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14 Food Trucks! Fireworks Start at Dusk

4th of July MENOMINEE PARK

Food Truck Rally throughout the Park from 3 to 10 pm
 Reetz Ball Diamonds Concession from 4 to 11 pm
 LakeFly Cafe Concessions from 10 am to 6 pm
 Train and Water Rentals from 11 am to 7 pm
 Please "carry out" what you "carry in". Keep our parks clean.

July 2023, Issue #7

THE CURRENT

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



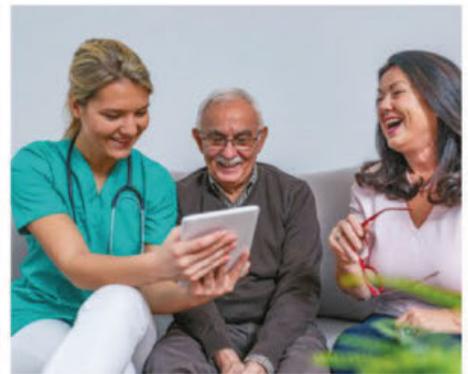
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EDUCATION AND ART ENRICHMENT



SOCIALIZE AND CONNECT THROUGH TECH

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Welcome to the Oshkosh Seniors Center



To all who have walked into my work life,

I can't believe the time of our goodbye has arrived. I will retire at the end of July with 33 years of working with older adult programming. Spending the last 6.5 years of my work career as the manager of such a wonderful seniors center has been a pleasure. I am incredibly grateful for all the center staff, city staff, and the many outstanding seniors that have made this center the best in the state.

Our staff has been through a lot of adversity over the last several years and has handled this challenge with dedication and hard work. We have adjusted to the needs of our participants to provide a safe and healthy environment, created an aggressive program offering, and developed a strong fitness and wellness program. I am very proud of all the work they have accomplished.

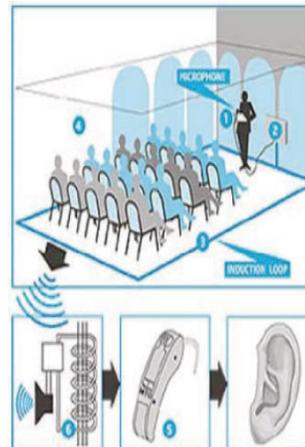
Working with all of you has been an unimaginable joy, and I know the friendships will last for a long time. We have accomplished many great projects and programs over the years, and more exciting things will keep you all active, informed, and social.

I wish you all the best, and I am positive you will be in good hands with the next manager.

Jean Wollerman, Senior Services Manager



Hearing Loop is installed in the Willow Room and the Oasis Room at the South facility



WHAT'S IN THIS ISSUE?

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

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THE DEL RAY'S

*Live at the
Leach Amphitheater
303 Ceape Ave. Oshkosh*



**Tuesday
July 18**

11 AM - 1 PM

Doors open 10:15 am

***Advance Purchased
Ticket: \$5**

Purchase tickets at
Oshkosh Seniors Center
June 12-July 14, 8 am-4 pm
200 N Campbell Road
Oshkosh, WI
920.232.5300

Ticket at Gate: \$8

Children under 12 FREE at gate

***Lunch is NOT included**

**Water/Snacks available
for purchase**

Bring a lawn Chair

***Lunch Carry ins allowed**



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

Art Expression (S)

Thursdays & Fridays, July 6-28

9-11:30 am

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

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

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



Hand Building with Clay (S)

Tuesdays, July 11-August 1, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Register by Thursday, July 6

Payment due upon registration

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

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

Mosaic Stained Glass Stepping Stone (S)

Wednesdays, July 12 & 19, 9 am-12 pm

Instructor: Jane Wells

Cost: R \$35/NR \$40

Min/Max: 3/10

Register by Friday, July 7

Payment due at time of registration

We will be recycling and repurposing stained glass scraps and other decorations to create a garden stepping stone. A 12 X 12 concrete paver forms the base for the project. There will be a variety of glass colors to choose from. Tile cutters and nippers will be available for use. Please bring a pair of protective gloves for use when handling glass. Protective eye wear is required and will be supplied. Glues and grout may be messy, bring an apron to protect clothing if desired.

Must be able to attend both dates.



Card Making (S)

Christmas in July

Wednesday, July 19, 9:30-11 am

Instructor: Jenny Baier

Cost: R \$5/NR \$6.50

Min/Max: 2/14

Class has reached the maximum amount of participants.

