

# HEY, NEIGHBOR!



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## NEIGHBOR NEWS

We have a new Neighborhood Association in Oshkosh, Bent Woods! They were officially recognized at the October 26th council meeting.

## Attitude of Gratitude

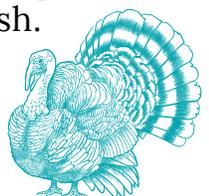
Did you know that people who regularly express gratitude are shown to be happier which leads to lower rates of stress and depression? Being grateful can make you more optimistic, can improve your physical health, and enhance your social and family bonds. As we move into the holiday season let's take all of that thankfulness and find ways to make a difference within our immediate neighborhoods and beyond. Donating to any of our food pantries or volunteering to serve meals at the Day by Day Warming Shelter, Father Carr's Place, or local organizations serving Thanksgiving meals is always appreciated. Even if you can't host at home this year due to Covid you could always share what you cook with a neighbor. Toys for Tots accepts new, unwrapped toys and The Boys and Girls Club has kids who could use new or gently used winter hats, coats, and waterproof gloves and mittens in all sizes. There are many ways to brighten our community by being good neighbors.

## PARTNER UPDATES

Rock the Block has broken a new record with 54 applications in the Midtown Neighborhood Association! Tune in with more information about Midtown in May!

## GOOD TO KNOW

The Annual Christmas Parade will be on November 18th starting at 6:00pm in downtown Oshkosh.



## Tis the Season

There's lots to look forward to in November including movies at Time Community Theater, fabulous shows at The Grand Oshkosh, and free jazz concerts at Fletch's Tap House and Becket's Restaurant just to name a few places to hear live music. Don't forget the Tree Lightening Ceremony at Opera House Square which is the official start of the holiday season on November 18th from 5:00 - 6:00 followed by the Oshkosh Holiday Parade presented by Downtown Oshkosh. Of course no holiday season would be complete without celebrating twenty years of the Celebration of Lights at beautiful Menominee Park from November 26th thru December 23rd . Oshkosh has a large variety of shops, boutiques, restaurants and more. Whether you are looking for the perfect outfit for yourself or you have a long list of gifts to buy kick off the season on November 27th on Small Business Saturday.



## Get Off That Couch

As the amount of daylight diminishes and inclement weather sets in it's easy to become a couch potato and leave the exercise until spring. Raking leaves and shoveling snow for a neighbor in need are two more great ways to stay connected and maybe keep off unwanted pounds. And whether you volunteer, run, walk, or even jog with your dog, the Festival Foods Turkey Trot is the perfect way to enjoy neighbors and exercise on Thanksgiving Day.

Grab a pair of running shoes and embrace the winter in some of our outstanding parks and trails or do some ice skating at the 20th YMCA and be sure to watch to see when the outdoor rink at Roe Park opens for free skating. Why not start a neighborhood walking group or plan on meeting at the gym so you have an accountability partner? The YMCA even has inside walking tracks if you aren't into cold weather. Staying fit is a key component to mental and physical health so let's get moving.

*Great neighborhoods start with you!*