

# THE CURRENT



**OPEN HOUSE  
OCTOBER 22ND**

**CONNECT WITH  
WHAT MAKES YOU  
HAPPY**

**October, 2024 , Issue #10**

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  
<https://www.oshkoshwi.gov/SeniorServices/>  
Oshkosh Seniors Center 920.232.5300

# Welcome to the Oshkosh Seniors Center

**A note from the Senior Services Manager, Dan Braun  
Happy October!**

**Fall is in full swing, as are programs and events at the Oshkosh Seniors Center. October starts with Active Aging Week, which runs from September 30 through Friday, October 4. This week is about celebrating older adults' contributions and promoting healthy lifestyles through engaging in wellness activities. We understand that wellness can have barriers, including costs. If you haven't participated at the Center for over a year or have never come, you can try Fitness Classes and the Fox Fitness Center for FREE that week. This is a great time to invite friends. If they have not visited the Center, come for a free test drive.**

**During Active Aging Week, the Center hosts a Brain Fitness Fair on Wednesday, October 2, at the South Building. Come and meet community partners and attend speaker sessions related to brain health.**

**On Tuesday, October 22, from 10 am to 12:30 pm, we are hosting an Open House! Activities will take place throughout the Center, and it's your chance to observe and get your questions answered about what it takes to stay active, stay social, and stay informed to age well! We look forward to seeing you soon!**

*Dan*

## WHAT'S IN THIS ISSUE?

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

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# **OPEN HOUSE OSHKOSH SENIORS CENTER TUESDAY, OCT 22 10 AM TO 12:30 PM**

**Here's your chance to roam  
and check out all the Center  
activities. Ask questions and  
connect with what makes you  
happy!**

## **ART ENRICHMENT**

- Stained Glass
- Resin Projects
- Hands on Clay
- Pyrography
- Art Studio Enrichment
- Quilting
- Wood Shop

## **LIFELONG LEARNING**

- Connect through Technology
- GetSetUP
- Ukulele

## **SOCIAL**

- Bid Euchre
- Chorus
- Cribbage
- Knitting Group
- Cooking Classes

## **SUPPORT SERVICES**

- Advocap Lunches
- Medicare Elder Benefit Specialist
- Memory Care Services

## **TRAVEL**

- Winnebago Senior Tours

## **FITNESS**

- Fox Fitness Tours
- Tai Chi
- Line Dancing
- Movement Exercise
- TRX
- Chair Yoga
- Balance Programs
- Free Blood Pressure Checks



**200 N. Campbell Road  
920.232.5300**

### Art Expression (S)

Thursdays & Fridays,  
October 3-31, 9-11:30 am

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

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

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

### Hand Building with Clay (S)

Tuesdays, October 1-22, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

**Registration opens Monday, September 16**  
**Payment due upon registration**

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

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

### Beginner Stained Glass (S)

Wednesdays, October 7-28, 10 am –12 pm

Cost: R \$25/ NR \$30

**Register by Thursday, October 3**

This class is for those who are brand new to the art of stained glass. You will learn how to use a pattern, cut, grind and foil glass, and lastly how to solder your piece. Price includes all supplies needed for class. Beginner students only please!



### One and Done Class!

#### Stained Glass Patterns (S)

Wednesday, October 9, 10 am –12 pm

Cost: R \$5/ NR \$7.50

**Register by Monday, October 7**

Did you know you can make your own stained glass patterns? Come learn how to pattern and several tips and tricks to use. Once you know how to pattern, you can turn anything into a stained glass work of art.

### Quilting 402 (S)

#### Linking Triangle Blocks

Wednesdays, October 9-30, 9-11:30 am

Instructor: Liz Lahm

Cost: R \$15 / NR \$16.50

Min/Max: 3/10

**Register by Monday, October 7**

In this class we will learn a variety of ways to link triangle blocks, many of which create a secondary design. We will look at planning your own quilt top using one or more of these methods. The quilt we will use as a sample is "Spring Has Sprung" on page 48. You will be free to change the base block to one of your choosing and select a connecting block to bring it all together.

**Recommended Book:** Quilter's Academy Volume 3 – Junior Year. Authors Harriet Hargrave and Carrie Hargrave. Available through Amazon.



### Sewing 102 (S)

#### Straight Line Projects

Wednesdays, October 9-30, 1-3 pm

Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 3/6

**Register by Monday, October 7**

In this class we will apply straight line sewing to a variety of projects to provide practice opportunities and build confidence in sewing. In the first project we will sew strips of fabric together to make blocks of color and intersperse them plain blocks to make a small quilt top or table runner. Then we will rearrange the blocks to make a top that looks completely different. In the final project we will use a wide strips to create a tote bag and learn how to shape the bottom corners and straps to complete the bag. This will include learning to use fusible interfacing and make a lining for the bag.





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

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



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**Live Happily.**



**\*\*\*\*Note: So that instructors will have adequate time to prepare for classes, doors will open 10 minutes before the start of class**

## Artfully Yours – Fall DIY Door Mat (S)

**Wednesday, October 9, 10 am-12 pm**

Instructor: Kelly Arens

**Cost: R \$15/NR \$17.50**

**Min/Max: 3/10**

**Register by Wednesday, September 18**

**Payment due upon registration**

We have the perfect DIY painted doormat to welcome all your guests this Fall to your home. You will use a stencil to paint a Fall design on your doormat. You will love displaying this each year and making your home festive.



## Busted Canvas (S)

**Monday, October 14, 10 am-12 pm**

Instructor: Jane Wells

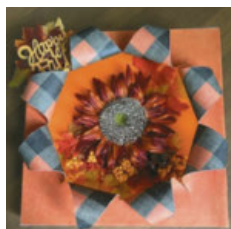
**Cost: R \$15 / NR \$20**

**Min/Max: 5/10**

**Register by Thursday, October 10**

**Payment due upon registration**

"Busted Canvas" is all over the internet and it's a lot of fun to make! This unique project involves creating a 3D effect by cutting and popping out sections of flat canvas. Bring your own photo or item for the center, or use one that's supplied. You can do seasonal theme, a photo you like, or whatever your imagination creates! Canvas size is 8 X 10. Photo or item should be about 5 X 7 with the focus in the center.



## Jewelry Art (S)

**Monday, October 21, 9 am - 12 pm**

Facilitator: Kerry Wolfe

**Cost: R \$7.00 / NR \$8.50**

**Min/Max: 3/8**

**Register by Tuesday October 15**

We will be using old jewelry pieces to make a work of art. All supplies and materials will be provided for you. Want to make it special? Bring along keepsake items you would like to add to the design. Project similar to the one shown.



