

The Current

SEPTEMBER 2011

FREE Complimentary Issue

A Monthly Publication of the Oshkosh Seniors Center



Celebrate Grandparents' Day
Join the Fun

7th Annual

Fall Family Fun Fest

Sunday, September 11
10 a.m. - 2 p.m.



Accredited Member

Wisconsin
Association of
Senior Centers

WELCOME TO THE *Oshkosh* SENIORS CENTER

Thank You—Your Gifts Are Greatly Appreciated!

Dorothy Binder- Books
Joyce Binning- Books
Dee Bojar- Bingo Prizes
Carol Hemmila- Fabric for
Wisconsin Warmers
Dick Lambert- Bingo Prizes
Donna Lord- Bingo Prizes & Fall
Fest auction items
Memory of Naomi Lueck- Craft
supplies
Audrey McBriar- Bingo Prizes
Gail Meyer- Bingo Prizes
Mildred Moore-Kampo- Exotic
Hardwoods
JoAnn Pable- Bingo Prizes
Scott Williquette- Books

Monetary Donations

DuWayne Besaw- Donation for
computer software

Wish List

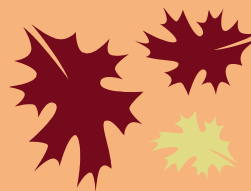
Computer software - \$150.00
Linens for 20 tables - \$20/table
Participant artwork posters - \$75 per
picture; 10 posters/building
Music System - \$400
Office chairs - \$200 ea.
Podiatry chair - \$2,870
Coffee maker with water
connection - \$400

*When donating to the Seniors
Center, please consider new
or gently used items.
Please no clothing or shoes.
Thank you.*

Celebrate Grandparents' Day
Join the Fun

7th Annual

Fall Family Fun Fest



Bring Friends and Family

10 a.m.-2 p.m.

~ Raffle ~ Culver's Custard
~ Fire Truck ~ Police Car

~ Cool Grab Bags from 4imprint for purchase

~ Entertainment in the Big Tent with Michael
Drake, The Acoustic Jammers ~
Patriotic Tribute performed by the Y Notes

FOR SALE:

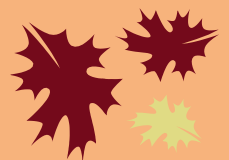
~ Popcorn ~ Lunch ~ Bake Sale

KID'S CORNER

~ Face Painting ~ Games & Prizes ~ Make & Take Crafts

Proceeds to benefit the
Oshkosh Seniors Center

Rain or Shine
Oshkosh Seniors Center North Building
234 N Campbell Rd



September Programs

North Facility (NF) South Facility (SF)

PIANO CONCERT (SF)

Enjoy the music of yesterday!

Thursday, September 1, 1 p.m.

Dr. Jim Weiland and Marty Kees return to the Center. Bring a friend and enjoy an afternoon of music with Jim on the piano and Marty on bass. Refreshments complement the afternoon.

WATERCOLOR "FUN-SHOP" WITH SUE SPANBAUER (SF)

"Cool Stream"

Saturday, September 3, 9 a.m. – 3 p.m.

Fee: \$16.00 Oshkosh residents, \$16.50 nonresidents

Deep in the woods there is a cool spot where the stream tumbles over rocks and stones. Imagine it...now let's paint it. Make a vignette type painting and add pen & ink to make it more interesting. There are so many ways to be creative; so bring your imagination, your paints and brushes and come join us as we paint "Cool Stream". For questions, call Sue at 232-0359. To register call the Senior Center at 232-5300.

COMPUTER LAB OPEN HOUSE (SF)

Tuesday, September 6, 9-11 a.m.

Come visit the Oshkosh Seniors Center Computer Lab and see what it's all about. Learn about the equipment, classes, enrollment, labs, chats and much more. Everyone is welcome!

COMPUTER ENROLLMENT FAIR (SF)

Wednesday, September 7, 9-11 a.m.

Come to the Enrollment Fair to sign up for computer workshops and classes in September including "Music and More" offered on Tuesday, September 13 from 8:30 -10:30 a.m.; learn about acquiring and using music files on the computer – downloading, ripping, listening on the computer or the personal music player, and preparing CD's for the car.

OSC RED HAT SOCIETY (SF)

Red Hat-A-Tude Meeting

Wednesday, September 7, 10:30 a.m.

Queen Linde Andresen invites all interested ladies 50+ to share life's experiences and expand one's friendships. For more information, contact Linde at 426-4246.

