

THE CURRENT



Join Us!

IRISH FUN

Dinner & Live Music with
Sheamus Fitzpatrick
& the McNally Boys
Tuesday, March 19
(See page for details)

March 2024, Issue #3

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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Welcome to the Oshkosh Seniors Center



OSC Closings and Notifications

It is the policy of the Oshkosh Seniors Center to follow the Oshkosh Area Public School District's lead on closures due to weather. If the school district closes school for a full day, the Center will be closed. (If there is an announcement via media outlets stating the Oshkosh Area Public School District is closed for a full day, the Center will be closed.)

Anytime OSC is closed due to weather, or any other reason, it will be announced on the OSC Facebook page and posted with WBAY, Green Bay's ABC Channel 2.

What happens if the Oshkosh Area Public School District declares a delay in opening due to weather?
The Center will open for the day. We will not have delays in opening.

What happens if the Oshkosh Area Public School District declares they are closing early due to weather?
The Center will not close early due to weather.



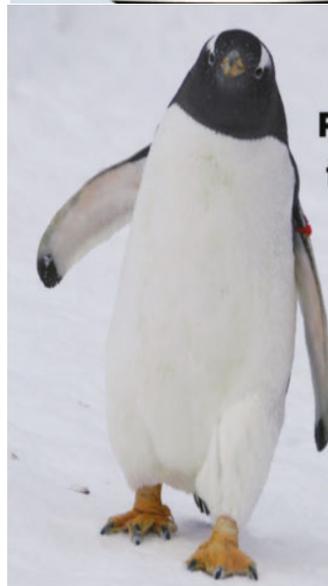
Have you heard about "Prepay" accounts?

You can put any dollar amount you wish on your prepay account and use it to pay for classes or activities. Having to make payments every time you visit can be an inconvenience. In SchedulesPlus, there's an account PREPAY, which will enable you to make a deposit of funds, 'PREPAY' to your own account. These prepay funds are then available for you to use as you check-in for future events, or as you register you can use those funds for the payment.

- Stop at front desk with a check or cash and tell them you would like to put the money on your prepay account
- When you come to activities at the Center, sign in at the kiosk and the fees will be deducted from your account. No need to have cash every time.
- Want to register for a class that has a fee via phone? Call 920.232.5300 and have the fees taken out of your prepay account. No special trip to the Center is needed.



Remember to walk like a Penguin to avoid falling in wintry conditions!



- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

WHAT'S IN THIS ISSUE?

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

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OSHKOSH SENIORS CENTER PRESENTS

IRISH FUN (S)



Tuesday, March 19
5-7 pm

Doors open at 4:45 pm

Tickets: \$17

**Dinner & Live Music by Sheamus Fitzpatrick &
the McNally Boys**

Tickets on sale February 12-March 11

Menu

Traditional Irish Meal
Corned Beef, Cabbage, Carrots
Potato, Irish Soda Bread

Dessert

*Provided by
Piggly Wiggly*



Art Expression (S)

Thursdays & Fridays,
February 1-29, 9-11:30 am
Cost: R \$1.50/NR \$2.25 per visit

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

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

Hand Building with Clay (S)

Tuesdays, March 12-April 2, 12-3 pm
Instructor: Kathi Dittmer

Cost: R \$45/NR \$50
Min/Max: 3/8

Registration opens Monday February 26

Payment due upon registration

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

Beginners welcome! Please note, class supplies are for use during regularly scheduled class times only. Those listed as on "stand by" will be given first option on the following month's class.

Quilting 301 (S)

Setting a Quilt on Point
Wednesdays, March 6-27, 9-11:30 am
Cost: R \$15/NR \$16.50

Min/Max: 3/6

Register by Monday, March 4

Payment due at time of registration

In this class we will turn our focus on setting quilt blocks on point. Before we begin, we will review what we know about sewing environments/studios, supplies and tools (e.g., fabric, needles, thread, and rulers), machine operation and maintenance. We will then construct a relatively easy quilt with nine patches and rail fence blocks and turn them on point. We will learn to calculate the size of setting triangles to make the quilt rectangular.



Stained Glass (S)

Finish/Repair Projects

Mondays, March 11 & 18 10 am-12 pm

Cost: R \$10/NR \$15

Min/Max: 3/6

Register by Thursday, March 7

Payment due at time of registration

This is an opportunity to come in and complete pieces that need to be finished, or repair damaged pieces. Marla is an experienced stained glass professional with years of stained glass repair and restoration experience.

Resin & Glass Night Light (S)

Thursday, March 21, 9:30-11:30 am

Instructor: Jean Wollerman

Cost: R \$20/ NR \$25 for two lights

Min/Max: 3/8

Register by Monday, March 18

Payment due upon registration

Get creative decorating a night light with glass and other decorative items. Once you're done with layout, we will pour resin over the creation. It will sparkle and shine, whether the light is on or off! Bring your own ideas or copy one of the ideas provided. Make something seasonal or special to give it as a gift! No experience necessary. Resin projects will have to set for 24 hours before they can be taken home.



Looking to get rid of old jewelry, broaches, beads and/or charms? We'll take them!

Please consider donating items to the Center for use in art projects. We will take items apart and use pieces and parts for our art. We're even interested in tangled messes. Drop them off at either front desk. Thanks in advance for your generosity!



