

THE CURRENT



June 1, 2021 Issue #6

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



Discover the Offerings at the Oshkosh Seniors Center



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Putting your scan card onto your phone

The Oshkosh Seniors Center scanners can now scan from your phone. Here are step by step instructions:

- Go to your APP store: iPhone   Play Store for Android
- Search for the APP *Stocard*
- Install Stocard
- There will be a list of other cards on this app but go to: **OTHER CARDS**
- Take a scan of your OSC scan card. If you don't have one request one at the desk or have a staff person help you.
- Name your card. **Oshkosh Seniors Center**



You now have your scan card installed and when you come to the scanner, open your app and go to *Oshkosh Seniors Center* and scan your card.

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

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Covid-19 Guidelines

Programs and Activities Guidelines

Programs and activities **require advanced registration.**

You can register online at Schedulesplus.com/Oshkosh/kiosk, or by calling the center at 920-232-5310. Payments for class can be made via check and mailed to OSC, 200 North Campbell Road, Oshkosh, WI 54902 or in-person prior to your scheduled program day. We will practice social distancing in all programs. **Please do not arrive more than 10 minutes before your class/activity begins. Face coverings are required. Water bottles allowed, but no sharing of food, drink, or supplies.** Your health and safety is our number one concern. We are continually re-evaluating protocols based on guidelines from the CDC, Public Health and the City of Oshkosh.

Fox Fitness Center & Exercise Class Guidelines

Fox Fitness Center: (N)

Starting **June 1** you will **no longer need to schedule an appointment** to attend the **Fox Fitness Center**. As we continue to practice COVID-19 guidelines we ask that you come between the hours of 7:00 am to 3:30 pm. This will allow our staff to prepare for your arrival and departure.



Face coverings are still mandatory during your time at the center.

Exercise Classes: (N)

- All exercise classes will be held inside or outside of the Oshkosh Seniors Center North Building.
- **Indoor exercise class size will be limited.**
- **You must sign a 2021 exercise waiver and also an outdoor waiver in order to participate in any exercise class.**
- **You must pre-register for these classes. No drop-in's allowed.**
- **You may only sign up for three classes during the registration period during the months of June, July and August.**
- In person registration dates will be posted at the Center's North Building. Or register by calling 920-232-5300 or via Schedulesplus.com/Oshkosh/kiosk

Other Considerations:

- We ask that you bring only what you need to exercise. Keep other objects in your car. We recommend water, exercise mats, and proper athletic attire.
- Cleaning materials for members to wipe/disinfect equipment before and after exercise will be available. Participants will be required to wipe down all exercise equipment after use.
- Participate at your own risk.

Due to the popularity of the exercise classes, we ask that you attend your scheduled sessions.

If you know you are going to miss several classes of the session, please call to withdraw so that we may allow others on stand-by to attend.

Enrichment

Building: North (N) South (S)

Small Duck Carving Class (S)

Wednesdays, June 2-30, 1-3 pm

Instructors: Gene Bengel & Dick Krummick

Cost: R \$40 / NR \$45

Min/Max: 2/10

Register and pay by Friday, May 28

This hand tool carving class is open to all carvers and will be instructed by experienced carvers. There will be a variety of duck blanks to choose from, no two are the same. These small scale ducks, 6" X 3" are made of sugar pine wood.



Beeswax Candle Making (S)

Friday, June 4, 1-2:30 pm

Cost: R \$7.50 / NR \$9.50

Min/Max: 2/4

Register and pay by Tuesday, June 1

Time to have some fun with candle making! Let your creative juices flow as you design and create your own custom made candles. Each person receives 4 beeswax sheets, wick, and instruction.



Stained Glass Sun Catcher (S)

Mondays, June 7—July 27, 9:30-11:30 am

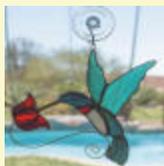
No Class Monday, July 5

Instructor: Barb Schneider

Cost: R \$45 / NR \$50-Due at Registration

Min/Max: 7/10

Register and pay by Thursday, June 3



Intermediate level class. This class involved working with copper foil to create a beautiful sun catcher. A variety of patterns will be available for you to choose from.

Class price reflects an increase in cost of solder and metals.

Art Expression (S)

Mondays, June 7-28

12:45-2:45 pm

Cost: R \$6.50 / NR \$9.75

Min/Max: 4/12

Register and pay by Monday, June 7

Do you need a space to create or finish your art or craft project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies and enjoy the company of others as you work on your project. No sharing of supplies between participants. Two people per table.



Picture Frame Art (S)

Thursday, June 17, 8:45 – 10:45 am

Instructor: Jean Wollerman

Cost: R \$10 / NR \$12.50

Min/Max: 3/7

Register and pay by Monday, June 14

Create your own unique picture with a variety of supplies available. Choose your own colored flowers, paint your frame from a variety of colors, mod podge a picture (you can provide) or create from materials in class on a canvas panel. There are endless creative ways to create a fun door or wall decoration. Materials include: Frame with chicken wire backing, mod podge, variety of flowers, and 2 canvas panels.



What's the Buzz? (S)

Beginner Acrylic

Tuesday, June 29

9:30-11:30 am **OR**

12:30-2:30 pm

Instructor: Jane Wells

Cost: R \$20 / NR \$25

Min/Max: 3/6

Register and pay by Thursday, June 24

The buzz around summer is here! Weather permitting, we will paint outside by the banks of the river, otherwise we'll be indoors. In class we go step by step through this acrylic painting on a 11" x 14" canvas. Save for yourself or give as a gift. All supplies included.



Upcoming Class

Woodburning Free Flow (S)

Thursdays, July 1 -29, 12:15 -2:30 pm

Cost: R \$20/NR \$25 (5 week session)

Min/Max: 5/10

Register and pay by Tuesday, June 29

This session features a casual learning atmosphere for beginners and those experienced in the craft. Experienced students are invited to bring in they need help with or unfinished projects. Instructors will be on hand to offer guidance. Beginners are invited to attend for an informal learning environment taught by skilled teachers. Woodburning tools available on a first come, first served basis.



