

# THE CURRENT



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

January 2022, Issue #1



## Discover the Offerings at the Oshkosh Seniors Center



**FITNESS AND  
WELLNESS**



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CONNECT THROUGH  
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Oshkosh Seniors Center (920) 232-5300

# Welcome to the Oshkosh Seniors Center



## 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.

PER THE CDC, STRENGTH AND BALANCE ACTIVITIES PREVENT MOBILITY ISSUES THAT COME WITH AGING. WE CAN HELP YOU MAKE CHANGES!

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

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# TAKE & MAKE KITS JANUARY

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

Call 920-232-5300 to reserve your kit today!

January Kits available for pick up at North building Monday, January 3

**Kit #1**  
**Bed Spring Snowman**  
Cost: \$5



**Each kit contains supplies to make 2 snowmen. You supply hot glue gun.**

**Kit # 2**  
**Bird Seed Cakes**  
Cost: \$5



**Using your own muffin pan, or other similar mold, you will be able to use the supplies to make 6-10 bird cookies. Be kind to our feathered friends!**

**Kit #3**  
**Gnome Magnet**  
Cost: \$5



**Gnome madness continues with these easy to make characters. Use as refrigerator magnet or bookmark. Supplies to make 4-5 gnomes.**

## Art Expression (S)

Thursdays & Fridays, January 6-28

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.**

## Beginner Hand Building with Clay (S)

Mondays, January 10-31, 9:30-11:30 am

Instructor: Kathi Dittmer

Cost: R \$10/ NR \$12.50

Min/Max: 2/6

**Register by Thursday, January 6.**

**Payment is due upon registration.**

Hand-building pottery classes teach you to do ceramic projects without a pottery wheel. If you can roll out a slab of clay, you can make beautiful, functional pottery projects. You are instructed by an award-winning pottery artist who guides you through the project. This fun hobby is excellent for brain health and provides a beautiful opportunity to meet others.

Watch February newsletter for Advanced Clay Class



## Needle Felting Art (S)

### Felted Animals

Wednesday, January 5, 10-11:30 am OR

1-2:30 pm

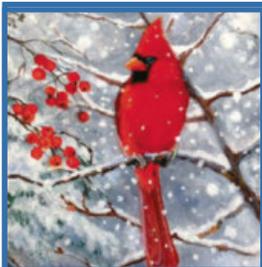
Instructors: Kerry Wolfe/Jane Wells

Cost: R \$7 / NR \$8.50

Max: 8

**Register by Monday, January 3. Payment is due upon registration.**

Needle felting is a craft that involves repeatedly stabbing a needle into a piece of wool to stiffen and shape it into the desired form. This class will help you master basic needle felting techniques. We'll focus on making round balls and oblong shapes and joining two pieces together. Supplies included.



## Winter Bliss Acrylic Painting

Tuesday, January 18, 10-11:30 am

Instructor: Kristen Humiston

Cost: R \$20/ NR \$25

**Register by Thursday, January 13. Payment is due upon registration.**

Project similar to one shown

Step by step instruction is provided to paint a beautiful cardinal in winter by an experienced artist. A beginner-friendly lesson that anyone can do! Meet Kristen Humiston: Kristen is an Oshkosh native and graduate of West High. She has a degree in music performance and

has taught music privately for 20 years. She also has owned and operated her mobile art studio and is a certified mental health coach. Kristen enjoys using her experiences and training to serve those around her, whether in her large family, with her clients, or in our community here in Oshkosh. Kristen will be instructing and leading a variety of art programs.



