

THE CURRENT



Make your
holidays sing!
It's the Golden
Tone's Holiday
Concert on
December 10th

December 2023, Issue #12

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



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Welcome to the Oshkosh Seniors Center



OSC Closings and Notifications

It is the policy of the Oshkosh Seniors Center to follow the Oshkosh Area Public School District's lead on closures due to weather. If the school district closes school for a full day, the Center will be closed. (If there is an announcement via media outlets stating the Oshkosh Area Public School District is closed for a full day, the Center will be closed.)

Anytime OSC is closed due to weather, or any other reason, it will be announced on the OSC Facebook page and posted with WBAY, Green Bay's ABC Channel 2.

What happens if the Oshkosh Area Public School District declares a delay in opening due to weather?
The Center will open for the day. We will not have delays in opening.

What happens if the Oshkosh Area Public School District declares they are closing early due to weather?
The Center will not close early due to weather.



Happy Holidays

**The Oshkosh Seniors Center
will be closed on
Monday, December 25
Tuesday, December 26
&
Monday, January 1**



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

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

WHAT'S IN THIS ISSUE?

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

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"Back In Harmony" Holiday Concert (N)

Oshkosh Seniors Center
Golden Tones Chorus is back!
Director: Paula Steinert
Accompanist: Marshall Potter

**Sunday, December 10
2 pm**

**Admission \$5
(Doors open at 1:30 pm)**

**No Tickets
Will Be
Sold at
Door**

Tickets Must Be Purchased in Advance*

Ticket Sales - Nov 6 thru Dec 8

(Sold at North and South Buildings)

***Kids under age 16 free. (Ticket required)**

Concert Location

**Oshkosh Seniors Center-North
234 North Campbell Road Oshkosh
920.232.5300**



RESIN & GLASS Tree (S)

Wednesday, November 29

9 am-12 pm

Cost: R \$25/ NR \$30

Max: 10

Register by Monday, November 27
Payment due upon registration



Make this beautiful 8" X 10" frame tree art featuring crushed and tumbled glass, with embellishments covered in resin. Choose from embellishments supplied, or bring items that are special to you. Music is secured to one side of the glass, the tree is created on the other side. Resin used in non-odor/non-toxic. No experience necessary. Resin projects will have to set for 24 hours before taken home.

Art Expression (S)

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

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

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

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

Beveled Glass Star (S)

Mondays, December 4-18

10 am-12 pm

Cost: R \$25/NR \$30

(Three week class)

Min/Max: 3/6

Register by Thursday, November 30

Payment due at time of registration

Your star will capture and cast light and color with the reflective beveled diamonds. This will make a perfect décor accent and the beauty will last all year long. Leave it silver or use a patina to give the solder a colored finish. Approximately 8" in diameter. Project will be similar to one shown.



Back by request!

Resin & Glass Night Light (S)

Thursday, December 7, 9:30-11:30 am

Instructor: Jane Wells/Jean Wollerman

Cost: R \$20/ NR \$25 for two lights

Min/Max: 3/8

Register by Tuesday, December 5

Payment due upon registration

Get creative decorating a night light with glass and other decorative items. Once you're done with layout, we will pour resin over the creation. It will sparkle and shine, whether the light is on or off! Bring your own ideas or copy one of the ideas provided. Make something seasonal or special to give it as a gift! No experience necessary. Resin projects will have to set for 24 hours before they can be taken home.



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

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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984



Cookie Art Decorating (S)

Tuesday, December 5
10-11 am

Cost: R \$10 / NR \$11.50

Max: 10

Register by Friday, December 1

Have you ever looked at a decorated cookie and thought “it’s too beautiful to eat”? Join Julia, from Julia’s Cookie Jar, and learn step by step how to decorate sugar cookies with Royal icing. Each person will get icing and 3 cookies ready to decorate. Cookie dough and icing recipes included. Bring your own apron! Cookie shape may differ from ones shown.

