

Payment due upon registration

This Intermediate class focuses on creating a flying mallard with cattails burned on birch plywood. Techniques focus on woodburning the eye, using layers to build shading and textures for tonal variation. **Students will need to bring** a white vinyl eraser, dust mask, tack cloth, graphite paper, a red or blue ink pen, colored pencils, and sealant. Birch board and test strip are provided. Pre-requisite: Woodburning Basics or permission of Instructor.



Guided Woodshop Hours (N)

Wednesdays, beginning in May

Hours and Fees will be posted in the May newsletter

Work on your own projects, with support as needed from experienced volunteer woodworkers.



Be a Winner!

WIN PRIZES FOR COMING TO THE CENTER IN APRIL

THE MORE YOU ATTEND, THE BETTER YOUR CHANCE TO WIN!

FILL OUT YOUR TICKET AT THE ENTRANCES OF NORTH OR SOUTH



Rules: Limit one entry per day. To enter you need to have attended a program/activity/class or used the fitness center. Winners will be drawn on Monday, May 2. (You do not need to be present to win)

Fox Fitness Center (N)

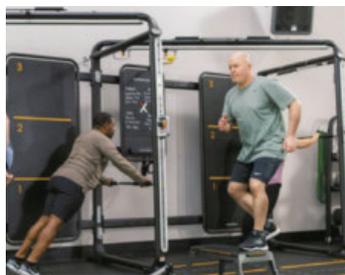
Monday-Friday, 7 am - 4 pm

Stay Active Pass & Insurance Reimbursement Eligible

Check with the front desk as many Medicare supplement plans will pay for fees. Workout for FREE!

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

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System.



If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.

To keep our equipment clean and working at its best, we have three requests:

- 1. We ask that you please remember to change out your street shoes before your workout.**
- 2. Please wear fitness apparel when exercising. Wearing jeans can cause damage to the equipment.**
- 3. Wipe down exercise equipment.**

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 has over five years of experience in group exercise, personal training, coaching, and strength and conditioning. He's ready to help you achieve your fitness and wellness-related goals.

Everybody is unique, and that means everyone has their own goals. A Fitness Professional can create a fitness program tailored for you! They can help build your strength, balance, speed, and power while working around preconditions.

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



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

To schedule your appointment call Alec at 920.232.5320.

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

SUPPORT YOUR LOCAL PARISH.
 Buy a bulletin ad space today!

support our ADVERTISERS

FREE AD DESIGN
 WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

St. Vincent de Paul Society of Oshkosh
VOLUNTEERS NEEDED
 Call (920) 235-9368

All proceeds from the store remain LOCAL to help area families.

St. Vincent de Paul Thrift and Furniture Store
 2551 Jackson Street • Oshkosh, WI 54901

ADT-Monitored Home Security
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | **SafeStreets** | **1-855-225-4251**

MIRAVIDA LIVING | **LIVE WITH WONDER**
 (920) 235-3454 | Oshkosh, WI

love where you live

We invite you to experience our innovative approach to living... where wonder and curiosity are emphasized by days filled with meaningful relationships and opportunities.

Retirement Living
 Carmel Residence • Simeanna Apartments

Assisted Living and Memory Care
 Gabriel's Villa • Elijah's Place

Skilled Nursing and Rehabilitation
 Bethel Home • Eden Meadows • Green House Homes

MiravidaLiving.com | Facebook | Instagram | LinkedIn

SUPPORT THE ADVERTISERS that Support our Community!

Fitness Opportunities

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible
OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit
Rate sheets available at Front Desks for non-insurance eligible

Rapid Movement Training (N)
Mondays & Wednesdays
8:30-9 am

Instructor: OSC Staff

Drop-in eligible

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

Range of Motion (N)
Mondays & Wednesdays
9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

This class will be a combination of yoga, stretching, and other therapeutic movements.



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

Silver Sneakers Classic (N)
Mondays & Wednesdays
10:45-11:30 am

Instructor: Jean Wollerman

Drop-in eligible

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



Life Fitness & Movement (N)
Tuesdays & Thursdays
9-9:30 am

Instructor: Alec Jensen

Drop-in eligible

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

Tai Chi Energy (N)
Tuesdays & Thursdays
9:45-10:15 am

Instructor: Sara Reybrock

Drop-in eligible

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



Movement Exercise (N)
Tuesdays & Thursdays
11-11:45 am

Instructor: Bobbie Jo Nagler/Sara Reybrock

Drop-in eligible

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



Line Dancing (N)

Instructor: Debbie Ruck

Drop-in eligible

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

Advanced Line Dancing

Mondays & Tuesdays

12:30-1:30 pm

Prior experience preferred

Beginner Line Dancing

Tuesdays

1:30-2:30 pm

No prior experience is necessary



Group Dance Fun (N)

Thursdays, 1-2 pm

Drop-in eligible

In the spirit of fun, we will learn together how to do several of the most popular group dances. Using online tutorials and other methods, we'll follow along with the step-by-step instructions. All dance levels are encouraged to attend, and this is a no-judgment zone! Come on, here's your chance to learn easy moves and have some fun!



