

THE CURRENT

BANG!

Healthy Aging Starts Here

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

July 2022, Issue #7



Discover the Offerings at the Oshkosh Seniors Center



FITNESS AND WELLNESS



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 Oshkosh Seniors Center will be closed on Monday, July 4th. Have a safe and happy holiday!

Cancellations & Refunds

Refund Guidelines

- ◆ The Oshkosh Seniors Center reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. In the event of a cancelled class, a credit will be issued to the registrants pre-pay account unless a refund check is requested. Refund checks will be issued from City Hall Finance. Please allow 2-4 weeks for a refund check.
- ◆ In the event that a registrant cancels less than **72 hours** prior to the program, the Program Supervisor will make a determination regarding a refund. If refund eligible, a credit will be issued to the registrants pre-pay account unless a refund check is requested. Refund checks will be issued from City Hall Finance. Please allow 2-4 weeks for a refund check.
- ◆ There are no refunds or credits given for individual classes missed due to personal illness or other personal situation.
- ◆ No Refunds/Credits are given on individual classes cancelled due to weather. We will make every effort to reschedule these classes.

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

Bulletin Board	Page 2	Connect Through Tech	Page 18-19
Enrichment	Page 3-4	Social and Educational	Page 20-26
Fitness	Page 6-11	Upcoming	Page 27
Wellness	Page 12-15	Friends of OSC	Page 28
Recipe	Page 16	Winnebago Senior Tours	Page 29-31

Art Expression (S)

Thursdays & Fridays, July 1-29, 9-11:30 am
No Class Thursday, July 28

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.**

DIY Frame Wreath (S)

Friday, July 1, 12-2 pm

Instructor: Leah Hackmaster

Cost: R \$ 5.50 / NR \$7

Min/Max: 3/8

Register by Monday, June 27

Payment due upon registration

Decorate your door with a DIY Fourth of July Wreath. The wreath will be made out of a wooden picture frame and ribbon. It's a fun way to spruce up your door décor before the holiday!



Hand Building with Clay (S)

Tuesdays, July 5-26, 1-3 pm 4 week session

Instructor: Kathi Dittmer

Cost: R \$35 / NR \$40

Min/Max: 3/10

Register by Thursday, June 30

Payment due upon registration



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

available for purchase.

Always Blooming Stained Glass Flower (S)

Tuesdays, July 12-26, 10-11:30 am

Instructor: Les Bandt

Cost: R \$20 / NR \$25

Max: 5

Register by Friday, July 8

Payment due upon registration

Join stained glass artist Les Bant as he guides you through the making of this beginner stained glass flower. You will learn the basics of stained glass including cutting, grinding, foiling, and soldering.



Please bring your own safety goggles and a stack of newspaper about 1/4" thick.

Artrageous Wednesday (S)

Wednesday, July 13, 9-10:30 am

(Projects must be finished by 11 am)

Cost: R \$7 / NR \$8.50 per project

Register by Friday, July 8

This month it's Christmas in July in the art room. We will have three different projects available, chose to make one, two or all three. Grandchildren welcome with supervision.



July Projects:

- Mason Jar Luminaire
- Christmas Tree decoration/Plate Charger
- Wood Bangle Bracelet



Needle Felting (S)

Christmas in July

Wednesday, July 13, 10-11:30 am

Instructor: Kerry Wolfe

Cost: R \$7 / NR \$8.50

Min/Max: 2/10

Register by Friday, July 8

Payment due upon registration

Learn to make these 2-D felted ornaments. The possibilities are endless. You can personalize them for those on your gift list. Fun to make, and once you make one, you'll want to make more!



Card Making (S)

Wednesday, July 20, 9:30-11 am

Instructor: Jenny Baier

Cost: R \$5 / NR \$6.50

Min/Max: 2/12

Register by Friday, July 15

Payment due upon registration

Let's make beautiful cards! You will use specialty papers, creative stamps, and through the guidance of a card making artist, you will be able to make 4 extraordinary cards. Choose between birthday, sympathy, thank you, and fall designs.

Bring your own tape runner and scissors.

Guided Woodshop Hours

(Formerly Open Hours)

Wednesdays

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

Facilitators: Woodshop Monitors

These two and a half hour windows of time were designed to allow participants to come in and use the machines to work on their own projects, with support as needed from experienced volunteer woodworkers. There will be limited capacity per time slot.

Session 1
9-11:30am

Walk-in &
Pre-Registration

Session 2
12-2:30pm

Must Register by the
Tuesday Prior

Must have completed
Machine Safety
Training to use any
equipment in shop.

Woodshop Safety Refresher (N)

For those who have already completed Basic Machine Safety Training

Friday, July 8, 9-10:30 am

Register by Tuesday, July 5 **OR**

Friday, July 15, 9-10:30 am

Register by Monday, July 11

Instructor: Jeff Becker

Cost: Free

Min/Max: 2/10

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.



Basic Machine Safety Training (N)

Fridays, July 22 & 29, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Monday, July 18

Any **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.



Butcher Block Table

Tuesdays, July 12-August 2, 10 am-12 pm

Instructor: Jeff Becker

Cost: R \$45 / NR \$50

Min/Max: 2/5

Register by Tuesday, July 5
Payment due upon registration

This class offers the opportunity to learn several skills including using a miter saw, gluing, clamping wood pieces together, and sanding. This small side table with a multi-wood top is approximately 18" x 18" x 20", with 2" square legs.

Project is similar to photo.



Looking for Woodshop Volunteers

If you are interested in volunteering in our Woodshop or want more information please contact Jane Wells, Program Supervisor

920.232.5308



By Your Side

So you can stay at home.

