

THE CURRENT



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

November 2021 Issue #11



Discover the Offerings at the Oshkosh Seniors Center



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WELLNESS**



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WELCOME TO THE *Oshkosh* SENIORS CENTER

Can You Help Us?

The Oshkosh Senior Center is always looking for people to lead new programs or craft activities. If you are interested in leading a new program, please call Jane Wells at (920) 232-5308 to discuss opportunities to lead a class.



The Oshkosh Seniors Center continues to follow Covid-19 cleaning protocols.

In addition, face coverings will still be required in the Center for all individuals regardless of vaccination status.



OSC will be closed Thursday, November 25. On Friday, the North building will be open 7 am-3:30 pm & the South building will be closed. Happy Thanksgiving!



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

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Enrichment

Art Expression (S)

Thursdays & Fridays, November 4-19

9-11:30 am

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

Do you need a space to create or finish an art project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies then enjoy the company of other artists and learn from each other as you work on your projects. **Kiln is not available for firing at this time.**



Adult Coloring Time (S)

Tuesdays, November 2-30, 10-11:30 am

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

Gather your friends and spend some time visiting and coloring. Coloring? Yes!! There are many benefits to coloring and exploring the artist within. Coloring utensils and a variety of pages will be provided, or bring your own. **This is an independent project.**

Learn Your Sewing Machine Features (S)

Wednesdays, November 3-17, 9-11 am

Instructor: Liz Lahm

Cost: R \$10 / NR \$12.50

Min/Max: 2/6

Register by Monday, November 1. Payment due upon registration. Please indicate brand of machine when registering.

Are you frustrated with your sewing machine or not sure how to best use it? We will go over machine basics-what the settings mean, how to wind the bobbin, what tension is and how to adjust, exploring the stitches available. We will also demonstrate how to use technology to troubleshoot problems when you are having issues. If you have a smart phone, laptop, or tablet, bring it along. This is NOT a repair workshop, but problem-solving when the user is unsure how to use features of their sewing machine.

Great Gift Ideas!

DIY Soap Making (S)

Tuesday, November 16, 10-11:30 am OR
1-2:30 pm

Instructor: Jane Wells

Cost: R \$10/ NR \$12.50

Min/Max: 2/6

**Register by Thursday, November 11.
Payment due upon registration.**

Here's your chance to learn a new skill, create a gift, or make something special for yourself. You will follow step by step instructions to make beautiful and aromatic soap.

Upcoming Class

Holiday Ornaments Felting Art (S)

Wednesday, December 1, 1-2:30 pm

Facilitator: Jane Wells

Cost: R \$7 / NR \$8.50

Max: 8

**Register by Monday, November 29.
Payment due upon registration.**

Just in time for gift giving! Learn to make these neat ornaments made by needle felting. This will be a good project for beginners, but fun for an experienced crafter.

Needle felting is a craft that involves repeatedly stabbing a needle into a piece of wool in order to stiffen and shape it into the desired form. A special type of needle is used to manipulate the fibers by repeatedly poking it into the ball of wool.



Enrichment

Building: North (N) South (S)



Take & Make Kits

They're Back!

Are you looking for fun projects that you can do from the safety of your home? The Oshkosh Seniors Center is now offering kits that you pick up and make at home. Each kit comes with supplies needed to make project, plus step by step instructions. Call ahead to reserve your kit, make payment and pick up arrangements. **Limited number of kits are available each month.**

Call 920-232-5310 to reserve your kit today!

Here are the kits offered for November! Kits available for pick up Monday, November 1 at the North building.

Great Gift Ideas!

Kit #1

Gnome Wine Bottle Toppers

Cost: R \$5/NR \$6.50

Up your gift-giving game and present the gnome lovers on your list with a bottle of their favorite drink topped with a delightful handmade gnome. These little Nordic folklore creatures were originally thought to protect the homestead unless they weren't treated well – in which case, look out because they could become very mischievous. You will have enough supplies to make two bottle toppers.



Kit #2

Beautiful Fall Swag

Cost: R \$8/NR \$9.50

You can build this beautiful medium sized swag to use on your door or wall. All the flowers are already cut, and all you need do is follow the included suggested placement guide to assemble the arrangement. Don't want to hang it? Why not place it on the table with battery votives or candles for an attractive centerpiece. Kit includes foam block, placement guide, and flowers trimmed and ready for placement.



Kit #3

Felt Mitten

Cost: R \$5/NR \$6.50

This cute felt mitten décor can be used as an ornament, or made a little larger for a decoration in the home. You will be supplied with felt to make 2-3 mittens, depending on the size you choose. Embellishments will be included. You supply large eye sewing needle.



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

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Oshkosh Senior Center, Oshkosh, WI

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Enrichment

Building: North (N) South (S)

Woodshop Safety Refresher (N)

For those who have already completed Basic Safety Training

Friday, November 5, 9-10:30 am

Register by Wednesday, November 3

or

Friday, November 12, 9-10:30 am

Register by Wednesday, November 10

Facilitator: Jeff Becker

Cost: Free

Min/Max: 2/10

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

If you are a brand new participant and are looking to join future classes, fear not! Initial safety courses for those brand new to our facility are being planned soon.



Woodburning Classes (S)

Pyrography on Canvas

Thursdays, November 4-18, 1-3 pm

Cost: R \$15/ NR \$20

Min/Max: 3/12

Register by Tuesday, November 2

Payment due upon registration

A canvas bag or apron is decorated by pyrography using a shader or writer nib. This class focuses on techniques for burning images on cloth. A canvas test strip is included. Students may color and/or seal the canvas using their own materials if desired. Students will need to bring their burner, a white vinyl eraser, dust mask, tack cloth, graphite paper, a red or blue ink pen. Recommended nibs are a shader & a writer. The art, books and teaching resources of pyrographer Nedra Dennison will be discussed. **Beginner/Intermediate Level.** Pre-requisite: Pyrography 101 or permission of Instructor.