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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

## Hand Tool Carving Class (S)

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

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

Min/Max: 5/12

**Register and pay by Thursday, December 30.**

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



**Looking to learn a new hobby?**

**This is your chance to learn Woodburning (Pyrography) basics! This class won't be available again until fall.**

## Woodburning Basics (S)

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

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

Min/Max: 3/12

**Register and pay by Thursday, December 30.**

The class will focus on woodburning (pyrography) fundamentals, including safety, equipment, pattern transfer, burning straight lines, curves, circles, shading effects such as stippling and crosshatching. We will practice drawing grasses, a wood postage stamp & mallard duck in flight. This class prepares you for other OSC woodburning classes. If you have a solid point or wire nib Woodburner, please bring it; if not, we recommend that you not buy one before the first class. The instructors will cover the pros & cons of different machines. **A limited number of rheostat-controlled pen-style wood burners are available for use in class. Please reserve at registration.**



## Aw Nuts! (S)

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

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

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

Min/Max: 3/12

**Register and pay by Tuesday, January 4.**

Woodburn a kitchen decor plaque of a nutcracker & bowl of nuts to add to your toolbox of pyrographic techniques! Class includes pattern and an 8" x 10" birch plywood plaque. 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. Beginner/Intermediate Level.



## Woodshop Safety Refresher (N)

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

**Friday, January 14, 9-10:30 am**

**Register by Wednesday, January 12.**

**Or Friday, January 21, 9-10:30 am**

**Register by Wednesday, January 19.**

Facilitator: Jeff Becker

**Cost: Free**

Min/Max: 2/10

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.

## Fox Fitness Center (N)

**Monday- Friday, 7 am - 3:30 pm**

Stay Active Pass & Insurance Reimbursement Eligible

The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility. We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System.

If you have 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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## 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.



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**Thursday, January 27  
Noon-3 pm**

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**Meet Alec Jensen**

**Oshkosh Seniors Center  
Fitness Coordinator  
920.232.5320**



## Line Dancing (N)

**Instructor: Debbie Ruck**

**Drop-in eligible**

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

## Advanced Line Dancing

**Mondays & Tuesdays**

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

Prior experience preferred

## Beginner Line Dancing

**Tuesdays**

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

No prior experience is necessary



## Group Dance Fun (N)

**Thursdays, 1-2 pm**

**Drop-in eligible**

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



## FFC 3g (N)

**Fridays, January 7-28, 9-9:45 am**

**Instructor: Alec Jensen**

Max: 10

**Register by Tuesday, January 4.**

**Payment is due upon registration.**

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.

## Synergy Fitness (N)

**Mondays, January 3-31, 8-8:45 am**

Instructors: Alec Jensen

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

Max: 10

**Register by Thursday, December 30.**

**Payment is due upon registration.**

**NEW**

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.

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## Grief Support Group (S)

**Thursdays, January, 6 & 20, 1-2:30 pm**

Facilitated by: Compassus Hospice

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

Min/Max: 12

**Register by January 4 and January 18.**

Open to anyone grieving the death of a loved one.

## Mindfulness Meditation (S)

**Thursdays, January, 6-27, 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!



## Posture Screening (S)

**Monday, January 10, 1:00-3:00 am**

Presenter: Kaci Kizewski, Chiropractic Health

**Cost: Free**

Max: 12

**Register by Friday, January 7.**

Join as Kaci as she takes you through a back and posture screening. These simple screenings can help identify back pain, hip, and even shoulder issues. These are non-invasive screenings that only take a few minutes! Call 920-232-5300 to schedule your appointment.

## Essential Oils Nasal Inhaler (S)

**Tuesday, January 11, 1-2 pm**

Presenter: Jeanne Gehrke,

Dream of Jeanne LLC

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

Max: 15

**Register by Friday, January 7.**

**Payment is due upon registration.**

Nasal inhalers are easy to make, and you can create scents that can offer a wide variety of benefits. Such as sleep, relaxation, detoxing, elevating mood, nerve and muscular system support, and MORE! For \$5 (or make 2 for \$10), All supplies provided, along with a recipe sheet & directions to take with you.