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

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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

June Fitness Class Schedule

Mon.	Tue.	Wed.	Thurs.	Fri.
Coming Soon: Specialty Fitness Classes 8– 8:45 am	Coming Soon: Specialty Fitness Classes 8– 8:45 am	Coming Soon: Specialty Fitness Classes 8– 8:45 am	Coming Soon: Specialty Fitness Classes 8– 8:45 am	Coming Soon: Specialty Fitness Classes 8– 8:45 am
Rapid Movement Training 9–9:30 am	Life Fitness & Movement 9–9:30 am	Rapid Movement Training 9–9:30 am	Life Fitness & Movement 9–9:30 am	FFC 3G 9–9:45 am
Range of Motion 9:45–10:15 am	Functional Fuel 9:45–10:15 am	Range of Motion 9:45–10:15 am	Functional Fuel 9:45–10:15 am	
SS Classic 11–11:45 am	Movement Exercise 11–11:45 am	SS Classic 11–11:45 am	Movement Exercise 11–11:45 am	
Advanced Line Dancing 12:30–1:15 pm	Advanced Line Dancing 12:30–1:15 pm Beginner Line Dancing 1:45–2:15 pm			

9 am classes M -TH have the possibility of being held outside pending the weather. Outdoor classes will be held outside the OSC North building. The first time these classes meet they will be held inside.

Specialty classes will have a separate charge. All other exercise classes are Stay Active Pass and Insurance Reimbursement eligible.

Find the description for all of the classes on the following pages.

Cut out this handy schedule as a reminder of class days and times.



Building: North (N) South (S)

Please arrive no more than 10 minutes prior to any class.

Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible
OSC accepts Renew Active, Silver Sneakers and Silver and Fit

Rate sheets available at Front Desks

Rapid Movement Training (N) Mondays & Wednesdays, June 2-30

9 am-9:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday May 19, 7:30 am

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 come back down. This style of training also helps to improve our agility, power, coordination, and balance helping reduce the risks of falls.

Range of Motion (N) Mondays & Wednesdays, June 2-30

9:45-10:15 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, May 19, 7:30 am

This class will be a combination of yoga, stretching, and other restorative movements. By gently working on our mobility and flexibility we can create a greater range of motion for our body while minimizing aches and pains! **It is strongly recommended that you are able to 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, June 2-30

11-11:45 am

Instructor: Jean Wollerman

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, May 19, 7:30 am

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 support. Hand weights, exercise bands, and small exercise balls will be used for resistance. Exercises may be modified for your fitness level.



Life Fitness & Movement (N) Tuesdays & Thursdays, June 1-July 1

9-9:30 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, May 19, 7:30 am

This 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 body weight movements, resistance bands, and light cardio to improve upon our fitness. Note: Please bring an exercise mat with you to this class as we may be utilizing it.

Functional Fuel (N) Tuesdays and Thursdays, June 1-July 1

9:45-10:15 am

Instructor: Dr. Josh Belville/Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, May 19, 7:30 am

This class will be a combination of upper/lower body strengthening exercises, and high intensity movements. By working on two main ingredients; mobilization and stabilization, optimal health and fitness goals can be achieved without pain. **It is strongly recommended that you are able to get up and down from the floor to participate in this class. Participants must bring their own exercise mat, and face coverings are required.**



Movement Exercise (N) Tuesdays & Thursdays, June 1-July 1

11-11:45 am

Instructor: Bobbie Jo Luft

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, May 19, 7:30 am

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

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Oshkosh Senior Center, Oshkosh, WI

B 4C 01-0984

Fitness

Building: North (N) South (S)



Indoor Exercise Classes

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

Please arrive no more than 10 minutes prior to any class.

Line Dancing (N)

Instructor: Debbie Ruck

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, May 19, 7:30 am

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! Please arrive no more than 5 minutes prior to class. **Face coverings are required.**

Advanced Line Dancing

Mondays & Tuesdays, June 1-29

12:30-1:15 pm

Prior experience preferred

Beginner Line Dancing

Tuesdays, June

1:30-2:15 pm

No prior experience necessary



FFC 3g (N)

Fridays, June 4-25, 9-9:45 am

Instructor: Alec Jensen

Cost: R \$17 / NR \$25.50

Registration opens Wednesday, May 19, 7:30 am

Introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format participants will be in 3 different groups (hence the 3g) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format **you will be coached** through different 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 equipment such as bikes, treadmills, free weights, and weight machines to get a quality workout in!

If you are not familiar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before you start this class. Call 920-232-5320 to set up an equipment orientation.

Specialty Classes (N)

Mondays through Fridays, June–August
8 am-8:45 am

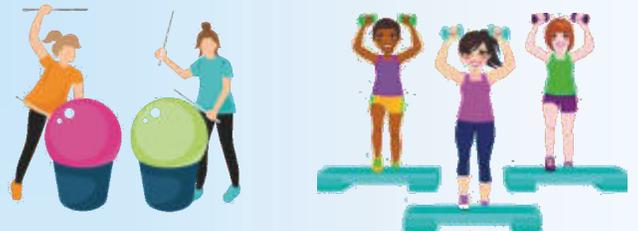
Instructors: Vary

Cost: Class costs will vary

Starting this summer the OSC will be testing a variety of new specialty classes to supplement our regular offerings. These classes include: Cardio Drumming, a Circuit-based class, Tai Chi, Step, and much more!

We are very excited to bring you these opportunities! SO, if you are interested in any of these classes, keep an eye out for more information. Watch for postings at the OSC buildings as well as our social media pages, as we begin to roll out our new programs!

These specialty classes will not be a part of the Stay Active Pass or Insurance Reimbursement plans. A separate fee will be charged.



