The Current

September 1, 2021 Issue #9

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

IN HONOR OF GRANDPARENTS DAY AND TO
RAISE MONEY FOR THE OSHKOSH SENIORS CENTER, JOIN US IN THE

SILVER SOLES 5K

FAMILY FUN WALK

WALK ALONG THE BEAUTIFUL WIOUWASH TRAIL AND THE FOX RIVER!

SATURDAY
SEPT. 11 • 9 AM

Starts and ends at the Oshkosh Seniors Center, North Building - 200 N Campbell Rd, Oshkosh

- Walk with and for your grandparents
- Reconnect with family
- Celebrate healthy aging
- Get pledges for a donation
- All proceeds benefit the Oshkosh Seniors Center

SPONSORED BY network health

REGISTRATION IS $10
Register at:
Runsignup.com/Race/WI/Oshkosh/SilverSoles5KWalk
Kids Under 18 FREE
Need information? Call 920.232.5306

Friends of the OSHKOSH Seniors center
Stay active. Stay social. Stay informed.

Featured Events:

Stepping On
Page 11

Chat & Chop
Page 20

Eat & Greet
Page 21

Welcome to the Oshkosh Seniors Center

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

In addition, face coverings will still be required in the Center for all unvaccinated individuals.

Oshkosh Seniors Center is accepting new or gently used kid's winter coats. Look for the Salvation Army bins in either building.

Coats for Kids

September 27-October 29

Can You Help Us?

The Oshkosh Senior Center is always looking for people to lead new programs or craft activities. If you are interested in leading a new program, please call Kate Yates at (920) 232-5303 to discuss opportunities to lead a class.

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

Bulletin Board	Page 2	Seniors Center Month	Page 23
Enrichment	Page 3-6	Recipe	Page 24
Fitness	Page 7-10	Upcoming	Page 25
Wellness	Page 11-15	Connect Through Tech	Page 26-27
Puzzle Fun	Page 16	Friends of OSC	Page 28
Social and Educational	Page 18-22	Winnebago Senior Tours	Page 29-31

Enrichment

Art Expression (S)

Thursdays & Fridays, September 2-30
9-11:30 am
Cost: R $1.50 / NR $2.25

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

Sewing Basics-Market Bag (S)

Thursdays, September 2, 16, & 30, 9-11 am
Instructor: Liz Lahm
Cost: R $10/ NR $12.50
Min/Max: 2/6
Register by Tuesday, August 31

Payment due upon registration

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 a market bag. 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.**

Stepping Stone (S)

Thursday, September 9,
9:30 am –11 am OR 1-2:30 pm
Cost: R $ 10 / NR $11.50
Min/Max: 2/8

Payment due upon registration

Register by Wednesday, September 1

Personalize your garden, path or walkway with your homemade stepping stone. They also make great gifts or keepsakes for family and friends. All materials will be supplied, if you would like to bring your own mementos to make them extra special, please do so. **Extra stones may be purchased at an additional cost. (Small $4 Large $7)** Please indicate at time of registration how many stones you would like to complete.

Beginner Painting Class (S)

"An Autumn Day"
Monday, September 13
9:30 am-12 pm OR
1-3:30 pm
Instructors: Jane Wells/Bobbie Luft
Cost: R $15 / NR $20
Min/Max: 2/6
Register by Thursday, September 9

Payment due upon registration

Here comes fall so let's paint for the season! Bring a friend and join in. You will be lead through the painting step by step so even a beginner can do it! Painting is done on canvas with acrylic paints. All supplies included. Project will be similar to the picture shown .

Fall Decorations (S)

Wednesday, September 29, 10-11 :30 am
Instructor: Jane Wells
Cost: R $7/ NR $8.50
Min/Max: 2/6
Register by Friday, September 24

Payment due upon registration

Easy directions help you to make a charming wall or door hanging to bring in the fall season. There will be a variety of designs and embellishments to choose from. The ideas and possibilities are many!

Enrichment

Building: North (N) South (S)

Come Learn a New Hobby!! Pyrography- also known as Woodburning.

Woodburning Basics (S)

Tuesdays, September 7– October 5
9-11 am
Cost: R $10/ NR $12.50
Min/Max: 3/12
Register by Friday, September 3

Payment due upon registration

Class will focus on woodburning (pyrography) fundamentals including safety, equipment, pattern transfer, burning straight lines, curves, circles, shading effects such as stippling, and crosshatching. Practice drawing grasses, a wood postage stamp & mallard duck in flight. This class prepares you for other OSC woodburning classes. A variety of postage stamp patterns are available.

If you have a solid point or wire nib woodburner, please bring it; if not, we recommend that you not buy one prior to the first class. The instructors will cover the pros & cons of different machines. **A limited number of rheostat controlled pen style woodburners are available for use in class, please reserve at registration.**

Negative Pyrography on Paper (S)

Thursdays, September 9-30, 1-3 pm
Cost: R $8/ NR $10.50
Min/Max: 3/8

Payment due upon registration

Register by Tuesday, September 7

Burning that reveals an image in an unburned area is the focus of this class on a paper medium. Students will use their creativity to make a high contrast image. Imagine a Polar Bear, Snowy Owl, Arctic Fox, Hare, Weasel, Arctic gyrfalcon, or perhaps an igloo, an illuminated tent with a campfire on a full moon night all set off by the surrounding darkness. Imagine a night scene of a polar bear with the aurora borealis in the background burned on 140 lb watercolor paper. The burned paper may be colored using watercolor or colored pencils. Heavyweight watercolor paper will be provided. Light tables will be available for pattern transfer. Students should bring their woodburner and nibs, a hard pencil, and coloring supplies. The coloring supplies (brushes, watercolor pencils, oil pencils, stump, white charcoal pencil) are not needed at the first class. **Intermediate/Advanced Level**
Pre-requisite: Pyrography 101 or permission of Instructor.

Upcoming Woodburning Projects! Each class teaches a progression of skills that are designed to move a beginner student to a skilled Pyrography artist! Watch upcoming newsletters for registration info.

October 7-28
American Turkey Plaque

Project similar to one shown

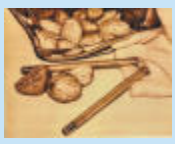
November 4-18
Rose on Canvas

Yes, you Can burn On fabric!

December 2-16
Wood Bangle Bracelet

Burning in The Round

January 6-27, 2022
Aw Nuts!



