

THE CURRENT

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

MARCH 2022, Issue #3



Discover the Offerings at the Oshkosh Seniors Center



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Oshkosh Seniors Center (920) 232-5300

Welcome to the Oshkosh Seniors Center



WHAT'S YOUR STRATEGY TO STAY FIT AS YOU AGE? THE OSHKOSH SENIORS CENTER CAN HELP.

Most people plan for their retirement from a financial perspective but are they planning and strategizing on maintaining their physical health? That is where the Center can help. Because after 50 years of age, people start to lose muscle mass, they need to be building strength, working on endurance, flexibility, and balance to age well.

Stop by for a tour to get started on your fitness journey.
Oshkosh Seniors Center - Fitness
234 N. Campbell Road, 920-232-5300

OSC Weather Policy

If the weather outside is frightful...

It is the policy of the Oshkosh Seniors Center to follow the Oshkosh Area School District's lead on closures due to weather. Therefore, if the school district has closed—the Center will be closed.

Please keep in mind this is for the safety of the participants and staff. Updates will be posted on the Oshkosh Seniors Center Facebook page and on WBAY, Channel 2, and with Oshkosh Media.

2022 Fitness Benefit

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

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

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

WHAT'S IN THIS ISSUE?

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

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Quilting 103 (S) Sampler Wall Hanging Wednesdays, March 2-23, 9-11 am

Instructor: Liz Lahm
Cost: R \$15 / NR \$16.50
Max: 6

Register by Monday, February 28
Payment due upon registration

In this class we will apply some of the skills previously learned working with squares and half square triangles to make a sampler quilt of six new blocks.



Experience working with 1/4" seams, rotary cutting, and sewing straight seams is preferable but not required.

Participants must bring their sewing machine and have good working knowledge on how to use it.

Art Expression (S) Thursdays & Fridays, March 3-31 9-11:30 am

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



Do you need a space to create or finish an art project? The center is making the Art Expressions Lab available for this purpose. Bring your project

and supplies, then enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**

Advanced Hand Building with Clay (S) Tuesdays, March 8-29, 1-3 pm 4 week session

Instructor: Kathi Dittmer
Cost: R \$35 / NR \$40
Min/Max: 3/10

Register by Thursday, March 3
Payment due upon registration



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

Needle Felting (S)

Labrador Dog
Monday, March 28, 9:30-11:30 am OR
12:30-2:30 pm

Instructor: Kerry Wolfe/Jane Wells
Cost: R \$7 / NR \$8.50
Max: 8

Register by Thursday, March 17
Payment due upon registration

This cut dog is constructed on a basic pipe cleaner H-Frame. Once the wool is felted onto the frame, this becomes the core of the animal and will be formed into a small Labrador dog. Our dog comes to life with bead eyes and posable legs.



Future Craft Project Donations Needed

We are looking for old costume jewelry for a future craft project. If you are looking to get rid of your old costume jewelry please leave in the bin with the puzzles and books outside the west door of the South Facility. Thank you!



Woodshop Safety Refresher (N)

For those who have already completed Basic Safety Training

Friday, March 4, 9-10:30 am

Register by Monday, February 28 OR

Friday, March 11, 9-10:30 am

Register by Monday, March 7

Facilitator: Jeff Becker

Cost: Free

Min/Max: 2/10

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

Hand Tool Carving Class (S)

Mondays, March 7-28, 1-3 pm

Cost: R \$20 / NR \$25

Min/Max: 5/12

Register by Thursday, March 3

Payment due upon registration

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

Woodburning (S)

Chickadees on Pine Bough or Oak Leaves

Tuesdays, March 8-29, 10 am-12 pm

Facilitators: Cedric Richeson & Dick Krummick

Cost: R \$25 / NR \$30

Min/Max: 3/12

Register by Thursday, March 3

Payment due upon registration

This fun project burns a pair of chickadees on an 8 X 10 inch Birch plywood board. One pattern has a pair perched on a pine bough; an optional alternative pattern has chickadees with oak leaves & acorns. Students may bring their own colored pencils for coloring. Prerequisite: Woodburning Basics or permission from the instructor.



Woodshop Machine Training (N)

Fridays, March 11 & 25, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Friday, March 4

Payment is due upon registration

All participants wanting to use the woodshop for classes and/or open hours are required to attend the machine training class. The two class requirement 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.

Wood Carving (N)

Club Ducks

Thursdays, March 31 -April 28, 9 am-12 pm

Facilitator: John Goheen

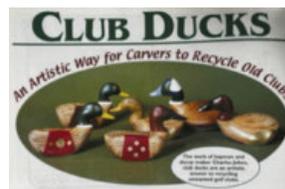
Cost: R \$20 / NR \$25

Min/Max: 4/10

Registration open between March 1-15

Payment due upon registration

This is a beginner blended class between hand carving and power carving. You will learn how to create a beautiful duck using a golf club for the body, and carving a duck head out of bass wood. Creating a club duck is truly a unique piece! This is a *beginner class*. Please bring your own carving tools, and bench exhaust fan. OSC has a limited amount of tools that can be lent out.