Power & Hand Tool Carving (N)

Mondays, December 4-18, 8 am-12 pm

Instructor: Gene Bengel, Richard Krummick

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

Min/Max: 5/12

Register by Friday, December 1

Payment due upon registration

This class is open to wood carvers using either power or hand tools. Power tool carvers must bring a bench fan dust collector. Only carvers with current machine safety training may use designated OSC shop power equipment. Carvers without current machine training may carve using handtools and their own hand rotary tools (e.g. Dremels) using a bench pass available from Gene. Gene is available to instruct, guide, and problem solve to help you with projects **This class open to carving projects only.**

Woodshop Guided Hours (N)

Wednesdays, December 6-27

***10 am-2:30 pm**

Cost: R \$5/NR \$6.50

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

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

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

Windmill Pyrography (S)

Thursdays, December 14-January 18

1:00 3:00 pm

Instructors: Cedric Richeson, Dick Krummick

Cost: R \$30/NR \$35

Min/Max: 3/10

Register by Monday, December 11

Payment due upon registration

Pyrography techniques are used to burn this classic windmill scene on a 9" x 12" birch plywood plaque. This pattern may be adapted by students of different skill levels by omitting one or more design elements such as clouds, geese, carts, etc. Plaque and test strip are included. Students will bring their burner, favorite nibs including those suitable to work as a writing, skew, and a shader nib, graphite paper, white vinyl & kneaded eraser, red or blue pen.

Advanced/Intermediate/Beginner Level. Pre-requisite: Pyrography 101 or permission of Instructor.

Upcoming-Open for Registration

Intermediate/Advanced Wood Carving (N)

"The Robin" Bird

Mondays, January 8-March 25-12 week class

12:30 –3 pm

Instructor: Don Schettl, Gene Bengel

Cost: R \$55/NR \$60

Min/Max: 3/10

Register by Friday, December 29

Payment due upon registration

This is a great class to continue your wood carving journey. Using the techniques and methods taught, you will carve a full size Robin, the State Bird of Wisconsin. You will use a basswood cutout provided by the instructors. Award winning instructors will help you with step by step instructions to complete your project.

Power carvers will require the use of a dust collector/bench fan.

Painting & Habitat will be scheduled at the completion of the carving portion. Project similar to one shown.



Basic Machine Safety Training (N)

Fridays, January 19 & 26, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, January 12

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



Windmill Pyrography





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

Please stop at desk if insurance information has changed

No Classes December 25—January 1 Enjoy the Holidays!

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

Instructor: Alec Jensen

Drop-in eligible

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



Range of Motion (N)

Mondays & Wednesdays

9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

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

SilverSneakers Classic (N)

Mondays & Wednesdays

10:45-11:30 am

Instructor: Kayla Stankowski

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: Kayla Stankowski

Drop-in eligible

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



Tai Chi Energy (N)

Tuesdays & Thursdays

9:45-10:15 am

Instructor: Alec Jensen

Drop-in eligible

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

Movement Exercise (N)

Tuesdays & Thursdays

11-11:45 am

Instructor: Kayla Stankowski

Drop-in eligible

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

Advanced Line Dancing (N)

Mondays & Tuesdays, 12:30-1:30 pm

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! Prior experience preferred.



PERSONAL TRAINING



ALEC JENSEN
920.232.5320

I'm Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience behind me, I create programs tailored to your fitness/wellness needs and goals whether that be strength, balance, weight loss, or post rehab. I have successfully helped hundreds of people with their fitness and wellness journeys whether they're new to fitness or are seasoned pros.

KAYLA STANKOWSKI <<<
920.232.5303

I'm Kayla, Activities Coordinator for Healthy Lifestyles, and I'm passionate about designing functional exercise programs that assist you in reaching your specific goals. I have extensive experience working with clients with various goals: injury prevention and rehabilitation, losing weight, increasing strength, cardio fitness, and balance to name a few. I aim to make exercise enjoyable, while still providing you with an attainable challenge.



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Slow Flow Yoga (N)

Wednesdays, 1:15-2pm

Instructor: Kayla Stankowski

Drop-in eligible

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced yoga that is a great class for beginners, but is good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. 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 yoga mat.

Beginner Chair Yoga (N)

Thursdays, 1-1:45 pm

Instructor: Catherine Huybers

Drop-in eligible.

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. No prior experience is necessary for this class. Wear comfortable exercise attire.

Step Interval Training (N)

Fridays, 8:30-9 am

Instructor: Kayla Stankowski

Drop-in eligible

This class will use the step and incorporate intervals of aerobic and bodyweight strengthening exercises to give you a full body workout. Use of the step for class is optional.