TAI CHI (NF)

Thursdays, September 8-October 13

12-1 p.m. (Beginner), 1-2 p.m. (Advanced)

Cost: \$70 Oshkosh residents; \$76 nonresidents

Preregistration is required by September 6

This series of workshops will introduce the Yang family Tai Chi form. Tai Chi increases flexibility, balance, energy, and strength. Each week, participants will learn a new posture that will be added to the previous week and learn how they are strung together. Please wear loose, comfortable clothing and flat shoes. Andy Mertens will instruct.

THURSDAY BINGO (SF)

September 8, 1 p.m.

Second Thursday of the month

(note: replaces the first Tuesday monthly bingo)

Prizes provided by Northpoint Medical and Rehabilitation Center

Win great prizes! Vince and Mary Ulrich are your host and hostess for Bingo.

September 15, 1 p.m.

Third Thursday of Month

Join caller, Mary Ann Sieger and assistants, Don, Florence, Judy and Arlene for an afternoon of Bingo with prizes donated by the *Friends of Oshkosh Seniors Center*. Everyone is welcome!

WEIGHT MANAGEMENT SUPPORT GROUP (SF)

Cancelled for September, will resume in October.

COOKING FOR 1 OR 2? – A COOKING CLASS FOR YOU! (SF)

Thursday, September 8, 1 p.m.; Cost: \$10

Preregistration and payment required by Tuesday, September 6

Preparing nutritious, tasty meals for one or two people can be a challenge. Join Chef Peter Buck as he teaches you how to prepare delicious meals for one or two people. Be sure to come hungry, as you will be able to enjoy all of Chef Peter's mouth-watering creations!

September Programs

North Facility (NF) South Facility (SF)

GO-PACK-GO

Single Senior Tailgate and Packer Game

Tired of watching the game alone? Cheer on the champions with others who enjoy football, especially the **Green Bay Packers!** Support the team; Meet new friends; Celebrate the season! *Tailgate – one hour before game time.*

Thursday, September 8

Green Bay Packers vs. New Orleans Saints – tailgate @ 6:30 p.m. – game time @ 7:30 p.m. (SF) Bring a snack/munchies or dessert to share. Bring your non-alcoholic beverage; coffee bar available.

Sunday, September 18

Green Bay Packers vs. Carolina Panthers – tailgate @ 11 a.m. – game time 12 noon. (SF) Pot Luck Luncheon - Bring a dish to share. Bring your non-alcoholic beverage; coffee bar available.

Sunday, September 25

Green Bay Packers vs. Chicago Bears – tailgate @ 2:15 p.m. – game time @ 3:15 p.m. (SF) Sandwich Bar – Bring a loaf of bread stuffed with your favorite fillings (example: turkey, brown mustard, lettuce & tomato – corned beef, sauerkraut, & thousand island dressing or even peanut butter and jelly) Bring your non-alcoholic beverage; coffee bar available.

Sunday, October 2

Green Bay Packers vs. Denver Broncos – tailgate @ 2:15 p.m.- game time at 3:15 p.m. (SF) Pot Luck Supper - Bring a dish to share. Bring your non-alcoholic beverage; coffee bar available.

BASKET WEAVING CLASS (SF)

“Candy Corn Basket”

Monday, September 12, 9 a.m.-3 p.m.

Cost: \$21 Oshkosh resident and \$22.50 nonresident

Reservations required by: Friday, September 9

Join JoAnn Lewis, make a square basket with black reeds complemented by orange or pumpkin accent reeds. The basket includes a Halloween and Thanksgiving tie-on. Beginners are welcome. Everyone takes home a completed basket. To register, call the Center at 232-5300.

LEARNING IN RETIREMENT (SF)

“Renewable Energy from UWO Biodigester”

Monday, September 12, 10 a.m.

UWO is the home of the first commercial scale biodigester in the Western Hemisphere. The facility provides electricity and heat while diverting waste from food operations and landscaping. Michael Lizotte will discuss the technology and partnership behind the project. Following his presentation, there will be an optional walking tour through the facility, which is located on Dempsey Trail, adjacent to the campus service center, just a short walk from the Seniors Center.

CHORUS (SF)

Mondays, beginning September 12, 2 p.m.

Welcome back! The Oshkosh Seniors Center Chorus performs for various special events at local nursing homes and assisted living facilities in the Oshkosh area. Do you enjoy singing? New members are invited to share the joy of music and meet new friends.

