



January 2023

220 Washington Ave, Oshkosh  
211 N. Commercial St, Neenah  
(877) 886-2372

We wanted to provide an update on the status of the Advocap meal sites in Winnebago County. Please see the chart on the right as to what the status is of each location. Note that the Omro Community Center will not be opening as a site. The yellow highlight indicates a property of the Oshkosh/Winnebago County Housing Authority.



## Advocap: Meal Site Updates

Name	Address	Who makes the food?	Time	Open?
Heritage Court	600 W. Packer St, Oshkosh	Canteen	11:30am-12:30pm	Yes
Pickett Community Center	6877 State Rd 44, Pickett	Pickett Community Center	11:30am-12:30pm	Yes
Menasha Senior Center	116 Main St, Menasha	Canteen	11:30am-12:30pm	Yes
Court Tower	100 Court St, Oshkosh	Canteen	"Grab and Go"	Not yet
Raulf Place	530 N. Main St, Oshkosh	Canteen	"Grab and Go"	Not yet
Fox View Manor	330 W. Main St, Omro	Pickett Community Center	11:30am-12:30pm	Open
Marion Manor	600 Merritt Ave, Oshkosh	Canteen	11:30am-12:30pm	Open
Riverside	101 N. 2 <sup>nd</sup> St, Winneconne	Pickett Community Center	11am-12pm	Open
Oshkosh Senior Center	South Building: 200 N. Campbell Rd, Oshkosh	Canteen	11:30am-12:30pm	Open
Hearthside Commons	210 Haylett St, Neenah	Canteen		Not yet

### Who is eligible to eat at a congregate meal site?

- Age 60 or older
- Any spouse who attends the dining center with their spouse who is aged 60 or older
- A person with a disability, under age 60, who resides in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided
- An individual who is disabled who resides at home with an eligible older individual participating in the program

### What exactly is Canteen?

Canteen is out of Appleton and makes the food daily for many of the meal sites. It is delivered and served at the meal sites. Canteen also prepares the food that is used for the home delivered meal program through Advocap. The exception to this is that the Pickett Community Center prepares the food for their site as well as the rural sites in the county.

### What is the cost?

All of these meals are served Monday through Friday (unless there is a holiday). The actual cost of the meal is \$13.75; though the suggested donation is \$4 per meal or any contribution that the person is able to make. There is NOT a required donation amount and people can attend without having donated. Note that if a person does not live in a housing authority meal site and wants to eat at the location, they still can as long as they meet the above criteria. If a participant would like to have a family member/ friend (who does not meet eligibility criteria) enjoy a meal with them, that person would need to pay \$13.75.



### Do I need to RSVP?

RSVP is required by 12pm the business day prior to the meal. There is a sign up sheet facilitated by each meal site manager. Any questions? Please call Advocap at 920-725-2791.



# JANUARY EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4 Winnebago County Human Services Board Meeting 3pm	5	6 FVMP Lunch Bunch Los Rivera's Oshkosh 11am	7
8	9 SPARK! The Trout Museum of Art 1pm  Memory Care Respite Neenah 1:30-3:30pm  ADRC Committee Meeting 3pm  Memory Cafe Beaming Barn* 10am-11:30am	10 SPARK! Bergstrom Mahler Museum 10:30am  FOOD + DIVERSITY + COMMUNITY * Oshkosh Downtown YMCA 11am-12:30pm  Welcome to Medicare Presentation * 220 Washington Ave, Oshkosh 2pm	11 FVMP Memory Cafe Oshkosh Library 1:30pm	12 Virtual Dementia Tour Parkview Health Care Center 9am-Noon Registration needed*  Virtual ADRC Caregiver Support Group 3:30pm	13 Menasha Committee on Aging 1pm	14 Oshkosh Farmer's Market Oshkosh Arena 9am-12:30pm
15 MarketPlace Open Enrollment ends today	16 FVMP Memory Cafe Neenah Library 1:30pm  Martin Luther King Jr Day 	17 Men's Caregiver Support Group Cafe Nutrition Neenah 10:30am	18 Memory Screenings Menasha Senior Center 10am-12pm  FVMP Memory Cafe Menasha Library 1:30pm	19 Neenah Committee on Aging 9am  Memory Screenings Oshkosh Senior Center 10:30am-12pm  Caregiver Support Group Community Church 3:30pm	20	21
22	23	24 Memory Care Respite Oshkosh 1:30pm	25 SPARK! The Paine Art Center 1pm	26	27	28 Oshkosh Farmer's Market Oshkosh Convention Center 9am-12:30pm
29	30 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	31				

\*An asterisk indicates there is more to read about this event in this newsletter.