Whether you need support a few hours a week or 24 hours a day, our CAREGivers provide a variety of in-home care services suited to your needs and lifestyle:

- Alzheimer's & dementia care
- Hospice support
- Medication reminders
- Bathing, dressing & grooming
- Meal prep & nutrition
- Housekeeping & laundry
- Incontinence care
- Transportation
- Companionship

**TWO
CONVENIENT
LOCATIONS**

**Oshkosh
920.966.1220**

**Appleton
920.997.0118**

**Free In-Home
Consultation!**



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



Medicare Aces
Questions about Medicare?
We can help!

Shelly Squier
920-527-0292

medicareaces@gmail.com
medicareaceswi.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!

I'm here to answer your questions about Medicare

Together, we can explore your Medicare choices

As a local, licensed Medicare agent, I can talk with you about what you need and want from your Medicare plan. Now, more than ever, having Medicare coverage that meets your needs can be reassuring. We can review your plan options - to make sure you receive the health benefits you deserve in the coming year.

I can help you find a Medicare

Advantage plan with benefits like these:

- \$0 monthly payments
- \$0 copays for prescription drugs
- Dental, vision, and hearing benefits

Anthem



1-on-1 help in person,
online or over the phone

Carla Peatter
1-920-391-9074 TTY: 711

8 a.m. to 5 p.m., 5 days a week
<https://agentsite.anthem.com/cpeatter>
WI Lic. #9879968
Authorized Agent



"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

**YOUR RIDE
IS HERE GO**



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
Roofing & Siding

✓ Voted Best
Roofing Contractor
14 Years Running

(920) 426-4008
hickeyroofing@msn.com

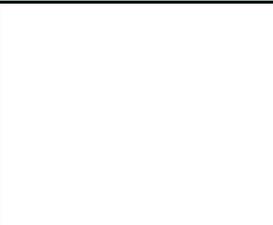
Best of
WINNEBAGO
COUNTY

WE'RE HIRING
AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

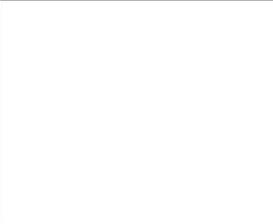
- Work-Life Balance
- Paid Training
- Full-Time with Benefits
- Some Travel
- Serve Your Community

4PI Contact us at: careers@4pi.com | www.4pi.com/careers



**SUPPORT OUR
ADVERTISERS!**

4PI



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.lpiconmunities.com

Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Fox Fitness Center (N)

Monday-Friday, 7 am - 4 pm

Stay Active Pass & Insurance Reimbursement Eligible

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

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.**

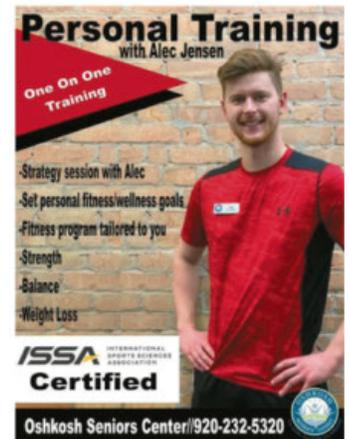
Personal Training

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.

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 am

No Class Monday, July 4

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 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

No Class Monday, July 4

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.

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.



Silver Sneakers Classic (N)

Mondays & Wednesdays

10:45-11:30 am

No Class Monday, July 4

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.



SUPPORT YOUR LOCAL PARISH.
 Buy a bulletin ad space today!

support our ADVERTISERS

FREE AD DESIGN
 WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

St. Vincent de Paul Society of Oshkosh
VOLUNTEERS NEEDED
 Call (920) 235-9368

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

ADT Authorized Provider | **SafeStreets** | **1-855-225-4251**

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 | Facebook | Instagram | LinkedIn

SUPPORT THE ADVERTISERS that Support our Community!

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

No Class Monday, July 4

12:30-1:30 pm

Prior experience preferred



FFC 3g (N)

Fridays, July 1-29, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, June 30

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) 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, July 11-25, 8-8:30 am

No Class Monday, July 4

Instructor: Alec Jensen

Max: 10

Register by Thursday, July 7

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.

Outdoor Yard Games (S)

Thursdays, July 7-28, 2-3 pm

Instructors: Alec Jensen & Kerry Wolfe

Register by the Tuesday prior to each Thursday if you want to participate.

Join us for a fun and relaxing time playing yard games! We'll teach you the fundamentals of games like Bocce Ball, Croquet, Ladder Golf, etc. It's a great time to socialize and exercise all at once! Water and shaded areas available.



Tai Chi for Arthritis & Falls Prevention (N)

Fridays, July 8—September 9

10-11 am

Instructor: Alec Jensen & Joanne Murphy Spice

Cost: \$25

Register and pay by Wednesday, July 6

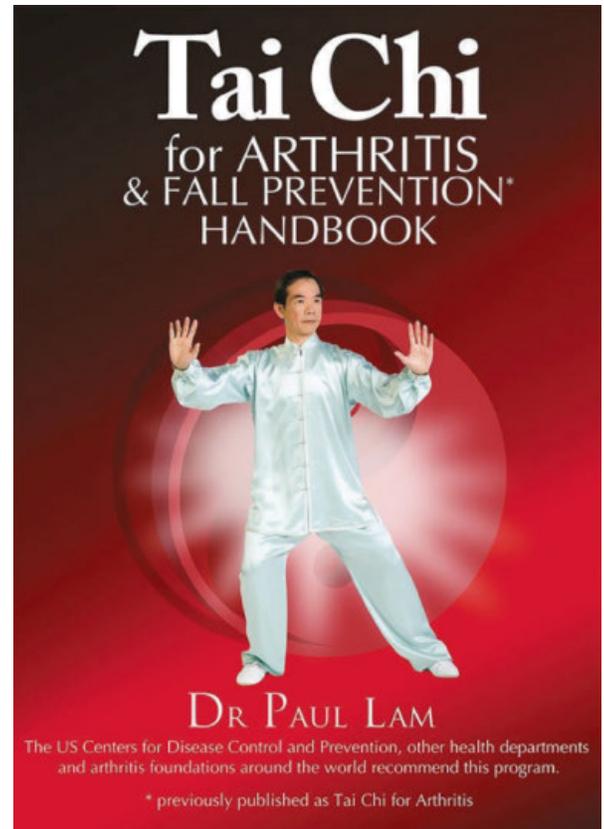
What is Tai Chi?