## Rustic DIY Yarn Hanging (S)

**Thursday, October 24, 1-2:30pm**

Presenter: Kelly Arens

**Cost: R \$10 / NR \$11.50**

**Register by Wednesday, October 21**

If you love great DIY wall art, especially when it's easy to make, and inexpensive—this is your project to make! Join us to craft a unique yarn wall hanging with a rustic hanger, decorative yarn and a little creativity.



## Resin & Glass Lantern (S)

**Monday, October 28**

**10 am-12 pm OR 1-3 pm**

Instructor: Jane Wells

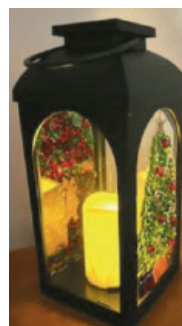
**Cost: R \$20/ NR \$25**

**Min/Max: 3/6**

**Register by Thursday, October 24**

**Payment due upon registration**

Decorate 2 of the four sides on this solar lantern. You can choose to do a seasonal scene or create your own design. Bring items from home to add to your project, or use items supplied. You may wish to bring a tweezers for moving small glass pieces.





## Woodshop Guided Hours (N)

**Wednesdays, 10 am-2:30 pm**

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

**Fridays, 1-3 pm NEW!**

**\*Register by the Thursday before.**

**Cost: R \$5/NR \$6.50**

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

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

## Beginner Woodburning Class (S)

**Thursdays, October 3-31, 1-3 pm**

Instructor: Cedric Richeson/Richard Krummerick

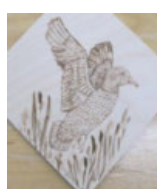
**Cost: R \$15/NR \$20** Min/Max: 3/12

**Register by September, 26**

**Payment due upon registration**

This class will focus on wood burning fundamentals including safety, equipment, pattern transfer, burning straight lines, curves, circles, shading effects such as stippling, crosshatching.

This class prepares participants for other OSC wood burning classes. If you have a wood burner, please bring it. A limited number of wood burners are available for use in class, please reserve at registration. No prior experience required.



## Power & Hand Tool Carving (N)

**Mondays, October 7-28, 8 am-12pm**

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

**Register by Tuesday Oct. 1st**

**Payment due upon registration**

Power tool carvers must bring bench fan, dust collector, have completed safety training to use OSC power equipment. Hand carvers must use their own hand/rotary tools. Instructors available to teach, guide, and problem solve. **This class open to carving projects only**

## Pyrography (S)

**Unfinished Projects**

**Tuesdays, October 8-29, (No Class 10/22)**

**8:15-11:15 am**

Instructors: Linda Gomach, Richard Krummick

**Cost: R \$30/NR \$35**

Min/Max: 3/10

**Register by September 27**

**Payment due upon registration**

Here's a chance to work on those unfinished projects. Award-winning instructors will give guidance to help get your pieces completed. Come enjoy Woodburning time with fellow burners!

## Owl Weather Vane Class (N)

**Tuesdays, October 8-29, 1-3 pm**

Instructor: Linda Gomach/Diane Curtis/Jeff Becker

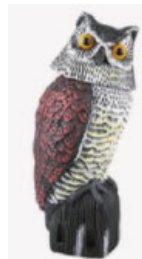
**Cost: R \$30/NR \$35** Min/Max: 3/5

**Register by Tuesday, October 1**

**Payment due upon registration**

In this class participants will cut, paint and assemble a wooden owl using a scroll and band saw. Owl will stand approximately 14" and be mounted on a metal rod that will spin. This is a great project for keeping unwanted birds from the garden.

**Machine safety training is required to take this class. Similar to picture shown.**



## Charcuterie Board (N)

**Wednesdays, October 9-30, 1-3 pm**

Facilitator: Jeff Becker/John Brad/

Morgan Bailey

**Cost: R \$35/NR \$40**

Min/Max: 3/5

**Register by Tuesday, Oct. 1**

**Payment due upon registration**

In this beginner level class, you will use a band saw, sander, glue and clamps. The size is 12"x 14" using several hardwoods including maple, oak, and walnut. **Machine safety training is required to take this class.**



## Basic Machine Safety Training (N)

**Fridays, October 18 & 25, 10 am-12 pm**

Facilitator: Jeff Becker

**Cost: R \$5/NR \$7.50**

Min/Max: 3/10

**Payment due upon registration**

**Register by Friday, October 11**

All **NEW** participants wanting to use the woodshop for classes or guided hours are required to attend the machine training class. The two class requirement for new participants **must be taken in consecutive weeks.**

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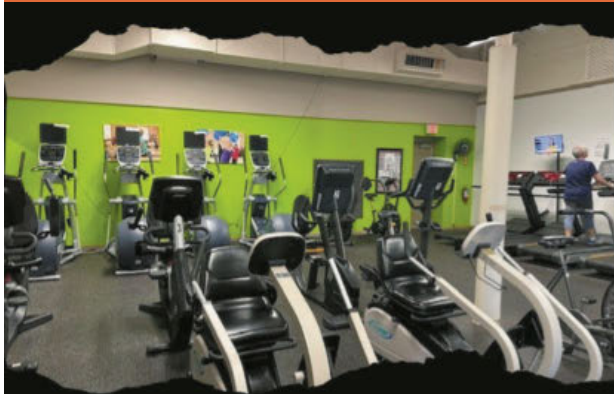


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# PERSONAL TRAINING

## PRICE INCREASE

MONDAY, SEPTEMBER 9TH

DEAR SENIORS CENTER PARTICIPANTS, WE'RE REACHING OUT TO INFORM YOU THAT THERE WILL BE AN INCREASE IN PRICE ON PERSONAL TRAINING PACKAGES, **THE CURRENT SESSION RATE WILL INCREASE TO \$13 PER SESSION.** THIS WILL BE PUT INTO EFFECT ON MONDAY, SEPTEMBER 9TH, 2024.

THE OSHKOSH SENIORS CENTER IS COMMITTED TO OFFERING YOU THE QUALITY PROGRAM YOU EXPECT AND DESERVE FROM ITS PROGRAMS. WE ARE STILL THE MOST AFFORDABLE PERSONAL TRAINING SITE IN THE GREATER OSHKOSH AREA.

ALL, PACKAGES PURCHASED BEFORE SEPTEMBER 9TH WILL BE HONORED WITH THE CURRENT PRICING STRUCTURE, SO WE ENCOURAGE YOU TO BUY SOON TO TAKE ADVANTAGE OF THIS. THE OSHKOSH SENIORS CENTER GREATLY APPRECIATES YOUR CONTINUED BUSINESS AND SUPPORT THROUGH THIS TIME OF GROWTH AND CHANGE. IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THE PRICE INCREASE, PLEASE DON'T HESITATE TO REACH OUT. OUR TEAM IS MORE THAN HAPPY TO DISCUSS THIS SITUATION WITH YOU.

-OSC STAFF-

## Fitness Opportunities

OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit. Rate sheets are available at Front Desks for non-insurance eligible programs.