# Calendar Contact Information

FVMP Memory Cafes TLC Support Group Lunch Bunch	Fox Valley Memory Project (920) 225-1711 info@foxvalleymemoryproject.org
ADRC Caregiver Support Group Memory Screen Senior Centers	Alisa Richetti (920) 236-1227 Arichetti@winnebagocountywi.gov
SPARK!	Paine Art Center, Oshkosh (920) 235-6903 Bergstrom Mahler Museum, Neenah (920) 751-4658 The Trout Museum, Appleton (920) 733-4089
Neenah Memory Respite Care	(920) 383-1180 or memorycarerespite@gmail.com
Oshkosh Memory Respite Care	(920) 727-5555 ext. 2217
Winnebago County Human Services Board	pbartelt@winnebagocountywi.gov
ADRC Committee Specialized Transportation Committee	ADRC@winnebagocountywi.gov
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us
Menasha Committee on Aging	khutter@ci.menasha.wi.us
Oshkosh Committee on Aging	Judy.Richey@aol.com

## CONNECTING COMMUNITY THROUGH FOOD

**Date:** Jan 10th, 2023

**Time:** 11am-12:30pm (stop by anytime)

**Location:** Downtown Oshkosh YMCA

**RSVP:** By January 9th to 920-236-3380

**Cost:** FREE!



The Oshkosh YMCA and the ADRC of Winnebago County are partnering to learn more about different cultures values and traditions by trying cuisines that you're unfamiliar with! On January 10th, we will be making Brazilian cheese bread. This is a staple in every home in Brazil. This is normally served with coffee, usually when guests come over. In Brazil, it's normal to gather with friends and family for an afternoon coffee or a weekend barbecue. We love eating and sharing our experiences with loved ones that way. This is the famous Brazilian cheese bread, it's made with tapioca starch and cheese. It's gluten free but full of flavor!



### "It Happens Here" Sex Trafficking Documentary Viewing Opportunity

Join us as we acknowledge Human Trafficking Awareness month (January) as a community by viewing the documentary created and released by the Department of Children & Families in Wisconsin. This documentary will be hosted by the Anti Human Trafficking Regional Specialist located in Appleton, WI- Lauren Hollie. There are 4 different opportunities to attend!

#### Join us on one of the following dates:

Date	Time	Zoom Information
Friday January 6 <sup>th</sup> , 2023	12:00 p.m.-1:00 p.m.	Meeting ID: 821 2454 3994 Passcode: 202956
Tuesday January 10 <sup>th</sup> , 2023	4:30 p.m.-5:30 p.m.	Meeting ID: 821 2454 3994 Passcode: 202956
Wednesday January 18 <sup>th</sup> , 2023	11 a.m.-12 p.m.	Meeting ID: 821 2454 3994 Passcode: 202956
Thursday January 26 <sup>th</sup> , 2023	8:30 a.m.-9:30 a.m.	Meeting ID: 821 2454 3994 Passcode: 202956

The film is divided into 5 segments (35 minutes):

- Part 1- It Happens Everywhere
- Part 2- Four Stories of Sex Trafficking
- Part 3- How It Happens
- Part 4- Stuck
- Part 5- Finding Help

Log into  
the Zoom  
room here



*The Department of Children and Families has created a documentary that tells the true stories of sex trafficking in Wisconsin and conveys how easy it is to be drawn into the life. This project is part of a statewide effort to inform youth and adults about the risk factors and warning signs of trafficking and what they can do to assist individuals who may be at risk of, or affected by, trafficking.*

Questions? Contact Lauren Hollie- lauren.hollie@outagamie.org

Zoom link: [https://us02web.zoom.us/j/82124543994?](https://us02web.zoom.us/j/82124543994?pwd=T1AweE1vWDJJaZ1d5Z0FqbkhvVlR3UT09)

[pwd=T1AweE1vWDJJaZ1d5Z0FqbkhvVlR3UT09](https://us02web.zoom.us/j/82124543994?pwd=T1AweE1vWDJJaZ1d5Z0FqbkhvVlR3UT09)



Below is an article from the Oshkosh Senior Center on a unique assessment tool they have to offer. You do not need to live in Oshkosh to utilize this tool.



