The Current

August 1, 2021 Issue #8

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

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4:30-8:30PM

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WELCOME TO THE Oshkosh SENIORS CENTER

Programs and Activities Guidelines

Programs and activities **require advanced registration if listed by the program**.

You can register online at Schedulesplus.com/Oshkosh/kiosk, or by calling the center at 920-232-5310. Payments for class can be made via check and mailed to OSC, 200 North Campbell Road, Oshkosh, WI 54902 or in-person by the registration date. We will continue to practice social distancing in all programs.

Fox Fitness Center & Exercise Class Guidelines

Fox Fitness Center: (N) NO REGISTRATION REQUIRED

The Fox Fitness Center will be available for you to come in and exercise between the hours of 7:00 am to 3:45 pm. Monday through Friday. This will allow our staff to prepare for your arrival and departure. No registration required. Drop in anytime and exercise. Equipment orientations upon request at the desk or call 232-5310. Face coverings are still mandatory for those who are **NOT** COVID-19 vaccinated during your time at the center.

Exercise Classes: (N)

- All exercise classes will be held in the Oshkosh Seniors Center North Building
- **You must sign a 2021 exercise waiver**
- ***No registration for Silver Sneakers, Movement, Line Dancing (Drop ins are welcome)***
- Registration required for specialty classes due to equipment or space limits. There is a separate fee included in the newsletter.
- Register at 920-232-5310 or via **Schedulesplus.com/Oshkosh/kiosk**

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

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WELCOME KATE

OSC Activites Coordinator

Kate Yates has joined the Oshkosh Seniors Center as the new Activities Coordinator specializing in Social and Educational Activities

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Kate graduated from Illinois State University with a Bachelor of Science in Recreation and Park Administration. She was a recreation coordinator at the Active Adult Center in the City of Thornton in Colorado where she developed and supervised enrichment programs and trips for adults and seniors. She ran large special events, managed transportation services, and collaborated with outside agencies for event opportunities. She was a recreation coordinator in the City of Denver where she worked with youth programming. She has experience in teaching fitness classes such as circuit training, water aerobics, chair fitness, and boot camp.

Kate moved to the area with her husband and three dogs! She enjoys going to her family cottage and spending time with her nieces and nephews.

Welcome Kate to the Oshkosh Seniors Center!!!!

Enrichment

Building: North (N) South (S)

Adult Coloring Time (S)
Mondays, August 2 & 16, 10-11 am
Facilitator: Jane Wells
Cost: R $1.25/ NR $1.75 per visit
Min/Max: 2/10
Register by Friday, July 30
Coloring? Yes!! There are many benefits to coloring and exploring the artist within. Coloring utensils will be provided, or bring your own. Come join in the fun!

Sewing Basics-Pillow Case (S)
Thursdays, August 5 & 19, 9-11 am
Instructor: Liz Lahm
Cost: R $10/ NR $12.50
Min/Max: 2/6
Register by Tuesday, August 3
New! Learning new things and developing hobbies is a critical component to healthy aging. Here is an opportunity to dig out that sewing machine and learn how to create decorative and useful items. This class features instruction in basic sewing skills, machine functions, measuring, cutting, and sewing a straight stitch.
Upon registration, you will be given a list of supplies to purchase for class. **Must provide your own machine in good working order.**

Art Expression (S)
Thursdays & Fridays, 9-11 am
Cost: R $1.50 / NR $2.25 per visit
Min/Max: 4/12

Do you need a space to create or finish your art or craft project? The center is making the Art Expressions Lab available for this purpose. Bring your project and supplies and enjoy the company of others as you work on your project. No sharing of supplies between participants. Two people per table. **Kiln is not available for firing at this time.**

Card Making Class (S)
Tuesday, August 10, 10-11 am
Instructor: Jenny Baier
Cost: R $5/NR $6.50
Min/Max: 3/8

Register by Friday, August 6
Join the fun in making beautiful cards. Using specialty papers, creative stamps, and with guidance of a card making artist, you will be able to make 4 beautiful cards. Choice between birthday, thinking of you, sympathy and thank you.

August is American Artist Appreciation Month

The Oshkosh Seniors Center is fortunate to have award winning artists work on their projects at the Center. Three of the artists recently participated in the Wisconsin Regional Art Program and received awards. Congratulations to:

Virginia Jungwirth-Honorable Mention

Dawn Bernier-Honorable Mention

Kathy Teichmiller-State Award-Advances to exhibit at the annual state conference

Did you know? Famous artist Georgia O'Keefe was born near Sun Prairie Wisconsin, and lived there until she was 16 years old. During the month of August, coloring pages of her work and other famous artists will be available for you to color and create. See above coloring activity time and join in the fun!