FFC 3g (N)

Fridays, April 1-29, 9-9:45 am

No class April 15

Instructor: Alec Jensen

Max: 10

Register by Wednesday, March 30

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

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



Synergy Fitness (N)

Mondays, April 4-25, 8-8:30 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, March 31

This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular system in new ways. This class is perfect for those who like small group based classes with a lot of camaraderie. You also get the benefits of the coaches being able to give you one on one help.

FRONT 9 FITNESS (N)

CALLING ALL GOLFERS!

Do you want to take a few strokes off your game, increase your overall playing ability and/or play more rounds of golf?

The Front 9 Fitness class is for you! This six-week class is designed specifically to help you improve your body mechanics, strength, power generation, and endurance. You will learn how to warm up, unlock your hips and build endurance.

Focusing on these aspects will help improve your stroke, add distance to your shot and make playing 18 holes more enjoyable.

R \$40
NR \$45
PER PERSON

GET A HEAD START ON THIS YEARS GOLFING SEASON



FRIDAYS
APRIL 1 - MAY 13
NO CLASS APRIL 15
1 - 1:45 PM
MAX: 14

No equipment needed.
Wear comfortable fitness attire as
you will be exercising
Questions contact Alec at
920.232.5320

REGISTER BY WEDNESDAY, MARCH 30
PAYMENT DUE UPON REGISTRATION

Prevention vs Intervention (S)**Tuesday, April 5, 10-11 am**

Presenter: Dr. Courtney Disterhaft

Cost: Free

Max: 30

Register by Friday, April 1

Join Dr. Disterhatt from Fox Valley PT & Specialties as she talks about if prevention or intervention is the way to go when it comes to non-traumatic bodily injuries. She'll discuss whether therapy may be a better option than surgery or other major treatments. If you have been wondering the best route to take, please join us for this excellent learning opportunity.

Essential Oils Ditch & Switch (S)**Tuesday, April 12, 1-2 pm**

Presenter: Jeanne Gehrke,

Dreams of Jeanne LLC

Cost: \$10

Max: 15

Register by Friday, April 1**Payment due upon registration**

Ditch toxic chemicals and switch to NATURAL. Are you or your family members suffering with unexplained allergies, respiratory ailments, mood swings or skin eruptions? It could be something as simple as your laundry products, shower gel, lotion or even what is in the food you are eating.

Learn how to create your own natural cleaner to take home!

**Mindfulness Meditation (S)****Thursdays, April 7-28, 11 am-12 pm**

Instructor: Donna Janus

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

Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will have a positive

impact on your life!

**Shoulder Arthritis & Rotator Cuff Pain Explained (S)****Tuesday, April 12, 1-2 pm**

Instructor: Eric Koehler Dpt., Physical Achievement Center

Cost: Free

Max 30

Register by Friday April 8

Discover options you may not have heard about for managing your painful, weak shoulders. Learn the secrets to 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 options for you or those you care about.

How to Get Back to Exercise (S)**Thursday, April 14, 11 am-12 pm**

Presenter: Excel Physical Therapy

Cost: Free

Max: 30

Register by Monday, April 11

Has it been awhile since you've exercised regularly? Maybe you've had time off due to an injury or health concerns. Join Dr. Courtney Van Zeeland as she explains safe and effective ways to return to an active lifestyle after time off.

Falls/Balance Screening (N)**Wednesday, April 20, 1-3 pm**

Presenter: Physical Achievement Center

Cost: Free

Max: 16

Register by Friday, April 15

Join Eric as he takes you through a balance screening. These simple screenings can help identify back pain, hip, shoulder issues, problems with balance and gait. These are non-invasive screenings that only take a few minutes! These 15-20 minute one-on-one sessions can guide you on how to properly treat the problem.

Call 920.232.5310 for an appointment.



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



FREE AD DESIGN

WITH PURCHASE
OF THIS SPACE

CALL
800.950.9952

Carol's Country Tours

Madison Quilt Expo	9/8	\$ 49
S Dakota	9/18-24	\$820
Lancaster PA	10/2-8	\$785
Biltmore NC	11/13-18	\$725
Miami FL	1/20-30	\$1300
New Orleans	2/11-19	\$1000

Carol J. Kaufmann

Ckaufmann@new.rr.com

(920) 216-4668

www.carolscountrytours.com

425 W Packer Ave • Oshkosh, WI 54901



GROW YOUR BUSINESS BY PLACING AN AD HERE!

Contact Alex Nicholas
to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538



COUNTRY VILLA
ASSISTED LIVING

1900 Huckleberry Avenue
Omro, WI
920-685-0607

SUPPORT OUR ADVERTISERS!



**PHYSICAL
ACHIEVEMENT
CENTER**

Physical & Occupational Therapy

YOGA • PILATES • TAI CHI

Telehealth- We'll Provide the Highest Level of care, from wherever is safest for you or in person or video sessions!

We help people achieve greater mobility and strength for their active lifestyle without medications, injections or surgery; even when nothing else has worked.