The Oshkosh Seniors Center and Oshkosh Fire Department are teaming up to reduce the number of falls in our community. One in four people aged 65 or older falls each year. The prevention program you are here for today is designed to assess your risk of falling and give you the tools you need to reduce your risk of falling in the future.

**BIODEX FALL RISK SCREENINGS ARE AVAILABLE FEE IS \$10.00**



Appointments are required for the screening. Call 920.232.5301 to set up your test date.

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**Don't be a statistic! Instead be proactive in your efforts to maintain and improve your balance.**

**Have you ever wondered how your risk for falling compares with others? Take the Fall Risk Screening Test to find out!**

- In just 2 minutes the Biodes SD System's Fall Risk Test measures your risk of falling in comparison to people of your same age.
- It's a starting point that gives you the motivation to improve your balance.

**Grocery Store Tours w/ Kris**



**Join me, register today!**

Are your grocery bills too high? Are you getting the best price for your vegetables?

Learn to shop for health at your local grocery store! Tours include:

- choosing foods in season,
- tricks of unit-pricing
- finding healthiest options

Receive a reusable grocery bag & \$10 grocery store gift card!

**Tour Dates:**  
Call to make an appointment  
920-232-1981



**FOOD WISE**

# Health & Wellness Corner



Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls.

Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

## Menasha Senior Center

#920-967-3530

[www.cityofmenasha-wi.gov/departments/senior\\_center/the\\_senior\\_chatter\\_monthly\\_newsletter.php](http://www.cityofmenasha-wi.gov/departments/senior_center/the_senior_chatter_monthly_newsletter.php)

## Oshkosh Senior Center

#920-232-5300

[www.ci.oshkosh.wi.us/seniorservices](http://www.ci.oshkosh.wi.us/seniorservices)

## Neenah-Menasha YMCA

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

## Oshkosh YMCAs

#920-230-8916

[www.oshkoshymca.org/programs/senior-programs/index.html](http://www.oshkoshymca.org/programs/senior-programs/index.html)

## Winnebago County Health Department – Wellness Plus

#920-232-3000

[www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes](http://www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes)

## Omro Community Center

#920-685-0380 x 21

\*Classes are temporarily suspended due to their facility location change.



# STRONG BODIES

Strength training class  
for men and women 55+



- Improves bone density
- Can reduce falls
- Improves arthritis symptoms
- Increases flexibility
- Improves mood and confidence levels

Register with the  
Winnebago  
County Health  
Department

920-232-3000



Winnebago County  
Health Department

**SUGGESTED DONATION OF \$15 JOIN ANYTIME!**

## Neenah Highlands at Mahler Park

1555 Lyon Dr. Neenah  
Nov 3 - Jan 19  
Mon & Thurs 11am - 12pm

## Neenah YMCA

110 N Water St. Neenah  
Jan 3 - Mar 23  
Tues & Thurs 10am - 11am

## Menasha Senior Center

116 Main St. Menasha  
Jan 3 - Mar 30  
Tues & Thurs 9:30am - 10:30am

## Winneconne Highlands Senior Center

424 Cleveland St. Winneconne  
Nov 28 - Feb 16  
Mon & Thurs 11am - 12pm

## Omro - Grace Lutheran Church

720 Jackson Ave. Omro  
Jan 5 - Mar 23  
Mon & Thurs 9:30am - 10:30am

## Oshkosh - Briarwood Cottages

1118 W. 20th Ave. Oshkosh - Clubhouse  
Jan 3 - Mar 23  
Tues & Thurs 10:30 - 11:30am



# TAI CHI FOR ARTHRITIS & FALLS PREVENTION

MEMORIAL PARK - 1175 APPLEBLOSSOM DR. NEENAH

GEORGE SCHERCK SHELTER

TUES & THURS, JAN 24 - MAR 2

10:00 - 11:00 AM

Recommended donation of \$20

**Focusing on improving  
stability, strength  
and mental health.**

Reduce falls and fear of falling.

Enhance balance and mobility.

Gain serenity through gentle, flowing  
poses and movements.