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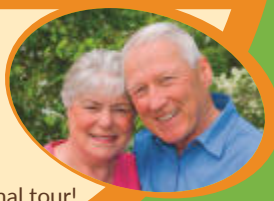

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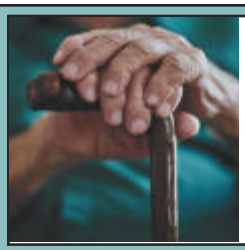

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Building: North (N) South (S)

Combined 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

Rapid Movement Training (N)

Mondays & Wednesdays, August 2-25
9-9:30 am
Instructor: Alec Jensen
Registration opens Wednesday July 21, 7:30 am
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 also helps to improve our agility, power, coordination, and balance which helps reduce the risk of falls.

Range of Motion (N)

Mondays & Wednesdays, August 2-25
9:45-10:15 am
Instructor: Alec Jensen
Registration opens Wednesday, July 21, 7:30 am
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, August 2-25
10:45-11:30 am
Instructor: Jean Wollerman
Max 25
No registration required
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 fitness level.

Life Fitness & Movement (N)

Tuesdays & Thursdays, August 3-31
9-9:30 am
Instructor: Alec Jensen
Registration opens Wednesday, July 21, 7:30 am
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. Note: Please bring an exercise mat with you to this class as we may be utilizing it.

Functional Fuel (N)

Tuesdays and Thursdays, August 3-31
9:45-10:15 am
Instructor: Dr. Josh Belville/Alec Jensen
Registration opens Wednesday, July 21, 7:30 am
This class will be a combination of upper/lower body strengthening exercises, and high intensity movements. By working on two main ingredients; mobilization and stabilization, optimal health and fitness goals can be achieved without pain. **It is strongly recommended that you are able to get up and down from the floor to participate in this class. Participants must bring their own exercise mat.**

Movement Exercise (N)

Tuesdays & Thursdays, August 3-31
11-11:45 am
Instructor: Bobbie Jo Luft
Max 25
No registration required
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.

Combined Fitness Opportunities

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

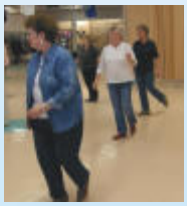
Rate sheets available at Front Desks

Line Dancing (N)

Instructor: Debbie Ruck
Max 25
No registration required

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, August 2-31
12:30-1:15 pm
Prior experience preferred



Beginner Line Dancing
Tuesdays, August 3-31
1:30-2:15 pm
No prior experience necessary

Group Dance Fun (N)

Thursdays, August 5-26, 1-2 pm
Leaders: Jane Wells & Bobbie Jo Luft
Cost: R $2.50/NR $3.75 per visit
Stay Active or Fitness Reimbursement eligible
Min/Max: 4/25
No registration required

In the spirit of fun, we will learn together how to do several of the most popular group dances that occur at weddings and other events. Dress casual, and join in as many or as few classes as you like. Come on, here's your chance to learn easy moves! This will be fun!

Matrix Circuits–Specialty class (N)

Mondays, August 2-30, 8-8:45 am
Instructors: Alec Jensen
Cost: R $7.50 / NR $11.25
Registration opens Wednesday, July 21, 7:30 am

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 cardio vascular system. **Prior exercise experience is preferred as well as the ability to get up and down from the ground.**

FFC 3g (N)

Fridays, August 6-27, 9-9:45 am
Instructor: Alec Jensen
Registration opens Wednesday, July 21, 7:30 am

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.

Step Aerobics—Specialty class (N)

Wednesdays, August 11 & 18
8-8:45 am
Instructor: Jill Reichenberger
Cost: R $5 / NR $7.50
Max 15
Registration opens Wednesday, July 21, 7:30 am

Step aerobics is a form of exercise that involves stepping up and down onto a stationary block. This is a low/high-intensity exercise that combines cardio with weight training to provide for a great workout.

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Step Aerobics
Wednesdays, August 11-18

8am - 8:45am
Instructor Jill Reichenberger
Cost: R $5 NR $7.50
Limit: 15
Sign up now!

Step aerobics is a form of exercise that involves stepping up and down onto a stationary block. This is a low/high-intensity exercise that combines cardio with weight training to provide for a great workout

Benefit #1: Cardiovascular Health
One of the things which step aerobics is best for is your cardiovascular health. Research has shown that engaging in about 1 hour of step aerobics is roughly equal to running a few miles.

Benefit #2: Step Aerobics is Low & High Impact
One convenient thing about step aerobics is that it can actually come in the form of both a high impact and low impact exercise. You can engage in moderate step aerobics which is classified as low impact or you can step things up, make your routine more intense, and turn your step aerobics routine into a high impact affair.

The choice here is yours to make and whether you want to engage in low or high impact exercises depends on your own health and fitness level. Thanks to the nature of step aerobics it can be both of those things. You should be aware that the high impact version will help you burn more calories as opposed to the low impact version, however depending on your health it may better for your bones.

Benefit #3: Step Aerobics Is Versatile
The final benefit of step aerobics that we want to talk about has to do with the fact that it is very versatile. First of all, people of all fitness levels can engage in step aerobics because it can easily be modified. Beginners can go slow and not have the stepping level up too high or fitness experts can go full speed and elevate the stepping platform as high as possible.