Carving & Painting (S)

Sea Turtles

Mondays, April 4-June 6, 9-11 am
(No class May 2 & May 30)

Instructor: Gene Bengel

Cost: R \$35/ NR \$40

Min/Max: 4/10

Registration open March 7-24

Payment due upon registration

Did you know that sea turtles have been around for an estimated 110 million years! Join us for this 8 week class carving and painting a beautiful sea turtle from a piece of bass wood. **Intermediate level.**





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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

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Woodburning (S)

Tulips with Floral Border

Tuesdays, April 5-26, 10 am-12 pm

Facilitators: Cedric Richeson & Dick Krummick

Cost: R \$20/ NR \$25

Registration open March 1-March 31

Payment due upon registration

A pair of tulips with a ribbon banner is burned on an 8" x 10" birch plywood board. An optional floral border uses a heat transfer method for the border pattern. Seven shading techniques, are covered. Students may color using their own materials. Wood is provided including: practice board & tonal scale board. Students should bring a vinyl eraser, graphite paper, red or blue ink pen, and colored pencils. Prerequisite: Woodburning Basics or permission of Instructor.

Wood Crafting (N)

Owl & Foxes Decorative Piece

Friday, April 5-26, 11 am-12 pm

Registration open March 1 -March 22

Facilitator: Linda Gomach

Cost: R \$35 / NR \$40

Min/Max: 3/6

Lets bring the forest to you with a few of the creatures that live there. Turn Pre-cut pieces of wood into an owl, and a pair of cute foxes. Paint the pieces, and assemble to turn these two critters into an art piece for your yard or home.

Pyrography Pattern Making (S)

Thursdays, April 7-28, 1-3 pm

Facilitators: Cedric Richeson & Dick Krummick

Cost: R \$15 / NR \$20

Min/Max: 3/10

Registration open March 1-March 31

Payment due upon registration

Pattern Making for Pyrographers, use of photo editing software, making sepia tonal prints, combining photos into a pattern, stencils, stamps, copyright considerations, etc. Students learn how to convert a photograph to a line drawing pattern & sepia tone guide. Students are encouraged to bring their own subject matter ideas and photographs. The pyrographic art, books, and teaching resources of Minisia Robinson will be discussed. **This class focuses on composition and creation of woodburning patterns only; woodburning of any created patterns may be done outside of this class time.**

What is the difference between Pyrography and Wood burning

Pyrography in Greek stands for writing with fire. Wood burning is an art of writing/burning designs onto wood.



Pyrography

Pyrography can be done on Ivory

Pyrography

Pyrography can be done on gourds



Pyrography

Pyrography can be done on paper

Wood burning

Wood burning can be done on sheets of wood



Wood burning

Wood burning can be done on Ash, Birch, Oak trees

Wood burning

Wood burning letters can be done on many wood surfaces



Wood burning can be called Pyrography but Pyrography, on objects other than wood, shouldn't be called wood burning

Fox Fitness Center (N)

Monday-Friday, 7 am - 4 pm

Stay Active Pass & Insurance Reimbursement Eligible

Check with the front desk many Medicare supplement plans will pay for fees. Workout for FREE!

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

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch



Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System.

If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920-232-5320.

To keep our equipment clean and working at its best, we have three requests:

- 1. We ask that you please remember to change out your street shoes before your workout.**
- 2. Please wear fitness apparel when exercising. Wearing jeans can cause damage to the equipment.**
- 3. Wipe down exercise equipment.**

Personal Training

Alec Jensen, Activities Coordinator, specializing in Fitness and Wellness, is here to help you achieve your fitness and wellness goals.

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He has over five years of experience in group exercise, personal training, coaching, and strength and conditioning. He's ready to help you achieve your fitness and wellness-related goals.

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

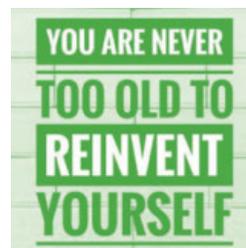
Cost:

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

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

To schedule your appointment call Alec at 920-232-5320.

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



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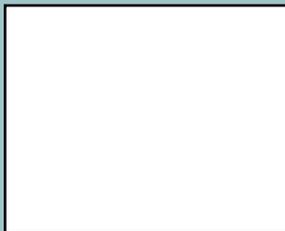
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Fitness Opportunities

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

Rapid Movement Training (N)
Mondays & Wednesdays
8:30-9 am

Instructor: Jill Reichenberger

Drop-in eligible

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

Range of Motion (N)
Mondays & Wednesdays
9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

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



Life Fitness & Movement (N)
Tuesdays & Thursdays
9-9:30 am

Instructor: Alec Jensen

Drop-in eligible

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

Silver Sneakers Classic (N)
Mondays & Wednesdays
10:45-11:30 am

Instructor: Jean Wollerman

Drop-in eligible

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



Tai Chi Energy (N)
Tuesdays & Thursdays
9:45-10:15 am

Instructor: Alec Jensen

Drop-in eligible



Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion to help with energy flow.

This class is geared towards beginner and intermediate levels of tai chi.