LEARN TAI CHI  
POSES IN A BASIC  
BEGINNER CLASS



Register with the  
Neenah Park and Rec  
Call: 920-886-6060



Neenah  
WISCONSIN



Public Health  
Winnebago County  
Health Department

# STAND UP!

Class for men and women 55+  
Learn to spend less time sitting and  
more time standing



Learn the benefits of  
standing and  
strategies to stand up  
and move more

Help reduce problems  
with performing daily  
activities

Help improve energy  
levels and functional  
performance

To register call  
920-232-5300

Recommended donation of \$15

OSHKOSH SENIOR  
CENTER  
200 N CAMPBELL RD.

JAN 5 - 26  
THURS 1:00 - 3:00 PM



Winnebago County  
Health Department



# STEPPING ON

Falls prevention class  
for men and women 55+



Strength and balance exercises

Learn how to identify and remove fall hazards

Learn how vision, hearing, and more affect your  
risk of falling

Learn how to get back on your feet if you fall

To get more information  
or register please call the  
Winnebago County  
Health Department at  
920-232-3000

Fridays 9:00 - 11:00 am  
February 3 - March 17

Menasha City Hall  
100 Main St, Menasha



Public Health  
Winnebago County  
Health Department

SUGGESTED DONATION OF  
\$15 FOR THE SESSION





# Farmhouse Chicken Cornbread Casserole

## FILLING:

- 1 (10.5 oz) can condensed cream of chicken soup, not diluted
- 1 (10.5 oz) can condensed cream of mushroom soup, not diluted
- $\frac{3}{4}$  cup milk
- 4 cups cooked, diced chicken
- 1 cup grated cheddar cheese

## CORNBREAD TOPPING:

- 1 (8.5 oz) box corn muffin mix (such as Jiffy brand)
- 1 (14.75 oz) can cream style sweet corn
- $\frac{1}{3}$  cup sour cream
- 1 egg
- 2 tablespoons melted butter



## INSTRUCTIONS:

- Preheat oven to 400°F. Spray a 3-quart baking dish with cooking spray. If you use a 2-quart dish, the cornbread topping will be slightly thicker and may require a few extra minutes in the oven.
- In a large bowl, whisk together condensed soups and milk. Stir in cooked chicken and cheese.
- Pour chicken mixture into prepared baking dish.
- In a separate bowl, whisk together corn muffin mix, cream style corn, sour cream, egg, and melted butter. Spread evenly over the chicken mixture.
- Bake, uncovered, for about 40-45 minutes, or until a toothpick inserted in the center of the topping comes out clean. Tent the casserole loosely with foil if the top starts to get too dark before it's cooked through. Let stand for about 5-10 minutes, then serve!

Credit: [www.theseasonedmom.com](http://www.theseasonedmom.com)

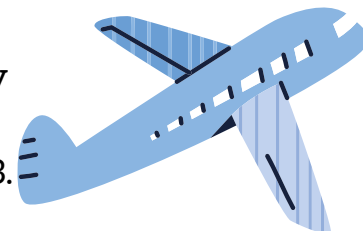


The Winnebago County Dept of Human Services has a wellness employee group called "**WAVE**". This stands for **We Are Valued Employees**. The goal of this committee is to offer activities and events to encourage a positive work environment and have some fun! Some events they organize are an annual holiday party for current staff and retirees, a silent auction, new employee gifts, cakes for retirement parties, popcorn days, cookie days, BINGO, etc... To the left you will see two of our ADRC retirees (Beth Biesinger - 2022 retiree and Ron Duerkop - 2015 retiree) helping clean up tables after the holiday party in December. We were blessed to spend time with several ADRC retirees! Over 200 human service staff/retirees gathered at the Sunnyview Expo Center to celebrate the holidays and all of the hard work that human service employees do each day.

## Old Glory Honor Flight

If you were active duty, any time, anywhere, from December 7th, 1941 to May 7th 1975, you qualify for the Honor Flight. Go to [www.oldgloryhonorflight.org](http://www.oldgloryhonorflight.org) to apply. If you need help with the online application, please call 920-257-2563.

Old Glory is dedicated to taking our local war Veterans on a one day tour of honor to our Nation's Capital at no cost to the Veteran.