FFC 3g (N)

Fridays, 9-9:45 am

Instructor: Alec Jensen

Max: 10

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.

Keep Moving! (N)

Fridays, 10:30-11:15 am

Instructor: Kayla Stankowski

Drop-in eligible

This session class will keep you moving. Cardio, strength, stretching, and balance will help to keep you fit.

Kettlebell Foundations (N)

Mondays & Thursdays, December 4-21, 2-2:45pm

Instructor Kayla Stankowski & Alec Jensen

Cost: \$10/ NR \$11.50

Max:10

Registration required by December 1

Payment due upon registration

Kettlebells are beneficial for everyone young or old. The unique nature of the kettlebell lifts provide a powerful training tool that can replace any machine at a gym. No other tool offers as many all-around benefits in such a tight package. Learn the basics of using this incredible piece of equipment.

Fox Fitness Center (N)

Monday-Friday, 7 am –4 pm

Purchase a Stay Active Pass or use your eligible insurance reimbursement.

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

Get your balance screened using the BIODEx SD scanner. Find out if you are high, medium, or low risk for falling. Take this data and work with the Fitness Coordinators to improve or maintain. See the front desk for available appointments.





Ukulele Holiday Music

Sing Along Party (S)

Tuesday, December 19, 6-7 pm

Cost: Free. Donations are Appreciated

Open to all ukulele players and those that love music and singing! Join us for casual playing and singing holiday tunes with family and friends.

Light refreshments will be available.

**For planning purposes, please register by calling
920.232.5300 no later than Friday, December 15.**

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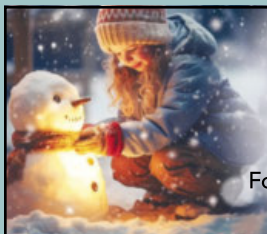
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Mindfulness Meditation (S)

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

Instructor: Donna Janus

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

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



FREE Blood Pressure Checks

Thursday, December 7, Noon-1 pm (S)

Tuesday, December 12, 10:15-11:15 am (N)

Thursday, December 14, Noon-1 pm (S)

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

Live Beyond Hip Pain (S)

Monday, December 11, 10-11 am

Presenter: Physical Achievement Center

Cost: Free

Register By Friday, December 8

We will discuss the most common causes of hip pain, what you may be doing that is stopping you from healing, how to avoid costly medications and surgery, and how to get rid of hip pain for good.

Holiday Cooking & Food Allergies (S)

Wednesday, December 6, 10-11am

Presenter: Embrace Life Nutrition

Cost: Free

Register by Tuesday, December 5

Join Jessica Herrmann RD. From Embrace Life Nutrition, she talks about how Food Allergies can affect the holidays. In this class, you will learn about the different types of food allergies and how they can affect holiday meals, how to make substitutions to mitigate these allergies.

Essential Oils: Make & Take Lip Balm (S)

Tuesday, December 12, 10-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$5

Register by Friday, December 8

Join Jeanne for a fun and creative hour of making your very own custom lip balms! You'll get to choose your favorite scents, colors, and packaging to create the perfect lip balm tailored to your preferences. These make great stocking stuffers and special gifts, and will keep your lips soft and moisturized all year round!

Tips for Eating Healthy Through the Holiday Season (S)

Wednesday, December 13, 2:30-3:30pm

Presenter: Kayla Stankowski, M.S. LAT, ATC

Cost: Free

Register by Monday, December 11

The holiday season can be a challenging time to stay on our health journey. With an overabundance of tasty, and not always so healthy foods, how can you find a balance of enjoying the season without overindulging? Join Kayla as she shares tips for eating mindfully and sticking with your health efforts through the holiday season.

Sneaky Tactics for Living a Healthier Lifestyle (S)

Tuesday, December 19, 12:00-1:00pm

Presenter: Jacob Colburn & Ethan Nelson (O-Town Iron)

Register by Friday, December 15

Join Ethan & Jacob as they review essential vitamins and minerals that you can supplement your diet with to help you achieve your health and fitness goals. They will also explore some unconventional tricks and tactics you can incorporate into your lifestyle that will allow you to live a healthier life, without realizing it!

The Prostate— Conditions, Symptoms, and Treatments (S)

Thursday, December 21, 1:30-2:30pm

Presenter: Nicole Boesch, CMA, CUA, FAUNA

Cost: Free

Register by Monday, December 18

Join Nicole, Staff Educator from the WI Institute of Urology, as she discusses the prostate, enlarged prostate symptoms and common treatments, urinary symptoms, and prostate cancer screening recommendations.