SILVER SOLES 5K

Silver Soles 5k Prep (S)
Fridays, August 6—September 10, 1-2 pm
Instructor: Alec Jensen
Cost: R $5 / NR $7.50
Register and pay by Thursday, August 5

FREE cooling towel!

What is Couch to 5k? Simply it's a training program to get beginning walkers and runners ready to complete a 5km (3.1 miles) walk/run. This program is geared to help you build your endurance, stamina, and cardiovascular health. This program will act as a guide on how to train for your 5k and is meant for beginner 5k walkers/runners. That being said it will be up to you to put in the work to reach your goals.

This prep class will provide you with the resources you need to participate and finish the Silver Soles 5k. The Silver Soles 5k prep program is based off the Couch to 5k model that will include your weekly workouts and instruct you on how to build your walking distance, speed, and power. On top of your own workouts, the Silver Soles 5k Prep will meet once a week at the Oshkosh Seniors Center South Building to do a workout where you will be able to familiarize yourself with the course and socialize with other fitness enthusiasts.

Participants should meet in the South Building Great Room, wear light, breathable and comfortable clothing, and a good pair of running/walking shoes!

Participants should also bring a refillable bottle of water and appropriate sun protection!

The first day of class participants will be given their mileage sheets where they can track their progress. These sheets include the recommended workouts for each given week. Participants will receive a FREE cooling towel to be used during their exercise!

All walking will take place on the Oshkosh riverwalk near the Oshkosh Seniors Center. This terrain is primarily flat with a few small hills and plenty of areas to rest and recover if needed.

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.

Why work with Alec?

Personalized training can be a huge benefit to your health. Most of us have heard from our doctors that we need to eat right, exercise more, and improve our overall health. This is easier said than done, especially if you're new to exercising. A Fitness Professional can help guide and educate you on your fitness and wellness journey.

Education is one of the biggest components when it comes to your fitness journey. A Fitness Professional's job isn't just to keep you moving and healthy. Their job is to help educate you. Education is a key component to reaching your goals because it acts as your compass on your fitness journey. Knowing the how is every bit as important as knowing the why when it comes to fitness.

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.

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.**

Professional Foot Care Service include:

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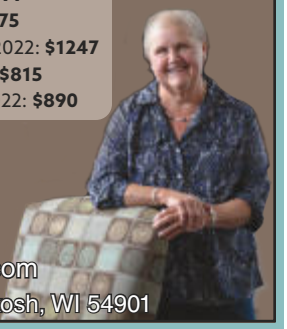

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Building: North (N) South (S)

What's New in Wellness

Mindfulness Meditation (S)
Thursdays, August 5-26, 11 am-12 pm
Cost: R $1.25/NR $1.75
Instructor: Donna Janus

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!

This class will be meeting on the riverside patio at the South building. Dress appropriately for the weather.

Grief Support Group (S)
Thursdays, August 5 & 19, 1-2:30 pm
Facilitated by: Kerry Kelly
Cost: R $1 / NR $1.75 per visit
Min/Max: 12
Registration by Tuesday, August 3

Open to anyone grieving the death of a loved one. Facilitated by Compassus Hospice.

Getting the Most from Your Cardio & Strength Programs (N)
Tuesday, August 10, 1-2pm
Instructor: Dr. Eric Koehler, Physical Achievement Center
Cost: Free
Register by Friday, August 6
Learn how including strength training and interval training is critical for your wellness plan. You will come away with an understanding of how modern fitness approaches help you learn to be strong and help you lose weight by keeping you active.

Chair Massage (S)
Thursdays, August 12 & 26, 1-4 pm
Provider: Emilie Ilg, Certified Massage Therapist
Cost: $15 per 15 minute massage
Register by Tues. August 10 and Tues. August 24
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!

Stop at the North building front desk to book your appointment and make payment.
If you miss your appointed time, payments for these appointments are non-refundable.

Immune Support w/ Essential Oils (S)
Tuesday, August 17, 1-2pm
Instructor: Jeanne Gehrke, Dream of Jeanne LLC
Cost: Free
Register by Friday, August 13
Join Jeanne as she shows you alternative holistic approaches to improve your immune system via essential oils.

Healthy Ankles & Feet (S)
Friday, August 20, 10-11 am
Presenter: Courtney Van Zeeland, PT, DPT Ascension Mercy and Alec Jensen
Cost: Free
Register by Wednesday, August 18

Join Dr. Van Zeeland and Alec Jensen as they talk about the importance of ankle health. In this presentation you'll learn the reasons why your ankles/feet may hurt, ways to improve the pain, and ways to keep moving and enjoying your active lifestyle.

Hearing Screenings (S)

Friday, August 20, 1-3 pm
Presenter: Jason Steward
Cost: Free
Max: 8
Register by Wednesday, August 18
Join Jason Steward for a brief exam to determine if you are experiencing any hearing loss. He will answer any questions you may have about hearing health and hearing care. We will provide literature on hearing loss and the importance of annual checkups. Exams take 20-30 minutes.
Register by calling 920-232-5310.