# Marketplace Health Insurance – Open Enrollment

Open Enrollment ends on January 15th, 2023. You can go to [HealthCare.gov](https://www.healthcare.gov) to enroll in a 2023 Marketplace health plan. Need some help? Partnership Community Health Center has enrollment experts available to help individuals with their Marketplace enrollment. To learn more about their services, call 920-882-6420 or visit:

[www.partnershipchc.org/our-services/health-insurance-enrollment/](https://www.partnershipchc.org/our-services/health-insurance-enrollment/)



## MEMORY CAFÉ

Monday Jan.9 10-11:30am

A horse experience for seniors with dementia & their caregivers

AT THE BEAMING BARN  
2692 County Road GG, NEENAH  
or via Zoom at [bit.ly/3WMGvvd](https://bit.ly/3WMGvvd)

HELD  
SNOW  
OR SHINE

**BEAMING**  
EQUINE-ASSISTED SERVICES

## Welcome to Medicare Presentation

Our Benefit Specialists will be having an upcoming "Welcome to Medicare" presentation. This is an introductory presentation for anyone becoming eligible for Medicare to familiarize themselves with the various parts of Medicare and understand the options available. The presentation averages about 1.5 hours long.

January 10th @ 2pm  
220 Washington Ave, Oshkosh

Please RSVP to the ADRC

## Starting Point

SPRING 2023

Oshkosh

Are you a young woman looking for direction in the areas of education, employment, self-esteem, and a healthy support system? Or maybe you're a mother of young children looking for a way to provide for your family? If either of these descriptions speak to you, maybe Starting Point is for you. Starting Point is a free 13 week program that will empower you in many areas of life and provide a stable learning environment for your children while you learn. The Oshkosh Community Foundation's Basic Needs Giving Partnership, Oshkosh YMCA, and Fox Valley Technical College are partnering to offer programming to empower you for your future!

**Participant Criteria:**

- Primarily Women ages 18 and older, with children or without
- Primarily women with an income level below 200% of the Federal Poverty Guidelines
- Women living in Winnebago County

**Project Details:**

Any child under the age of 5 (not enrolled in school) will attend the YMCA Downtown Child Watch, Saturdays, February 4, 2023 through May 6, 2023 from 9:30 am to 12:30 pm at the Downtown YMCA.

**Virtual Option** → A virtual option will be available Wednesdays, February 1, 2023 through May 3, 2023 from 5:00 pm to 7:30 pm. Childcare is not offered with the virtual version.

## Starting Point

SPRING 2023

Appleton

Are you a young woman looking for direction in the areas of education, employment, self-esteem, and a healthy support system? Or maybe you're a mother of young children looking for a way to provide for your family? If either of these descriptions speak to you, maybe Starting Point is for you. Starting Point is a free 13 week program that will empower you in many areas of life and provide a stable learning environment for your children while you learn. The Women's Fund for the Fox Valley Region, B.A.B.E.S., Inc., and Fox Valley Technical College are partnering to offer programming to empower you for your future!

**Participant Criteria:**

- Primarily Women ages 18 and older, with children or without
- Primarily women with an income level below 200% of the Federal Poverty Guidelines
- Women living in Calumet, Outagamie, Shawano, Waupaca, or Winnebago county

**Project Details:**

Parent and any child under the age of 5 will attend B.A.B.E.S., Inc. together. School age children under 11 will participate through take home activities. Wednesdays, February 1, 2023 through May 3, 2023 from 11:00 am to 2:00 pm. The last 4 weeks parents will transition to class at Fox Valley Technical College-Appleton Campus while the children remain at B.A.B.E.S., Inc.

**Virtual Option** → A virtual option will be available Wednesdays, February 1, 2023 through May 3, 2023 from 5:00 pm to 7:30 pm. Childcare is not offered with the virtual version.

"Starting Point has helped me build skills I didn't have and to sharpen skills I already had."

**Women Will Learn**

- Time Management
- Self-Esteem
- Goal Setting
- Community Resources
- Career Development
- Study Skills
- Assertiveness
- Healthy Relationships

**Empowerment Topics**

courses run from 2/4/23 to 5/6/23

"I felt like I had some control over my life and where it was going."

Grants available for moving forward with education without financial stress.

FVTC ID available for free busing on GO Transit.

"Starting Point has helped me build skills I didn't have and to sharpen skills I already had."

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Grants available for moving forward with education without financial stress.

FVTC ID available for free busing on Valley Transit.