Movement Exercise (N)
Tuesdays & Thursdays
11-11:45 am

Instructor: Bobbie Jo Nagler

Drop-in eligible

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

Line Dancing (N)

Instructor: Debbie Ruck

Drop-in eligible

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

Advanced Line Dancing

Mondays & Tuesdays

12:30-1:30 pm

Prior experience preferred

Beginner Line Dancing

Tuesdays

1:30-2:30 pm

No prior experience is necessary



Group Dance Fun (N)

Thursdays, 1-2 pm

Drop-in eligible

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



FFC 3g (N)

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

Instructor: Alec Jensen

Max: 10

Register by Wednesday, March 2

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout! If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920-232-5320 for an appointment.



Synergy Fitness (N)

Mondays, March 7-28, 8-8:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, March 3

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

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

Mindfulness Meditation (S)**Thursdays, March 3-24, 11 am-12 pm**

Instructor: Donna Janus

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

Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will have a positive impact on your life! appointment.

Vitamins & Supplements (S)**Monday, March 7, 1-2 pm**

Presenter: DR. JJ Allen, Hometown Pharmacy

Cost: Free

Max: 30

Register by Friday, March 4

Join Dr. J.J Allen as he discusses what types of vitamins and supplements are worth your while and those that aren't and if there are better alternatives to vitamins or supplements that you may be

currently taking. Bring a note pad and a list of any vitamins or supplements that you may have questions on.

Chat & Chop (S)**Tuesday, March 8, 9:30-11:30 am OR 12:30-2:30 pm**

Instructor: Kerry Wolfe

Cost : R \$7 / NR \$8.50**Register by Thursday, March 3
Payment due upon registration**

Learn how to make stuffed green peppers. They are super easy to make!

**Defuse De-escalate & Walk Away (S)****Tuesday, March 8, 1-2 pm**

Presenter: Olivia, Christine Ann Foundation

Cost: Free

Max: 30

Register by Friday, March 4

Stressful Situations can happen to everyone and it's good to know how to effectively deescalate stressful situations weather it's a disagreement with family, friends, or other people/s. Olivia will show you great ways to help de-escalate these situations so cooler heads can prevail.

Essential Oils Bath Bombs (S)**Tuesday, March 8, 1-2 pm**

Presenter: Jeanne Gehrke,

Dream of Jeanne LLC

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

Max: 15

Register by Friday, March 4**Payment due upon registration**

Want to learn how to make bath time a bit more fun for all ages? Learn how to make a bath bomb these all natural products are a fun and simple way to add in some dyes, perfumes, and even Epsom salts into your bath! These are great for all ages and make for a fun and simple gift!

**Overcome Your Knee Weakness (S)****Tuesday March 15, 1-2 pm**

Instructor: Eric Koehler Dpt., Physical Achievement Center

Cost: Free

Max 30

Register by Friday, March 11

Discover all of your non-medical options to overcome your painful and limiting knee weakness and pain. You will learn unique and clinically proven

approaches to build strength and confidence in your knees (even with arthritis and "bone on bone"). Information presented will help you learn all your options for you and those you care about.

What Type of Pain Do You Have? (S)**Wednesday, March 16, 11am-12 pm**

Presenter: Excel Physical Therapy

Cost: Free

Max: 30

Register by Monday, March 14

A lot has changed in in the last few years in regards of how to treat/manage pain. This presentation will help educate you on what to do if you have strains, sprains, arthritis, and other common forms of injuries this includes best practices and when it may be time to seek professional help!

Brain Awareness Week MARCH 14 - MARCH 20



BRAIN TEASERS

Brain Activity Kits

Looking for a way to exercise your brain? Stop into the Oshkosh Seniors Center (S) to pick up a Brain Activity Kit. These kits will contain brain games, mind game toys, and logic puzzles. These games will cultivate critical, and creative thinking! Not only do brain puzzles keep you entertained, but it's a great way to help with focus, and concentration. In addition the puzzles can slow Alzheimer's, train imagination, eye-hand coordination, and shape recognition.

TRY ONE OUT!

Checkout: 1 week at a time, return back to OSC front desk

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Memory Care (S)

Thursday, March 17, 10:30 am-12 pm

Instructor: ADRC

Cost: Free

Register by Tuesday, March 15

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 15-20min in a 1-1 setting. Call 920.232.5310 to schedule your appointment.

Cooking with Alec (N)

Friday, March 11, 10:30-11:30 am

Presenter: Alec Jensen

Cost: R \$6 / NR \$8

Max: 15

Register by Wednesday, March 9

Payment due upon registration

Want to learn how to make more nutritional foods and pick up a few cooking hacks along the way? Join Alec as he shows the value and variety there is in a healthy diet. Sample of each food will be provided. Bring a pen and paper to take notes!

Brain Health 101 (S)

Friday, March 18, 1-2 pm

Presenter: Alec Jensen

Cost: Free

Max: 30

Register by Wednesday, March 16

Learn the basics of keeping your brain happy and healthy as you age. You will learn what can help improve cognitive from; healthy foods, supplements, exercise, games, and more! BRING A NOTE PAD AND PEN!!! Because, WRITING THINGS DOWN HAS SHOWN AN 80% better chance of remembering what you have learned!

