

# THE CURRENT

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

December 2021 Issue #12



## Discover the Offerings at the Oshkosh Seniors Center



**FITNESS AND  
WELLNESS**



**ART ENRICHMENT**



**HOLIDAY CELEBRATIONS**

View the online newsletter at [www.ci.oshkosh.wi.us/Senior\\_Services/](http://www.ci.oshkosh.wi.us/Senior_Services/)  
Oshkosh Seniors Center (920) 232-5300

# WELCOME TO THE *Oshkosh* SENIORS CENTER



## Holiday Hours at the Center Closed on the following days:

Thursday, December 23

Friday, December 24

Friday, December 31

*Happy Holidays*

### **OSC Weather Policy**

***If the weather outside is frightful...***  
It is the policy of the Oshkosh Seniors Center to follow the Oshkosh Area School District's lead on closures due to weather. Therefore, **if the school district has closed—the Center will be closed.**

Please keep in mind this is for the safety of the participants and staff. Updates will be posted on the Oshkosh Seniors Center Facebook page and on WBAY, Channel 2, and with Oshkosh Media.

### **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.**

**Start the new year off right and get fit at the Oshkosh Seniors Center!**

Volunteers are needed to decorate AND take down decorations in the Center for the Holidays. The trees will be set up and in need of lights and ornaments. Please register if interested. Call 920-232-5300.

#### **Decoration Set Up:**

**Monday, November 29,  
1:15-3 pm**

Meet at South building 1:15 pm

#### **Decoration Take Down:**

**Monday, January 3,  
1:15-3 pm**

Meet at South building 1:15 pm

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

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## Enrichment

Building: North (N) South (S)



Are you looking for fun projects that you can do at home or maybe something to do with the grandkids? The Oshkosh Seniors Center is now offering kits that you pick up and make at home. Each kit comes with most supplies needed to complete the project, plus step-by-step instructions. Call ahead to reserve your kit, make payment, and pick up arrangements. **A limited number of kits are available each month. Payment is due when you reserve your kit.**

Here are the kits offered for December! Kits are available for pick up Wednesday, December 1, at the North building.

Kit #1

### Reindeer Kiss Ornament

Cost: R \$4/NR \$5.50

This adorable reindeer holds a surprise inside, a chocolate Kiss! Your kit includes plastic canvas, yarn, embellishments, and enough chocolate kisses to make two reindeer. You supply a large-eyed needle. Great project to make with the grandkids!



Kit #2

### Homemade Pretzel Kit

Cost: R \$5/NR \$6.50

The pretzel kit is one of the easiest recipes to prepare homemade soft pretzels, and the results are extra delicious. The dough requires just six ingredients, and there's hardly any rise time, so not only are these easy, they're pretty quick too. The baking soda bath gives pretzels that iconic flavor, chewy texture, helps deepen their golden color in the oven, and locks in the super soft interior. Even if you have zero skill in the kitchen, you can make these homemade soft pretzels. You supply butter and water. Recipe, and all other supplies are in the kit! Supplies to make four pretzels.



Kit #3

### "Snow Globe" Candle Holders

Cost: R \$5/NR \$6.50

Have fun making these adorable wine glasses that will be transformed into snow globe candle holders for your Christmas decor! They are so cute and easy to make! Kit includes supplies for two snow globes.



# Enrichment

Building: North (N) South (S)

## Art Expression (S)

Thursdays & Fridays, Dec. 2-17, & 30  
9-11:30 am

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 and learn from each other as you work on your projects. The kiln is not available for firing at this time.



## Holiday Ornaments Felting Art (S)

Wednesday, Dec. 1, 10-11:30 am

Instructors: Kerry Wolfe/Jane Wells

Cost: R \$7 / NR \$8.50

Max: 8

Register by Monday, November 29

Payment due upon registration

Just in time for gift-giving are these neat ornaments made by needle felting. The project is for beginners but will be fun for experienced crafters.

Needle felting is a craft that involves repeatedly stabbing a needle into a piece of wool to stiffen and shape it into the desired form. All supplies provided.



## DIY Hot Chocolate w/lighted Mug (S)

Monday, December 6, 10-11:30 am OR

1-2:30 pm

Instructor: Jane Wells

Cost: R \$10/ NR \$12.50

Min/Max: 2/6

Register by Thursday,  
December 2

Payment due upon  
registration

Perfect for gift giving! Decorate the insulated mug, and fill it with homemade hot chocolate! The mug lights up and comes with a straw.



## Holiday Wine Bottle Art (S)

Wednesday, December 8, 9:30-11:30 am  
OR 1-3 pm

Instructor: Kerry Wolfe/Jane Wells

Cost: R \$10/ NR \$ 11.50

Register by Friday, December 3

Payment due upon registration

Do you ever wonder if there's anything else you could use your empty wine bottles for when you chuck them into the recycling bin? Well, we've got you covered right here with these creative, DIY wine bottle crafts. So that we may best prepare for the class, please choose one of the bottle designs at registration. Please note that embellishments will vary.



#1 Reindeer cutout with textured snow on the bottle



#2 Frosted bottle with vinyl decal and lights



#3 Snowflakes on colored bottle with lights

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- ▶ Call (920) 232-5340 for info. about your mobility options in the City of Oshkosh and Rural Winnebago County.
- ▶ Subsidized taxi service within the City is also available with an ID Card provided by the Oshkosh Seniors Center.

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Oshkosh Senior Center, Oshkosh, WI

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# Enrichment

Building: North (N) South (S)

## Wood Bangle Bracelet (S)

**Burning In the Round**

**Thursdays, December 2-16, 1-3 pm**

**Cost: R \$12/ NR \$17**

Min/Max: 3/12

**Register by Tuesday, November 30**

**Payment due upon registration**

Students will learn pyrography techniques as they gain experience burning on round wood, namely, bangle bracelets. You will receive two bangles along with a (flat) test strip. Students will bring their burner, a writing nib, a shader, graphite paper, a white vinyl eraser, and a red or blue pen. The pyrographic art, books, and teaching resources of Simon Easton will be discussed.

Beginner/Intermediate Level.

Pre-requisite: Pyrography 101 or permission from the Instructor.



## Woodburning Basics (S)

**Tuesdays, January 4-February 1, 1-3 pm**

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

Min/Max: 3/12

**Register by Thursday, December 30**

**Payment due upon registration**

The class will focus on woodburning (pyrography) fundamentals, including safety, equipment, pattern transfer, burning straight lines, curves, circles, shading effects such as stippling and crosshatching. You will practice drawing grasses, a wood postage stamp & mallard duck in flight. This class prepares you for other OSC woodburning classes. A limited number of rheostat-controlled pen-style wood burners are available for use in class. Please reserve at registration.