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 5 years of experience in group exercise, personal training, coaching, and strength and conditioning. Alec has worked with a variety of clients helping them achieve their fitness and wellness related goals.

Why work with Alec?

Personalized training can be a huge benefit to your health. Most of us have heard from our doctors that we need to eat right, exercise more, and improve our overall health. This is easier said than done, especially if you're new to exercising. A Fitness Professional can help guide and educate you on your fitness and wellness journey.

Education is one of the biggest components when it comes to your fitness journey. A Fitness Professional's job isn't just to keep you moving and healthy. Their job is to help educate you. Education is a key component to reaching your goals because it acts as your compass on your fitness journey. Knowing the how is every bit as important as knowing the why when it comes to fitness.

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

Cost:

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

**The more you buy,
the more you save!**

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

Contact:

Alec at 920-232-5320 with questions.

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



New Insurance
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Beginning
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**Participating Health Plans, Employer Groups and
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If your insurance plan has a fitness benefit called *Active&Fit*, you are eligible to participate in a variety of exercise classes as well as the Fox Fitness Center at no cost to you.

Check with your insurance company to verify your eligibility, bring your *Active&Fit* Fitness ID card to the Center's North Building and enroll today!



The *Active&Fit* program
is provided
by American Specialty Health
Fitness, Inc.

Building: North (N) South (S)

What's New in Wellness

In person attendance has a maximum capacity of 20 people

Mindfulness Meditation (S)

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

Cost: R \$5/NR \$7 (4 week session)

Instructor: Donna Janus

Register and pay by June 1

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! **This class will be meeting on the riverside patio at the South building. Dress appropriately for the weather.**



TBH: Eat Smarter (S)

Friday, June 11, 10:15-11 am

Presenter: Alec Jensen

Cost: R \$5/NR \$7

Register and pay by Wednesday, June 9



Total Brain Health Research shows that eating a brain healthy diet can lower the risk of dementia and boost overall brain health. We'll learn about the science behind eating for brain health.

How To Heal Painful Headaches and Neck Pain (S)

Tuesday June 15, 1-2pm

Instructor: Dr. Eric Koehler,
Physical Achievement Center

Cost: Free

Register by Friday, June 11

Enjoy Your Life Again... Learn how you can overcome your painful headaches and neck pain, even if you have been experience this for years. We will be sharing the biggest mistakes people make (which stops them from healing), and the major causes of headache and neck pain. **MOST IMPORTANTLY** you will gain hope and learn how to get back to sleeping, household chores, time with friends and family, and your favorite activities comfortably for the summer.



Healthy Knees (S)

Wednesday, June 16, 1-2 pm

Presenter: Courtney Van Zeeland, PT, DPT
Ascension Mercy and Alec Jensen

Register by Friday, June 11

Cost: Free

Join Dr. Van Zeeland and Alec Jensen as they talk about the importance of knee health. In this presentation you'll learn the reasons why your knees may hurt, ways to reduce the pain, and ways to keep moving to enjoy your active lifestyle.

Grief Support Group (S)

Thursday, June 17, 1-2:30 pm

Cost: R \$1 / NR \$1.75

Min/Max: 9

Registration by Tuesday, June 15

Open to anyone grieving the death of a loved one. Facilitated by Compassus Hospice.

****Note: the 1st Thursday support group meeting will be a group presentation on Loss and Resilience. See page 23 for details.**



TBH: Eat This Not That (S)

Friday, June 18, 10:15-11 am

Presenter: Alec Jensen

Cost: R \$5/NR \$7

Register and pay by Wednesday, June 16

Total Brain Health Research shows that the choices we make each day about what we do – and don't eat can matter to our thinking, health, and overall well-being. Knowing how to swap something that isn't so good for us for a healthier choice comes down to problem solving. We're going to practice those techniques during this class.

Hearing Assessment (S)

Friday, June 18, 1-3 pm

Presenter: Jason Steward, Hearing Life

Cost: Free

Max: 6

Call 232-2310 to book an appointment

Join Jason Steward for a brief exam to determine if you are experiencing any hearing loss. He'll be happy to answer any questions you may have about hearing health and hearing care. We will provide literature on hearing loss and the importance of annual checkups. Exams take 20 minutes.



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Oshkosh Senior Center, Oshkosh, WI

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Wellness

Building: North (N) South (S)

Chair Massage (S)

Thursday, June 24, 1-4 pm

Provider: Emilie Ilg, Certified Massage Therapist

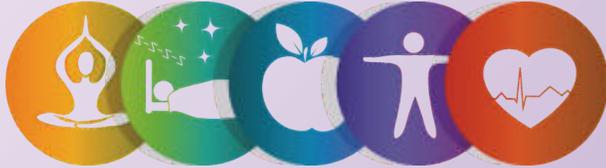
Cost: \$15 per 15 minute massage

Call 920-232-5310 to book appointment



Chair massages can improve circulation and improve sleep. Emily Ilg, Certified Massage Therapist, will be offering relaxing chair massages. Studies have shown 10

minutes can reduce inflammation. Massage can help your body recover more quickly. Can't sit in a massage chair? Emily will make accommodations. Appointments are in 15 minute increments. Book two appointments for a 30 minute massage!



A Healthier You (S)

Monday, June 28, 1 -2 pm

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

Cost: Free

Register by: Friday, June 25

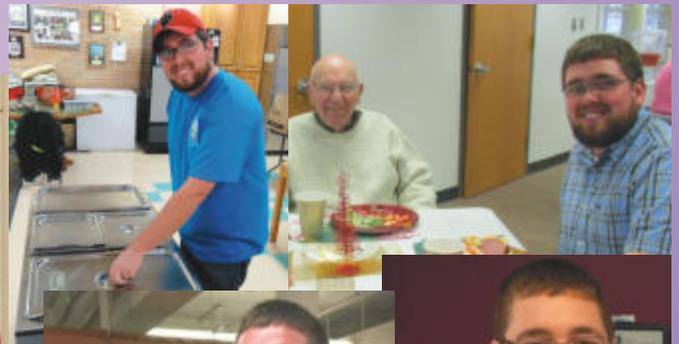
Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentations. She'll educate you about the latest tips on how to stay healthy. Her classes include handouts, your



Her classes information, and time for questions.