Eat Smart, Move More, Maintain, Don't Gain

Holiday Wellness Challenge November 7 - December 31



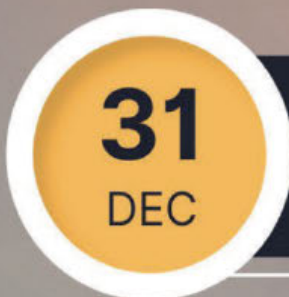
START HERE

Pick up your tracking sheets at the OSC North Building Front Desk. You may register at any time. Participation is FREE! Turn in your Tracking sheets each week to win prizes.



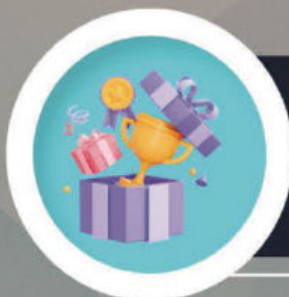
HALF WAY

The challenge is easy! Simply track your physical activity and/or your food intake from November 7 to December 31. Set goals along the way and turn in your sheets to win prizes.



FINISH

The wellness challenge ends on December 31. Tracking sheets must be turned in by January 5, 2024 to be eligible for prizes.



PRIZES

YOU COULD WIN BIG

TOP PRIZES INCLUDE 3 - \$25 Gift Cards
Tracking sheets must be received to win.

**FOR ADDITIONAL
INFORMATION**

920.232.5320

Grief Support (S)

Thursdays, December 7 & 21, 1-2:30 pm
Monday, December 18, 9:30-11am

Facilitator: Meredith Schluter, Compassus Hospice

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

Maximum 12 per session

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, December 7, 14, and 21
11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

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

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

Memory Screening (S)

3rd Thursday of the month
10:30am -12:00pm

Facilitator ADRC

Cost: Free

Alisa will be available each month to complete a free memory screening and answer questions related to memory loss, dementia, an caregiving appointments take 20 minutes.

Memory Link Resource Hours (S)

4th Thursday of the month-
11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

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

Drop ins welcome

Advocap Meal Program (S)

To register call 920.725.2791
24 hour in advance.

Looking to enjoy a lunch meal with friends? Meals are served inside the Oshkosh Seniors Center. Monday-Friday. Lunch begins at 11:30 everyday.

Tender Loving Care Support Group (S)

Facilitator: Fox Valley Memory Project

No programs in December see you in the new year!

Cost: Free

(Supported by the FV Memory Project)

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

Foot Care (S)

Tuesdays and Wednesdays, 9 am to 3 pm

To make an appointment call 920.232.5301

Cost: \$24.00

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

Appointments are filling fast.

***Please note that as of January 1, 2024 nail care services will be \$28 due to increase in our cost.**

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

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

Bus Passes (N or S)

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

Dial-A-Ride (N or S)

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh.

Brochures detailing the program including the fares may be found at the South or North front desks.

Aging and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at www.co.winnebago.wi.us/adrc The Oshkosh Seniors Center has copies of their directory located in our resource room.

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- **Independent Senior Apartments** to simplify your life.
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valleyvna.org | 920.727.5555 | Neenah, WI

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1-800-963-0035

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

DHS Approved 4/22/2021

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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

Connect Through Tech



Stay Connected to Age Well

One on One Tech Appointments

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

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

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

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

Wednesdays, December 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 920.232.5301

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

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

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



YOU'RE INVITED

Come join the fun and learn
how to stay active and healthy
with SilverSneakers®



Join us for a Balance Builder workshop.

Brought to you by Network Health

**Wednesday, December 6
1 p.m. - 2 p.m.**

Oshkosh Seniors Center

**200 N. Campbell Rd., Oshkosh, WI
Registration is required, please call 920.232.5300**

Independence and balance go hand-in-hand. You will learn about common risk factors and steps you can take to prevent falls and stay independent longer, including exercises to strengthen and improve balance.

Spots are limited, registration is required.

Register today, call 920.232.5300

SilverSneakers® is your fitness benefit, made available by Network Health.