SOCIAL FOR THE SINGLE SENIOR

Tuesday, September 13, 11:30 a.m.

Lara’s Tortilla Flats, 715 N Main St

Reservations required by Monday, September 12, call 232-5300

YARD PUMPKIN (NF)

Tuesday, September 6 and 13, or September 20 and 27, 12:00-2:30 p.m.

Cost: \$2 per pumpkin; includes all materials and paint

Registration required by September 6

Beginners welcome! Learn the techniques and skills to craft a wooden pumpkin for outdoor fall decorating. Jerry Draws will provide hands-on instruction in the wood shop. Class size is limited – register early.

LIVING HEALTHY AFTER 50 (SF)

“Arthritis and Osteoporosis”

Tuesday, September 13, 1 p.m.

Sponsored by Aurora Health Care

Registration is required by Monday, September 12, call 232-5300.

Rheumatologist Dr. Zhijie Zhou and Registered Nurse, Shary Mohelnitzky, will speak on arthritis and osteoporosis issues facing older adults.

September Programs

North Facility (NF) South Facility (SF)

FITNESS ASSESSMENTS - HOW FIT ARE YOU? (NF)

Tuesday, September 13, 1-3 p.m.

Tuesday, September 27, 1-3 p.m.

A nurse and an exercise specialist provide fitness assessments.

Each 30-minute assessment consists of:

- Blood Pressure Check
- Calculation of Body Mass Index
- Risk Assessment for Metabolic Syndrome
- Upper and Lower Body Strength Measurement
- Upper and Lower Body Flexibility Measurement
- Cardiac Endurance Test
- Balance and Agility Test
- Individual consultation regarding results

All assessments are FREE. Call 232-5300 to schedule your appointment today.

BIRD CARVING (NF)



Thursdays, September 15-April 26, 2012

8-11:30 a.m.

Materials Cost: \$10 (includes one block and pair of eyes) paid to the instructor.

Class user fee: \$1 per week Oshkosh residents; \$1.50 per week non-residents

Register by Wednesday, September 7, call 232-5300.

Carve a "*Rose Breasted Grosbeak*" and/or "*Evening Grosbeak*" with Richard Christensen and Ron Schmitz.

This bird is a large seed-eating songbird in the cardinal family (Cardinalidae).

WOOD SHOP CLASS (NF)

Decorative Serving Tray

Fridays, September 16, 23 and 30, 8:30-11:30 a.m.

Cost: \$25 includes materials and supplies

Class user fee: \$1 per week Oshkosh residents; \$1.50 per week non-residents

Reservations and payment required by Friday, September 9, call 232-5300.

Assemble a decorative wooden tray in the Center's wood shop. Use in-lay pieces of various kinds of wood to create a personal masterpiece to give as a gift or keep for your collection. Tom Peotter, NWFA Certified Instructor, will provide hands-on instruction.

PAINTING CLASSES (SF)

Monday, September 19 and 26

9-11 a.m. and 1-3 p.m.

Fee: \$5 paid to instructor plus \$1.00 Oshkosh residents, \$1.50 nonresidents each week.

No experience necessary!

Susan Lefeber, teacher at the Fond du Lac Senior Center, is offering painting classes following the principles of Mary Todd Beam and Virginia Cobb. She has received 3rd place at South Park's Oshkosh Art Fair and has received numerous awards throughout Wisconsin. *Learn to Relax – Learn to Paint – What a Great Way to Reduce Stress.*

FROM AGE-ING TO SAGE-ING – A PROFOUND NEW VISION OF GROWING OLDER

By: Zalman Schachter-Shalomi

Book Discussion (SF)

Tuesdays, September 20 – November 29

10:00 a.m. – 11:15 a.m.

Book Cost: \$10 –Pre-paid cash payment only

****Book Order due by: Thursday, September 8****

Book Order Pickup: Thursday, September 15

Could the latter decades of our life have a surprising and wonderful agenda? Join a weekly discussion of an extraordinary book which draws on multiple religious traditions and cultures to explore the concept of "sage-ing" or "spiritual eldering". It is a call to share the wisdom of our life experiences to heal and nurture our families, the community and the world. Books can be purchased on your own or pre-ordered through the Center. Register early by calling 232-5300. Space is limited. For questions or more information, contact the facilitator, Paula Stephens at 232-5305.

GET ASSOCIATED WITH YOUR FINANCES (SF)

"Seniors and the Economy"

Tuesday, September 20, 1 p.m.