There is much more to Tai Chi than one can see. Virtually no one can describe such a complex art in one simple sentence. Yes, it's aesthetically pleasing, easy, and enjoyable to practice. It can be a meditation and an integral exercise for the body and the mind. It brings tranquility and helps you think more clearly. Tai Chi can be many things for different people. Regular practice will bring you better health and wellness.

The flowing movements of Tai Chi help you develop inner strength. It's like water flowing in a river, beneath the tranquil surface, there is a current with immense power, the power for healing and wellness. With consistent practice, people will be able to feel the internal energy, convert it to a force and use it to generate more energy.

Tai Chi development, has the ability to help you live a more balanced mental state, at the same time your fitness, agility, and balance will improve. The unique feature of Tai Chi is that it is internal. Internal means building the inner strength from the inside out. Developing the art of Tai Chi is attainable at any age.

Older people are more likely to fall which can cause serious injury. The causes of falls in the elderly include muscle weakness, poor balance and vision, lack of confidence in your abilities, and the effects of medication. Many studies have shown Tai Chi as being one of the most effective approaches to prevent falls.



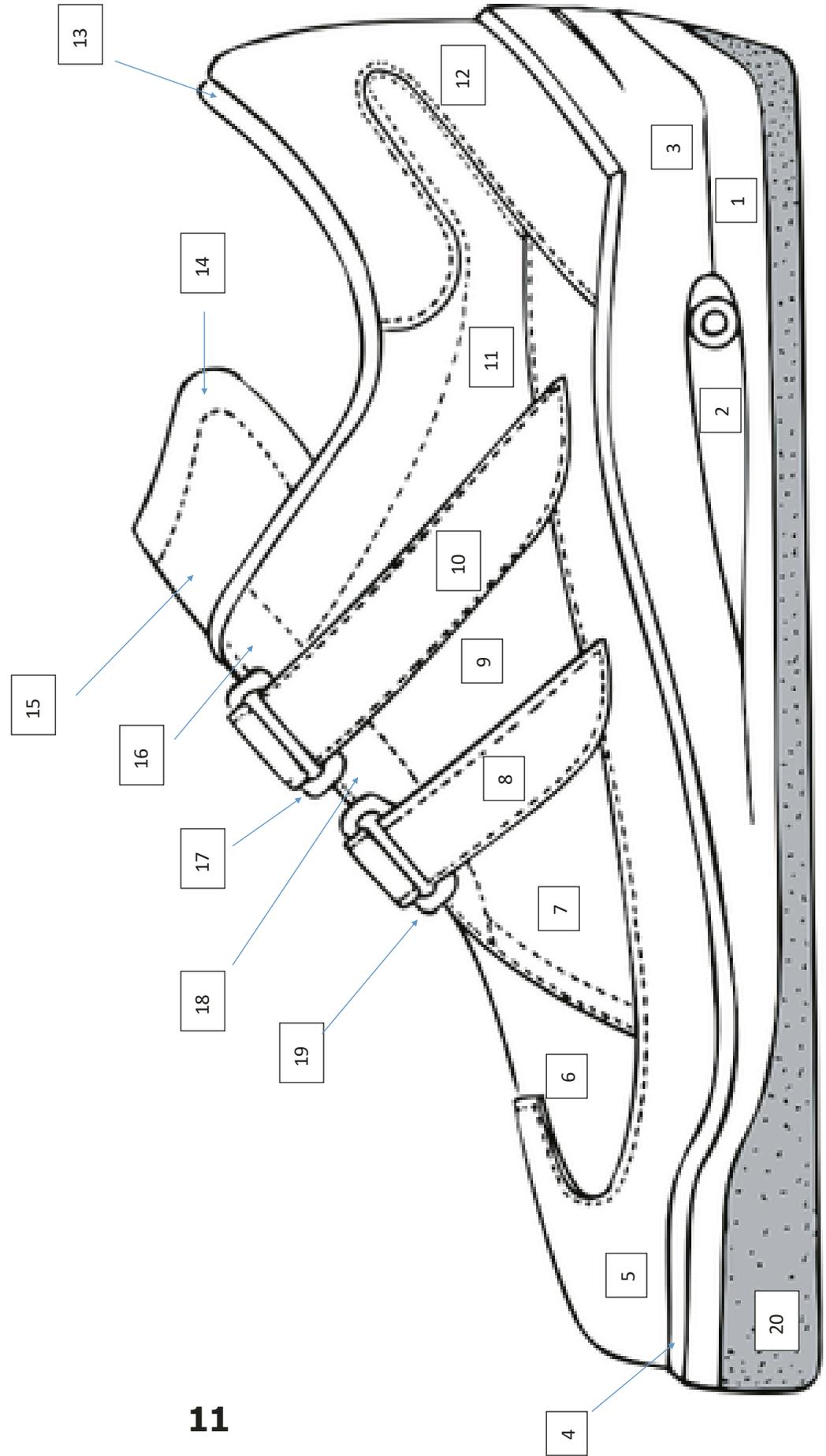
WALK in my shoes July Fitness Challenge

Name: _____

Time to get outside and enjoy the warm weather! Color in the shoe for each mile that you walk during the month of July! The end goal is to see how many shoes you can color! (Additional sheets available at the North building front desk.) Color in the corresponding spots for every mile walked. For example, if you walked 4 miles in one day you can color in 4 spots. If you're counting steps 2000 steps = 1 mile.