Registration is closed.

Payment due upon registration

Join the fun in making beautiful cards. Using specialty papers, creative stamps, and with guidance of a card making artist, you will be able to make 4 extraordinary cards. The theme this month is "Christmas in July"!

Bring your own tape runner and scissors.



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Enrichment

Building North (N) South (S)

Vinyl Record Mandala (S)

Monday, July 31, 9:30 am-12 pm

Instructors: Jane Wells/Kerry Wolfe

Cost: R \$10 /NR \$12

Min/Max: 3/10

Register by Thursday, July 27

Payment due at time of registration

Create a beautiful work of art by repurposing an old vinyl LP. Using a stencil as a guide, we will outline a basic design and dot using acrylic paints. Basic techniques will be taught that will allow a variety of looks to be achieved. The Mandala will make a great wall hanging, seal, or possible garden art. Did you know that creating mandalas has been shown to reduce stress, lower blood pressure and promote sleep? Come experience the benefits today!



Upcoming

Beginner Stained Glass (S)

Butterfly

Wednesdays, August 9-30, 10 am –12 pm

Instructor: Marla Tonn

Cost: R \$25/ NR \$30

Min/Max: 3/10

Register by Monday, August 7

Payment due at time of registration

This class is for those who are brand new to the art of stained glass. You will learn how to use a pattern, cut, grind and foil glass, and lastly how to solder your piece. Price includes all supplies needed for class.

Beginner students only please!



6

Upcoming Acrylic Painting Class

Cardinal In Birch Tree

Wednesday, August 30

10-11:15 am

Cost: R \$20/ NR \$25

Register by August 25



Woodshop News

Guided Hours changed starting Wednesday, July 5!

Woodshop Guided Hours (N)

Wednesdays

10 am-2:30 pm

Cost:
R \$5 / NR \$6.50



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

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

Pyrography (S) Portraits

Thursdays, July 6—September 28, 1-3 pm
No class Thursday, July 27

Instructor: Linda Gomach

Cost: R \$45/NR \$50 - 12 weeks

Min/Max: 3/10

Register by Monday, July 3

Payment due upon registration

Learn to wood burn a realistic human portrait from a photograph onto a 9 X 12 piece of Baltic Birch. Skills taught include learning to transfer the pattern to wood, tips to use for best shading, and how to get started. You will learn how to burn eyes, nose, mouth and hair. Instructors will work with you through the whole process. Attendee to bring three copies of photograph copied to approximately 9 X 12. One colored copy and 2 black & white. Some previous pyrography experience helpful.

Power Tool Carving (N)

Mondays, July 3-31, 8 am-12 pm

Instructor: Gene Bengel & Don Schettl

Cost: R \$50/NR \$55-5 week session

Min/Max: 5/12

Register by Thursday, June 29

Payment due upon registration

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

Basic Machine Safety Training (N)

Fridays, July 21 & 28, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, July 14

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

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Tai Chi

For Arthritis & Falls Prevention Work Shop

Thursdays, June 29 - August 31

9:45am-10:30am

Register By Calling OSC at
920.232.5300

Fee: \$25

Not insurance plan eligible

Tai chi is a gentle form of exercise that can be helpful for people with arthritis. It involves slow, controlled movements that are coordinated with breathing. Tai chi can help to improve flexibility, strength, balance, and range of motion. It can also help to reduce pain and fatigue. ● ● ●



Oshkosh Seniors Center North 234 N Campbell St.

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

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

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

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

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



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Please stop at desk if insurance information has changed

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

Instructor: Alec Jensen

Drop-in eligible

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

Range of Motion (N)

Mondays & Wednesdays

9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

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



Silver Sneakers Classic (N)

Mondays & Wednesdays

10:45-11:30 am

Instructor: Jean Wollerman

Drop-in eligible

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



Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

No class Tuesday, July 4

Instructor: Kayla Stankowski

Drop-in eligible

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

Tai Chi Energy (N)

Tuesdays ONLY

9:45-10:15 am

No class Tuesday, July 4

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

No class Tuesday, July 4

Instructor: Kayla Stankowski

Drop-in eligible.

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



Advanced Line Dancing (N)

Mondays & Tuesdays
12:30-1:30 pm

No class Tuesday, July 4 & Tuesday, July 18th

Instructor: Debbie Ruck

Drop-in eligible

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

Slow Flow Yoga (N)

Wednesdays, 1:15-2:00pm

Instructor: Kayla Stankowski

Fridays, 9:30-10:15 am

Instructor: Catherine Huybers

Drop-in eligible

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced yoga that is a great class for beginners, but is good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own yoga mat.