# New Long-Term Care Program Option in Winnebago County: Family Care Partnership

Starting January 1st, Family Care Partnership will begin in Winnebago County. The organization that has a contract with the State of WI to operate this program in our county is called My Choice. My Choice is also administering the Family Care Partnership program in these WI counties: Brown, Columbia, Dane, Dodge, Fond du Lac, Jefferson, Manitowoc, Ozaukee, Sauk, Washington and Waukesha. This program joins two other long-term care programs in Winnebago County: Family Care and IRIS (Include Respect, I Self-Direct).

Family Care Partnership can provide acute/primary health care coverage and pharmacy benefits for those eligible for Medicare, along with long term services in an individual's home or community setting (like an assisted living or adult family home). The goal of this program is to help improve the quality of health care and services, to keep the cost of services down, provide a more comprehensive approach to an individual's care (they have a nurse practitioner on staff that works with your current medical team) and improve efficiencies in the current health care delivery system.

To be eligible for this program, an individual must be 18+ years of age, be a frail elder or be an adult with a disability, be eligible for Medicaid, be functionally eligible for this program (through a screen administered by the ADRC), have a long-term health condition that will last more than 90 days, and live in a county that has this program. To learn more about this program, you can visit:

[www.dhs.wisconsin.gov/familycare/fcp-index.htm](http://www.dhs.wisconsin.gov/familycare/fcp-index.htm)

Long-term care programs can be complex to understand as there are several choices. Please call our ADRC to talk to an ADRC Specialist. The ADRC is the first place to start if you are interested in these programs. We can assess your eligibility and review your program options.



## Free At-Home COVID-19 Tests

The government has resumed offering free COVID tests to residential households in the United States. Each household is eligible for one shipment of 4 free at-home tests. Limit of one order per residential address. One order includes 4 individual rapid antigen COVID-19 tests. These will be delivered by the United States Postal Service. To order yours, call 1-800-232-0233 or visit:

[special.usps.com/testkits](https://special.usps.com/testkits)



## Expiration Dates of COVID Tests

The FDA has extended the shelf-lives of 14 brands of tests. You can look up your specific brand and even the lot number to see the correct expiration date.

Please visit:

[fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list](https://fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list)





Join us for a hands-on experience that will provide you with insight into understanding and caring for a loved one experiencing dementia.

Sign up for a free virtual dementia tour at Parkview Health Care Center  
725 Butler Avenue, Oshkosh WI

9am to Noon the second Thursday of each month

To register: <https://forms.gle/mfCHdU5owAQwAztc7>

For questions please contact the ADRC

1-877-886-2372



OSHKOSH AREA  
COMMUNITY  
FOUNDATION



This Program has been made possible by the Oshkosh Area Community Foundation's  
Dementia Awareness Fund

# January Memory Cafe's



Memory Cafe's welcome people experiencing memory loss, along with family and friends who love and care for them. Participants get involved in activities, learning, music, conversation, laughter, fun and also enjoy refreshments. For more information and other cafe' locations throughout the Fox Valley contact the Fox Valley Memory Project at [www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)

## Menasha

**Menasha Public Library, 440 1st St. , Menasha - Wednesday, January 18 - 1:30pm-3pm**

Bring in the New Year with some breathing and stretching exercises! Meghan will lead the group with sitting or standing Tai Chi exercises. Towards the end of class, participants will enjoy a moment of quiet and engage in guided imagery.

## Neenah

**Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, January 16- 1:30pm-3pm**

Good Ole Fashion Snow Day: Join us for an afternoon of fun and games inspired by snow days. We'll bring out the Memory Maker Kits, and other activities, along with hot cocoa and cookies.

## Oshkosh

**Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, January 11 -1:30pm-3pm**

6 Aspects of Healthy Lifestyle: Kim Patterson will highlight the 6 aspects of a healthy, engaged life. Are you living your best life? Learn easy tips to improve personal wellness.

**Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, January 30- 1:30pm -3pm**

Happy New Year and Happy Birthday to everyone who's having a birthday in 2023. Join us for games, rock painting, and of course, Birthday cake!

**Oshkosh West High School Madrigals  
at the Oshkosh Library Memory Cafe in December  
got us into the Holiday spirit!**



## Contact Us!

220 Washington Ave, Oshkosh  
211 N. Commercial St, Neenah  
Email: [adrc@winnebagocountywi.gov](mailto:adrc@winnebagocountywi.gov)

Hours:  
Monday - Friday- 8am-4:30pm  
(after hour appts available upon request)



Like us on Facebook!  
Phone: 877-886-2372

[www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc)