

THE CURRENT

HEART HEALTHY

LOVE

February 2023, Issue #2

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



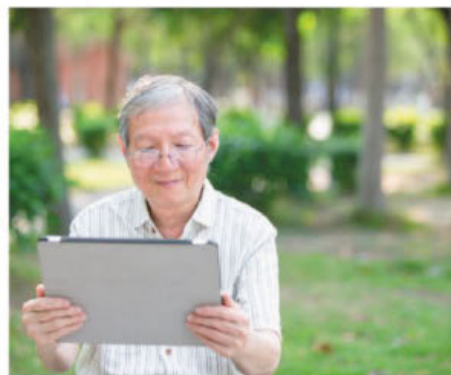
Discover the Offerings at the Oshkosh Seniors Center



FITNESS AND WELLNESS



**EDUCATION AND ART
ENRICHMENT**



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/
Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center

**The Center is here to help
you be heart healthy!**



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.

2023 Fitness Benefit

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

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

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

WHAT'S IN THIS ISSUE?

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

**Inside Cover
Enrichment
Fitness
Wellness**

**Page 2
Pages 3 - 6
Pages 7 - 10
Pages 11 - 18**

**Connect Through Tech
Social And Educational
Friends of OSC
Winnebago Senior Tours**

**Pages 19 - 20
Pages 21 - 27
Page 28
Pages 29 - 31**

Quilting 108 (S)

Appliques

Wednesdays, February 1-22
9-11 am

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50

Min/Max: 2/10

Register by Friday, January 27

Payment due upon registration

Often a design element of a quilt is an image on top of a background. There are several methods to apply these images. In this class we will learn some of these methods and use them to applique images on various backgrounds. When you register, please request a supply list with photo samples of projects.

Participants must bring their own sewing machine and have a good working knowledge of it.



Art Expression (S)

Thursdays & Fridays, February 2-24

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.

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.**



Intermediate Stained Glass (S)

Tulip Bevel Cluster

Mondays, February 6-27, 10 am –12 pm

Instructor: Marla Tonn

Cost: R \$40/NR \$45

Min/Max: 2/6

Registration January 23-February 2

Payment due upon registration

Instructor Marla Tonn is an experienced stained glass artist. She will guide you in making this stained glass project working with bevel clusters, and perimeter beading on edge. **Experience in working with stained glass required for this class.**

Needle Felting Colorful Eggs (S)

Tuesday, February 7, 9-11 am

Instructor: Jane Wells/Kerry Wolfe

Cost: R \$10/NR \$11.50

Min/Max: 3/10

Register by Thursday, February 3

Payment due upon registration

Step-by-step instructions on how to make these sweet eggs will be shared.

This is a fun and easy project.

Various design ideas available.

Fill your basket with something different this year!



Hand Building with Clay (S)

Tuesdays, February 7-28, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Register by Thursday, January 26

Payment due upon registration

This class offers a fun community environment to explore the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings.

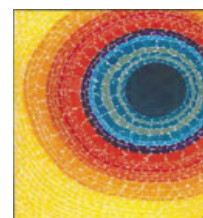
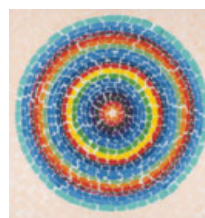
Beginners welcome! Please note, class supplies are for use during regularly scheduled class times only.

**New
Start
Time-
Extra
hour
added!**

Meet the Artist:

Alma Woodsey Thomas (1891-1978)

In 1907, Thomas and her family migrated from Columbus, Georgia, to DC, and by 1924, she became the first art department graduate at Howard University. She studied the latest developments in art, visiting museums in New York, Europe, and DC, including The Phillips Collection. For 35 years in a segregated city, she empowered art students at Shaw Junior High School to see beauty every day and brought exhibition opportunities and cultural enrichment to Black youth.



Pyrography Rural Landscape (S)

Thursdays, February 2-March 23, 1-3 pm

Instructor: Cedric Richeson & Dick Krummick

Cost: R \$45/NR \$50

Min/Max: 3/10

Register by Thursday, January 26

Payment due upon registration

Create a beautiful rural landscape on this rustic basswood country plank. Emphasis will be on tones and shading. Barkside plank is approximately 23-24" long and 6-8" wide, and is included in class fee along with a test strip.

Pre-requisite: "Beginning Woodburning or permission of instructor"



Looking for a new hobby? How about woodcarving. This class is specifically geared towards beginner carvers. Give it a try!

Beginner Carving Class (N)

Smoothie Bird Carving

Thursdays, February 9-March 2

9am-12 pm

Instructors: John Goheen & Dick Krummick

Cost: R \$35/NR \$40

Min/Max: 3/10

Register by Thursday, January 26

Payment due upon registration

This is a great class to begin your wood carving journey. Using the techniques and methods taught, you will carve a smoothie bird using basswood. Award winning instructors will be able to teach you in the basics of woodcarving and finishing. Carving tools available for use. Reserve at time of registration.



Power Tool Carving (N)

Mondays, February 6-27, 8 am-12 pm

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

Register by Thursday, February 2

Payment due upon registration

Join fellow peers for power carving in the woodshop! This class is open for those carvers who want to refresh their skills. Award-winning carving instructors will be available to instruct and problem solve. Bench fan & dust collector required for this class. **Basic Machine Safety Training is required for participation in this class.**

*Hand Tool Relief Carving (N)

Horse on the Farm *Note Building

Mondays, February 6-March 27, 1-3 pm

Instructors: Master Carver Gene Bengel

Cost: R \$40/NR \$45

Min/Max: 3/10

Register by Monday, January 30

Payment due upon registration

Make this beautiful low/shallow relief carving under the guidance of Master Carver Gene Bengel. Carving will be on an 8 X 10 piece of basswood. During this 8 week class, you will learn how foreground, subject, background and horizon all relate to each other. Carving tools available for use. Reserve at time of registration.