Thank you for your years of service at OSC

Evan Bremberger!



Wishing you great success in your new position with the Oshkosh Parks Department. You will be missed!

Building: North (N) South (S)

Foot Care Services

Meet Nadine Hutmaker, RN, Foot Care Specialist

Nadine has been providing Foot Care services at the Oshkosh Seniors Center since August, 2020. In addition to being a Registered Nurse, she has a degree in Occupational Therapy and is a **Certified Foot Care Specialist with 15 years of experience.**



Those using Foot Care services at the Center have rave reviews for Nadine. "She's good, she's really good," and "very knowledgeable and helpful, so glad I came to the Center."

When not providing Foot Care, Nadine and husband Keith spend time with their five grown children and nine grandchildren. She enjoys gardening, cooking, baking, and learning about health and healthy living.

If you need professional Foot Care services, come see Nadine at the Oshkosh Seniors Center. **Appointments are available Tuesdays and Wednesdays, 9 am-3 pm and can be scheduled by calling 920-232-5310.**



Professional Foot Care Service include:



Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toe Nails

Calluses and Corns Reduced

Thinning/Debridement thick nails

Minor Ingrown Nails Addressed

Lower Leg and Foot Massage with Light Lotion

Patient Education

Cost: \$22

To limit the handling of cash, please pay by check made out to OSC

Nail Care area is completely sanitized between appointments



Valley VNA
Senior Care

Upcoming

Tai Chi for Arthritis & Falls Prevention (N) Tuesdays & Thursdays, July 13—August 12 8-9 am

Instructor: Alec Jensen & Joanne Murphy Spice

Cost: \$25

Register and pay by Wednesday, July 7

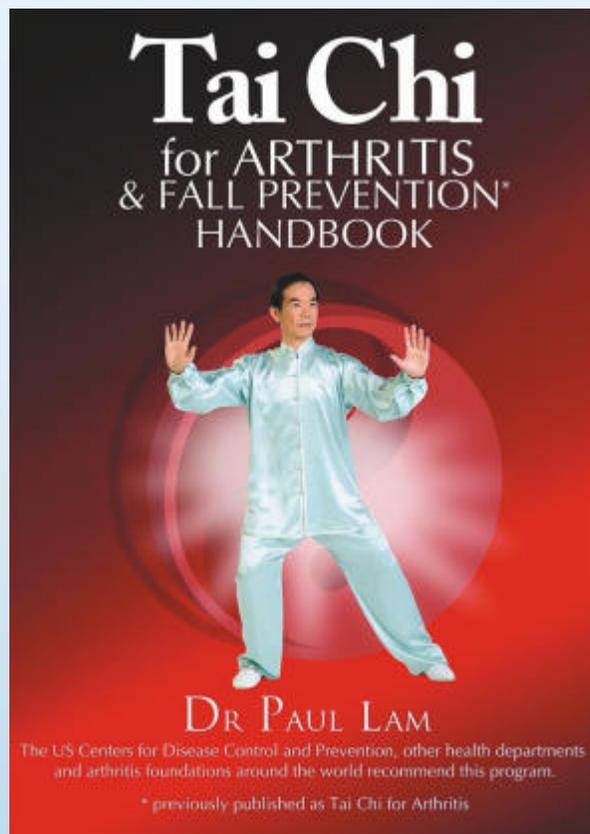
What is Tai Chi?

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 all parts of 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 better health and wellness.

The flowing movements of Tai Chi help you develop inner strength, 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 an internal force and use it to generate more internal 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, therefore you can continue to develop the art of Tai Chi 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.



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



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Dr. Adam Mootz
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Dr. Joshua Belville
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(920) 230-2525

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503 Doctors Ct.
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920-236-3540

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<p>Home Care Services</p> <ul style="list-style-type: none"> • Medication Reminders • Housekeeping • Meal Preparation • Shopping & Errands • Personal Care Services 	<p>Day Services</p> <ul style="list-style-type: none"> • Community Involvement • Gain Independence • Individual & Group Activities • Develop Daily Living Skills • Flexible Scheduling
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www.claritycare.org



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REPORT suspicious claims or activities

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Email: smcp-wisconsin.org
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol



Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud



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



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CALL (920) 236-6540

1 & 2 Bedroom Apartments
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Some apartments available at below market rent.
Optional noon meals Monday - Friday.



Visit www.claritycare.org for more information.

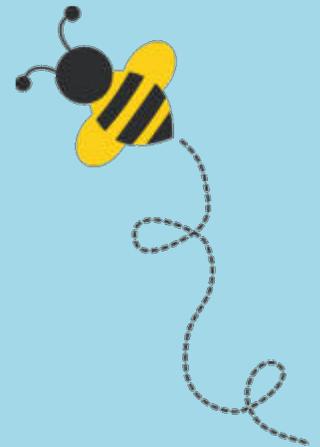


Thrive Locally

Puzzle Fun For Brain Health

How Does Your Garden Grow?