## CLASS TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Rapid Movement 8:30-9am	Life Fitness 8:30-9am	Rapid Movement 8:30-9am	Life Fitness 8:30-9am	
9am	Range of Motion 9:15-9:45am	Tai Chi Energy 9:15-9:45am	Range of Motion 9:15-9:45am	Tai Chi Falls Prevention & Arthritis 9:15-10am	FFC 3G 9:15 - 10am
10am		TRX 10am-10:45am			
11am	Silver Sneakers 11-11:45am	Movement Exercise 11-11:45am	Silver Sneakers 11-11:45am	Movement Exercise 11-11:45am	Keep Moving 11-11:45am
12pm	Adv Line Dance 12-1:30pm	Adv Line Dance 12-1:30pm			
1pm				Chair yoga 1-1:45pm	
2pm		Chair yoga 2:15-3:00pm		Low Impact Dance 2:15-3:00pm	
3pm					



Not Insurance Eligible



Registration Required



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## Rapid Movement

Improve your cardio by doing fast and quick bursts of exercise then letting your heart rate come back down. This training style helps improve agility, power, coordination, and balance, to reduce the risk of falls.

## Range of Motion

A combination of yoga, stretching, and other therapeutic movements. Gently work on mobility and flexibility. 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

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.

## Life Fitness

An energizing, modern approach to low impact aerobics and strength training. This class will utilize bodyweight movements, resistance bands, and light cardio to improve fitness.

## Tai Chi Energy

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

Increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress-free movements. All exercises can be performed seated or standing.

## Advanced Line Dancing

Instructor: Debbie Ruck  
Kick up your heels, have fun, and impress your friends and family when you show off your line dancing skills! Prior experience preferred.


## Beginner Chair Yoga

Instructor: Jim Crane (T)/Catherine Huybers (Th)  
A gentle practice in which postures are performed while seated and/or with the aid of a chair. Boost strength, flexibility, and mental well-being. No prior experience is necessary for this class.

## Low Impact Dance

Instructor: Diane Hergert  
Step-by-step instructions for a low impact aerobic workout. All levels encouraged to attend, this is a no judgement zone! Here's your chance to improve fitness and coordination, and have fun doing it!

## FFC 3g **Limit 10 people.**

Challenge your body in different ways by incorporating cardio exercises on the treadmill, bike, and elliptical. This can help you maximize your calorie burn, build endurance, and improve overall fitness! 


## Keep Moving!

Cardio, strength, stretching, and balance to keep you fit.

## TRX **Limit 6 people**

**Tuesdays 10-10:45am**

Instructor: Bob Braun

Use suspension straps to push, pull, and lift your body weight to develop strength, balance, flexibility, and core stability at your own pace. Due to equipment, capacity is limited. **Please** register before each class to ensure there is space. 

Need graphic here



Registration Required



Not Insurance Eligible

# Oshkosh Seniors Center Presents the 2024 Brain Health & Wellness Fair

The Oshkosh Seniors Center is excited to be hosting its annual Brain Health and Wellness Fair! Meet our Community Partners, Health and Wellness Vendors, win prizes, and listen to the experts in the field of Brain Health.

**October 2, 2024, 10 am – 2 pm, 200 Campbell Rd. Contact: 920-232-5300 to RSVP**



**Carrie Esselman**  
Fox Valley Memory Project  
**10:30am–11:00am**

## **The Future of Dementia**

Carrie Esselman, Grant Manager of the Fox Valley Memory Project, will present on the initiative to make Northeast Wisconsin more dementia-friendly.

A dementia-friendly community ensures that individuals with dementia can live good lives and be as independent as possible, while receiving understanding and necessary support. Learn about the efforts the Fox Valley Memory Project has undertaken and its future plans to make our communities dementia-friendly.



**Ted Regalia, RPh**  
Network Health  
**11:30am – 12:00 pm**

## **Medications & Brain Health**

Relax, listen, and learn as Ted Regalia, RPh., Network Health's Vice President of Pharmacy Benefits, discusses the importance of preventative factors for optimal brain health and reviews the effects of medications on cognition.



**Dr. Kerry Ahrens**  
Aurora Health Care  
**12:45pm – 1:45pm**

## **Insights into Stroke Care, & Prevention: A Global Perspective on Improving Patient Outcomes**

Join Dr. Ahrens as she unveils shocking stroke statistics and shares her passion for cutting-edge stroke care and early detection. Discover her expert tips to lower stroke risk and learn how raising awareness can improve patient outcomes worldwide. Don't miss this insightful session aimed at enhancing global health!

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**2025**

<b>San Antonio</b>	<b>1/25-2/2</b>	<b>\$1195</b>
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<b>Washington DC</b>	<b>5/29-6/4</b>	<b>\$1060</b>
<b>Grand Canyon, Vegas</b>	<b>9/18-29</b>	<b>\$1295</b>
<b>VA Beach, Norfolk, Williamsburg</b>	<b>10/18-26</b>	<b>\$1430</b>
<b>Branson (when new shows are out)</b>	<b>12/1-6</b>	<b>TBD</b>

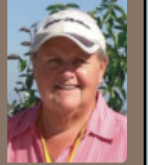
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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

## Mindfulness Meditation (S)

**Thursdays, October 3-31, 11 am-12 pm**

Instructor: Donna Janus-Volunteer

**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.

## FREE Blood Pressure Checks

**Thursday, October 3, 12:00-1:00 pm (S)**

**Tuesday, October 8, 10:15-11:15 am (N)**

**Thursday, October 17, 12:00-1:00pm (S)**

**Monday, October 28, 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.

## Hip Pain Relief

**Monday October 14, 10 -11 am**

Presenter: Eric Koehler

**Cost: Free**

**Register by Friday, October 11**

In this workshop, we'll help you understand the most common signs and causes of hip pain, and what may be stopping you from fully healing.

## GetSetUp Watch Party-Stay Safe at Home: Fall Risk and Prevention Strategies (S)

**Monday, October 7, 1:30-2:30pm**

Presenter: Get Set Up Guide: Pam Penney

**Cost: Free**

**Register by Thursday, October 3**

Take control of your safety with essential fall risk and prevention techniques. This class will cover the impacts of aging has on fall risk, how to prevent falls and other risk factors.

## Essential Oils:

### Nutrition & Digestion (S)

**Tuesday, October 8, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Cost: Free**

**Register by Friday, October 4**

Did you know that the immune system & inflammation is controlled by the gut? Does all of the information about nutrition have you feeling confused? Have you heard of probiotics and gut health but not really sure what it's all about? Learn how to fix a leaky gut.

