

THE CURRENT



May 2023, Issue #5

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



FITNESS AND WELLNESS



**EDUCATION AND ART
ENRICHMENT**



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/
Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center

Let's get outside and be active!



Take a walk on the Oshkosh Riverwalk



Visit the Zoo in Menominee Park
Opening Day is May 6



Get your home gardens summer ready



MEMORIAL DAY

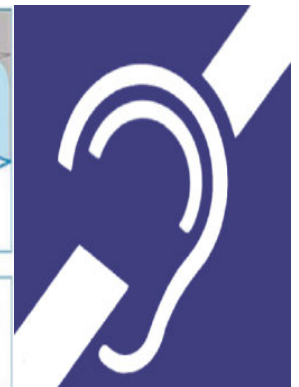
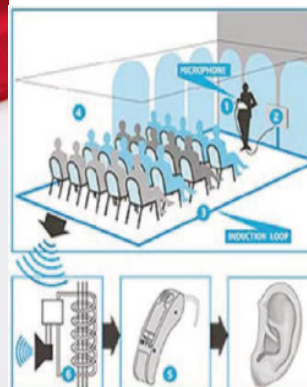
HONORING ALL WHO SERVED

May 29, 2023



**OSHKOSH SENIORS CENTER WILL BE CLOSED
ON THAT DAY**

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



WHAT'S IN THIS ISSUE?

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

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Quilting 111 (S)

Luggage Ride/Carry-on Bag

Wednesdays, May 3-24

9-11:30 am

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50+

Supplies

Min/Max: 2/10

Register by Monday, May 1

Payment due upon registration

In this class we will create a luggage rider carry-on bag. This pattern is for a 15' X 15" X 5" bag that has a snap closure on top, a back sleeve to slide over the pop-up handles on luggage, and long straps to carry it on your shoulder. It's nice and roomy for carrying supplies to quilting classes. Participants must bring their own sewing machine and have a good working knowledge of it.



Many of these supplies will be available through

It's Sew Rite at 1821 Harrison St. Get supply list at South front desk.

Art Expression (S)

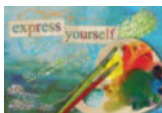
Thursdays & Fridays, May 4-26

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.

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.**



Intermediate Stained Glass (S)

Window Corners

Mondays, May 1-22, 10 am –12 pm

Instructor: Marla Tonn

Cost: R \$40/NR \$45

Min/Max: 4/8

Register by Thursday, April 27

Payment due upon registration

Instructor Marla Tonn is an experienced stained glass artist. You will be guided in using zinc "U"came. You will be making two window corners. **Experience in working with stained glass required for this class.**



Beginner Stained Glass (S)

Butterfly Sun Catcher

Wednesdays, May 3-24, 10 am -12 pm

Instructor: Marla Tonn/Jane Wells

Cost: R \$25/NR \$30

Min/Max: 2/6

Register by Monday, May 1

Payment due upon

registration

This 7 piece sun catcher will help you get experience at cutting curves! You will learn pattern layout, precision grinding, foiling, and soldering Price includes all supplies needed for class. **Project similar to one shown.**



Hand Building with Clay (S)

Tuesdays, May 9-30, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Register by Thursday, May 4

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.

Needle Felting Lab (S)

Tuesday, May 9, 9:30 am—12 pm

Cost: R \$5.00/ NR \$6.50

Min/Max: 3/10

Register by Thursday, May 4

Do you have a project that needs to be finished? Here's your chance to finish that project. Sign up and come on in to finish that project. Supplies will be provided to assist with the completion of the project.

NO new projects will be allowed to be started.

Spring Lilacs

Learn to
paint a jar
of lilacs!



Monday, May 8

10-11:30 am

Cost: R\$25/ NR \$30

Register and pay by Thursday, May 4

Class lead by:

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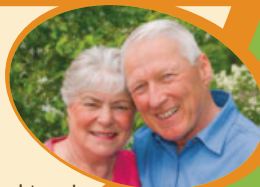
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Seniors age 60 and older ride GO Transit buses for the lowest fare in the City.

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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Power Tool Carving (N)

Mondays, May 1-22, 8 am-12 pm

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

Register by Thursday, April 27

Payment due upon registration

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

Guided Woodshop Hours (N)

Wednesdays

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

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.

Machine Safety Training required to use machines in the shop.

Session 1

9-11:30 am

Walk in

Session 2

12-2:30 pm

Register two days prior to session

Must register in advance. Session 2 will be canceled if there aren't any reservations.