Focus on Textures: Metal, cloth nuts

February 3-March 24, 2022
"Saw-Whet" Owl Plate

Project Similar To one shown

March 31-April 28, 2022
Pattern Making
Focus on Composition and creation of woodburning patterns

By Your Side

So you can stay at home.

Whether you need support a few hours a week or 24 hours a day, our CAREGivers provide a variety of in-home care services suited to your needs and lifestyle:

- Alzheimer's & dementia care
- Hospice support
- Medication reminders
- Bathing, dressing & grooming
- Meal prep & nutrition
- Housekeeping & laundry
- Incontinence care
- Transportation
- Companionship

TWO CONVENIENT LOCATIONS

Oshkosh
920.966.1220

Appleton
920.997.0118

Free In-Home Consultation!

Home Instead.

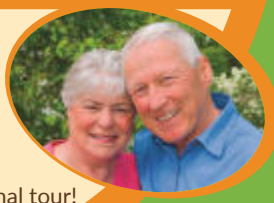
Each Home Instead® franchise office is independently owned and operated.

SUPPORT OUR ADVERTISERS!

Arborview Manor
Oakwood Manor
Webster Manor

www.thegoodlife.care

goodlife ASSISTED LIVING



920-231-7900

Call us today for a personal tour!

I'm here to answer your questions about Medicare

Anthem

Together, we can explore your Medicare choices

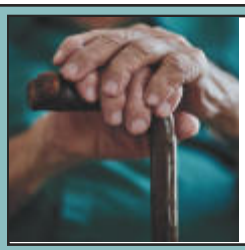
As a local, licensed Medicare agent, I can talk with you about what you need and want from your Medicare plan. Now, more than ever, having Medicare coverage that meets your needs can be reassuring. We can review your plan options - to make sure you receive the health benefits you deserve in the coming year.

I can help you find a Medicare Advantage plan with benefits like these:

- $0 monthly payments
- $0 copays for prescription drugs
- Dental, vision, and hearing benefits

1-on-1 help in person, online or over the phone

Carla Peotter
1-920-391-9074 TTY: 711
8 a.m. to 5 p.m., 5 days a week
https://agentsite.anthem.com/cpeotter
WI Lic. #9879968
Authorized Agent



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.

INCLUSA

inclusa.org | 877-376-6113

GO TRANSIT

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

GO TRANSIT

926 Dempsey Trail, Oshkosh, WI 54902

www.rideGOtransit.com Facebook

- Call (920) 232-5340 for info. about your mobility options in the City of Oshkosh and Rural Winnebago County.
- Subsidized taxi service within the City is also available with an ID Card provided by the Oshkosh Seniors Center.

Hickey Roofing, Inc.

☑ Voted Best Roofing Contractor 13 Years Running

Best of Winnebago County

(920) 426-4008
hickeyroofing@msn.com

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: careers@4lpi.com | www.4lpi.com/careers

Medicare Aces

Questions about Medicare? We can help!

Shelly Squier
920-527-0292
medicareaces@gmail.com

- **Healthcare Solutions**
- **Retirement Planning**
- **Wealth Management**
- **Income Protection**

Offices in Oshkosh/Appleton (or we can come to you)

*not affiliated with any government agency

EDEN SENIOR CARE

Oshkosh's premier choice for skilled nursing & senior living.

The support you need. The care you deserve.

SKILLED NURSING

Edenbrook Oshkosh
920-233-4011
edenbrookoshkosh.com

Omro Care Center
920-685-2755
omronursing.com

SENIOR LIVING COMMUNITIES

Bella Vista
Independent & Assisted Living
920-233-6667
bellavistaofeden.com

Lakeshore Manor
Memory Care
920-426-2670
lakeshoreofeden.com

Live Happily.

We're working towards opening the Woodshop!

We are excited to get our woodshop up and running again! To do so, we need to take the necessary steps to ensure everyone's safety. Prior to opening the woodshop, we are hosting three safety training refresher dates. You MUST attend one of these free, safety training refreshers to be eligible to participate in woodshop activities.

Woodshop Safety Refresher (N)

For those who have already completed Safety Training
Friday, September 10, 9-10:30 am
Register by Wednesday, September 8
Friday, September 17, 9-10:30 am
Register by Wednesday, September 15
Friday, September 24, 9-10:30 am
Register by Wednesday, September 22
Facilitator: Jeff Becker
Cost: Free
Min/Max: 2/10

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

If you are a brand new participant and are looking to join future classes, fear not!
Initial safety courses for those brand new to our facility are being planned for October. We look forward to seeing you then!

Woodshop Volunteers Needed!

Do you have skills in working with wood, equipment, and people? Knowledge of woodshop safety precautions? The Oshkosh Seniors Center has a wonderful woodshop that operates with dedicated volunteers. It takes a lot of work and volunteers to make the woodshop run smoothly and safely. Woodshop monitors and class instructors are needed so that we can expand programs and opportunities to participants.

Interesting in finding out more?
Call Jane Wells @ 920-232-5308.

Fox Fitness Center (N)

Monday- Friday, 7 am - 3:30 pm
Stay Active Pass & Insurance Reimbursement Eligible

The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility. We have seven pieces of the Life Fitness Circuit Series including a seated row, chest press, squat, leg curl and extension, ab crunch and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System.

If you have any questions or concerns about how to use equipment or to update your workout regimen, stop by the Fitness Coordinator's office conveniently located in the fitness center for better accessibility.

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

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

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

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

Thank you for your cooperation!

Personal Training

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

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

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

Cost:
6 sessions $75
12 sessions $120
18 sessions $150

The more you buy, the more you save!

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

Contact:
Alec at 920-232-5320 with questions.

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

FREE
AD DESIGN
WITH PURCHASE OF THIS SPACE
CALL 800.950.9952

† St. Vincent de Paul Society of Neighbors helping neighbors
VOLUNTEERS NEEDED
Call (920) 235-9368
Find us on Facebook
All proceeds from the store remain LOCAL to help area families.
St. Vincent de Paul Thrift and Furniture Store
2551 Jackson Street • Oshkosh, WI 54901

MIRAVIDA LIVING
LIVE WITH WONDER
MiravidaLiving.com
(920) 235-3454

We invite you to experience our innovative approach to apartment living, assisted living, skilled nursing and rehabilitative care, and dementia care.