## Cooking With Alec: (S)

### Loaded BBQ Mac & Cheese

**Friday, October 11, 1-2 pm**

Presenter: Alec Jensen

**Cost: R \$5 / NR \$6.50**

**Register by Wednesday, October 9**

Can't decide if you want barbecue or mac and cheese for dinner tonight? Have both! Barbecue Mac and Cheese is rich, creamy and tangy—the ultimate comfort food.

## Benefits of Yoga (S)

**Tuesday, October 15, 9:30 10:30 am**

Presenter: Emily Moellenberndt

**Cost: Free**

**Register by Friday, October 11**

Join us for an interactive presentation about the benefits of yoga and how to incorporate into your daily routine.



## Mind Over Matter (M.O.M) (S)

**October 16, 30, November 13, 9-11am**

Facilitator: Winnebago County Health

Cost: Suggested Donation \$15.00

**Call 920.232.3000 to Register**

(MOM) is a program that helps women over 50 build the skills and confidence they need to avoid or improve symptoms of incontinence (bladder and bowel leakage). The interactive class meets for a total of 3 sessions and the small group class is led by a trained female facilitator to foster trust & privacy. The class incorporates social interaction, tasteful humor, and fiber-filled snacks!

## A Healthier You (S)

**Monday, October 28, 1- 2 pm**

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

**Cost: Free**

**Register by Friday, August 23**

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



# Seeking yard help?

**Partners of the Oshkosh Healthy Aging Group are organizing another volunteer event to engage neighborhoods in a day of yard cleanup:**

## LEAF *no one behind* YARD WASTE CLEAN UP

**Sunday, November 3rd  
Starting at 10 am**

*Oshkosh residents must  
pre-register for assistance by  
Monday, October 28th.*

For more information or to fill out  
an application please visit  
[wchd.pub/leafnoonebehind2024](http://wchd.pub/leafnoonebehind2024)  
or scan the QR code:



*Thank you  
Partners:*



## TWILIGHT CONFESSIONS

at Historic Riverside Cemetery



**Tickets Available Friday, Sep. 13  
for the Tours**

**October 18, 25, and 31 with a start  
time of 4:30 pm**

**\$15.00 per person**

**Must purchase tickets in advance online**

Join Matilda Spikes for an entertaining stroll through the hallowed grounds of Historic Riverside Cemetery. You will hear creepy, seldom-told stories and secrets from Riverside's colorful past. This walking tour requires 90 minutes of walking and standing on grassy areas with uneven ground. The tour subject matter is not intended for young children.

For more information, please call  
Riverside Cemetery at 920-236-5092

# Trick or Treat and Move Your Feet

## October Fitness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3 	4 	5
6	7 	8 	9 	10 	11 	12
13	14 	15 	16 	17 	18 	19
20	21 	22 	23 	24 	25 	26
27	28 	29 	30 	31 		

Match the symbols on the calendar to the workouts below!



### Treadmill

20-minute walk  
at a comfortable pace.  
Walk at a 2-3% incline.



### Bike

30 minutes on the  
Exercise Bike.  
Set your resistance  
between 5-10  
and keep your speed  
at or above 70 RPM.



### Exercise Class

Participate in an  
Exercise Class of your  
choice!



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OCTOBER EDITION



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

DHS Approved 4/22/2021

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Oshkosh Senior Center, Oshkosh, WI

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## Grief Support (S)

**Thursday, October 3, 1-2:30 pm**

**Thursday, October 17, 19, 1-2:30 pm**

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: FREE**

Maximum 12 per session

Register by calling 920.232.5300

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

## Mindworks (S)

**Thursdays, October 3-31**

**11 am-2 pm-Lunch Included**

Facilitator: Fox Valley Memory Project

**To register call 920.225.1711 or email: [info@foxvalleymemoryproject.org](mailto:info@foxvalleymemoryproject.org)**

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

## Memory Screening (S)

**\*Wednesday, October 16 \*New Day**

**10:30 am -12:00 pm**

Facilitator Alisa Richetti, ADRC

**Cost: Free**

**To make an appointment call 920.232.5301**

Have a free, confidential memory screen completed and learn about normal brain changes as you age. Alisa will answer your questions related to memory loss, dementia and prevention of cognitive decline. Appointments take 15 minutes.

## Memory Link Resource Hours (S)

**4th Thursday of the month**

**11 am-1 pm**

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

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

**Drop ins welcome**

## Advocap Meal Program (S)

**To register call 920.725.2791**

**24 hour in advance.**

Come and enjoy a meal with friends served inside the Oshkosh Seniors Center Monday-Friday.

Lunch is served about 11:15 daily.

Suggested donation of \$4, but nobody will be turned away based on payment. Menu at front desk in South building.

## Tender Loving Care Support Group (S)

**4th Thursday of the month, 1 pm**

Facilitator: Fox Valley Memory Project

**Cost: Free**

**(Supported by the FV Memory Project)**

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

## Foot Care (S)

**Tuesdays and Wednesdays 9 am to 3 pm,**

**Friday Appointments October 18 & 25**

**9 am to 3pm**

**To make an appointment call 920.232.5301**

Cost: \$28.00

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

Appointments are filling fast.

## Almeda Fisk Gallup Fund (S)

**To apply call 920.232.5301**

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

## Bus Passes (N or S)

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

## Dial-A-Ride (N or S)

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

## Aging and Disability Resource Center

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

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





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For more information: [TimeOfYourLifeExpo.com](http://TimeOfYourLifeExpo.com) | (920) 966-9199

**GetSetUp**



The Oshkosh Seniors Center has partnered with GetSetUp so you can book engaging classes on travel, exercise, technology, cooking, and more. These online classes will help you stay active, stay social and stay informed.