Call us today for more information
920-230-2747!
3475 Omro Rd., Oshkosh



Fiss & Bills - Poklasny
Funeral Homes & Crematory
Serving All Faiths Since 1904
865 S. Westhaven Dr.
870 W. South Park Ave.
920-235-1170
fissbillspoklasnyfuneralhome.com

LAKE-AIRE
Auto Service
Complete Auto Service
2200 Montana Street
231-1023

Nicolet
NATIONAL BANK



Oshkosh / Winnebago County
Housing Authority



To schedule a tour
of one of our sites
call **920-424-1450**

Oshkosh sites include Marian Manor,
Raulf Place, Court Tower,
and Waite Rug Place

Rents are based on income.

Apply online: www.ohawcha.org



Memory Care (S)**Thursday, April 21, 10:30 am-12 pm**

Instructor: ADRC

Cost: Free

Max: 8

Register by Tuesday, April 19

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. All appointments take approximately 15-20 minutes in a one-on-one setting. Call 920.232.5310 to schedule your appointment.

Brain Games (S)**Friday, April 22, 11 am-12 pm**

Presenter: Alec Jensen

Cost: Free

Max: 20

Register by Wednesday, April 20

Want to sharpen your mind while having fun? Join Alec for Brain Games. You will learn the benefits of how these games can help increase our critical thinking skills and more. This is an interactive presentation and games will be played throughout the presentation.

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

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

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

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

Feeling Dizzy? (S)**Tuesday, April 26, 1-2 pm**

Presenter: Kate Wyman, ATI Physical Therapy

Cost: Free**Max: 30****Register by Friday, April 22**

Do you feel dizzy when you sit or stand or feel like you lose your balance easily? There are reasons for that and it's not just getting older. Join Dr. Kate Wyman DPT as she discusses things you can do to help improve your health, feel less dizzy, and help keep your balance.

STAND UP AND MOVE MORE

How much is too much time sitting during the day? Find out and learn strategies to help you Stand Up and Move More!!



On average, older adults spend more than 60% of their waking hours in sedentary activities, mostly sitting.

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



Oshkosh Seniors Center (S)

200 N. Campbell Road

May 5 - May 26 (4 week session)

Cost: Free

Register by April 26

920.232.5300

1 - 3 pm

Limit 14

This program has been developed and researched at the University of WI-Madison. Participants who completed the Stand Up program decreased their sitting time by 68 minutes per day

**STAND UP
AND
MOVE MORE**

wiha
Wisconsin Institute
for Healthy Aging

Foot Care Services

- Warm Foot Soak
- Diabetic Foot Care
- Trimming of Toe Nails
- Calluses and Corn Reduced
- Minor Ingrown Nails Addressed
- Patient Education

**CERTIFIED
FOOT CARE
SPECIALIST**

COST: \$24

CALL 920.232.5310
FOR AN APPOINTMENT

TO ENSURE YOU GET THE
APPOINTMENT DATE THAT YOU
WANT, PLEASE CALL 4-6 WEEKS IN
ADVANCE.

APPOINTMENTS ARE AVAILABLE
TUESDAY AND WEDNESDAYS,
9 AM TO 3 PM



Valley VNA
Senior Care



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 with vision, hearing and dental needs.

The trust was established in the late 1920's and for over 100 years this generous gift keeps on giving.

If you know of a person or yourself that is in need please contact Bobbie Jo Nagler at the center and she can help you apply for the funding.

**Apply now by calling
920.232.5301**

Caring for the community since 1908.

Valley VNA Senior Care

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

valleyvna.org | 920.727.5555 | Neenah, WI



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

CATARACTS



YOU
get to choose drop-free
and laser-assisted.

Dr. Stephen Dudley
503 Doctors Ct.
Oshkosh
920-236-3540

Dr. Gerald Clarke
509 S. Washburn
Oshkosh
920-236-4160



AZURA
MEMORY CARE
Celebrate moments of JOY
920-312-0260
2220 Brookview Ct. Oshkosh

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

Contact Alex Nicholas
to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538




**Mark & Susie's
Piggly Wiggly**
525 East Murdock Ave
920-236-7801

**KONRAD-BEHLMAN
FUNERAL HOMES
AND CREMATORY**
Serving All Faiths Since 1875
402 Waugoo Ave.
100 Lake Pointe Dr.
920-231-1510



OSHKOSH • GREEN BAY
www.claritycare.org

<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
---	--



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

**Concerned about Medicare fraud?
Give us a call...**

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

Toll-free Helpline:
888-818-2611
Email: smp-wi@gvaar.org
www.smpwi.org
WisconsinSeniorMedicarePatrol



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



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.



One on One Tech Appointments Designed to improve your digital literacy (all levels of expertise are welcome).