Block Printing (N)

Tuesdays, May 9-30, 1-3 pm

Instructor: Linda Gomach/Diane Curtis

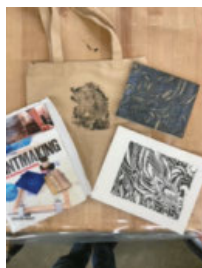
Cost: R \$25/ NR \$30

Min/Max: 3/6

Register by Tuesday, May 2

Payment due upon registration

Using pieces of basswood, impressions are cut into the wood. Once the impression is made, ink is applied and can be transferred to canvas tote, cards, and cardstock which can then be framed. No experience necessary. All materials supplied.



Basic Machine Safety Training (N)

Fridays, May 12 & 19, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Register by Friday, May 5

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

Carving Class (N)

Sunflower & Butterfly

Mondays, May 15-August 7, 1-3 pm

No class Monday, May 29

Instructor: Gene Bengel/Don Schettl

Cost: R \$45 /NR \$50-12 week session

Min/Max: 3/6

Register by Monday, May 8

Payment due upon registration

This 12 week, intermediate class features a carved sunflower and butterfly. Create head of flower both face and back. Hand and power may be used. The calyx (green leaf-like structure) behind the head will be made to fit the flower. 90 degree stem will be carved to fit. Dowel completes the stem. The 3 leaves will be made with paper and wire. The butterfly involves mostly sanding and painting. **Basic Machine Safety Training is required for participation in this class.**



Pyrography (S)

Finish Projects

Thursday, May 25, 1-3 pm

Instructor: Cedric Richeson & Dick Krummick

Cost: R \$5/NR \$6.50

Min/Max: 3/10

Register by Tuesday, May 23

Payment due upon registration

Experienced students are invited to bring in unfinished projects they need help with. Instructors will be on hand to offer guidance. Beginners are invited to attend for an informal learning environment taught by skilled teachers.



Slow Flow Yoga On Fridays

9:30-10:15 am (N)

Cost per class - \$2.50 for residents, \$3.75 for non-residents

Insurance Fitness Benefit no charge

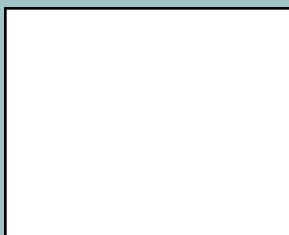
Instructor: Catherine Huybers

Drop-in eligible (No class on Friday, May 26th)

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 also 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.

Namaste

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

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

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

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

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



FINDING BALANCE

Have you tried the new step climber in the Fox Fitness Center? The Oshkosh Fire Department received funds from the Ladies Benevolent Society to purchase this new equipment for the Center.

The Oshkosh Fire Department and Oshkosh Seniors Center are committed to helping older adults in our community "find balance". We want you to build your strength so you won't fall in the future! Schedule an appointment to find out how to use this great new equipment.

**NEW
STEP
CLIMBER**



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
Please stop at desk if insurance information has changed

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9 am

No class Monday, May 29

Instructor: OSC Staff

Drop-in eligible

Rapid movement training is a new and fun way to get your cardiovascular work in. This class improves your cardio by doing fast and quick bursts of exercise then letting 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

No class Monday, May 29

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

No class Monday, May 29

Instructor: Jean Wollerman

Drop-in eligible

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



Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructors- Tuesdays: Gerardo Thursday: Alec

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

Instructors-Tuesdays: Gerardo

Thursday: Bobbie Jo

Drop-in eligible.

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



Advanced Line Dancing (N)

Mondays & Tuesdays

12:30-1:30 pm

No class Monday, May 29

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

FFC 3g (N)

Fridays, May 5-26, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, April 27

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout! If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920.232.5320 for an appointment.

Synergy Fitness (N)

Mondays, May 1-22, 8-8:30 am

No class Monday, May 29

Instructor: Alec Jensen

Max: 10

Register by Thursday, April 27

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 get the benefits of the coaches being able to give you one-on-one help.

Beginner Chair Yoga (N)

Thursdays, May 4-18, 1-1:45 pm

Instructor: Catherine Huybers

No class Thursday, May 25

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.

Slow Flow Yoga (N)

Fridays, May 5-19, 9:30-10:15 am

Instructor: Catherine Huybers

No class Friday, May 26

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.