**GetSetUp**

Learn and socialize online

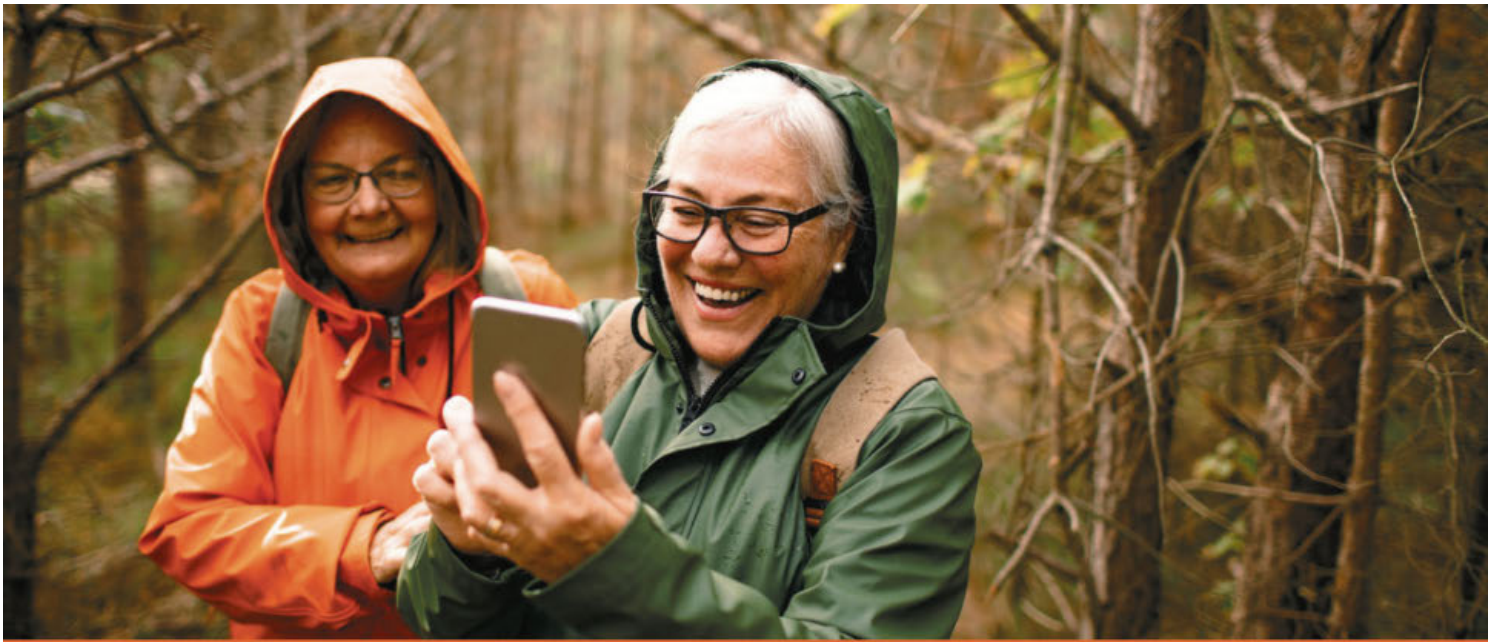
<https://www.getsetup.io/partner/Oshkosh>



Once on the page, create an account to start booking classes. Book a Connect through Tech session if you need help.



Sign up for a free account at this link or scan the QR code.



# Connect Through Tech

## One on One Tech Appointments

**Programs are designed to improve your digital literacy (all levels of expertise are welcome).**

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

*Hours Vary—Please call for an appointment.*

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

**By Appointment Only 920.232.5301**

**Safe Websites with Information about Technology (including tutorials)**

<https://techboomers.com/>

<https://www.aarp.org/technology/how-to-guides/>

## Wi-Fi Access (S) Cost: FREE

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

## One on One with Sandy Toland (S)

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

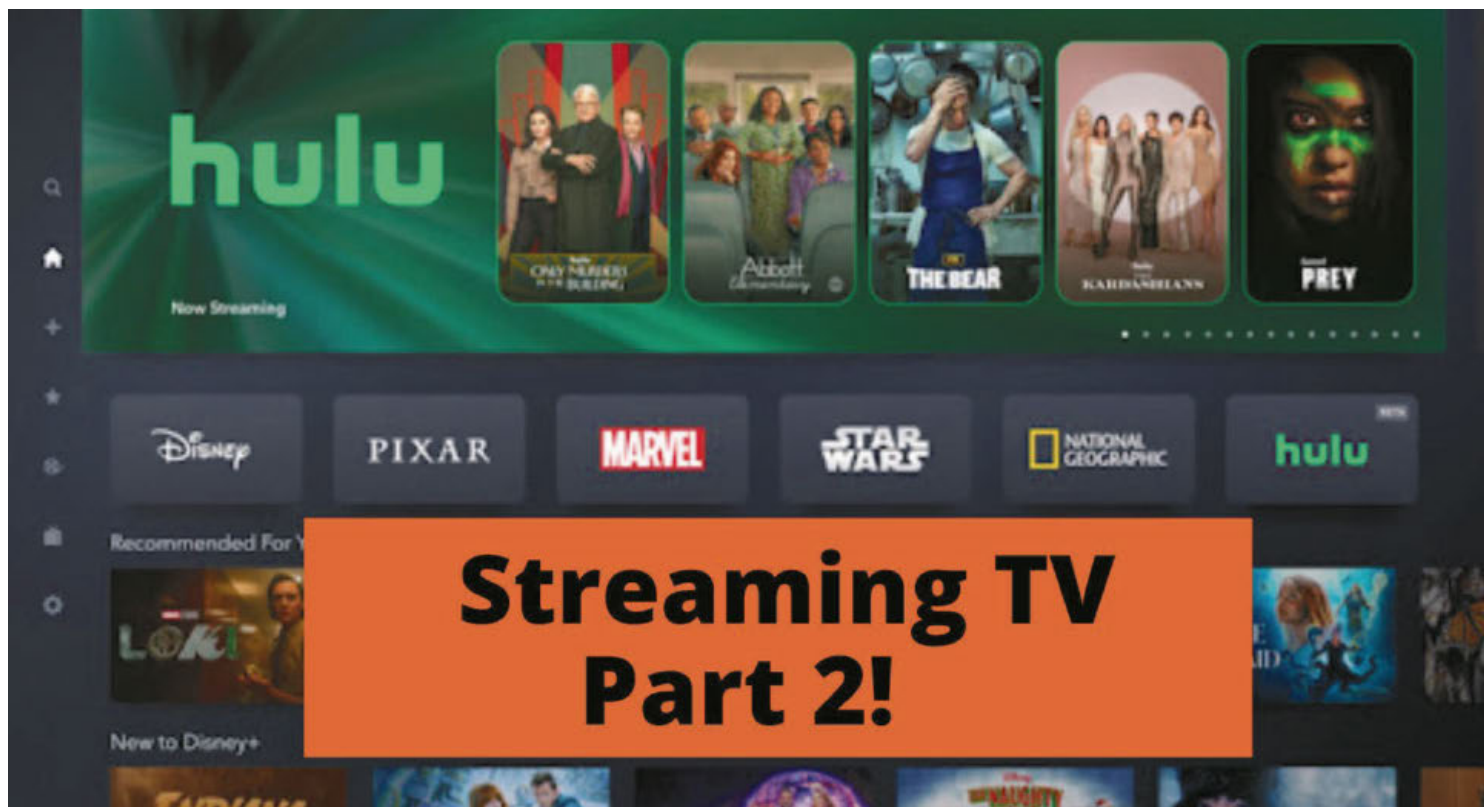
**Mondays, October 7, 14, 21, and 28  
9:15 am, 10:15 am, 11:15 am, 12:15 pm**

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

**By Appointment Only 920.232.5301**







**Connect through Tech in Part 2 will show you how to navigate hulu, Prime Video, and Netflix. You can see the content and how to use these popular streaming TV (entertainment) options.**



**Tuesday, October 29**  
**Streaming TV Part 2**  
**10:00 am**

**Oshkosh Seniors Center South Bldg.**  
**Must Register 920.232.5300**



## 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.

**\*Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

## Elder Benefit Specialist (S)

**Wednesdays, October 2 & 16, 10-11:30 am**

**Cost: Free**

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

### Mission Statement

The mission of the Aging and Disability Resource Center (ADRC) of Winnebago County is to **empower and support seniors**, people with disabilities and their families, by providing useful information and finding the help people seek so they may live with dignity and security, and achieve maximum independence and quality of life.