Chillin' with the Penguins (N)

Tuesdays, February 7-28, 1-3 pm

Instructor: Linda Gomach

Cost: R \$35/NR \$40

Min/Max: 3/6

Register by Tuesday, January 31

Payment due upon registration

Make two 3D self-standing penguins from pieces of wood that simply slide together! You will get step by step instruction, and use a band saw, scroll saw, and sanders for the project. Finish may include decoupage. One penguin is approximately 20" tall, and the other is 18" tall. Project is similar to the one shown.

Basic Machine Safety Training is required for participation in this class.



Free in-home consultations!

Care for Every Moment

Specializing in around-the-clock in-home care.

From several hours a day to all day, our compassionate Care Professionals provide a variety of supportive services — tailored to your needs — to help you meet the demands of daily living.

And better yet, we come to you so you can continue enjoying the safety, security and comfort of home.

Serving Winnebago, Outagamie & Calumet Counties!

Two Convenient Locations!

Oshkosh Area
920.966.1220
HomeInstead.com/OshkoshWI

Appleton & Fox Cities
920.997.0118
HomeInstead.com/AppletonWI



Home Instead.

24/7 Care | Dementia Care | Personal Care | More

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



Medicare Aces

Questions about Medicare?
We can help!

Shelly Squier
920-527-0292

ssquier@ffig.com

1429 Oregon St.
Oshkosh, WI 54902

*not affiliated with any government agency



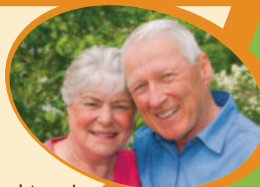
Arborview Manor
Oakwood Manor
Webster Manor

www.thegoodlife.care

goodlife
ASSISTED LIVING

920-231-7900

Call us today for a personal tour!



FREE
AD
DESIGN

with
purchase
of this
space

CALL
800-950-9952



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

FOOT CARE SERVICES

- FOOT EXAM BY A REGISTERED NURSE
- WARM FOOT SOAK
- DIABETIC FOOT CARE
- CALLUSES & CORN REDUCTION
- TOENAIL TRIM & FILE
- PATIENT EDUCATION

TO SCHEDULE AN APPOINTMENT, CALL NADINE
AT (920) 237-2108 OR EMAIL
NHUTMAKER@EVERGREENOSHKOSH.COM



WWW.EVERGREENOSHKOSH.COM
1125 N. WESTFIELD STREET
OSHKOSH, WI

YOUR RIDE IS HERE



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

Call 920.232.5340 for info about your mobility options.

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



926 Dempsey Trail, Oshkosh, WI 54902
920.232.5340



Hickey
ALUMINUM ROOFING, ETC.

☒ Voted Best Roofing Contractor
14 Years Running

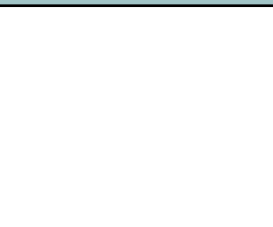
(920) 426-4008
hickeyroofing@msn.com

Best of WINNEBAGO COUNTY

Doggonit
Pet Taxi

- Pet Taxi
- Pet Sitting
- Dog Walking
- Light Clean-up of pet area

920.479.4747 • 920.203.8199
www.doggonitpettaxi.com



SUPPORT OUR ADVERTISERS!



EDEN
SENIOR CARE



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

The support you need. The care you deserve.

SKILLED NURSING

Edenbrook Oshkosh
920-233-4011
edenbrookoshkosh.com

Omro Care Center
920-685-2755
omronursing.com

SENIOR LIVING COMMUNITIES

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

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

Live Happily.



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

Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Woodshop Safety Refresher (N)

For those who have already completed Basic Safety Training

Friday, February 10, 10-11 am

Register by Friday, February 3

Facilitator: Jeff Becker

Cost: Free

Min/Max: 3/10

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

Safety Trainings

Basic Machine Safety Training (N)

Fridays, February 17 & 24, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, February 10

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 all participants **must be taken in consecutive weeks**. Once you have completed the training you may use the designated machines in the shop. Materials provided for the training.

Upcoming!

Round Designer Table (N)

Tuesdays, March 7-28, 1-3 pm

Instructors: Linda Gomach, Diane Curtis

Cost: R \$50/NR \$55

Min/Max: 3/6

Register by Tuesday, February 28

Payment Due Upon Registration

This class is open to all levels of skill. You will learn how to glue pieces of wood together to make one solid piece, cut on band saw, sand and router wood. Top may be stained, painted, wood burned, and colored. Finish as you desire with help from instructors. Table is approximately 22" tall and 24" in diameter.

Machine Safety Training Required.

Don't have Safety Training? Sign up for February session starting February 17!

Guided Woodshop Hours (N)

Wednesdays

Cost: \$5/NR \$6.50 (per session)

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.

Machine Safety Training required to use machines in the shop.

Session 1

9-11:30 am

Walk in

Session 2

12-2:30 pm

Must register in advance. Hours will be canceled if there aren't any reservations.

Need something repaired? Stop in during guided hours to discuss with a woodshop volunteer.





February is Heart Health Month

We can help you get started!

GET INTO WORKING OUT

Make it easy on yourself to Move More with these tips and tricks.

1. Make It Yours

Lean into your own personality to get into the groove. Your favorite music, your ideal time of day and activities you actually enjoy are more likely to keep you motivated.

2. Stay Supported

Make sure you have the right gear for each activity for added comfort and support. That may mean a moisture-wicking shirt, sports bra, or shoe inserts.

3. Break It Up

It's OK to break up your total physical activity goal into shorter sessions. Aim for at least 150 minutes per week. 10-minute bursts a few times a day can get you there without feeling overwhelmed.

4. Build It In

Create space in the natural flow of your life to add activity so it doesn't feel like a chore. Sneak it into quality time with family and activities you're already doing.