Keep Moving! (N)

Friday, May 5-19, 10:30-11:15 am

No class Friday, May 26

Instructor: Jean Wollerman

Drop-in eligible

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

National Senior Health & Fitness Day (N)

Wednesday, May 31 (ALL DAY)

Facilitators: OSC Staff

Join us for a day of Gamified fitness Classes. All the classes will be held at the same time but will have a fun twist to them. No need to sign up just drop in.

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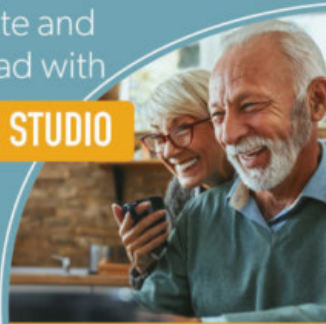


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Mindfulness Meditation (S)

Thursdays, May 4-25, 11am-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.



Grief Support (S)

Thursdays, May 4 & 18 1-2:30 pm

Monday, May 15, 9:30-11 am

Facilitator: Meredith Schlute, Compassus Hospice

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

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, May 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. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

FREE Blood Pressure Checks

Thursday, May 4, 12-1 pm (S)

Tuesday, May 9, 10:15-11:15 am (N)

Thursday, May 18, Noon - 1 pm (S)

Monday, May 22, 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.

Avoid the Time, Cost, and Risk of Surgery for Lower Back Pain (S)

Monday, May 8, 10-11am

Presenter: Physical Achievement Center

Register By: Friday, May 5

Discover all of your non-medical options to overcome your painful and limiting lower back and leg weakness and pain. You will learn unique and clinically proven approaches to build strength and confidence in your back (even with arthritis and "sciatica"). Information presented will help you learn all your options for you and those you care about.

10 Warning Signs of Alzheimer's (S) (Lunch & Learn)

Monday, May 8, 12:00-1:00 pm

Presenter: Alzheimer's Association

Cost: Free

Max 30

Register by Friday, May 5

Alzheimer's disease is a progressive brain disorder that slowly destroys memory and thinking skills. It is the most common form of dementia, a group of brain diseases that affect memory, thinking, and behavior. Alzheimer's is not a normal part of aging. It is caused by changes in the brain that result in the death of brain cells. These changes can begin 20 years or more before symptoms appear. If you are concerned about your risk of Alzheimer's, and want to learn more, check out this presentation.

(Box Lunch Provided Soup/Salad)

Hearing Screenings (S)

Monday, May 15, 2-4 pm

Facilitator: Hearing Life—Oshkosh

Cost: Free

Max 8

Register By Friday May 12

Hearing loss is a common problem that affects millions of people worldwide. It can be caused by a number of factors, including age, noise exposure, and certain medical conditions. If you are concerned about your hearing, it is important to get a hearing screen. A hearing screen is a quick and painless test that can determine if you have any hearing loss. If you do have hearing loss, there are many treatments available that can help you improve your hearing. Don't wait until it's too late to get help with your hearing. Get a hearing screen today!

Homemade Sun Screen (S)

Tuesday, May 16, 10-11am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$10

Register by Friday, May 5

Sunscreen is essential for protecting your skin from the sun's harmful rays. But did you know that you can make your own sunscreen at home? Homemade sunscreen is a great way to avoid harsh chemicals and protect your skin with natural ingredients.

Memory Care Screening (S)

Thursday, May 18, 10:30 am-12 pm

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, May 16

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

A Healthier You (S)

Monday, May 22, 1-2 pm

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

Cost: Free

Register by Friday, May 19

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.

Tender Loving Care Support Group (S)

Thursday, May 25, 1-2 pm

Facilitator: Fox Valley Memory Project

Cost: Free (Supported by the Fox Valley 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.

Resource Hours

Topic: Dementia

Do you have questions about memory loss?

Kristy Millar, Resource Navigator for the Memory Link Program of the Fox Valley Memory Project is available to answer your questions regarding memory loss and dementia. No appointment needed. Just stop in the Oshkosh Senior Center and ask to speak with Kristy. Resource hours listed below.

Oshkosh Senior Center

Memory Link Resource Hours

4th Thursday of the Month

11:00a.m.-1:00p.m.



Kristy Millar, CDP, CADDCT
Memory Link Resource Navigator

This project is supported in part by grant number 90ADPI006B, from the U.S. Administration for Community Living, DHHS, Washington D.C. 20201

10 TIPS TO AGE WELL

- Get regular exercise.
- Be sure to visit the doctor.
- Sleep 7 to 9 hours each night.
- Keep a positive mindset.
- Stay connected to your loved ones.
- Learn something new.
- Eat a balanced, healthy diet.
- Do what you love to do.