Beginner Chair Yoga (N)

Thursdays, 1-1:45 pm

Instructor: Catherine Huybers

Drop-in eligible.

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



Step Interval Training (N)

Fridays, 8:30-9:15 am

Instructor: Kayla Stankowski

Drop-in eligible

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



FFC 3g (N)

Fridays, 9-9:45 am

Instructor: Alec Jensen

Max: 10

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. 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.

Keep Moving! (N)

Fridays, 10:30-11:15 am

Instructor: Jean Wollerman/Kayla Stankowski

Drop-in eligible

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

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Brain Aerobics (S)

Monday, July 3, 1:30-2:15pm

Register by Thursday, June 29

&/or Monday, July 31, 1:30-2:15pm

Register by Thursday, July 27

Presenter: Kayla Stankowski

Cost: Free

Connect with others and keep your brain fit! Each session will be unique, and include an interactive presentation focusing on different functions that our brain controls. Come prepared to get a brain workout while challenging your memory, hand/eye coordination, reaction time, and more!

Mindfulness Meditation (S)

Thursdays, July 6-27, 11 am-12 pm

Instructor: Donna Janus

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

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



FREE Blood Pressure Checks

Thursday, July 6, Noon-1 pm (S)

Tuesday, July 11, 10:15-11:15 am (N)

Thursday, July 20, Noon-1 pm (S)

Monday, July 24 12:30-1:30 pm (N)

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

Medicare Fraud: Important Things for You to Know (S)

Monday, July 10, 10-11am

Presenter: Ingrid Kunding, MBA, Senior Medicare Patrol

Cost: Free

Register by Thursday, July 6

Did you know that Medicare loses billions of dollars each year due to fraud, errors, and abuse? Think it can't happen to you? Think it doesn't happen in Wisconsin? Unfortunately it could, and it does. Learn more about how you can protect, detect, and report Medicare-related fraud with the help of Wisconsin's Senior Medicare Patrol, as well as learn about volunteer opportunities that are available to help spread the message to WI Medicare beneficiaries.

Essential Oils

Homemade Cuticle Oil (S)

Tuesday, July 11, 10-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$5

Register by Friday, July 7

Since ancient times, essential oils have been used to promote healthy skin, strong fingernails and toenails, shiny hair, scar reduction, and more. Natural cleansing, soothing, and purifying properties along with inviting smells, make essential oils an ideal choice for personal care.

TRUE
or
FALSE

✓ ✗

Fitness Myth Busting (S)

Friday, July 14, 11 am-12 pm

Free

Register by Wednesday, July 12

There's a lot of misinformation in the fitness industry and it can be hard to know what is and what isn't true. Join Alec the OSC's resident fitness expert to help you sort out what's true and false.

How To Prevent Falls, Remain Independent, & Increase Strength To Remain Independent (S)

Monday July 17, 10-11am

Presenter: Physical Achievement Center

Cost: Free

Register By: Friday, July 14

We will teach you what you can immediately do to prevent falls and keep up your strength while staying independent. There are ways to remain safe even during the challenging winter months. Learn practical tips and strategies that will enable you to increase your confidence, balance, mobility and strength.



Memory Care Screening (S)

Thursday, July 20, 10:30 am-12 pm

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, July 18

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. All appointments take approximately 20 minutes in a one-on-one setting. **Call 920.232.5301 to schedule your appointment.**

Cooking with Alec (N)

Fish Tikka Curry

Friday July 21, 1-2pm

Presenter: Alec Jensen

Cost: R \$6 /NR \$7.50

Max: 15

Register By Tuesday, July 18

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

CAUTION THIS MEAL CONTAINS NUTS

Brain Health Tips (S)

Monday, July 24, 9-10am

Presenter: Julie Feil, MSW, LCSW- Neuroscience Group

Cost: Free

Register by Friday, July 21

In recognition of World Brain Day in July, come learn what experts know is helpful in preventing neurodegenerative diseases like Alzheimer's. Julie has been in the field of memory disorders for over 25 years, and will share examples of things you can do to maintain brain health.

A Healthier You (S)

Monday, July 24, 1-2pm

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

Cost: Free

Register by Friday, June 23

Are you interested in learning more about nutrition and how to develop healthy lifestyle habits?

