

THE CURRENT



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

February 2022, Issue #2



Discover the Offerings at the Oshkosh Seniors Center



**FITNESS AND
WELLNESS**



ART ENRICHMENT



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CONNECT THROUGH
TECH**

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Welcome to the Oshkosh Seniors Center



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INJURIES AND STAY INDEPENDENT**

IMPROVE YOUR MOOD

FEEL BETTER ABOUT YOURSELF

IMPROVE YOUR ABILITY TO THINK, LEARN, AND MAKE DECISIONS

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.

WHAT'S IN THIS ISSUE?

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TAKE & MAKE KITS FEBRUARY

Are you looking for fun projects that you can do at home or maybe something to do with the grandkids? The Oshkosh Seniors Center offers kits you pick up and make at home. Each kit comes with most of the supplies needed to complete the project, plus step-by-step instructions. You may need to supply scissors, tape, or a glue gun. Call ahead to reserve your kit, make payment, and pick up arrangements. A limited number of kits are available each month.

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

**February Kits available for pick up at North building
Tuesday, February 1**

**Kit #1
Hot Chocolate Mix & Large
Light Up Mug
Cost: \$5**



Each kit contains a large light-up mug and all the ingredients needed to make several delicious homemade hot chocolate cups. This recipe is one of the best!

**Kit # 2
Coiled Rope Coaster
Cost: \$5**



All materials and instructions will be supplied to you to make two coasters.

Quilting 102 (S)

Wednesdays, February 2-23, 9-11 am

Instructor: Liz Lahm

Cost: R \$15 /NR \$16.50

Max: 6

Register by Monday, February 1.

Payment due upon registration.

We will introduce triangles to create either a small wall hanging or a table runner in this class. Please request a supply list with photo samples of projects when you register. Participants must bring their sewing machine and have good working knowledge on how to use it.



Art Expression (S)

Thursdays & Fridays, February 3-25
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 while you work on your projects. **The kiln is not available for firing at this time.**



"Art is unquestionably one of the purest and highest elements in human happiness. It trains the mind through the eye, and the eye through the mind. As the sun colors the flowers, so does art color life."

Advanced Hand Building with Clay (S)

Tuesdays, February 8-March 1, 1-3 pm

4 week session

Instructor: Kathi Dittmer

Cost: R \$35/ NR \$40

Min/Max: 3/10

Register by Thursday, February 3.

Payment due upon registration.

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



2D Bird Scene Needle Felting (S)

Monday, February 21, 9:30-11:30 am OR
12:30-2:30 pm

Instructor: Kerry Wolfe

Cost: R \$7/NR \$8.50

Max: 8

Register by Thursday, February 17.

Payment due upon registration.

Like a 2D painting, wool fibers can be creatively fixed to a wool surface to depict scenes or objects. Needle felting is the art and craft of transforming wool into an object using a needle. Using wool in its rawer forms and special felting needles, you prick the wool repeatedly to form the desired shapes and designs.



DYI Soap Making & Chocolates (S)

Wednesday, February 9, 1-2:30 pm

Instructor: Leah Hackmaster

Cost: R \$10/ NR \$12.50

Min/Max: 2/6

Register by Monday, February 21.

Payment due upon registration.

Treat yourself special this month with homemade soaps and a few chocolates! We will create 3-4 soaps and a small sampling of molded chocolates using molds.



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- ▶ 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

A 4C 01-0984

Quick Carve Snowman (S)

Mondays, February 7-28, 1-3 pm

Cost: : R \$30/NR \$35

Min/Max: 5/12

Register by Thursday, Feb. 3

Payment due upon registration.

Are you looking to learn a new hobby? Try this beginner carving class with an award winner instructor. Tools are available for use during the class. Reserve set when registering for class. Please note class is in the South building.



Woodburning Decorative Plaques (S)

Tuesdays, February 8-March 1

10 am-12 pm

Cost:R \$30/NR \$35

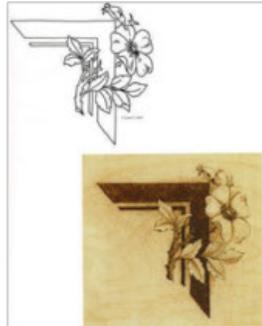
Register by Thursday, February 3.

Payment due upon registration.