Don't go it alone the Senior Center is here to help!





Almeda Fisk Gallup Fund



ADVOCAP MEAL PROGRAM

REGISTER WITHIN 24 HOURS TO BE GUARANTEED A MEAL. MEALS ARE SERVED INSIDE THE OSHKOSH SENIORS CENTER SOUTH FACILITY

CALL: 920-450-5122 TO MAKE A RESERVATION



Healthy Feet



COST: \$24
CALL 920.232.5301 FOR AN APPOINTMENT

TO ENSURE YOU GET THE APPOINTMENT DATE THAT YOU WANT, PLEASE CALL 5-6 WEEKS IN ADVANCE. APPOINTMENTS ARE AVAILABLE TUESDAY AND WEDNESDAYS 9 AM TO 3 PM



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1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

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www.claritycare.org

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- Gain Independence
- Individual & Group Activities
- Develop Daily Living Skills
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*If Compassion, Quality Care and Independence
is Important... Call us today! (920) 236-6560*

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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
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A Senior Community

600 W. Packer
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CALL (920) 236-6540

1 & 2 Bedroom Apartments
Rent includes: Heat • Water • Electricity • Cable TV
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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

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

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

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

The Oshkosh Seniors Center and the Oshkosh Fire Department want you to **light up** your home for safety and become more knowledgeable about fall prevention. The first 200 people to schedule and complete a FREE balance test at the Oshkosh Seniors Center will receive information on fall prevention and a three-pack of motion sensor lights.

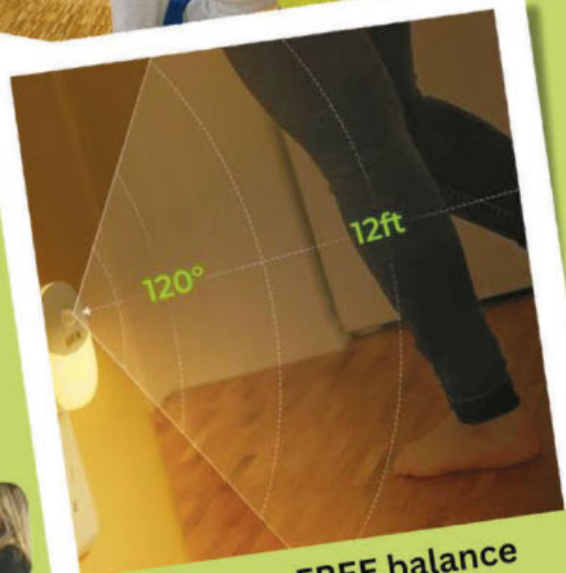
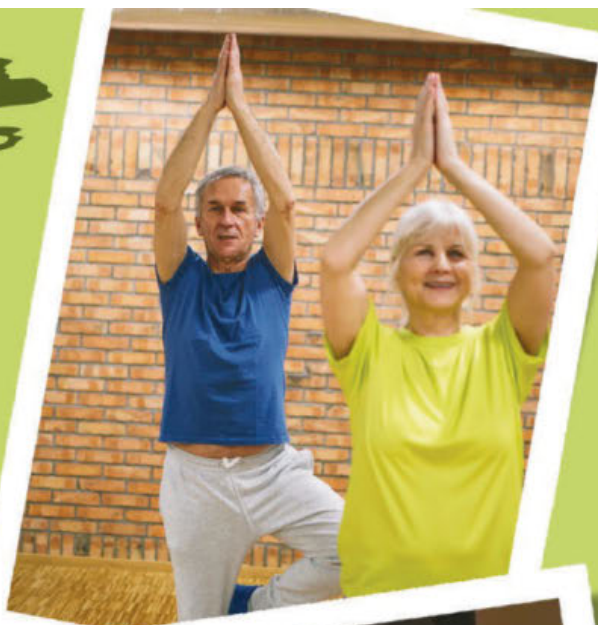
The test will help you determine your personal risk for falling. Exercise and making safety changes in your home are great strategies to avoid falling.