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

One on One with Diane Friday (S)

Mondays, April 4, 11, 18, and 25
9 am, 10:15 am, 11:30 am, 12:45 pm

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

Wednesdays, April 6, 13, 20, and 27
9 am, 10:15 am, 11:30 am, 12:45 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310

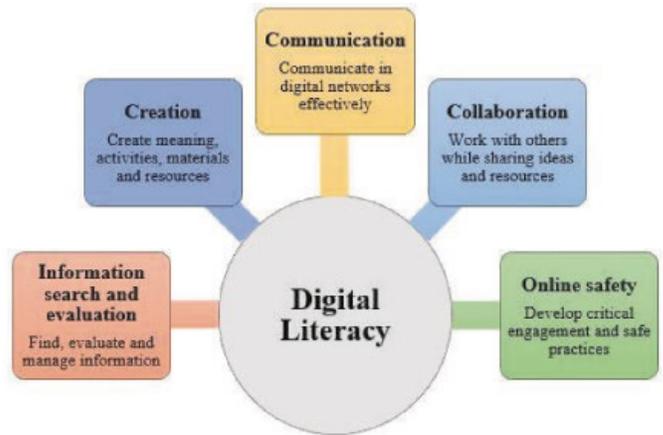
One on One with Steph Carlin (S)

Mondays, April 4, 11, 18, and 25
Noon, 1:15 pm, 2:30 pm

Tuesdays, April 5, 12, 19, and 26
Noon, 1:15 pm, 2:30 pm

Wednesdays, April 6, 13, 20, and 27
9 am, 10:15 am, 11:30 am, 12:45 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310



Connect through Tech can help you improve your Digital IQ!

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 and enjoy the high-speed internet service. No password required.

One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library online services. She is very tech savvy so don't hesitate to set up an appointment with her on any technology challenges you are experiencing.

Mondays, April 4, 11, 18, and 25
9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310





Connect through Tech Presents:
LET'S EXPLORE
TECHBOOMERS.COM

THURSDAY, APRIL 28
1:30 TO 2:30 PM

FREE (WILLOWS SOUTH BLDG)
PLEASE REGISTER AT 920.232.5300

WHAT IF THERE WAS A PLACE TO:

- #1. LEARN ABOUT ONLINE SHOPPING**
- #2. EXPLORE ONLINE ENTERTAINMENT**
- #3. TUTORIALS ON SOCIAL WEBSITES AND APPS**
- #4. HEAR ABOUT USEFUL WEBSITES**
- #5. LEARN ABOUT TECHNOLOGY BASICS**



THERE IS AND IT IS CALLED
WWW. TECHBOOMERS.COM



COOKING MATTERS

All cooking classes and demos listed in one area!

COOKING WITH ALEC (N)

Cooking demonstration with samples!

Friday, April 8, 10:30-11:30 am

Instructor: Alec Jensen

Cost: R \$6 / NR \$8

Min/Max: 2/15

Register by Wednesday, April 6

Payment due upon registration

Want to learn how to make nutritional foods and pick up a few cooking hacks along the way? Join Alec as he demonstrates the value and variety there is in a healthy diet. Sample of each food will be provided. Bring a pen and paper to take notes!

CHAT & CHOP (S)

Food prepared together for you to heat & eat at home.

Wednesday April 20, 10 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$7 / NR \$8.50

Min/Max: 2/8

Register by Wednesday, April 13

Payment due upon registration

We will be making No-Fry Sheet Pan Eggplant Parmesan. Super easy and healthy.



Sara's
Savory
Samplings



**POTATO BACON
CORN CHOWDER**

PREP TIME: 20 MINUTES / COOK TIME: 40 MINUTES
SERVINGS: 6

Ingredients

- 8 strips of bacon, cut into 1 inch pieces
- 2 C new red potatoes, 1/2 inch dice
- 1 C chopped onions
- 1 1/4 C milk
- 1 10.5 oz can cream of chicken soup
- 1 8 oz can whole kernel corn, drained
- 1/4 tsp dried thyme
- 1/4 tsp black pepper
- 1/2 C sour cream

How to Cook?

- In a 3 quart saucepan cook bacon over medium heat until crisp. Remove bacon and set aside.
- In the bacon fat, cook the potatoes and onions until tender, approximately 25 minutes, stirring occasionally.
- Add all remaining ingredients, stir until combined, then add cooked bacon back to the pot.
- Continue cooking, stirring occasionally until heated through, approximately 10-12 minutes.



5 Healthy

Eating Tips

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

Pay attention to the protein package.



Eat more vegetables and fruits.



Choose foods with healthy fats.



Choose good carbs.



Choose more fresh foods and fewer processed foods.



Ukulele Lessons Everyone Welcome!

No prior music experience necessary.

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$50 check for deposit, and when Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about Ukulele "rental."



Beginner Ukulele Lessons (S)

Fridays, April 1-29, 11 am-12 pm

No class April 15

Instructor: Joe Wiedenmeier

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

Min/Max: 5/20

Register by Wednesday, March 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 Center.

Intermediate Ukulele Lessons (S)

Fridays, April 1-29, 11 am-12 pm

No class April 15

Instructor: Aaron Baer

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

Min/Max: 5/20

Register by Wednesday, March 30

Payment due upon registration

This session is specifically geared towards those beyond the beginner class but not quite to the advanced level of playing.