## Memory Care (S)

**Thursday, January 20, 10:30 am –12:00 pm**

Instructor: ADRC

**Cost: Free**

**Register by Tuesday, January 18.**

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

## Healthy Relationships & Behaviors

**Wednesday, January 19, 1– 2 pm**

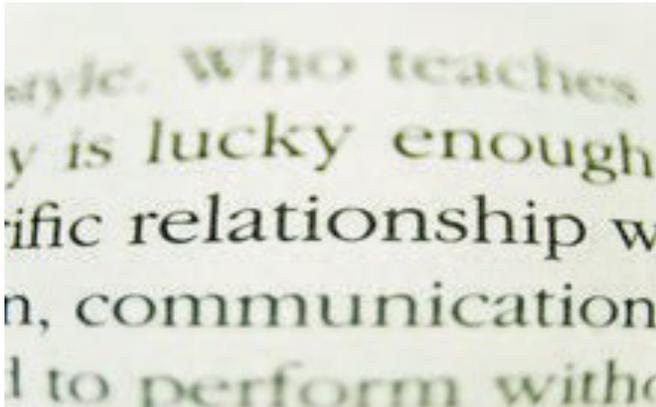
Presenter: Olivia Olszewski, Christine Ann

**Cost: Free**

Max: 30

**Register by Friday, January 14.**

Boundaries are tricky to set at any age, yet just with anything, practice makes progress. It's never too late to start! Join former OSC intern Olivia for a wellness workshop focused on healthy relationships and boundaries across the lifespan.



## New Year New You (S)

**Friday, January 21, 10:30-11:30 am**

Presenter: Alec Jensen

**Cost: Free**

Max: 30

**Register by Wednesday, January 19.**

Want to start the new year out on the right foot? Join Alec as he shows you full proof ways to set and accomplish your new year goal/s! Bring a pen and paper because there will be plenty to learn!



## A Healthier You (S)

**Monday, January 24, 1 -2 pm**

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

**Cost: Free**

**Register by Friday, January 19.**

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.

## Injury/Pain Screen (N)

**Wednesday, January 26, 10-11 am**

Presenter: ATI Physical Therapy

**Cost: Free**

**Register by Friday, January 21.**

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 920-232-5300 to set up an appointment.

## Cooking with Alec (N)

**Friday, January 28, 10:30-11:30 am**

Presenter: Alec Jensen

**Cost: R \$5/NR \$7**

Max: 15

**Register by Wednesday, January 26.**

**Payment is 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



## Book & Puzzle Pick Up (S)

**Monday-Friday, 8-4 pm**

**Cost: Free**

The Center has books, DVD's, and puzzles for you to enjoy at home. **This will be at the South building ONLY.** When finished, items may 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, January 5-26, 10-11:30 am**

**Cost: Free**

**Walk in, no appointment necessary.**

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



## Ukulele Play Along (S)

**Wednesdays, January 5-26, 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 to share our favorites. We will be working on a variety of music under the guidance of a Ukulele volunteer. Please bring your own music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend. This is a great learning and social opportunity.



## Beginner Ukulele Lessons (S)

**Fridays, January 7-28, 11 am-12 pm**

Instructor: Joe Wiedenmeier

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

Min/Max: 5/20

**Register by Wednesday, January 5.**

**Payment is 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? 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".

## Intermediate Ukulele Lessons (S)

**Fridays, January 7-28, 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 5/20

**Register by Wednesday, January 5.**

**Payment is due upon registration.**

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

## Advanced Ukulele Lessons (S)

**Fridays, January 7-28, 12:10-1:10 pm**

Instructor: Aaron Baer

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

Min/Max: 2/6

**Register by Wednesday, January 5.**

**Payment is due upon registration.**

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

## Finding History Through Maps (S)

**Wednesday, January 12, 10-11 am**

Presenter: Michael McArthur Oshkosh Library

**Cost: Free**

**Register by Monday, January 10.**

Whether you're looking for where your ancestor lived, determining when your home was built, or just trying to figure what your neighborhood looked like 100 years ago, maps are great for deepening your understanding of history. Librarian Michael McArthur will show you where to find maps that are particularly useful for historical research and genealogy.