## Aw Nuts! (S)

**Focus on metal, cloth and nut textures**

**Thursdays, January 6-27, 1-3 pm**

**Cost: R \$25 / NR \$30**

Min/Max: 3/12

**Register by Tuesday, January 4**

**Payment due upon registration**

Woodburning a plaque of a nutcracker & bowl of nuts to add to your toolbox of pyrographic techniques! Class includes pattern and an 8" x 10" birch plywood plaque. Students will bring their Woodburner and four nibs: a shader, round heeled skew, medium and small writer nibs, dust mask, tack cloth, graphite paper, a white vinyl eraser, a red or blue ink pen, and a sealant. Beginner/Intermediate Level.

## Hand Tool Carving Class (S)

**Mondays, January 3-31, 1-3 pm**

**Cost: : R \$25/NR \$30**

Min/Max: 5/12

**Register by Thursday, December 30, Payment due upon registration**

This five-week hand tool carving class is open to carvers who want to refresh their skills and complete unfinished projects. Award-winning carving instructors will be available to instruct, and problem solve.



## Woodshop Safety Refresher (N)

**For those who have already completed Basic Safety Training**

**Friday, December 10, 9-10:30 am**

**Register by Wednesday, December 8**

**Or Friday, December 17, 9-10:30 am**

**Register by Wednesday, December 15**

**Facilitator: Jeff Becker**

**Cost: Free**

Min/Max: 2/10

To attend one of these safety training, 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.

If you are a brand new participant and are looking to join future classes, fear not! Initial safety courses for those brand new to our facility are being planned soon.



## Fox Fitness Center (N)

Monday- Friday, 7 am - 3:30 pm  
Stay Active Pass & Insurance  
Reimbursement Eligible



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 any questions or concerns about using equipment or updating your workout regimen, stop by the Fitness Coordinator's office conveniently located in the fitness center for better accessibility.

**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**

### Important Reminder:

Every participant that attends the Fox Fitness Center and any of the Instructor led classes, **please be sure to check in each day.**

**Thank you for your cooperation!**

## 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. Alec has worked with a variety of clients, helping them achieve their 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

The more  
you buy, the  
more you  
SAVE!

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 the availability of the trainer.



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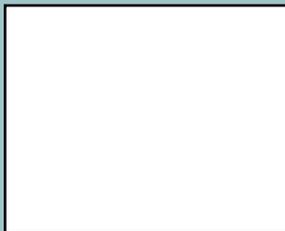
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Building: North (N) South (S)

## 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 8:30-9:00 am

Instructor: Jill Reichenberger

#### 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.

### 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.



### 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.



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

Instructor: Alec Jensen

#### Drop-in eligible

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



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

Instructor: Bobbie Jo Nagler

#### 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.

Building: North (N) South (S)

## 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 participants

### FFC 3g (N)

**Fridays, December 3-17, 9-9:45 am**

**Instructor: Alec Jensen**

Max: 10

**Register by Tuesday, November 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) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, you will be coached 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 in!

If you are not familiar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920-232-5320 to set up an equipment orientation.

### Matrix Circuits—Specialty Class (N)

**Mondays, December 6-27, 8-8:45 am**

Instructors: Alec Jensen

**Cost: R \$10/ NR \$15**

Max: 10

**Register by Thursday, December 2**

**Payment due upon registration**

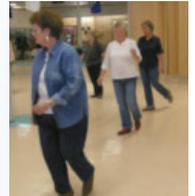
This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular.

### 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**

**12:30-1:15 pm**

Prior experience preferred



### Beginner Line Dancing

**Tuesdays**

**1:30-2:15 pm**

No prior experience is necessary

### Group Dance Fun (N)

**Thursdays, 1-2 pm**

**No Class Dec. 23**

**Drop-in eligible**

Min/Max: 4/15

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!



# Wellness

Building: North (N) South (S)

## Grief Support Group (S)

Thursdays, December 2 & 16, 1-2:30pm

Facilitated by: Compassus Hospice

Cost: R \$1 / NR \$1.25 per visit

Min/Max: 12

Register by Dec. 1 and Dec. 15

Open to anyone grieving the death of a loved one.

## Mindfulness Meditation (S)

Thursdays, December 2-30, 11 am-12 pm

No class December 23

Instructor: Donna Janus

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

Payment due upon registration

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!



## Chair Massage (S)

Thursdays, December 2 & 16, 1-4 pm

Provider: Emilie Ilg, Certified Massage Therapist

Cost: \$15 per 15-minute massage

Register by Tuesday, Nov. 30 & Dec 14

Payment due upon registration

Chair massages can improve circulation and sleep. Emily Ilg, Certified Massage Therapist, will be offering relaxing chair massages. Studies have shown 10 minutes can reduce inflammation. Massage can help your body recover more quickly. Can't sit in a massage chair? Emily will make accommodations. Appointments are in 15-minute increments. Book two appointments for a 30-minute massage! If you do not pay in advance, your session will be canceled. Stop at the North building front desk to schedule and pay for your appointment.

## Essential Oils (S)

Gift Giving Bath Salts Make & Take

Tuesday, December 7, 1-2 pm

Presenter: Jeanne Gehrke,

Dream of Jeanne LLC

Cost: \$10 each or 2 for \$15

Max: 15

Register by Friday, Dec. 3, Payment due upon registration

Gift-giving can be a wondrous thing, especially when it is all-natural. Bath salts are easy to make, and you can create scents that



can offer a wide variety of benefits. Such as sleep, relaxation, detoxing, elevating mood, nerve and muscular system support, and MORE! For \$10 (or make 2 for \$15), you will receive a cute holiday tin that you can fill with your favorite scents to keep for yourself or give to someone. All supplies provided, along with a recipe sheet & directions to take with you.

## Maintain Don't Gain (S)

Friday, December 3 & 10, 10:30-11:30 am

Presenter: Alec Jensen

Cost: R \$5 / NR \$7

Max: 20

Register by Wednesday, December 1, Payment due upon registration

Join Alec as he helps you keep off the pounds this holiday season. Maintain Don't Gain aims to keep you within 3lbs of your current weight. Weigh in's will be held each week through December. Goal-setting sessions will be held every other week from 10:30—11:30 to help keep you on track to maintain your weight. You will receive tracking and goal-setting sheets on Dec 3.

## Falls Screening (S)

Friday, December 17, 9-11 am

Cost: Free

Max: 8

Register by Wednesday, December 15

These quick, simple, and non-invasive tests will help identify balance and motor control deficits and allow a professional to create a plan to implement corrective strategies and further modify your lifestyle to suit your current functional capabilities. The best part about these assessments is they only take 15-20 minutes.