SCHEDULE YOUR
APPOINTMENT TODAY
WITH THE OSHKOSH
SENIORS CENTER

920-232-5300



Program possible through a grant from
Wisconsin Institute for Healthy Aging **18**



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



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



One on One Tech Appointments

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

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

Mondays, May 1, 8, 15, and 22
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, May 2, 9, 16, 23, and 30
9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, May 3, 10, 17, 24, and 31
9 am, 10:15 am, 11:30 am, 12:45 pm

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

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

Mondays, May 1, 8, 15, and 22
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



How to Stay Safe Online

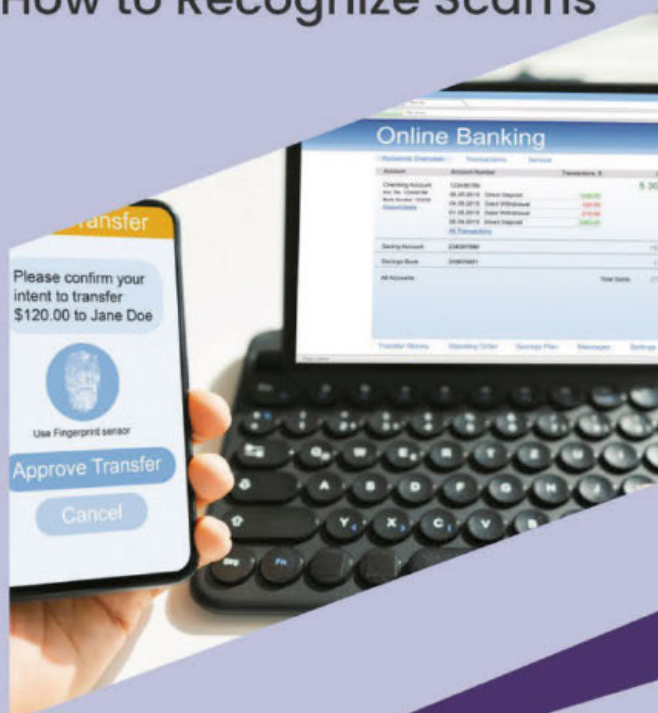
Wednesday, May 17

1:30 pm (s)

Must Register 920.232.5300

Program will cover the following:

- What is Cybersecurity?
- How to stay safe online
- Strong Passwords
- Keeping Information Private
- Two-factor authentication
- Back up your data
- Online Banking
- How to Recognize Scams



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, May 3-24, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

Ukulele Play Along (S)

Wednesdays, May 3-31

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, May 5-19

11 am-12 pm

Instructor: Joe Weidenmeier

Cost: R \$30/NR \$35 for 3 week session

Min/Max: 5/12

Register by Wednesday, May 3

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/Advanced Combo Ukulele Lessons (S)

Fridays, May 5-19, 11 am-12 pm

Instructor: Aaron Baer

Cost: R \$30/NR \$35 for 3 week session

Min/Max: 10/20

Register by Wednesday, May 3

Payment due upon registration

With Aaron's style of teaching, he will be able to challenge both skill levels during the same lesson.

Beginner 2 Ukulele Lessons (S)

Fridays, May 5-19, 12 -1 pm

Instructor: Aaron Baer

Cost: R \$30/NR \$35 for 3 week session

Min/Max: 10/20

Register by Wednesday, May 3

Payment due upon registration

This class is for those who have completed beginner ukulele class, 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!

**In collaboration with
Learning In Retirement**

**Programs held at the Oshkosh Seniors Center
200 North Campbell Road
Registration Required for all programs
920.232.5300**

**TUE
9
MAY**

**So You Want To
Bake Cookies (S)**

10-11:30 AM

Hear the history of Ripon Foods, Inc. from its founding in 1930 through the sale of the company to Ral-Corp in 1998, to the closing of the plant in January of 2016. It will include several short YouTube video clips showing how various products are made. You may even end up with a homework assignment.

Presenter: Lee Prellwitz, Director of Manufacturing,
Ripon Foods, Inc. (ret)

**WED
10
MAY**

Identity Theft (S)

10-11:30 AM

Identity theft continues to be the fastest growing crime in the U.S. The more you learn about it, the less vulnerable you are. The WI Bureau of Consumer Protection will explain the different types of identity theft, how to recognize it and how to prevent it – including information about Fraud Alerts and Security Freezes. Receive tips for safeguarding personal information and how to recover from Identity Theft.

Presenter: Jeff Kersten, Agency Liaison
Department of Trade & Consumer Protection

Bingo (S)

Monday, May 8, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/55

Register by Thursday, May 4

Come for a fun afternoon of bingo!

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



Book Sharing Club (S)

Thursday, May 11, 1:30-3 pm

Facilitator: Lois Potratz

Cost: R \$1.25/NR \$1.75

Register by Tuesday, May 9

The non-traditional book group meets on the 2nd Thursday of the month. Our book of choice this time is any written by David Baldacci. He has published some 47 novels for adults. All have been best sellers and several even adapted for film and television. Baldacci has eight series and many stand-alone titles. Pick one of his suspense/thriller books and come and share it at our meeting.