Three designs for mastering three techniques: (1) adjusting temperature; (2) adjusting dwell time; and (3) adjusting the number of layers. Each design will be produced on separate plaques to create light and dark tones. Cost includes three 8 X 10 birch plaques plus a test strip.

Beginner/Intermediate Level.

Prerequisite: Woodburning Basics or permission from the instructor.



Saw Whet Owl Plate (S)

Woodburning

Thursdays, February 3-March 31, 1-3 pm

Cost: R \$40/ NR \$45 + \$28 Supply Cost

Min/Max: 3/12

Register by Tuesday, February 1.

Payment due upon registration.

Woodburn a kitchen decor plaque of a nutcracker and bowl of nuts to add to your toolbox of pyrographic techniques! Class includes pattern and an 8" x 10" birch plywood plaque. The focus will be on creating realistic images of metal surfaces, cloth, and various nut textures with woodburning. 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.

Intermediate/Advanced Level 8 week Class



UPCOMING CLASS

Chickadees on Pine Bough (S)

Woodburning

Tuesdays, March 8-29, 10 am-12 pm

Cost: R \$25/ NR \$30

Register by Thursday, March 3.

Payment due upon registration.

This fun project wood burns a pair of chickadees perched on a pine bough using an * X 10 Basswood project board. Students may bring their own colored pencils for coloring the woodburning.

Beginner level

Prerequisite:

Woodburning

Basics or

permission from the instructor.



Fox Fitness Center (N) Monday-Friday, 7 am - 3:30 pm

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

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 questions about the equipment or need training please schedule time with Alec

Jensen, Fitness and Wellness Coordinator at 920-232-5320.

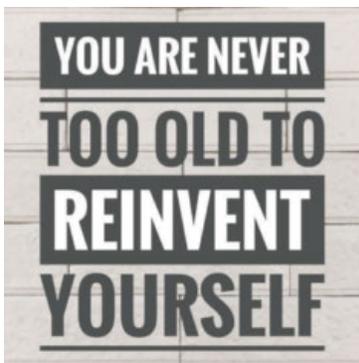


To keep our equipment clean and working at its best, we have three requests:

1. We ask that you please remember to change out your street shoes before your workout.

2. Please wear fitness apparel when exercising. Wearing jeans can cause damage to the equipment.

3. Wipe down exercise equipment.



Personal Training

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

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He has over five years of experience in group exercise, personal training, coaching, and strength and conditioning. He's ready to help you achieve your fitness and wellness-related goals.

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

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

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

To schedule your appointment call Alec at 920-232-5320.

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



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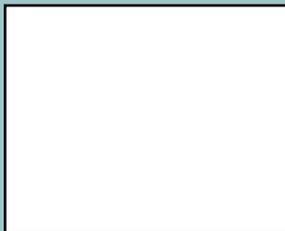
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Meet Alec Jensen

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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 & 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.

Line Dancing (N)

Instructor: Debbie Ruck

Drop-in eligible

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

Advanced Line Dancing

Mondays & Tuesdays

12:30-1:30 pm

Prior experience preferred

Beginner Line Dancing

Tuesdays

1:30-2:30 pm

No prior experience is necessary



FFC 3g (N)

Fridays, February 2-25, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Wednesday, February 2.

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, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout!

If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before

starting this class. Call 920-232-5320 for an appointment.



Group Dance Fun (N)

Thursdays, 1-2 pm

Drop-in eligible

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



Synergy Fitness (N)

Mondays, February 7-28, 8-8:45 am

Instructors: Alec Jensen

Max: 10

Register by Thursday, February 3.

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

This class is perfect for those who like small group based classes with a lot of camaraderie. You also get the benefits of the coaches being able to give you one on one help.

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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Mindfulness Meditation (S)

Thursdays, February, 3-24, 11 am-12 pm

Instructor: Donna Janus

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

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

Get Strong Despite Back Pain & Sciatica (S)

Tuesday, February 8, 1:00-2:00 pm

Presenter: Eric Koehler Dpt., Physical Achievement Center

Cost: Free

Max: 30

Register by Friday, February 4.

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

Essential Oils Lip Balm (S)

Tuesday, February 8, 1-2 pm

Presenter: Jeanne Gehrke, Dream of Jeanne LLC

Cost: \$5 each or 2 for \$10

Max: 15

Register by Friday, February 4. Payment due upon registration.