Network Health members, activate your online
account at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)



Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved. For accommodations of persons with special needs at meetings call 800378-5234 (TTY 800-947-3529) SSFP5014_0523 H5215_4687-01-0823_C

Are you serious about making some important changes to improve your health?



Nearly half of American adults aged 65 or older have prediabetes. Without weight loss or routine moderate physical activity, many of them will develop type 2 diabetes. Prediabetics have a higher risk of suffering a heart attack and stroke. **The Medicare Diabetes Prevention Program (MDPP)**, offered by **Network Health**, can help you make lasting changes to prevent type 2 diabetes and improve overall health. The program is free for participants who are enrolled in Medicare or Medicare Advantage plans and it is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is backed by years of research showing that program participants aged 60 and older can cut their risk of type 2 diabetes by 71 percent—by losing weight, eating better, and being more active.

Participants will receive a full year of support from a lifestyle coach and peers with similar goals. The program provides weekly 1-hour core sessions for up to 6 months and then monthly sessions for the rest of the year. Network Health will conduct a session at the Oshkosh Seniors Center in 2024.

If you think this program might be right for you, email us at NHPreventT2@networkhealth.com or call 920-720-1602 or 866-709-0019.



Friends of the Oshkosh Seniors Center's Annual Meeting

Donors, volunteers, sponsors, and the public are welcome.

Tuesday, January 9

4 pm at the Oshkosh Seniors Center in the South Building at 200 N. Campbell Road

Please register at 920.232.5300

Past accomplishments will be celebrated and future goals shared.

Living in Interactive Future Environments

Life Home Lab Presentation

Hosted by Harsahl Mahajan, PhD
Assistant Director of Research



Monday, December 4

10:30 am (FREE)

Oshkosh Seniors Center South Building (200 N. Campbell Road)

Please Register (920.232.5300)



AT&T

2023 Speaker Series
at the Oshkosh Seniors Center
Learn how to use technology to age well!



Learn about the new technologies being tested, many of which are available to consumers, at the McKechnie Family Life Home Lab located at the University of Illinois. Tour the home with live video through a robot to see the cutting-edge innovations in home environments being tested. See the products that can help older adults or those with disabilities stay living in their own homes. Start to understand smart home environments and how they can apply to you.

Presentation funded by the AT&T Foundation.





Please Join Us For

Hammered Dulcimer Holiday Concert (S)

Featuring Hammered Dulcimer
artist Charlene Luebke

Friday, December 8

1:30-2:30 pm

Cost: Free-Donations Appreciated

Please register by

Thursday, December 7

Book & Puzzle Pick Up (S)

Monday-Friday, 8 am-4 pm

Cost: Free

The Center has books, DVDs, and puzzles for you to enjoy at home. Materials are all located in the South building ONLY. When finished, items should be returned to the bin located under the West covered entrance of the South building. Did you know we have a wide selection of Great Courses available? Great Courses offer DVD presentations from award-winning experts and professors from the most respected institutions in the world. History, language, art, cooking, the topics are endless. Check out a "Great Course" today! ***Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

Brain Game Kit (S)

Monday-Friday, 8 am-4 pm

Cost: Free

Come and pick up a brain kit and challenge yourself with the variety of brain games. Return to the south building when finished for others to enjoy.

Ukulele Play Along (S)

Wednesdays, December 6-27

10:30 am-12 pm

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

Min/Max: 3/20

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



Ukulele Lessons

Everyone Welcome!

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

Beginner Ukulele Lessons (S)

Fridays, December 1-15, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, November 29

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. For those new to ukulele.

Intermediate Ukulele Lessons (S)

Fridays, December 1-15, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, November 29

Payment due upon registration

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

Beginner 2 Ukulele Lessons (S)

Fridays, December 1-15, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, November 29

Payment due upon registration

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

Social and Educational

Building North (N) South (S)

Golden Tones Chorus (S)

Monday, December 4

1:30-3 pm

Director: Paula Steinert

Accompanist: Marshall Potter

Golden Tones Holiday Concert on Sunday, December 10 at the North building.