Need help or have questions? Phone 877.886.2372

## Ukulele Play Along (S)

**Wednesdays, October 2-30**

**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, October 4-25, 11 am-12 pm**

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, October 2**

**Payment due upon registration**

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

## Intermediate Ukulele Lessons (S)

**Fridays, October 4-25, , 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, October 2**

**Payment due upon registration**

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

## Beginner 2 Ukulele Lessons (S)

**Fridays, October 4-25, , 12:10 –1:10 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, October 2**

**Payment due upon registration**

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



## Karaoke (S)

**Tuesday, October 1, 1-2:15 pm**

**Register by Friday, September 30**

**Tuesday, October 15, 1pm-2:15 pm**

**Register by Friday, October 11**

Facilitator: Lori Schroeder/ Kelly

Arens

**Cost: Free**

Min/Max: 5/25

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers welcome. Program made possible through the generosity of an anonymous donor.



## JOT Mediterranean Cooking (S)

**Mondays, October 7-28, 10-11:30 am**

**Cost: R \$40/ NR \$45**

**Min/Max: 3/6**

**Register by Tuesday, October 1**

**Payment due at time of registration**

This set of classes will concentrate on the core elements of Mediterranean cooking: whole grains, vegetables, legumes, and fruit/nuts/seeds.

Demonstrations and samples will be a part of every class.

Sorry, class is full

## Golden Tones Chorus (S)

**Mondays, October 7-28, 1:30-3 pm**

Director: Paula Steinert

Accompaniment: Marshall Potter

**Cost: R \$40/ NR \$45**

**Payment due upon registration**

Looking to join a wonderful chorus? Consider joining the Golden Tones next session in 2025.

## LIR: Worthwhile Work of Parenting (and Grandparenting) (S)

**Tuesday, October 8, 10-11:30 am**

Presenter: Amy D'Addario, (MS, CSW, SAC)

**Cost: Free**

**Register by Monday, October 7**

Theodore Roosevelt has been quoted as saying "Far and away the best prize that life has to offer is the chance to work hard at work worth doing." Many consider parenting (and grandparenting) as one of life's best prizes and work worth doing. It also requires hard work. Parenting, if we are doing it well, requires continuous learning. Even when are children are grown with children of their own. Let's learn together!

## HEY CHEESE LOVERS- CHECK THIS OUT!

### Chat-N-Chop (S)

**Tuesday, October 8, 9:45-11:45 am**

**Cost: R \$10/ NR \$11.50**

**Register by Wednesday, Oct. 2**

**Payment due upon registration**

We will be making mac & cheese bites, cheeseburger mini muffins and Waldorf Salad. Does this sound good? Tie on those aprons and come join us.

### Cooking w/Alec (S)

#### Loaded BBQ Mac & Cheese

**Friday, October 11, 1-2 pm**

**Cost: R \$5/ NR \$6.50**

**Register by Wednesday, Oct. 9**

Can't decide if you want barbecue or mac and cheese for dinner tonight? Have both! Barbecue Mac and Cheese is rich, creamy and tangy—the ultimate comfort food.

## ORD-Landscaping for Fall Color (S)

**Wednesday, October 16, 10 am-12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

**Register by Thursday, October 10**

Now is the time that our gardens and backyards shine. Learn all about some great plants to incorporate into your landscape for an incredible fall showcase of color. Now is the best time to plant!

## Social and Educational

Building North (N) South (S)

### Bingo (S)

**Wednesday, October 16, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max:10/60

**Register by Tuesday, October 14**

Come for a fun afternoon of bingo!

**Please note doors for Bingo will open at 1:15 pm. Thank you to our Bingo sponsor, Edenbrook.**



### Get Set Up Watch Party (S)

**Change Your Thinking: Fight Stress and Build Happiness**

**Thursday, October 17, 1-2:30pm**

Presenter: Get Set Up Guide: Bernadette Barton

**Cost: Free**

**Register by Monday, October 16**

Are you worry prone? You will learn techniques for changing your thinking and setting yourself up for success. Learn how to prevent worry and fear from holding you back and incorporating these techniques as an everyday practice.

### Rep. Palmeri Office Hours (S)

**Friday, October 18, 10:30 am-12 pm**

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

**Madison Office:**

Room 5 North, State Capitol

PO Box 8953

Madison, WI 53708



### LIR: Graveyard Gossip (S)

**Wednesday, October 23, 10-11:30 pm**

Presenter: Deb Daubert, Curator (Retired), Oshkosh Public Museum

**Cost: Free**

**Register by Monday, October 21**

No October would be complete without "digging up" some anecdotes involving past local residents, now residing in area cemeteries. By exhuming their life and or death stories that are not only brought back to life, but will surely leave you haunted!

Staff from Feeding America will be holding office hours at the Oshkosh Seniors Center

- Wednesday, September 25, 9 am-12 pm
- Tuesday, October 29, 9 am-12 pm
- Tuesday, November 19, 9 am-12 pm
- Wednesday, December 11, 9 am- 12 pm

**\*Only Feeding America Staff is authorized to sign vouchers and will be at the Center during times listed above. The seniors center does not have program information or authority to sign vouchers.**



**Need information from Feeding America?**

**Call 920.202.3588**

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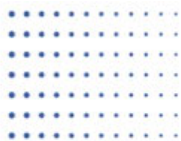


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1	\$27,861	\$2,322
2	\$37,814	\$3,152



## National Estate Planning Awareness Week October 21-27



### Gratitude of Abundance (S)

Tuesday, October 22, 1-2 pm

Presenter: Kim Patterson, CarePatrol NE WI

Cost: Free

Min/Max: 5/20

Register by Friday, October 18

What if you made living in gratitude your focal point for one year? Come learn how changing your thoughts and habits can lead to a happier life. legacy

### Donuts & Elder Law (S) Planned & Charitable Giving

Friday, October 25, 10-11 am

Presenter: Joseph McCleer, McCleer Law

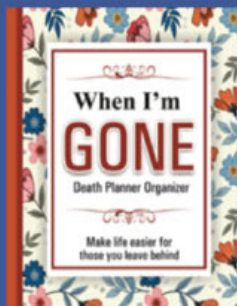
Cost: Free

Min/Max: 5/20

Register by Wednesday, October 23

Attorney Joe McCleer of McCleer Law Office gives tips and strategies for including gifts to charities in your estate plan. Free donuts and coffee!