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

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

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

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

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

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




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



Heritage Court
A Senior Community

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

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



Visit www.claritycare.org for more information.

Monday, July 24
9-10 am
Cost: Free

Register by Friday, July 21



BRAIN

HEALTH TIPS (S)

Presenter: Julie Feil, MSW, LCSW



excellence in brain,
spine and pain care

**neuroscience
group**



In recognition of World Brain Day in July, come learn what experts know is helpful in preventing neurodegenerative diseases like Alzheimer's. Julie has been in the field of memory disorders for over 25 years, and will share examples of things you can do to maintain brain health.

Support Services

Building North (N) South (S)

GRIEF SUPPORT (S)



Thursdays, July 6 & 20, 1-2:30 pm

Monday, July 17, 9:30-11 am

Facilitator: Meredith Schluter, Compassus Hospice

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

Maximum of 12 people/session

Register by calling 920.232.5300



In an effort to keep the grief support groups smaller in size, please register at least one day prior to the meeting time. Please consider coming on Monday if Thursdays are already full.

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



Mindworks (S)

Thursdays, July 6-27

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

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

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

Resource Hours (S)

Topics: Dementia

4th Thursday of the month –Cancelled for July

11 am-1 pm

Facilitator: Kristy Millar, CDP, CADDCT

Memory Link Resource Navigator

Drop ins welcome

Do you have questions about memory loss? Kristy will be here to answer any questions you may have regarding memory loss.

Bus Passes (S)

Pick up Dial-A-Ride passes at the South Facility
Pick up Rural Transportation passes at GO Transit office. Call 920.232.5300 for more information

Tender Loving Care Support Group (S)

Cancelled in July back in August

Facilitator: Fox Valley Memory Project

Cost: Free

(Supported by the FV Memory Project)

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

Advocap Meal Program (S)

To register call 920.725.2791

24 hour in advance.

Looking to enjoy a lunch meal with friends. Meals are served inside the Oshkosh Seniors Center

Monday-Friday.

Lunch begins at 11:30 everyday.

Summer Salad Food Demo (S)

Monday, July 24

11:30 am-12:30 pm

Join the Advocap Registered Dietitian Nutritionist for a Summer Salad Food Demo and samplings. Learn about shopping in-season and locally while sampling fun summer salads containing high fluid foods to keep you hydrated throughout the summer weather. Program will be held with the meal program so call 920.725.2791 to register for the program and the meal.

Foot Care (S)

Tuesdays and Wednesdays, 9 am to 3 pm

To make an appointment call 920.232.5301

Cost: \$24.00

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

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

City of Oshkosh residents in need of financial assistance for vision (eye appointments or glasses), feet (podiatrist visit), hearing (appointment or hearing aids), and dental (appointment or dental work, to dentures) needs.

DON'T BE IN THE DARK ABOUT WHAT IT TAKES TO PREVENT FALLS

FALLS ARE NOT A NORMAL PART OF AGING. RESEARCH SHOWS STRENGTH AND BALANCE TRAINING CAN HELP PREVENT YOU FROM FALLING.

The statistics are sobering every 11 seconds; an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall.

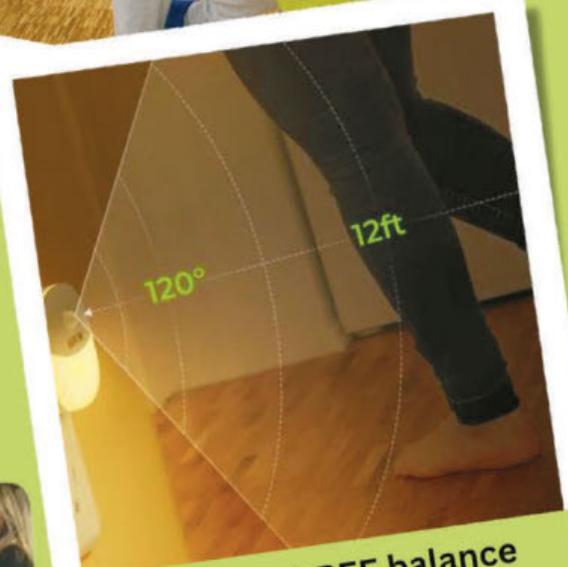
The Oshkosh Seniors Center and the Oshkosh Fire Department want you to **light up** your home for safety and become more knowledgeable about fall prevention. The first 200 people to schedule and complete a FREE balance test at the Oshkosh Seniors Center will receive information on fall prevention and a three-pack of motion sensor lights. The test will help you determine your personal risk for falling. Exercise and making safety changes in your home are great strategies to avoid falling.