Hearing Screening (S)

Monday, March 21, 9 am-12 pm

Presenter: Oshkosh Elite Hearing Center

Cost: Free

Max: 8

Register by Wednesday, March 16

Join us for a brief exam to determine if you are experiencing any hearing loss. He will answer any questions you may have about hearing health and hearing care. He will provide literature on hearing loss and the importance of annual checkups. Exams take 10-15 minutes.

Register for an appointment by calling 920.232.5310.

Brain Games (S)

Friday, March 25, 11 am-12 pm

Presenter: Alec Jensen

Cost: Free

Max: 20

Register by Wednesday, March 23

Want to sharpen you mind while having fun? Join Alec for Brain Games. You will learn the benefits of games that cause you to use your critical thinking skills and more. This is an interactive presentation so games will be played throughout the presentation.



A Healthier You (S)

Monday, March 28, 1-2 pm

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

Cost: Free

Register by Friday, March 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 information, handouts, and time for your questions.



WIN With the Oshkosh Seniors Center

Every time you come to the Center in March you'll receive a ticket for prizes!

Come every day and increase your odds to WIN. There will be two prizes chosen on Friday, April 1. No need to be present. We will call the winners.

RULES: Limit one entry per day and you must participate in an activity or use the Fox Fitness Center to be eligible.




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ADVANCE.

APPOINTMENTS ARE AVAILABLE
TUESDAY AND WEDNESDAYS,
9 AM TO 3 PM



Valley VNA
Senior Care



OSHKOSH SENIORS CENTER PRESENTS

IRISH FUN (S)



Wednesday, March 16
5-7 pm

Doors open at 4:45 pm

Tickets: \$12

Dinner & Live Music by Sheamus Fitzpatrick & the McNally Boys

**MENU: BANGERS & MASH,
GREEN BEANS, SODA
BREAD WITH HONEY
BUTTER, AND SELECT
BEVERAGES.**



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- REPORT** suspicious claims or activities

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

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

One on One with Diane Friday (S)

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

Tuesdays, March 1, 8, 15, 22, and 29
9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, March 2, 9, 16, 23, and 30
9 am, 10:15 am, 11:30 am, 12:45 pm

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

By Appointment Only 920-232-5310

One on One with Steph Carlin (S)

Mondays, March 7, 14, 21, and 28
Noon, 1:15 pm, 2:30 pm

Tuesdays, March 1, 8, 15, 22, and 29
Noon, 1:15 pm, 2:30 pm

Wednesdays, March 2, 9, 16, 23, and 30
9 am, 10:15 am, 11:30 am, 12:45 pm

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

By Appointment Only 920-232-5310



Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland

Mondays (S)

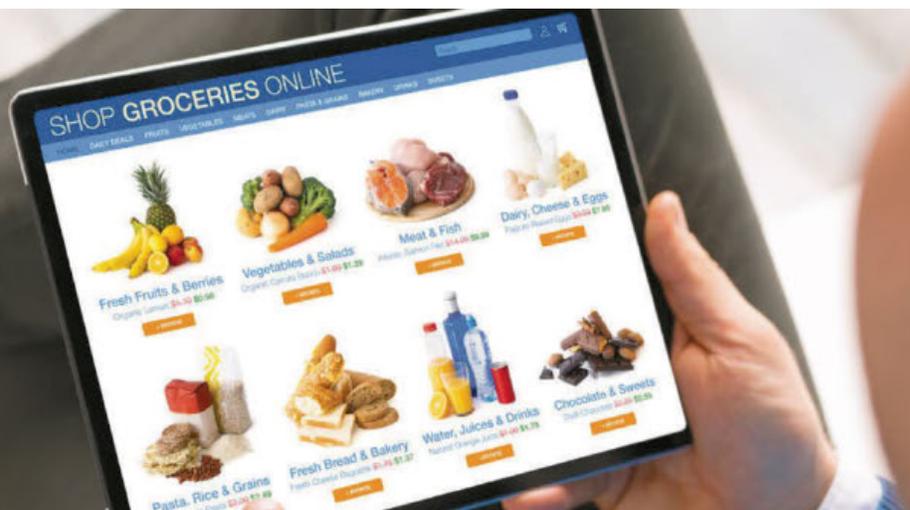
Mondays, March 7, 14, 21, and 28
9:15 am, 10:45 am, Noon, 1:15 pm

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

By Appointment Only 920-232-5310

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library online services. She is very tech savvy so don't hesitate to set up an appointment with her on any technology challenges you are experiencing.





LEARN TO GROCERY SHOP ONLINE

TUESDAY, MARCH 29, 1:30-3 PM OSC SOUTH

Presenter: Stephanie Carlin - Connect Through Tech

The course will explore the most popular grocery shopping apps from Walmart, Aldi, and Target. The class will walk you through placing an order and describe the pick-up and notification process. It is easy, convenient and a great option during the winter months. The class will help you download and practice during the class. This program is made possible through the Connect through Tech Program at the Oshkosh Seniors Center.