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Seniors age 60 and older ride GO Transit buses for the lowest fare in the City.

Call 920.232.5340 for info about your mobility options.

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



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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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A 4C 01-0984

Power & Hand Tool Carving (N)

Mondays, March 4-25, 8 am-12 pm

Instructor: Gene Bengel and Richard Krummick

Cost: R \$40/NR \$45

Min/Max: 5/12

Register by Friday, March 1

Payment due upon registration

This class is open to wood carvers using either power or hand tools. Power tool carvers must bring a bench fan dust collector. Only carvers with current machine safety training may use designated OSC shop power equipment. Carvers without current machine training may carve using handtools and their own hand rotary tools (e.g. Dremels) using a bench pass available from instructors. Instructors available to teach, guide, and problem solve to help you with projects **This class open to carving projects only.**

Woodshop Guided Hours (N)

Wednesdays

10 am-2:30 pm

***If you plan to attend after 12 pm on Wednesdays, please call and register by the Tuesday before.**

Fridays, 1-3 pm-New time added!

(No Hours on Friday, March 29)

10 am-2:30 pm

Cost: R \$5/NR \$6.50

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

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

Intermediate/Advanced Pyrography Golden Eagle (S)

Thursdays, March 7-28, 1-3 pm

Instructor: Cedric Richeson & Richard Krummick

Cost: R \$25/ NR \$30

Register by Tuesday, March 5

Payment due at time of registration

Woodburn a Golden Eagle head in profile on a 9" X 12" birch plywood plaque. Class will be provided with birch plaque and test board. This projects develops skill at burning a gradual tone, shading and woodburning and eye. A class supply list is available at the front desk when registering.



Beginner Scroll Saw (S)

Thursdays, March 14-28, 10 am-12 pm

Instructor: Diane Curtis & Linda Gomach

Cost: R \$20/ NR \$25

Min/Max: 3/5

Register by Friday, March 8

Payment due at time of registration

Always wanted to learn how to use a scroll saw? Here's your chance! Instructors will lead you step by step through the basics of scroll saw usage. Cut out a family of Polar bears and paint, woodburn or carve to accent your chilly family. **Basic Machine Safety Training is required.**



Basic Machine Safety Training (N)

Fridays, March 15 & 22, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, March 8

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

Upcoming

Vinyl Block Carving & Printing (N)

Thursdays, April 11- May 2, 10 am -12 pm

Instructor: Linda Gomach & Diane Curtis

Cost: R \$20/ NR \$25

Min/Max: 3/8

Register by Thursday, April 4

Carve an impression in a 6 X 4 vinyl tile using V-Gouges (bring your own or center has limited supply available). Upon completing your carving, we will then ink the tile and apply to various textiles such as tote bag or paper. If you wish to apply to a fabric piece, such as a shirt, please bring in your own item.



Beginner Chair Yoga Classes (N)

Tuesdays, March 5-26, 2:15-3 pm

New!

Drop in eligible

Instructor: Jim Crane

Jim has been doing Yoga for 26 years and has been teaching for 18. He has several certifications and has attended many workshops over the years. Most importantly he is a senior himself which helps him understand the needs of other seniors.

Thursdays, March 7-28, 1-1:45 pm

Drop in eligible

Instructor: Catherine Huybers

Chair Yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga helps boost strength, increase flexibility, and mental well-being.





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FRONT 9 FITNESS (N)

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Do you want to take a few strokes off your game, increase your overall playing ability, and/or play more rounds of golf?

The Front 9 Fitness class is for you! This four-week class is designed specifically to help you improve your body mechanics, strength, power generation, and endurance. You will learn how to warm up, unlock your hips, and build endurance.

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R \$40
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THURSDAYS
MARCH 7 - MARCH 28
2:00 - 2:45 PM
MAX: 14

No equipment needed.
Wear comfortable fitness attire as
you will be exercising
Questions contact Alec at
920.232.5320

REGISTER BY TUESDAY, MARCH 5
PAYMENT DUE UPON REGISTRATION

Slow Flow Yoga (N) Wednesdays, 1:15-2pm

Instructor: Kayla Johnson

Drop-in eligible

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

Beginner Chair Yoga (N) Tuesdays, 2:15-3 pm ***NEW TIME*** Thursdays, 1-1:45 pm

Instructor: Jim Crane (T)/Catherine Huybers (Th)

Drop-in eligible

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

Step Interval Training (N) Fridays, 8:30-9 am

Instructor: Kayla Johnson

No class Friday, March 29

Drop-in eligible

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

NEW ELLIPTICAL MACHINES COMING IN MARCH 2024!

Machines will be equipped with individual TVs.
Please bring your own pair of headphones if audio is desired.

FFC 3g (N) Fridays, 9-9:45 am

No class Friday, March 29

Instructor: Alec Jensen

Max: 10

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3 different areas of the Fox Fitness Center (FFC). 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.

Keep Moving! (N) Fridays, 10:30-11:15 am

Instructor: Kayla Johnson

No class Friday, March 29

Drop-in eligible

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

Intermediate Kettlebells (N) Mondays, March 4-25th 2-2:45pm

Instructor Kayla Johnson & Alec Jensen

Cost: \$10/ NR \$11.50

Max:10

Registration required by February 29 Payment due upon registration. Must have completed Foundations of Kettlebells class to register.