SCHEDULE YOUR APPOINTMENT TODAY WITH THE OSHKOSH SENIORS CENTER

920-232-5300



Program possible through a grant from Wisconsin Institute for Healthy Aging



Get your FREE balance test and 3 motion lights for safety.



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



One on One Tech Appointments

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

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

Mondays, July 10, 17, 24, and 31
9 am, 10:15 am, 11:30 am, 12:45 pm

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

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

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

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

Mondays, July 3, 10, and 31
9:15 am, 10:30 am, 11:45 am, 1 pm

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



**Let's
Explore Google
Docs with
Connect through Tech
Tuesday, July 25 (S)
1:30 pm (FREE)
Must register. 920.232.5300**



Advantages of Google Docs

Book & Puzzle Pick Up (S)

Monday-Friday, 8 am-4 pm

Cost: Free

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

Brain Game Kit (S)

Monday-Friday, 8 am-4 pm

Cost: Free

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

Elder Benefit Specialist (S)

Wednesdays, July 5-26, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help 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.

Bingo (S)

Monday, July 10, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Thursday, June 8

Come for a fun afternoon of bingo!

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



Chat-N-Chop- Meals for One (S)

Tuesday, July 11, 9:45-11:45 am

Instructor: Kerry Wolfe

Cost: R \$10.00 / NR \$11.50

Min/Max: 2/8

Register by Thursday, July 6

Payment due upon registration

In this episode of Chat N Chop, we will be making Tortellini Soup & Baked Ziti. Does this sound good to you, then sign up and bring your aprons and appetites.

Airbnb: Book Rentals with Ease (N)

Tuesday, July 11, 1:30-2:30 pm

Presenter: Kayla Stankowski

Cost: Free

Min/Max: 3/30

Register by Friday, July 7

Are you looking to get away, and want a unique place to stay? AirBnb is a great place to explore lodging options! Join Kayla to learn about how to book, what to watch out for, and other tips and tricks to find just the right place!



So What's Your Story? How to Publish a Book (S)

Thursday, July 13, 10-11 am

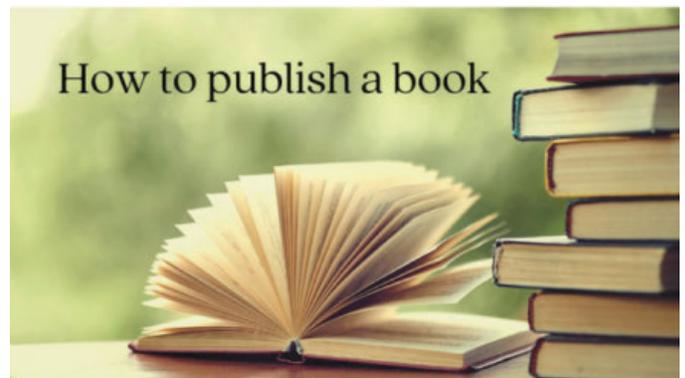
Presenter: Kristine (Wurm) Campbell, MS, LPC

Cost: Free

Min/Max: 3/30

Register by Tuesday, July 11

Kristin Wurm Campbell, is the author of "Truman's Loose Tooth," and owner of Spirited Publishing, LLC. She will share some insights about how to become an author and get published. Obstacles she encountered and things learned. Come with questions and leave inspired!





COOKING MATTERS

CHAT & CHOP-COOKING FOR ONE (S)

Tuesday, July 11, 9:45-11:45 am

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50

Min/Max: 2/8

Register by Thursday, July 6

Payment due upon registration

In this episode of Chat N Chop, we will be making Tortellini Soup & Baked Ziti. Does this sound good to you, then sign up and bring your aprons and appetites.

Cooking with Alec -Fish Tikka Curry (N)

Friday July 21, 1-2pm

Presenter: Alec Jensen

Cost: R \$6 /NR \$7.50

Max: 15

Register By Tuesday, July 18

Payment due upon registration

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

CAUTION THIS MEAL CONTAINS NUTS

Social and Educational

Building North (N) South (S)

Book Sharing Club (S)

Thursday, July 13, 1:30-3 pm

Facilitator: Lois Potratz

Cost: R \$1.25/NR \$1.75

Register by Tuesday, July 11

Once a year our monthly book group has a Book of Choice selection. You can pick a favorite read of yours to share. It can be fiction or nonfiction, by any author or on any subject. Even poetry or a classic children's title are options. Join us and maybe get some new reading suggestions.