Advanced Ukulele Lessons (S)

Fridays, April 1-29, 12:10 –1:10 pm

No class April 15

Instructor: Aaron Baer

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

Min/Max: 2/7

Register by Wednesday, March 30

Payment due upon registration



This session is specifically geared towards advanced players looking for challenging strumming patterns, picking notes, and in-depth music theory and potential songwriting.

Ukulele Play-Along (S)

Wednesdays, April 6-27, 10:30 am-12 pm

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

Min/Max: 3/20

This is a chance for ukulele players to get together and play music learned in past classes. It's an opportunity to learn from each other and share our favorites. We will be working on a variety of 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. The play-along is a great learning and social opportunity.



Book & Puzzle Pick Up (S)

Monday-Friday, 8-4 pm

Cost: Free

The Center has books, DVDs, and puzzles for you to enjoy at home. Materials are all located in the South building ONLY. When finished, items should be returned to the bin located under the West covered



entrance of the South building. Did you know we have a wide selection of Great Courses available? Great Courses offer DVD presentations from award-winning experts and professors from the most respected institutions in the world. History, language, art cooking, the topics are endless. Check out a "Great Course" today! ***Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

Genealogy for Free (S)

Wednesday, April 6, 10-11 am

Presenter: Michael McArthur, Oshkosh Library

Cost: Free

Register by Monday, April 4

Do you want to start (or restart) your genealogy research but are not ready to shell out hundreds of dollars a year on an Ancestry membership? The Oshkosh Public Library has all the resources you need to build the foundation of your family history research all for the low price of zero dollars. Librarian Michael McArthur will show you how far you can get with just your library card and some free time.

Elder Benefit Specialist (S)
Wednesdays, April 6-27, 10-11:30 am
Cost: Free

Walk-in, no appointment necessary
 Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

Coffee & Chatter (S)
Friday, April 8, 9-10:30 am

Facilitator: Leah Hackmaster
Cost: R \$2 / NR \$3
 Min/Max: 5/30

Register by Wednesday, April 6

Traveling for most people doesn't happen often enough! During this Coffee and Chatter we are going to dive into 3 different travel destinations. We will learn about the culture, activities, and history of Hawaii, Panama, and Jamaica. Coffee and snacks will be provided.



Bingo (S)
Monday, April 11, 2-3:30 pm

Sponsored by Edenbrook
Cost: Free
 Min/Max: 10/40

Register by Thursday, April 7

Come for a fun afternoon of bingo! Prizes sponsored by EdenBrook.



Navigating Medicare (S)
Tuesday, April 12, 1:30-3 pm

Presenter: Network Health
Cost: Free

Register by Friday, April 8

If you're approaching Medicare eligibility, you've heard a lot of new words recently. Terms like coverage gap, Part A/B/C/D, donut hole, Medicare Advantage and more may seem like a brand-new language. It's natural to have questions about everything that goes along with Medicare, because it can be complicated. Let us help you make sense of your options.



During this presentation, we will discuss when you can enroll in Medicare, your coverage options and help you determine which type of coverage is right for you. If you are turning 65 in the next year, on disability, a caregiver for someone who is Medicare age or someone who likes to learn new things, this presentation will be right for you.

Livable Communities & Aging Plan (S)
Monday, April 18, 1:30-3 pm

Presenter: Alana Erickson, Public Health Supervisor

Cost: Free

Register by Thursday, April 14

In the Fall of 2020, LIR heard from AARP regarding what makes a community "Age-Friendly." People of all ages benefit from walkable neighborhoods, transportation options, access to key services, opportunities to participate in community activities and affordable and adoptable housing.



Come learn about the joint efforts between the Winnebago County Aging and Disability Resource Center (ADRC) and the Winnebago County Health Department to create an Age Friendly Community locally. We will also hear about the updated Winnebago County Aging plan with an opportunity to engage in programming suggestions.

This program is in collaboration with Learning In Retirement.



What's New in the Oshkosh Area School District (S)

Tuesday, April 19, 1:30-3 pm

Presenter. Dr. Bryan Davis, School Superintendent

Cost: Free

Max: 35

Register by Thursday, April 14

Dr. Bryan Davis is the new superintendent of the OASD as of July 1, 2021. By this presentation he will have completed almost one full school year with the OASD. Come hear what he has learned, new initiatives of the district, and an update on the facilities improvement plan, including the new middle school. *This program is in collaboration with Learning In Retirement.*

Spring Wildflower Showcase (S)

Wednesday, April 20, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

Max: 25

Register by Monday, April 18

The wildflowers of spring are some of the most unique and beautiful of the year. Rob will introduce you to them all. Call OSC at 920.232.5300 to reserve your spot!



The Basics of WI Long Term Care (S)

Friday, April 22, 10-11 am

Presenter. McCleer Law Office

Cost: Free

Register by Wednesday, April 20

About 70% of Americans over 65 will require long-term care and will have to be ready to pay for it. But what kinds of long-term care are we talking about here? Attorney Joe McCleer of McCleer Law Office will cover the three major categories of long-term care, their expected costs, and ways you can prepare for them.



Representative Hintz Office Hours (S)

Friday, April 22, 10 am-12 pm

Cost: Free



State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Representative Hintz is dedicated

to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share with Gordon what's on your mind.