E I G R W A D G S T T S E V O L G S G
 F E N E O T P O P R R R P I T C H I O
 L L I L R N I E A O I O A S E R W F G
 O V T A R L T R D W D K O K U E O N O
 W E N X A H C U E E E P X B E R I W H
 E G A I B S A T B L M V S D K T A D S
 R E L N L L N L P O L L I N A T I O N
 S T P G E O N U C Y R N S V E L E I T
 P A E R E R U C E W G D I R G A A N N
 E B D I H G A I N R E T Z R J I E R H
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 A A F E E U N U N R U R A S E E S O H
 L G E S S I S G A S U N L E V O H S D
 O A H O P E H G L K E G A I L O F S P
 F E R T I L I Z E R A Z G R O W O K M



Word List:

- | | | | |
|------------|----------|------------|--------------|
| ANNUALS | BIENNIAL | COMPOST | CULTIVATING |
| DIGGING | DIRT | FERTILIZER | FLOWERS |
| FOLIAGE | GARDENER | GLOVES | GNOME |
| GREENHOUSE | GROW | HOES | HORTICULTURE |
| HOSE | ORGANIC | PERENNIAL | PINWHEEL |
| PITCH | FORK | PLANTING | POLLINATION |
| RAIN | RAKE | RELAXING | ROWS |
| SEEDS | SHOVEL | SHRUBS | SOIL |
| SPADE | SUNSHINE | TROWEL | TULIPS |
| VEGETABLES | WATER | WEEDING | WHEELBARROW |

Answers on page 27





Sara's Savory Samplings

June brings us one of my favorite fruits, strawberries! Here are a couple of recipes that feature nature's "candy." Bon Appetit!

Strawberry Angel Food Dessert

Ingredients:

- 1 large Angel Food cake
- 1 large or 2 small packages of strawberry Jello
- 16 oz Cool Whip
- 1 large or 2 small packages of frozen strawberries

Directions:

Dissolve Jello using only the hot water. Mix frozen berries into the Jello, then fold in half of the container of Cool Whip. Cut or tear the cake into 1 inch pieces. Beginning with cake, alternate layers of the cake and Jello mixture in a 9" x 13" pan ending with a layer of the Jello. Chill several hours and serve with Cool Whip on top.

Strawberry "Nice" Cream

Ingredients:

- | | |
|-------------------------|---------------------------------|
| 1 lb fresh strawberries | 1 T fresh lemon juice |
| 2 medium bananas | 1/4 C ice cold water, as needed |

Directions:

Hull and coarsely chop the berries, then peel and coarsely chop the bananas. Spread out each of the fruits on separate sides of a baking sheet. Freeze until solid, at least 12 hours.

Let strawberries thaw for about 15 minutes. Transfer to a food processor or blender and pulse until finely chopped. Add the frozen bananas and lemon juice; process until smooth, about 1 to 1½ minutes, adding 1/4 cup cold water if needed to achieve desired consistency, stopping to scrape down sides as needed. Serve immediately, or for a firmer texture, transfer to a container and freeze for 30 minutes.

Connect Through Tech

Building: North (N) South (S)

Connect through Tech (S)

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

One on One Tech Appointments (S)

Mondays, June 7, 14, 21, 28

9 am, 11 am or 1 pm

Tuesdays, June 1, 8, 15, 22, 29

9 am, 11 am or 1 pm

Wednesdays, June 2, 9, 16, 23, 30

9 am, 11 am or 1 pm

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

By Appointment Only 232-5310

Wi-Fi Access (S)

Thursdays & Fridays in June

By appointment only

- **8:30 am-10 am**
- **10:30 am-12 pm**
- **12:30 pm -2 pm**

Call 232-5310 to reserve one time slot.

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

Due to the popularity of the one on one appointments, we ask that you attend your scheduled session.

If for some reason you are unable to attend, please cancel one day in advance by calling 920-232-5310 so that we may fill your spot.



One on One Tech Appointments with Sandy Toland (S)

Mondays, June 7, 14, 21, 28

9:15 am, 11 am, or 12:45 pm

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library's online services. However, she is very tech-savvy and can walk you through any challenge with technology you may be experiencing.

Registration is required for all program/activities. To register call the Center at 920-232-5310 or register online via Schedules Plus at <https://schedulesplus.com/oshkosh/kiosk/>



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Learn about the
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June 24 at 10 AM

Willows Room

South Building

In-person or via Zoom

Must Register

920-232-5300



Bulletin Board

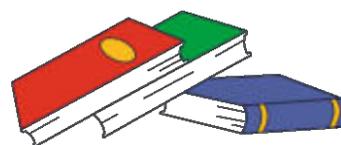
REFUNDS/PRE-PAY ACCOUNT

- ◆ 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 refund or a credit will be issued to a pre-pay account. Refund checks will be issued from City Hall Finance. Please allow 2-4 weeks for a refund check.
- ◆ There are no credits given for individual classes missed.
- ◆ No Refunds/Credits are given on individual classes cancelled due to weather. We will make every effort to reschedule these classes.



Resource Room

The Oshkosh Seniors Center has a resource room in the South building. The room will be open during regular hours of business. Inside the resource center you'll find copies of the Aging & Disability Resource Center of Winnebago County's official directory and information from other community resources, such as transportation or housing options. It's a great opportunity to discover the many options available to older adults. Please feel free to take home brochures of interest and use the room to "stay informed."



Almeda Fisk Gallup Trust

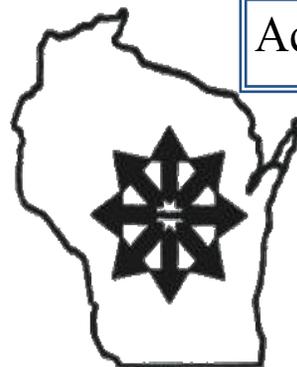
Do you know someone unable to afford medical costs relating to vision, hearing, or dental services?

If yes, they may qualify for financial assistance from the Almeda Fisk Gallup Trust. The Oshkosh Seniors Center is proud to participate in the awarding of funds given to the center from the Almeda Fisk Gallup Trust, the mission of the trust is to provide assistance to **City of Oshkosh residents in need of vision, hearing, or dental services.** Over the years the Oshkosh Seniors Center has awarded funding to applicants demonstrating a financial need for these services.