All book lovers are welcome!

ORD-All About Bumble Bees (S)

Wednesday, July 19, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, July 17

Learn to identify over a dozen species of bumblebees found in Wisconsin, as well as the best plants to attract them and ways we can help them to thrive.



The Joy of Laughter (S)

Tuesday, July 25, 10 am-12 pm

Presenter: Carmen Leal

Cost: Free

Min/Max: 10/30

Register by Monday, July 24

Join Carmen Leal as she shares the importance of laughter in our lives, and the many health benefits



Eat & Greet

WEDNESDAY, JULY 26

SERVE AT 11:30 AM

COST: \$10

TICKETS AVAILABLE

JUNE 28-JULY 18

Sloppy Joes, homemade baked beans, summer salad and pie for dessert!



DONUTS & ELDER LAW

PLANNED AND CHARITABLE GIVING (S)

Friday, July 21, 10-11 am
Free

Presented by: Joseph McCleer 

Register by July 19



that come from laughing.

Popcorn & A Movie (S)

Wednesday, July 26, 12:45 pm-2 pm

Cost: Free- Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, July 25

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

Social and Educational

Building North (N) South (S)

Rep. Palmeri Office Hours (S) Friday, July 28, 10 am-12 pm

Madison Office:

Room 5 North
State Capitol
PO Box 8953
Madison, WI 53708



Shopping On Your Smart Phone (S) Monday, July 31, 10-11 am

Presenter:irsten Quam, FVS Bank

Cost: Free

Register by Thursday, July 27

In the digital age, technology has opened up a world of possibilities for convenient and accessible shopping. This presentation aims to empower seniors with the knowledge and skills to embrace mobile shopping and maximize the benefits of Facebook Marketplace. By understanding the basics and following a few simple steps, seniors can tap into a vast marketplace right at their fingertips – both safely and securely.



Book Talk (S)

The Other Einstein by Maire Benedict

Thursday, August 3, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

Register by Thursday, July 6

The story of Einstein's wife, a brilliant physicist in her own right, whose contribution to the special theory of relativity is hotly debated and may have been inspired by her own profound and very personal insight.



Do you enjoy singing?

Come learn more about the
Oshkosh Seniors Center
chorus at the

Golden Tones Open House

Save
the
date!



Monday, August 14

1:30 pm

Oshkosh Seniors Center

South building

Watch August newsletter

for more details



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm
Currently Seeking Volunteers!

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

No meeting on Thursday, July 27, 2023

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 Jane Wells at 920.232.5308.



No cards Tuesday July 4 & Thursday July 27

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

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

Cribbage

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

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

Grab your friends, pick a time to meet and come play
Mondays, 12:30-3:30 pm

Chicken Foot Dominoes

Tuesdays, 8:30-11:30 am

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

We need your help!

Please wait patiently at the desk to pay your card playing fees. Don't want to wait? Put money on a prepay account and check yourself in at the kiosk.

We are having issues with balancing financials on card playing days as people are just putting
27 money on the desk and walking away.

Winnebago Senior Tours

Tours Sign-up Options

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



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

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

For questions call 920.232.5312

Legends in Concert

The Fireside Theatre—Fort Atkinson

Date: Thursday, July 13

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

Depart: 7:45am Return: Approx. 6pm

The enduring talent that makes a performer a legend and makes their popularity live on around the world will be visible in a direct from London exclusive Midwest engagement of a brand new Legends In Concert! It's all there — the Sound!

The Look! The Glamour! The Magic! Featuring tributes to legendary British superstars of yesterday and today — Freddie Mercury, Adele, Rod Stewart, Elton John and Dusty Springfield — with a four-piece band and performers so gifted you'll swear the

real talent is right before your very eyes. Entrée choices: Chicken Cordon Bleu, Steak Diane, or Grilled shrimp and berry tart for dessert.

Guides: Cindy Paffenroth and Marianne Zarleng



Door County Mystery

Date: Wednesday, July 19

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

Depart 9am Return: Approx. 8pm

Moderate activity level!

The *who* is You! The *where* is Door County, the *when* is July 19, and the *why* is because we'll have so much fun! And the *What???* This is where you put on the detective hat! What will we do?, see?, what cities will we visit?

This is an adventure! Are you game?

Travel where we haven't been before!