# Wellness

Building: North (N) South (S)

## Prevent Falls & Remain Independent, During The Winter (S)

Tuesday, December 7, 1-2 pm

Cost: Free

Register by Friday, December 3

Instructor: Dr. Eric Koehler, DPT

We will teach you to prevent falls and keep your strength while staying independent this winter. Learn practical tips and strategies that will enable you to increase your confidence, balance, mobility, and strength.

## Memory Care (S)

Tuesday, December 14, 9:45 -10:45am

Instructor: ADRC

Cost: Free

Register by Friday, December 10

Join Alisa from Winnebago County ADRC as she discusses the importance of getting your memory checked. Learn to recognize when we may be losing cognitive function and key signs that we could be suffering from other forms of cognitive dysfunction such as Alzheimer's or Dementia. If you're a caretaker she will share tools and resources that can make your job easier. Come with your questions.

## Carpal Tunnel & Hand Pain (S)

Tuesday, December 14, 1 -2pm

Instructor: Lori Schaez OTR

Cost: Free

Register by Friday, December 10

Does your Carpal Tunnel and hand pain prevent you from handling small objects, forceful grasping, writing, or doing basic chores around your home. Do you feel you are unable to function at your best level? There is help. Learn what exactly CTS is, the causes, and what can be done to address the underlying problems for good!

## Hearing Screening (S)

Monday December 20, 9:30-12:00pm

Presenter: Oshkosh Elite Hearing Center

Cost: Free

Max: 8

Register by Friday, December 17

The provider will be available for a brief exam to determine if you are experiencing any hearing loss. They will answer any questions. The Oshkosh Elite Hearing Center will provide literature on hearing loss and the importance of annual checkups. Exams take 10-15 minutes. Call for appointment, 920-232-5310.



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

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

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



## Feeling Lonely or Socially Isolated?

NIH National Institute on Aging

Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

### Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

If you are feeling lonely or isolated, talk with your doctor about your concerns.

### Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for them.

### For More Information

Find tips and resources at [www.nia.nih.gov/CommitToConnect](http://www.nia.nih.gov/CommitToConnect), or call the Eldercare Locator at 800-677-1116 to connect with resources and services in your community.



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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Let this be your winter of no excuses! Check out the Fitness offerings at the Oshkosh Seniors Center. Stay active, stay social, and stay informed.

## Health Benefits of Physical Activity for Adults

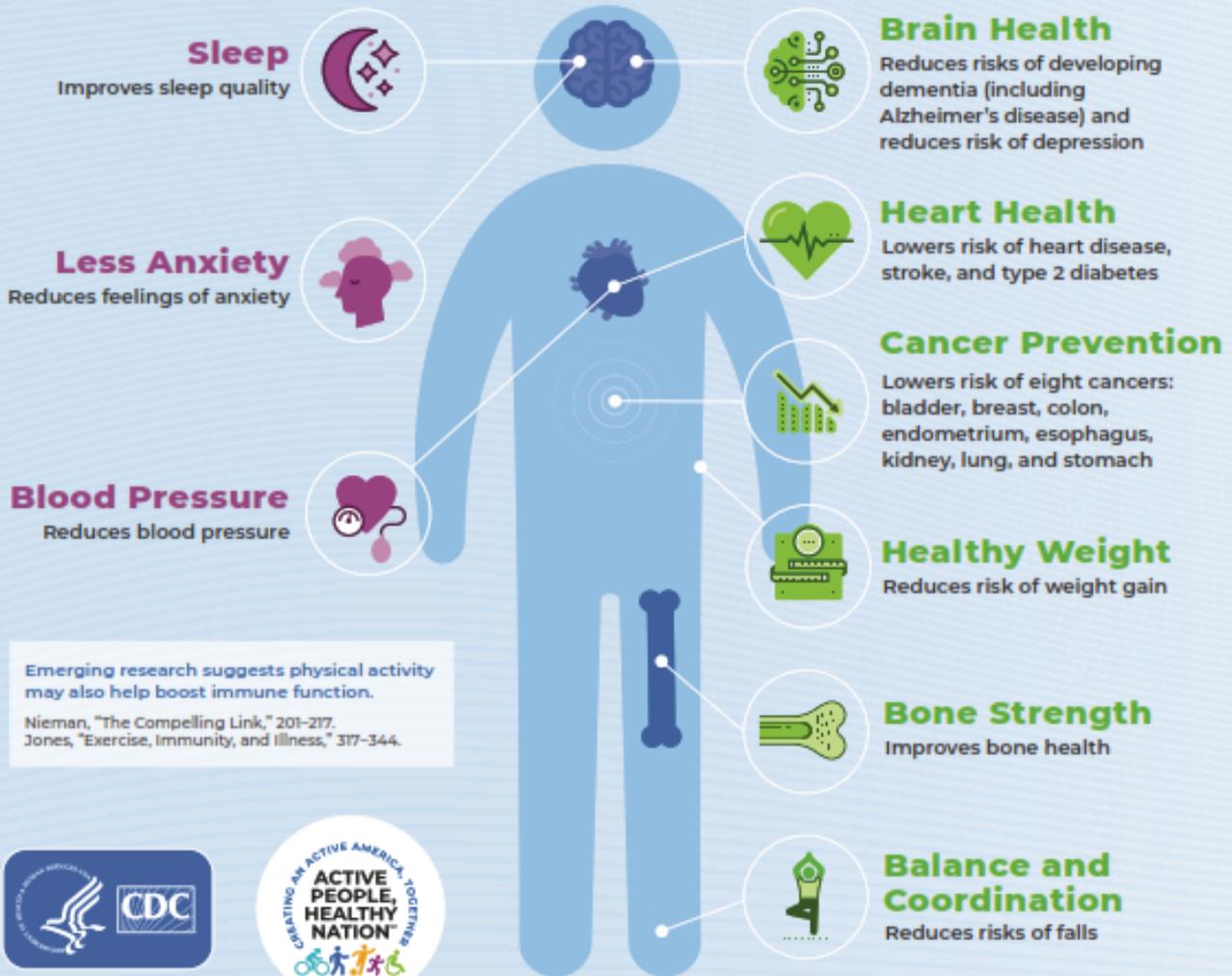


### IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

### LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

# Maintain Don't Gain 2021

It's no secret that the holidays can lead to unintended weight gain. Whether it's from overeating food or not getting enough exercise and activity throughout the week, we can gain weight at this time of the year. Maintain Don't Gain is a method you can use to curb weight gain.