All book lovers are welcome!

Chat-N-Chop— Mug Baking (S)

Tuesday, May 16, 9:45—11:45 am

Instructor: Kerry Wolfe

Cost: R \$10.00 / NR \$11.50

Min/Max: 2/10

Register by Wednesday, May 10

Payment due upon registration

Don't feel like looking? Here's an easy way to have a meal without all the fuss.. Mug Baking. Single meals in a mug. We will be making lasagna, pizza and a burrito.



Native Plants for Birds and Butterflies (S)

Wednesday, May 17, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, May 15

As you're visiting garden centers around our area during May, be on the lookout for native plants for birds and butterflies. Rob introduces you to some of his favorites. From berries to blooms, wildlife friends will thank you.



Estate & Long Term Planning (S)

"On the Cheap"

Friday, May 19, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Thursday, May 18

Estate planning and long-term care planning are two areas of the law that are not to be taken lightly and should be invested in. That said, there are a number of 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.

Presented by McCleer Law



Rep. Palmeri Office Hours (S)

Friday, May 19, 10 am-12 pm

Cost: Free

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.

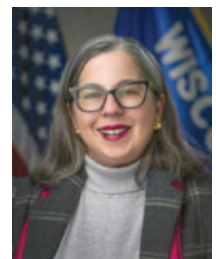
Madison Office:

Room 5 North

State Capitol

PO Box 8953

Madison, WI 53708



Spring Tea and Poetry (S)



Monday, May 15

2-3:15 pm

Cost: R\$7/ NR\$8.50

Register by Thursday, May 11

Get ready for a lovely afternoon with Katie Stuedemann, owner of M-Tea Kettle and lover of poetry. Katie will share her knowledge of tea blends, provide teas and treats for tasting, and share some of her favorite poems. Attendees are invited to share favorite poems as well.

Register early, event will sell out.

Avoid & Identify Scams (S)

Tuesday, May 23, 10-11 am

Instructor: Kristen, Fox Valley Savings Bank

Cost: Free

Min/Max: 3/30

Register by Friday, May 19

Payment due upon registration

This program aims to help the senior community understand, recognize, and avoid financial fraud. Learn why the reasons seniors are targeted by scammers, the warning signs of scams, and how seniors can protect themselves. This presentation will also discuss some of the most common frauds taking place today, with real-life examples.



Card Making (S)

Wednesday, May 24, 9:30-11 am

Instructor: Jenny Baier

Cost: R \$5/NR \$6.50

Min/Max: 2/14

Register by Friday, May 22

Payment due upon registration

Join the fun in making beautiful cards. Using specialty papers, creative stamps, and with guidance of a card making artist, you will be able to make 4 extraordinary cards. Choice of birthday, sympathy, thank you, and fall designs.

Bring your own tape runner and scissors.

Book Talk (S)

Ordinary Grace by William Kent Krueger

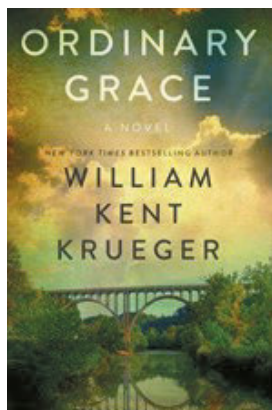
Thursday, May 25, 9:30-11:00 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

Register by Thursday, May 4

New Bremen, Minnesota, 1961. It was a time for innocence & hope for a country with a new president, but for 13 year old Frank Drum, it was a grim summer in which death visited frequently & assumed many forms. Told from Frank's perspective forty years after that fateful summer. Intrigued? Come & join us.



**30th Annual Senior
Health & Fitness Day
May 31, 2023**

EAT & GREET

WEDNESDAY, MAY 31

SERVE AT 11:30 AM

COST: \$10

MAX: 50

TICKETS AVAILABLE APRIL 24-MAY 22

**Menu: Keto Big Mac Bowl,
cucumber salad, and
Blueberry Cake for dessert.**

**Come have a nice lunch and
meet new friends.**



Popcorn & A Movie (S)

Wednesday, May 31

12:45 –2:00 pm

Cost: Free— Donation for popcorn appreciated
Min/Max: 2/50

Register by Tuesday, May 30

Inquire at the front desk for movie details.