Great Gift Ideas!



Wood Bangle Bracelet

Burning In the Round

Thursdays, December 2-16, 1-3 pm

Cost: R \$12/ NR \$17

Min/Max: 3/12

Register by Tuesday, November 30

Payment due upon registration

Students will learn pyrography techniques as they gain experience burning on round wood, namely, bangle bracelets. Two bangles will be provided along with a (flat) test strip. Students will bring their burner, a writing nib and a shader, graphite paper, white vinyl eraser, red or blue pen. The pyrographic art, books and teaching resources of Simon Easton will be discussed.

Beginner/Intermediate Level. Pre-requisite: Pyrography 101 or permission from the Instructor.



Fox Fitness Center (N)

Monday- Friday, 7 am - 3:30 pm

Stay Active Pass & Insurance Reimbursement Eligible



The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility. We have seven pieces of the Life Fitness Circuit Series 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 any questions or concerns about how to use equipment or to update your workout regimen, stop by the Fitness Coordinator's office conveniently located in the fitness center for better accessibility.

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

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

We also offer free equipment training. To schedule, an equipment training appointment, please call Alec at 920-232-5320.

Important Reminder:

Every participant that attends the Fox Fitness Center and any of the Instructor led classes, **please be sure to check in each day.**

Thank you for your cooperation!

Personal Training

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

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He has over 5 years of experience in group exercise, personal training, coaching, and strength and conditioning. Alec has worked with a variety of clients helping them achieve their fitness and wellness related goals.



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

Cost:

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

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

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

Contact:

Alec at 920-232-5320 with questions.

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

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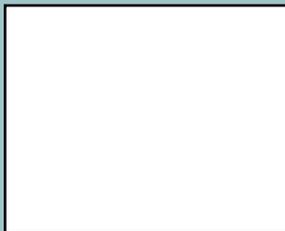
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Building: North (N) South (S)

Fitness Opportunities

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit

Rate sheets available at Front Desks for non-insurance eligible

Rapid Movement Training (N)

Mondays & Wednesdays

8:30-9:00 am

Instructor: Jill Reichenberger

Drop in eligible

New Time

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

Range of Motion (N)

Mondays & Wednesdays

9:15-9:45 am

Instructor: Alec Jensen

Drop in eligible

New Time

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

Silver Sneakers Classic (N)

Mondays & Wednesdays

10:45-11:30 am

Instructor: Jean Wollerman

Drop in eligible



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

Life Fitness & Movement (N)

Tuesdays & Thursdays

9-9:30 am

Instructor: Alec Jensen

Drop in eligible

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

Tai Chi Energy (N)

Tuesdays and Thursdays

9:45-10:15 am

Instructor: Alec Jensen

Drop in eligible



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

Movement Exercise (N)

Tuesdays & Thursdays

11-11:45 am

Instructor: Bobbie Jo Luft

Drop in eligible

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

**No Classes Thursday, November 25.
Happy Thanksgiving!**



Building: North (N) South (S)

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 participants

Matrix Circuits—Specialty Class (N) **Mondays, November 1-29, 8-8:45 am**

Instructors: Alec Jensen

Cost: R \$10/ NR \$15

Max: 10

Register by Thursday, October 28, 4 pm

Payment due upon registration.

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.

FFC 3g (N)

Fridays, November 5-19, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Tuesday, November 2, 4 pm.

Introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format participants will be in 3 different groups (hence the 3g) and be exercising in 3 different areas of the Fox Fitness Center (FFC). In this format **you will be coached** through different exercises. The Coach will not be in front of you for the entire class so it's up to you to keep yourself accountable during the workout. This class will use equipment such as bikes, treadmills, free weights, and weight machines to get a quality workout in!

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

Motivation is what gets you started.
Habit is what keeps you going.

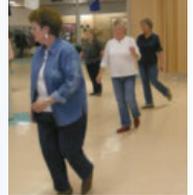


Line Dancing (N)

Instructor: Debbie Ruck

Drop in eligible

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



Advanced Line Dancing **Mondays & Tuesdays**

12:30-1:15 pm

Prior experience preferred

Beginner Line Dancing

Tuesdays, 1:30-2:15 pm

No prior experience necessary

Participant Testimonials

- ◆ Personal training at the Oshkosh Seniors Center (OSC) with Alec has helped me improve my strength and endurance. Alec is a great motivator. I need the structure a personal trainer provides to keep me on track to reach each goal on my path to better overall health. I highly recommend training with Alec.
—Debbie C.
- ◆ I had complications from hip surgery. I saw a physical therapist which helped me to get around, but still needed to build up my strength, endurance, and balance. I signed up with Alec, after watching him work with others at the Seniors Center. Alec worked up a plan for me to strengthen my leg, endurance, and balance. Alec has used a number of different techniques, which motivated me to continue working. With Alec's knowledge he has helped me increase my strength and endurance much further than I could have on my own. I would recommend Alec to others who need help with their strength, endurance, and balance.
—Mike P.

Maintain Don't Gain 2021

It's no secret that the holidays can lead to unintended weight gain. Whether it's from eating too much food or not getting enough exercise and activity in throughout the season, **Maintain Don't Gain** aims to stop that from happening.

We will accomplish this by having weekly weigh-ins and having bi-weekly goal setting sessions to help keep you on track to achieve your goals. These goal setting sessions will also give you tips and tricks that can be used to further advance your fitness levels. Goal setting sessions will be held on November 5 & 19, 10:30 am — 11:30 am, in the South building. Bi-weekly weigh-ins will be held on November 12 & 26 from 7:30 am — 9 am at the North building.