Presented and Sponsored by Associated Bank

Living on a fixed income can prove to be a challenge as the costs for everything continues to rise. Income, housing costs, and the annual cost of living increases can have profound effects upon the quality of life experienced during retirement years. Examine issues related to the economy and its influence upon seniors.

September Programs

North Facility (NF) South Facility (SF)

PARKINSON'S SUPPORT GROUP (SF)

Tuesday, September 20, 2:00 p.m.

Please join us for a discussion on the changing dynamic and role reversal that occurs when a loved one has a chronic illness. Kristine Sack, Older Adult Counselor for LSS will be our guest presenter. People with Parkinson's Disease and their care partners are invited to attend.

EXERCISE BASICS (NF)

Wednesday, September 21, 1 p.m.

Learn the components of a balanced exercise program, the FITT Principle, the benefits of proper breathing, counting, warming up and cooling down. Exercise Basics is a mandatory class for all new Fox Fitness Center participants. Current users of the Fitness Center who would like a refresher course are also welcome.

WHAT DO I DO WHEN I TURN 65? (SF)

Wednesday, September 21, 1 p.m.

Registration is recommended by calling 232-5300.

Learn the various parts of Medicare, what choices you need to make when you become Medicare eligible, and what the timelines are for those choices. Learn answers to questions such as:

- How do I sign up for Medicare?
- What if I am covered under my spouse's insurance?
- I am still working...do I need Medicare?
- What exactly is Medicare A, B, C and D?
- What are the new private Medicare plans?

This informative workshop will be presented by Joan Jaworski, Benefit Specialist for Winnebago County.

ADJUST YOUR LIFE (SF)

"Low Back Pain and Sciatica"

Thursday, September 22, 1 p.m.

Learn about low back pain and affiliated conditions like sciatica and herniated discs. Treatment options and prevention of lower back pain will be discussed. The workshop will be presented by Krueger Family Chiropractic.

REPRESENTATIVE GORDON HINTZ OFFICE HOURS (SF)

Friday, September 23, 10a.m.-12 p.m.

A HEALTHIER YOU! (SF)

Monday, September 26, 1 p.m.

The Oshkosh Seniors Center in partnership with Aurora Health Care host a monthly workshop entitled "A Healthier You!". The workshop will be presented by registered dietician and diabetes educator, Dena Mayer.

BOOK CLUB (SF)

Tuesday, September 27, 9:30 – 10:30 a.m.

Discussion – **If Trees Could Talk**

HARBORING YOUR HEALTH; MEMORY HEALTH AND MORE (SF)

"Nutrition the 5 Star Harbor Way"

Wednesday, September 28, 10 a.m.

Sponsored by Harbor House

Learn the benefits of eating healthy and how it relates to the prevention of Dementia and Alzheimer's.

SENIOR MOTORCYCLE RIDES (NF)

Wednesday, September 28, 10 a.m.-2 p.m.

The ride will begin at the Oshkosh Seniors Center North facility parking lot. Come on out and enjoy the ride!

GRILL'N TIME (NF)

Thursday, September 29, 11:30 a.m. – 12:30 p.m.

Hamburgers and hot dogs grilled to perfection with all the trimmings. A variety of salads will complement the picnic atmosphere. Donations are appreciated.

THE GREEN FIRE STORY (SF)

Thursday, September 29, 6:30 p.m.

Winnebago Audubon invites you to view the extraordinary film, *Green Fire: Aldo Leopold and the Land Ethic in the 21st Century*, with Shannon Davis-Foust, Lecturer, Environmental Studies, UWO. This film introduces the viewer to the famed conservationist and writer, Aldo Leopold, who is sometimes referred to as the "father of wildlife management." The film helps viewers to understand "land ethic" and how this way of thinking can be applied to the environmental problems we face today. Audiences are challenged to contemplate humanity's relationship with the natural world and inspired to actively engage in land stewardship projects in their communities. For more information about the film go to this website: <http://www.aldoleopold.org/greenfire/index.html>. If you have questions about the evening, please contact Janet at 920-589-2602 or wiss@centurytel.net.

Special Programs

Retreat...Relax...Renew

Sunday, September 25
10:30 a.m. -4:30 p.m.



Open to Women
age 50 and older

Registration forms are available at the Oshkosh Seniors Center North and South Facilities.
Cost is: \$12 per participant. Registration deadline: Friday, September 16, 2011.