APARTMENT LIVING
ASSISTED LIVING AND DEMENTIA CARE
SKILLED NURSING AND REHABILITATION
225 N. Eagle Street Oshkosh, WI 54902

SUPPORT OUR ADVERTISERS!

SUPPORT OUR ADVERTISERS!

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!
Contact Alex Nicholas
to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538

Building: North (N) South (S)

Fitness Opportunities

Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible

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

Rate sheets available at Front Desks for non-insurance eligible

Rapid Movement Training (N)
Mondays & Wednesdays, September 8-29
9-9:30 am
Instructor: Alec Jensen
Drop in eligible
Rapid movement training is a new and fun way to get your cardiovascular work in. This class improves your cardio by doing fast and quick bursts of exercise then letting 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, September 8-29
9:45-10:15 am
Instructor: Alec Jensen
Drop in eligible
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, September 8-29
10:45-11:30 am
Instructor: Jean Wollerman
Drop in eligible
Increase muscle strength and range of movement so you are ready for the activities needed for daily living. You will use a chair for seated exercises, as well as standing support. Hand weights, exercise bands, and small exercise balls will be used for resistance. Exercises may be modified for your fitness level.

Life Fitness & Movement (N)
Tuesdays & Thursdays, September 7-30
9-9:30 am
Instructor: Alec Jensen
Drop in eligible
This is an energizing modern approach to low impact aerobics and strength training. We will be focusing on building our total physical well-being. This class will utilize body weight movements, resistance bands, and light cardio to improve upon our fitness.

Functional Fuel (N)
Tuesdays and Thursdays, September 7-30
9:45-10:15 am
Instructor: Dr. Josh Belville/Alec Jensen
Drop in eligible
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, September 7-30
11-11:45 am
Instructor: Bobbie Jo Luft
Drop in eligible
A class for senior adults who have ongoing conditions such as Parkinson's, MS, or struggle with balance related issues. This class will help increase your energy, flexibility, endurance, and improve your sense of well-being by utilizing stress free movements.

Fitness Opportunities

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

Rate sheets available at Front Desks for non-insurance eligible

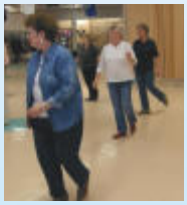
Line Dancing (N)

Instructor: Debbie Ruck

Drop in eligible

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

Advanced Line Dancing
Mondays & Tuesdays, September 7-28
12:30-1:15 pm
Prior experience preferred



Beginner Line Dancing
Tuesdays, September 7-28
1:30-2:15 pm
No prior experience necessary

Matrix Circuits–Specialty Class (N)

Mondays, September 13-27, 8-8:45 am
Instructors: Alec Jensen
Cost: R $7.50 / NR $11.25
Registration opens Wednesday, August 18, 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, September 3-24, 9-9:45 am
Instructor: Alec Jensen
Registration opens Wednesday, August 18, 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, September 1-29, 8-8:45 am
Instructor: Jill Reichenberger
Cost: R $12.50 / NR $18.75
Max 15
Registration opens Wednesday, August 18, 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. **Not sold on using a step? No problem; you can still get a great workout doing the same moves without the step!**

Stepping On

A falls prevention program aimed at educating participants and building confidence to reduce and eliminate falls.

- Improve balance and build strength
- Identify and remove fall hazards
- Recognize your risk of falling
- Safely navigate your home and community

CLASSES HELD AT OSHKOSH SENIORS CENTER-SOUTH

200 N Campbell St

Thursdays
1-3pm
Sep 9 – Oct 14

$15 for 7 week session

REGISTER:

Call: (920) 232-3000

Winnebago County Health Department

COVID19 Protocols in place

Public Health
Winnebago County Health Department

Plus Wellness
Tools for better health

Oshkosh Seniors Center
Stay active. Stay social. Stay informed.

GO TO **WINNEBAGOPUBLICHEALTH.ORG** FOR MORE INFORMATION ABOUT

Fitness

Grief Support Group (S)
Thursdays, September 2 & 16, 1-2:30 pm
Facilitated by: Compassus Hospice
Cost: R $1 / NR $1.25 per visit
Min/Max: 12
Registration by Tuesday, August 31
Open to anyone grieving the death of a loved one.

Mindfulness Meditation (S)
Thursdays, September 9-30, 11 am-12 pm
Instructor: Donna Janus
Cost: R $1.25 / NR $1.75

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.**

Chair Massage (S)
Payment due upon registration
Thursdays,
September 9 & 23, 1-4 pm
Provider: Emilie Ilg, Certified Massage Therapist
Cost: $15 per 15 minute massage
Register by Tues Sept 7 and Tues Sept 21
Chair massages can improve circulation and improve sleep. Emily Ilg, Certified Massage Therapist, will be offering relaxing chair massages. Studies have shown 10 minutes can reduce inflammation. Massage can help your body recover more quickly. Can't sit in a massage chair? Emily will make accommodations. Appointments are in 15 minute increments. Book two appointments for a 30 minute massage! **If you do not pay in advance your session will be cancelled.**

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

Get Your Mind Right (S)
Friday, September 10, 10:15-11 am
Presenter: Alec Jensen
Cost: R $5/NR $7
Register and pay by Wednesday, September 8
Join Alec has he leads you through a motivational presentation on how to get your mind right. This presentation is aimed at helping you get out of a funk and helping you to become the best version of yourself!

Build a Stronger YOU (S)
Wednesday, September 15, 1-2pm
Instructor: Dr. Eric Koehler, Physical Achievement Center
Cost: Free
Register by Friday, September 10
Learn practical tips and strategies that will enable you to turn back the clock on your strength, balance and agility so you can get active. Dr. Eric Koehler will be sharing top tips to get you active and live more fully. You can move past the discouragement and exhaustion with a proven plan to get you back to more comfortable sleep, walking, and outings in the community. Replace the fear and doubt with empowering tips and tools to help you live your best life.

Falls/Ankles Screen (N)
Friday, September 17, 10-11 am
Presenter: Courtney Van Zeeland, PT, DPT
Ascension Mercy and Alec Jensen
Cost: Free
Max: 9
Register by Wednesday, September 15
These quick, simple, and non-invasive tests will help identify balance and motor control deficits, and allow a professional to create a plan to implement corrective strategies and further modify your lifestyle to suit your current functional capabilities. The best part is these assessments only take 15-20 minutes. If you have advanced foot and ankle problems please ask to be screened by Dr. Van Zeeland

For seniors and their families

Sundial™ is technology designed specifically to help connect seniors and their families - no matter the distance.