Book & Puzzle Pick Up (S)

Monday-Friday, 8-4 pm

Cost: Free

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

Elder Benefit Specialists (S)

Wednesdays, March 2-30, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary.

Winnebago County Elder Benefit Specialists (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 understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877-886-2372.

Ukulele Play-Along (S)

Wednesdays, March 2-30, 10:30 am-12 pm

Cost: R \$2 / NR \$2.50 per visit

Min/Max: 3/20

This is a chance for ukulele players to get together and play music learned in past classes. It's an opportunity to learn from each other and share our favorites. We will be working on a variety of music under the guidance of a Ukulele volunteer. Please bring your music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend. The play-along is a great learning and social opportunity.



Ukulele Lessons Everyone Welcome!

No prior music experience necessary.

Thanks to a generous donor, the Senior Center has ukuleles available for use. Requires a \$50 check for deposit, and when Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about Ukulele "rental."



Beginner Ukulele Lessons (S)

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

Instructor: Joe Wiedenmeier

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

Min/Max: 5/20

Register by Wednesday, March 2.

Payment due upon registration.

Research shows learning something new is the best way to improve brain health. You do not need to know how to read music to learn to play the uke. Don't have your own Ukulele? Rent one from the Center.

Intermediate Ukulele Lessons (S)

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

Instructor: Aaron Baer

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

Min/Max: 5/20

Register by Wednesday, March 2.

Payment due upon registration.

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



Advanced Ukulele Lessons (S)

Fridays, March 4-25, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 2/6

Register by Wednesday, March 2.

Payment due upon registration.

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

Let's Explore Terrell Island (S)

Monday, March 7, 1:30-3 pm

Presenter: Michael McArthur, Historian and Genealogy, Oshkosh Public Library

Cost: Free

Register by Friday, March 4

One of the most beautiful spots on Lake Butte des Morts, Terrell Island has a fascinating development history as one of the largest and most unique wetlands restoration projects in Wisconsin history. Librarian Michael McArthur will speak about the historic and continuing development of the distinctive environment.



Senior Safety (S)

Wednesday, March 9, 10-11 am

Presenter: John Holland, Oshkosh Fire Dept.

Cost: Free

Register by Monday, March 7

Did you know adults 65 and older are the highest risk group for fire deaths and accidental injury? Learn some simple tips you can do to keep yourself and your loved ones from becoming statistics. Topics include fire safety and fall prevention.

Legal Counseling (S)

Friday, March 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 drafting of documents. **Call 920.232.5310 to schedule an appointment. Space will be sanitized between appointments.**

Dark Side of Children's Picture Books (S)

Monday, March 14, 10-11:30 am

Presenter: Laura Jean Baker, UW-Oshkosh

Cost: Free

Register by Monday, March 7

Books written by Der Struwwelpeter, Heinrich Hoffman, and Rebecca Cobb portray frightening characters at times. What is suitable for children in America vs. what is suitable abroad? What books do we most love for venturing to the dark side with our own children and how do we talk to children about tough topics -- physical and mental illness; love and sex; and man's inhumanity to man -- through pictures and words?

Bingo (S)

Monday, March 14, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/30

Register by Thursday, March 10

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



Tundra Swan Migration (S)

Wednesday, March 16, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

Register by Friday, March 11

The swans have returned and Rob will show you the wonders of the migration and some of the best places to see them. Call OSC at 920.232.5300 to



reserve your spot!

Magnificent Monarchs Seminar (S)

Friday, March 25, 10-11 am

Instructor: Heckrodt Nature Reserve

Cost: Free

Register by Friday, March 18

Join a Heckrodt Wetland Reserve naturalist as we explore the life of the magnificent, migrating pollinators we know as monarchs. Learn about their life cycle, incredible journey south, and much more.



Estate Planning and Long-term Care Planning on the Cheap (S)

Friday, March 25, 10-11 am

Presenter: McCleer Law

Cost: Free

Register by Wednesday, March 23.

Estate planning and long-term care planning are two areas of the law that are not to be taken lightly. It's important you take the time to understand and research these subjects. That said, there are several inexpensive and easy steps that you can take now to potentially lower the eventual costs for you and your family pertaining to preparing an estate plan, administering an estate, and preserving assets from long-term care costs.

Representative Hintz Office Hours (S)

Friday, March 25, 10 am-12 pm

Cost: Free



State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Rep. Hintz is dedicated to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share with Gordon what's on your mind.

Grocery Shopping Online (S)

Tuesday, March 29, 1:30-3 pm

Presenter: Stephanie Carlin

Cost: Free

Register by Tuesday, March 22

Learn how to grocery shop online! Grocery shopping online is easy, convenient, and offered by your favorite stores. The course will explore the popular grocery shopping apps from Walmart, Aldi, and Target. The class will walk you through placing an order and describe the pick-up and notification process. This program is made possible through the Connect through Tech Program at the Oshkosh Seniors Center.