Kettlebells are beneficial for everyone young or old. The unique nature of the kettlebell lifts provide a powerful training tool that can replace any machine at a gym. No other tool offers as many all-around benefits in such a tight package.

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

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

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

Billiard Players Please Note

When fitness classes are happening, billiards may not be played. OSC Staff thank you for your cooperation and understanding.

Fitness Opportunities

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

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

Instructor: Alec Jensen

Drop-in eligible

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

Range of Motion (N)

Mondays & Wednesdays

9:15-9:45 am

Instructor: Alec Jensen

Drop-in eligible

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



Silver Sneakers Classic (N)

Mondays & Wednesdays

10:45-11:30 am

Instructor: Kayla Johnson

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.



SilverSneakers

Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructor: Kayla Johnson

Drop-in eligible

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

Tai Chi Energy (N)

Tuesdays & Thursdays

9:45-10:15 am

Instructor: Alec Jensen

Drop-in eligible

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



Movement Exercise (N)

Tuesdays & Thursdays

11-11:45 am

Instructor: Kayla Johnson

Drop-in eligible

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

Advanced Line Dancing (N)

Mondays & Tuesdays, 12:30-1:30 pm

Instructor: Debbie Ruck

Drop-in eligible

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

Mindfulness Meditation (S) Thursdays, March 7-28, 11 am-12 pm

Instructor: Donna Janus

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

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



“Watch Party”

What is a watch party? Where people get together and watch an online event together

Heart-Healthy Cooking Made Easy (S)

Thursday, March 7

1-2 pm

Register by Tuesday, March 5

Are you ready to start your heart-healthy lifestyle?
Join this class to learn how to make simple, easy-to-follow recipes that taste great and are good for your heart.

FREE Blood Pressure Checks

Thursday, March 7, Noon-1 pm (S)

Tuesday, March 12, 10:15-11:15 am (N)

Thursday, March 21, Noon-1 pm (S)

Monday, March 25, 12:30-1:30 pm (N)

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

Essential Oils: Make & Take

All- Purpose Cleaner (S)

Tuesday, March 12, 10 am-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$10

Register by Friday, March 8

March is a great time for spring cleaning. Many people are not aware of how many toxic chemicals are in the cleaners on the shelves in the store. Essential oils are a great alternative to clean our homes and make it safer for ourselves and our pets. Join Jeanne for a Make & Take class to take home your very own 4oz spray bottle of all-purpose cleaner.

Foot Pain & Strategies to Manage It (S)

Monday, March 11, 10 am-11 am

Presenter: Physical Achievement Center

Cost: Free

Register By Friday, March 8

Join Dr. Koehler as talks about foot and ankle issues and strategies that can help effectively manage pain/ discomfort. This presentation will cover how to strengthen the foot and ankle, along with the importance of proper foot ware.

Note: This presentation will NOT cover medical issues such as ulcers, circulatory issues, fungus, or other specialized medical issues.

Metabolic Health & You (S)

Wednesday, March 13, 10 am –11 am

Presenter: Kristie Butler, RD

Cost: Free

Register by Monday March 11

Join Kristie Butler RD from Functional Nutrition Wisconsin as she talks about Metabolic Health diseases. This presentation will provide you with strategies to stabilize blood sugar, and prevent muscle loss to help manage age related metabolic diseases.

Cooking with Alec (S)

Green Chile Chicken Enchilada Skillet

Friday, March 15, 1 pm-2 pm

Presenter: Alec Jensen

Cost: R \$5 NR \$6.50

Register by Wednesday, March 13

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

Advocap Lunch & Learn (S)

Friday, March 15, 10:30 am-12:30 pm

Cost: FREE

Maximum: 25

Register with the Center by Thursday, March 7

Come enjoy a free nutritional presentation and a delicious lunch! Menu is “Breakfast for Lunch”, a meatless delight. Advocap serves appetizing, nutritious noon-time meals 5 days a week at the Center.



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Upper Extremities, Joint Protection, & Arthritis (S)

Monday, March 18, 1:30-2:30 pm

Presenter: Jeanette Braun, OTR, CHT from Aurora Sports Health

Cost: Free

Registration required by Thursday, March 14

Come and learn how to protect your joints, common conditions, and ways to avoid injury.



Overactive Bladder (S)

Wednesday, March 20, 2:30-3:30 pm

Presenter: Nicole Boesch, CMA, CUA, FAUNA

Cost: Free

Register by Monday, March 18

Overactive bladder is a condition in which a patient feels a frequent and strong urge to urinate. An estimated 15 million people in the U.S. experience significant urinary frequency, loss of urinary control, and/or unexplained pelvic pain, which can severely affect a patient's quality of life. Join Nikki Boesch, Nurse Educator from WI Institute of Urology, as she explains symptoms, lifestyle changes and treatment options for Overactive Bladder.

A Healthier You (S)

Monday, March 25, 1-2 pm

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

Cost: Free

Register by Friday, March 22

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

OPEN OFFICE HOURS (N)



with Stephanie Pereira da Silva, MS
CHES ACSM NASM
CPT

Drop in on **Monday, March 4th, 9:30-10:30am** to chat with Stephanie about how shoes and footwear can impact your fitness goals!