Sundial's subscription service provides a private, ad-free space to communicate with the senior and with each other. Support and coordination is offered through interactive lists, shared calendars, photo memories, and more.

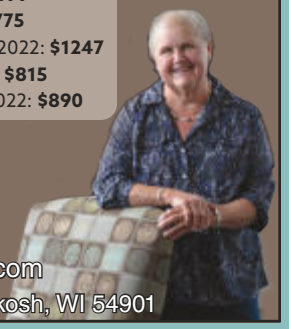
Visit **www.sundial-labs.com/sc** to see how it works or call **(833) 255-0228.**

sundial™

Carol's Country Tours

"Travel with me in 2021 & 2022"

Shipshewana, IND: Sept 21-23, 2021: **$399**
Vermont: October 2-10, 2021: **$1199**
Branson: Nov 29-Dec 4, 2021: **$775**
Miami/Key West: January 21-31, 2022: **$1247**
Washington DC: April 7-13, 2022: **$815**
New York City: June 9-June 15, 2022: **$890**



Carol J. Kaufmann
Ckaufmann@new.rr.com
(920) 216-4668
www.carolscountrytours.com
2677 Indian Point Rd • Oshkosh, WI 54901

PHYSICAL ACHIEVEMENT CENTER

Physical & Occupational Therapy

YOGA • PILATES • TAI CHI

Telehealth- We'll Provide the Highest Level of care, from wherever is safest for you or in person or video sessions!

We help people achieve greater mobility and strength for their active lifestyle without medications, injections or surgery; even when nothing else has worked.

Call us today for more information
920-230-2747!
3475 Omro Rd., Oshkosh

Country Villa Assisted Living

1900 Huckleberry Avenue
Omro, WI
920-685-0607

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!
Contact Alex Nicholas to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538

SUPPORT OUR ADVERTISERS!

Nicolet NATIONAL BANK

Right at Home®

In Home Care & Assistance

- Personal Care's/ADL's • Companionship
- Meal Preparation • Medication Reminders
- Cleaning/Laundry Assist • Errands/Shopping
- Overnights • Appointments (to and from)

Oshkosh-Central : 2100 Omro Rd., Ste. H
(920) 651-9400
www.rahhomecare.com

Fiss & Bills - Poklasny

Funeral Homes & Crematory
Serving All Faiths Since 1904
865 S. Westhaven Dr.
870 W. South Park Ave.
920-235-1170
fissbillspoklasnyfuneralhome.com

LAKE-AIRE Auto Service

Complete Auto Service
2200 Montana Street
231-1023

Oshkosh / Winnebago County Housing Authority

To schedule a tour of one of our sites call **920-424-1450**

Oshkosh sites include Marian Manor, Raulf Place, Court Tower, and Waite Rug Place

Rents are based on income.

Apply online: **www.ohawcha.org**

Wellness

Building: North (N) South (S)

Essential Oils (S)
Fall Room Sprays Make & Take
Tuesday September 21, 1-2 pm
Presenter: Jeanne Gehrke, Dream of Jeanne LLC
Cost: $10 each or 2 for $15
Register by Friday, September 17

Payment due upon registration

Join Jeanne as she gears you up for fall and all your favorite scents! In this class you learn how to make your very own fall fragrances!

Aging In Reverse (S)
Friday, September 24, 10:15-11 am
Presenter: Alec Jensen
Cost: R $5 / NR $7.50
Register and pay by Wednesday, September 22
Want to learn the secrets of living a longer more active life? Join Alec as he talks about all the ways we can get more energy, feel better, and enjoy life to the fullest!

A Healthier You (S)
Monday, September 27, 1 -2 pm
Presenter: Dena Myer, RD & Diabetes Educator, Aurora Health
Cost: Free
Register by Friday, September 24

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.

Posture Screening (N)
Tuesday, September 28, 10:30-11:30 am
Presenter: Dr. Joshua Belville, Belville & Associates
Cost: Free
Max:6
Register by: Friday, September 24

Join Dr. Josh Belville as he takes you through a back and posture screening. These simple screenings can help identify back pain, hip, and even shoulder issues. These are non-invasive screenings that only take a few minutes!

How to Manage Inflammation, Swelling, (Lymph) Edema, (S)
Tuesday, September 28, 1-2pm
Instructor: Dr. Eric Koehler, Physical Achievement Center
Cost: Free
Register by Friday, September 24
Learn how you can feel and move better even though you are experiencing the effects of inflammation, edema, and pain. Learn the top tips on overcoming your stiffness, pain, swelling and weight gain. You can move and feel better while reducing your risk of disease and disability when you have more knowledge about this persistent and often confusing topic.

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:

Warm Foot Soak

Diabetic Foot Care

Lower Leg and Foot Assessment

Trimming of Toe Nails

Calluses and Corns Reduced

Thinning/Debridement thick nails

Minor Ingrown Nails Addressed

Lower Leg and Foot Massage with Light Lotion

Patient Education

Cost: $22

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

Nail Care area is completely sanitized between appointments

Oshkosh Seniors Center — Stay active. Stay social. Stay informed.

Valley VNA Senior Care

Scoring:

- Fewer than 3 Letters: no **score**.
- 3 Letters: 1 point.
- 4 Letters: 1 point.
- 5 Letters: 2 points.
- 6 Letters: 3 points.
- 7 Letters: 4 points.
- 8 or More Letters: 11 points.

Answers sheets available at North building front desk.

Use an additional sheet of paper if needed...

Caring for the community since 1908.

Valley VNA Senior Care

- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
- **Assisted Living and Memory Care** for when your needs change.

valleyvna.org | 920.727.5555 | Neenah, WI

Belville & Associates Chiropractic Clinic
Dr. Kent Belville
Dr. Adam Mootz
Dr. Nicholas Belville
Dr. Joshua Belville
440 N. Koeller St. • Oshkosh, WI
(920) 230-2525

CATARACTS

YOU get to choose drop-free and laser-assisted.