Each month will have it's own tracking calendar for you to use at home, so keep an eye out in the December newsletter. **The goal is to stay within 1% or 3 pounds of your current body weight or to shed some weight this holiday season!**

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) Time: Weight:	2) Time: Weight:	3) Time: Weight:	4) Time: Weight:	5) Time: Weight : goal setting	6) Time: Weight:
7) Time: Weight :	8) Time: Weight :	9) Time: Weight :	10) Time: Weight :	11) Time: Weight :	12) Time: Weight : weigh in	13) Time: Weight :
14) Time: Weight :	15) Time: Weight :	16) Time: Weight :	17) Time: Weight :	18) Time: Weight :	19) Time: Weight : goal setting	20) Time: Weight :
21) Time: Weight :	22) Time: Weight :	23) Time: Weight :	24) Time: Weight :	25) Time: Weight :	26) Time: Weight : Weigh in	27) Time: Weight :
28 Time: Weight :	29 Time: Weight :	30 Time: Weight				



Sara's Savory Samplings

I have had many requests for this recipe. It's easy to put together using the shortcuts of refrigerated pie crust and a rotisserie chicken. I love how it turns out when baking in a cast iron skillet, but if you don't have one, you can use a deep dish pie plate. This also freezes and reheats very well. Bon Appetit!

Chicken Pot Pie

Ingredients:

5 T butter	¼ tsp rosemary
1 stalk celery, diced	¼ tsp thyme
1/3 C onion, diced	¼ tsp black pepper
1/3 C all-purpose flour	3 C shredded rotisserie chicken
2 C chicken broth	2 C frozen mixed vegetables, thawed
¼ C half and half	1 potato, diced into ½ inch cubes
1½ tsp poultry seasoning	1 box refrigerated pie crust (room temp)
1½ tsp garlic powder	1 egg beaten with 1 tsp water (egg wash)

Directions:

Preheat the oven to 350°. Brush the bottom & sides of a 10 inch cast iron skillet or pie plate with vegetable oil and set aside.

In a large skillet over medium-high heat melt the butter. Cook the celery and onion in the butter for 3 minutes or until the celery is beginning to soften.

Lower the heat to medium, stirring constantly add the flour to the skillet. Stir until the butter has absorbed the flour.

Continue whisking and gradually add the chicken broth. Increase the temperature and bring to a boil. Add the half & half and immediately lower the heat to simmer. Add the poultry seasoning, garlic powder, rosemary, thyme, and black pepper. Mix well and simmer for 5 minutes.

After the 5 minutes remove from the heat and add the chicken, vegetables and potato. Mix well.

Unroll one pie crust and fit firmly into the skillet. Pour the filling into the crust. Fit the second crust on top. Fold under pressing the edges of the crusts together and pinching to seal.

Cut slits in the middle of the crust to vent. Brush with the egg wash. Bake 40-45 minutes or until the crust is golden. Rest for 10 minutes before serving.

Serves 8

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Oshkosh Senior Center, Oshkosh, WI

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Grief Support Group (S)

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

Facilitated by: Compassus Hospice

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

Min/Max: 12



Register by Monday November 1 & 15

Open to anyone grieving the death of a loved one.

Overcome Knee Pain & Weakness (S)

Tuesday, November 2, 1-2 pm

Presenter: Dr. Eric Koehler

Register by Monday, November 1

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

Mindfulness Meditation (S)

Thursdays, November 4-18, 11 am-12 pm

Instructor: Donna Janus

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



Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will

have a positive impact on your life!

Chair Massage (S)

Thursday, November 4, 1-4 pm

Provider: Emilie Ilg, Certified Massage Therapist

Cost: \$15 per 15 minute massage

Register by Tuesday, November 3.

Payment due upon registration.

Chair massages can improve circulation and improve sleep. Emily Ilg, Certified Massage Therapist, will be offering relaxing chair massages. Studies have shown 10 minutes can reduce inflammation. Massage can help your body recover more quickly. Can't sit in a massage chair? Emily will make accommodations. Appointments are in 15 minute increments. Book two appointments for a 30 minute massage! **If you do not pay in advance your session will be cancelled.**

Stop at the North building front desk to schedule and pay for your appointment.

Maintain Don't Gain (S)

Fridays, November 5 & 19, 10:30-11:30 am

Presenter: Alec Jensen

Cost: R \$5 / NR \$7

Max: 20

Register & pay by Wednesday, November 3

Join Alec as he helps you keep off the pounds this holiday season. Maintain Don't Gain aims to keep you within 3lbs of your current weight. Weigh in's will be held each week through December. Goal setting sessions will be held every other week 10:30—11:30 am to help keep you on track to maintain your weight. Tracking and goal setting sheets will be handed out at the November 5 class. See page 12 for more information.

Instant Pot Cooking Demo (S)

Friday, November 12, 10-11 am

Presenter: Alec Jensen

Cost: R \$5 / NR \$7

Max: 12

Register & pay by Wednesday, November 10

Join Alec as he leads you through how to use an Instant Pot and all the benefits that it brings to the kitchen! We will have some samples of different dishes that can easily be made in the Instant Pot.

Get Strong Despite Back Pain & Sciatica (S)

Tuesday, November 16, 1-2pm

Instructor: Dr. Eric Koehler

Cost: Free

Register by Friday, November 12

Discover all of your non-medical options to overcome your 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 about options for you and those you care about.



Building: North (N) South (S)

Essential Oils (S)

Beat the Winter Blues

Tuesday, November 16, 1-2 pm

Presenter: Jeanne Gehrke,
Dream of Jeanne LLC

Cost: Free

Max 30

Register by Friday, November 12

Less sunshine, cold wintry days, shorter daylight hours, and avoiding icy driveways can really affect our mood and well-being. Essential oils and supplements can help to combat those winter blues that can sneak up on us. The oils can help to uplift your mood and energize the body. Learn how your nose and what we smell can be a window to the brain and our emotions.