*Caring for the community since 1908.*

# Valley VNA Senior Care

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 WisconsinSeniorMedicarePatrol



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Empowering Seniors To Prevent Healthcare 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.



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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

## Bingo (S)

**Monday, January 10, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max:10/30

**Register by Thursday, January 6.**

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

**Time to Downsize?**

**Wednesday  
January 12  
1-2 pm-South**

JOIN AWARD WINNING REALTORS MIKE AND AMY JO CHRISTIANSON AS THEY SHARE INFORMATION ON DOWNSIZING, STAGING A HOME FOR SALE, AND HOW TO KNOW IF IT'S THE RIGHT TIME FOR YOU TO SELL. THEY WILL WALK YOU THROUGH THE LISTING PROCESS, HOW LONG HOMES ARE STAYING ON THE MARKET, AND OPTIONS FOR YOU AFTER YOUR HOME IS SOLD.

**COLDWELL BANKER**  
REAL ESTATE GROUP

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

## Adventures In Investing (S)

**Wednesdays, Jan. 12-Feb. 16, 6-7:30 pm**

Presenter: Jeff Kemp, Financial Educator

**Cost: Free-Donations to Center accepted**

**Max Capacity: 75**

**Register by Monday, January 10.**

**Call 920-232-5300.**

This session is open to all ages, past participants welcome. Jeff Kemp will discuss "no load commission free stock and bond mutual funds", how the actions of the Federal Reserve affect the economy and eventually your investments. Any questions you have about investing in 401K, IRA's or 403B's will also be addressed.

**At the time of this publication face masks are required.**

## Chat & Chop (S)

**Monday January 17, 12:30 pm -2:30 pm or  
Wednesday January 19 10 - 12 pm**

Instructors: Kerry Wolfe

**Cost: R \$7/NR \$10**

Min/Max: 2/6

**Register and pay by Thursday, January 13.**

Breakfast frittata/ quiche

## Avoiding Probate: How to Do It, and Why You (Maybe) Shouldn't (S)

**Friday, January 21, 10-11 am**

Presenter: McCleer Law



**Cost: Free**

**Register by Wednesday, January 19.**

Probate can be expected to last a full year or even longer in Wisconsin. Attorney Joe McCleer of McCleer Law Office will detail the many methods that can be used to ensure that your estate can pass to your family after you are gone without having to use the probate process. He will discuss the many problems families can encounter in their rush to avoid probate, and why many anticipate probate is preferable to one that tries to avoid it.

## Eat and Greet (S)

**Wednesday, January 26, 11:30 am-12:30 pm**

**Serving time 11:30 am**

**Cost: \$6**

**Register and pay by Friday, January 22.**

This month's menu is a comfort food, a delicious Shepard's Pie made with ground turkey, vegetables in a rich gravy, topped with mashed potatoes, and baked. Dessert will be Blueberries in the snow. **Tickets go on sale December 20.**

## Popcorn & A Movie (S)

**Wednesday, January 26, 12:45 am - 2:30 pm**

**Cost: Free**

Min/Max: 2/30

**Register by Monday, January 24.**

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.**

## Book Talk

### *Cherry Harvest*

By Lucy Sanna

Thursday January 27, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 12

**Register by Tuesday, December 30.**

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

A memorable coming-of-age story and love story, laced with suspense, which explores a hidden side of the home front during World War II, when German POWs were put to work in a Wisconsin farm community....with dark and unexpected consequences.



## Representative Hintz Office Hours (S)

Friday, January, 28, 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, Hintz is dedicated to promoting and opportunity in Oshkosh and throughout the state. Come bring your issues and share with Gordon what's on your mind.



Rep. equity

## 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.



## Stay Social

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

- 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

# 5 TIPS

to help you stay  
**motivated**  
to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

- 1 Find ways to fit exercise into your day.**  
You are more likely to get moving if exercise is a convenient part of your day.