A Healthier You (S)

Monday, August 23, 1 -2 pm
Presenter: Dena Myer, RD & Diabetes Educator, Aurora Health
Cost: Free
Register by: Friday, August 20

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.

Overcoming Back Pain (N)

Tuesday, August 24, 1-2pm
Presenter: Dr. Joshua Belville, Belville & Associates
Cost: Free
Register by: Friday, August 20

Join Dr. Josh Belville as he talks about alternative ways to over come back pains. He'll discuss common causes of back pain and what people do that often makes their back pain worse. You will walk away knowing better ways to deal with back aches and pains.

Alec's Habits for Healthy People

Healthy Habits are a game changer when it comes to taking control of your health. No matter where you are in your wellness journey the end goal is to be as healthy as possible for as long as possible. Below are habits of healthy people of all ages.

#1 Consume high quality foods
You've heard it before and you'll hear it again. "You are what you eat." It's extremely important to have a proper nutritious diet that's rich in vitamins and minerals. The easiest way to get these is by eating a colorful diet of fruit, vegetables, high quality proteins, and healthy fats. It's also important to track what you eat; this will help you understand what you're eating, any eating patterns you have, and where you can improve your diet. Check out "A Healthier You" for more nutrition information.

#2 Get screened often & by the right provider
It's not fun to admit that our bodies change and often times not for the better. But luckily we can do something about it. We can get screened for our ailments and do it often. It's much easier to take care of a disease, disorder, injury, or other issues **EARLY ON**. **The Worst thing that you can do is ignore an issue or pretend the issues will resolve itself.** Keep in contact with your primary care Doctor but also realize that they are not the best fit for every situation. If you think you have a soft tissue injury seek a physical therapist, if you're having problems with medications talk with your pharmacist, joint issues talk to an orthopedist, hearing problems talk to an audiologist, and so forth.

#3 Exercise
The human body is meant to move and be active. Sorry to say that leading a sedentary lifestyle is not healthy at any age. It's important that we have structured physical activities in our lives. The newest recommendations suggest that people weight train 3x per week for at least 30-45min and do cardio at least 2x per week for 30-45min. That's a total of 150 minutes of structured physical activity per week.

Connect through Tech (S)

(For any level of expertise)

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.

One on One Tech Appointments (S)

Mondays, August 2, 9, 16, 23, & 30
9 am, 11 am, or 1 pm

Tuesdays, August 3, 10, 17, 24, & 31
9 am, 11 am or 1 pm

Wednesdays, August 4, 11, 18, & 25
9 am, 11 am, or 1 pm

Cost: R $2 / NR $2.75 per class

By Appointment Only 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, August 2, 9, 16, 23, & 30
9:15 am, 11 am, or 12:45 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.

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

Kate Mann from the Oshkosh Police Dept. shares how to use the Relay App

FREE - August 12 at 1:30 pm South. Must register! Zoom or in-person

The Relay App is a new crime reporting mobile app that allows residents to report non-emergencies directly to patrol officers in real-time.
Please download the app prior to presentation.

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

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Social and Educational

Building: North (N) South (S)

Elder Benefit Specialists (S)

Wednesdays, August 4-25, 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 Lessons (S)

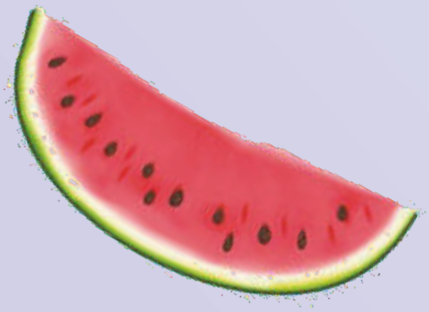
Fridays, August 6-27 , 11 am-12 pm
Instructors: Aaron Baer & Joe Wiedenmeier
Cost: R $40/NR $45 for 4 week session
Min/Max: 5/20
Register and pay by Tuesday, August 3

For beginners and experienced players! Aaron Baer started playing ukulele in 1995 and quickly took to the instrument, incorporating the uke into his arsenal of instruments which include banjo, guitar, accordion, and harmonica. Joe has years of experience playing ukulele, and will be working with those who are new to the instrument.

Bingo (S)

Wednesday, August 18, 2-3:30 pm
Sponsored by Edenbrook
Cost: Free
Min/Max:10/30
Register by Monday, August 16
Come for a fun afternoon of bingo! We will be socially distanced two per table unless same household. Prizes sponsored by EdenBrook.

EDENBROOK
OSHKOSH



Book Talk(S)

"Left Neglected" by Lisa Genova
Thursday, August 19, 9:30-11 am
Facilitator: Kerry Wolfe
Cost: $1.25 R / $1.75 NR
Max: 9
Register by Tuesday, August 3
Call the center at 920-232-5300 to register and arrange for book pick up.
Sarah Nickerson is like any other career—driven supermom in Welmont, the affluent Boston suburb where she leads a hectic but charmed life with her husband Bob, faithful nanny, and three children. A self-confessed balloon about to burst, Sarah miraculously manages every minute of her life like an air traffic controller. Until one fateful day….