Participants with the most shoes colored and turned in by July 29 will win prizes! Top Prize is a gift basket!

Shoes must be turned in to be entered to win.



Mindfulness Meditation (S)
Thursdays, July 7-21, 11 am-12 pm

No Class Thursday, July 28

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!



Grief Support (S)

Thursdays, July 7 & 21, 1-2:30 pm

Facilitator: Meredith Schlute, Compassus Hospice

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

Register by calling 920.232.5310

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 groups conversations around how we grieve, and allow a safe space for support.

Fitness & Dietary Myth Busting (S)

Friday, July 8, 1-2 pm

Presenter: Alec Jensen

Cost: Free

Max: 30

Register by Wednesday, July 6



There's tons of misinformation that gets circulated about fitness and diets. Join Alec as he debunks fitness and dietary myths, misinformation, and shows you where to get reliable

fitness and wellness information. Bring questions and Alec will do his best to answer them.

Overcome Knee Pain (S)
(Without Medications, Injections, & Surgery)

Tuesday, July 12, 1-2 pm

Presenter: Eric Koehler

Cost: Free

Max: 30

Register by Friday, July 8

Discover all of your non-medical options to overcome your painful and 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 all your options for you and those you care about.



Essential Oils (S)

Sunscreen

Tuesday, July 12, 1:30-2:30 pm

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$10 for one bottle (\$10 for each additional bottle)

Max: 15

Register by Friday, July 8

Payment due upon registration

Summer is finally here and so is the sunshine! Learn how to make your very own toxin-free sunscreen. You will get the recipe and your own bottles to take home!



Falls Workshop (S)

Tuesday, July 19, 10-11 am

Presenter: Fox Valley Physical Therapy

Cost: Free

Max 30

Register by Friday, July 15



Join Fox Valley Physical Therapy for this interactive presentation! They will show you what to do if you fall, how to get up, and ways to prevent future falls. You will even get to

practice these skills under the supervision of physical therapists who will coach you through how to make modifications for your circumstances.

Memory Care Screening(S)

Thursday, July 21, 10:30 am-12 pm

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, July 19

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. Appointments take approximately 20 minutes and are held in a one-on-one setting. **Call 920.232.5310 to schedule your appointment.**

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL
800.950.9952

Carol's Country Tours

Madison Quilt Expo	9/8	\$ 49
S Dakota	9/18-24	\$820
Lancaster PA	10/2-8	\$785
Biltmore NC	11/13-18	\$725
Miami FL	1/20-30	\$1300
New Orleans	2/11-19	\$1000

Carol J. Kaufmann

Ckaufmann@new.rr.com

(920) 216-4668

www.carolscountrytours.com

425 W Packer Ave • Oshkosh, WI 54901



GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Alex Nicholas to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538



SUPPORT OUR ADVERTISERS!



COUNTRY VILLA
ASSISTED LIVING

1900 Huckleberry Avenue
Omro, WI
920-685-0607

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers



PHYSICAL ACHIEVEMENT CENTER

3475 OMRO ROAD, SUITE 300
OSHKOSH, WISCONSIN, 54904
service@pacptot.com
(920) 379-9692



Where we help you achieve greater mobility and strength for your active lifestyle without medications, injections, or surgery; even when nothing else has worked.

- Ankle/Foot Pain • Knee Pain & Arthritis
- Neck Pain & Headaches • Shoulder Pain & Rotator Cuff
- Lower Back Pain & Sciatica

Call (920) 230-2747 for a **FREE Discovery Visit**

where we find the root cause of what is causing you pain & weakness. You will then have a chance to see what permanent relief looks like.

physicalachievementcenter.com

See over 70 google reviews... they can help you too!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Nicolet NATIONAL BANK

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



Oshkosh / Winnebago County Housing Authority



To schedule a tour of one of our sites call 920-424-1450

Oshkosh sites include Marian Manor, Raulf Place, Court Tower, and Waite Rug Place

Rents are based on income.

Apply online: www.ohawcha.org



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

Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

A Healthier You (S)

Monday, July 25, 1-2 pm

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

Cost: Free

Register by Friday, July 22

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.

Everything Rotator Cuff (S)

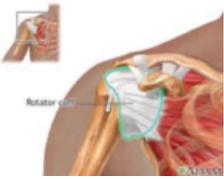
Tuesday, July 26, 11 am-12 pm

Facilitator: Excel Physical Therapy

Cost: Free

Max: 30

Register by Friday, July 22



This presentation aims to cover what the rotator cuff is, how it works, why it's important, what happens if it becomes damaged, and ways to help it heal through exercise and intervention.

This presentation will be interactive and have models to better show you what the rotator cuff looks like and how it functions!

Rotator Cuff Screening (N)

Thursday, July 28, 10 am-12 pm

Facilitator: Excel Physical Therapy

Cost: Free

Register by Friday, July 22

Still having shoulder issues? Have them checked out to see what the appropriate next steps might be for you. These screenings are quick and non invasive and can give you great information on ways to properly manage your shoulder pains. **Call 920.232.5310 to schedule your appointment**

Brain Games (S)

Friday, July 29, 1 pm-2 pm

Facilitator: Alec Jensen

Cost: Free

Max: 20



Register by Wednesday, July 27

Want to sharpen your mind while having fun? Join Alec for Brain Games. You will learn the benefits of how these games can help increase our critical thinking skills and more. This is an interactive presentation and games will be played throughout the presentation.

Healthy Feet

Foot care services

COST: \$24
CALL 920.232.5310 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

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

Apply for funding by calling **920.232.5301**

Almeda Fisk Gallup Fund



Join us for puzzle frenzy

Oshkosh Seniors Center - South

Come join in on the competition while beefing up your brain health! Working puzzles improves mental speed and short-term memory. We will have teams of 3 compete to see who can build a 1000 piece puzzle the fastest.