Guides: Cheryl Freiberg and Laurie Peach

SOLD OUT WAIT LIST AVAILABLE



Wisconsin Dells/Baraboo

Date: Thursday, August 3rd

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

Depart: 7am Return: Approx. 6pm

Moderate activity level!

Have you rode the Ducks—The Ducks at Wisconsin Dells, I mean? The Duck tour was launched in 1946 and has been delivering fun and adventure ever since. The classic duck tour splashes into the Wisconsin River and Lake Delton, climbs over sand bars, and traverses over four miles of scenic wilderness trails. After that excitement, you will enjoy lunch at the famous Moose Jaw Restaurant

featuring a delicious Italian buffet. From there, we will take in the sights, beauty and smells of the New Life Lavender Farm in Baraboo.

We will enjoy a Farm to Table wagon tour traversing

40 acres. Time is also allowed for shopping at the farm store. Our final destination includes sculptures crafted from scrap metal.

Guides: Cindy Paffenroth and Ginnie Riley



REMINDER

Be sure to check out the rotating rack at the Travel Desk for any new trips for which flyers are completed but not yet in the *Current!!*

Winnebago Senior Tours

Mary Poppins

The Fireside Theatre—Fort Atkinson

Date: Thursday, August 17

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

Depart: 7:45am Return: Approx. 6pm

A show for the entire family!

Everyone loves this magical nanny. Adventures await this London family, adults, and children with memorable songs, such as "A Spoonfull of Sugar Makes the Medicine Go Down" and "Supercalifragilisticexpialidocious." Enjoy the dancing, laughing, and singing as the stage brings this beloved Tony Award-winning show to life. Don't miss this opportunity to share this humorous show. A beloved Tony Award-winning musical, The Fireside's production features all the well-known popular songs, high-stepping dancing and a treasure chest full of magic and mirth.

Entrée choices: Chicken Alfredo with Linguine, Grilled Pork Loin and Seared Fresh Atlantic Salmon plus peanut butter pie!

Guides: Ginnie Riley and Cindy Paffenroth



France Magnifique Discovery

September 14—25

Cost: \$5249 Double

Guide: Cheryl Freiberg

SOLD OUT WAIT LIST AVAILABLE

The Other Side of the Lake

Date: Thursday, September 28

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

Depart: 8am Return Approx. 7pm

We will be tasting and eating our way around the lake! Sit back and enjoy the autumn colors as



we travel on the eastern side of Lake Winnebago.

Stops include:

Vern's Cheese—Main Street, Chilton

La Clare Creamery County HH, Malone

Ziegler Winery— US Hwy 151, Malone

The Little Farmer— US Hwy 151, Malone

There will be opportunities to shop...cheese, wine, apples, pumpkins, goat products and gift options.

Our final stop will be dinner at the popular Schwarz's Supper Club in St. Anna.

Guides: Cheryl Freiberg & Laurie Peach

Brewers/Twins Baseball Game

American Family Field—Milwaukee

Date: Wednesday, August 23

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

Depart: 9:30am Return: Approx. 6:30pm

Moderate Walking for the game.

Join us as we spend a "bee-u-ti-ful"

afternoon at American Family Field in Milwaukee to watch the Brewers take on the Minnesota Twins.

Before heading to the stadium we'll stop off at Exit Q in Menomonee Falls for a short break and food, for those interested. Tickets are in **Section 319, and includes a \$6 credit** that can be used for concessions or retail purchases in the stadium.

Guides: Ginnie Riley and Cathy Koch



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

Name _____

Address _____

City _____ State _____ Zip _____

Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of _____

Trip _____

Traveling with: _____

Winnebago Senior Tours

Cranberry Tour—Warren, WI

Date: Tuesday, October 10

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

Depart: 7am Return: Approx. 6pm

Join us as we learn more about Wisconsin's cranberry industry. We will tour the Weatherby Cranberry Farm, founded in 1903. Jim and Nodji Van Wychem are major contributors to the success of the marsh year around. Nodji will join us on our bus to witness the cranberry harvesting process. Shop for sweetened dried cranberries and homemade wine! On to a visit the Wisconsin Cranberry Discovery Center. This museum features information about the cranberry industry and history of Wisconsin cranberries. Their gift shop features everything cranberry and also highlights Kindred Candles also made in Warren. Lunch will be at the Cranberry Country Café including chicken salad sandwiches—and cranberry ice cream. Our day will end with a visit to Bog's Edge Brewing, also located in Warren where we will sample a variety of hand-crafted beers brewed on site.