If you know of a person in need please have them contact **Bobbie Jo Luft** at the Oshkosh Seniors Center for information regarding eligibility and instructions on how to apply for the Almeda Fisk Gallup Trust. **Call Bobbie Jo at 920-232-5301.**



Accredited Member



Wisconsin
Association of
Senior Centers
(WASC)

Social and Educational

Building: North (N) South (S)

Book & Puzzle Pick Up (S) Mondays, Thursdays, & Fridays 8:30 am - 3 pm

The Center is providing the opportunity to come in and pick out books, DVD's, and puzzles for you to enjoy at home. **This will be at the South building ONLY.** When finished, items may be returned to the bin located under the West covered entrance of the South building. We will follow the guidelines established by the Oshkosh Public Library before putting them back into circulation.



Ukulele Play Along (S)

Wednesdays, June 2-30, 1:15-2:15 pm
Cost: R \$10 / NR \$11.50 for 5 week session
Min/Max: 3/15

Register and pay by Tuesday, June 1

This is a chance for experienced ukulele players to get together and play music learned in past classes. It's an opportunity to share favorite songs. We will be working under the guidance of a Ukulele volunteer. Please bring your own music. We will practice social distancing of 6-8 feet apart, and face coverings are required.

Loss and Resilience (S)

Thursday, June 3, 1-2:30 pm

Presenter: Clifford Mast, Chaplain, Compassus
Cost: Free

Register by Tuesday, June 1

We all experience loss. Death, divorce, job loss, health issues... resilience is the key to weathering the storms that come our way. Find out how to boost your resilience factor.

Ukulele Lessons (S)

Fridays, June 4-25, 11 am-12 pm

Instructors: Aaron Baer & Joe Wiedenmeier

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

Min/Max: 5/20

Register and pay by Tuesday, June 1

For beginners and experienced players! Aaron Baer started playing ukulele in 1995 and quickly took to the instrument, incorporating the uke into his arsenal of instruments which include banjo, guitar, accordion, and harmonica. Joe has years of experience playing ukulele, and will be working with those who are new to the instrument.



Knitting & Crochet Group



We are excited to welcome back our dedicated group of people who knit and crochet, and invite those who have picked up the hobby during the pandemic to come and join in! Research shows that knitting and crocheting improves cognitive health and well-being, and belonging to a group with friendly faces and a fun environment boosts happiness levels and increases social confidence.

A few things have changed since COVID. To ensure everyone's safety, please note the following:

- No food or sharing of supplies
- Face masks, social distancing, and limited group size are required
- Program is in a session format, registration and payment is for the entire 4 week session
- You must register in advance by the deadline-Call 920-232-5300**

Knitting & Crocheting (S) Thursdays, June 3-24, 1-3 pm

Cost: R \$3 / NR \$5 for 4 week session Min/Max: 3/8

Register and pay by Tuesday, June 1

Another meeting time will be created if this time slot has a significant wait list

Social and Educational

Building: North (N) South (S)

Yahtzee (S)

Tuesday, June 8, 10-11:30 am

Cost: R \$.75 / NR \$1.25

Min/Max: 3/10

Register by Friday, June 4

Come for some fun! Each player receives their own dice and scorecard. We will social distance, but laugh together.



Legal Counseling (S)

Friday, June 11, 10 am-12 pm

Cost: Free

Legal Counseling with an attorney from the law firm of Reff, Bavier, Birmingham and Lim SC will be offered at no charge for a **25 minute individual session**. Counseling is limited to advising only and does not include other legal work such as the drafting of documents. **Call 232-5310 to schedule an appointment. Space will be sanitized between appointments.**



Bingo (S)

Wednesday, June 16, 2-3:30 pm

Cost: Free

Min/Max: 10/20

Register by Tuesday, June 15

Come for a fun afternoon of bingo! We will be socially distanced one per table unless it is a person from the same household. Prizes sponsored by



Scattergories (S)

Tuesday, June 22, 10-11 am

Cost: R \$.75 / NR \$1.25

Min/Max: 2/6

Register by Friday, June 15

Try your luck with Scattergories.

This is a game where a 20 sided die with letters gets rolled. Whatever letter gets rolled has to be the first letter of your answer for 12 questions while a timer is being run. This game will challenge your mind and have you racing against the clock.



Book Club (S)

"The Guest Book" by Sarah Blake

Thursday June 24, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 9

Register by Monday, May 31

Call 920-232-5300 to register and arrange for book pick up or register online at

<https://schedulesplus.com/oshkosh/kiosk/>

An unforgettable love story; a novel about past mistakes and betrayals that ripple throughout generations, *The Guest Book* examines not just a privileged American family, but a privileged America. It is a literary triumph.

Now in person



Popcorn and A Movie (S)

Friday, June 25, 1-2:30 pm

Cost: Free

Min/Max: 2/20

Register by Wednesday, June 23

Join us for a newly released movie on DVD, chosen by your peers. Inquire at the front desk for details. **Note:**

MPLC regulations prohibit us from disclosing titles of upcoming movies.

New Day!



Your Life, Your Legacy (S)

Monday, June 28, 10:30-11:30 am

Presenter: Mike Lawniczak, Lake View Memorial

Cost: Free

Register by Thursday, June 24

Plan to make it right. Discover four simple steps to planning your final arrangements. It will bring you and your family peace of mind. Join us for conversation and helpful advice.



Power of Attorney Workshop (S)

Friday, June 25, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Min/Max: 5/20

Register by Wednesday, June 23

Failing to have your Powers of Attorney for both Health Care and Finances in place will put you and your family in a serious bind should you ever lose capacity. Joe McCleer from McCleer Law Office will talk about the importance of these documents, give tips and strategies for completing them, and provide free statutory Power of Attorney forms to attendees who wish to complete their Powers of Attorney on the spot.

Register for events on this page
by calling 920-232-5300.