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

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

Consider joining a fun group who have been making quilts and other items to distribute to those in need in our community for over 25 years. No experience necessary and all supplies provided. Also, 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. P.S. We usually have an unending array of chocolate candy available for our volunteers!



Display Cases

You take pride in your collection, now is time to show the world! The Oshkosh Senior Center and the Oshkosh Public Library have secured display cases available to showcase your prized collections.

To inquire:

For Senior Center please email Jane at jwells@ci.oshkosh.wi.us

For Library please email Michael at mcarthur@oshkoshpubliclibrary.org



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

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

No cards on Monday, May 29

Cribbage

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

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

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

Chicken Foot Dominoes

Tuesdays, 8:30-11:30 am

Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub, Hand & Foot

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

We need your help!

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

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

2023 FOOD TRUCK FRIDAY



15 FOOD TRUCKS

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

RAFFLES
BEER ■ SODA ■ WATER

For Purchase

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

JUNE 9
and
AUGUST 11
4:30–8:30PM

PRESENTING SPONSOR



Live Entertainment Sponsor



June 9

**BLUE COLLAR
BLUES BAND**



August 11

GOT WISCO

GROCERY RAFFLE

\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR!

Red's Piggly Wiggly - Food Truck Friday Sponsor!

Raffle tickets available for purchase at Red's Piggly Wiggly, various events this summer, and Food Truck Fridays.



DRAWING AT 7:00 PM ON AUGUST 11, 2023 - AT FOOD TRUCK FRIDAY

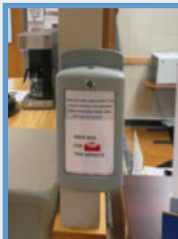


*These events are sponsored by
The Friends of the Oshkosh Seniors
Center and all proceeds will benefit
programs and services provided
by the Oshkosh Seniors Center.*

Winnebago Senior Tours

Tours Sign-up Options

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



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

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

For questions call 920.232.5313

When sending payments in the mail be sure to include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____

Food choice if appropriate: _____

Exploring the Amish Community

Date: Friday, May 12

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

SOLD OUT WAIT LIST AVAILABLE

Hamilton

The Performing Arts Center-Appleton

Date: Wednesday, May 17

Cost: \$180 (\$20 non-refundable deposit)

SOLD OUT WAIT LIST AVAILABLE

Dancing Horses

The Dancing Horses Theatre—Lake Geneva

Date: Thursday, June 15, 2023

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

Depart: 9am Return: Approx 6pm

The Dancing Horses Theatre offers the most amazing Vegas-style show in the area. Creator Dana Montana along with her daughters and a talented team of creative artists produce this magical experience. The entertainers include performers who have worked many venues including Ringling Bros, Universal Orlando and Walt Disney World. The spectacle features an array of horse breeds in a state-of-the-art 300-seat theatre. Lunch is included and we will be dining on turkey, vegetable, potatoes, salad, dinner roll, strawberry shortcake and beverage. On the way home we will stop at the Elegant Farmer, home of the award-winning apple pie baked in a paper bag.
Guide: Cindy Paffenroth



Winnebago Senior Tours

"Ain't too Proud"

The Performing Arts Center-Appleton

Date: Wednesday, June 21

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

Depart: 6pm

Return: Immediately after the show

Ain't Too Proud—The Life and Times of the Temptations is the electrifying new smash Broadway musical that follows The Temptations' journey from the streets of Detroit to the Rock & Roll Hall of Fame. It is a thrilling story of brotherhood, family, loyalty and betrayal during a decade of civil unrest in America. Music includes "My Girl," "Just My Imagination," "Get Ready," and "Papa Was a Rolling Stone. Includes show tickets, school bus transportation and tip. Guides: Cheryl Freiberg and Laurelyn Hensarling



Brewers/Cubs Baseball Game

American Family Field—Milwaukee

Date: Thursday, July 6

Cost: \$90.00 (\$20 non-refundable deposit)

SOLD OUT WAIT LIST AVAILABLE

REMINDER

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



Legends in Concert

The Fireside Theatre—Fort Atkinson

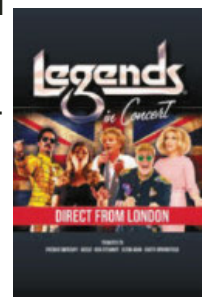
Date: Thursday, July 13

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

Depart: 7:45am Return: Approx 6pm

The enduring talent that makes a performer a legend and makes their popularity live on around the world will be visible in a direct from London exclusive Midwest engagement of a brand new Legends In concert! It's all there — the Sound! The Look! The Glamour! The magic! Featuring tributes to legendary British superstars of yesterday and today — Freddie Mercury, Adele, Rod Stewart, Elton John and Dusty Springfield — with a four-piece band and performers so gifted you'll swear the real thing is right before your very eyes. Entrée choices: Chicken Cordon Bleu, Steak Diane, or Grilled Shrimp served with scalloped potatoes and garlic green beans and mixed berry tart for dessert.