Guides: Cindy Paffenroth and Cathy Koch

Pretty Woman

The Performing Arts Center-Appleton

Date: October—exact date TBD

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

Depart: TBD

Pretty Woman: The Musical features an original score by Bryan Adams and Jim Vallance, written by J.F. Lawton and directed by Gary Marshall. The musical centers around Vivian Ward, a free spirited Hollywood prostitute who lives with her sarcastic wisecracking best friend Kit De Luca. Kit taught Vivian the prostitute trade. Vivian is hired by Edward Lewis, a handsome wealthy businessman, to be his escort for several business and social functions, and their developing relationship during her week-long stay with him. *Pretty Woman: The Musical* will lift your spirits and light up your heart. If you love the movie, you'll love the musical!



Guides: Cheryl Freiberg and Laurie Peach

Titanic—The Musical

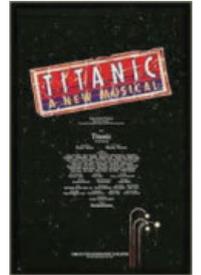
The Fireside Theatre—Fort Atkinson

Date: Thursday, October 26,

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

Depart: 7:45am Return: Approx. 6pm

Titanic is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. Titanic is human drama that explores and reveals individual strength, love, faith and especially the triumph of human dignity.



Entrée choices: Chicken Waterford, Sliced Pork Tenderloin, or Shrimp Tempura.

Guides: Cheryl Freiberg and Laurie Peach

Lake of the Torches Casino

Date: Sunday/Monday Nov. 12-13

Cost: \$110/\$140 (\$20 non-refundable deposit)

Depart: 9:30am

Return Monday approx. 4:30pm

Do you enjoy gambling? Join us for a 2-day excursion to Lake of the Torches Casino at Lac Du Flambeau in the beautiful Wisconsin Northwoods for two days of fun! Bonus—Mondays are Senior Days at the Casino! Be sure to sign up early for this one!



Guides: Cathy Koch and Laurelyn Hensarling

COLLETTE 2024

Join us on July 20th at 1:00pm when we welcome Collette Representative Katie Ganshert. Katie will be presenting the featured trips for 2024. Call 920.232.5312 to reserve your spot.

Under Construction

9/??

11/17

11/27

12/14/23

Cederberg Wine & Harvest Festival
Trans-Siberian Orchestra at the Resch
Milwaukee Christmas
Scrooge — at the Fireside

Friends of the Oshkosh Seniors Center

You're Invited !

We are delighted to invite you to a special event as we come together to celebrate the remarkable career and accomplishments of Jean Wollerman, Senior Services Manager. It is with great joy and fondness that we gather to honor Jean's contributions and wish her well on her retirement.

Friday July 21, 2023

1:30 p.m. to 3:30 p.m.

South Building

The event promises to be filled with heartfelt tributes, laughter and reminiscing as we reflect upon the significant impact Jean has made during her time with the Oshkosh Seniors Center. It is a testament to her hard work, dedication and commitment to excellence that we gather to express our gratitude and bid farewell.

Did you know...

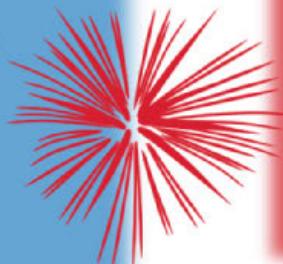
The Friends of the Oshkosh Seniors Center has a fund to assist seniors on a fixed income with the modest fees to participate in OSC programs to enrich their lives.

Donate to FRIENDS HELPING FRIENDS FUND to honor Jean or help a senior friend!

Donations may be directed to:

Friends Helping Friends Fund
Friends of the Oshkosh Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423

Email Inquiries to:
FriendsofOSC1986@gmail.com



Friends of the Oshkosh Seniors Center
Mission Statement

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

We'll see YOU soon!



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

OSC Staff

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

Activity Coordinators:

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

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

[www.schedulesplus.com/
oshkosh/kiosk](http://www.schedulesplus.com/oshkosh/kiosk)

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Dawn Lux
Barb Miller
Barbara Tuchsherer
Fleurette Wrasse

Friends Board

Judy Brewer, President
Colleen Harvot, Vice President
Chris Kniep, Treasurer
Julie Hoyt, Secretary
Judy Hebert
Cheryl Freiberg
Jeff Schettl

Or mail registration to:

**Oshkosh Seniors Center
200 N. Campbell Road
Oshkosh, WI 54902**