Dr. Stephen Dudley
503 Doctors Ct.
Oshkosh
920-236-3540

Dr. Gerald Clarke
509 S. Washburn
Oshkosh
920-236-4160

AZURA MEMORY CARE
Celebrate moments of JOY
920-312-0260
2220 Brookview Ct. Oshkosh

lp's companionship
We're dedicated to helping the elderly keep their independence by coming into their home and helping with everyday needs. Our goal is to provide enrichment to the lives of those we touch.
• Reading • Daily laundry • Daily Dishes • Light Meal Prep
• Walks • Shopping Trips • Going For A Drive • Games
Call Lindsay today for more information! (920) 279-1976

piggly wiggly
Mark & Susie's Piggly Wiggly
525 East Murdock Ave
920-236-7801

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

Home Care Services
- Medication Reminders
- Housekeeping
- Meal Preparation
- Shopping & Errands
- Personal Care Services

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

ClarityCare | OSHKOSH x GREEN BAY | www.claritycare.org

KONRAD-BEHLMAN FUNERAL HOMES AND CREMATORY
Serving All Faiths Since 1875
402 Waugoo Ave.
100 Lake Pointe Dr.
920-231-1510

Thrive Locally

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Toll-free Helpline: 888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

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

Heritage Court A Senior Community
600 W. Packer
Oshkosh, WI 54901
CALL (920) 236-6540

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

Visit www.claritycare.org for more information.

Social and Educational

Building: North (N) South (S)

Elder Benefit Specialists (S)

Wednesdays, September 1-29
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, September 3-24, 11 am-12 pm
Instructors: Aaron Baer & Joe Wiedenmeier
Cost: R $40 / NR $45 for 4 week session
Min/Max: 5/20 **Payment due upon registration**
Register by Wednesday, September 1
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 as well, and will be working with those who are new to ukulele. Music stands provided.

Don't have your own Ukulele? Thanks to a generous donor, the Senior Center has Ukuleles available for use. Requires a $50 check for deposit, and when Ukulele is returned, we give you back your check.
Call Sara at 920-232-5310 for information about Ukulele "rental".

More than 5,000 Hueys operated in Vietnam; around 2,500 were lost to enemy fire.

The Huey: Saving an Icon of the Vietnam War
Thursday, September 9, 10-11:30 am

Presenter: Chris Henry, EAA Aviation Museum Programs Coordinator

Cost: Free
Register by Tuesday, September 7
EAA Aviation Museum Staffer Chris Henry discusses the incredible adventure he experienced in working to obtain a Vietnam era UH-1 Huey helicopter for the museum. He'll share some amazing stories about what this aircraft symbolizes.

lir Learning in Retirement at UW Oshkosh

OSHKOSH senior's center Stay active. Stay social. Stay informed.

This program is a collaboration with Learning In Retirement

Oshkosh Senior Center Presents:

SPEED FRIENDING

Wednesday September 8, 1-2:30 pm

Connect with others and make new friends!

Cost: R $2/ NR $3.50

Register by Friday, September 3

- Looking for a group of people with the same interests as you?

- Wish you had a few more friends to call up to meet for coffee, go to dinner, or take a walk with you?

You're not alone. This "Speed Friending" event will allow you to quickly meet others in a short period of time in a safe environment. You will be able to connect with others who share similar interests and ideas. It's a fun and engaging way to socialize.

Social and Educational

Building: North (N) South (S)

Legal Counseling (S)
Friday, September 10, 10 am-12 pm
Cost: Free
Legal Counseling with an attorney from the law firm of Reff, Bavier, Bermingham and Lim SC will be offered at no charge for a **25 minute individual session**. Counseling is limited to advising only and does not include other legal work such as drafting of documents. **Call 232-5310 to schedule an appointment. Space will be sanitized between appointments.**

Coffee with Kate (S)

Friday, September 10, 10 -11 am
Cost: Free
Register by Wednesday, September 8

Kate is our newest Activities Coordinator. She comes to us from Colorado, where she worked for a number of years in recreation including 6 years for the City of Thornton at their Active Adult Center. Get to know Kate and some of the exciting things she will bring to the Seniors Center.

Bingo (S)
Wednesday, September 15, 2-3:30 pm
Sponsored by Edenbrook
Cost: Free
Min/Max:10/30
Register by Monday, September 13
Come for a fun afternoon of bingo! Prizes sponsored by EdenBrook.

Armchair Adventure (S)
Tuesday, September 21, 10-11 am
Facilitator: Kate Yates
Cost: Free
Min/Max: 5/25
Register by Friday, September 17
Travel without leaving your chair! Discover Colorado with Kate as she highlights her travels to the cliff dwellings of historic Mesa Verde as well as Black Canyon of the Gunnison, Colorado's "Grand Canyon."

Share Your Hobby! (S)
Depression & Other Glass Collecting
Friday, September 17, 10-11 am
Presenter: Jane Wells
Cost: Free
Register by Wednesday, September 15
Perhaps you've noticed the glass collection in the display cases at the Center. Jane will share what she has learned about the glass, and something really neat that you may not know about some depression glass. If you have a few pieces that you would like to share, bring them to the presentation!

Estate Planning 101 (S)
Friday, September 24, 10-11 am
Presenter: McCleer Law Office
Cost: Free
Register by Wednesday, September 22
Attorney Joseph McCleer of McCleer Law Office discusses the basics of wills, revocable living trusts, probate, and beneficiary designations. Learn how a well-crafted estate plan can serve your family for generations.

Representative Hintz Office Hours (S)
Friday, September 24, 10 am-12 pm
Cost: Free

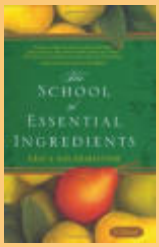
State Representative Gordon Hintz has proudly represented his hometown of Oshkosh in the Wisconsin State Assembly since 2007. A lifelong champion of progressive values, Rep. Hintz is dedicated to promoting equity and opportunity in Oshkosh and throughout the state. Come bring your issues and share with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

Chat & Chop (S)
Wednesday, September 29, 1-3 pm
Instructors: Kate Yates
Cost: R $7/NR $10 **Payment due upon registration**
Min/Max: 2/6
Register by Thursday, September 23

Learn to create a delicious Shepard's Pie like you never have before– vegetarian! Join in on the fun of preparing this unique dish. Walk away with a meal, a new recipe, and a surprise dessert!

Social and Educational

Book Talk (S)



"The School of Essential Ingredients"
by Erica Bauermeister
Thursday September 30, 9:30-11
Facilitator: Kerry Wolfe
Cost: $1.25 R / $1.75 NR
Max: 9
Register by Tuesday, September 9
Call the center at 920-232-5300 to register and arrange for book pick up or register online at https://schedulesplus.com/oshkosh/kiosk/.
The School of Essential Ingredients follows the lives of eight students who gather in Lillian's Restaurant every Monday night for cooking class. It soon becomes clear; however, that each one seeks a recipe for something beyond the kitchen.