5. Give It Time

It can take a while for a behavior to become a habit. Try to be active around the same time each day – even if you don't go all out every time – to help the routine stick.

6. Keep It Going

If you miss a day or a workout, don't worry about it. Skip the guilt and focus on what you will do tomorrow!

For more ideas on staying active, visit heart.org/HealthyForGood



Fox Fitness Center (N) Monday-Friday 7 am - 4 pm


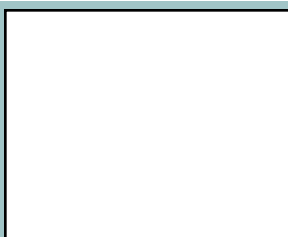
Stay Active Pass & Insurance Reimbursement Eligible

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

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System. If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.



Check with the front desk to find out if your Medicare advantage plan will pay the fee, then workout for FREE!



FREE
AD
DESIGN
with
purchase
of this
space

CALL
800-950-9952

 **CONNECTIONS**
YOUR VISION. YOUR PATH. YOUR PARTNER.
IRIS Consultant Agency (ICA)



To learn more about your long-term care options,
please contact your Aging and Disability Resource Center:
<https://www.dhs.wisconsin.gov/adrc/index.htm>
We support you to live your best life at home, in your community and at work.

Call toll-free: 844-520-1712
Email: connections@lsswis.org

 **VOLUNTEERS NEEDED**
Call (920) 235-9368

Neighbors helping neighbors. Find us on Facebook

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

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

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



- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

 Authorized Provider | **SafeStreets** | **833-287-3502**

 **MIRAVIDA LIVING**

LIVE WITH WONDER
(920) 235-3454
Oshkosh, WI



love where you live

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

Retirement Living
Carmel Residence • Simeanna Apartments

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

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

MiravidaLiving.com   



SUPPORT THE ADVERTISERS
that Support our Community!

Fitness Opportunities

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

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

Instructor: OSC Staff

Drop-in eligible

Rapid movement training is a new and fun way to get your cardiovascular work in. This class improves your cardio by doing fast and quick bursts of exercise then letting 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.



Silver Sneakers Classic (N)

Mondays & Wednesdays

10:45-11:30 am

Instructor: Jean Wollerman

Drop-in eligible

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



Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructors- Tuesdays: Gerardo Thursday: Alec

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

Instructors-Tuesdays: Gerardo

Thursday: Bobbie Jo

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



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

FFC 3g (N)

Fridays, February 3-24, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, 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) exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout!

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

Synergy Fitness (N)

Mondays, February 6-27, 8-8:30 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, January 31

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

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

Beginner Chair Yoga (N)

Thursdays, February 2-23, 1-1:45 pm

Instructor: Catherine Huybers

Drop-in eligible. No class on January 26.

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.

Yoga GOLD (N)

Fridays, February 3-24, 9:30-10:15 am

Instructor: Catherine Huybers

Drop-in eligible

Whether you're aiming to get stronger and more flexible or you just want to decompress and still your mind, yoga can help. Yoga Gold combines traditional yoga with elements of chair yoga. 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.

Keep Moving! (N)

Friday, February 3-24, 10:30-11:15 am

Instructor: Jean Wollerman

Drop-in eligible

This session class will keep you moving through the winter season. Cardio, strength, stretching, balance and some nutrition chats to help keep you fit during the winter months.

Upcoming

Stand Up and Move More (S)

Thursdays, March 9-30 with a refresher day and social on April 27th, 1:30-3:00 pm

Instructor: Jean Wollerman

Cost: \$15.00

It is well known that insufficient physical activity is a risk factor for developing numerous chronic diseases and early mortality. Sedentary behavior has been identified as an additional health risk. Come and learn different ways to keep moving so you don't develop sedentary behaviors. This classroom style class will get you out of the habit of sitting and into the habit of moving to keep healthy.

Mindfulness Meditation (S)

Thursdays, February 2-23, 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.



Grief Support (S)

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

Monday, February 20, 9:30-11 am

Facilitator: Meredith Schlute, Compassus Hospice

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

Register by calling 920.232.5305

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

Lifting Discouragement (S)

Tuesday, February 14, 10-11am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: Free

Register by Friday, February 10

Looking for a natural kick of energy? If you're feeling tired, bored, listless, or uninspired, reach for energizing essential oils and dietary supplements. You might be surprised at the difference these natural gifts of the earth can make in your everyday life.

Over Come Knee Pain (S)

Monday February 13, 10-11am

Presenter: Physical Achievement Center

Cost: Free

Register By: Friday, February 10

Discover non-medical options to overcome your limiting knee weakness and pain. You will learn unique and clinically proven approaches to build strength and confidence in your knees (even with arthritis and "bone on bone"). Information presented will help you learn about options for you and those you care about.

FREE Blood Pressure Checks

Tuesday, February 14, 10:15-11:15 am (N)

Monday, February 27, 10:15-11:15 am (S)

High blood pressure usually has no symptoms and cannot be detected without being measured. Get yours checked for free. RSVP Volunteer Retired Nurse, Terri Radtke, will be conducting the blood pressure checks. No appointment necessary.

February is American Heart Month, a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

Memory Care Screening (S)

Thursday, February 16, 10:30 am-12 pm

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, February 14

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 20 minutes in a one-on-one setting. **Call 920.232.5301 to schedule your appointment.**

Cooking with Alec (S)

Chipotle Greek Vegetarian Stuffed Zucchini

Friday, February 17, 1-2 pm

Presenter: Alec Jensen

Cost: R \$6/NR \$7.50

Max: 15

Register by Wednesday, February 15

Learn how to make nutritional foods and pick up a few cooking hacks along the way. Join Alec as he demonstrates the value and variety of a healthy diet. Samples provided.

A Healthier You (S)

Monday, February 27, 1-2 pm

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

Cost: Free

Register by Friday February 24

Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentations. Handout included.