THURSDAY, JULY 7, 12:30-2:30 PM

No charge - Prizes for the 3 top teams



Sara's Savory
Samplings



CRISPY FISH FILLETS

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 1 small potato
- 1 small carrot
- non-stick spray coating
- 1/4 tsp lemon pepper seasoning
- 4 4-ounce cod or orange roughy fillets

DIRECTIONS

Peel and coarsely shred the potato and carrot; place in cool water. Drain well, then press with a paper towel to remove excess moisture.

Spray a large non-stick skillet with non-stick coating. Place over medium heat. Spoon potato mixture into skillet in four portions, spreading with the back of a spoon to form ovals. Sprinkle with lemon pepper. Cook covered, over medium heat for 6 minutes or until golden on the bottom.

Place fillets on vegetables and cook uncovered for 2 minutes. Carefully turn the fish and vegetable stack. Cook uncovered for 6-7 minutes more until fish flakes with a fork.

This is a quick and healthy dinner for a busy summer evening. Pair it with a salad or steamed vegetables to complete the meal. Don't like these types of fish? Use your favorite!

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



Belville & Associates
Chiropractic Clinic
Dr. Kent Belville
Dr. Nicholas Belville
Dr. Adam Mootz
Dr. Joshua Belville
440 N. Koeller St. • Oshkosh, WI
(920) 230-2525

CATARACTS



YOU
get to choose drop-free
and laser-assisted.

Dr. Stephen Dudley
503 Doctors Ct.
Oshkosh
920-236-3540

Dr. Gerald Clarke
509 S. Washburn
Oshkosh
920-236-4160



AZURA
MEMORY CARE
Celebrate moments of JOY
920-312-0260
2220 Brookview Ct. Oshkosh

GROW YOUR BUSINESS BY PLACING AN AD HERE!

Contact Alex Nicholas
to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538




**Mark & Susie's
Piggly Wiggly**
525 East Murdock Ave
920-236-7801

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



**Thrive
Locally**

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

Email: smp-wi@gvaar.org
www.smpwi.org

 WisconsinSeniorMedicarePatrol



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.

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*

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

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.

One on One with Diane Friday (S)

Mondays, July 11, 18, and 25
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, July 5, 12, 19, and 26
9 am, 10:15 am, 11:30 am, 12:45 pm

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

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310

One on One with Steph Carlin (S)

Mondays, July 11, 18, and 25
Noon, 1:15 pm, 2:30 pm

Tuesdays, July 5, 12, 19, and 26
Noon, 1:15 pm, 2:30 pm

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

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310

Connect through Tech can help you improve your Digital IQ!

Wi-Fi Access (S) Cost: FREE

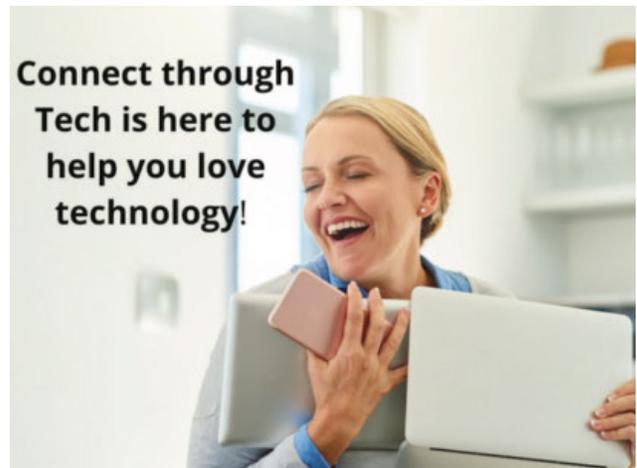
Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password required.

One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can 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.

Mondays, July 11, 18, and 25
9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310



"APPS"OLUTELY COOL!

DISCOVER FUN APPS THAT MAKE LIFE BETTER!



LET'S EXPLORE THESE APPS!

Thursday, July 21st at 1 pm
Oshkosh Seniors Center
South Building in Willows



Life360

Life360 offers advanced driving, digital, and location safety features. It is a way to accomplish location sharing with the entire family.



Find my iphone

Free iphone feature. Never lose your phone again!



The Uber app gives you the power to get where you want to go with access to different types of rides across more than 10,000 cities.



Meditation done differently

**Guided meditations
for wherever you are!
The cost is \$4.99**



Magnifying Glass and Light

If you have your phone you have your reading glasses!

MUST REGISTER :

920.232.5300

Book & Puzzle Pick Up (S)
Monday-Friday, 8 am-4 pm
Cost: Free

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



Elder Benefit Specialist (S)
Wednesdays, July 6-27, 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.

Puzzle Frenzy (S)
Thursday, July 7, 12:30-2:30 pm
 Facilitator: Jean Wollerman
Cost: Free

Register by Tuesday, July 5
 Calling all puzzle builders! Come join in on the competition! We will have teams of 3 compete to see who can build a 1000 piece puzzle the fastest. Prizes for the top 3 teams!



Bingo (S)
Monday, July 11, 2-3:30 pm
 Sponsored by Edenbrook
Cost: Free
 Min/Max: 10/55

Register by Thursday, July 7
 Come for a fun afternoon of bingo! Prizes sponsored by EdenBrook.



Chat & Chop (S)
Tuesday, July 12, 12:45-2:45 pm
 Instructor: Kerry Wolfe and Alec Jensen
Cost: R \$10 / NR \$11.50
 Min/Max: 2/8

Register by Thursday, July 7
Payment due upon registration
 It's smoothie time. Who doesn't like a good smoothie? Join Alec and I to learn how to make healthier smoothies.