We will accomplish this by having weekly weigh-ins and having bi-weekly goal-setting sessions to help keep you on track to achieve your goals. These goal-setting sessions will also give you tips and tricks to be used to advance your fitness levels. Goal-setting sessions will be held on Dec 3 & 10, 10:30 am — 11:30 am, in the South Building. Bi-Weekly Weigh-ins will be held on Dec 10 & 17 from 7:30 am — 9 am at the north building.

Each month will have its tracking Calendar for you to use at home. The goal is to stay within 1% or 3 pounds of your current body weight or to shed some weight this holiday season!

## December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1) Time: Weight:	2) Time: Weight:	3) Time: Weight : goal setting	4) Time: Weight:
5) Time: Weight :	6) Time: Weight :	7) Time: Weight :	8) Time: Weight :	9) Time: Weight :	10) Time: Weight : weigh in	11) Time: Weight :
12) Time: Weight :	13) Time: Weight :	14) Time: Weight :	15) Time: Weight :	16) Time: Weight :	17) Time: Weight : goal setting	18) Time: Weight :
19) Time: Weight :	20) Time: Weight :	21) Time: Weight :	22) Time: Weight :	23) Time: Weight :	24) Time: Weight : Weigh in	25) Time: Weight :
26) Time: Weight :	27) Time: Weight :	28) Time: Weight	29) Time: Weight:	30) Time: Weight:	31) Time: Weight:	Happy New year

## What to Wear to Exercise in Cold Weather

### Layers, Layers, Layers

Please make sure you wear layers is the advice you generally hear when dealing with cold weather. At its most basic level, layering lets us adjust our own individual thermostats by adding or removing clothing to maintain a comfortable body temperature as conditions and exertions change. To accurately understand how layering works, we need to understand each layer.

### Base Layers: Wicking Layer

Contrary to popular belief, our base layer shouldn't be our warmest layer; our base layer's job is to keep our skin dry by wicking moisture away! To do this, you want a material that touches your skin. Another critical factor to consider is the type of material of the base layer. Generally, synthetic/blended materials work the best compared to cotton and other heavy fabrics that take a long time to dry out. However, you will often see lightweight, midweight, and heavyweight when it comes to base layers. Here's a great way to pick which weight is right for you. Lightweight: moderate to cool temps, Midweight: cold temps, Heavy Weight—below freezing temps. Remember, this layer's job is to keep to keep you dry.

### Middle Layer: Insulation

Our middle layer or insulation layers are the primary way we keep our heat in the winter. These layers offer us plenty of options when it comes to staying warm. These include polyester fleece, down, and synthetic insulation. Each type of material has its benefits and drawbacks. When it comes to heat retention, Down is considered the gold standard for insulation. Down is exceptionally lightweight, and pound for pound is the best insulator available as long as it stays dry. If it gets wet down loses all of its heat retention abilities, so if you are going to be getting wet, we suggest you pick a different material. Fleece and polyesters offer a good combination of drying capability, breathability, and warmth even when the fabric gets damp. The downside of fleece is that it doesn't provide much in the way of wind protection. Lastly, we have synthetic insulation, synthetic material has come a long way in the last few years, and many can be comparable to down. Synthetics are popular because they retain heat well, dry quickly, and offer an added layer of protection from wind and water. The drawbacks to synthetic materials are they are usually bulky and don't pack into clothing and other materials.

### Outer Layer: Rain / Wind Protection

Commonly known as the shell, the outer layer protects us from the wind, rain, and snow. There are typically two different types to pick from waterproof and water-resistant when shell layers. The main difference between these two choices is that waterproof is meant to keep out driving rains and winds while water-resistant will keep out a drizzle, help shed water, and offer some protection from wind. There isn't much of a downside to either one, but price points may vary between the two.

### Additional Tips:

Don't wait to adjust layers: Throw on the shell at the first sign of rain or wind, and remove your insulating layer the minute you start to sweat. Staying warm and dry is more manageable than warming up or drying out. Cotton is a no-no in any layer: cotton soaks up water and takes forever to dry out. That's a recipe for hypothermia. Layers should play well together: middle and outer layers need to glide on and off. Adjustments become cumbersome when they fit too tightly with the layers beneath them, and you risk constricting circulation.



**BASE LAYER**

Absorbs moisture leaving you dry and more comfortable

**MID LAYER**

Creates more warmth without the extra bulk

**OUTERSHELL**

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

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Building: North (N) South (S)

## Foot Care Services

Meet Nadine Hutmaker, RN, Foot Care Specialist



Nadine has been providing Foot Care services at the Oshkosh Seniors Center since August, 2020. In addition to being a Registered Nurse, she has a degree in Occupational Therapy and is a **Certified Foot Care Specialist with 15 years of experience.**

To ensure you get the appointment date that you want, please call 2-3 weeks in advance of when you'd like your nail care.

Those using Foot Care services at the Center have rave reviews for Nadine. "She's good; she's really good," and

"very knowledgeable and helpful, so glad I came to the Center."

If you need professional Foot Care services, see Nadine at the Oshkosh Seniors Center. **Appointments are available Tuesdays and Wednesdays, 9 am-3 pm, and can be scheduled by calling 920-232-5310.**

The cost of Foot Care Services will be increasing in 2022 to offset rising costs. Services will cost \$24 starting Jan. 1, 2022