Thanks to the generosity of an anonymous donor, we will be giving out 10 free copies at each presentation.



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### Eat & Greet (S)

Wednesday, October 30

Cost: \$10.00

Serve at 11:30 am

Max: 50

Tickets available September 25-October 22

Join us for spaghetti with the choice of meat sauce or alfredo sauce, garlic bread, salad, coffee and dessert.

### Popcorn & A Movie (S)

Wednesday, October 30, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, October 29

Inquire at the front desk for movie details. **NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter.**

### Book Talk (S)

The Magnolia Place by Fiona Davis  
Thursday, October 31, 9:30-11 am

Facilitator: Kerry Wolfe

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

Register by Friday, October 5

A tantalizing novel about the secret, betrayal and murder within one of New York City's most impressive Gilded Age Mansions. Sound Interesting? Want to know how the story ends? Join Book Talk.



## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

### Currently Seeking Volunteers!

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



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

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

**\*No card games on Wednesday, October 2.**  
**Please join us at the Brain Fitness Fair!**

### Cribbage

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

### Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

### Bid Euchere, Rummikub

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

### Knitting & Crochet

Thursdays, 8:30-11:30 am

### Sheepshead

Thursdays, 12:30-3:30 pm

### Open Bridge

Fridays, 12:30-3:30 pm

### Need a spot to play with Friends?

#### Open Cards & Games

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

### Billiards (N)

Billiards are free to use. Please stop at front desk to get the billiard balls and to sign in. Please no billiards during exercise classes.

### Piano Music (S)

Enjoy free beautiful piano music on Thursday afternoons offered by pianist Sheri Tipton. Available by the baby grand piano in Great room C.



# ACTIVE AGING WEEK!

**SEPTEMBER 30  
TO OCTOBER 6!**

Active Aging Week celebrates older adults' contributions and promotes healthy lifestyles. There is no better place than the Oshkosh Seniors Center to engage in fitness and wellness activities to live a long and healthy life.

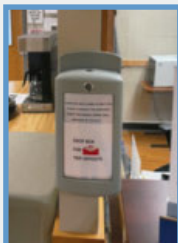
Find great advice online at  
[www.activeagingweek.com](http://www.activeagingweek.com)



# Winnebago Senior Tours

## Tours Sign-up Options

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



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

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

**If you have questions please call  
920.232.5312**

## Autumn Days Train Ride—East Troy

**Date: Wednesday, Oct. 23, 2024**

**Cost: \$ 150.00 (Full payment at sign up)**

**Depart: 8:30am Return: Approx. 5:30pm**

How better to spend a beautiful Autumn Day than to take a train ride on the East Troy Electric



Railroad, enjoy a delicious lunch, and stop at the Elegant Farmer (deli, bakery and unique farm

products). On the return to Oshkosh we will stop at Holy Hill (weather permitting) to take in spectacular views atop Holy Hill Basilica and the National Shrine of Mary, built in 1926.

Price includes: Motorcoach Bus Transportation, Train ride, Lunch and Gratuities. This is a moderate activity level trip.

Guides: Cathy Koch & Patti Houston



We have added a few sweet trips before the end of this year  
Check out what we have planned for you!



**Watch for new trips coming in 2025!**

## Mrs. Doubtfire

**The Performing Arts Center—Appleton**

**Date: Wednesday, November 20**

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

**Depart: 6pm—OSC South Building Lot**

**Return immediately after show**

Out-of-work actor Daniel Hillard will do anything for his kids. After losing custody in a messy divorce, he creates the kindly alter ego of Nanny Euphegenia Doubtfire. Join us for this hysterical and heartfelt story about holding onto your loved ones against all odds, Mrs. Doubtfire is the musical comedy we need right now.



Prices Include: Ticket, Yellow Bus Transportation and Driver Gratuity. Guide: Cheryl Freiberg

## Miracle on 34th Street

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, November 21**

**Cost: \$150 (\$20 non-refundable deposit)**

**Depart: 8am Return: Approx. 6:15pm**

Macy's Thanksgiving Day Parade needs a new Santa! Enter Kris Kringle, who claims to be the real Santa Claus. Thus begins the funny, tuneful and inspirational musical as Kris has to prove his claim in court and teach his neighbor and daughter to believe in the love of Christmas. Price includes: Theatre tickets, Motorcoach Bus Transportation, Driver Gratuity and Lunch, with your choice of Chicken & Ribs, Steak Diane or Seared Duck Breast.



Guide: Cheryl Freiberg

When sending payments in the mail include:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name of Trip \_\_\_\_\_



## Winnebago Senior Tours

### 2024 Branson Shows Extravaganza

**6 days / 5 Nights (Incl. 3 nights in the Branson area)**

**Date: December 2-7, 2024**

**Cost: \$899 Double, \$1278 Single**

**\$75 Deposit (Includes \$20 non-refundable deposit) Final Payment due 9/25/24**

This trip includes:

Admission to 6 Fabulous Shows including:

- Three Morning Shows: Dalena Ditto's Country Evolution, Doug Gabriel Morning Show & A Neil Diamond Tribute Show
- Three Evening Shows: The Haygoods Christmas Show, Hughes Brothers Christmas Show & Laugh Your Yak-off Christmas Show featuring Yakov Smirnoff
- Time at Branson Landing where you will discover waterfront shopping, dining and attractions on Lake Taneycomo's beautiful waterfront
- Visit historic downtown Branson with old-fashioned charm, novelty shops and restaurants

Price also includes: Motorcoach Bus

Transportation and Driver Gratuity, 8 meals: 4 breakfasts and 4 dinners, and hotel rooms for 5 nights

Guide: Cathy Koch

### Christmas at Sanfilippo Estate

**Date: Thursday, December 5**

**Cost: \$170 (\$20 non-refundable deposit)**

**Depart: 7:30am Return: Approx. 9pm**

The Sanfilippo "Place de la Musique" is renowned for its collections of antique music machines,



phonographs, arcade machines, and the world's largest restored theatre pipe organ and many more functional

mechanical antiques. The motive behind this collection is the preservation and sharing of the experience of these marvelous inventions of the Western World. Price includes: Motorcoach Bus Transportation, Driver Gratuity, Estate Tour, Christmas Concert and Lunch at Sanfilippo.

Guides: Cindy Paffenroth & Debbie Hogue

### Mannheim Steamroller Christmas The Weidner Center—Green Bay

**Date: Tuesday, December 17**

**Cost: \$140 (Full Payment due on Sign-up)**

**Depart: 4:00pm OSC South Building Lot**

**Return: Immediately after show**

Mannheim Steamroller Christmas by Chip Davis has been America's favorite holiday tradition for



more than 35 years! Grammy Award winner Chip Davis has created a show that features Mannheim Steamroller Christmas classics in the distinctive Mannheim sound. The program includes 15 musicians

playing more than 20 instruments against a backdrop of dazzling multimedia effects, capturing the spirit of the season. Price includes Ticket, Motorcoach Bus Transportation and Driver Gratuity. We will stop for dinner before the show, at your own expense, or you may bring a personal cooler with refreshments.