Sharing Travel Experiences (S)
Tuesday, July 12, 10-11 am
 Presenter: Deapak Dogra
Cost: Free
 Min/Max: 5/25

Register by Friday, July 8
 Our own Seniors Center participant Deapak Dogra recounts his recent trip back to his home country of India. Join him to learn more about the traditional weddings of India, and see photos from the 5 different weddings which he attended. Our participants have traveled far and wide, and we welcome them to share their experiences. If you are interested in being our next presenter, call Jane Wells at 920.232.5308



Gardening for Hummingbirds and Butterflies (S)
Wednesday, July 20, 10 am-12 pm
 Presenter: Rob Zimmer
Cost: Free

Register by Monday, July 18
 This presentation will help you select the best plants to include in your garden, as well as how to identify & choose host plants. This inspirational program on bringing these wild creatures to your own backyard will be incredibly fun!



DRUM CIRCLE! (S)



Instruments
provided or
bring your
own!

Thursday, July 7

11 am-12 pm

Cost: R \$5/ NR \$6.50

Register by Tuesday, July 5

Weather permitting this event will
be held outdoors overlooking the
Fox River



WELLNESS

STRESS REDUCTION

SOCIALIZATION

Ukulele Play & Sing Along (S) Wednesday, July 20, 10:30-11:30 am Cost: Donations Accepted

Register by Monday, July 18

Join the Ukulele Play Along group in singing some favorite songs! Open to all ages. Weather permitting, will be held outdoors. Bring your lawn chair and a friend and get ready for some foot stomping, toe tapping fun. Different songs will be played each month. Light refreshments will be available.



Book Talk (S)

Shotgun Lovesongs by Nickolas Butler

Thursday, July 21, 9:30-11 am

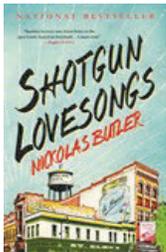
Facilitator: Kerry Wolfe

Cost: R \$1.25 / NR \$1.75

Max: 15

Register by Tuesday, July 5

Call the center at 920.232.5300 to register and arrange for book pick up.



Hank, Leland, Kip and Ronny were all born & raised in the same Wisconsin town and are now coming into their own (or not) as husbands & fathers. One never left, while the others did with degrees of success. Now all four are home. There is conflict between buddies and between husbands & wives. This book explores the age old question of whether or not you can ever truly come home again.

Estate Planning 101 (S)

Friday, July 22, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, July 20

Attorney Joseph McCleer of McCleer Law Office discusses the basics of wills, revocable living trusts, probate, and beneficiary designations. Learn how a well-crafted estate plan can serve your family for generations.



Representative Hintz Office Hours (S)

No July hours, see you in August

Landscaping with Trees & Shrubs (S) Tuesday, July 26, 1:30-2:30 pm

Presenter: Travis Derks, Landscape Operations Manager, City of Oshkosh

Cost: R \$2 / NR \$2.50

Register by Friday, July 22

Time to update your yard? Come get ideas for what to plant for color, privacy, and how to attract birds.

You'll learn when, where, and how much to plant; what grows quickly; what is disease resistant; and how to keep it manageable. Travis will guide you and take time to answer any landscaping questions you may have.



Eat & Greet (S)

Wednesday, July 27

11:30 am-12:30 pm

Cost: \$10

Max: 50

Purchase tickets by Friday, July 22

Payment due upon registration

Join us for a summer meal of brats, hot dogs, Asian noodle salad, and dessert.

Popcorn & A Movie (S)

Wednesday, July 27, 12:45-2:45 pm

Cost: Free

Min/Max: 2/30

Register by Monday, July 25

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.**



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 accepting 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!

Display Cabinet (S)

We want to see your collections! Do you have a hobby or collection you would be willing to have on display for a month at the Center? We are taking reservations for displays. The cabinet is a locked unit and is located in the South building near the Willows. Interested in learning more? Contact Leah Hackmaster at 920.232.5303



Join Us & Stay Social!

Cost: R \$.75 / NR \$1.25
Daily Rate/Per Visit or Purchase a
Monthly Stay Social Pass

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
- 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

Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

Canasta

First Wednesday of every month 9-11 am
New players welcome!

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Will not meet Thursday, July 28

Sheepshead

Thursdays, 12:30-3:30 pm

Will not meet Thursday, July 28

Open Bridge

Fridays, 12:30-3:30 pm





COOKING MATTERS

CHAT & CHOP (S)

Tuesday, July 12, 12:45–2:45 pm

Instructor: Kerry Wolfe & Alec Jensen

Cost: R \$10 / NR \$11.50 Min/Max: 2/10

Register by Thursday, July 7

Payment due upon registration

It's smoothie time. Who doesn't like a good smoothie? Join Alec and I to learn how to make healthier smoothies.



COOKING WITH ALEC (N)

Friday, July 22, 11:30 am–12:30 pm

Instructor: Alec Jensen

Cost: R \$6 / NR \$7.50 Min/Max: 2/15

Register by Wednesday, July 20

Payment due upon registration

Want to 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 will be provided. Bring a pen and paper to take notes!

Summer Concert at the Leach Amphitheater

PERFORMANCE BY

*Janet
Planet*

WITH

Tom Theabo -Guitar

Mark Urness-Bass

Ryan Korb -Percussion

Tuesday, July 19

11 am -1 pm

***Doors open 10:15 am**

Advance Tickets: \$10

includes box lunch



**Advance tickets available at the
Oshkosh Seniors Center June 11-July 12**

200 North Campbell Road Oshkosh 920.232.5300

Tickets at the Gate: \$8

No lunch included with gate

Children under 12 free at gate

admission

Water/Snacks available for purchase

Bring a lawn chair

Leach Amphitheater

303 Ceape Ave. Oshkosh

No Carry In's

This event is made possible through the generosity of an anonymous donor



Eat and Greet barbecue



**JULY 27TH,
11:30-12:30 PM**



Join us for hot dogs, brats,
Asian noodle salad, and dessert

\$10.00

Purchase ticket by Friday, July 22

THE DEL RAY'S

Live at the
Leach Amphitheater
303 Ceape Ave. Oshkosh



Tuesday
August 2
11 AM - 1 PM

Doors open 10:15 am

**Advance Purchased
Ticket: \$10**

(Includes box lunch)