### 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

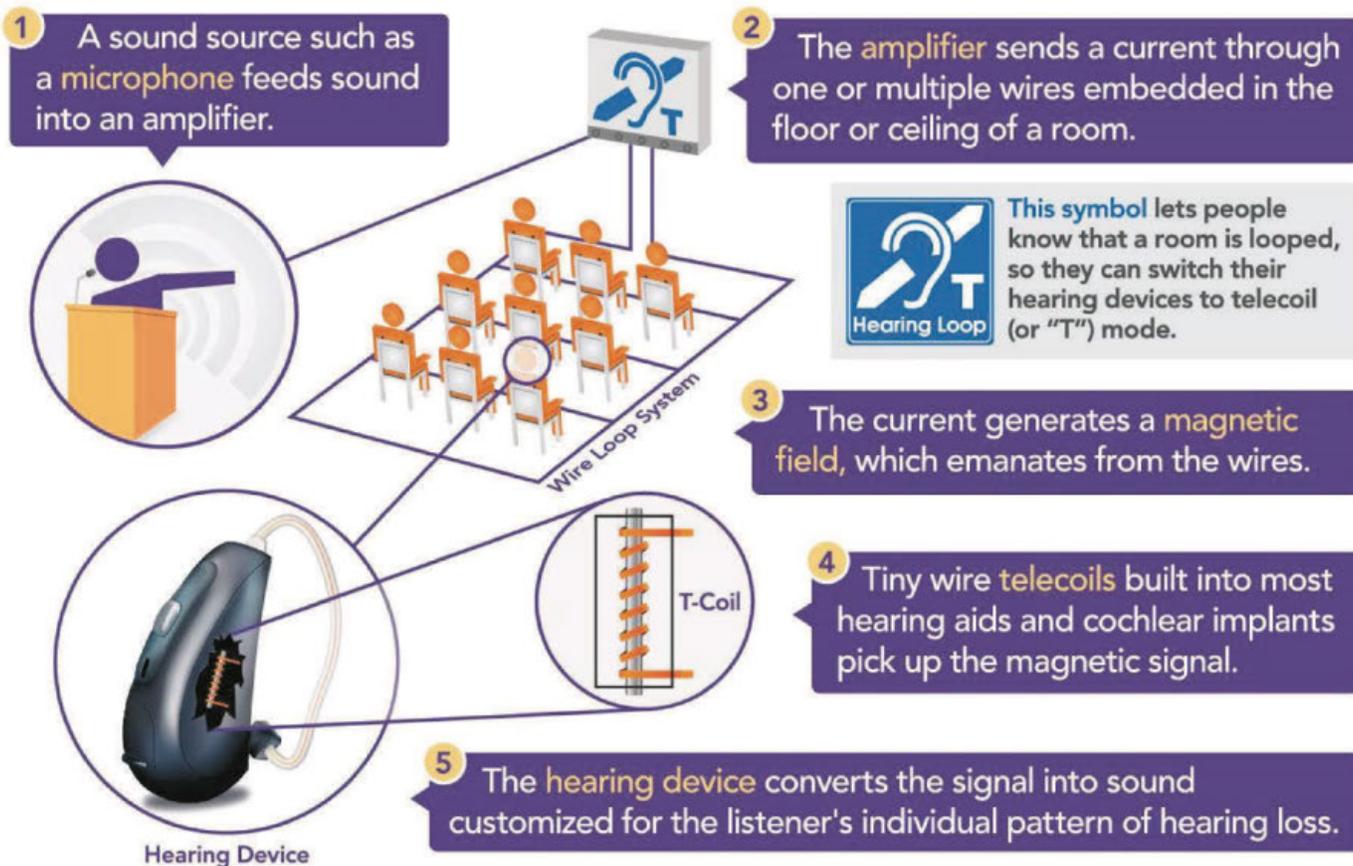


## New in 2022

**The Center will be adding the Hearing Loop to the Oasis Room  
We will now have hearing loops in the Willows and Oasis Rooms**

Technically known as Audio Frequency Induction Loop Systems (AFILS), hearing loops consist of a unique amplifier and a hidden copper wire that transmits sound via a magnetic field. The wire creates a "looped zone" in any size venue, from a large auditorium to a taxi. The wire sends the magnetic signal to any hearing device with a telecoil within the zone. A telecoil, or t-coil, is a small, inexpensive coil of wire inside a hearing aid that allows it to become a wireless receiver.

## How a Hearing Loop System Works



# Social and Educational

Building: North (N) South (S)

## Elder Benefit Specialists (S)

Wednesdays, December 1-29, 10-11:30 am

Cost: Free

Walk in, no appointment necessary.

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

## Ukulele Play Along (S)

Wednesdays, December 1-29

10:30 am-12 pm

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

5 week session

Min/Max: 3/20

Registration by Monday, November 29

Payment due upon registration

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 to share our favorites. We will be working on a variety of music under the guidance of a Ukulele volunteer. Please bring your own music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend. This is a great learning and social opportunity. *This program is offered in a session format, which helps us plan the set ups.*

Note new time

## Coral Reefs: The Wisconsin Connection (S)

Thursday, December 2, 1:30-3 pm

Presenter: Dr. Eric Hiatt, UW-O Geology Dept.

Cost: Free

Max: 25

Register by Tuesday, November 30

Coral reefs are some of the most spectacular and endangered ecosystems on Earth. Living in Wisconsin, we might not realize that we are connected to these alien submarine worlds in ancient and modern oceans. We will explore the essential connections and learn how these relate to Earth's climate and life. Program is a collaboration with Learning in Retirement.



## Beginner Ukulele Lessons (S)

Fridays, December 3-17, 11 am-12 pm

Instructor: Joe Wiedenmeier

Cost: R \$30 / NR \$35 for 3 week session

Min/Max: 5/20

Register by Wednesday, December 1

Payment due upon registration

Want to keep your brain healthy and strong? Research shows learning something new is the best way to improve brain health. Learning the Ukulele is easy and fun! You do not need to know how to read music to learn to play the uke. Don't have your own Ukulele? Thanks to a generous donor, the Senior Center has Ukuleles available for use. Requires a \$50 check for deposit, and when Ukulele is returned, we give you back your check. Call Sara at 920-232-5310 for information about a Ukulele "rental".

## Intermediate Ukulele Lessons (S)

Fridays, December 3-17, 11 am-12 pm

Instructor: Aaron Baer

Cost: R \$30 / NR \$35 for 3 week session

Min/Max: 5/20

Register by Wednesday, December 1

Payment due upon registration

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

## Advanced Ukulele Lessons (S)

Fridays, December 3-17, 12:10-1:10 pm

Instructor: Aaron Baer

Cost: R \$30 / NR \$35 for 3 week session

Min/Max: 2/6

Register by Wednesday, December 1

Payment due upon registration

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



# Social and Educational

Building: North (N) South (S)

## "What is an Air Fryer?" Demo (S)

Friday, December 3, 1:30-3 pm

Presenter: Jean Wollerman

Cost: R \$5/ NR \$7

Max: 15

**Register by Wednesday, December 1**



If there's one kitchen gadget that everyone is raving about, it's the air fryer. Even Facebook groups are devoted to them, full of tips, tricks, and advice on which model to buy. But is the modern appliance worth all the hype? Or is it destined to end up gathering dust at the back of your cupboard? This demo will show you what foods can be cooked in an air fryer, how it works, and what to look for when purchasing one. Sample food cooked in an air fryer and decide for yourself. Do you have an air fryer but aren't sure how to use it? Bring it to the demo, or just come and see what an air fryer is all about.

## Coffee & Chatter (S)

A time to build community, meet new people, and create a network of like-minded friends...and enjoy coffee and treats!

Anyone can attend any Coffee & Chatter events, but each date will have a subject of interest and activities/ideas associated with this topic.