Footwear is your first line of defense against the wear and tear of an active lifelong lifestyle. Proper footwear provides not only protection, but helps you maintain your balance and posture and prevent falls.



BE PROACTIVE

Exercise can help to Prevent Falls

Don't be a statistic! Instead, be proactive in your efforts to maintain and improve your balance.

BIODEX FALL RISK SCREENINGS ARE AVAILABLE FOR ONLY \$5.00

Appointments are available on Wednesdays and Thursdays. Please register. 920.232.5300.



The Oshkosh Seniors Center offers evidence-based exercise classes that can help reduce your risk of falling. Be proactive and get enrolled now!

Have you ever wondered how your risk for falling compares with others? Take the Fall Risk Screening Test to find out!

- **In just 2 minutes the Biodesx SD System's Fall Risk Test measures your risk of falling in comparison to people of your same age.**
- **It's a starting point that gives you the motivation to improve your balance.**



PERSONAL TRAINING



ALEC JENSEN
920.232.5320

I'm Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience behind me, I create programs tailored to your fitness/wellness needs and goals whether that be strength, balance, weight loss, or post rehab. I have successfully helped hundreds of people with their fitness and wellness journeys whether they're new to fitness or are seasoned pros.

KAYLA JOHNSON <<<
920.232.5303

I'm Kayla, Activities Coordinator for Healthy Lifestyles, and I'm passionate about designing functional exercise programs that assist you in reaching your specific goals. I have extensive experience working with clients with various goals: injury prevention and rehabilitation, losing weight, increasing strength, cardio fitness, and balance to name a few. I aim to make exercise enjoyable, while still providing you with an attainable challenge.



VALUE

With our Certified Trainers, you're taking your first steps into taking control of your overall health and wellness. **Each session is 30 minutes long and is specifically designed for you and your goals.** You will have direct access to a trainer who will show you how to exercise safely and effectively in a one-on-one setting.

Pricing: 6 sessions \$79, 12 sessions \$129, 18 sessions \$166.50



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valleyvna.org | 920.727.5555 | Neenah, WI

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920-236-7801

my choice WISCONSIN

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.
DHS Approved 4/22/2021

ClarityCare | OSHKOSH • GREEN BAY
www.claritycare.org

<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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If Compassion, Quality Care and Independence is Important... Call us today! (920) 236-6560

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888-818-2611
www.smpwi.org
WisconsinSeniorMedicarePatrol

SMP
Senior Medicare Patrol
Preventing Medicare 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.

Heritage Court
A Senior Community

600 W. Packer
Oshkosh, WI 54901
Call (920) 379-5006

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

Visit www.claritycare.org for more information.



SLEEP (well) BINGO Challenge March 1-31st

Rules:

1. Complete **at least 20 boxes** throughout the month, may complete **up to 2** sleep habits per day.
2. Cross off the boxes you've completed. Boxes may be filled in randomly– you do not need to go in any order.

Turn your completed sheet in to the North building front desk by Wednesday, April 3 at noon to be entered into a drawing for a prize.

S	L	E	E	P
Sleep 8 hours  <input type="checkbox"/>	Turn down the temp  <input type="checkbox"/>	Stretch/yoga  <input type="checkbox"/>	Listen to relaxing music  <input type="checkbox"/>	No electronics b/4 bed  <input type="checkbox"/>
Listen to relaxing music  <input type="checkbox"/>	Sleep 8 hours  <input type="checkbox"/>	No electronics b/4 bed  <input type="checkbox"/>	10 minutes of deep breathing  <input type="checkbox"/>	Turn down the temp  <input type="checkbox"/>
Turn down the temp  <input type="checkbox"/>	No electronics b/4 bed  <input type="checkbox"/>	Go to bed 1 hour earlier  <input type="checkbox"/>	Stretch/yoga  <input type="checkbox"/>	Take a 10 minute walk  <input type="checkbox"/>
10 minutes deep breathing  <input type="checkbox"/>	Go to bed 1 hour earlier  <input type="checkbox"/>	Turn down the temp  <input type="checkbox"/>	Sleep 8 hours  <input type="checkbox"/>	No electronics b/4 bed  <input type="checkbox"/>
No electronics b/4 bed  <input type="checkbox"/>	Stretch/yoga  <input type="checkbox"/>	Listen to relaxing music  <input type="checkbox"/>	10 minutes of deep breathing  <input type="checkbox"/>	Sleep 8 hours  <input type="checkbox"/>

Grief Support (S)

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

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Maximum 12 per session

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, January 4-25

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

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

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. Each class provides care partners three hours of free time while their loved one attends class.

Memory Screening (S)

3rd Thursday of the month

10:30 am -12:00 pm

Facilitator ADRC

Cost: Free

Alisa will be available each month to complete a free memory screening and answer questions related to memory loss, dementia, an caregiving appointments take 20 minutes.

Memory Link Resource Hours (S)

4th Thursday of the month

11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

Resource Navigator will be here to answer any questions you may have regarding memory loss

Drop ins welcome

Advocap Meal Program (S)

To register call 920.725.2791

24 hour in advance.