All ages
welcome!



granny smith
5k run/walk
or 1 mile fun walk

October 8, 2011 | 9 a.m.

registration fees:

5K run/walk

\$20 minimum donation
By 9/30
\$25 minimum donation
After 10/1

1-mile walk

\$15 minimum donation
By 9/30
\$20 minimum donation
After 10/1

registration: 8:00-8:45 a.m.
run start: 9:00 a.m.
walk start: 9:05 a.m.

SIGN UP TODAY!

REGISTRATION FORMS AVAILABLE AT
THE NORTH AND SOUTH BUILDINGS

All participants of the 5K
and 1-mile event will be
entered to win one of the
following:

iPad
Flat Screen TV
\$200 to Oshkosh Cyclery
\$50 Target gift card
\$50 Festival Food gift card

Exercise & Fitness

FITNESS & EXERCISE REIMBURSEMENT?

Did you know you could be reimbursed for your Fitness Center or Exercise class payment?

Many insurance policies will reimburse you for a portion (or all) of your fees.

For more information, call Sara at 232-5300 or contact your insurance company directly to see if you qualify.



Scheduled Nurse (N) and Exercise Specialist (E) Hours

Do you have questions regarding diet or nutrition, medication, disease prevention and management, or the use of equipment in the Fox Fitness Center? Would you like your pulse, pre- or post-exercise blood pressure monitored? Join us in the Fox Fitness Center and get your questions answered.

(N) Wednesday, Sept. 14	8:00-9:00 a.m.
(N) Monday, Sept. 19	9:00-10:00 a.m.
(N) Wednesday, Sept. 28	10:00-11:00 a.m.
(E) Wednesdays, all	7:15-8:00 a.m.
(E) Wednesday, Sept. 7	10:00-11:00 a.m.
(E) Tuesday, Sept. 20	9:30-10:30 a.m.

Fox Fitness Center (NF)	Monday - Thursday	6:45 a.m. - 2:45 p.m.
Hours of Operation	Friday	6:45 a.m. - 11:45 a.m.

Thank you to Webster Stanley Middle School and the volunteers who helped make "Join Hands" Day a success.

Over \$600 was raised to support the Oshkosh Seniors Center and Webster Stanley Middle School.



From Age-ing to Sage-ing – A Profound New Vision of Growing Older

By Zalman Schachter-Shalomi

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Books can be purchased on your own or pre-ordered through the Center. Register early by calling 232-5300. Space is limited. For questions or more information, contact the facilitator, Paula Stephens at 232-5305.

Wellness

FIVE THINGS YOU CAN DO TO LOWER YOUR BLOOD PRESSURE

1. Maintain a normal body weight
2. Engage in 30 minutes of aerobic physical activity per day
3. Adapt the DASH diet eating plan
4. Reduce dietary sodium intake (1,500 mg/day if 51 years or older)
5. Limit alcohol consumption



To make an appointment for a BP reading by a registered nurse, call 232-5300.

TEPP FUNDS AVAILABLE FOR TELEPHONE HARD OF HEARING

Completion of a simple request form is all that is necessary to obtain a grant of \$100 for a quality-amplified telephone. There is no age or income limit. The cost of the telephones is approximately \$100-\$150. Many phone models will require a co-payment of \$5-\$40.

If you would like to view several specialty phones or get an application, make an appointment to see the nurse at the Center, call 232-5300.

Routine Nail Care (SF)

Call For Your Appointment Today!
232-5300

Nail-care provided by a Registered Nurse
(\$20 donation requested)



Woodshop Wonders

Visit the OSC Woodshop and observe our six foot tall nutcracker as it is being transformed into a "star-spangled" work of art. Large clusters of stars from the local business "Signs & Designs" are giving an "out-of-this-world" image to an ordinary nutcracker. The work in progress statue will be on display in the woodshop for all to see until October. Stop in, take a look and talk with artist Ron Schmitz. Discover how Ron's finished artwork will look.



Make a new friend with Senior Friends of Winnebago County, where creating lifelong friendships and endless smiles costs only your time.

Volunteers experience:

- Good company
- Timeless stories
- That rewarding feeling of helping someone in need

Looking to
positively
impact
someone's life?
Including your own?

get involved!

920.231.3590

redcross@ecw-redcross.org



Senior Friends provides companionship, outreach and advocacy to homebound seniors in Winnebago County. Sponsored by The American Red Cross.