Popcorn & A Movie (S)

Wednesday September 22, 12:45-2:30 pm
Cost: Free
Min/Max: 2/12
Register by Monday, September 20
Enjoy a movie with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations prohibit us from disclosing titles of upcoming movies**

Social and Educational

Building: North (N) South (S)

A 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) Soda machine is available.
- Please wash hands before playing
- Fees have remained the same
- Due to new cleaning protocols, all cards and games end at 3:30 pm

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

Display Cabinet (S)

We want to see your collections! Do you have a hobby or collection you would be willing to have on display for a month at the Center? We are taking reservations for displays.

The cabinet is a locked unit and is located in the South building near Willows. Interested in learning more? Contact Kate Yates at 920-232-5303.

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, & Scattergories
Wednesdays, 8:30-11:30 am

Bid Euchere, Rummikub
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

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.

Let's Celebrate our Seniors Center!

The Oshkosh Senior Center is proof that retirement and aging can be filled with fun, friends, continued learning and many new experiences. We've been going strong since 1975 and look forward to a solid and secure future serving seniors in Oshkosh and the surrounding area. We are very proud of our accomplishments and achievements and hope all who come here take pride in this wonderful resource.

Join us for an Ice Cream treat with toppings!
Thursday, September 2, 1 pm in the Great Room
Register by Wednesday, September 1

Sara's Savory Samplings

Tomato season is nearly finished for this year. Don't miss your chance to make this simple, but oh so delicious fresh tomato soup! If you can't make it to the Farmer's Market and choose to use canned tomatoes instead of fresh, you may substitute two 28 oz cans. Pair this with a classic grilled cheese for a perfect lunch or dinner on a cool fall day. Bon Appetit!

Tomato Soup

Ingredients:

5 to 6 large tomatoes (3 to 3 ½ pounds)
2 tablespoons extra-virgin olive oil (EVOO)
2 tablespoons butter
2 medium or 1 large Vidalia onion, chopped
Salt and pepper
1 large leafy stem of basil, plus torn leaves, for topping
2 cups homemade or store-bought vegetable stock or chicken broth or stock

Directions:

Set up an ice water bath: a large bowl, lots of ice, a little water. Place a strainer or colander in sink and bring a pot of water to a boil, 4 inches deep.

Using a paring knife, remove the core from the top of each tomato and score the bottom of the skin of the tomato with an X. When water boils, gently place tomatoes in water and let them roll around 1 full minute. Transfer the tomatoes to the ice bath using a spider or tongs. Cool and peel tomatoes, letting them drain a bit as you work in the strainer. Slice and chop the tomatoes and place in a bowl.

Heat a soup pot over low heat with 2 tablespoons EVOO. Add the butter, and when it melts into the oil, add Vidalia onions and season with salt and pepper. Do not let the onions brown. Let them sweat 10 to 15 minutes and add 1 cup water to onions, raise heat to medium-high, and let the water absorb and cook the onions to absolute mush. Add tomatoes, basil and stock and cook at medium boil 20 minutes to break down tomatoes. Remove basil stem and puree the soup using an immersion blender or transfer to food processor or high-power blender and puree, then return to pot. Simmer gently over lowest heat until ready to serve. Top with a few small leaves of torn basil.

Serves 4-6

Upcoming Programs

Please note that due to the ever-changing situation with COVID, the schedule may change. At the time of newsletter printing, the following programs are scheduled to take place;

Now more than ever, we need some guidance with financial matters. Welcome back Jeff Kemp and Adventures in Investing!

Adventures in Investing (S)

Wednesdays, October 13-November 17, 6-7:30 pm
Presenter: Jeff Kemp, Financial Educator
Cost: Free-Donations to Center accepted, please give as you are able
Max Capacity: 75
Register by Monday, October 11 Call 920-232-5300
This session is open to all ages. Do you have family members who you think would benefit from learning more about investments? Introducing investing to your grandchildren might be one of the wisest decisions you make. Jeff Kemp, a Financial Educator from Oshkosh, will discuss "no load commission free stock and bond mutual funds", how the actions of the Federal Reserve affect the economy and eventually your investments. Any questions you have about investing in 401K, IRA's or 403B's will also be addressed. New and current information will be shared; past participants welcome!
Per CDC guidelines, please wear a face covering if you are unvaccinated.

AARP - HomeFit

Wednesday, October 20, 1:30-3 pm
Presenter: Darrin Wasniewski, Associate State Director, AARP Wisconsin
Cost: Free
Register by Monday, October 18
AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements — such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in. Based on the free AARP HomeFit Guide, this presentation can help individuals and families make their current or future residence – or that of a loved one – their "lifelong home."

lir Learning in Retirement at UW Oshkosh

This program is a collaboration with Learning In Retirement

Oshkosh Senior Center — Stay active. Stay social. Stay informed.

Watch the October newsletter for details on:

It's the Time of Your Life SENIOR EXPO
Tuesday, October 5, 2021
Oshkosh Convention Center

Randy Domer is here with his newest book

"It Seems Like Only Yesterday"
Wednesday, October 13, 10 am
More Stories From Oshkosh's Historic Past

Oktoberfest

Connect through Tech (S)

NEW! Classes will be scheduled for one hour so we can accommodate more people! If you still need a longer appointment schedule for the 12:45 pm time slot, or with Sandy at 1 pm.

One on One Tech Appointments (S)

(All levels of expertise)
Cost: R $2 / NR $2.75 per class
By Appointment Only 232-5310

Mondays, September 13, 20, & 27
9 am, 10:15 am, 11:30 am, or 12:45 pm

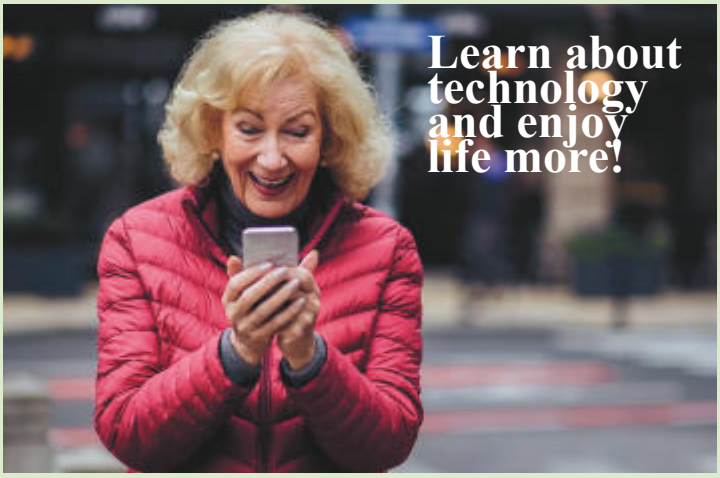
Tuesdays, September 7, 14, 21, & 28
9 am, 10:15 am, 11:30 am, or 12:45 pm

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

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

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.