Sound interesting? Want to know what happens? Come and join the OSC Book Talk. We meet at the end of the month, so you have all month to read the book.

Floats and A Film (S)

Friday, August 27, 1-2:30 pm
Cost: Free
Min/Max: 2/12
Register by Wednesday, August 25
Come enjoy a frosted glass of root beer with a scoop of ice cream and a summertime movie. Inquire at the front desk for movie title. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies.**

Medicare Options (S)

Planning with Medicare Supplement Plans & Medicare Advantage Plans
Friday, August 27, 10-11 am
Presenters: Joe McCleer/Calvin Jirschele
Cost: Free
Healthcare in your retirement years does not have to be "once size fits all." Calvin Jirschele of Jirschele Insurance, LLC and Joe McCleer of McCleer Law Office, LLC will discuss why you may want to consider additional plans or alternative plans available under the Medicare umbrella.

Cards & Games are back!

Few things to know as we return to these activities:
- At this time, **no food or sharing of food/drink allowed**
- Single serve, sealed, beverages allowed (bottled water sold at front desk)
- 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 & Fridays, 8:30-11:30 am

Canasta
Mondays, 12:30-3:30 pm

Mahjongg, Mexican Train
Tuesdays, 12:30-3:30 pm

Yahtzee, Scrabble, Rummikub, & Scattergories
Wednesdays, 8:30-11:30 am

Bid Euchere
Wednesdays, 12:30-3:30 pm

Knitting & Crochet
Thursdays, 8:30-11:30 am

Sheepshead
Thursdays, 12:30-3:30 pm

Open Bridge
Fridays, 12:30-3:30 pm

Billiards Basics (N)

Thursdays, August 12 & 19, 1:30-2:30 pm
Volunteer: Steve Musha
Cost: R $3 / NR $4.50 for 2 week session
Min/Max: 1/5
Registration and payment required by Tuesday, August 10
Have you ever wanted to learn to play? Steve Musha enjoys shooting pool and will share tips with beginners on how to shoot and how to play the game of 8-Ball. You will learn some of the basics including the right stance, proper aiming technique, the rules of the game, as well as a few other tips and techniques. There will be time to practice and try out what you've learned. The Center has a limited supply of cue sticks to use for this class.

The Billiards table is open for play, free of charge, at the North building, Monday-Friday from 8 am-3:30 pm.
Please bring your own cue stick.

Titanic Puzzle*

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

Carpathia
Funnels
Life Boats
America
Voyage
Wreckage
Survivors
Life Jackets
Ticket
Third Class
Frozen
Rescued
Deck
Captain
First Class
Drowned
Ship
Collision
Titanic
Passengers
Disaster
Crew
Iceberg
Atlantic Ocean

*Check out our Titanic programs on pages 21 and 22

Answers on page 22

White Star Line

THE TITANIC

Who Sank The Titanic-Documentary Film (S)

The Secrets Behind the History
Thursday, August 19, 1-2:30 pm
Cost: Free
Register by Tuesday, August 17
This documentary is based on witness testimony after the sinking of the Titanic, as well as testing done on recovered pieces of the Titanic. No matter how many stories you've heard about the ship, you are guaranteed to learn new things. From the builders of the ship cutting corners to save money, to the crew not being equipped to perform their duties, the errors all culminated into a tragic voyage of the "unsinkable" ship. This is a fascinating documentary.

Field Trip to the Museum! with Jane Wells

"Titanic, The Wisconsin Connection" is an exhibit at the Oshkosh Public Museum.
Join the group; let's see the exhibit together! We will meet at the Seniors Center, and ride GoTransit together to the museum. After we tour the exhibit, we'll gather for another City Bus ride back to the Center.

Titanic Exhibit at the Oshkosh Public Museum (S)

Tuesday, August 24, 10:15 am-12:15 pm
Meet at the South building at 10:15 am
Cost: $18
Max: 14
Includes bus fare and museum exhibit fee
Register and pay by Thursday, August 19
The Oshkosh Public Museum and Experiential Media Group, the salvager and owner of the Titanic artifacts, customized an exhibition focused on stories associated with Wisconsin. This exhibition will showcase over 100 recently conserved artifacts, all recovered from the debris field over 12,000 feet below the North Atlantic. These amazing artifacts, each with a story to tell, in most cases will be revealed for the first time in Oshkosh. Meet at the South building where we will hop on the City bus to the museum.

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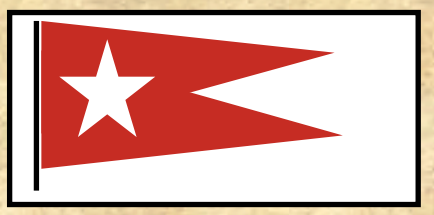


R. M. S. Titanic Afternoon Tea

Afternoon Tea (S)
Friday, August 20, 2-3 pm
Cost: R $5/NR $6.50
Min/Max: 5/25
Advanced registration required by Tuesday, August 17

Join us for an afternoon tea in the grand style of what it would have been like on the Titanic. Men and women, come for tasty treats served with first-class service and atmosphere. Enjoy a selection of sumptuous finger sandwiches, savory items, classic scones, and mouth watering sweet bites. And of course, no afternoon tea would be complete without the perfect cup of tea to go with it. Dress up or come casual and be entertained by an afternoon on the "Forward deck" of the Seniors Center.