Advanced ticket sales only! See page 3 for more detail

Wisconsin Supreme Court Judicial Selection Process-Held at the UWO

Culver Family Welcome Center

Friday, December 8, 10-11:30 am

Presenter: Justice Jon P Wilcox, Retired WI Supreme Court

Cost: Free

**Register by Wednesday, December 6
920.232.5300**

In the Supreme Court Judicial process should we elect or appoint judges? Selecting judges via elections has resulted in the extreme politicization of the process, and the infiltration of large dollars (mainly dark money) into elections for judges. Judge vacancies can also be filled by appointment; but is there a better way? Retired State Supreme Court Justice, Jon P. Wilcox, spent 17 years on the Wisconsin Supreme Court. He will examine how judges are selected. This program is in collaboration with Learning In Retirement.

**UWO Family Welcome Center,
625 Pearl Avenue, Oshkosh**

Brewing, Pouring & the History of Beer in Oshkosh (S)

Monday, December 11, 10-11:30 am

Presenter: Lee Reiherzer

Cost: Free

**Register by Friday, December 8
920.232.5300**

In the mid-1800s, German immigrants launched small breweries in Butte des Morts, Menasha, Neenah, Oshkosh and Winneconne. By the 1950s, breweries such as Walter Brothers, Peoples and the Oshkosh Brewing Company had a combined output of more than 100,000 barrels of beer annually, and iconic brands like Gem Pilsener and Chief Oshkosh were known across the state. This rich tradition continues today with the rise of modern craft breweries in Omro, Oshkosh and Neenah. Local author and founder of the Oshkosh Beer website Lee Reiherzer reveals stories behind the breweries, past and present, that fostered an enduring beer culture. This program is in collaboration with Learning In Retirement.



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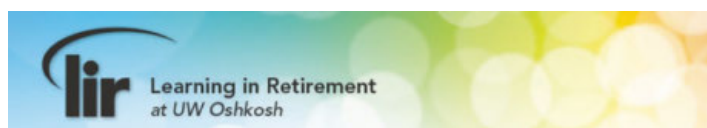
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only \$10

Great
gift idea!



**The Oshkosh Seniors Center
receives money for every card sold**

Card sale helps support Oshkosh Community Media





Chat-N-Chop—Comfort Food (S) Tuesday December 19, 9:45-11:45 am

Facilitator: Kerry Wolfe

Cost: R \$10.00 /NR \$11.50

Min/Max: 3/8

Register by Wednesday, December 13
Payment due upon registration

In this episode of Chat N Chop, we will be making Sloppy Joe Pizza Bombs and Chicken Parmesan Stuffed Shells.



ORD-Birds and Wildlife of Winter (S)

Wednesday, December 20, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, December 18

Listen to the sounds of winter as we explore the woodlands and grasslands of winter. Learn about the winter voices of the birds and wildlife.



Bingo (S)

Wednesday, December 20, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Tuesday, December 18

Come for a fun afternoon of bingo!

Please note, doors for Bingo will open at 1:15 pm. Sponsored by Edenbrook

Popcorn & A Movie (S)

Wednesday, December 27, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Friday, December 22

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

Book Talk (S)

***Circling the Sun* by Paula McClain**

Thursday, December 28, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Thursday, November 30

Brought to Kenya from England as a child & then abandoned by her mother, Beryl Markham is raised by both her father and the native Kipsigis tribe who share the estate. Her unconventional upbringing transforms her into a bold young woman with fierce love of all things, but even the wild child must grow up. When everything Beryl knows & trusts dissolves, she is catapulted into a string of disastrous relationships. Want to see how the book ends? Come join us at Book talk.



Social and Educational

Building North (N) South (S)

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

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

Live Better, Live Longer Join us for a discussion on the Blue Zones

Tuesday, December 19

2 pm to 3 pm (S)

Must register 920.232.5300

What can we learn from People living in "Blue Zones", geographic areas where people live longer than the rest of the world. The "Blue Zones" are areas with lower rates of chronic diseases and a longer life expectancy. Diet, fasting, and exercise are just a few of the factors associated with Blue Zones.

www.bluezones.com



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

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

Cribbage

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

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

Need a spot to play with Friends?

Open Cards & Games

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

Have a game you would like to see at the Center?
Call 920-232-5308 with your suggestion.



VOLUNTEERS



Needed



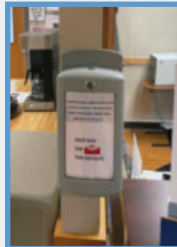
We are looking for people who want to be part of the team that helps support the programming efforts at the Oshkosh Seniors Center.