- 4 If there's a break in your routine, get back on track.**  
Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



- 2 Do activities you enjoy to make it more fun.**  
Be creative and try something new!



- 5 Keep track of your progress.**  
Make an exercise plan and don't forget to reward yourself when you reach your goals.



- 3 Make it social.**  
Find a virtual "exercise buddy" to help keep you going and provide emotional support.



Visit [www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults](http://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults) to learn more.



Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.

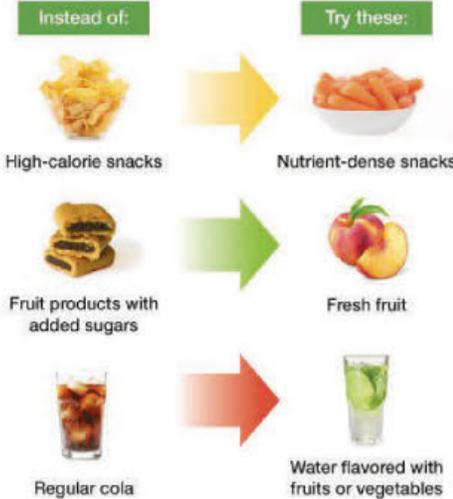


Variety is an important part of eating healthfully!

## Make Smart Food Choices for Healthy Aging

It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.

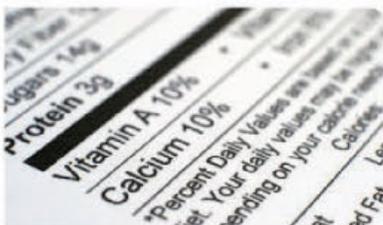


Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.

Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.



Choose a variety of foods that are packed with nutrients and low in calories. Check the food labels to understand what foods will meet your nutritional needs each day.



### HOW MANY CALORIES DO YOU NEED EACH DAY?

---

**WOMEN**

Not physically active  
**1,600 cal.**

Moderately active  
**1,800 cal.**

Active lifestyle  
**2,000–2,200 cal.**

---

**MEN**

Not physically active  
**2,000–2,200 cal.**

Moderately active  
**2,200–2,400 cal.**

Active lifestyle  
**2,400–2,800 cal.**

- Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy. Variety is an important part of eating healthfully!
- Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.
- Instead of high-calorie snacks, such as potato chips, try nutrient-dense snacks, such as carrots.
- Instead of fruit products with added sugars, such as fig cookies, try fresh fruit, such as a peach.
- Instead of regular cola, try water flavored with fruits or vegetables.
- Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.
- Choose a variety of foods that are packed with nutrients and low in calories.

Check the food labels to understand what foods will meet your nutritional needs each day.  
(Reprint [www.choosemyplate.gov](http://www.choosemyplate.gov))

# **Shepard's Pie and Blueberries in the Snow! *Sounds Delicious***



**Wednesday, January 26  
Eat and Greet(S)  
11:30 am to 12:30 pm**

**Register by Friday, January 21.  
Payment is due upon registration.**

**Ticket Cost: \$6  
(available at front desks)  
Service Begins at 11:30 am**

VOLUNTEER



**Consider  
Volunteering  
at the  
Oshkosh Seniors Center**

Kindness  
MATTERS



## **Oshkosh Seniors Center**

*Enriching the Lives of Older  
Adults in Oshkosh*

**Contact  
Bobbie Jo Nagler  
to get started**

[bnagler@ci.oshkosh.wi.us](mailto:bnagler@ci.oshkosh.wi.us)

920-232-5301

[ci.oshkosh.wi.us/Senior Services](http://ci.oshkosh.wi.us/Senior%20Services)

Thank You!



EDENBROOK  
OSHKOSH



for sponsoring Bingo 2022!