Available Services

SENIOR COMMUNITY RESOURCES

LLS Senior Connection provides information and assistance to seniors and/or their family members. Seniors can be connected to resources such as:

- In-Home Care Providers
- Support Groups
- Home Handyman List
- Transportation Services
- Legal Services & POA Forms
- Long-Term Care Facilities
- Money Management
- Mental Health Services
- Nutrition and Meal Program
- Independent and Subsidized Housing
- Respite and Adult Day Care
- Social Service Benefit Programs
- Employment Training and Assistance
- Caregiver resources



To request information, please call Mary Kay at 232-5304 or email questions to: MaryKay.Rathe@lsswis.org.

VOLUNTEERS NEEDED

Qualified volunteers are needed as **receptionists** at our desks at both of our buildings. If you have good communication skills; answering phones, taking good messages; work well with the public; a team player to help staff with various projects. Some basic computer skills are helpful but not necessary. The ability to walk the building you are assigned to for giving directions and tours. A friendly, outgoing, patient personality is required. A commitment of at least 4 hours per week is desirable.

We are also in need of relatively strong and agile persons to help **set up and take down** tables and chairs for various events. A monthly schedule is set up in advance for volunteers to sign up for either the set up OR the take down of a particular event. Most events are held during our open hours of operation, Monday through Friday.

If you are interested in volunteering for either of these opportunities, please contact Oshkosh Seniors Center Volunteer Coordinator, Linda Verwiell at 232-5306 or e-mail lverwiell@ci.oshkosh.wi.us.

LSS Older Adult Services Counselor Now Available at the Oshkosh Seniors Center

My name is Kristine Sack and I'm **so** excited to introduce myself to everyone at Oshkosh Senior Center as the new Older Adult Services Counselor!

I graduated from the University of Massachusetts in 1993 with a Bachelor of Arts degree in Women's Studies and English and graduated with my Master of Arts degree in Counseling from Lakeland College in May of this year. Before coming to the Older Adult Services Program, I completed a year-long internship at the Lutheran Social Services location on Richmond Street in Appleton. I also work as the area's Pre-Marriage Workshop Facilitator for LSS, holding workshops 6 times a year for couples readying themselves for marriage.

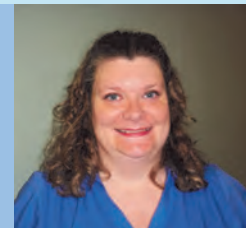
I grew up in Appleton, moved away for college, then spent 8 years after graduation living and working in Milwaukee. I moved back to the Fox Valley in late 2002.

I've been married to my husband Mark for 6 years this September. Our "babies" are our puppy Apollo and our cat Angel. In my spare time I enjoy going to the dog park with Apollo, reading current fiction (I miss the Oprah Book Club!), watching certain TV shows and movies with my husband, and spending time with my extended family both in Appleton and in the Shawano area, where I am from originally.

I am in the office here at OSC on Friday mornings from 9am to 12pm. With hope, my time here will expand to be all day on Fridays in the future. I can help with a number of emotional issues you may be experiencing as an older adult and/or as the caregiver of a loved one. Don't hesitate to call me directly at 920-225-1709 and feel free to leave me a confidential voicemail if I'm unavailable at the time you call.

I look forward to meeting new people and seeing new faces here at the Oshkosh Senior Center! Here's wishing you good mental health!

Kristine K. Sack, B.A., M.A.C.



Friends of the Oshkosh Seniors Center

FOSC Monthly Board Meeting

Thursday, September 22, 9 a.m.

WELCOME NEW FRIENDS OF THE OSHKOSH SENIORS CENTER!

Joan Schloesser
Reg & Carol Jennerjohn
Virginia Brockhaus
Marilyn Potter

Be a Friend, Support the OSC!

\$15 per year (single)
\$20 per year (couple)

Winnebago Senior Tours

Sponsored by the Friends of the Oshkosh Seniors Center

Warren's Cranberry Festival

Date: Friday, September 23, 2011

Cost: \$57

Guides: Cindy Glatz & Cheryl Sawitski

Gather your friends and walking shoes for a day of food, music and shopping. Tour the cranberry marshes then shop with a "baggage dump" at the bus midway through the day. Eat at the Burnstads' European Restaurant and Village for supper.