Programming to improve the lives of people experiencing dementia and those that care for them



Mindworks (S)

Thursdays, February 2-23

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. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

Memory Care Screening (S)

Thursday, February 16

10:30 am-12 pm

Facilitator: ADRC Dementia Care Specialist

Cost: Free

Appointment Required

Call 920.232.5301

Max: 6

Memory screenings are an important tool in identifying possible changes in memory and cognition. One-on-one 20 minute appointments. Come get your baseline screening today!

Tender Loving Care (TLC) Support Group (S)

Thursday, February 23

1-2 pm

Facilitator: Fox Valley Memory Project

Cost: Free (Supported by the Fox Valley 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.

Thank you to our community partners for making this programming possible.



SUPPORT OUR
ADVERTISERS!

THRIVE
LOCALLY

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance • Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers

Carol's Country Tours

Hamilton, MO	4/17-20	\$ 449
Washington DC	5/4-10	\$ 880
New York	6/15-21	\$ 925
Niagara Falls	7/23-29	\$1010
Memphis	9/11-16	\$ 840
Maine	9/30-10/8	\$1280

Carol J. Kaufmann

Ckaufmann@new.rr.com

(920) 216-4668

www.carolscountrytours.com

425 W Packer Ave • Oshkosh, WI 54901



FREE
AD
DESIGN
with
purchase
of this
space

CALL
800-950-9952

FREE NURSE EVALUATION


BrightStar Care
A HIGHER STANDARD OF HOME CARE

920-808-2020

- ✓ WE ARE COMMITTED TO THE HIGHEST LEVELS OF QUALITY AND SUPPORT.
- ✓ WE HELP CLIENTS AND FAMILIES MAINTAIN THEIR INDEPENDENCE WHILE MANAGING THEIR UNIQUE AGE AND HEALTH RELATED CHALLENGES WHILE HOME.
- ✓ OUR MISSION IS TO IMPROVE THE HEALTH AND QUALITY OF LIFE FOR EACH CLIENT.

- BATHING AND GROOMING AIDE - TRANSPORTATION/SHOPPING ASSISTANCE - COMPANIONSHIP
- MEAL PREPARATION - ALZHEIMER'S AND DEMENTIA CARE - HOUSEKEEPING AND LAUNDRY - SKILLED NURSING/INFUSIONS

NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit
www.mycommunityonline.com

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Fiss & Bills - Poklasny

Funeral Homes & Crematory

Serving All Faiths Since 1904

865 S. Westhaven Dr.

870 W. South Park Ave.

920-235-1170

fissbillspoklasnyfuneralhome.com

LAKE-AIRE Auto Service

Complete Auto Service
2200 Montana Street
231-1023

Nicolet
NATIONAL BANK

THRIVE
LOCALLY



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

Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Almeda Fisk Gallup Fund

Apply for
funding by
calling
920.232.5301

New in 2023:
Foot care
needs

City of Oshkosh
residents in need of
financial assistance
for vision, feet,
hearing and dental

February 03, 2023

NATIONAL WEAR RED DAY

Let's Fight Heart Disease



Wear Red and
enter to win!
Drawing in each
building
at end of day

One step at a time, one decision at a time. We're here to help!

HOUSING IMPROVEMENT LOAN PROGRAM

The City of Oshkosh is inviting seniors to apply for the City's 2023 Housing Improvement Loan program. Applications will be accepted through March 15, 2023. This program has been in existence for over 30 years and has benefited many seniors. There is no interest on the loans and they are not repaid until the house is sold.

To qualify for the loan, your house must be located within the City of Oshkosh and must be your principal place of residence. The program pays for repairs to the home such as roof replacements, exterior repairs, plumbing and electrical repairs, furnace replacements, painting, and other items. The program will also address accessibility needs and all lead-paint hazards if necessary. The program is not intended for remodeling or additions. You will be considered for a loan if you meet the following income requirements.



Family Size	Annual Income
1	\$47,600
2	\$54,400
3	\$61,200

Please call Kenneth Gresser of the Planning Division at 920-236-5056 if you have any questions or if you wish to receive information and application packet.



Foot care
services

COST: \$24
CALL 920.232.5301 FOR AN
APPOINTMENT

TO ENSURE YOU GET THE APPOINTMENT
DATE THAT YOU WANT, PLEASE CALL 5-6
WEEKS IN ADVANCE. APPOINTMENTS ARE
AVAILABLE TUESDAY AND WEDNESDAYS
9 AM TO 3 PM