Come and enjoy a meal with friends served inside the Oshkosh Seniors Center Monday-Friday. Lunch is served about 11:15 daily.

Suggested donation of \$4, but nobody will be turned away based on payment.

Tender Loving Care Support Group (S)

Thursday, March 28, 1 pm

Facilitator: Fox Valley Memory Project

Cost: Free

(Supported by the FV Memory Project)

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

Foot Care (S)

Tuesdays and Wednesdays, 9 am to 3 pm

To make an appointment call 920.232.5301

Cost: \$28.00

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

Appointments are filling fast.

***Please note nail care services will be \$28 due to increase in our cost.**

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

City of Oshkosh residents demonstrating financial need can apply for assistance for vision, hearing and dental.

Bus Passes (N or S)

Transportation via bus from bus stop nearest your home to Senior Center and from Senior Center to bus stop nearest your home is FREE for Seniors. No other destination is included in this pass. The passes may be obtained at the South or North front desk.

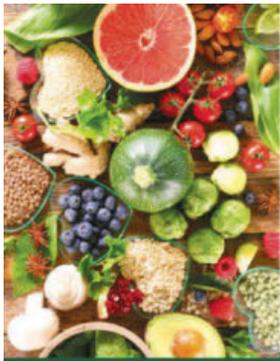
Dial-A-Ride (N or S)

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh. Brochures detailing the program including the fares may be found at the South or North front desks.

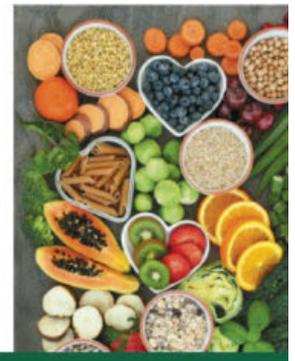
Aging and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at www.co.winnebago.wi.us/adrc

The Oshkosh Seniors Center has copies of their directory located in our resource room.



YOU ARE WHAT YOU EAT SO LET'S MAKE BETTER CHOICES!



“Watch Party”

What is a watch party? Where people get together and watch an online event together

Heart-Healthy Cooking Made Easy (S)

Thursday, March 7

1-2 pm

Register by Tuesday, March 5

Are you ready to start your heart-healthy lifestyle? Join this class to learn how to make simple, easy-to-follow recipes that taste great and are good for your heart.

Must Register 920.232.5300

Cooking with Alec (S)

Green Chile Chicken Enchilada
Skillet

Friday, March 15, 1pm-2pm

Presenter: Alec Jensen

Cost: R \$5 NR \$6.50

Register by Wednesday, March 13

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



Must Register 920.232.5300

Connect Through Tech



Stay Connected to Age Well

One on One Tech Appointments

Programs are 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" we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

Mondays, March 4, 11, 18, and 25
9 am, 10:15 am, 11:30 am, 12:45 pm

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

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

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

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

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

Mondays, March 4, 11, 18, and 25
9:15 am, 10:30 am, 11:45 am, 1 pm

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



What is Artificial Intelligence, and Why Should I Care?



Join Connect through Tech for a discussion about Artificial Intelligence

Tuesday, March 26

9:30 am

**Oshkosh Seniors Center
200 N Campbell Road**

Must Register 920.232.5300



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Download the Copilot app



ChatGPT





Do you enjoy singing?

Consider joining the
Oshkosh Seniors Center Golden Tones Chorus
Director Paula Steinert Accompanist: Marshall Potter



Mondays, March 4-June 3 (S)

1:30-3 pm

Cost for spring chorus session:

R \$40/NR \$45

*****Registration and payment deadline to
join chorus is
Monday, February 26*****

(All fees go directly back into chorus program)

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

Cost: Free

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

Elder Benefit Specialist (S) **Wednesdays, March 6-27, 10-11:30 am**

Cost: Free

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

Ukulele Play Along (S) **Wednesdays, March 6-27**

10:30 am-12 pm

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

Min/Max: 3/20

Looking for some fun people to play ukulele with? If you already know 2-3 strum patterns and 8-10 chords, you will be able to play along. There is a wide variety of music played from different genres. Play 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.



Ukulele Lessons **Everyone Welcome!**

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$150 check for deposit, and when the Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about a Ukulele "rental."

Beginner Ukulele Lessons (S) **Fridays, March 1-22, 11 am-12 pm**

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, February 28
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. For those new to ukulele.

Intermediate Ukulele Lessons (S) **Fridays, March 1-22, 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, February 28
Payment due upon registration

For those comfortable with different strum patterns, knowledge of 8-10 chords, and confident in changing between chords. You can sing and strum at the same time and can learn chords to simple tunes fairly quickly.

Beginner 2 Ukulele Lessons (S) **Fridays, March 1-22, 12:10-1:10 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, February 28
Payment due upon registration

This class is for those who have completed beginner ukulele class, know 2-3 basic chords and are ready to take the next step. This is an ideal class for those who need an ukulele refresher class. Chords, strumming, and playing songs will be emphasized in this class. Come join the fun!

Capital Punishment In the U.S. (S)

Tuesday, March 5, 1:30 –3 pm

Presenter: Kristin Rose, Assistant Professor of Criminal Justice at UWO

Cost: Free

Register by Monday, March 4

This program will examine some of the key issues regarding the use of capital punishment in the U.S. today. This will include an overview of which states use this punishment, how frequently it is used, and compositions of death rows. Examples of contemporary controversies that will be discussed include race and gender biases, deterrence, potential innocence, and costs associated with this sanction.