Monday, December 6, 10-11 am

Cost: R \$2/ NR \$3

**Register by Thursday, December 2**

Interest Area: Things to do in the area over the holidays. We will share neighborhood light displays, special events/activities to attend, fun things to do with grandkids.

Monday, December 13, 10-11 am

Cost: R \$2/ NR \$3

**Register by Thursday, December 9**

Interest Area: Cookie Exchange! You bake about four dozen of one kind of cookie and give others about 1/2 dozen to take home. The result is that everyone only has to bake one kind of cookie but goes home with many different cookies! Also, bring along your favorite holiday recipes to share: appetizers, sweets, main entrees, drinks. The Center will make copies to share! Bring your container to take home all the cookies.



Cookie Exchange



## "White Christmas" Exhibit at the Oshkosh Public Museum (S)

Tuesday, December 7, 12:15 pm-2:15 pm

Meet at South building at 12:15 pm

Cost: \$12 **FIELD TRIP!**

Max: 14

Includes bus fare and museum exhibit fee

**Register by Thursday, December 2**

**Payment due upon registration**

Original *White Christmas* film costumes created by legendary designer Edith Head, props, sheet music, cast member's memorabilia, archival materials, replica backdrops, and more! Visitors will experience first-hand the musical genius of Irving Berlin and the making of this beloved holiday film about two WWII veterans who team up with a singing sister duo to save a faltering Vermont lodge owned by the veteran's former commanding officer.



## Everything Google (S)

Tuesday, December 7, 1:30-3 pm

Presenter: Stephanie Carlin,  
OSC Connect Through Tech

Cost: Free

Max: 15

**Register by Friday, December 3**

Google does everything! Learn about how to search in Google using only your voice. A Google account is FREE and easy, and it gives you 15GB of data storage for photos or documents. The class will also show you how to use Google Maps to walk, drive, or take public transportation to any location in the world. Everything Google will show you how to maximize your options for storing photos, finding information, and saving and sharing documents. Life is easier with Google! This program is a collaboration with Learning In Retirement.

# Social and Educational

Building: North (N) South (S)

## 5 Things to Consider (S)

When applying for Medicaid  
Wednesday, December 8, 10-11 am

Presenter: Hooper Law Office

Cost: Free

Max: 30

**Register by Monday, December 6**

With Nursing Home Costs in Wisconsin often costing over \$100K annually, persons in need of Long-Term Care are often seeking options for affording care. Medicaid is one option available to help individuals, but the application and qualification process can be cumbersome. Join us to hear our top tips for applying for Medicaid.



## Legal Counseling (S)

Friday, December 10, 10 am-12 pm

Cost: Free

Legal Counseling with an attorney from the law firm of Reff, Bavier, Birmingham and Lim SC will be offered at no charge for a **25 minute individual session**. Counseling is limited to advising only and does not include other legal work such as drafting of documents. **Call 232-5310 to schedule an appointment. Space will be sanitized between appointments.**

## Chat & Chop-Appetizers (S)

Monday December 13, 12:30 pm -2:30 pm

OR

Wednesday, December 15, 10 am- 12 pm

Instructor: Kerry Wolfe

Cost: R \$8/NR \$10

Min/Max: 2/6

**Register by Thursday, December 9**  
**Payment due upon registration**

Learn to create some delicious appetizers for the upcoming holiday season. Three easy to make appetizers your friends and family will love.



## Bingo (S)

Wednesday, December 15, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max:10/36

**Register by Monday, December 13**

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



## Donuts and Elder Law (S)

Friday, December 17, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

**Register by Wednesday, December 15**

If you have any lingering questions about estate planning, long-term care planning, or special needs planning, but didn't know where to look for answers, here's your chance. Attorney Joseph McCleer of McCleer Law Office will be hosting an open Q&A session and will field whatever questions you may have about Elder Law. Free donuts and coffee will be provided for all, and the **first six attendees will receive a free end of life planner.**



## Popcorn & A Movie (S)

Wednesday, December 22, 12:45-2:30 pm

Cost: Free

Min/Max: 2/20

**Register by Monday, December 20**

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.**



## Book Talk (S)

*In Five Years*

By Rebecca Serle

Thursday December 30, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 9

**Register by Tuesday, November 30**

**Call the center at 920-232-5300 to register and arrange for book pick up or register online at <https://schedulesplus.com/oshkosh/kiosk/>.**

**Where do you see yourself in five years?**

Perfect for fans of *Me Before You* and *One Day* - a striking, powerful, and moving love story following an ambitious lawyer who experiences an astonishing vision that could change her life forever.



Oshkosh Seniors Center Presents:

## Winter White Dinner Party



***Dinner Provided by the Roxy  
Menu: Roasted Chicken, Beef Tenderloin tips. Mashed Potatoes, Gravy,  
Green Bean Almondine.***

***Refreshing sparkling cider will be provided and served by the Friends of  
the Oshkosh Seniors Center. Do you feel lucky then bring some cash to  
buy some pull-tabs!***

***Live Entertainment by JTDOG***

***This event sets the mood for a special evening out with a festive atmos-  
phere, great food and entertainment, and even some room for dancing!***

***Tuesday, December 14 - 5:00-7:00 pm***

***Doors open at 4:45 pm***

***OSC South Building***

***Tickets \$15***

**Tickets available for purchase at the front desks November 17-December 9,  
Oshkosh Seniors Center 200 North Campbell Road Oshkosh 920-232-5300**

# Social

Building: North (N) South (S)



## Holiday Afternoon Tea (S) Friday, December 17, 2-3 pm Cost: R \$8/ NR \$9.50

Join us for an afternoon tea decorated in the spirit of the holidays. Enjoy beautiful background music, a selection of sumptuous finger sandwiches, savory items, classic scones, and mouth-watering sweet bites. And of course, no afternoon tea would be complete without the perfect cup of tea to go with it. If you have a special teacup of your own, please bring it. Otherwise, the Center will provide teacups.



*Register by Wednesday, December 15  
Payment due upon registration.*



# Holiday Music Ukulele Jam and Sing Along!

**Monday, December 20, 6-7 pm**  
Oshkosh Seniors Center South Building  
**Cost: Free. Donations appreciated**

Open to all ukulele players and those that love music! Casual playing and singing holiday tunes, fun, and sharing time.

Light refreshments will be available.  
For planning purposes, please register by  
Thursday, December 16, call 920-232-5300  
today! Limited seat capacity



# Social and Educational

Building: North (N) South (S)



## Stay Social

Cost: R \$.75/ NR \$1.25 daily rate/per visit or purchase a Monthly or Annual Stay Social pass

## A few things to know as we return to these activities:

- 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
- Fees have remained the same
- Due to new cleaning protocols, all cards and games end at 3:30 pm

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

### Cribbage

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

### Canasta

Mondays, 12:30-3:30 pm

### Board Games

Mondays, 12:30-3:30  
Set a start time with friends or come make new friends and enjoy playing board games. Variety of games available.