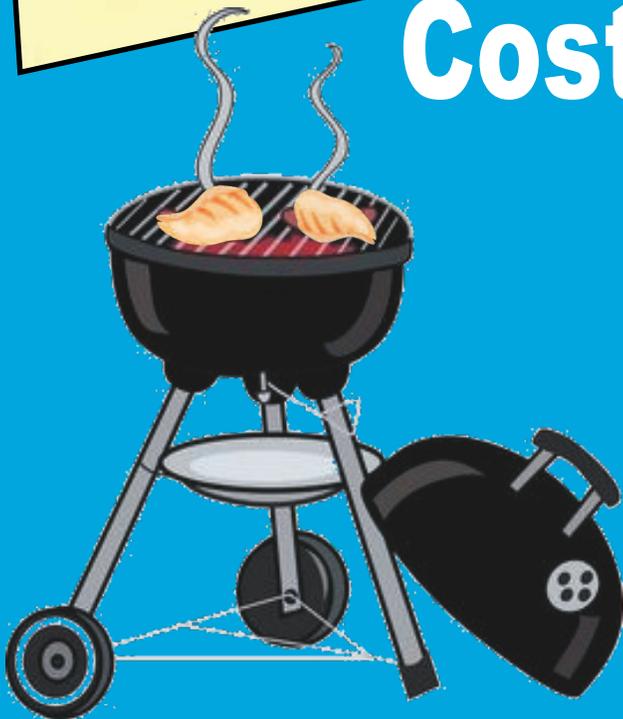
June
Lunch Drive Through
Thursday, June 24 Event
11:30 am - 12 pm

Cost: \$9

**Tickets available at
front desk June 1-21**

**Menu: Marinated
grilled chicken breast,
pasta salad, corn, &
dessert**

**Take home or eat picnic style
on tables outside of Center**



Special Event

Building: North (N) South (S)



Oshkosh Seniors Center Presents

Outdoor Live with Lunch*

Enjoy lunch and Live music on south lawn overlooking the river ! Bring your lawn chair and friends! We want to give as many people as possible the opportunity to attend these events so each person is **limited to attending one event.**

Friday, June 18, 12:15-1:15 pm

Cost: \$10 includes lunch & music

Tickets on sale June 1-15

Max attendance 25

Menu by New Moon: Chicken Salad Wrap-(Chicken Salad, lettuce, onion, tomato, green pepper, with monterey jack cheese), Pasta Salad, Pickle Spear, Dessert, Drink



Ole' Time Music with Aaron Baer! Aaron Baer started playing as a young boy and has an arsenal of instruments which include ukulele, banjo, guitar, and harmonica.

Friday, July 16, 11:30 am-12:30 pm

Cost: \$10 includes lunch & music

Tickets on sale June 16-July 13

Max attendance 25

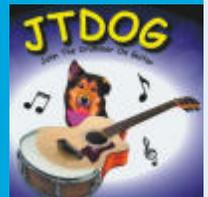
Menu by Panera Bread: Turkey Bravo 1/2 Sandwich (Oven-roasted turkey breast, applewood-smoked bacon, smoked Gouda, emerald greens, vine-ripened tomatoes and signature sauce with salt and pepper on thin-sliced Tomato Basil), 1/2 Seasonal Greens Salad, Fruit Cup, Dessert, Drink



JT Dog (John) plays a variety of music, from oldies to country, to anything requested! His energetic performances will have you toe tapping & singing along.

***In case of inclement weather, event will be moved indoors**

These events are funded in part by a generous donation from the Ladies Benevolent Society



How Does Your Garden Grow?



A crossword puzzle grid with the following words filled in:

- SEVOLGS
- PITCH
- ROW
- WATER
- SHOVEL
- SPADE
- VEGETABLES
- PERENNIAL
- POLLINATION
- ANNUALS
- COMPOST
- FERTILIZER
- GLOVES
- HOES
- PERENNIAL
- PLANTING
- RELAXING
- SHRUBS
- TROWEL
- WEEDING
- CULTIVATING
- FLOWERS
- GNOME
- HORTICULTURE
- PINWHEEL
- POLLINATION
- ROWS
- SOIL
- TULIPS
- WHEELBARROW

Word List:

- | | | | |
|------------|----------|------------|--------------|
| ANNUALS | BIENNIAL | COMPOST | CULTIVATING |
| DIGGING | DIRT | FERTILIZER | FLOWERS |
| FOLIAGE | GARDENER | GLOVES | GNOME |
| GREENHOUSE | GROW | HOES | HORTICULTURE |
| HOSE | ORGANIC | PERENNIAL | PINWHEEL |
| PITCH | FORK | PLANTING | POLLINATION |
| RAIN | RAKE | RELAXING | ROWS |
| SEEDS | SHOVEL | SHRUBS | SOIL |
| SPADE | SUNSHINE | TROWEL | TULIPS |
| VEGETABLES | WATER | WEEDING | WHEELBARROW |



Friends of the Oshkosh Seniors Center



Your Donation Dollars at Work!!

Funds raised by the Friends of the Oshkosh Seniors Center support everything from day-to-day operations to special programs and needs. This year, some of the funds YOU have helped us raise will purchase equipment for a new program starting late summer/early fall, a small group circuit class. The two items being purchased are:



Krankcycle: An upper body stationary cycle with independent crank arms. It allows users with a single arm or to integrate their entire upper body to build aerobic capacity, functional strength and endurance.

Connexus Perimeter - Offers broad training opportunity using bars, bands, med ball, TRX straps and more. Moveable low, mid, and high attachment points offer training flexibility.



Thank you for helping us make these purchases possible!

We hope you will join us in the coming months for these fun and fund-raising events:



Food Truck Friday – Friday, August 20, 2021 – South Park – food, music, family fun

Grocery Raffle – June 1 – August 20th – buy a chance to win \$100/month in groceries

Silver Soles on the Fox Walk - Saturday, September 11, 2021 – a Grandparents Day walk along the Fox River for the entire family. Rain date September 12.

Watch for more details in next month's Current!