Program in collaboration with LIR

Legal Counseling (S)

Friday, March 8, 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 920.232.5301 to schedule an appointment.**



Reff Baivier Lim Muza
& Dunham, S.C.

WASPS – First Women in History to Fly for Army Air Corp (S)

Monday, March 11, 10-11:30 am

Presenter: Chris Henry, Manager of EAA Museum

Cost: Free

Register by Friday, March 8

In conjunction with "Women's History Month" Chris Henry presents on the founding of the Women flying in the military. Before there could be women flying combat missions in Iraq and Afghanistan, there were the pioneers of the Army Air Forces of World War II. On July 5, 1943, the Women's Auxiliary Ferrying Squadron, or WAFS, and the Women's Flying Training Detachment merged into a single unit for all female pilots. The new group called itself the Women's Airforce Service Pilots, or WASP, with its pilots known as WASPs.

Program in collaboration with LIR

MENOMINEE PARK ZOO PRESENTS: "MEET THE ANIMALS DAYS" (S)



Free presentations!

Monday, March 11, 1 pm

Oscar & Felix

Monday, April 8, 1 pm (S)

Nadia & Roman

Call 920.232.5300 to register!



A Zoo Specialist
will be at the
Center to educate
you on these
amazing creatures.

Did you know
chinchillas have
the densest fur of
all land mammals?
Also, tortoises are
turtles but not all
turtles are
tortoises.



Chat N Chop—Mexican Themed (S) Tuesday, March 12, 9:45-11:45 am

Facilitator: Kerry Wolfe

Cost: R \$10.00 /NR \$11.50

Min/Max: 3/8

Register by Tuesday, March 5
Payment due upon registration

In this session of Chat N Chop, we will be making Mexican beef & rice skillet and Mexican chicken casserole. So put on your aprons and join us.

Rep. Palmeri Office Hours (S)

Friday, March 15, 10 am-12 pm

State Representative Lori Palmeri represents the 54th Assembly District since January 2023. Come meet Lori, bring your issues and share with Lori what's on your mind.

Madison Office:

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



ORD-Awakenings (S)

Wednesday, March 20, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, March 18

Spring is here and we'll take a look at all of the awakening life that comes with the warmth of March. Migrating birds, waterfowl, frogs, wildflowers, tree awakenings and more!



Bingo (S)

Wednesday, March 20, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Tuesday, March 19

Come for a fun afternoon of bingo!

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



Legal Program from McCleer Law

What Should We Do About the House? (S)

Friday, March 22, 10-11 am

Presenter: McCleer Law

Cost: Free

Max Capacity: 30

Register by Wednesday, March 20

Attorney Joe McCleer of McCleer Law Office will discuss what you should keep in mind about your house when engaging in estate planning and long-term care planning, and details why you should never put your house in your children's names.



Popcorn & A Movie (S)

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

Cost: Free- Donation for popcorn appreciated

Min/Max: 2/50

Register by Monday, March 25

Inquire at the front desk for movie details.

NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter

Book Talk (S)

Suspect by Robert Crais

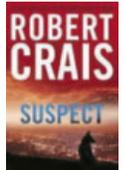
Thursday, March 28, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Thursday, February 29

LAPD cop Scott James, eight months ago was assaulted by unidentified men, who left him for dead and killed his partner. He is unfit for duty, until he meets his new partner, Maggie, a German shepherd who survived three tours in Iraq. Her PTSD is as bad as Scott's, but they are each other's last chance. Want to see how the book ends? Come join us at Book talk.



Display Your Collection!

You take pride in your collection, now its time to share with others! Oshkosh Seniors Center has a secured display case available to show your prized collections. Items are displayed for about 4-5 weeks. To inquire, call Jane Wells, 920.232.5308 or email jwells@oshkoshwi.gov.



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

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



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

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

Please



**No Billiards during classes.
Billiard balls available
at front desk.**

Cribbage

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

Mexican Train, Mahjongg

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

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

Grab your friends, pick a time to meet and come play.



Per WI State Statute: The Oshkosh Seniors Center does not allow gambling of any kind . Participants are still welcome to play games here at the center, but there is no money exchanged to play and there are no winnings.”

Please sign in at kiosk to play so that we have an accurate count of how many are actually using the table.

Thank you.

Winnebago Senior Tours

Tours Sign-up Options

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



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

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

**If you have questions please call
920.232.5312**

Clue—The Musical

The Performing Arts Center-Appleton

Date: Thursday, March 21

Cost: \$95 (\$20 non-refundable deposit)

Depart: 6:15 pm—from the OSC South Building Lot Return immediately after show

Based on the iconic 1985 Paramount movie which was inspired by the classic

board game, Clue is a hilarious farce-meets-murder mystery.

Clue is the comedy whodunnit that will leave both clue-fans

and newcomers in stitches as they try to figure out. WHO did it? WHERE? And with WHAT?

Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity.

Guide: Cathy Koch



REMINDERS

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

And...for more information on a trip, refer to the flyer.