Guides: Cindy Paffenroth and Marianne Zarling



Door County Mystery

Date: Wednesday, July 19

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

Depart 9am Return: Approx 8pm

Moderate activity level!

The *who* is You! The *where* is Door County, the *when* is July 19, and the *why* is because we'll have so much fun! And the *What???* This is where you put on the detective hat! What will we do?, see?, what cities will we visit? *This is an adventure! Are you game?* Travel where we haven't been before! Guides: Cheryl Freiberg and Laurie Peach



Under Construction

9/28—"Other Side of the Lake"

10/12—Cranberry Discovery (Not Cranberry Fest!)

10/26—Titanic at the Fireside

Winnebago Senior Tours

Wisconsin Dells/Baraboo

Date: Thursday, August 3rd

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

Depart: 7am Return: Approx 6pm

Moderate activity level!

Have you ridden the Ducks—The Ducks at Wisconsin Dells, I mean? The Duck tour was launched in 1946 and has been delivering fun and adventure ever since. The classic duck tour splashes into the Wisconsin River and Lake Delton, climbs over sand bars, and traverses over four miles of scenic wilderness trails. After that excitement, you will enjoy lunch at the famous Moose Jaw Restaurant featuring a delicious Italian buffet. From there, we will take in the sights, beauty and smells of the New Life Lavender Farm in Baraboo. We will enjoy a Farm to Table Wagon tour traversing 40 acres. Time is also allowed for shopping the farm store. Our final destination includes sculptures crafted from scrap metal.

Guides: Cindy Paffenroth and Ginnie Riley



Mary Poppins

The Fireside Theatre—Fort Atkinson

Date: Thursday, August 17

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

Depart: 7:45am Return: Approx 6pm

The world's favorite "practically perfect" nanny comes alive on the Fireside stage serving up more than a spoonful of delightful music, dancing, and laughter that will transport and enchant audiences of all ages. A beloved Tony Award-winning musical, The Fireside's production features all the well-known popular songs, high-stepping dancing and a treasure chest full of magic and mirth.



"Supercalifragilisticexpialidocious!"

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

Guides: Ginnie Riley and Cindy Paffenroth

Brewers/Twins Baseball Game

American Family Field—Milwaukee

Date: Wednesday, August 23

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

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

Moderate Walking for the game.

Join us as we spend a "bee-u-ti-ful" afternoon at American Family Field in Milwaukee to watch the Brewers take on the Minnesota Twins. Before heading to the stadium we'll stop off at Exit Q in Menomonee Falls for a short break and food, for those interested. Payment includes coach bus, driver tip and tickets in **Section 319, which includes a \$6 credit** that can be used for concessions or retail purchases in the stadium.



Guides: Ginnie Riley and Cathy Koch

France Magnifique Discovery

September 14—25

Cost: \$5249 Double

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Set off for the Normandy coast where the largest invasion in history took place during World War II. Visit the Caen Memorial Peace Museum, Juno Beach, the Normandy American Cemetery and Visitors Center on Omaha Beach, walk Pointe du Hoc Ranger Memorial, and make your way to Sainte Mere Eglise, the heart of the American Airborne operations on D-Day. Delight in a 2-night stay in a stunning, renovated château in the UNESCO World Heritage Loire Valley. Enjoy a visit to the famous Chenonceau Castle. Sip wine during a tour of a winery and its impressive underground caves. Glide along the Seine as you take in the highlights in Paris. Savor the views and rich cuisine during dinner at the Eiffel Tower. Bask in the robust history, culture and romance of these celebrated cities and charming towns.



SPACE IS LIMITED on this tour!!

Guide: Cheryl Freiberg

FOSC is offering a **FREE**
Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 20, 2023

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



What can be shred?

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

What cannot be shred?

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.

CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays

If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

**Make a monetary donation to
The Friends of the Oshkosh Seniors Center
or bring a canned good for a local food bank!**





Friends of the Oshkosh
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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

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

Activity Coordinators:

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

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

www.schedulesplus.com/oshkosh/kiosk



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