If your business is interested in sponsoring an event, contact Anne Schaefer at 920-232-5306 or send an email to [aschaefer@ci.oshkosh.wi.us](mailto:aschaefer@ci.oshkosh.wi.us)

# OSHKOSH PARKS DEPARTMENT WINTER EVENTS

FREE Family-friendly events to warm you up on those chilly winter nights. Donations appreciated.

## Cozy, Cookies and Cocoa

Saturday, January 15  
4pm-7pm

A pajama party everyone can enjoy with treats, music, and games. Dress down in your PJs and join us for some fun!

Event held at Oshkosh Seniors Center South



## "Let's Glow Crazy" Dance Party

Friday, February 11

6pm-8pm



Dress in bright colors and put on your dancing shoes. Live DJ, concessions, and entertainment. You won't want to miss it!

Event held at Oshkosh Seniors Center North

## St. Patty's Day Bingo

Saturday, March 19  
1pm-3pm

You may go green with envy if you miss out on this game day. There will be concessions available, prizes to win, and FUN to be had!

Event held at Oshkosh Seniors Center North

Need more information call 920-236-5080



\*Get event updates here:



Oshkosh Seniors Center North: 234 N Campbell Rd  
Oshkosh Seniors Center South: 200 N Campbell Rd

## 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, January 3, 10, 17, 24, and 31**  
9 am, 10:15 am, 11:30 am, or 1 pm

**Tuesdays, January 4, 11, 18, and 25**  
9 am, 10:15 am, 11:30 am, or 1 pm

**Wednesdays, January 5, 12, 19, and 26**  
9 am, 10:15 am, 11:30 am, or 1 pm

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

**By Appointment Only 232-5300**

**Stay current on Tech to keep up with your grandkids**



**Technology helps you get and stay fit!**



## 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, January 3, 10, 17, 24, and 31**  
9:15 am, 10:45 am, Noon, or 1:15 pm

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

**By Appointment Only 232-5300**

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.



# Getting Started with Streaming TV

Connect through  
Tech will share  
step-by-step  
instructions on  
how to use Hulu  
and Roku



**Thursday, Jan. 13th**  
**1:30 pm**  
**Willow's South Building**  
**FREE**  
**Register 920-232-5300**



# Friends of the Oshkosh Seniors Center

*Let's Celebrate by Giving Back  
in the New Year*

The Friends of the Oshkosh Seniors Center is actively recruiting new board and committee members. The Center serves 3,000 participants from the greater Oshkosh area and its mission is to enrich the quality of life and champion healthy aging in adults 50 and over.

## Friends Mission Statement:

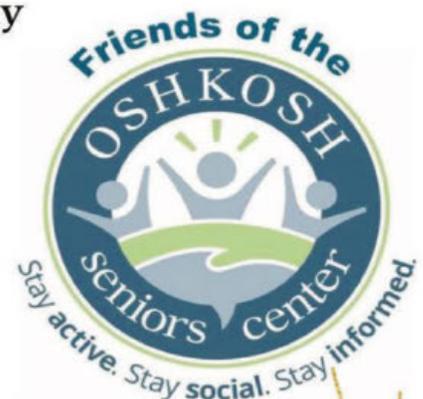
We are community members dedicated to supporting the Oshkosh Seniors Center and those who use its programs and services.

The Friends of the Oshkosh Seniors Center board and committee members play a crucial role in the future and success of the Oshkosh Seniors Center. A successful board member is a team player and highly participative. They have the skills and talents to help the Friends fulfill their mission to fundraise for the Center.

The potential board member should have a passion for the Oshkosh community and be committed to improving the lives of older adults through funding programming that helps them stay active, social, and informed. The term for new board members is two years. Each board member is required to serve on a standing committee.

The estimated time commitment for board members is about five hours per month. In addition to monthly meetings, we require volunteering at fundraising events. These events include Food Truck Fridays that take place in June and August.

If you are interested in contributing your time, treasure, and talent, please get in touch with Carolyn Edgerton, President of the Friends of the Oshkosh Seniors Center at [cedgarton@aol.com](mailto:cedgarton@aol.com).