A Healthier You (S)

Monday, November 22, 1 -2 pm

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

Cost: Free

Max 30

Register by Friday, November 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.



Diabetes Awareness November 1 - 30

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to the Centers for Disease Control and Prevention (CDC). The **report finds that as of 2015, 30.3 million Americans 9.4 percent of the U.S. population –have diabetes. Another 84.1 million have pre-diabetes**, a condition that if not treated often leads to type 2 diabetes within five years.

The good news is that diabetes is one of the easiest chronic conditions to manage. Most commonly, diabetes is controlled through a combination of medications, proper nutrition, and exercise. Below are some easy ways to help control your diabetes from the American Diabetes Association (ADA).

The Plate Method: Please note this is a simple way of breaking down what your plate should look like. Over-eating and consuming too many calories will still continue to contribute to problems with controlling one's diabetes.

Fill half your plate with non-starchy vegetables. Non-starchy vegetables are lower in carbohydrates, so they do not raise blood sugar very much.

Fill one quarter of your plate with lean protein foods. Foods high in protein such as fish, chicken, lean beef, soy products, and cheese are all considered "protein foods."

Fill one quarter of your plate with carbohydrate foods. Foods that are higher in carbohydrates include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk.

Exercise: Make sure you get plenty of moderate to vigorous exercise. Both the American College on Sports Medicine (ACSM) and the American Heart Association (AHA) recommend getting 150 min of moderate level cardiovascular exercise or 75 min of cardiovascular vigorous exercise each week and include 2 days of full body resistance training.

Building: North (N) South (S)

Foot Care Services

Meet Nadine Hutmaker, RN, Foot Care Specialist



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

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

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

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

To ensure you get the appointment date that you want, please call 2-3 weeks in advance of when you'd like your nail care.



Professional Foot Care Service include:



Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toe Nails

Calluses and Corns Reduced

Thinning/Debridement thick nails

Minor Ingrown Nails Addressed

Lower Leg and Foot Massage with Light Lotion

Patient Education

Cost: \$22

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

Nail Care area is completely sanitized between appointments



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Dr. Adam Mootz
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- Housekeeping
- Meal Preparation
- Shopping & Errands
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Day Services

- Community Involvement
- Gain Independence
- Individual & Group Activities
- Develop Daily Living Skills
- Flexible Scheduling



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WisconsinSeniorMedicarePatrol



Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud



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



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CALL (920) 236-6540

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



Visit www.claritycare.org for more information.



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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Thanksgiving Word Search

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



Word List:

- | | | | |
|------------|-----------|--------------|-----------|
| APPLE | PIE | AUTUMN | BAKE |
| BASTE | CELEBRATE | THANKSGIVING | COOK |
| CORNUCOPIA | CRANBERRY | CARVE | COLONISTS |
| DESSERT | DELICIOUS | DINNER | FALL |
| FAMILY | FEAST | FOOTBALL | FRIENDS |
| GOBBLE | GRATEFUL | GRATITUDE | GRAVY |
| HAM | HARVEST | HOLIDAY | LEFTOVERS |
| MAYFLOWER | MEAL | NOVEMBER | PEACAN |
| PUMPKIN | PLYMOUTH | PILGRIM | STUFFING |
| POTATOES | SQUASH | WISHBONE | TURKEY |

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	7			4			6
6				9	5		
3		8					5 1
8	1	9					3 5
5							
				5	7		4 8
4					9		7
7				6		9	



Social and Educational

Building: North (N) South (S)

Veteran Options Long Term Care (S)

Veterans and Spouses invited
Tuesday, November 2, 1-2 pm
Presenter: Hooper Law Office

Cost: Free
Max: 30



Register by Friday, October 29

Join us for a discussion about a little-known veteran pension program that can help qualifying veterans and their surviving spouses to receive funds annually to help fund care.

Elder Benefit Specialists (S)

Wednesdays, November 3-24, 10-11:30 am
Cost: Free

Walk in, no appointment necessary.



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 upon 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's EBS, Joan Jaworski, can be reached toll free at 877-886-2372.

Ukulele Play Along (S)

Wednesdays, November 3, 10, & 24
10-11:30 am

Cost: R \$6 / NR \$7.50 for 3 week session
Min/Max: 3/20

Registration by Monday, October 4.
Payment due upon registration.

This is a chance for ukulele players to get together and play music learned in past classes. It's an opportunity to learn from each other, and to share our favorites. We will be working on a variety of music under the guidance of a Ukulele volunteer. Please bring your own music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend. This is a great learning and social opportunity. *This program is offered in a 4 week session format, which helps us plan the necessary set ups.*



Intermediate Ukulele Lessons (S)

Fridays, November 5-19, 11 am-12 pm
Instructors: Aaron Baer

Cost: R \$30 / NR \$35 for 3 week session
Min/Max: 5/20

Register by Wednesday, November 3.
Payment due upon registration.

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

Beginner Ukulele Lessons (S)

Fridays, November 5-19, 11 am-12 pm
Instructors: Joe Wiedenmeier

Cost: R \$30 / NR \$35 for 3 week session
Min/Max: 5/20

Register by Wednesday, November 3.
Payment due upon registration.

Want to keep your brain healthy and strong? Research shows learning something new is the best way to improve brain health. Learning the Ukulele is easy and fun! You do not need to know how to read music to learn to play the uke.

Don't have your own Ukulele? Thanks to a generous donor, the Senior Center has Ukuleles available for use. Requires a \$50 check for deposit, and when Ukulele is returned, we give you back your check.

Call Sara at 920-232-5310 for information about Ukulele "rental".