Popcorn & A Movie (S)

Wednesday, March 30, 12:45 - 2:30 pm

Cost: Free

Min/Max: 2/30

Register by Monday, March 28

Enjoy a movie with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies in newsletter.**



Book Talk (S)

Last Bus to Wisdom by Kristin Harmel

Thursday, March 31, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 12

Register by Thursday, March 3

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

Donal Cameron is being raised by his grandmother, but when Grams has to have surgery in the summer of '51 she sends Donal off to her sister. Aunt Kate is nothing like Grams, and Donal can't seem to get on her good side. Soon he is on a bus to Montana, having rollicking misadventures on the way.



- At this time, **no food or sharing of food/drink allowed**
- Single serve beverages allowed (bottled water sold at front desk) Soda machine is available.
- Please wash hands before playing
- Fees have remained the same
- Due to new cleaning protocols, all cards and games end at 3:30 pm

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

Cribbage

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

Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Consider joining the WI Warmers, a volunteer group that creates handmade items such as lap quilts and stockings for those in need. No sewing skills necessary, supplies and training provided. Come meet new friends while giving to others. The Wisconsin Warmers are in continual need of cotton fabric pieces that are 2 to 3 yards or larger in size for quilt backs. Please, NO polyester, satin, tulle/netting, knits of any kind, or bed sheets. Please bring all donations to the front desk and say it is for the WI Warmers. A donation form needs to be completed for all donations.



Test your basketball IQ with a bracket challenge

Pick up your FREE bracket on Monday, March 14th at either front desk. Return your completed bracket by Wednesday, March 16th by 4 pm.

The Center will post the brackets so you can track your progress! The person with the most points will win a goodie bag and "bragging" rights!

March Mayhem College Basketball



Magnificent Monarchs Seminar (S)

Friday, March 25 10 -11 am

Instructor: Heckrodt Nature Reserve
Register by Friday, March 18

FREE

Join a Heckrodt Wetland Reserve naturalist as we explore the life of the magnificent, migrating pollinators we know as monarchs. Learn about their life cycle, their incredible journey south, and much more.



The Camera in My Pocket



Today's mobile technology gives everyone the ability to capture photos on the fly, and with the variety of free and paid apps available, you can turn those photos into works of art

**Wednesday,
March 9
1:30-3 pm**
Ric Damm
Photography
Director of Creative
and Social Media,
Ripon College
Oasis Room
Max: 35

Free
Register by March 7



Program in collaboration with Learning in Retirement





The Dark Side of Children's Picture Books

MONDAY, MARCH 14

10 – 11:30 AM, OSC (S)

Presenter: Laura Jean Baker, UWO Associate Professor, English Department

Must register by Thursday, March 10

This program is in collaboration with learning in retirement



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 with vision, hearing and dental needs.

The trust was established in the late 1920's and for over 100 years this generous gift keeps on giving.

If you know of a person or yourself that is in need please contact Bobbie Jo Nagler at the center and she can help you apply for the funding.

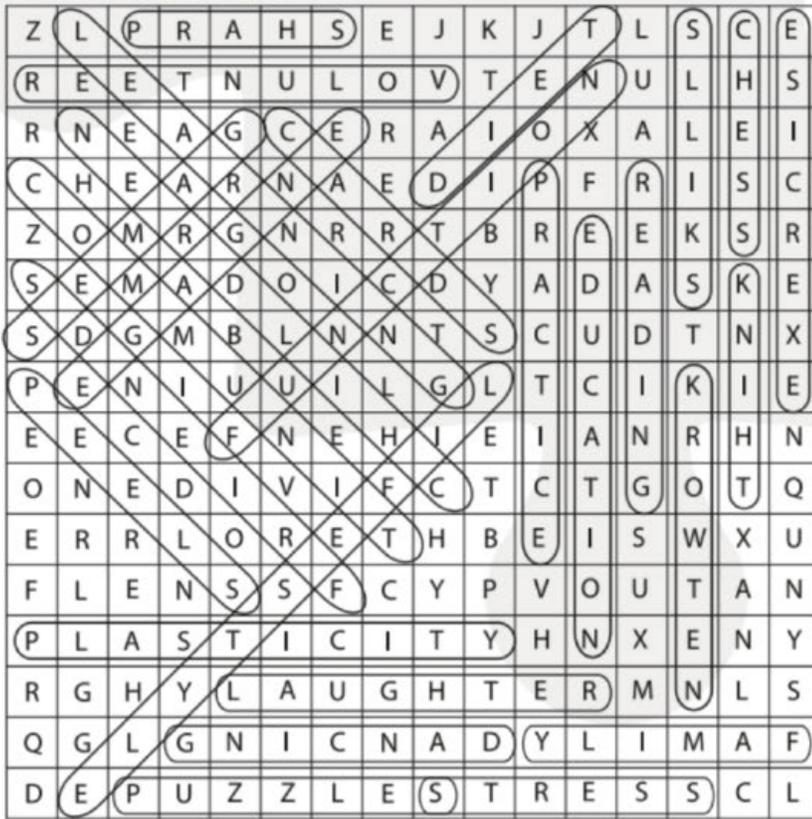
**Apply now by calling
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Brain Awareness Week