Contact Us :
Bobbie Jo Nagler
920.232.5301

Winnebago Senior Tours

Tours Sign-up Options

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



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

If you have questions please call
920.232.5312

JUST BOOKED—COMING UP FAST!

Jersey Boys

The Fireside Theatre — Fort Atkinson

Date: Thursday, January 25, 2024

Cost: \$140 (\$20 non-refundable deposit)

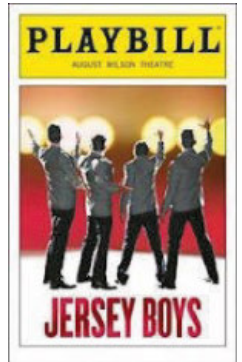
Depart 8 am Return: Approx. 6:15 pm

They had a look, an attitude and a sound like no other. With phenomenal music, JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons following the evolution of four blue-collar kids as they work their way from the streets of New Jersey to become one of the greatest successes in pop-music history and to the Rock 'n' Roll Hall of Fame.

Enjoy chart-topping hits including "Sherry," "Big Girls Don't Cry," and "My Eyes Adored You."

Includes tickets, coach bus transportation and driver gratuity. Lunch with your choice of Creole Chicken, Seared Pork Ribeye or Steamed Salmon ending with New York Cheesecake! (Includes adult language.)

Guide: Pat Heyer



Scrooge The Musical

The Fireside Theatre—Fort Atkinson

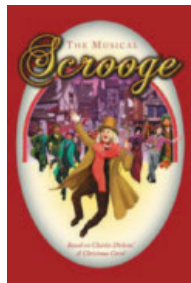
Date: Thursday, December 14

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

Return: Approx 6 pm

Join us for the merry, sparkling, tuneful, boisterous, Broadway musical version of the world's most beloved Christmas story—Dickens' *A Christmas Carol*. This presentation tells a tale of love and redemption with a rousing musical score, breath-taking dancing, comedy and heart-warming drama. Includes tickets, coach bus transportation and driver gratuity. Lunch with your choice of Supreme Cut Chicken Breast, Sliced Roast Beef Tenderloin or Grilled Atlantic Salmon.

Guide: Cheryl Freiberg



Lake of the Torches Casino

Date: Sunday/Monday February 4-5, 2024

Cost: \$110/\$140

(\$20 non-refundable deposit)

Depart: Sunday, Feb. 4 at 9:30 am

Return Monday Approx
4:30 pm

Do you enjoy gambling? Are you looking for 'A Perfect Getaway'? 'A Place To Chill and Relax'?

Join us for a 2-day excursion to Lake of the Torches Casino in Lac Du Flambeau, in Wisconsin's Northwoods. Bonus: Mondays are Senior Days at the Casino! You will have a chance to win \$50 or \$100; **And** dining at the Eagles Nest and Woody's Bar and Grill is up to 50% off. Be sure to sign up early for this one. Note: When signing up, you will need to give your date of birth for the casino manifest. Trip includes coach bus transportation, hotel room, and driver gratuity.

Guides: Cathy Koch and Laurelyn Hensarling



Winnebago Senior Tours

Les Misérables

The Performing Arts Center-Appleton

Date: Wednesday, February 21, 2024

Cost: \$90 (\$20 non-refundable deposit)

Depart: 6:15 pm—from the OSC South

Building Lot Return immediately after show

After 19 years as a prisoner, Jean Valjean is freed by Javert, the officer in charge of the prison workforce. Valjean promptly breaks parole but later uses money from stolen silver to reinvent himself as a mayor and factory owner. Javert vows to bring

Valjean back to prison. Eight years later, Valjean becomes the guardian of a child named Cosette

after her mother's death, but Javert's relentless pursuit means that peace will be a long time coming. The magnificent score of *Les*

Misérables includes the songs "I Dreamed a Dream," "On My Own," "Bring Him Home," "One Day More" and many more. Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cindy Paffenroth



Fiddler on the Roof

The Fireside Theatre—Fort Atkinson

Date: Thursday, February 29

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

Depart: 7:45 am Return: Approx 6 pm

Based on Sholom Aleichem's *Tevye and his Daughters*, *Fiddler on the Roof* is the beloved story of the small, tradition-steeped town of Anatevka, Russia, where Jews and Russians live in delicate balance. Tevye witnesses his daughters grow up and fall in love in a time of extraordinary change. It is a story that captures the essential human longings for love, community, success, freedom, family and meaning. *Fiddler* features such songs as "Sunrise, Sunset," "If I Were a Rich Man", and the classic "Matchmaker, Matchmaker." Includes tickets coach bus transportation and driver gratuity. Lunch is your choice of Chicken Cordon Bleu, Sliced Roast Beef Tenderloin, or Baked Almond Crusted Cod * topped off with Oreo cookies in vanilla custard with a layer of fudge.