Purchase at Oshkosh Seniors Center
July 5-July 26, 8 am-4 pm
200 N Campbell Road
Oshkosh, WI
920.232.5300

Ticket at Gate: \$8

Children under 12 FREE at gate
(No lunch included with gate admission)

**Water/Snacks available for
purchase**

**Bring a lawn Chair
No carry-ins**



This event made possible by the support of a Ladies Benevolent Society

2022 FOOD TRUCK FRIDAY



15 FOOD TRUCKS

*Variety of tasty foods
from Mexican to American
and Asian to Italian!*

RAFFLES

BEER ■ SODA ■ WATER

For Purchase

Media Sponsors



**FAMILY FUN NIGHT
AT THE PARK!
SOUTH PARK ■ OSHKOSH**

**JUNE 17 AND
AUGUST 19**

4:30-8:30PM

PRESENTING SPONSOR



PLATINUM SPONSOR



Live Entertainment Sponsor



June 17
KITTY CORONA

August 19
GOT WISCO

GROCERY RAFFLE

\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR!
Mark & Susie's Piggly Wiggly - Food Truck Friday Sponsor!

*Raffle tickets available for purchase at various events this summer,
the Oshkosh Seniors Center and Food Truck Fridays.*



DRAWING AT 7:00 PM ON AUGUST 19, 2022 - AT FOOD TRUCK FRIDAY



*These events are sponsored by
The Friends of the Oshkosh Seniors
Center and all proceeds will benefit
programs and services provided
by the Oshkosh Seniors Center.*

Winnebago Senior Tours

For questions call 920.232.5312

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

Washington Island

Wait List Available

Date: Thursday, July 28

Cost: \$145 (\$20 non-refundable deposit)

Final payment due July 7

Depart: 7:30 am Return: 9:30 pm

Date: Wednesday, August 10

Final payment due July 14

Second bus added!

A day visiting Washington Island is an educational adventure. Start with the five-mile ferry ride and learn the history and the legends about the Island. Highlights include: Stavekirk Church, The Farm Museum and the Fragrant Isle Lavender Farm. Coach bus, tips, fees, lunch and dinner included. Be ready for a memorable experience that can only be found in Wisconsin. Guides: Cheryl Freiberg & Laurie Peach



Wisconsin State Fair

171 years of Tradition!

Date: Tuesday, August 9

Cost: \$65 (\$20 non-refundable deposit)

Final Payment due July 21

Depart: 10 am Return: 6 pm

Come enjoy a day at the fair with all the sounds, smells, and attractions. Enjoy a leisurely walk and view the displays of 4H exhibits, which are their pride and joy. There are over 400 shopping locations offering the craziest gadgets and coolest items. 200



concession stands offering over 800 different food and beverage items. Of course everyone comes to the fair to try the famous cream puff...400,000 are sold every year! Enjoy Pig Races, Dock Dogs, the Ferris Wheel, and the Sky Glider, which gives a bird's eye view of the fun down below, so you can see what the fair is all about.

Guides: Donna Landers & Sherry Katzenberger

What Happens in Vegas Won't Stay in Vegas?

The Fireside Theater—Ft. Atkinson

Date: Wednesday, July 13

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

Final payment due June 13

Depart: 7:45 am Return: 6 pm

Let's have some fun! Just about every great entertainer has dazzled Las Vegas showrooms during the last 70 years. The Fireside pays tribute to many of those legendary performers in this new live band show featuring Steve Watts and the celebrated Fireside Band. Works featured are: Frank Sinatra and the Rat Pack, Cher, Garth Brooks and Lady Gaga. Be sure to include choice of entrée with reservation: Reuben chicken or sliced pork tenderloin. On our way we will stop at Jones Market for samples.



Guides: Donna Landers & Betty Litjens

Save the Date!

Collette Adventures 2023

Join Katie Ganshart as she highlights upcoming trips

Wednesday, July 27th @ 10 am

Oshkosh Seniors Center South
Willow Room

RSVP: 920.232.5312

Winnebago Senior Tours

Charter Fishing on Lake Michigan Let's Go Fishing!

Date: Thursday, August 25

Cost: \$160 (\$20 non-refundable deposit)

Final Payment due August 4

Depart: 11:30 am Return 9 pm

Maximum of 12 participants

Wisconsin Annual or Day Fishing license, Trout & Salmon stamps are required for your day of fishing on Lake Michigan, from 1-6 pm. Available at DNR Service Centers and Fleet Farm. Captain Keith from Willie Bee Charter will guide the day of fishing. Keith's boat is 33 ft. x 12 ft. providing room for 6 people to catch fish. Two boats reserved, so maximum of 12. Fishing poles & bait provided. The bus will supply coolers for your fish. When you return from fishing you will enjoy home cooking from Kurtz's across the road, while Willie Bee will label, clean & bag your fish. We will give you \$15 toward your dinner.



Guides: Donna Landers & Sherry Katzenberger

Salute to Two Rivers Area "Trivers" to the Locals

Date: Thursday, August 25

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

Final Payment due August 4

Depart: 11:30 am Return: 9 pm

West of the Lake Gardens, on the beaches of Lake Michigan, are six acres of beautiful flowers. The Rose and Japanese gardens have more than 900 feet of herbaceous borders that were

created in 1934. Next, stop at Renee's Gourmet Popcorn & Chocolates for some scrumptious treats. Then we visit the Washington House from 1850, home of the

original ice cream sundae. You may visit Schroeder's Department Store, celebrating 130 years of business. Browse displays of books, clothes, and jewelry; the 2nd floor has various yarns and accessories. Next is the guided tour about the life of an Alpaca, on the century-old London Dairy Alpaca Farm. Enjoy the gift shop that sells a variety of alpaca items, with a wine shop featuring wines from Argentina. By this time we should be hungry for some home cooking at Kurtz's, and we will give you \$15 toward your dinner.