Door County Fish Boil

Date: Wednesday, October 5, 2011

Cost: \$99

Guides: Carol Kaufmann & Cheryl Sawitski

Join us on a narrated, scenic, five-hour tour on a Door County Trolley. The trip will include a tour of the Eagle Bluff Lighthouse, known as "The Historic Jewel of Door County", that was built in 1868 and accurately restored and furnished in antiques from the period. Also included, Door County wineries where we will tour the dark cellars and see how their wine is made. We will be stopping for a luncheon fishboil to include Lake Michigan whitefish boiled with baby red potatoes and sweet onion. (Another menu will be available for those not wanting the fishboil.) On the way home we will also stop at Simon's Cheese.

Experience Racine County

Date: Thursday, October 13, 2011

Cost: \$54

Guides: Carol Kaufmann & Cheryl Sawitski

Have you tried the famous "kringle"? We will be taking a tour of Larsen's Bakery to learn how kringles are made with a free sample and "tour bus" specials. Then it is on to SC Johnson Corporation headquarters (designed by Frank Lloyd Wright). Lunch will be at Spinnakers overlooking Lake Michigan. After lunch we visit the oldest and tallest working lighthouse on Lake Michigan-Wind Point Lighthouse before our trip home.

TOURS CONTINUED ON PAGE 14

Fall Family Fun Fest Raffle

Purchase your Tickets Today!

Tickets on Sale Now
at the Oshkosh Seniors Center

\$5 each or
2 for \$10

Prizes will include:

42" Panasonic Plasma TV
\$300 Cash Prize

Drawing will be held:

1:30 p.m. at the Fall Family Fun Fest Event
Sunday, September 11, 2011



Winnebago Senior Tours

PAC Express - In the Mood

Date: October 21, 2011

Cost: \$35

Guide: Cindy Glatz & Carol Kaufmann

Join us at the Appleton PAC on Friday evening for the 7:30 p.m. show. The bus will leave the Oshkosh Seniors Center North facility at 6:15 p.m. Our seats are in the C-Orchestra section. Listen to music of Miller, Dorsey, Andrew Sisters, Sinatra and others in a 1940's Big Band revue.

Potawatami Casino - Milwaukee

Date: November 8, 2011

Cost: \$25

Guide: Jo Hagene & Cheryl Sawitski

Join us for a trip to Potawatami Casino. You will receive \$15 in Play Rewards and \$15 for food and beverage with the cost of the trip.

Coloma - Christmas on the Farm

Date: Sunday, November 27, 2011

Cost: \$55

Guides: Pat Krohn & Kathy Kietz

Enjoy an afternoon of good food and entertainment. First, start off with a family style lunch at the Silvercrest Restaurant in Wautoma. Then travel to Coloma for the Clauson Show beginning at 2 p.m. You don't want to miss this special entertainment..

Winnebago Senior Tours Oshkosh Seniors Center - South Building

Desk Hours:

Monday - Friday 9 a.m. - 3 p.m.

Phone: 920-232-5312

Has Your Information Changed?

If you have a change of address, phone number or email, please contact us as soon as possible at 232-5300. Thank you!

A Fireside Christmas

Date: Tuesday, December 20, 2011

Cost: \$92

Guide: Carol Kaufmann & Betty Litjens

This year we will be seeing the Fireside Christmas show which is a musical variety show.

New Year's Eve—Meyer Theater Green Bay

Date: Saturday, December 31, 2011

Cost: \$79

Guide: Cindy Glatz & Pat Krohn

Don't celebrate alone this year! Join the party and an encore performance of 2011. The evening will be filled with the greatest songs from all the shows. Unlimited desserts are included at intermission and a little of the bubbly and party favors at midnight. Bus will depart from the Seniors Center at 6:30 p.m. and return around 1:30 a.m. in 2012.

Upcoming Tours:

Tentative Casino Trip—November

PAC Express Tours for 2012

January 27, 2012 - Swan Lake (\$29)

The bus will leave the Senior Center at 6:15 p.m. with C-Orchestra seating.

February 10, 2012 - Million Dollar Quartet (\$59)

The bus will leave the Senior Center at 6:15 p.m. with 1st floor Grand seating.

April 29, 2012 - West Side Story (\$59)

The bus will leave the Senior Center at noon with C-Orchestra seating.

NEWSLETTER FOLDING (SF)

**Newsletter folding is Tuesday, September 27
1 p.m.**

Choice Bank provides refreshments.

**The newsletter will be ready for delivery on
Wednesday, September 28.**

Your assistance in folding and delivering newsletters is appreciated.