ANSWERS

BRAIN TEASERS



- | | | | |
|-----------|----------|------------|-----------|
| Aerobic | Engage | Lifestyle | Skills |
| Cards | Exercise | Network | Sleep |
| Chess | Family | Novelty | Stress |
| Children | Friends | Plasticity | Think |
| Community | Function | Practice | Volunteer |
| Dancing | Games | Puzzles | |
| Diet | Laughter | Reading | |
| Education | Learning | Sharp | |

Brain Health 101 (S)
Friday, March 18, 1-2:00 pm
 Presenter: Alec Jensen
Cost: Free
 Max: 30

Register by Wednesday, March 16.
 Learn the basics of keeping your brain happy and healthy as you age. You will learn what can help improve cognitive function/s: from healthy foods, supplements, exercise, games, and more!
BRING A NOTE PAD AND PEN!!
 Because we are 80% more likely to remember something if we have it written down.

Renaissance Brain

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		15				8	16	21																	

A M A N P A I N T S W I T H H I S B R A I N S
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I F H E C A N N O T H A V E H I S B R A I N S
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C L E A R H E W I L L C O M E T O G R I E F
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M I C H E L A N G E L O
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Friends of the Oshkosh Seniors Center

Nearly 500 people made donations to the Friends of the Oshkosh Seniors Center in 2021. Your support allows the Center to offer a variety of FUN events and classes! The Friends of the Oshkosh Seniors Center encourages you to pick up the March newsletter and sign up to have some fun. Here are the events your donations fund.

In March, we are all Irish, so sign up for the *Irish Fun Party* on Wednesday, March 16. It's catered by Dublin's and features Sheamus Fitzpatrick and the McNally Boys! They sound like fine upstanding Irish lads that know how to have a good time, so make sure you get your tickets early. Details are on page 12.

Who doesn't love food? The *Chat and Chop* class gives people the chance to socialize and learn how to make a tasty new recipe. This March you'll make stuffed green peppers. It sounds delicious. Two sessions are offered on March 8.



Chat and Chop Cooking Class



**Sheamus Fitzpatrick and the McNally Boys
March 16th's Irish Fun**

**Food Truck Fridays
Summer of 2022
June 17th and August 19th**



Friends Mission Statement:

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



**Donations that support the Center
may be mailed to:
Friends of the Oshkosh Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423**

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.**
Desk Phone—920.232.5312

- Place your payment in the drop box located next to the WST Desk



- 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.

Wisconsin Senior Tours (WST) accepts **CHECKS AND EXACT CASH ONLY**

Detailed Flyers available at the Center

Mark Nizer-Schauer Theater Hartford

Date: Friday, March 25
Cost: \$80 (\$20 non-refundable deposit)
Final Payment due March 1
Guides: Donna Landers & Ginnie Riley
Depart: 3 pm Seniors Center South
Return: Approximately 9:30 pm

CANCELLED!!

Day at The Casino

Date: Thursday, March 10
Cost: \$35 (\$20 non-refundable deposit)
Final Payment due March 1

Guides:
Donna Landers & Ginnie Riley
Depart: 8 am Seniors Center North



Let's enjoy the ride in a Gold Star Bus to warm up with some winning gaming at Ho-Chunk Wisconsin Dells Casino. You will get \$25 on your Player's Card when you arrive, and besides this, you will receive \$5 toward your lunch. There is more! Since Thursday is Senior Citizen Day, there may be a few more surprise perks just for you.

For questions call:
Donna Landers 920.303.1683
Ginnie Riley 715.889.2373

The cost to travel has been increasing. The Winnebago Senior Tours works to keep our trips as affordable as possible.



WHEN SIGNING UP

When signing up for a trip, be prepared to provide the name and phone number of an emergency contact when signing the Travel Agreement. This information is important for the Tour Guides to reference only if needed. This emergency contact can be a friend, neighbor, or relative.

Winnebago Senior Tours

Cruzin' Milwaukee

Date: Tuesday, April 12

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

Final payment due March 22

Guides: Ginnie Riley & Donna Landers

Depart: 9 am Seniors Center South

Return: Approximately 6:30 pm

We will be **Cruzin'** on a coach bus through the Milwaukee area, with a trip to Oak Creek to browse the Swedish IKEA Store. Then we will spend time along the Milwaukee River in the downtown area and enjoy lunch at the Harley-Davidson Motor Restaurant. At sign-up you will select from three entrees: Chicken Caesar Salad, Motor Burger, or BBQ Pork Sandwich.

You may also visit the adjacent souvenir and gift store. It is just a short walk to

experience a self-guided audio tour of

the Harley-Davidson Museum. Next up is a tour of the Sprecher Brewery in Glendale. Sprecher's is known for its specialty beers and sodas, which includes a souvenir glass so you can sample 4 beers and unlimited soda before heading back to Oshkosh.