Worth of Water Documentary (S)

Tuesday, April 26, 10-12 am

Facilitator: Leah Hackmaster

Cost: Free

Min/Max: 5/30

Register by Tuesday, April 19

A Great Lakes Story is a feature length documentary that follows the co-creators of *Walk to Sustain Our Great Lakes*, Julia Robson & Alyssa Armbruster, as they embark on their 343 mile walk from the shores of Lake Michigan in Milwaukee, WI to Lake Superior in the Upper Peninsula of Michigan. The two women interview political leaders, educators, activists and professionals to help bring a greater understanding of the issues facing the Great Lakes, as well as highlighting the progress that has been made in restoring the lakes since the establishment of the Clean Water Act in 1972. After the documentary speak with co-creator, Julia to ask questions and hear about her experience!

Eat & Greet (S)

Wednesday, April 27, 11:30 am-12:30 pm

Cost: R \$7

Min/Max: 40

Register by Monday, April 25

Come enjoy a plate of meatloaf, mashed potatoes, vegetable, and pineapple upside down cake while spending time with friends.

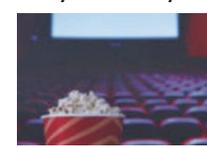


Popcorn & A Movie (S)

Wednesday, April 27, 12:45 - 2:30 pm

Cost: Free

Min/Max: 2/30



Register by Monday, April 25

Enjoy a movie with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies in newsletter.**



Oshkosh Seniors Center Presents:



Spring Tea and Fashion (S)

Thursday, April 21, 2-3:30 pm

Cost: R \$5 / NR \$6.50

Register by Monday, April 18



Enjoy displays of unique fashions
and accessories from UBLoom.

Book Talk (S)

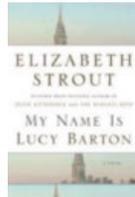
"My Name is Lucy Barton" by Elizabeth Strout
Thursday April 28, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 15

Register by Thursday, March 31
Call the center at 920.232.5300 to register and arrange for book pick up or register online at <https://schedulesplus.com/oshkosh/kiosk/>



Lucy Barton is recovering slowly from what should have been a simple surgery. Her mother, whom she hasn't spoken with for many years comes to see her. This book shows how a simple hospital visit illuminates the most tender relationship of all – the one between mother and daughter.



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Consider joining the WI Warmers, a volunteer group that creates handmade items such as lap quilts and stockings for those in need. No sewing skills necessary, supplies and training provided. Come meet new friends while giving to others. The Wisconsin Warmers are in continual need of cotton fabric pieces that are 2 to 3 yards or larger in size for quilt backs. Please, NO polyester, satin, tulle/netting, knits of any kind, or bed sheets. Please bring all donations to the front desk and say it is for the WI Warmers. A donation form needs to be completed for all donations.



- At this time, **no food or sharing of food/drink allowed**
- Single serve beverages allowed (bottled water sold at front desk) Soda machine is available.
- Please wash hands before playing
- All cards and games end at 3:30 pm

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

Cribbage

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



Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm



Love chess? Want to share your skills with the next generation? Consider facilitating the Oshkosh Public Library's chess club. For more information, please email toland@oshkoshpubliclibrary.org

What's New in the Oshkosh Area School District

Dr. Bryan Davis is the new superintendent of the OASD as of July 1, 2021. Come hear what he has learned, new initiatives of the district and an update on the facilities improvement plan, including the new middle school.

Tuesday, April 19

1:30-3 pm

Oshkosh Seniors Center (S)

No charge

Register by Thursday, April 14

920.232.5300



Program is in collaboration with Learning in Retirement

TUESDAY, APRIL 26

TIME: 10 AM-12 PM

COST: FREE

REGISTER BY TUESDAY, APRIL 19

THE
**WORTH
OF
WATER**

A GREAT LAKES STORY

After the documentary speak with co-creator, Julia Robson! She will answer questions and tell you about her experience.

Friends of the Oshkosh Seniors Center

2022 FOOD TRUCK
FRIDAY



15 FOOD TRUCKS ▪ LIVE MUSIC ▪ RAFFLES ▪ BEER ▪ SODA ▪ WATER

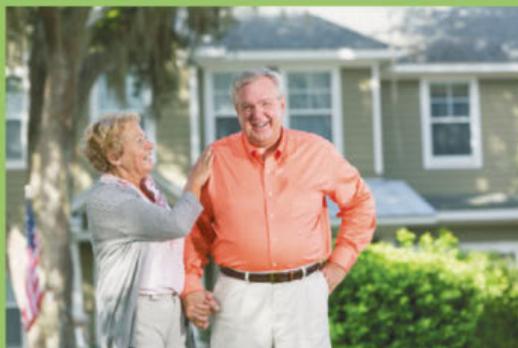
SAVE THE DATES!

JUNE 17 and AUGUST 19, 2022
4:30–8:30PM

FAMILY FUN NIGHT AT THE PARK!
SOUTH PARK ▪ OSHKOSH

Get involved with Oshkosh's
Biggest Food Truck Event of
the Season and support the
Seniors Center!