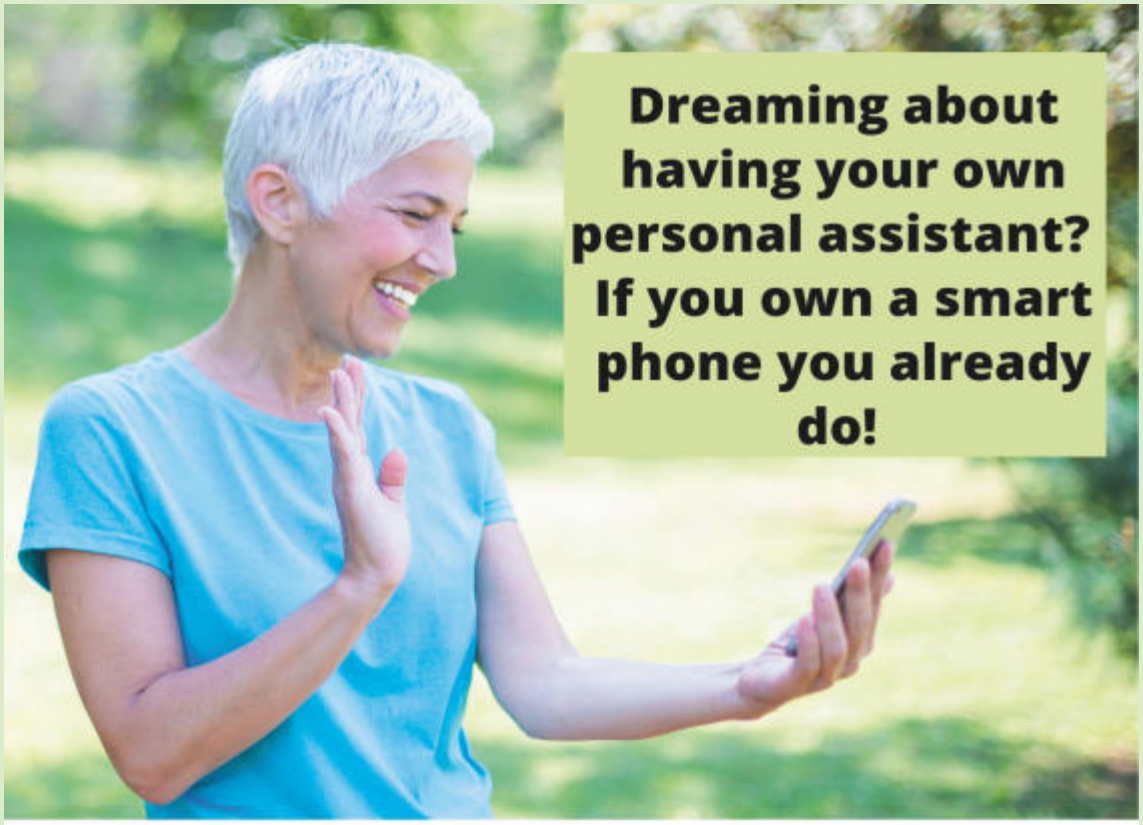


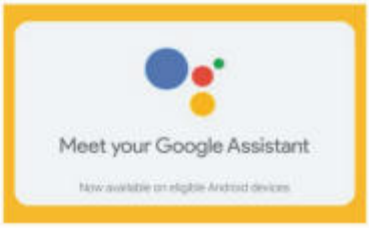
One on One Tech Appointments with Sandy Toland (S)

Mondays, September 13, 20, & 27
9:15 am, 10:30, 11:45 am, or 1 pm
Cost: R $2 / NR $2.75 per class
Sandy is from the Oshkosh Public Library and can certainly answer questions about the library's online services. However, she is very tech-savvy and can walk you through any challenge with technology you may be experiencing.

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

Connect Through Tech





Learn to use your personal assistants!
Thursday, September 23
1:30 pm
Free (Must Register)
South Building

OSHKOSH HEALTHY NEIGHBORHOODS

OSHKOSH Seniors center
Stay active. Stay social. Stay informed.

- Make Calls Hands-Free
- Send Messages
- Set Alarms
- Search the Internet
- Get Calendar Reminders

thank you TO OUR FABULOUS 2021 FOOD TRUCK FRIDAY SPONSORS!

Their generous support helps us achieve our mission of supporting the Oshkosh Seniors Center and those who use its programs and services!

Ascension

44 north

EDEN SENIOR CARE

Aspire Community for Seniors

piggly wiggly

PRESENTING SPONSORS

SWEETWATER PERFORMANCE CENTER - MARINA

CARE PARTNERS Country Terrace ASSISTED LIVING

StateFarm Shawn Dockry, Agent

Suttner Accounting

WPS Wisconsin Public Service Foundation

4imprint

McCLEER LAW OFFICE, LLC

MENASHA MENASHA PACKAGING COMPANY, LLC

hoffmaster GROUP, INC.

ELITE TERRAIN LLC LANDSCAPING AND LAWN CARE

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.