Guide: Cindy Paffenroth

Clue—The Musical

The Performing Arts Center-Appleton

Date: Thursday, March 21, 2024

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

Depart: 6:15 pm—from the OSC South

Building Lot Return immediately after show

Based on the iconic 1985 Paramount movie which was inspired by the classic board game, *Clue* is a hilarious farce-meets-murder mystery. The tale begins at a remote mansion where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu.

When their host turns up dead, they

all become suspects. Led by Wadsworth — the butler, Miss Scarlett, Professor Plum, Mrs.

White, Mr. Green, Mrs. Peacock and Colonel

Mustard race to find the killer as the body count

stacks up. *Clue* is the comedy whodunnit that will leave both clue-fans and newcomers in stitches as they try to figure out. WHO did it? WHERE? And

with WHAT? Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cheryl Freiberg



Tina ... the Tina Turner Musical

The Performing Arts Center-Appleton

Date: Wednesday, April 17, 2024

Cost: \$79 (\$20 non-refundable deposit)

Depart: 6 pm Return immediately after show

There is only one! Her voice is undeniable. Her fire is unstoppable. Her triumph is

unlike any other. An uplifting comeback story like no other, *TINA*

– *The Tina Turner Musical* is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards and her live shows have been seen by millions, with more concert tickets sold than any other solo performer in music history. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. Trip includes theatre ticket, yellow express bus transportation & driver gratuity.

Guide: Cheryl Freiberg



Winnebago Senior Tours

Southern Italy & Sicily

Date: April 26-May 10, 2024

Waitlist Available

Journey through a crossroads of civilization in Sicily and on to the spectacular coastlines of Southern Italy. Uncover Sicily's capital Palermo and its Moorish and Norman influences. Explore Agigento's ancient Valley of the Temples and seaside Cefalu. Travel to the historic hilltop town of Taormina. Visit a local winery for a wine tasting and agriturismo dinner. Venture to the ancient cave dwellings of Sassi di Matera, Explore Sorrento and stunning Positano, the pearl of the Amalfi Coast. Walk in the footsteps of ancient Romans in the excavated Pompeii. Allow the unique culture to capture your heart and get a glimpse into an age old heritage composed of ancient monuments and cultivated lands. Guide: Cheryl Freiberg



Moulin Rouge

The Performing Arts Center-

Date: Wednesday, June 19, 2024

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

Depart: 6:15 pm—from the OSC South Building Lot Return immediately after show

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. *Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and — above all — Love. With a book by John Logan; music supervision, orchestrations, and arrangements by Justin Levine; and choreography by Sonya Tayeh, *Moulin Rouge!* is more than a musical — it is a state of mind. The musical uses strobe lighting, fog and haze and contains some mature themes, revealing costumes and adult language. Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.



Guide: Cheryl Freiberg

Greece Island Hopper

Date: September 13-24, 2024

Cost: \$579 Double

Book prior to Jan. 14, 2024 for best pricing . In Greece , discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, and Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotirn. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini—embrace the country at its best. Guide Cheryl Freiberg

Future 2024 Trips

Clausen Family

5/9 Beautiful at Fireside

5/16 Around the Lake

6/20 Nunsense at Fireside

6/26 Lake Geneva Experience

10/24-28 Spotlight on New York City (Collette information meeting 2/1 @ 1:30)

When sending payments in the mail **please call 920 232.5312 to be certain of availability** and include:

Name _____

Address _____

City _____ State _____ Zip Code _____

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Name of Trip _____

Traveling with: _____

Food choice if appropriate: _____

Dietary Restrictions: _____



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Art Activities
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920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

Alec Jensen, Fitness & Wellness
Kayla Stankowski, Healthy Lifestyles
Kerry Wolfe, Asst. Activity Coordinator

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Oshkosh, WI 54902**