Interested Food Truck Vendors,
Volunteers, and Sponsors should
contact Anne Schaefer at
aschaefer@ci.oshkosh.wi.us
920-232-5306



According to AARP-
90% of seniors want to
stay in their own homes
as they age.

Your financial support
helps Seniors stay fit
with the help of the
Center's programs and
classes you fund so they
can realize their dreams.
Thank you!

DONATE
NOW

Mail your donation:
Friends of the Oshkosh
Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423

FOSC is offering a **FREE**
Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 21, 2022

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



What can be shred?

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

What cannot be shred?

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.

CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays

If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

28 **Make a monetary donation to
The Friends of the Oshkosh Seniors Center
or bring a canned good for a local food bank!**

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.**
Desk Phone—920.232.5312

- Place your payment in the drop box located next to the WST Desk

- 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

Cruzin' Milwaukee

Date: Tuesday, April 12

Cost: \$85 (\$20 non-refundable deposit)

Depart: 9 am Return: 6:30 pm

We will be Cruzin' on a coach bus through the Milwaukee area, with a trip to Oak Creek to browse the Swedish IKEA Store. Then we will spend time along the Milwaukee River in the downtown area and enjoy lunch at the Harley-Davidson Motor Bar & Restaurant. At sign-up you will select from three entrees: Chicken Caesar Salad, Motor Burger, or BBQ Pork Sandwich. You may also visit the adjacent souvenir and gift store. It is just a short walk to experience a self-guided audio tour of the Harley-Davidson Museum. Next up is a tour of the Sprecher Brewery in Glendale. Sprecher is known for its specialty beers and sodas. The tour includes a souvenir glass so you can sample 4 beers and unlimited soda before heading back to Oshkosh.

For questions call:

Ginnie Riley 715.889.2373

Donna Landers 920.303.1683



Milwaukee Brewers vs Braves

Date: Wednesday, May 18

Cost: \$75 (\$20 non-refundable deposit)

Final payment due May 2

Depart: 8:30 am

Return: Immediately after the game

Transportation via coach bus (includes tip and ticket for the game.) Let's join in cheering the 2021 NL Central Division Champs as they play the 2021 World Champions Atlanta Braves. This will be an exciting match-up. Put on your Brewers fan gear and let's cheer on the Brewers with a day at American Family Stadium. We will stop on the way for a break and refreshments of your choice at Hwy Q in Menomonee Falls.

For questions call:

Cheryl Freiberg 920.379.8128

Betty Litjens 920.231.4504

Laurie Peach 920.232.1336



The Church Basement Ladies in A Mighty Fortress

Date: Thursday, May 19

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

Final payment due April 26

Depart: 7:45 am

Return: Immediately after the show

Let's enjoy this humorous installment of The Church Basement Ladies series, at the Fireside. Beverly gets her first pair of high heels. Mrs. Snustad wins top honors at the County Fair. Life can be complicated when a woman drives her "husband's" pickup truck. Shh!! Did you hear Pastor has a "love" in his life and will be announcing his wedding! With all these changes in the 60s, these women remain strong in their faith and friendship. You are certain to enjoy some snickers and double over laughing with the crazy antics and great new songs by "The Church Basement Ladies". Lunch features a menu of a salad plus three entrée choices: Boneless Pork Chop, Chicken Cordon Bleu, or Lasagna. Dessert is homemade apple pie with vanilla bean custard. On the way, there will be a short stop at Jones Market to see their latest meats and cheeses.

For questions call:

Ginnie Riley 715.889.2373

Sherry Katzenberger 608.578.5366



Winnebago Senior Tours

California Rail Discovery Trip

Date: June 8-15

Cost: \$3095 pp double

Guide: Cheryl Freiberg



Come travel with us for a trip of a lifetime as we fly to San Francisco, "The City by the Bay," to enjoy fascinating museums, world-class cuisine, and fantastic shopping.

Highlights include Two Rail Journeys, the Napa Valley Wine Train, and the Sierra Nevada Rail Journey. In addition, enjoy Two Cruise Experiences, the San Francisco City Tour, Wine Lunch Train, Winery Tour and Tasting, Old Town Sacramento, Virginia City, Reno, NV, National Auto Museum, and an optional excursion to Muir Woods to see some of the oldest and tallest redwood trees in the world. See complete flyer details. Flyers are available at the Tour desk, or call 920.232.5312 to have one mailed to you.

For questions call:

Cheryl Freiberg 920.379.8128

Great Scott, Fox Valley Travel Back in Time

Date: Thursday, June 9

Cost: \$55 (\$20 non-refundable deposit)

Final payment due May 19

Depart: 9:25 am **Return:** 4:30 pm

Sign up now, don't delay!

Going Back in Time, we will have a guided tour of the FIRST house to have electric light bulbs in the United States, Hearthstone, in Appleton.

From there we will enjoy a delicious lunch at Good Company. The cost of the tour includes a \$10 voucher for your lunch.