Titanic puzzle answers

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

We're sending summer of 2021 out with a party! Join us as we enjoy live music, food and dancing. This event made possible by the support of LBS grant.

End of Summer Party!

the Del Ray's

the Del Ray's

At the Leach Amphitheatre

Date: Tuesday, August 31
Time: 11 am-1 pm
***Doors open at 10:15 am**

Advance Tickets: $10
(Includes Box Lunch)
On Sale at Oshkosh Seniors Center
July26-August 26, 8:30 am -3:30 pm

Tickets at the Gate: $10
(No lunch included)
Children Under 12 Free

- **Water available for purchase**
- **Bring a lawn chair**
- **Dancing encouraged!!**

Leach Amphitheatre. 303 Ceape Ave. Oshkosh

No Carry-ins allowed

OSHKOSH seniors center
Stay active. Stay social. Stay informed.

Sara's Savory Samplings

Anyone who knows me is aware that I like to cook, but baking; not so much! Making a galette is just a free form pie—now THAT I can handle. This recipe uses the shortcut of a store-bought crust, but you can certainly make your own. The basil seems out of place, but is an amazing flavor combination with the blueberries. Bon Appetit!

Blueberry Basil Galette

Ingredients:

3 C fresh blueberries
1 tsp sugar
2 T cornstarch
1 T lemon zest
1 T fresh lemon juice
1/4 tsp cinnamon
1/4 tsp salt
1/2 C sugar
1 tsp sugar (additional)
1 refrigerated pie crust
1/4 to 1/2 C fresh chopped basil*
1 T cold butter, cut into pieces
1 egg, beaten
lemon zest (for garnish) optional

Directions:

Preheat oven to 425° and line a baking sheet with parchment paper.

In a large bowl, stir together blueberries, cornstarch, lemon zest and juice, 1/2 cup sugar, cinnamon, and salt until combined. Fold in the chopped basil.

Unwrap the pie crust and unfold onto lined baking sheet. Spoon the berry mixture into the center of the dough, leaving a two inch border.

Fold the edge of dough over the berries, pleating as you go. Dot butter over the berries, brush the pastry with the beaten egg and sprinkle with the remaining sugar.

Bake for 25-30 minutes until bubbling. Garnish with lemon zest, if desired.

* Dried basil will **not** work in this recipe

Senior Center Interest & Satisfaction Survey

Please complete the survey if you are over the age of 50 and live in Oshkosh or the surrounding area. Your input is valuable to the Center and we want to hear from you. **Return survey to the Center and choose from a variety of prizes.**

Your age_____ Your Gender_____

Do you ever go to the Oshkosh Seniors Center?

- ◯ No, I've never been there
- ◯ I've been there a few times
- ◯ Have not been back since pandemic hit
- ◯ I go to the center regularly

For those who do not visit the Oshkosh Seniors Center regularly, what are the reasons that you don't visit the Center? (you may check more than one)

- ◯ I do not know much about it
- ◯ I do not know anyone who goes there
- ◯ I am concerned about pandemic issues
- ◯ I do not have transportation
- ◯ I am too busy
- ◯ Hours of operation do not fit my schedule
- ◯ Activities, classes, events, fitness offerings, services offered do not interest me
- ◯ Other reasons_____

For those who visit the Oshkosh Senior Center regularly, what are the reasons that you visit the Center? (you may check more than one)

- ◯ To see my friends
- ◯ Desire to make friends, get out of the house
- ◯ Variety of programs/activities offered
- ◯ To volunteer my time & talents
- ◯ To use fitness center/exercise classes
- ◯ Nail care services
- ◯ Other reasons_____

Overall, how satisfied are you with the programs/activities/services at the Center?

- ◯ Very Satisfied
- ◯ Satisfied
- ◯ Neither satisfied or dissatisfied
- Dissatisfied ◯
- Very Dissatisfied ◯

How well do the Center hours of operation fit your schedule? (North-6:45 am-4 pm/ South 8 am– 4 pm, Monday-Friday)

- ◯ Hours fit my schedule perfectly
- ◯ Hours do not fit my schedule

What hours of operation would you like to see?_____

Do you attend the center for one specific activity or for multiple activities?

Single, specific activity — What is it?_____

Multiple activities — They are_____

Senior Center Interest & Satisfaction Survey-pg 2

Please provide at least one suggestion for an activity, class, event, service, or trip destination you would like to see added to senior center schedules.

What would you would like to see changed or discontinued?

How do you rate the following?