Guides: Donna Landers & Sherry Katzenberg



Exploring Britain & Ireland

Date: August 13—28

Cost: \$5449 pp Double Occupancy

The price on this trip has not changed in the past two years. This is your chance to sign up! This International trip was chosen by our travelers. Just a few of the highlights include London, Stonehenge, Bath, Cardiff, Blarney Castle, Dublin, Wales, and an Irish cooking class. An ultimate and unique experience is the epic Royal Military Tattoo in Scotland. Transportation from the OSC to airport is included. Documents will be handed out by our Collette Representative on July 27 at 11:00 am. Guide: Cheryl Freiberg



Beautiful Vermont Bus 2

Date: September 10-18

Cost: \$1150 pp Double Occupancy (\$75 non-refundable deposit)

Final payment due July 5

Due to popular demand, we have added a second bus! This is your chance to see the fall beauty of Vermont. Trip highlights include Erie Maritime Museum, Shelburne Outdoor Museum, Church Street

Marketplace, Dinner Cruise on Lake Champlain, Rock of Ages Granite Quarry, Morse Farm Sugar Works, Cold Hollow Cider Mill, and the most beautiful waterfall in the Country, Niagara Falls. Guides: Cindy Paffenroth & Pat Heyer

Beautiful Vermont

Date: September 24-October 2

WAIT LIST ONLY

Magnificent Fall colors.

Guides: Donna Landers & Betty Litjens



COMING SOON

NOVEMBER

Lake of the Torches
Holiday Mystery Trip

DECEMBER

Old World Christmas Market-Osthoff Resort
White Christmas—Fireside

Winnebago Senior Tours

Hidden Gems

Date: September 15-16

Cost: \$180 pp double \$215 single

(\$20 non-refundable deposit)

Final payment due August 25

Depart: 9 am Return: 4 pm

Enjoy a drive "up north" to some lucky finds in Forest County. We will stop in Townsend for lunch on your own. Next we visit The Farm with aquaponic equipment and different fruit trees. We will see organically raised bison, pigs, & chickens. The Farm produces maple syrup & honey, which is sold in their gift shop. One more stop before checking into the Mole Lake Casino & Lodge. Early evening we will board the bus for music at The Big Easel in Wabeno. You will eat outside a Lumber Baron's house and enjoy the entertainment playing on the stage in front of the old carriage house. After a restful night's sleep and breakfast on your own, we will leave for a grilled lunch at beautiful McCauslin Brook Golf Course. This is followed with a historic personalized tour of the Holt & Balcom Logging Museum. Trip includes coach, tips, events, 1 dinner, 1 lunch, and 1 overnight.



Guides: Ginnie Riley & Donna Landers

Fall-ing in Love with Waupaca

Date: Thursday, September 29

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

Final Payment due September 8

Depart: 8 am Return: 6:30 pm

The fall beauty of Waupaca awaits you. We will start our journey at the Red Mill. The 2.5 story frame mill was built in 1855 to grind grain for the farmers of Little Hope and Waupaca. Today the mill hosts a gift & ice cream shop, covered bridge, and a small Chapel in the Woods. We will feast on a Thanksgiving lunch served with all the fixings at Waupaca Woods Restaurant. Next is Clearwater Harbor and a 2-hour cruise on the beautiful Chain O' Lakes. Destination includes: The Cottage Garden Farm filled with home & garden décor, gifts, clothing, jewelry and year round Christmas shop. We cannot forget Turner's Market. This family-owned business carries seasonally fresh produce, plants, decorations, and local gourmet products. Perhaps purchase a colorful mum or pumpkin to take home.



Guides: Cindy Paffenroth & Cheryl Freiberg

We Need Your Help!

Have you thought of becoming a tour guide and helping at the Tour Desk?

If you enjoy working with people, this could be your opportunity. Stop at the Tour Desk during regular hours, ask questions and get an application to volunteer!

| When sending payment in the mail be sure to
| include:
| Name _____
| Address _____
| City _____ State _____ Zip Code _____
| Home Phone: _____
| Cell Phone: _____
| Email _____
Name of Trip _____

Grease

The Fireside Theater—Ft. Atkinson

Date: Thursday, October 20

Cost: \$125 (\$20 non-refundable deposit)

Final Payment due: September 29

Depart: 7:45 am Return: 6 pm

An eight-year run on Broadway and two subsequent revivals, along with innumerable school and community productions, place Grease among the world's most popular musicals.

Here is Rydell High's senior class of 1959: duck-tailed, hot-rodding "Burger Palace Boys" and their gum snapping, hip-shaking "Pink Ladies" in bobby socks and pedal pushers. Head "greaser" Danny Zuko and the new (good) girl Sandy

Dumbrowski try to relive the romance of their "Summer Nights" as the rest of the gang sings and dances its way through such songs as "Greased Lightning", "It's Raining on Prom Night", "Alone at the Drive-in-Movie", recalling the music of Buddy Holly, Little Richard, and Elvis Presley that was the sound track of a generation. There will be a brief stop at Jones Market on our way there. Be sure to include your choice of entrée with reservation: chicken & ribs, sliced roast beef tenderloin, or grilled Atlantic salmon.

Guides: Cheryl Freiberg & Laurie Peach





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
Julie Kiefer
Julie Maslowski
Lindsay Temple
Jean Wollerman
Mike Ford, Council

Alternate: JoAnne Murphy-Spice

OSC Staff

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

Activity Coordinators:

Alec Jensen, Fitness & Wellness
Bobbie Jo Nagler, Volunteers & Support
Leah Hackmaster, Social & Educational
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