Advanced Ukulele Lessons (S)

Fridays, November 5-19, 12:10-1:10 pm
Instructor: Aaron Baer

Cost: R \$30 / NR \$35 for 3 week session
Min/Max: 2/6

Register by Wednesday, November 3.
Payment due upon registration.

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



Social and Educational



Bingo (S)

**Monday, November 8
2-3:30 pm**

Sponsored by Edenbrook

Cost: Free

Min/Max:10/30

Register by Thursday, November 4

Come for a fun afternoon of bingo!

Prizes sponsored by EdenBrook.



Book Talk (S)

"Before the Fall" by Noah Hawley
Thursday, November 18, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 9

Register by Tuesday, October 28

Call the center at 920-232-5300

to register and arrange for book

pick up or register online at

<https://schedulesplus.com/>

oshkosh/kiosk/



On a foggy summer night, 11 people - 10 privileged, one down-on-his-luck painter - depart Martha's Vineyard on a private jet headed for New York. Sixteen minutes later the unthinkable happens: The plane plunges into the ocean. The only survivors are Scott Burroughs - the painter - and a four-year-old boy who is now the last remaining member of an immensely wealthy and powerful media mogul's family.

The mystery surrounding the tragedy heightens. As the passengers' intrigues unravel, odd coincidences point to a conspiracy.

Power of Attorney Workshop (S)

Friday, November 19, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, November 17

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



Representative Hintz Office Hours (S)

Friday, November 19, 10 am-12 pm

Cost: Free

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



Eat & Greet (S)

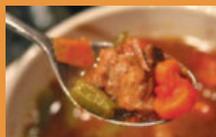
Wednesday, November 17

We serve promptly at 11:30 am

Cost: \$5 (no refunds)

**Register and pay by Friday,
November 12**

Join us for a delicious meal of Beef Stew, fresh baked rolls and dessert. The stew will be served in a reusable mug with a locking lid that is yours to keep!



Popcorn & A Movie (S)

Wednesday, November 17, 12:45-2:30 pm

Cost: Free

Min/Max: 2/20

Register by Monday, November 15

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



Social and Educational

Building: North (N) South (S)

The Legacy of the Athearn Hotel (S)

Tuesday, November 30, 1:30-3 pm

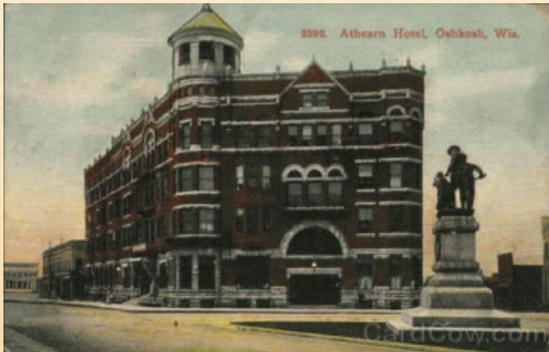
Presenter: Michael McArthur, Oshkosh Public Library

Cost: Free

Max: 25

Register by Friday, November 26

The history of the Athearn Hotel still looms large over downtown Oshkosh nearly six decades since its demolition. When it opened in 1891, the Athearn Hotel rivaled most hotels in the state with its beauty and opulence. But in the early 1960's, its age and shifting trends in travel and economics doomed it to the demolition ball. Librarian Michael McArthur will take a look at the rise and fall of one of Oshkosh's most iconic landmarks. **Program is a collaboration with Learning In Retirement**



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

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



A few things to know as we return to these activities:

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

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

Stay Social

Cost: R \$.75/ NR \$1.25 daily rate/per visit or purchase a Monthly or Annual Stay Social pass

Cribbage

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

Canasta

Mondays, 12:30-3:30 pm

Learn New Board Games

Mondays, 1-3 pm
We will have games and teaching available

Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm



Coffee & Conversation Lecture Series

**"The Courage to See. The Courage to Act:
Stories of Immigration and Belonging."**

Speaker:

Professor Shane Boeder (Retired)

Expert in Latin American Cultures

#1 "When Home Won't Let You Stay"
Tuesday, November 9, 10-11 am
Cost: Free
Register by Friday, November 5

#2 "Walls, Borders, and Boundaries"
Tuesday, November 16, 10-11 am
Cost: Free
Register by Friday, November 12

#3 "Being Community"
Tuesday, November 30, 10-11 am
Cost: Free
Register by Friday, November 26



Professor Boeder with her passion for social justice and human rights, weaves stories and art to let migrants and refugees speak for themselves and offer insights into the immigrant experience. Coffee, tea, and treats will sweeten our conversation.

Register in person or by calling 920-232-5300

BINGO

PRESENTED BY
Anthem 

THURSDAY, NOV 18th 10AM - 11:30AM

OSHKOSH SENIORS CENTER - SOUTH
200 N Campbell Rd, Oshkosh, WI

REGISTRATION: CALL by November 16th
920-232-5300

Limited 30 spaces available, lots of fun and prizes!

No cost to attend!

RSVP today!

Anthem Blue Cross and Blue Shield is an independent licensee of the Blue Cross Blue Shield Association

Upcoming

Building: North (N) South (S)

Mark Your Calendar!

Coral Reefs: The Wisconsin Connection (S)

Thursday, December 2, 1:30-3 pm

Presenter: Dr. Eric Hiatt. UW-O Geology Dept.

Cost: Free

Max: 25

Register by Tuesday, November 30

Coral reefs are some of the most spectacular and endangered ecosystems on Earth. Living in Wisconsin, we might not realize that we are connected to these alien submarine worlds in ancient and modern oceans. We will explore the essential connections and learn how these relate to Earth's climate and life.