Tina ... The Tina Turner Musical

The Performing Arts Center-Appleton

Date: Wednesday, April 17

Cost: \$79 (\$20 non-refundable deposit)

Depart: 6pm Return immediately after show

Sold Out! Waitlist Available

The Tina Turner Musical is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Trip includes theatre ticket, yellow express bus transportation & driver gratuity.

Guide: Cheryl Freiberg



Southern Italy & Sicily

Date: April 26-May 10

Space based on availability.

Explore Sorrento and stunning Positano, the pearl of the Amalfi Coast. Walk in the footsteps of ancient Romans in the excavated Pompeioi. Allow the unique culture to capture your heart and get a glimpse into an age old heritage composed of ancient monuments and cultivated lands.

Guide: Cheryl Freiberg

Beautiful: The Carole King Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, May 9

Cost: \$135 (\$20 non-refundable deposit)

Depart: 8am Return: Approx 6:15 pm

Beautiful: Takes you back to where it all began.

Carole King began as Carole Klein, a songwriter from Brooklyn with a unique voice

who wrote chart-topping hits for

the biggest acts in music and

continues through her own life-

changing success. Featuring

classics as "You've Got a Friend"

"One Fine Day," and "Natural

Woman." Includes theater tickets,

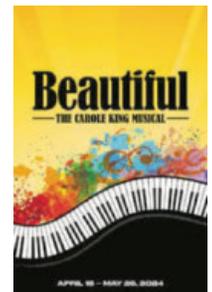
coach bus transportation and driver

gratuity. Lunch is your choice of Supreme Cut

Chicken Breast, Hagar Steak or Rainbow Trout

with pecan pie for dessert.

Guides: Cathy Koch and Deb Hogue



Winnebago Senior Tours

Other Side of the Lake

Date: Thursday, May 16

Cost: \$115 (\$20 non-refundable deposit)

Depart: 7am Return Approx. 5pm

Moderate walking on this trip.

First stop on this trip will be Lambeau Field for a guided stadium tour including the Hall of Fame and shopping. On to the Altoona Supper Club in New Holstein for a scrumptious buffet lunch before we take in all the breathtaking beauty of the flower and vegetable plants at Honeymoon Acres!

Let's fill the bus with flowers! For more garden inspiration we'll be stopping at Hidden Hollow Art to view their bold & whimsical metal art creations and perhaps purchase something for your own garden. Lastly a stop at Kelley's Country Creamery for an ice cream cone. Includes: Deluxe Motorcoach, Lambeau Tour, buffet lunch and ice cream cone!

Guides: Cheryl Freiberg and Pat Heyer

Brewers/Cubs Baseball Game

American Family Stadium—Milwaukee

Date: Thursday, May 30

Cost: \$115.00 (\$20 non-refundable deposit)

Depart 9am Return Approx 6pm

Moderate Walking for the game.

Join us as we travel to American Family Field in Milwaukee to cheer on the Brewers, who will be playing our rival Chicago Cubs. It's sure to be a fun time at the ballpark! We will

be stopping at Exit Q in Menomonee Falls for anyone wanting to grab a bite to eat

before the game and save a few bucks on food. Includes game tickets in Section 317 First base side, Coach Bus Transportation and Driver Tip.

Guides: Cheryl Freiberg and Cathy Koch

STILL PLANNED OR UNDER CONSTRUCTION

- August 1—Matilda at the Fireside
- August 8—Wisconsin State Fair
- September 26—Clausen Family Country & Western Favorites
- November 21—Miracle on 34th Street
- December 5—Sanfilippo Estate—Illinois

Mackinac Island

Date: Monday, June 17 to Friday, June 21

Cost: \$899 Double / \$1078 Single

Optional trip insurance available

5 Days & 4 Nights in Northern Michigan!

Mackinac Island and much more included in this trip! Guided tour of Mackinaw City as well as guided carriage tour of Mackinac Island! Boat ride through the Soo Locks and sight seeing in Sault Sainte Marie. How about dinner and gaming at Northern Michigan Casino?! Also included is a visit to Colonial Michilimackinac—a 1700's era Village. So much more to this trip so be sure to pick up a flyer for all the information. Guides: Cathy Koch and Laurelyn Hensarling



Moulin Rouge

The Performing Arts Center-

Date: Wednesday, June 19

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

Depart: 6:15 pm—from the OSC South Building Lot Return immediately after show

Moulin Rouge! The Musical is a theatrical celebration of Truth, Beauty, Freedom, and — above all — Love. The musical uses strobe lighting, fog and haze and contains some mature themes, revealing costumes and adult language. Includes: Show Ticket, Yellow Express Bus, and Driver Gratuity. Guide: Cheryl Freiberg



Nonsense Musical Comedy

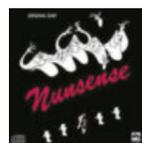
The Fireside Theatre—Fort Atkinson

Date: Thursday, June 20

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

Depart: 8am Return: Approx 6:15 pm

Nonsense begins when the Little Sisters of Hoboken discover they are in dire need of funds. They decide to put on a variety that's "sinfully" hilarious and definitely habit forming! Includes theatre tickets, coach bus transportation driver gratuity, and lunch which is your choice of Chicken Piccata, Braised Pork Belly, or Shrimp. Guide: Cheryl Freiberg



Winnebago Senior Tours

Lake Geneva Experience

Date: Wednesday, June 26

Cost: \$150.00 (\$20 non-refundable deposit)

Depart: 6:30 am—return approx. 8:00 pm

Moderate walking on this trip.