	Excellent	Good	Fair	Poor	No Opinion
Programs (classes, activities, events, speakers, technology fitness) **Comments:**	○	○	○	○	○
Facility (Overall appearance, cleanliness, comfort and space availability for your preferred activities, safety) **Comments:**	○	○	○	○	○
Staff (professional Responsive, friendly, welcoming) **Comments:**	○	○	○	○	○
Affordability (class fees, meals, special events, daily fees) **Comments:**	○	○	○	○	○
Those who attend the Center are welcoming and friendly **Comments:**	○	○	○	○	○

Senior Center Interest & Satisfaction Survey-pg 3

In what ways have you benefitted from attending the Senior Center? (Check all that apply)

- ◯ I see no benefit from attending the Center
- ◯ Improved strength/flexibility/balance/health from attending fitness programs/center
- ◯ Improved education regarding getting affairs in order
- ◯ Improved mental sharpness from classes/activities
- ◯ Improved social connections
- ◯ Improved mental health & wellbeing (feeling happier, less isolated, connected to others)

Our newsletter, the Current, is our most valuable tool for sharing of information about the Center and the Friends of the Oshkosh Seniors Center/Winnebago Senior Tours. How do you get a copy of the newsletter? (Choose all that apply)

- ◯ I support the Friends of the Center and receive a copy in the mail
- ◯ I pick up a copy in the Center
- ◯ I pick up a copy at local business Name of business_____
- ◯ I get a copy online
- ◯ Other_____

Are you interested in receiving the newsletter via email? If so, what is your name and email?

Name_____ Email_____

Thank you for taking the time to share your thoughts with us. We sincerely appreciate your feedback and the opportunity to serve you.

The Oshkosh Seniors Center Staff

Use the space below to provide comments, concerns, questions

Please complete the survey if you are over the age of 50 and live in Oshkosh or the surrounding area. Your input is valuable to the Center and we want to hear from you.
Return survey to the Center and choose from a variety of prizes.

Friends of the Oshkosh Seniors Center

FUN Times Ahead!

Food Truck Friday—Friday August 20th, 2021—South Park

It's time for some fun on a Friday night—FOSC Food Truck Friday is days away - Friday August 20th ! We hope you will join us at South Park to enjoy great eats from over a dozen vendors—from egg rolls to pizza to sub sandwiches and more! Stop by the pavilion to visit with the Friends as they sell beverages, raffle tickets and pull tabs. Enjoy the music of **Copper Box** and at 7:00 p.m. the winner of the Grocery Raffle will be selected. Come on out and enjoy a FUN evening with your family and friends!

Grocery Raffle – tickets are still available to win $100 of groceries a month – for a whole year! (September 2021 – August 2022) from **Mark and Susie's Piggly Wiggly** in Oshkosh. Tickets are available for purchase at the Seniors Center or from any FOSC Board Member.

Silver Soles on the Fox River – celebrate Grandparents Day on Saturday September 11th by walking with your family while raising FUNDS for the Seniors Center. Our thanks to Network Health for sponsoring the family walk! For more information or to register for the walk, please visit this link: https://runsignup.com/Race/WI/Oshkosh/SilverSoles5KWalk

Shredding Event— Saturday morning, October 30, 2021, the Friends will be holding a document shredding event. Mark your calendar and stay tuned for details on times and guidelines!

Donations may be directed to:

Friends of the Oshkosh Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423

Or email us:

FriendsofOSC1986@gmail.com

Friends Mission Statement

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

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*.

•Can't make it in during in-person hours? 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 memo line.

Call 920-232-5312 with any questions.

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.**

Reminder All ages are welcome on WST Tours. Consider the age appropriateness of the trip and please note that children must be accompanied by an adult. Call the WST Tour Desk during open hours with any questions: 9am—1pm M-T-W & Th. 920-232-5312.

Brewers vs Pirates 1:10 pm Game

Date: Wednesday, August 4, 2021
Cost: $64 (Guides: Donna Landers & Laurie Peach
Depart: 9:30 am Seniors Center North

Enjoy a carefree and leisurely ride to see Milwaukee Brewers Baseball. Enjoy the thrill of being out to "the" ball game. Bring your glove, let's see the Brewers take on the Pittsburg Pirates and get a home run or two. There will be a brief stop at McDonald's on Hwy Q before the game. For a flyer or questions contact a guide: Donna Landers 920-303-1683 or Laurie Peach 920-232-1336

Wisconsin State Fair

Date: Tuesday, August 10
Cost: $48
Guides: Sherry Katzenberger & Betty Litjens
Depart: 8 am Seniors Center North
Return: approximately 6:30 pm

Leave the parking to us! Travel on an air-conditioned motor coach with a day at the Wisconsin State Fair. Your cream puff or brownie is on us! Price includes admission and "Fair Bucks" good towards food or beverage. Enjoy free samples when you experience the agricultural and horticulture displays throughout the Fair Grounds. Remember the rides, while you enjoy outstanding events such as Pig Races, fabulous music, and Pubs featuring Wisconsin brews, cheeses, beekeeping, and an atlas of information about Wisconsin. For a flyer or question call one of the guides: Sherry 608-576-5366 or Betty Litjens 920-231-4504.