Weekly Activities

Monday

6:45 a.m. – 2:45 p.m.	Fitness Center	(NF)
8:00 a.m.	Totally Toning	(NF)
8:30 a.m.	Cardio Mix	(NF)
9:10 a.m.	Absolutely Abs	(NF)
10:00 a.m.	German	(SF)
10:30 a.m.	Music in Motion	(NF)
11:30 a.m.	Canasta	(SF)
12:30 p.m.	Sheepshead	(SF)
1:00 p.m.	High Intermediate Line Dancing	(NF)
2:00 p.m.	Chorus	(SF)
2:45 p.m.	Bingo	(SF)

Tuesday

6:45 a.m. – 2:45 p.m.	Fox Fitness Center	(NF)
8:00 a.m.	Cribbage	(SF)
8:00 a.m.	Ceramics	(SF)
8:00 a.m. – 12:00 p.m.	Open Wood Shop	(NF)
8:45 a.m.	Flex ‘n Stretch	(NF)
9:00 a.m. – 11:00 a.m.	Creative Writing	(SF)
10:30 a.m.	Spanish	(SF)
12:00 p.m. – 2:30 p.m.	Open Wood Shop	(NF)
12:30 p.m.	Sheepshead	(SF)
12:30 p.m.	Intermediate Line Dancing	(NF)
1:00 p.m.	Mexican Train	(SF)
1:30 p.m.	Beginner Line Dancing (starts 9/20)	(NF)
1:30 p.m. . – 3:30 p.m.	Computer Talk	(SF)

Wednesday

6:45 a.m. – 2:45 p.m.	Fox Fitness Center	(NF)
8:00 a.m.	Totally Toning	(NF)
8:00 a.m. – 11:00 a.m.	Open Wood Shop	(NF)
8:30 a.m.	Cardio Mix	(NF)
8:30 a.m.	Watercolor & Acrylic Painting Lab	(SF)
9:10 a.m.	Absolutely Abs	(NF)
9:00 a.m.	Chess/Cribbage	(NF)
10:30 a.m.	Music in Motion	(NF)
12:30 p.m.	Sheepshead/Cribbage	(SF)
1:30 p.m. – 3:30 p.m.	Computer Tutor Time	(SF)

Thursday

6:45 a.m. – 2:45 p.m.	Fox Fitness Center	(NF)
8:00 a.m. - 12:00 p.m.	Open Wood Shop	(NF)
8:30 a.m.	Painting Lab	(SF)
8:45 a.m.	Flex ‘n Stretch	(NF)
9:00 a.m.	Knitting and Crocheting Lab	(SF)
9:00 a.m.	Pinochle	(SF)
11:00 a.m.	Spanish	(SF)
12:00 p.m.	Wisconsin Warmers	(NF)
12:00 p.m.	Tai Chi (Beginner)	(NF)
12:00 p.m. – 2:30 p.m.	Open Wood Shop	(NF)
1:00 p.m.	Tai Chi (Advanced)	(NF)
1:30 p.m. – 3:30 p.m.	Computer Lab	(SF)
2:30 p.m.	French	(SF)

Friday

6:45 a.m. – 11:45 a.m.	Fox Fitness Center	(NF)
8:00 a.m. – 11:30 a.m.	Open Wood Shop	(NF)
9:00 a.m.	Instructor Choice (begins 9/16)	(NF)
10:00 a.m.	History	(SF)
10:30 a.m.	Music in Motion	(NF)
1:00 p.m.	Open Bridge	(SF)

Thank you to the following who help OSC to “get the word out!”

- Oshkosh Community Media Cable Channel 2 & 10
- WOCT 101.9 FM - Public Radio
- The Oshkosh Northwestern
- Winnebago County
- WNAM 1280 AM

Senior Savvy

Television - CitiCable 10

Mon., Wed., Fri.,	2:30 p.m.
Thursday	6:30 p.m.
Fridays	10:00 p.m.
Sundays	4:30 p.m.

www.oshkoshcommunitymedia.org

Radio

WOCT 101.9 FM

First, third, & fourth Mondays, 9:00 p.m.
First Tuesdays, 7:00 p.m.

Fit and Over 50

Television - CATV 2

Tuesdays and Thursdays 3:00 p.m.



Thank you to all businesses & individuals who purchase ads in the “Current” newsletter



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Hours: M.–Fri., 8:00 a.m. – 4:00 p.m.

Oshkosh Seniors Center North

234 N. Campbell Road
Oshkosh, WI 54902
920-232-5300
Hours: M–Th. 6:45 a.m. – 2:45 p.m.
Fri., 6:45 a.m. – 11:45 a.m.

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