"What is an Air Fryer?" Demo (S)

Friday, December 3, 1:30-3 pm

Presenter: Jean Wollerman

Cost: R \$5/ NR \$7

Max: 15

Register by Wednesday, Nov 30

If there's one kitchen gadget that everyone is raving about, it's the air fryer. There are even Facebook groups devoted to them, full of tips, tricks and advice on which model to buy. But is the trendy appliance worth all the hype? Or is it destined to end up gathering dust at the back of your cupboard? This demo will show you what foods can be cooked in an air fryer, how it works, and what to look for when purchasing one. Sample food cooked in an air fryer and decide for yourself. Do you have an air fryer but aren't sure how to use it? Bring it to the demo, or just come and see what an air fryer is all about.



Senior Center Field Trip to the Museum!

We will meet at the Seniors Center, ride GoTransit together to the museum. After we tour the exhibit, we'll gather for another City Bus ride back to the Center.

"White Christmas" Exhibit at the Oshkosh Public Museum (S)

Tuesday, December 7, 12:15 pm-2:15 pm

Meet at South building at 12:15 pm

Cost: \$12

Max: 14

Includes bus fare and museum exhibit fee

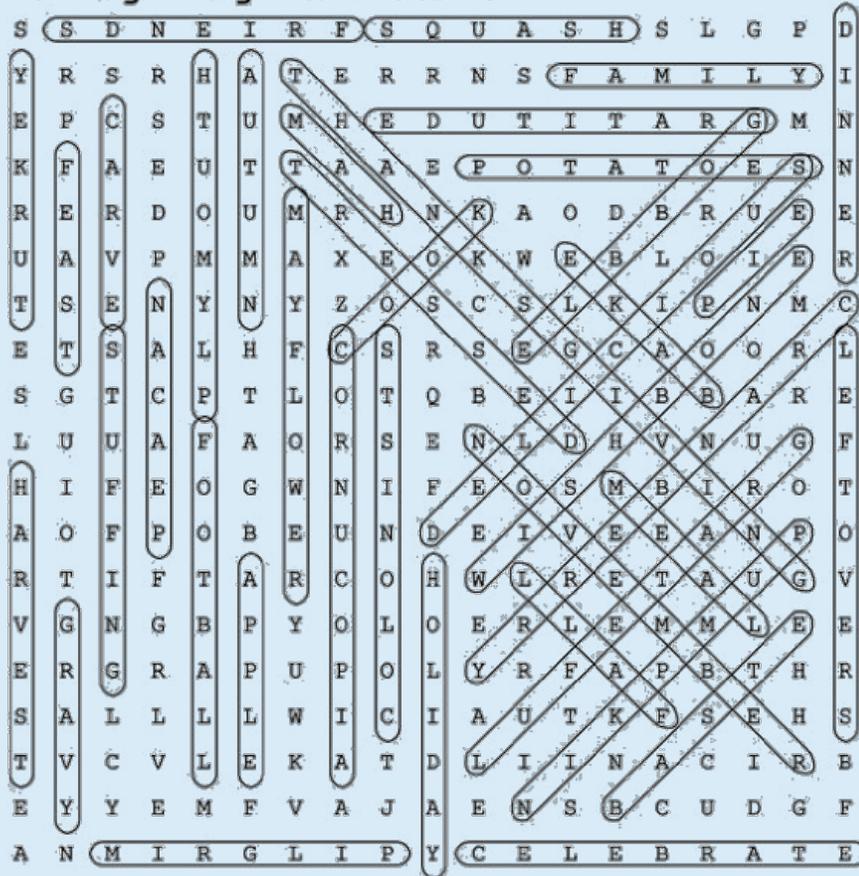
Register and pay by Thursday, December 2

Original *White Christmas* film costumes created by legendary designer Edith Head, props, sheet music, cast member's memorabilia, archival materials, replica backdrops, and more! Visitors will experience first-hand the musical genius of Irving Berlin and the making of this beloved holiday film about two WWII veterans who team up with a singing sister duo to save a faltering Vermont lodge owned by the veteran's former commanding officer.



Puzzle Fun Answers

Thanksgiving Word Search



Word List:

- | | | | |
|------------|-----------|--------------|-----------|
| APPLE | PIE | AUTUMN | BAKE |
| BASTE | CELEBRATE | THANKSGIVING | COOK |
| CORNUCOPIA | CRANBERRY | CARVE | COLONISTS |
| DESSERT | DELICIOUS | DINNER | FALL |
| FAMILY | FEAST | FOOTBALL | FRIENDS |
| GOBBLE | GRATEFUL | GRATITUDE | GRAVY |
| HAM | HARVEST | HOLIDAY | LEFTOVERS |
| MAYFLOWER | MEAL | NOVEMBER | PEACAN |
| PUMPKIN | PLYMOUTH | PILGRIM | STUFFING |
| POTATOES | SQUASH | WISHBONE | TURKEY |

Answer to Sudoku

1	7	5	8	3	4	2	9	6
6	2	4	1	9	5	8	7	3
3	9	8	7	2	6	4	5	1
2	4	6	5	7	3	1	8	9
8	1	9	6	4	2	7	3	5
5	3	7	9	8	1	6	2	4
9	6	1	2	5	7	3	4	8
4	8	2	3	1	9	5	6	7
7	5	3	4	6	8	9	1	2



Connect Through Tech

Connect through Tech (S)

Classes will be scheduled for one hour so we can accommodate more people!

If you still need a longer appointment schedule for the 12:45 pm time slot, or with Sandy at 1 pm.

One on One Tech Appointments (S) (All levels of expertise)

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

By Appointment Only 232-5310

Mondays, November 1, 8, 15, 22, & 29
9 am, 10:15 am, 11:30 am, or 12:45 pm

Tuesdays, November 2, 9, 16, 23, & 30
9 am, 10:15 am, 11:30 am, or 12:45 pm

Wednesdays, November 3, 10, 17, & 24
9 am, 10:15 am, 11:30 am, or 12:45 pm

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

Registration is required for all tech programs. To register call the Center at 920-232-5310



Wi-Fi Access (S) Monday through Friday Cost: Free

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



One on One Tech Appointments with Sandy Toland (S)

Mondays, November 1, 8, 15, 22, & 29
9:15 am, 10:30, 11:45 am, or 1 pm

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

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



Hearing Aids are Getting Smarter. It's time to learn about the smart technology that helps us hear better!



Fox Valley Hearing Center's Dr. Jody Jedlicka Presents

**New Technology in Hearing Devices
Monday, Nov 15 @
9:15 am**

**FREE - Willows Room South Bldg
Must Register - 920.232.5300**

**Informative classes from
Connect through Tech**





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

2021-2022 FOSC Board

Carolyn Edgarton
Cheryl Freiberg
Chris Kniep
Julie Hoyt
Jerry Burke
Keri Hammen
Colleen Harvot
Dyanne Kollmann
Sue Kreibich
Chuck Lakefield
Eric Lehocky
Sarah Thompson

Contact Us:

friendsofosc1986@gmail.com
PO Box 3423
Oshkosh WI 54903

Like us on FACEBOOK 

Fall 2021

Dear Friend of the Oshkosh Seniors Center,

"It's sooooo good to see you!", "missed seeing you so much", "it hasn't been the same without you". You've probably heard these things many, many times in the last few months. Sentiments that speak to the importance of "**connections**". **Connections** to family, friends and everyday life that were put on hold for over a year. As families and friends have re-connected in person, the smiles, hugs, and time together have become cherished gifts.

While the pandemic affected all of us, no group has expressed greater appreciation for "**connections**" than seniors living alone, widows and widowers, and those with limited access to ZOOM, FaceTime and social media. For many of these older adults, the Oshkosh Seniors Center has become the connecting point, with special events, technology support and everything from puzzles and games to "take and make" activities to fill the many hours at home. The Center staff truly "stepped up to the plate" in supporting Oshkosh Seniors during the pandemic and continues these efforts.

More than ever, the Friends of the Oshkosh Seniors Center (FOSC), the Center's volunteer support organization, needs your help in raising funds to continue the Center's programming and outreach. With the uncertainties of the year, the Friends had limited opportunities to hold fund raising events, scheduling events later in the summer/fall and only this one direct appeal to donors.

We hope you will dig deep into your pockets to help us reach our fundraising goal for the year! All of the funds raised by FOSC directly support Center staff positions, programs and un-funded needs of the Oshkosh Seniors Center. With your help, opportunities for Oshkosh Seniors to connect and re-connect will continue to increase and we'll hear even more "It's sooooo good to see you!" from Center guests.

Thanks in advance for your thoughtful consideration of this funding request. We look forward to hearing from you and please let us know if you have any questions about the Oshkosh Seniors Center and the Friends organization.

Sincerely,

Carolyn Edgarton, Friends of the Oshkosh Seniors Center

No goods or services were received in exchange for your donation. Contributions may be deductible for income tax purposes to the extent allowed by law. Please consult your tax advisor.

Friends of the Oshkosh Seniors Center • PO Box 3423 • Oshkosh WI 54903
www.friendsofoshkoshseniorscenter.com

Winnebago Senior Tours



Tours Sign-up Options

The Tours Desk will be open **9 am —1 pm MONDAY through THURSDAY** at the South

Building. **200 N. Campbell Rd.**

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



- If you cannot make during WST Desk hours:
- Put payment in drop box next to WST Desk or
- You can send a check to:

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

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

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

Island Resort & Casino Get Away

Date: November 17 & 18

Cost: \$95 double occupancy, \$100 single occupancy (\$20 non-refundable deposit, Final payment due November 1st)

Guides: Donna Landers & Ginnie Riley

Depart: 9:30 am

Return: Thursday, November 18 approximately 4:30 pm

This is a nice get away before the really cold weather sets in. Wednesday is Senior Day at the Casino, so we might just see a few extra attractions that day. Food is available when you want to take a break. If you really want to relax, there is a



comfortable pool area and spa available. Include date of birth when signing up - Casino requirement. Any questions, contact one of the guides: Donna Landers 920-303-1683, Ginnie Riley 715-889-2373

Wicked-PAC Appleton

Date: Wednesday, November 3

Cost: \$115 Dinner & Show, \$99 for Show (\$20 non-refundable deposit, Final payment due October 14)

Depart: 5:00 pm

Return: Immediately after show

We will take express transportation and you have a real choice for this event.

Dinner is at the well-known Victoria's Italian Restaurant.

You have the choice of three (3) entrees, tip included, cash bar. You

may choose the show without dinner for \$99.

Whatever your choice, you will enjoy the Broadway sensation WICKED. Long before Dorothy arrives in the land of OZ, another young woman, with emerald skin is bright, yet misunderstood. She meets this blonde who is very popular and a rivalry turns into an unlikely friendship. The world labels one "good" and the other "bad." Any questions contact one of the guides:

Cheryl Freiberg 920-379-8128

Laurie Peach 920-232-1336



Holiday Inn

Date: Thursday, December 2

Cost: \$115 (\$20 non-refundable deposit Final payment due November 4)

Guides: Cheryl Freiberg & Laurie Peach

Depart: 7:45 am

Get that wintertime glow by taking a coach bus to the Fireside to see the performance of Irving Berlin's, Holiday Inn. On the way there will be a short stop at Jones Market to see their latest meats and cheeses. After entering the Fireside enjoy some shopping and a meal of freshly baked breads, soup, breast of chicken, vegetables, and homemade butter pecan frozen custard.