Valley VNA
Senior Care

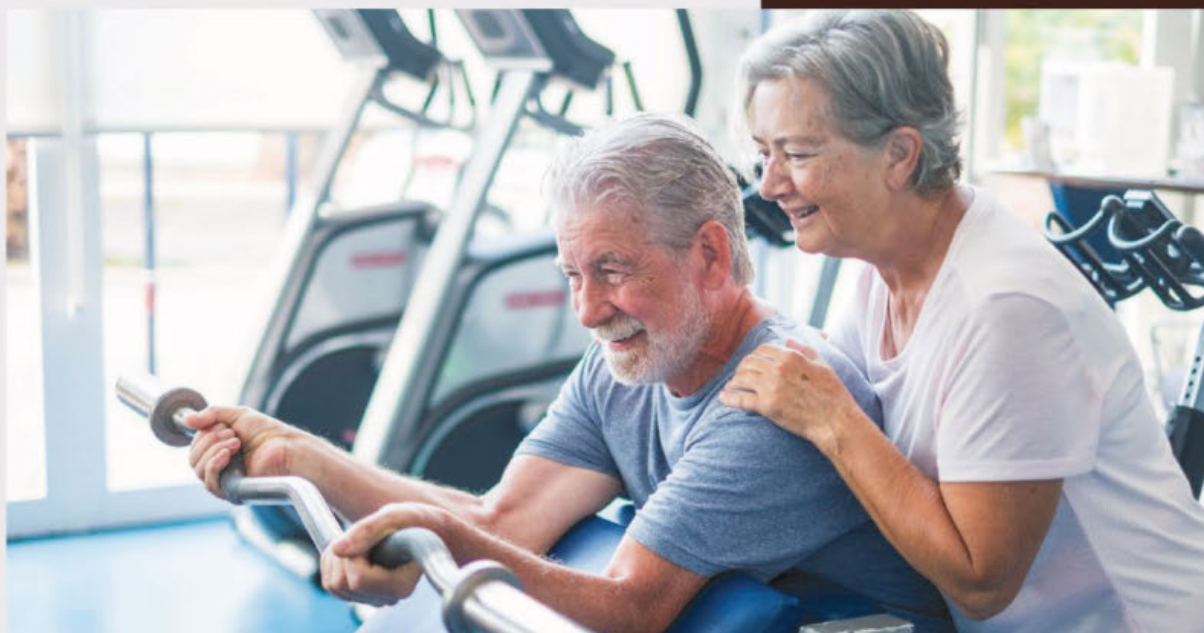
Healthy
Feet

Create a Fall Prevention Plan with the Help of the Oshkosh Seniors Center

- Take a class proven to prevent falls. Tai Chi, Silver Sneakers
- Schedule a personal training session
- Start using the strength training equipment in the Fox Fitness Center

PRO-ACTIVE

There are ways
to reduce your risk
of falling and it
starts with
***Building
your Strength!***



Facts about Falls from the Centers for Disease Control and Prevention

Falls are a threat to the health of older adults and can reduce your ability to remain independent. However, falls don't have to be inevitable as you age. You can reduce your chance of falling or help a loved one prevent falls.

One out of five falls causes a serious injury such as broken bones or a head injury.

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.



Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

February is American Heart Health Month

The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

FREE Blood Pressure Checks

Tuesday, February 14, 10:15-11:15 am (N)

Monday, February 27, 10:15-11:15 am (S)

Free Blood Pressure log and materials to those who get blood pressure checked



Check out heart healthy food activities on page 21

Caring for the community since 1908.

Valley VNA Senior Care

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

valleyvna.org | 920.727.5555 | Neenah, WI

**THRIVE
LOCALLY**

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com



920-312-0260
2220 Brookview Ct. Oshkosh

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Alex Nicholas

anicholas@lpicommunities.com
(800) 950-9952 x2538

piggly wiggly



**Mark & Susie's
Piggly Wiggly**

525 East Murdock Ave
920-236-7801

**my choice
WISCONSIN**

My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

ClarityCare

OSHKOSH • GREEN BAY
www.claritycare.org

Home Care Services

- Medication Reminders
- Housekeeping
- Meal Preparation
- Shopping & Errands
- Personal Care Services

Day Services

- Community Involvement
- Gain Independence
- Individual & Group Activities
- Develop Daily Living Skills
- Flexible Scheduling



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

**KONRAD-BEHLMAN
FUNERAL HOMES**

*"Serving all Faiths"
in Oshkosh and the
Fox Valley since 1875*

Specializing in
Retirement Planning,
Medicaid, Spend Down
and Burial Protection
of Assets.

Two Oshkosh locations
to serve You better!
(920) 231-1510
www.konrad-behman.com



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

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

Toll-free Helpline:
888-818-2611
www.smpwi.org

WisconsinSeniorMedicarePatrol

SMP
Senior Medicare Patrol
Preventing Medicare Fraud



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

**Heritage
Court**
A Senior Community

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

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



Visit www.claritycare.org for more information.



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

Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

ADVOCAP MEAL PROGRAM

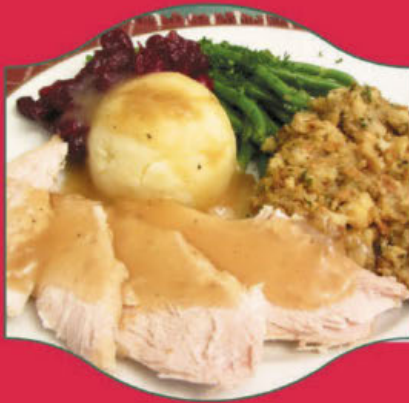
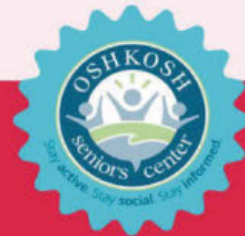


*join us for dine
in meals*



MONDAY-WEDNESDAY

Available For Dine-In at
11:15 am in Classroom B



THURSDAY-FRIDAY

Available For Dine-In at
11:15 am in the Oasis Room



**MUST REGISTER BY
CALLING 24 HOURS IN
ADVANCE
920-450-5122
NO DAY OF DROP INS**

MEALS HELD AT THE OSHKOSH SENIORS CENTER
200 N. CAMPBELL ROAD

**Embrace
technology
with
Connect
through Tech
and the world
will be at your
fingertips!**



One on One Tech Appointments

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

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

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

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

Wednesdays, February, 1, 8, 15, and 22
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 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, February 6, 13, 20, and 27
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



How to Stay Safe Online

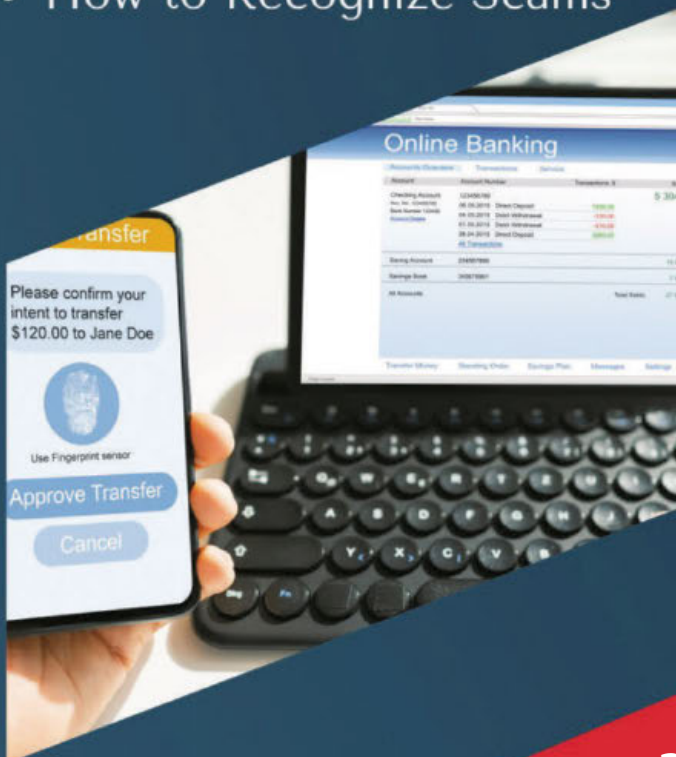
Wednesday, February 22

1:30 pm (s)