### 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

## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

**No meeting on December 2 and 23**

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. Meet new friends while giving to others. **The Wisconsin Warmers continually need cotton fabric pieces that are 2 to 3 yards or larger for quilt backs.** Please, NO polyester, satin, tulle/netting, knits of any kind, or bed sheets. We ask that you 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

## Upcoming in January

### Adventures in Investing (S)

Wednesdays, January 12-February 16  
6-7:30 pm

Presenter: Jeff Kemp,  
Financial Educator

**Cost: Free.**

**Donations to the Center accepted.**

Max Capacity: 75

**Register by Monday, January 10, Call 920-232-5300**



This session is open to all ages. Do you have family members who you think would benefit from learning more about investments? Introducing investing to your grandchildren might be one of the wisest decisions you make. Jeff Kemp, a Financial Educator from Oshkosh, will discuss "no-load commission-free stock and bond mutual funds," how the actions of the Federal Reserve affect the economy and, eventually, your investments. Jeff will also address any questions you have about investing in 401K, IRA's, or 403B's. He will share new and current information; past participants welcome! At the time of this publication, face masks are required.

**Representative Hintz Office Hours (S)**

**No December Hours**

**See you in January!**

# Connect Through Tech

## Connect Through Tech (S)

Classes will be scheduled for one hour so we can accommodate more people!

If you still need a longer appointment schedule for the 12:45 pm time slot, or with Sandy at 1 pm.

## One on One Tech Appointments (all levels of expertise)

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. 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 Tech Appointments (S)

**Mondays, December 6, 13, 20, and 27**  
9 am, 10:15 am, 11:30 am, or 12:45 pm

**Tuesdays, December 7, 14, 21, and 28**  
9 am, 10:15 am, 11:30 am, or 12:45 pm

**Wednesdays, December 1, 8, 15, 22, and 29**  
9 am, 10:15 am, 11:30 am, or 12:45 pm

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

**By Appointment Only 232-5310**



## 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.



## Appointments with Sandy Toland on Mondays (S)

**Mondays, December 6, 13, 20, and 27**  
9:15 am, 10:30 am, 11:45 am, or 1 pm  
**Cost: R \$2 / NR \$2.75 per class**

## **By Appointment Only 232-5310**

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.

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/>

# Cheers

**Join Connect through  
Tech for Sweet Treats  
and Technology  
Questions!**

**Thursday, December 9  
1:30 pm in the Willows  
FREE - Must Register  
920.232.5300**

**Bring a technology  
question to the session.  
We will serve up holly jolly  
music, sweet treats,  
coffee, and answers to  
your tech questions.**



# Friends of the Oshkosh Seniors Center



Throughout this year, the Friend's page of "The Current" has been used to share information about events and activities sponsored by the Friends of the Oshkosh Seniors Center and to share our gratitude for the support you have given us in raising funds for the Center. As we all know, too well, this has been a year of waiting, changing, grouping, re-grouping, trying new things and being creative in our fund and friend raising efforts.

As the year draws to a close and the month of holidays has begun - Thanksgiving through New Years – a quick summary of what we have accomplished with your support:

Grocery Raffle - \$100 a month of groceries from Mark & Susie's Piggly Wiggly  
Food Truck Friday – Friday August 13<sup>th</sup> at South Park featuring Copper Box  
Silver Soles 5K Walk – Saturday September 11<sup>th</sup> along the Fox River  
Winnebago Senior Tours – traveling throughout WI and beyond  
Shredding Event – Saturday October 30 at the Center – tons of paper shredded  
Annual Appeal – our direct mailing to supporters this fall

And every month, donations are mailed in, dropped off at the Center or added to the fund at the Oshkosh Area Community Foundation.

Thank you – thank you so very much! As you celebrate this holiday season, the Friends celebrate you and thank you for your generosity! Have a wonderful holiday season – the best to you, your family and friends.

**Donations may be directed to:**  
Friends of the Oshkosh Seniors Center  
PO Box 3423  
Oshkosh, WI 54903-3423

**Or email us:**  
FriendsofOSC1986@gmail.com  
Thank you for your support!

## **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



•The Tours Desk will be open **9 am — 1 pm MONDAY through THURSDAY** at the South Building.  
**200 N. Campbell Rd.**

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.



- If you cannot make during WST Desk hours:
- Put payment in drop box next to WST Desk or
- 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 check memo line.**

## Holiday Inn

**Date: Thursday, December 2**  
**Cost: \$115 (\$20 non-refundable deposit  
Final payment due November 4)**  
**Guides: Cheryl Freiberg & Laurie Peach**  
**Depart: 7:45 am**

Get that wintertime glow by taking a coach bus to the Fireside to see the performance of Irving Berlin's Holiday Inn. On the way, there will be a short stop at Jones Market to see their latest meats and cheeses. After entering the Fireside, enjoy some shopping and a meal of freshly baked bread, soup, chicken breast, vegetables, and homemade butter pecan frozen custard. Once you enter the theatre, you will become a part of the Connecticut Farmhouse that is only open on holidays. This musical will have you humming and laughing along to the story and familiar melodies. Enjoy the outstanding choreography and such songs as: "Cheek to Cheek" and "White Christmas." The show is something to add to your holiday must-see. Few open seats remain. Any questions, call one of the tour guides: Cheryl Freiberg 920-379-8128 or Laurie Peach 920-232-1336



## Fasching Celebration Laack's Ballroom Sheboygan Falls (Johnsonville)

**Date: Sunday, February 13**  
**Cost: \$70 (\$20 non-refundable deposit,  
Final payment due January 24)**  
**Depart: 9:30 am**

**Guides: Ginnie Riley & Donna Landers**

Enjoy the German Orchestra, dancing, and singing. Travel by coach bus, get warmed up with good German food and enjoy music by Dorf Kapelle at Laack's 33rd Anniversary Fasching Celebration. It is a German Mardi Gras, a time of festivity and merry-making.