Once you enter the theatre you will become a part of the Connecticut Farmhouse that is only open on holidays. This musical is one that will have you humming and laughing along to the story and familiar melodies. Enjoy the wonderful choreography and such songs as: "Cheek to Cheek" and "White Christmas". This is something to add to your holiday must see. Any questions call one of the tour guides:

Cheryl Freiberg 920-379-8128

Laurie Peach 920-232-1336



Winnebago Senior Tours

Clausen Family "Christmas on the Farm"

Date: Saturday, December 4

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

Final payment due November 8)

Guides: Sherry Katzenberger &

Donna Landers

Depart: 10:30 am

Enjoy a spacious coach bus ride to spend a festive Christmassy afternoon with family or friends. See the talented Clausen family sing and act out their favorite Christmas songs and maybe even sing along! The lunch is always a down-home meal, including 3 meats, potatoes, veggies, rolls and fruit, followed by a freshly baked dessert. Call the guides with any questions: Sherry Katzenberger 608-576-5366 or Donna Landers 920-303-1683



Hairspray—PAC Appleton

Date: Wednesday, February 16

Cost: \$85.00(\$20 non-refundable deposit

Final payment due January 20)

Guides: Cheryl Freiberg & Laurie Peach

Depart: 5:00 pm

Enjoy express transportation to see HAIRSPRAY, Broadway's Tony Award-winning musical comedy, which is now on tour. This production inspired the blockbuster film and live television event. It's a humorous and heart-warming story of 16 year old Tracy Turnblad. The setting is 1960's Baltimore, as Tracy sets out to fulfill her dream to dance her way onto TV's most popular show. Can this young lady with big dreams and even bigger hair, change the



world? Let's all find out with the Broadway creative team of Director Jack O'Brien and Choreographer Jerry Mitchell. Don't miss this show for an evening of enjoyment and laughter. Any questions call one of the tour guides.

Cheryl Freiberg 920-379-8128

Laurie Peach 920-232-1336

California Rail Discovery Trip

Date: April 20—27, 2022

Cost: \$3095 pp double

Guide: Cheryl Freiberg

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

Highlights include: Two Rail Journeys, the Napa Valley Wine Train, and the Sierra Nevada Rail Journey. In addition, enjoy Two Cruise



Experiences, the San Francisco City Tour, Wine Lunch Train, Winery Tour and Tasting, Old Town Sacramento, Virginia City, Reno, NV, National Auto Museum, and optional excursion to Muir Woods to see some of the oldest and tallest Redwood trees in the world. See flyer for complete details. Flyers available at Tour desk or call 920-232-5312 to have one mailed to you. Call Cheryl Freiberg with other questions 920-370-8128

Fasching Celebration Laack's Ballroom Sheboygan Falls (Johnsonville)

Date: Sunday, February 13

Cost: \$70 (\$20 non-refundable deposit, Final payment due January 24)

Depart: 9:30 am

Guides: Ginnie Riley & Donna Landers

Enjoy the German Orchestra, dancing, and singing. Travel by coach bus and get warmed up with good German food, and enjoy music by Dorf Kapelle at Laack's 33rd Anniversary Fasching Celebration. This is a German Mardi Gras; a time of festivity and merry-making.

We will enjoy an on-site prepared meal of smoked pork chops, goulash with brown gravy, German potato salad, mashed potatoes, sweet 'n sour red cabbage, mixed vegetables, dessert, coffee, milk, and water. Part of the fun is dancing to polka music and learning to sing "Ein Prosit". When the music is done, there will be a brief stop at the Johnsonville Marketplace for some sausage and cheese samples. Call one of the guides with any questions: Ginnie Riley 715-889-2373
Donna Landers 920-321-4504



Going Places

Winnebago Senior Tours

Exploring Britain & Ireland

Date: August 13—28, 2022 Rescheduled

Guide: Cheryl Freiberg

Cost: \$5649 Double

Occupancy

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

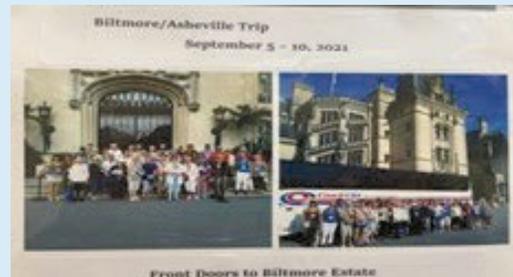


Over the past few months, both gas and food prices have increased. Be assured that WST always strives to be cost effective with tour prices.

Please let us know if you need any special accommodations on the bus or for overnight stay. Your help with meeting all WST travelers needs is appreciated.

The Biltmore Tour

"3rd Times a Charm" proved to be just that. The Smokey Mountains are spectacular wherever you look, even more spectacular along the Blue Ridge Parkway. The Biltmore is indeed a masterpiece of architecture, along with manicured gardens surrounding the buildings. Everyone enjoyed the Antler Village with actual people spinning yarn, making door handles and hangers in the blacksmith shop, and making various styles of brooms. A tour guide with a great sense of humor certainly was a highlight of the Asheville tour. The last evening was a special event, with entertainment by a three-person blue grass group. We were led by one of the travelers in line dancing, had some couples dancing to a "Tennessee" Waltz, and even got the Band to play Roll Out the Barrel. Thank you for the memories everyone and hope to see you all again.



UPCOMING EVENTS

Vermont
September 24-October 2, 2022

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

We Need Your Help!

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





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

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

Oshkosh Seniors Center

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

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 6:45 am – 4 pm

Oshkosh Committee on Aging

Judy Richey, Chairperson
Heidi Basford Kerkhof
Bryn Ceman
Julie Davids
Cheryl Hentz
Julie Kiefer
Julie Maslowski
Lindsay Temple
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OSC Staff

Jean Wollerman, Senior Services Manager
Sara Barndt, Secretary
Anne Schaefer, Mktg/Fund Development
Jane Wells, Program Supervisor

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Advocap

Libby Stockton, Meal Site Manager
920-420-3191