Must Register 920.232.5300

Program will cover the following:

- What is Cybersecurity?
- How to stay safe online
- Strong Passwords
- Keeping Information Private
- Two-factor authentication
- Back up your data
- Online Banking
- How to Recognize Scams





HEART HEALTHY COOKING MATTERS

CHAT & CHOP-SALADS (S)

Tuesday, February 7 10 am -12 pm

Instructor: Kerry Wolfe Cost: R \$10 / NR \$11.50
Min/Max: 2/8

Register by Wednesday, February 1
Payment due upon registration

We will be making 3 different salads, a fruit salad, a pasta salad, and a type of lettuce salad. We will be putting a special twist on these salads. Find your aprons, your appetite and come join us.

COOKING WITH ALEC (N)

CHIPOTLE GREEK VEGETARIAN STUFFED ZUCCHINI

Friday, February 17 1-2 pm

Instructor: Alec Jensen Cost: R \$6 / NR \$7.50 Max: 15

Register by Wednesday, February 15

Learn how to make nutritional foods and pick up a few cooking hacks along the way. Join Alec as he demonstrates the value and variety there is in a healthy diet. Samples provided.

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 under "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.

Elder Benefit Specialist (S)

Wednesdays, February 1-22, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) Lisa Madell will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

Ukulele Play Along (S)

Wednesdays, February 1-22

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, February 3-24, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, February 1
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/Advanced Combo Ukulele Lessons (S)

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

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, February 1
Payment due upon registration**

With Aaron's style of teaching, he will be able to challenge both skill levels during the same lesson.

Beginner 2 Ukulele Lessons (S)

Fridays, February 3-24, 12 -1 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, February 1
Payment due upon registration**

This class is for those who have completed beginner ukulele class, 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!



BLACK HISTORY MONTH PRESENTATION

The Underground Railroad in Wisconsin (S)

**THURSDAY,
FEBRUARY 9**

1-2 PM

Presented by: Sandra Toland, Oshkosh Public Library

Cost: Free

Register by February 7

Did you know Wisconsin played a role in ushering enslaved people to freedom during the 19th century? Wisconsin's citizens were firm in their convictions of not wanting slavery in their state, despite the United States Constitution's orders to return all freedom seekers. Evidence of this was when 5,000 citizens broke Joshua Glover out of Milwaukee County jail and sent him on his way to Canada via local underground railroad stations. This brought national attention to Wisconsin, making it the only state to defy the fugitive slave law.



Oshkosh Seniors Center
920.232.5300



Social and Educational

Book Sharing Club (S)

Thursday, February 9, 1:30-3 pm

Facilitator: Lois Potratz

Cost: R \$1.25/NR \$1.75

Register by Tuesday, February 7

This is not your "traditional" type of book club. Rather than everyone reading the same book, members choose an author or a subject and then we each pick any book by that writer or on that topic. We share comments and/or give a short review of our selection.

The author is Tana French, first lady of Irish Crime. She does a series of the Dublin Murder Squad but a couple of other stand-alone titles are The Witch Elm and The Searcher. Choose one of her books and join the group to share your likes and dislikes and insights about your favorite character.

All book lovers are welcome!

Bingo (S)

Monday, February 13, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Thursday, February 9

Come for a fun afternoon of bingo!

NEW!



EDENBROOK

Favorite Love Songs Piano & Sing Along(S)

Thursday, February 16

1:30-2:15 pm

Cost: Free

Donations Appreciated
Light Refreshments After

**Register by Monday,
February 13**

Pianist Sheri Tipton will entertain on the piano and lead us in singing along. Come join the fun!

Building North (N) South (S)



EAT & GREET

HEART HEALTHY

Wednesday, February 22

Serving at 11:30 am

Cost: \$10 Max: 50

Tickets on sale January 24-February 15

*Chicken
Whole Wheat pasta
Honey-glazed spiced carrots
Dessert*



**GUEST
CHEF:
ALEC
JENSEN**

Popcorn & A Movie (S)

Wednesday, February 22

12:45 -2:00 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday February 21

Enjoy a movie with the company of friends. 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 the newsletter.**

Nursing Home Crisis Planning (S)

Use Funeral Trusts, Annuities to Preserve Wealth

Friday, February 24, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, February 22

McCleer Law Office details ways you can still preserve your wealth even if you or your spouse are already in an assisted living facility or nursing home or likely will be within the next five years. Topics covered include funeral trusts, converting IRAs into exempt annuities, and other strategies for qualifying for Medicaid.

Upcoming!

**In collaboration with
Learning In Retirement**

Programs held at the Oshkosh Seniors Center

200 North Campbell Road

Registration Required for all programs

920.232.5300

**TUE
14
FEB**

Food Decisions & Consumer Values (S)

What we eat (and what we decide NOT to eat) is changing as our values and our understanding of the connections between our food system and the environment grow.

Drawing on insights from marketing, consumer behavior and social psychology, this presentation blends research at the intersection of food and consumer values to propose a framework for understanding how and why these values—Sustainability, Ethics, Equity, and Dining for health—are transforming what people eat.