We will enjoy an on-site prepared meal of smoked pork chops, goulash with brown gravy, German potato salad, mashed potatoes, sweet 'n sour red cabbage, mixed vegetables, dessert, coffee, milk, and water. Part of the fun is dancing to polka music and learning to sing "Ein Prosit." There will be a brief stop at the Johnsonville Marketplace when the music is finished for some sausage and cheese samples. Call one of the guides with any questions: Ginnie Riley 715-889-2373 or Donna Landers 920-321-4504

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



# Winnebago Senior Tours

## Hairspray—PAC Appleton

**Date:** Wednesday, February 16, 2022

**Cost:** \$85.00 (\$20 non-refundable deposit

**Final payment due January 20)**

**Guides:** Cheryl Freiberg & Laurie Peach

**Depart:** 5:00 pm

Enjoy express transportation to see HAIRSPRAY, Broadway's Tony Award-winning musical comedy, now on tour. This production inspired the blockbuster film and live television event. It's a humorous and heartwarming story of 16-year-old Tracy Turnblad. The setting is 1960's Baltimore, as Tracy sets out to fulfill her dream to dance her way onto TV's most popular show. Can this young lady with big dreams and even bigger hair change the world? Let's all find out with the Broadway creative team of Director Jack O'Brien and choreographer Jerry Mitchell. Don't miss this show for an evening of enjoyment and laughter. Any questions, call one of the tour guides. Cheryl Freiberg 920-379-8128 Laurie Peach 920-232-1336



## Day at The Casino

**Date:** Thursday March 10, 2022

**Cost:** \$35 (\$20 non-refundable deposit

**Final Payment due March 1)**

**Guides:** Donna Landers & Ginnie Riley

**Depart:** 8:00 am Senior Center South Building

Let's enjoy the ride in a Gold Star Bus to warm up with some winning gaming at Ho-Chunk Wisconsin Dells Casino. You will get \$25 on your Player's Card when you arrive, and besides this, you will receive \$5 toward your lunch. There is more! Since Thursday is Senior Citizen Day, there may be a few more surprise perks just for you. Any questions, call one of the tour guides: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373



or

## Mark Nizer—Schauer Theater Hartford

**Date:** Friday, March 25, 2022

**Cost:** \$80 (\$20 non-refundable down payment

**Final Payment due March 1)**

**Guides:** Donna Landers & Ginnie Riley

**Depart:** 3:00 pm

**Return:** Around 9:30 pm

A coach bus, including driver tip, will take you on a day that includes entrance to the nostalgic Kissel Car Museum of 120 Wisconsin Cars, a delicious meal, and an outstanding 4D show by Mark Nizer. Mark Nizer is a talented and award-winning juggler, comedian, and inventor. The show is Twenty-first Century entertainment that includes juggling laser beams and glowing red balls, along with belly-laugh comedy. You will use 4D glasses to get the maximum effect of this inventor's show. Join us for a day that will be entertaining and help you fill up those cold March days. Any questions, contact one of the guides: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373



## California Rail Discovery Trip

**Date:** April 20—27, 2022

**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. Call Cheryl Freiberg with any questions at 920-370-8128



# Winnebago Senior Tours

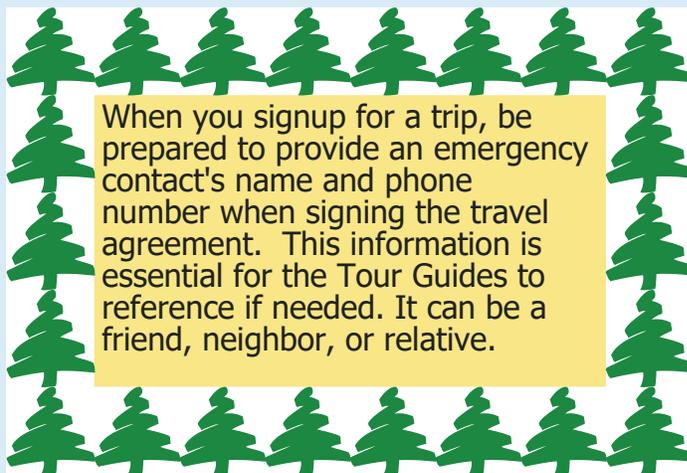
## Exploring Britain & Ireland

**Date:** August 13—28, 2022 Rescheduled

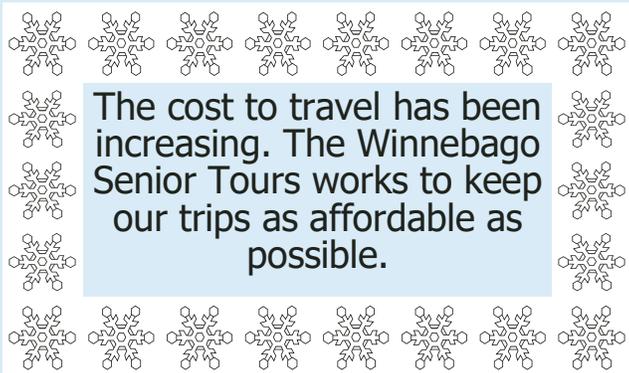
**Guide:** Cheryl Freiberg

**Cost:** \$5649 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. Give Cheryl a call at 920-379-8128 for more details on this trip.



When you sign up for a trip, be prepared to provide an emergency contact's name and phone number when signing the travel agreement. This information is essential for the Tour Guides to reference if needed. It can be a friend, neighbor, or relative.



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

## DOOR COUNTY

On Thursday, October 7, we went on our annual day trip to beautiful Door County. The weather was perfect for all of the activities that filled the day. With the sun shining, we enjoyed our lunch at the Eagle Tower and could either climb the stairs or venture up the ramp to see the beautiful lookout over the bay of Green Bay and see the lovely panoramic colors with the view. "Trolley of the Doomed" shared tales of sunken ships, haunted lighthouses, and darker stories from this playful side of the peninsula. Door County Trolley stopped for some excellent shopping along the way. Log Den in Egg Harbor had an authentic Fish Boil and included extra Fixin's with chicken and cherry pie to top off the day. We concluded that everyone loves Door County and are already planning a return trip next year that will feature a trip to Washington Island to see the beauty of the Island.

**We Need Your Help!**  
Do you enjoy working with people? The Winnebago Senior Tour Desk has an opportunity for you to volunteer 1-2 days a month. The hours are 9 am to 1 pm, Monday through Thursday. Just stop by the WST desk during regular hours, ask about the position, and pick up an application.



Please let us know if you need any special accommodations on the bus or for an overnight stay. Your help with meeting all WST travelers' needs is appreciated.

## UPCOMING EVENTS

Cruzin' Around Milwaukee  
April 12, 2022

Vermont  
September 24-October 2, 2022



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 6:45 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

### 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  
Kerry Wolfe, Asst. Activity Coordinator

### Advisory Board

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



### Advocap

Libby Stockton, Meal Site Manager  
920-420-3191

### Friends Board

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