# Winnebago Senior Tours



## Tours Sign-up Options

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

Please note WST is accepting **CHECKS AND EXACT CASH ONLY** at this time. You may also 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 memo line.**

COVID-19 continues to impact travel. We are hopeful for the future, but is impossible to predict travel restrictions.

**Please be aware that planned trips may change.**

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



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

**Date: Sunday, February 13**

**Cost: \$70 (\$20 non-refundable deposit, Final payment due January 24)**

**Depart: 9:30 am**

**Guides: Ginnie Riley & Donna Landers**

Enjoy the orchestra, dancing, and singing. Travel by coach bus and get warm up with good German food. Enjoy music by Dorf Kapelle at Laack's 33rd Anniversary Fasching Celebration, a German Mardi Gras, a time of festivity and merry-making. We will enjoy an on-site prepared meal of smoked pork chops, goulash with brown gravy, German potato salad, mashed potatoes, sweet 'n sour red cabbage, mixed vegetables, dessert, coffee, milk, and water. Part of the fun is dancing to polka music and learning to sing "Ein Prosit." There will be a brief stop at the Johnsonville Marketplace for some sausage and cheese samples when the music finishes. Call one of the guides with any questions: Ginnie Riley at 715-889-2373 & Donna Landers at 920-303-1683.



## Hairspray—PAC Appleton

**Date: Wednesday, February 16**

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

**Guides: Cheryl Freiberg & Laurie Peach**

**Depart: 5:00 pm**

Enjoy dinner at Pullman's on Trolley Square before the show and express transportation to see HAIRSPRAY, Broadway's Award-winning musical comedy. It's a humorous and heartwarming story of 16 yr old Tracy Turnblad, who in 1960s Baltimore sets out to fulfill her dream to dance her way onto TV's most popular show. Can this young lady with big dreams and even bigger hair change the world? Let's all find out with the Broadway creative team of Jack O'Brien and choreographer Jerry Mitchell. Don't miss this show for an evening of enjoyment and laughter. Any questions, please call one of the tour guides. Cheryl Freiberg 920-379-8128 & Laurie Peach 920-232-1336.

hairspray



# 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 & 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**

**Return: Around 9:30 pm**

A coach bus, including driver tip will take you on a day that includes entrance to the nostalgic Kissel Car Museum of 120 Wisconsin Cars, a delicious meal, and an outstanding 4D show by Mark Nizer. Mark Nizer is a talented and award-winning juggler, comedian, and inventor. This is a Twenty-first Century show that includes juggling laser beams and glowing red balls, along with belly-laugh comedy. You will 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 & 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 around 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** and adjacent 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. The tour is known for its specialty beers and sodas and includes a souvenir glass—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**

**US Passport is Required for this trip**

Here is your chance to see the magnificent Fall colors of Vermont. The tour is jam-packed with a stop at the Woodstock Museum in Ontario and then the Shelburne Museum, which displays 39 antique buildings, including a 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,



including entertainment and a dance floor. We continue with a guided tour of the spectacular Ages Granite Quarry, then an informative

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 with a tour of Ben & Jerry's Factory along with many samples to savor. Next off to 1000 islands Skydeck in Lansdowne, Ontario, visit Bata Shoe Museum in Toronto, Ontario. Indeed a fabulously educational and entertaining trip. Any questions, please call tour guide: Donna Landers 920-303-1683.

## We Need Your Help!

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

**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

**OSC Staff**

Jean Wollerman, Senior Services Manager  
Jane Well, Program Supervisor  
Anne Schaefer, Marketing and Fund  
Development Coordinator

Sara Barndt, Secretary

**Activity Coordinators**

Alec Jensen, Fitness and Wellness  
Leah Hackmaster, Social and Educational  
Bobbie Jo Nagler, Volunteers and Support  
Kerry Wolfe, Assistant

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**Advocap**

Libby Stockton, 920-420-3191

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