Donations may be directed to:

Friends of the Oshkosh Seniors Center

PO Box 3423

Oshkosh, WI 54903-3423

Or email us:

FriendsofOSC1986@gmail.com

Friends Mission Statement



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

Winnebago Senior Tours



Tours Sign-up Options

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

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

•Can't make it in during in-person hours? You can send a check to:

Winnebago Senior Tours
P. O. Box 1851
Oshkosh WI 54903-1851

Please be sure to note the trip on the memo line.

Call 920-232-5312 with any questions.

COVID-19 continues to impact travel. We are hopeful for the future, but is impossible to predict travel restrictions. **Please be aware that planned trips may change.**

Brewers vs Cincinnati

Date: June 16, 1:10 pm Game
Cost: \$64 (\$20 non-refundable deposit, Final Payment due June 1)
Guides: Cheryl Freiberg & Betty Litjens
Depart: Seniors Center North at 9:30 am
Return: approximately 7 pm

Let Winnebago Senior Tours take you out to the ballgame in 2021. Come and cheer on the Brewers at American Family Field, and see all your favorite



Brewer baseball players in action. Enjoy an afternoon of baseball, and maybe catch a foul ball, so

bring your baseball glove. For a flyer or questions give the guides a call. Cheryl 920-379-8128 or Betty 920-231-4504.

Bayfield, Ashland, Madeline Island and Live Performance at Chautauqua

Dates: July 14, 15, 16

Cost: \$440 Double Occupancy / \$540 Single Occupancy (\$20 non-refundable deposit, Final payment due June 15)

Guides: Ginnie Riley & Donna Landers

Depart: Seniors Center North at 8 am

Join us on a trip to the picturesque North Woods, and experience the beautiful landscapes of the Apostle Islands and Apostle Island Peninsula. Enjoy a ferry ride to Madeline Island, visit Big Bay State Park and the museum on the Island. Both Bayfield and Washburn have many unique shops, eateries, and local artists who display and sell their artwork. We will visit Hauser Superior View Farm which offers lots of berries, apples, Apfelhaus hard cider, and Jim's hat collection, which is a must-see! We will take in a live performance at Chautauqua, stop at Northern Great Lakes Visitor Center, get some history of the North Woods, and visit the beautiful gift shop. Next we take a tour of the Historic Murals of Ashland, where you will learn the story behind them. Flyers are available from Ginnie 715-889-2373 or Donna 920-303-1683. This is a high-activity trip.



Brewers vs Pirates

Date: August 4, 1:10 pm Game
Cost: \$64 (\$20 non-refundable deposit, Final Payment due July 14)

Guides: Donna Landers & Laurie Peach
Depart: Senior Center North at 9:30 am

Enjoy a carefree and leisurely ride to see Milwaukee Brewers Baseball. The in-person thrill of being out to "the" game. Bring your glove, let's see the



Brewers take on the Pittsburgh Pirates and get a homerun or two. There will be a brief stop at McDonald's on Hwy Q before the game. For a flyer or questions contact a guide: Donna Landers 920-303-1683 or Laurie Peach 920-232-1336.

Winnebago Senior Tours

Wisconsin State Fair

Date: August 10

Cost: \$48 (\$20 non-refundable deposit, Final Payment due July 13)

Guides: Sherry Katzenberger & Betty Litjens

Depart: Senior Center North 8 am

Return: approximately 6:30 pm

Leave the parking to us! Travel on an air-conditioned motor coach with a day at the Wisconsin State Fair. Your cream puff or brownie is on us! Price includes admission and "Fair Bucks" good towards food or beverage. Enjoy free samples when you experience the agricultural and horticulture displays throughout the Fair Grounds. Remember the rides, while you enjoy outstanding events such as Pig Races, fabulous music, and Pubs featuring Wisconsin Brews, cheeses, beekeeping, and an atlas of information about Wisconsin. For a flyer or question call one of the guides: Sherry 608-576-5366 or Betty Litjens 920-231-4504.



Biltmore Estate & Ashville NC

Date: September 5—10

Cost: \$575

(\$75 down, Final Payment due, June 28)

Guides: Donna Landers & Ginnie Riley

Travel with us on a 6 day trip to North Carolina. We will be spending 3 nights in Ashville, Including a full day at the Biltmore Estate. We will get a guided tour of Ashville, and see the magnificent St. Lawrence Basilica. Then a guided tour on the Blue Ridge Parkway to see the visitor center. The tour includes a 24 minute film of breathtaking aerial photography of the Parkway. Later we will take in the Folk Art Center. On our way back we will be stopping in Kentucky at the Kentucky Artisan Center, a 20,000 square foot facility, where we can explore Kentucky crafts, history and shop Kentucky products. Eight meals will be offered, 5 breakfasts and 3 dinners. For a flyer, contact a guide: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373



Exploring Britain & Ireland

Date: August 12—27

Guide: Cheryl Freiberg

Cost: \$5649 Double Occupancy

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



Amish Acres in Nappanee Indiana September 16 & 17

Cost: \$215 Double Occupancy, Driver tip, Hotel, Dinner, Guided Tour

(\$20 non-refundable deposit, Final payment due July 15)

Depart: Seniors Center North at 9 am

Join us to explore the humble Amish community in Nappanee, Indiana. After checking into our Hotel we will have a farm feast dinner then a live performance in their Round Barn Theater. Day 2, after our continental breakfast there will be a wagon ride tour of the area.

Explore the 130 year old Farmstead Landmark, German schoolhouse, blacksmith shop, and take in the many demonstrations. When we finish lunch have fun shopping at the Courtyard shops. If you have any questions on the Amish Acres contact Donna at 920-303-1683 for more details.





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

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920-232-5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 6:45 am – 4 pm

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Heidi Basford Kerkhof
Lindsay Temple
Julie Davids
Julie Kiefer
Julie Maslowski
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Advocap

Libby Stockton, Meal Site Manager
920-420-3191