For questions call:

Ginnie Riley 715.889.2373

Donna Landers 920.303.1683



California Rail Discovery Trip

Date: June 8-15

Cost: \$3095 pp double

Guide: Cheryl Freiberg

Come travel with us for a trip of a lifetime as we fly to San Francisco, "The City by the Bay," to enjoy fascinating museums, world-class cuisine, and fantastic shopping.

Highlights include Two Rail Journeys, the Napa Valley Wine Train, and the Sierra Nevada Rail Journey. In addition, enjoy Two Cruise Experiences, the San Francisco City Tour, Wine Lunch Train, Winery Tour and Tasting, Old Town Sacramento, Virginia City, Reno, NV, National Auto Museum, and an optional excursion to Muir Woods to see some of the oldest and tallest redwood trees in the world. See complete flyer details. Flyers are available at the Tour desk, or call 920.232.5312 to have one mailed to you.

For questions call:

Cheryl Freiberg 920.379.8128



Exploring Britain & Ireland

Date: August 13—28

Guide: Cheryl Freiberg

Cost: \$5649 pp Double Occupancy

Our next International trip by Travelers Choice will be exploring Britain and Ireland. Highlights include London, Stonehenge, Bath, Cardiff, Blarney Castle, Dublin, Wales, and an Irish cooking class, to name a few. Included in the experience is the epic Royal Military Tattoo in Scotland. There are a few seats available.

For questions call:

Cheryl Freiberg 920.379.8128



Beautiful Vermont

Date: September 24-October 2

Guides: Donna Landers & Betty Litjens

WAIT LIST ONLY

Here is your chance to see the magnificent Fall colors of Vermont. Throughout this trip there are many highlights some are certainly a visit to Niagara Falls State Park, Erie Maritime Museum, and New York State Museum in Albany.

As we continue this packed

tour, we will stop at Shelburn Museum which is a display of 39 buildings including: school, jail, railroad station, and a 220 foot steamboat. Next we will check out Burlington Church Street Marketplace with over 100 places to browse and check out. We will be fortunate to take a Dinner Cruise on beautiful Lake Champlain which includes entertainment and a dance floor. We continue with a guided tour of the spectacular Ages Granite Quarry, followed by an informational tour to the State Capital Montpelier. This Fall tour of Vermont would not be complete without a tour and tasting of apple cider from Cold Hollow Cider Mill. Ice Cream, yes ice cream featuring a tour of Ben & Jerry's Factory with many samples to savor. Certainly a fabulous educational and entertaining trip. This trip will fill up fast. If you have questions call:

Donna Landers 920.303.1683

Betty Litjens 920.231.4504



Winnebago Senior Tours

The Church Basement Ladies in A Mighty Fortress

Date: Thursday, May 12, 2022

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

Final payment due April 26

Depart: 7:45 am Seniors Center North

Return: Approximately 6 pm

Guides: Ginnie Riley

Sherry Katzenberger

As the coming of summer is on our minds, let's enjoy the humorous installment of The Church Basement Ladies series. Beverly gets her first pair of high heels



for confirmation. Mrs. Snustad wins top honors at the County Fair. Life can be complicated by a Super Highway dividing a property or women driving their "husband's" pickup truck. Shh!! Did you hear Pastor has a "love" in his life and will be announcing his upcoming wedding! With all these changes of the 60s, these women remain strong in their faith and friendship. You are certain to enjoy some snickers and double over laughing with the crazy antics and great new songs by "The Church Basement Ladies".

Featured Menu of a chopped salad with house dressing; Entrée Choice Roast boneless pork chop, Chicken Cordon Bleu, or Chef Mike's Lasagna with Whipped potatoes and Green beans with Parisian Carrots. (no potatoes with Lasagna.) Complete with homemade apple pie and homemade vanilla bean custard. On the way, we will enjoy a short stop at Jones Market to see their latest meats and cheeses.

For questions call:

Ginnie Riley 715.889.2373

Sherry Katzenberger 608.578.5366

We Need Your Help

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

Milwaukee Brewers vs Braves

Date: Wednesday, May 18

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

Final payment due May 2

Guides: Betty Litjens, Laurie Peach & Cheryl Freiberg

Depart: 8:30 am

Return: Immediately after the game



Taking a coach bus, including driver tip and ticket. Let's join in

cheering the 2021 NL Central Division Champs: The Milwaukee Brewers as they play the 2021 World Champions Atlanta Braves. This will be an exciting match-up. Put on your Brewer Fan gear and let's cheer on the Brewers with a day at American Family Stadium. We will stop on the way for a break or refreshments of your choice at Hwy Q in Menomonie Falls.

For questions call:

Betty Litjens 920.231.4504

Laurie Peach 920.232.1336

Cheryl Freiberg 920.379.8128

COMING IN JUNE

Travel Back in Time— Appleton
Discover Historical Manitowoc

COMING IN JULY

Washington Island

Please let us know if you need any special accommodations on the bus or for an overnight stay.



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

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

Oshkosh Seniors Center

200 N. Campbell Road
Oshkosh, WI 54902
920-232-5300

South Building Hours:

Monday - Friday, 8 am - 4 pm

North Building Hours

Monday - Friday, 7 am - 4 pm

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