Guide: Cheryl Freiberg

### Mamma Mia (ABBA)

**The Performing Arts Center—Appleton**

**Date: Wednesday, December 18**

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

**Depart: 6pm—OSC South Building Lot**

**Return immediately after show**

*A mother. A daughter. 3 possible dads.*

And a trip down the aisle you'll never forget! Set on a Greek Island paradise where the sun always shines, a tale of love, friendship and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known



brings three men from her mother's past back to the island they last visited decades ago. Favorite songs include: *Mamma Mia*, *Take A Chance on Me*, *Dancing Queen*, *Money, Money, Money* and *the Winner Takes All*. Join us as we sing and dance to the hit tunes and enjoy an evening in Paradise! Price includes Ticket, Yellow Bus Transportation and Driver Gratuity.

Guide: Cheryl Freiberg

## Winnebago Senior Tours

### The Lion King

**The Performing Arts Center—Appleton**

**Date: Wednesday, January 15**

**Cost: \$100 (\$20 non-refundable deposit)**

**Depart: 6pm—OSC South Building Lot**

**Return immediately after show**

More than 100 million people around the world have experienced the phenomenon of *Disney's The Lion King*, and now you can too! Winner of six Tony Awards including Best Musical, this landmark musical event brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. *The Lion King* also features the most recognizable music crafted by Tony Award winning artists *Elton John and Tim Rice*. There is simply nothing else like *The Lion King*! Price includes Ticket, Yellow Bus Transportation and Driver Gratuity.

Guide: Cheryl Freiberg



### Back in the Building—Elvis Tribute

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, January 30**

**Cost: \$145 (\$25 non-refundable deposit)**

**Depart: 8am Return: Approx. 6:15pm**

In honor of Elvis' 90th birthday, The Fireside and Legends in Concert kick off the 2025 season with jumpsuits, black leather, swiveling hips, and leg shaking, presenting their newest retrospective of Elvis' life in music told through the eyes of the



world's best tribute artists. Being an Elvis tribute artist means more than just donning a jumpsuit and singing classic songs. It's about capturing the

essence of Elvis Presley, honoring his legacy, bringing joy to fans who still adore the King of Rock 'n' Roll, and keeping his spirit alive for new generations. Whether on stage or off, these artists live and breathe Elvis' charisma, talent, and timeless appeal. Price includes: Ticket, Motorcoach Bus Transportation, Driver Gratuity and Lunch with your choice of Beef Tenderloin, Grilled Pork Ribeye or Rainbow Trout.

Guides: Cheryl Freiberg & Cindy Paffenroth

### Savannah, Jekyll Island & Beaufort, SC

**Date: March 1-9 (Sat-Sun) 9 Days, 8 Nights**

**Cost: \$1349 Per Person/Double Occupancy**

**Departure: 8am**

Enjoy a guided Trolley Tour of Savannah; St Simons Island; guided Tram Tour of Jekyll Island. There is an evening show at the Famous Savannah Theatre. For added enjoyment during the trip, there is a stop at the Kentucky Artisan Center in Berea, KY; the South Carolina State Museum in Columbia, SC; and the East Tennessee History Center in Knoxville, TN.

Price includes: 14 meals: 8 breakfasts, 6 dinners; Motorcoach Bus Transportation; Hotel and Attractions. Guide: Linda Reinke



### Alaska Discovery Land & Cruise

**Featuring a 7-night Holland American Cruise**

**Date: July 9-20 (12 Days)**

**Cost: Varies by stateroom selection**

Now is the time to cross traveling to Alaska off your "Bucket List" on this 12-day land and cruise tour. Fly into Fairbanks, and cruise on the Sternwheeler Discover, encountering Alaska's diverse culture and rich history. Stay 2 nights at Denali National park taking in the Tundra Wilderness Tour with incredible views. Traverse a breathtaking journey from Whittier Alaska to Vancouver, British Columbia, aboard Holland America's Noordam Cruise Ship. This is the Alaska as you always imagined. **Passport required.**

Guide: Cathy Koch

**Save the Date: Upcoming 2025 Theater**

**Some Like It Hot – PAC 3/12**

**West Side Story – Fireside 3/27**

**Neil Diamond "A Beautiful Noise"—PAC 5/1**

**Michael Jackson the Musical – PAC 6/4**

**Sign up now for these MULTI-DAY TRIPS**

**Mount Rushmore – Diamond Tours 6/15-21**

**African Safari – Collette Trip 9/8-22**

**Beautiful Maine – Diamond Tours 10/4-12**

**Hawaiian Adventure – Collette Trip 11/2-14**

**BE SURE TO CHECK THE ROTATING RACK AT THE TOUR DESK FOR UPDATES ON THESE TRIPS!!**



# Planning for a bright future



A Required Minimum Distribution (RMD) is the minimum amount of money that must be withdrawn from retirement accounts each year once people reach a certain age, currently age 73. The government requires this to ensure that people eventually pay taxes on their retirement savings. If a RMD is not taken, there could be tax repercussions.

Donating your Required Minimum Distribution (RMD) to the Senior Center is a smart way to support a cause you care about while reducing your tax burden. By transferring your RMD directly to the Oshkosh Seniors Center, you avoid paying income tax on the distribution, which can lower your overall tax bill. This means you can fulfill your RMD requirement and help the Seniors Center without increasing your taxable income. It's a win-win for both you and the Center!



**Including a gift to the Center in your financial plan is a powerful way to invest in the future.**

To add your support, donate to:  
Friends of the Oshkosh Seniors Center  
PO Box 3423  
Oshkosh, WI 54903-3423  
email inquiries:  
[FriendsofOSC1986@gmail.com](mailto:FriendsofOSC1986@gmail.com)

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



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

Non Profit Org

U.S. Postage

**PAID**

UMS

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

#### **Oshkosh Seniors Center**

200 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300

#### **South Building Hours:**

Mon – Fri 8 am – 4 pm

#### **North Building Hours**

Mon – Fri 7 am – 4 pm

#### **OSC Staff**

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

#### **Activity Coordinators:**

Kelly Arens-Educational & Social  
Alec Jensen, Fitness & Wellness  
Cierra Boutelle, Healthy Lifestyles  
Kerry Wolfe, Asst. Activity Coordinator

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

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

#### **Friends Board**

Colleen Harvot, Vice President  
Chris Kniep, Treasurer  
Julie Hoyt, Secretary  
Judy Hebert  
Cheryl Freiberg  
Jeff Schettl  
Jean Wollerman

#### **Or mail registration to:**

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