Presenter: Dr. Melissa Bublitz, UWO Professor of Marketing

10-11:30 AM

**MON
27
FEB**

Media & Culture

In subtle and not-so-subtle ways, media narratives, characters, and everyday situations reveal aspects of cultural beliefs, values, and behaviors. Learn how you can better interact with films and other media to understand different cultures and develop empathy.

Presenter: Cooper Wakefield, Ph.D.,
Professor of Communication at Marian University

1:30-3 PM

**WED
1
MAR**

Want Super Longevity? Attitudes Towards Medical Advancement

With advancements in medicine and medical technology, we've steadily increased human life expectancy for over a century and are now discussing the possibility of super longevity.

Understanding the purpose of prolonging life must accompany a comprehensive assessment of the needs and consequences for people and society.

Presenter: Dr. Juyeon Son, UWO
Associate Professor of Sociology

1:30- 3 PM

Book Talk (S)

Lily & the Octopus by Steven Rowley

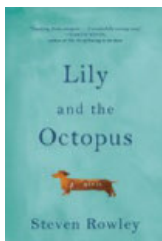
Tuesday, March 2, 9:30—11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Register by Thursday February 3

Lily & the Octopus is an epic adventure of the heart. The magic of the novel is in the read. This is a story about that special someone: the one you trust, the one you can't live without. Interested as to how it ends? Come and join us for Book Talk.



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

Consider joining a 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. P.S. We usually have an unending array of chocolate candy available for our volunteers!



Upcoming!

Watch the March newsletter for Great Courses topics and/or discussion groups!



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

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

Cribbage

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

Need a spot to play with Friends? **NEW!** Open Cards & Games

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

Mondays, 12:30-3:30 pm

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

Live piano music Thursday afternoons in the South building Great room. Sherri Tipton tickles the ivories on the baby grand, sharing a variety of music for listeners to enjoy. This is an informal time to listen to live music.





OSHKOSH SENIORS CENTER PRESENTS

IRISH FUN (S)



Monday, March 13
5-7 pm

Doors open at 4:45 pm

Tickets: \$17

**Dinner & Live Music by Sheamus Fitzpatrick &
the McNally Boys**

Tickets on sale February 13-March 6

Menu

Cream of Potato Soup

Beef Pasty

Cooked Cabbage

Dessert

Oshkosh Seniors Center

200 N Campbell Road 920.232.5300



Can you feel the love?

February is the month for celebrating love; we hope you feel the love the Friends of the Oshkosh Seniors Center has for the programming and impact of the work of the Center. We want to make a difference in our older adults' lives and look forward to making 2023 one of our best fundraising years! It starts with your help. So please consider volunteering, donating, or attending Food Truck Fridays.

The Friends of the Oshkosh Seniors Center



We accept gifts to further the mission of the Oshkosh Seniors Center to enrich the lives of older adults in our community throughout the year. Individuals aged 70 1/2 or older may make a charitable distribution from their IRA. It's as simple as designating the Friends of the Oshkosh Seniors Center as the beneficiary. You may also designate a gift to the Center in your will. Your contributions help the Center provide additional programming that allows older adults to stay active, social, and informed.

Contact your professional advisor and share your intentions. They can assist you with making a planned gift and explain the tax benefits. Here's the information you will need: Friends of the Oshkosh Seniors Center PO Box 3423 Oshkosh, WI 54903-3423 ES# 008-0000-529165-04. If you have questions, don't hesitate to get in touch with Anne Schaefer, Marketing and Fund Development Coordinator, at 920.232.5306

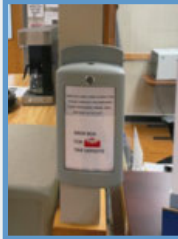
**Friends of the Oshkosh Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423
ES# 008-0000-529165-04**

If you have questions, please contact Anne Schaefer, Marketing and Fund Development Coordinator at 920.232.5306

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

**Detailed flyers available at the
Seniors Center South
Sign up now, don't delay**

For questions call 920.232.5312

Music Man

The Fireside Theatre-Fort Atkinson

Date: Thursday, March 16

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

Depart: 7:45 am

Return: 6 pm

Strike up the band for Broadway's brassiest musical comedy. Winner of eight Tony Awards including Best Musical, *The Music Man* has delighted audiences the world over with its tale of the fast-talking, charming con man, the prim but passionate librarian, the bumbling mayor, and all the colorful characters that make this show a classic. Add such songs as "Goodnight My Someone," "The Wells Fargo Wagon," and "76 Trombones" and you have a guaranteed great time. Entrée Choices: Chicken Piccata, BBQ Ribs, or Cod.

Guides: Cindy Paffenroth & Marianne Zarling



Cats – The Musical

The Performing Arts Center-Appleton

Date: Sunday, March 26

Cost: \$70 (\$20 non-refundable deposit)

Depart: 11:30 am

Return: Immediately after the show

An anthology-style musical taking place over one night. Set in a junkyard, each cat wants to enter the Heaviside Layer or cat heaven, hoping to be reborn a



"hotter" cat. Deuteronomy, a lovable rotund cat oversees each cat's song-plea. Grizabella, an old scruffy cat attempts to become part of this junkyard scene, but the other cats judge her appearance and shun her. After the lead cats have their moment in the spotlight, Deuteronomy decides Grizabella deserves to ascend to the Heaviside Layer. Includes: Show ticket, School Bus transportation and tip. Guides: Cheryl Freiberg & Ginnie Riley

Grumpy Old Men

The Fireside Theatre-Fort Atkinson

Date: Thursday, April 20

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

Depart: 7:45 am Return: 6 pm

This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based on the 1993 film, this stage adaptation captures the lovable crotchety characters through twinkling humor, great songs, and the affectionate depiction of a small town that feels like home to everyone. Entrée choices: Pretzel Crusted Stuffed Chicken, Grilled Pork Ribeye, Trout. Guides: Cheryl Freiberg and Laurie Peach



Winnebago Senior Tours

Branson and the Ozarks

Dates: April 25 to 30

Cost: TBD

Take a group bus tour to Branson- "Live Music Show Capital of the World." You will see 3 shows in 2 different Theaters including the Haygoods. But it is not just about the shows, you will travel to the Ozarks and tour the Dogwood Canyon Nature Park where an open air tram will take you past towering bluffs, breathtaking waterfalls and cross creek beds by way of beautifully crafted stone bridges. On the way home, you will tour Fantastic Caverns on a Jeep-drawn tram. Guide: Cindy Paffenroth

More to come on this trip. Watch the brochure rack at the WST Desk for further details.