Next we see the working windmill which stands

over 100 feet tall in Little Chute. A guide describes how the mill grinds the grains needed for breads. Our final stop will be Mansion in the Woods, known as Grignon Home in Kaukauna. There will be guided tour of the quaint mansion that was built for his bride. A blacksmith will demonstrate his craft. Departing from Seniors Center South, 200 N. Campbell Road.

For questions call:

Donna Landers 920.303.1683

Ginnie Riley 715.889.2373



Best Kept Secrets on Lake Michigan Discover Manitowoc/Two Rivers

Date: Thursday, June 23

Cost: \$80 (\$20 non-refundable deposit)

Final payment due June 2

Depart: 9:15 am **Return:** 7:45 pm

Sign up now, don't delay.



Manitowoc is the home of the Midwest's largest Smithsonian Maritime Museum. If you are adventurous you can climb into a real submarine and ring the dive bell. From there we will visit the Rahr West Art Museum to see where a piece of the Russian Sputnik landed in front of the museum. Lunch will be at Kurtz's Pub & Deli. You will

receive \$10 towards your lunch. In Manitowoc, the guided tour of the Hamilton Wood Type & Printing Museum, will show over 100 years of wood print history, including some famous posters. At the Roger Street Fishing Village Museum a guide will tell you about ill-fated schooners, and the famous Christmas Tree Ship. Enjoy the lighthouse in the village and see many artifacts from the waters of Lake Michigan. To end our day in Manitowoc, FREE Ice Cream Sundaes for all.

Departing from Seniors Center South, 200 Campbell Road. For questions call:

Donna Landers 920.303.1683

Sherry Katzenberger 608.576.5366

What Happens in Vegas Won't Stay in Vegas?

Date: Wednesday, July 13

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

Final payment due June 22

Depart: 7:45 am **Return:** 6:00 pm

Sign up now, don't delay. Let's have some fun!

We will start our day with a brief stop at Jones Market for samples to taste and savor.

Then off to the Fireside for

some lunch and the Vegas

show. Dinner choices will be

either Rueben Chicken or Sliced

Pork Tenderloin. Of course there will be lots of

delicious sides to go with these two outstanding

dinner choices. We will get together in in Oasis

Room of the Seniors Center South. Parking at

Seniors Center South. Watch for the red cones and a guide will show you the parking area.

For questions call:

Donna Landers 920.303.1683

Betty Litjens 920.231.4504



Winnebago Senior Tours

Washington Island

Date: Thursday, July 28

Cost: \$145 (\$20 non-refundable deposit)

Final payment due July 7

Depart: 7:30 am Seniors Center South

Return: 9:30 pm



A day visiting Washington Island is an educational adventure. Start with the five-mile ferry ride and learn the history and legends of the Island on a two hour open air tram tour. Highlights include: Stavekirk Church, The Farm Museum and the Fragrant Isle Lavender Farm. Coach Bus, tips,

fees, lunch and dinner included. Be ready for a memorable experience that can only be found in Wisconsin.

For questions call:

Cheryl Freiberg 920.379.8128

Laurie Peach 920.232.1336

Exploring Britain & Ireland

Date: August 13—28

Guide: Cheryl Freiberg

Cost: \$5649 pp Double Occupancy

Our next 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.

For questions call:

Cheryl Freiberg 920.379.8128



The cost to travel has been increasing. The Winnebago Senior Tours works to keep our trips as affordable as possible.



Beautiful Vermont

Date: September 24-October 2

WAIT LIST ONLY

Here is a chance to see the magnificent Fall colors of Vermont. Highlights of this trip are worth seeing: Erie Maritime Museum, Shelburn Museum, Church Street Marketplace, Dinner Cruise on Lake Champlain, Ages Granite Quarry, Vermont State Capitol, Cold Hollow Cider Mill, Ben & Jerry's ice cream factory, and of course the most beautiful waterfall in the country, Niagra Falls. If you are ready for an adventure, get on the waiting list.



For questions call:

Donna Landers 920.303.1683

Betty Litjens 920.231.4504

COMING IN AUGUST

State Fair

Salute to Two Rivers

Charter Fishing

When sending payment in the mail be sure to include:

Name _____

Address _____

City _____

State _____ **Zip Code** _____

Home Phone _____

Cell Phone _____

Name of Trip _____

Please let us know if you need any special accommodations on the bus or for an overnight stay.



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

Oshkosh Committee on Aging

Judy Richey, Chairperson
Heidi Basford Kerkhof
Bryn Ceman
Julie Davids
Cheryl Hentz
Julie Kiefer
Julie Maslowski
Lindsay Temple
Jean Wollerman
Mike Ford, Council

Alternates: JoAnne Murphy-Spice
Mike Norton

OSC Staff

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

Activity Coordinators:

Alec Jensen, Fitness & Wellness
Bobbie Jo Nagler, Volunteers & Support
Leah Hackmaster, Social & Educational
Kerry Wolfe, Asst. Activity Coordinator

Advisory Board

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

Friends Board

Carolyn Edgerton, President
Cheryl Freiberg, Vice President
Chris Kniep, Treasurer
Julie Hoyt, Secretary
Colleen Harvot
Dyanne Kollmann
Eric Lehocky
Sarah Thompson