Winnebago Senior Tours

Tours Sign-up Options

•The Tours Desk will be open
9 am —1 pm
MONDAY through THURSDAY
at the South Building. **200 N. Campbell Rd.**

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

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

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

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

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

Exploring Britain & Ireland

Date: August 13—28, 2022 Rescheduled
Guide: Cheryl Freiberg
Cost: $5649 Double Occupancy
Presentation by Collette:
September 30, 2021 2pm Oasis Room
update travel to UK and the trip

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

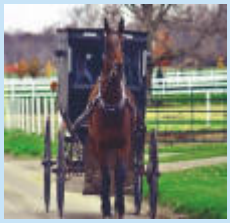
Biltmore Estate & Ashville NC

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 take in 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 followed by a live performance in their Round Barn Theater. The next day, enjoy a continental breakfast and 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, or if you need more details contact Donna at 920-303-1683 or Sherry Katzenberger 920-231-4504

Winnebago Senior Tours

A Day in Green Bay
Date: Wednesday, September 29
Cost: $90 ($20 deposit, non-refundable, Final payment due, August 31)
Guides: Laurie Peach & Cheryl Freiberg
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 for flyers:
Cheryl Freiberg 920-379-8128 or
Laurie Peach 920-232-1336

California Rail Discovery Trip Presentation (S) Oasis Room
October 6, 1 pm
Travel Dates: April 20-27, 2022

Join Premier World Discovery as they talk about the California Rail Discovery. Questions? Call Tour Guide Cheryl Freiberg 920-379-8128.
Flyers are available at the WST Desk.

Door County
Date: Thursday, October 7, 2021
Cost: $99($20 deposit-non-refundable, Final Payment due: September 15)
Guides: Cheryl Freiberg & Laurie Peach

Enjoy a full day in beautiful Door County. First stop to get the "best string cheese" at Renard's Cheese House. A stop at Egg Harbor's Wood Orchard Market for: bakery, fudge, and salsa.
The best view of the area is at Eagle Tower, which has been rebuilt with an accessible ramp. Next participate in "Trolley of the Doomed", with ghostly tales of sunken ships and haunted lighthouses. Finally you will enjoy a traditional fish boil, complete with cherry pie at Egg Harbor's: The Log Den". Join us for a day of fun, food, and an informative trolley tour on a truly one of a kind trip. Call the guides with any questions:
Cheryl Freiberg 920-370-8129
Laurie Peach 920-232-1336

Joseph and the Amazing Technicolor Dreamcoat
Date: Thursday, October 14, 2021
Cost: $115 ($20 non-refundable deposit, Final payment due: September 23)
Guides: Sherry Katzenberger or Ginnie Riley
Depart: 8 am

Enjoy a deluxe motor coach ride to the Fireside Theater. On the way we will make a short stop at the Jones Market where you can pick from their meats and cheeses. Once at the Fireside you can shop and enjoy a meal featuring Beef 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 and professionally staged in the round with great seating. Call either of the guides with questions or a copy of the flyer.
Sherry Katzenberger 920-231-4504
Ginnie Riley 715-889-2373

Branson Show Extravaganza-Diamond Tours
Date: October 18—23
Cost: $635 Double Occupancy ($75 down)
Guides:Donna Landers & Betty Litjens
Depart: 8 am Oshkosh Senior Center North

Board our spacious coach and 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 920-231-4504

Winnebago Senior Tours

Island Resort & Casino Get Away

Date: Wednesday November 17 & 18
Cost: $95 double occupancy, $100 single occupancy ($20 non- refundable deposit, Final Payment due: November 1st)
Guides: Donna Landers & Ginnie Riley
Depart: 9:30 am
Return: Thursday, November 18 approximately 4:30 pm

This is a nice get away before the really cold weather sets in. Wednesday is Senior Day at the Casino, so we might just see a few extra attractions that day. Food is available when you want to take a break. If you really want to relax, there is a comfortable pool area and spa available. Any questions, contact one of the guides: Donna Landers 920-303-1683 or Ginnie Riley 715-889-2373

Wicked-PAC Appleton

Date: Wednesday, November 3rd
Cost: $ 115 Dinner & Show, $ 99 for Show ($20 non-refundable deposit)
Depart: 5:00 pm
Return: Immediately after show

We will take express transportation and you have a real choice for this event. Dinner is at the well-known Victoria's Italian Restaurant. You have the choice of three (3) entrees, tip included, cash bar. You may choose the show without dinner for $99. Whatever your choice, you will enjoy the Broadway sensation WICKED. Long before Dorothy arrives in the land of OZ, another young woman, with emerald skin is bright, yet misunderstood. She meets this blonde who is very popular and a rivalry turns into an unlikely friendship. The world labels one "good" and the other "bad." Any questions contact one of the guides:
Cheryl Freiberg 920-379-8128
Laurie Peach 920-232-1336

Did You Know?

Travel can be incredibly worthwhile, especially for seniors. Whether it's a day trip or a week-long adventure, a vacation can be a life-changing experience for you in many ways.

Keeps You Happy and Active

A staycation tends to mean relaxing at home, while a trip gets you out of the house and active. Even leisurely destinations like all-inclusive resorts or cruises give you access to a pool or events that get you up and moving.

Taking part in a family vacation is an excellent way to stay connected with your loved ones while sharing once-in-a-lifetime experiences. Since travel can be difficult to schedule for some families, especially those with kids that are in schools, you can also seek out a senior travel club. These groups are filled with like-minded seniors looking to explore the world. Luckily, there are lots of travel groups all over the country, both national and local. All you have to do is find the right group trip for you!

Adventures Protect and Sharpen the Mind

Adventures are another advantage of traveling for vacation. While you can have new experiences at home, exploring a new destination offers a host of discoveries. A new environment can teach you new things about your world and yourself. This, in turn, keeps your brain young, since active learning is extremely healthy for your brain. This is especially true if you're learning a new language for your trip!

Please note:

Parking for trips is available on the gravel parking area at the Oshkosh Senior Center North Building.

UPCOMING EVENTS

Clausen Christmas Show
December 4, 2021

Holiday Inn—FireSide
December 8, 2021

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 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

Oshkosh Committee on Aging
Judy Richey, Chairperson
Heidi Basford Kerkhof
Bryn Ceman
Julie Davids
Cheryl Hentz
Julie Kiefer
Julie Maslowski
Lindsay Temple
Jean Wollerman
Mike Ford, Council

Advisory Board
Scott Huiras, Chairperson
Teri Jolin
Bob Kolinski
Liz Lahm
Dawn Lux
Barb Miller
Barbara Tuchsherer
Fleurette Wrasse

Friends Board
Carolyn Edgarton, President
Cheryl Freiberg, Vice President
Chris Kniep, Treasurer
Julie Hoyt, Secretary
Jerry Burke
Keri Hammen
Colleen Harvot
Dyanne Kollmann
Sue Kreibich
Chuck Lakefield
Eric Lehocky
Betty Litjens
Sarah Thompson

The Oshkosh Seniors Center does not necessarily endorse companies or services appearing in *The Current* paid advertisements.