Have Dry Cracked Lips? Why not learn how to create your own Lip Balms with essential oils? In this class you will learn all the benefits that essential oils bring to lip balms as well as being able to create your own scents/flavors!



Injury/Pain Screen (S)

Thursday, February 10, 9-11 am

Presenter: ATI Physical Therapy

Cost: Free

Max: 8

Register by Tuesday, February 8.

These quick, simple, and non-invasive tests will help identify current and past injuries, 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 is these assessments only take 15-20 minutes. Call 920-232-5310 to schedule your appointment.

Falls Screening (S)

Wednesday, February 16, 1:30-3:30 am

Presenter: Physical Achievement Center

Cost: Free

Max: 12

Register by Monday, February 14.

Join as Eric as he takes you through a balance screening. These simple screenings can help identify back pain, hip, shoulder issues, problems with balance and gait. These are non-invasive screenings that only take a few minutes! These are held a 15-20min 1-1 session and can guide you on how to properly treat the problem. Call (920)232-5310 to schedule your appointment.

Memory Care (S)

Thursday, February 17, 10:30 am-12:00 pm

Instructor: ADRC

Cost: Free

Register by Tuesday, February 15.

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. All appointments take approximately 15-20min in a 1-1 setting. Call 920-232-5310 to schedule your appointment.



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The 30 healthiest ingredients

Stock your pantry and your refrigerator with these nutritious, expert-recommended foods

**almonds, avocados, barley, black beans, blueberries
broccoli, bulgur, chard, chicken breasts, edamame, eggs, extra-
virgin olive oil, kale, kidney beans, kiwi, lentils, mushrooms,
oatmeal, oranges, natural peanut and almond butters, pumpkin,
quinoa, sardines, skim milk, spinach, sweet potatoes, walnuts,
whole-grain pasta, wild salmon and yogurt**



Cooking with Alec (N)

Friday, February 18, 10:30-11:30 am

Presenter: Alec Jensen

Cost: R \$5/NR \$7

Max: 15

Register by Wednesday, February 16.

Payment due upon registration.

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

Feeling Dizzy? (S)

Tuesday, February 22 1-2:00 pm

Presenter: Kate Wyman, ATI Physical Therapy

Cost: Free

Max: 30

Register by Friday, February 18.

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

Changing Lives One Horse Ride at a Time (S)

Thursday, February 24, 1-2 pm

Presenter: Beaming Incorporated

Cost: Free

Max: 30

Register by Monday, February 21.

Join Beaming as they talk about the physical and psychological benefits of therapy animals specifically horses. This presentation will show you how important it can be to have emotional support animals in your life and all the benefits that they can bring! In this presentation you will even get to hear peoples personal stories of how they have been helped!



Brain Games (S)

Friday, February 25, 11:00 -12:00 pm

Presenter: Alec Jensen

Cost: Free

Max: 20

Register by Wednesday, February 23.

Want to sharpen you mind while having fun? Join Alec for Brain Games. You will learn the benefits of games that cause you to use your critical thinking skills and more. This is an interactive presentation so games will be played throughout the presentation.



A Healthier You (S)

Monday, February 28, 1 -2 pm

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

Cost: Free

Register by Friday, February 25.

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



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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

Welcome Leah Hackmaster

**Activities Coordinator
located in the South Bldg.
Phone: 920-232-5303**



About Me

- Hello! My name is Leah Hackmaster, and I'm very excited to start a new journey here in Oshkosh. My role is to assist in program planning at the Oshkosh Seniors Center, in addition to helping the parks with special events. Some of my favorite leisure activities are playing volleyball, doing puzzles, playing cribbage, fishing, and spending time outdoors with my dog, Rhett. I hope to be a positive resource and helping hand to the City of Oshkosh. I look forward to meeting you. Cheers!



Join me!



Coffee & Chatter (S)

Friday, February 11, 9-10:30 am

This special event is free!

Join me for a morning of chatting and learning origami! I will share with you how to fold origami hearts and create Valentine's Day cards for your loved ones. Enjoy some time with friends and peers over coffee, water, and light breakfast foods.

Book & Puzzle Pick Up (S) Monday-Friday, 8-4 pm

Cost: Free

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

Elder Benefit Specialists (S) Wednesdays, February 2-23, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary.