Exploring Britain & Ireland

Date: August 12—27
Guide: Cheryl Freiberg
Cost: $5649 Double Occupancy

This year our 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.

Biltmore Estate & Ashville NC

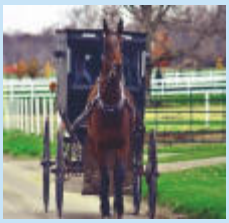
Date: September 5—10
Cost: $575
Guides: Donna Landers & Ginnie Riley

Travel with us on a 6 day trip to North Carolina. We will be spending 3 nights in Ashville, Including a full day at the Biltmore Estate. We will get a guided tour of Ashville, and see the magnificent St. Lawrence Basilica. Then a guided tour on the Blue Ridge Parkway to see the visitor center. The tour includes a 24 minute film of breathtaking aerial photography of the Parkway. Later we will visit the Folk Art Center. On our way back we will be stopping in Kentucky at the Kentucky Artisan Center, a 20,000 square foot facility, where we can explore Kentucky crafts, history and shop Kentucky products. Eight meals will be offered, 5 breakfasts and 3 dinners. For a flyer, contact a guide: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373

Amish Acres in Nappanee Indiana

September 16 & 17
Cost: $215 Double Occupancy, Driver tip, Hotel, Dinner, Guided Tour
Depart: 9 am Seniors Center North

Join us to explore the humble Amish community in Nappanee, Indiana. After checking into our Hotel we will have a farm feast dinner then a live performance in their Round Barn Theater. Day 2, after our continental breakfast there will be a wagon ride tour of the area. Explore the 130 year old Farmstead Landmark, German schoolhouse, blacksmith shop, and take in the many demonstrations. When we finish lunch have fun shopping at the Courtyard shops. If you have any questions on the Amish Acres contact Donna at 920-303-1683 for more details.



A Day in Green Bay

Date: Wednesday, September 29
Cost: $90 ($20 non-refundable deposit, Final payment due, August 31)
Guides: Laurie Peach & Cheryl Frieberg
Depart: 8 am & Return: 6 pm

Come spend a wonderful day in Green Bay. You will ride along the Packers Heritage Trail, enjoying many sites that will take you on a journey through the history of the area, including train depots, churches and landmarks such as the old City Stadium. Your sweet tooth will be rewarded by a stop at Uncle Mike's, known for their award-winning Kringle and a stop at Seroogy's the famous sweet confectionary.
Call guides with questions or flyers:
Cheryl Frieberg 920-379-8128 or
Laurie Peach 920-232-1336

Joseph & The Amazing Technicolor Dreamcoat at The Fireside

Date: Thursday, October 14
Cost: $115 ($20 non-refundable deposit, Final Payment due October 4)
Guides: Sherry Katzenberger & Ginnie Riley
Depart: 7:45 am Seniors Center North
Return: 6:00 pm

While enjoying a deluxe motor coach ride to the Fireside theater and dining experience, enjoy a brief morning stop at the Jones Market with the opportunity to get some of their special meats and cheeses. Once at the Fireside you can shop and enjoy a meal featuring short ribs. Then enjoy the Bible-based musical storytelling by Andrew Lloyd Weber about Joseph and his brothers. Follow Joseph as he grows up. This production is beautifully staged in the theater in the round with great seating. Call the guides for flyers or with questions: Ginnie Riley 715-889-2373 or Sherry Katzenberger 920-231-4504

Branson Show Extravaganza-Diamond Tours

Date: October 18—23
Cost: $635 Double Occupancy ($75 down)
Guides: Donna Landers & Betty Litjens
Depart: 8 am Seniors Center North

Board our spacious coach as we set off for the "Live Music Show Capital of the World", Branson, Missouri. This trip includes 5 nights of lodging – three consecutive nights in the Branson Area. There will be eight meals, five breakfasts, and three dinners included. We will see seven Branson shows, three morning shows, three evening shows, and one dinner show on the showboat Branson Belle. For a flyer or questions give the guides a call: Donna 920-303-1683 or Betty Litjens 920-312-2941

UPCOMING EVENTS

Door County
October 2021

Wicked—PAC
November 2021

Island Resort & Casino Get Away
November 2021

Clausen Christmas Show
December 2021

Holiday Inn—Fire Side
December 2021

Flyers

Now located in carousel near the WST Tour Desk Check it out!

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

OSC Staff
Jean Wollerman, Senior Services Manager
Sara Barndt, Secretary
Anne Schaefer, Mktg/Fund Development
Jane Wells, Program Supervisor
Activity Coordinators:
Alec Jensen, Fitness & Wellness
Bobbie Jo Luft, Volunteers & Support
Kate Yates, Social & Educational
Kerry Wolfe, Asst. Activity Coordinator

Find us on Facebook

Facebook.com/OshkoshSeniorsCenter/

Advocap
Libby Stockton, Meal Site Manager
920-420-3191

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