The Duttons

Schauer Arts Center-Hartford

Date: Saturday, April 29

Cost: \$99 (\$20 non-refundable deposit)

Depart: 11:45 am

Return: Immediately after the show

The Duttons are a performing family of three generations of amazing talent. They have been recording, performing and touring together professionally for over 30 years. The adult Duttons started out their musical training as classical musicians when they were children, but it didn't take long for them to branch out to play just about any style of music. Along with the



classical, they play pop, country, bluegrass, and gospel. Their ability to adapt and play just about any style of music is just one of the things that makes them so

unique as well as their ability to connect with their audience. They own their theater in Branson as well as one in Mesa, Arizona where they perform from December to April.

Included is bus transportation, show tickets and lunch at the Mineshaft in Hartford.

Guides: Pat Heyer and Laurie Peach

Exploring the Amish Community of Cashton

Date: Friday, May 12

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

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

Set deep in the heart of southwestern Wisconsin you will find a serene spot nestled in the valley two miles east of Cashton. The Kuderer farm is home to the Village Shops at "Down A Country Road." After spending time at the village shops, our guide, will ride along with us on our tour bus as we visit the Amish community. We will learn the history, traditions, and customs of the Amish through the eyes of an experienced tour guide.

Enjoy hearing about the customs of courtship and marriage, church services, funeral practices and much more. Our guide will share many heartwarming stories of experiences she has had amongst her Amish friends and neighbors.

You will have a chance to meet Amish families as we stop at their farmyards to look at the goods they may have for sale. Such as plants, hanging baskets, annuals, garden décor, candy, quilts, wood working, and bakery items. After our tour we will travel toward Sparta (the bike capital of America) for lunch and tour other local attractions.

Guides: Cindy Paffenroth and Lauralyn Hensarling



"Ain't too Proud"

The Performing Arts Center-Appleton

Date: Wednesday, June 21

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

Depart: 6:00 pm

Return: Immediately after the show

Ain't Too Proud—The Life and Times of the Temptations is the electrifying new smash Broadway musical that follows The Temptations' journey from the streets of Detroit to the Rock & Roll Hall of Fame. It is a thrilling story of brotherhood, family, loyalty and betrayal during a decade of civil unrest in America. Music includes "My Girl," "Just My Imagination," "Get Ready," and "Papa Was a Rolling Stone."

Guides: Cheryl Freiberg and Lauralyn Hensarling

Winnebago Senior Tours

Hamilton

The Performing Arts Center-Appleton

Date: Wednesday, May 17

Cost: \$180 (\$20 non-refundable deposit)

Depart: 6:00 pm

Return: Immediately after the show

Hamilton is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, Hamilton has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre. A musical that has had a profound impact on culture, politics, and education. With book, music, and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler, and musical supervision and orchestrations by Alex Lacamoire, Hamilton is based on Ron Chernow's acclaimed biography. It has won Tony, Grammy, and Oliver Awards, the Pulitzer Prize for Drama, and an unprecedented special citation from the Kennedy Center Honors. Includes: Theatre ticket & Express transportation. Guides: Cheryl Freiberg & Pat Heyer

Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

Date: August 2-13

SOLD OUT Wait List Available

Now is the time to cross traveling to Alaska off your "Bucket List"! Traverse the Pacific Coast by land and sea aboard Holland America's Noordam Cruise Ship on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. Passport is required. Cruise the Sternwheeler Discovery and encounter Alaska's diverse culture and rich history. Ride in a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel into Denali National Park to view the region's wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska's gorgeous capital, Juneau. See flyer for complete details. Guide: Cheryl Frieberg

France Magnifique Discovery

September 14-25

Cost: \$4999 Double (early booking)

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Set off for the Normandy coast where the largest invasion in history took place during World War II. Visit the Caen Memorial Peace Museum, Juno Beach, the Normandy American Cemetery and Visitors Center on Omaha Beach, walk Pointe du Hoc Ranger Memorial, and make your way to Sainte Mere Eglise, the heart of the American Airborne operations on D-Day. Delight in a 2-night stay in a stunning, renovated château in the UNESCO World Heritage Loire Valley. Enjoy a visit of the famous Chenonceau Castle. Sip wine during a tour of a winery and its impressive underground caves. Glide along the Seine as you take in the highlights in Paris. Savor the views and rich cuisine during dinner at the Eiffel Tower. Bask in the robust history, culture and romance of these celebrated cities and charming towns.

> SPACE IS LIMITED on this tour!!

> Save \$250/per person when you sign up now.

Guide: Cheryl Freiberg

When sending payments in the mail be sure to include:

Name_____

Address_____

City _____ State_____ Zip Code_____

Home Phone:_____

Cell Phone:_____

Email_____

Name of Trip_____

Food choice if appropriate: _____



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

Non Profit Org
U.S. Postage
PAID
UMS

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

Oshkosh Committee on Aging

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

Alternate: JoAnne Murphy-Spice
Cynthia Thorpe

OSC Staff

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

Activity Coordinators:

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

Advisory Board

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

Register for our activities and special events by logging on to our website from your computer, laptop or tablet. Visit us at:

www.schedulesplus.com/oshkosh/kiosk



Friends Board

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

The Oshkosh Seniors Center does not necessarily endorse the companies or services appearing in *The Current* paid advertisements.