A full day of fun at Lake Geneva starting with a seat on the mail boat as it (and the jumpers) deliver mail to residents along the lake. The tour includes an in-depth narration of Lake Geneva area and its ties to Chicago. Then a delicious lunch at Pier 290 followed by a



short bus ride to the Mansion at Black Point Estates, built for Chicago beer baron Conrad Seip in 1888. The original furnishings remain in the house and is a rare time capsule with décor spanning from its Victorian beginnings into the new millennium. A quick stop at Trader Joe's on the way home is planned.

Guides: Pat Heyer and Cindy Paffenroth

Discovering Wausau

Date: Thursday, July 18

Depart 7:30am—return Approx. 6:30pm

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

Highlights: Tour of Hsu's Ginseng Farm, Third Street Lifestyle Center in the heart of downtown offering a mix of locally owned boutiques, and restaurants and eateries and the colorful floating umbrellas.

On to Rib Mountain State Park and finally Nueske's Applewood smoked meats.



Guides: Cindy Paffenroth and Cathy Koch.

Maritime in Door County

Date: Wednesday, August 14

Depart 7:00am—Return 8:00 pm

Cost: \$135 (\$20 non-refundable deposit)

We will start the day with a Docent lead tour of the Door County Maritime Museum in Sturgeon Bay, showcasing the area's maritime roots and traditions. We will then travel north to Egg Harbor. Here you will be given the opportunity to explore the town on your own!

(continued in next column)

Maritime in Door County (Cont.)

You could choose to grab a bite to eat at one of the town's many restaurants and then afterwards shop til you drop at the unique Main Street Shops, with 19 eclectic shops. We will then make a stop at Wood Orchard Market to stock up on all our cherry and apple favorites. Our final stop is "The Log Den" for a delicious buffet dinner including dessert! Be sure to save room.

Guides: Cheryl Freiberg and Mary Plavec

Greece Island Hopper

Date: September 13-23

Price and space based on availability.

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, and Aegean paradise of sandy beaches and bustling energy.



Uncover the past at the excavation

site of Akrotiri. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini.

Guide: Cheryl Freiberg

Spotlight on New York City

Date: October 24-28

Cost: \$2999 double/\$3499 single

Book now and save \$300!

Flyer rates valid until April 24

Join us as we tour America's most exciting metropolis for a getaway filled with shopping, sightseeing and endless entertainment. **Highlights:** Greenwich Village, Wall Street, Two Broadway Shows, Statue of Liberty



Ellis Island, 9/11 Memorial and Museum. We will be staying at the Sheraton New York Times Square.

Guide: Cheryl Freiberg

Friends of the Oshkosh Seniors Center

"Spring Forward" with Generosity

The arrival of spring, blooming flowers, longer days and warmer weather is inspiring. There's a sense of renewal and positivity in the air. In the spirit of "springing forward", you're invited to make a meaningful impact by supporting the Oshkosh Seniors Center.

The Joy of Giving Back

Celebrate the season of new beginnings by spreading joy to seniors in the community. A simple act of kindness can make a world of difference in brightening their days. By contributing to the Oshkosh Seniors Center, you'll be actively participating in creating a warm and supporting environment for Oshkosh area seniors.

Why Support The Oshkosh Seniors Center?

The seniors center serves as a hub for community engagement, providing a range of programs and activities that promote physical, mental and emotional well-being. From fitness classes and hobby groups to educational workshops and social events, the center plays a crucial role in fostering connections and combating loneliness.

How Can You help?

Your support is instrumental in ensuring the seniors center continues to thrive and cater to the diverse interests and needs of the aging community. Here are a few ways you can make a difference:

Monetary Donations: Your financial contributions will directly support the center's programs ensuring they remain accessible to all seniors.

Volunteer Your Time: Consider dedicating some of your time to assist with activities, workshops or events.

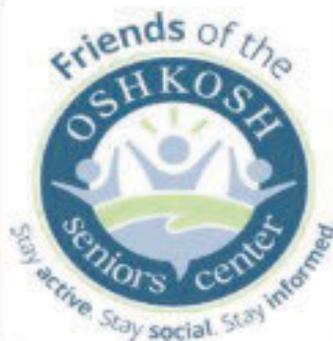
The Impact of your Generosity

When you make your donation, you're not just providing resources. You're contributing to a community where seniors feel valued, cherished and connected.

**Let's make this spring a season of giving, growth and gratitude.
Thank you for your generosity and commitment to making a difference!**

**To donate today,
please visit www.ci.oshkosh.wi.us/seniorservices
and click on the Donate Today button.**

Donations may be directed to:
Friends of the Oshkosh Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423
Email Inquiries to:
FriendsofOSC1986@gmail.com



**Friends of the Oshkosh Seniors
Center Mission Statement**

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



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 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

Alec Jensen, Fitness & Wellness
Kayla Johnson, Healthy Lifestyles
Kerry Wolfe, Asst. Activity Coordinator

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

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

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Or mail registration to:

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