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

Ukulele Play-Along (S) Wednesdays, February 2-23 10:30 am-12 pm

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

Min/Max: 3/20

This is a chance for ukulele players to get together and play music learned in past classes. It's an opportunity to learn from each other and share our favorites. We will be working on a variety of music under the guidance of a Ukulele volunteer. Please bring your music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend. The play-along is a great learning and social opportunity.



Ukulele Lessons Everyone Welcome! No prior music experience necessary.

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 Ukulele "rental."



Beginner Ukulele Lessons (S) Fridays, February 4-25, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/20

**Register by Wednesday, February 2.
Payment due upon registration.**

Research shows learning something new is the best way to improve brain health. You do not need to know how to read music to learn to play the uke. Don't have your own Ukulele? Rent one from the Center.

Intermediate Ukulele Lessons (S) Fridays, February 4-25, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 5/20

**Register by Wednesday, February 2.
Payment due upon registration.**

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

Advanced Ukulele Lessons (S) Fridays, February 4-25, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 2/6

**Register by Wednesday, February 2.
Payment due upon registration.**

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



BLACK

HISTORY MONTH

P R E S E N T A T I O N



Prominent Black

Wisconsinites (S)

Thursday, February 10, 10-11 am

Cost: Free

Presented by Oshkosh Public Library

Register by Tuesday, February 8 920-232-5300

Celebrating Black History: A look back at prominent black Wisconsinite leaders and their fight for equity.



Declutter-Let It Go (S)

Wednesday, February 9, 10-11 am

Presenter: Patriot Removal

Cost: Free

Register by Monday, February 7.

As we age, our needs change. We have to start thinking about how and where we want to live. Downsizing can be overwhelming and frustrating. This informative session that talks about what steps you can take to start to prepare. Declutter your life; making it safe and healthier.

Valentines Day Bingo (S)

Monday, February 14, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/30

Register by Thursday, February 10.

Come for a fun afternoon of bingo! Prizes sponsored by Edenbrook. Wear Red for Valentine's Day!



Backyard Birding (S)

Wednesday, February 16, 10-11 am

Presenter: Liz Herzmann, DNR

Cost: Free

Register by Monday, February 14.

A flash of red, a chorus at dawn, your backyard can be a haven for birds all year long. Learn about why birds have different beaks and which food is best for them. What tools do you need and how to attract a greater diversity of birds to your backyard. We'll also discuss some of the winter visitors that you may see in your yard. Presented by Liz Herzmann, the DNR's Horicon Marsh wildlife conservation educator.



Planned Charitable Giving in Your Estate Plan (S)

Friday, February 18, 10-11 am

Presenter: McCleer Law

Cost: Free

Register by Wednesday, February 16.

Many people have charities and nonprofits they support financially and hope to provide for in their estate plan, but some forms of giving are more efficient and beneficial than others. Attorney Joe McCleer of McCleer Law Office will discuss the various ways to incorporate charitable giving in your estate plan and which methods might be best for you.

Eat and Greet (S)

Wednesday, February 23

11:30 am-12:30 pm

Serving time 11:30 am

Cost: \$6

Register and pay by Friday, February 18.

It's national hot breakfast month. Enjoy sausage patties, egg bake, and orange juice. Tickets go on sale January 26.



Popcorn & A Movie (S)

Wednesday, February 23, 12:45 - 2:30 pm

Cost: Free

Min/Max: 2/30

Register by Monday, February 21.

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

Update on Fall Prevention Program of Oshkosh Fire Dept. (S)

Monday, February 28, 10-11:30 am

Presenter: Mike Stanley, Fire Chief

Cost: Free

Register by Thursday, February 24.

Chief Stanley of the Oshkosh Fire Department is returning to provide an update on the department's fall prevention program, as well as reviewing the results of the department's strategic planning efforts.

This program is a collaboration with Learning In Retirement

Representative Hintz Office Hours (S)

Friday, February 25, 10 am-12 pm

Cost: Free

State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Rep. Hintz is dedicated to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share with Gordon what's on your mind.

Book Talk (S)

The Book of Lost Names

By Kristen Harmel

Thursday February 24, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 12

Register by Tuesday, February 2.

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

Inspired by an astonishing true story from World War II, a young woman with a talent for forgery helps hundreds of Jewish children flee the Nazis in this unforgettable historical novel.

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

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

Upcoming

The Camera In Your Pocket (S)

Wednesday, March 9, 1:30-3 pm

Presenter: Ric Damm, Director of Creative and Social Media, Ripon College

Cost: Free

Register by Monday, March 7.

There is a saying that the best camera is the one you have with you. These days, 79 percent of Americans own a smartphone. Most of us never leave our homes without them. So each of us has a camera in our pockets (or purses) at all times. Today's mobile technology gives everyone the ability to capture photos on the fly, and with the variety of free and paid apps available, we can turn those photos into works of art.



- 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

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



ALMEDA FISK GALLUP TRUST

The Oshkosh Seniors Center is proud to participate in the awarding of funds given to the center from the Almeda Fisk Gallup Trust. The mission of the trust is to provide assistance to City of Oshkosh residents in need of vision, hearing and dental devices.

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

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

Apply now by calling
920.232.5301



COME WALK WITH US

Stay out of the cold and come inside and walk in Kiwanis Hall
Walking for 30 minutes a day is recommended but even 10
minutes 3 times a day helps. The Kiwanis Hall in the North
Building is open for walking Monday-Friday 2:30-3:30 pm

Get your walking shoes on get into a safe environment to walk

OSC LENDING OPPORTUNITIES



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Books, DVD's, Great Courses DVD's, Puzzles, Brain Game Kits

ITEMS TO BORROW WHEN ENROLLED IN A CLASS



Woodburning tools, Woodcarving tools, Ukuleles





BINGO

PRESENTED BY

Anthem  

FRIDAY, FEB. 4th 2PM – 3:30PM

OSHKOSH SENIORS CENTER - SOUTH
200 N Campbell Rd, Oshkosh, WI

REGISTRATION: CALL by January 31st

920-232-5300

Limited 40 spaces available, lots of fun and prizes!

No cost to attend!

Anthem Blue Cross and Blue Shield is an independent licensee of the Blue Cross Blue Shield Association

**RSVP
today!**

Connect through Tech

Building North (N) South (S)

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, texting, talk features and more. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

One on One Tech Appointments (S)

Mondays, February 7, 14, 21, and 28
9 am, 10:30 am, 11:45 am, or 1 pm

Tuesdays, February 8, 15, and 22
9 am, 10:30 am, 11:45 am, or 1 pm

Wednesdays, February 2, 9, 16, and 23
9 am, 10:30 am, 11:45 am, or 1 pm

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

By Appointment Only 920-232-5310

Knowing how to use digital tools makes life easier! Don't dread the phrase, "it's only available online."



Technology Drives Connections with Friends, Family, and the World

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, February 2, 9, 16, and 23
9:15 am, 10:45 am, Noon, or 1:15 pm

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

**By Appointment Only
920-232-5310**

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.



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EXPLORE WEARABLE TECHNOLOGY
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**USE SMART
WATCHES TO
INCREASE
MOTIVATION TO
EXERCISE, MONITOR
HEALTH AND SLEEP,
DETECT FALLS**

- **EXPLORE BEFORE
YOU BUY**
- **PROS AND CONS**
- **PRICE RANGES
\$100 TO \$350**
- **UNDERSTAND HOW
TO USE**

**Thursday, February 17
10 am (FREE)**

Oshkosh Seniors Center South



CALL 920.232.5300 TO REGISTER

Friends of the Oshkosh Seniors Center

Many thanks to all who contributed to the Friends of the Oshkosh Seniors Center Annual Appeal. Your generous spirit and donation helped us achieve our 2021 pledged goal of supporting the Oshkosh Seniors Center. As we look to our 2022 planning, we are excited to announce that we will have (ok, Plan to have) TWO Food Truck Fridays this summer and are looking at other opportunities to further engage, unite and support our community.

In addition to the annual appeal, we will be coordinating efforts with the Center's programming and offer a seminar on Planned Giving. Joe McCleer, of McCleer Law Offices, will be at the Center on February 18th to discuss, in greater detail, the various ways to incorporate charitable giving in your estate plan and which methods might work best for you. We encourage you to attend this event and consider including some Planned Giving in your future.



**Planned Charitable Giving in
Your Estate Plan (S)
Friday, February 18, 10-11 am
Presenter: McCleer Law
Cost: Free
Register by Wednesday, February 16.**

There is an old Greek saying; Society grows great when we plant a tree in whose shade we know we will never sit. A planned gift, often called a legacy program, is a means of cultivating and stewarding to ensure the longevity of an organization. This philanthropic practice represents the perfect opportunity to make a lasting impact for a cause that you care about.

Once again, Thank You for your thoughtfulness and generosity as we all work together to meet the challenges and opportunities in 2022!

Friends Mission Statement:

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

D NATION

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

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.**
Desk Phone—920-232-5312

Please note WST is accepting **CHECKS AND EXACT CASH ONLY** at this time. You may also pick up new flyers for trips you have seen in The Current.



If you cannot make it during WST Desk hours:

- Put payment in the dropbox 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

German Mardi Gras-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 OSC North

Guides: Ginnie Riley & Donna Landers

Travel by coach bus and get warmed up with good German food, enjoying music by Dorf Kapelle at Laack's 33rd Anniversary Fasching Celebration. Fasching 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 singing & dancing to a waltz or polka. When the music finishes, we will stop at Johnsonville Marketplace for some goodies. Call one of the guides with any questions: Ginnie Riley at 715-889-2373 and Donna Landers at 920-303-1683.



Hairspray—PAC Appleton Dinner at Pullman's at Trolley Square and the Show

Date: Wednesday, February 16

Cost: \$85(\$20 non-refundable deposit, Final payment due January 20)

Guides: Cheryl Freiberg & Laurie Peach
Depart: 4:45 pm Senior Center South Building

Enjoy a night out for dinner at Pullman's at Trolley Square and see the Broadway Musical "HAIRSPRAY". Broadway award winning creative team is bringing the 1960's Baltimore to stages across North America! That's right, the feel-good musical is heading back on tour and bringing ample amounts of Hairspray with it. So get ready to make your hair big and celebrate with Tracy Turnblad in style! Welcome to the 60s! Change is on the horizon and the civil rights movement is gaining strength. Baltimore's Tracy Tumbold is a big girl, with big hair and an even bigger dream, to be a dancer on the Corney Collins Show. With new friends in unlikely places. Tracy's optimism and determination helps her to fulfill this dream. But of course it won't come easy. Along with a full-hearted story, Hairspray is piled bouffant high with glowing soundtracks which features tracks "I Can Hear the Bells", "Good Morning Baltimore", and "You Can't Stop The Beat", which makes this musical an unmissable instant classic. So, shake those hips in this direction and don't miss Hairspray when it comes to Appleton.

hairspray



Includes: Express transportation, dinner, ticket and gratuities. Any questions call one of the tour guides. Cheryl Freiberg at 920-379-8128 and Laurie Peach at 920-232-1336

WHEN SIGNING UP

When signing up for a trip, be prepared to provide the name and phone number of an emergency contact when signing the Travel Agreement. This information is important for the Tour Guides to reference only if needed. This emergency contact can be a friend, neighbor, or relative.

Winnebago Senior Tours

Day at The Casino

Date: Thursday March 10

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, at 920-303-1683 and Ginnie Riley at 715-889-2373.

Mark Nizer-Schauer Theater Hartford

Date: Friday, March 25

Cost: \$80 (\$20 non-refundable down payment, Final Payment due March 1)

Guides: Donna Landers & Ginnie Riley

Depart: 3:00 pm Senior Center South Building

Return: Around 9:30 pm

A coach bus, including driver tip will take you on a day that includes eating at the Mineshaft in Hartford with choice at sign-up of: Shaft Burger, Grilled Chicken Sandwich, BLT salad or Friday Fish Fry. This day includes entrance to the nostalgic Kissel Car Museum of 120 Wisconsin Cars. You will also see an outstanding 4D show by Mark Nizer. Mark is a talented and award-winning juggler, comedian, and inventor. This is a Twenty-first



Century show 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 please contact one of the guides: Donna Landers at 920-303-1683 and Ginnie Riley at 715-889-2373.

Cruzin' Milwaukee

Date: Tuesday April 12

Cost: \$85 (\$20 non-refundable deposit, Final payment due March 22)

Guides: Ginnie Riley & Donna Landers

Depart: 9:00 am Senior Center South Building

Return: Around 6:30 pm

We will be **Cruzin'** on a coach bus through the Milwaukee area, with a trip to Oak Creek to browse the Swedish **IKEA** Store. Then we will spend time along the Milwaukee River in the downtown area and enjoy lunch at the **Harley-Davidson Motor Restaurant**. At sign-up you will select from three entrees: Chicken Caesar Salad, Motor Burger, or BBQ



Pork Sandwich. You may also visit the adjacent souvenir and gift store. It is just a short walk to experience a self-guided audio tour of the **Harley-Davidson Museum**. Next up is a tour of the Sprecher Brewery in Glendale. Sprecher's is known for its specialty beers and sodas, which includes a souvenir glass so you can sample 4 beers and unlimited soda before heading back to Oshkosh. If you have any questions, please call one of the tour guides:

Ginnie Riley at 715-889-2373 & Donna Landers at 920-303-1683.

California Rail Discovery Trip

Date: April 20—27

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 other questions at 920-379-8128.



Winnebago Senior Tours

Exploring Britain & Ireland

Date: August 13—28

Guide: Cheryl Freiberg

Cost: \$5649 pp Double Occupancy

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



Beautiful Vermont

Date: September 24-October 2

Guide: Donna Landers

Cost: \$1150 pp Double Occupancy (\$75 down payment. Final payment due: July 17, 2022)

Here is your chance to see the magnificent Fall colors of Vermont. Throughout this trip there are many highlights some are certainly a visit to Niagra Falls State Park, Erie Maritime Museum, and New York State Museum in Albany. As we continue this packed tour, we will stop at Shelburn Museum which is a display of 39 buildings including: school, jail, railroad station, and a 220 foot steamboat. Next we will check out Burlington Church Street Marketplace with over 100 places to browse and check out. We will be fortunate to take a Dinner Cruise on beautiful Lake Champlain which includes entertainment and a dance floor. We continue with a guided tour of the spectacular Ages Granite Quarry, followed by an informational tour to the State Capital Montpelier. This Fall tour of Vermont would not be complete without a tour and tasting of apple cider from Cold Hollow Cider Mill. Ice Cream, yes ice cream featuring a tour of Ben & Jerry's Factory with many samples to savor. Certainly a fabulous educational and entertaining trip. This trip will fill up fast. Any questions please call tour guide: Donna Landers at 920-303-1683.



The Church Basement Ladies in A Mighty Fortress

Date: Thursday, May 12, 2022

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

Final payment due April 28, 2022)

Depart: 7:45 am OSC North Building

Return: Around 6:00 pm

Guides: Ginnie Riley & Sherry Katzenberger

As the coming of summer is on our minds, let's enjoy the humorous installment of The Church Basement Ladies series. Beverly gets her first pair of high heels for confirmation. Mrs. Snustad wins top honors at the County Fair. Life can be complicated by a Super Highway dividing a property or women driving their "husband's" pickup truck. Shh!! Did you hear Pastor has a "love" in his life and will be announcing his upcoming wedding! With all these changes of the 60s, these women remain strong in their faith and friendship. You are certain to enjoy some snickers and double over laughing with the crazy antics and great new songs by "The Church Basement Ladies". At sign up you will select one of three entrees: Roast Boneless Pork Chop, Chicken Cordon Bleu, or Chef Mike's Lasagna. Each choice includes Homemade Apple Pie! On the way, we will enjoy a short stop at Jones Market to see their latest meats and cheeses. Any questions call one of the tour guides: Ginnie Riley at 715-889-2373 and Sherry Katzenberger at 608-578-5366.

COMING IN JUNE

Travel Back in Time— Appleton

Discover Historical Manitowoc

The cost to travel has been increasing.

The Winnebago Senior Tours works to keep our trips as affordable as possible.





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

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**The Oshkosh Seniors Center is working
to enrich the quality of life
for adults 50 and over.**

Oshkosh Seniors Center

200 N. Campbell Road
Oshkosh, WI 54902
920-232-5300

South Building Hours:

Monday - Friday, 8 am - 4 pm

North Building Hours

Monday - Friday, 6:45 am - 4 pm

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Jane Well, Program Supervisor
Anne Schaefer, Marketing and Fund
Development Coordinator

Sara Barndt, Secretary

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