

# THE CURRENT



**April 2024, Issue #4**

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



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# Welcome to the Oshkosh Seniors Center

Please consider making a donation to the Oshkosh Seniors Center

The Oshkosh Seniors Center receives partial support from the City of Oshkosh (49%). The remaining funding is raised through fundraising, grants, and fees. We count on your generous donations to keep our center running. You can donate through PayPal by clicking on the link below. Or, you can send a check to the Friends of the Oshkosh Seniors Center at PO Box 3423, Oshkosh, WI 54903-3423. Thank you for your continued support!

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**WALTER C. HAGEN  
"YOU'RE ONLY HERE  
FOR A SHORT VISIT.  
DON'T HURRY. DON'T  
WORRY. AND BE SURE  
TO SMELL THE FLOWERS  
ALONG THE WAY."**

**HELLO**  
*Spring*



## WHAT'S IN THIS ISSUE?

Classes are listed alphabetically by category and then by date order.

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Oshkosh Seniors Center Presents:



# A Tribute to NEIL DIAMOND

With Tribute Artist  
Eric Diamond



Thursday, April 18, 2024  
2-3 pm

Get tickets  
early,  
event will  
sell out

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## Art Expression (S)

Thursdays & Fridays,  
April 4-26, 9-11:30 am

Cost: R \$1.50/NR \$2.25 per visit

Do you need a space to create an art project, or to work on a hobby? Bring your project and own supplies and use the Center art room with friends that share in creative endeavors.

**Senior Center supplies are not to be used during this time.** Enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**

## Quilting 302 (S)

Diagonal Sashing-Card Trick

Wednesdays, April 3-24, 9-11:30 am

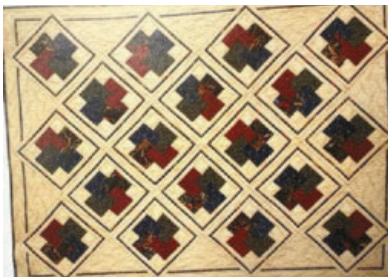
Cost: R \$15/NR \$16.50

Min/Max: 3/6

**Register by Monday, April 1**

**Payment due at time of registration**

In this class we will focus on adding sashings to on-point quilts. This builds on the techniques used for the on-point quilt from March and focuses on determining the size of the setting triangles. The quilt is pictured on p. 51 of Quilter's Academy Vol. 2. You will notice the side blocks interrupt the outer border adding interest to the quilt.



## Stained Glass –Tulip Panel (S)

Mondays, April 8-29, 10 am-12 pm

Instructor: Marla Tonn

Cost: R \$35/ NR \$40

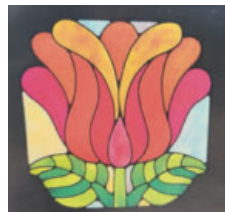
Min/Max: 3/6

**Register by Thursday, April 4**

**Payment due at time of registration**

Time to practice cutting your curves! This panel is approximately 8 X 10 and can be made in the colors of your choosing.

Experience in stained glass required.



## Hand Building with Clay (S)

Tuesdays, April 9-30, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

**Registration opens Monday  
March 25**

**Payment due upon registration**

This class offers a fun community environment to explore the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings. **Beginners welcome!** Please note, class supplies are for use during regularly scheduled class times only. Those listed as on "stand by" will be given first option on the following month's class.

## Resin & Glass Spring Flower (S)

Wednesday, April 10, 10:30-12 pm

Instructor: Jane Wells/Kelly Arens

Cost: R \$25/ NR \$30

Min/Max: 3/8

**Register by Friday, April 5**

**Payment due upon  
registration**

We will be using faux sea glass and stained glass to make a pot filled with beautiful flowers. This unique art will certainly be a treasure. You will learn step by step how to create this piece. Please note we use non-toxic resin on all of our projects. No experience necessary. Resin projects will have to set for 24 hours before they can be taken home.



## Needle Felting Flowers (S)

Tuesday April 22, 9 am-12 pm

Instructor: Kerry Wolfe

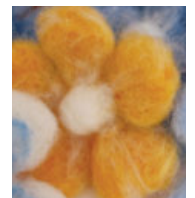
Cost: R \$8.00 / NR \$9.50

Min/Max: 2/10

**Register by Wednesday, April 17**

**Payment due upon registration**

Come join us while we needle felt flowers. We will be using patterns and cookie cutters. Flowers will be similar to the picture shown. All supplies provided to complete the project.





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Subsidized taxi service within the city is also available with an ID Card provided by the Oshkosh Seniors Center.



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Wisconsin Senior Medicare Patrol



Preventing Medicare Fraud



This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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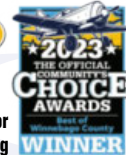


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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984





# Pine Needle Basket Workshop (S)

Monday, May 13  
12-4 pm

Cost: R \$20 / NR \$25

Cost of class is supplemented by an anonymous donor

Register & pay by May 6-limited  
seating available

Second workshop will be offered if capacity is reached

Native Americans have been making beautiful Pine Needle Baskets since the beginning of time. Come learn about the history of this art including a bit about Turtle Island, where the needles for these baskets are harvested.



## Debra Morningstar/Art Educator

Our workshop facilitator will be Debra Morningstar, professional storyteller, fiber artist, and Oneida Tribal citizen. Stories, laughter and a beautiful pine needle basket will make for a wonderful afternoon.



## Power & Hand Tool Carving (N)

**Mondays, April 1-22, 8 am-12 pm**

Instructor: Gene Bengel and Richard Krummick

**Cost: R \$40/NR \$45-4 week session**

Min/Max: 5/12

**Register by Thursday, March 28**

**Payment due upon registration**

This class is open to wood carvers using either power or hand tools. Power tool carvers must bring a bench fan dust collector. Only carvers with current machine safety training may use designated OSC shop power equipment. Carvers without current machine training may carve using handtools and their own hand rotary tools (e.g. Dremels) using a bench pass available from instructors. Instructors available to teach, guide, and problem solve to help you with projects **This class open to carving projects only.**

## Woodshop Guided Hours (N)

**Wednesdays**

**10 am-2:30 pm**

**\*If you plan to attend after 12 pm on Wednesdays, please call and register by the Tuesday before.**

**Fridays, 1-3 pm-New time added!**

**Cost: R \$5/NR \$6.50**

This time in the woodshop is designed to allow participants to come in and use the machines to work on their own projects with support from woodshop monitors as needed.

**Don't forget, Basic Machine Safety Training is required before using tools and equipment in the shop.**

## Intermediate/Advanced Pyrography Brook Trout (S)

**Thursdays, April 4-25, 1-3 pm**

Instructor: Cedric Richeson & Richard Krummick

**Cost: R \$20/ NR \$25**

**Register by Tuesday, April 2**

**Payment due at time of registration**

Create a brook trout on a extra large piece of basswood round. Class is for Intermediate/Advanced wood burners. Students should bring their own woodburners and supplies.



## Vinyl Block Carving & Printing (N)

**Thursdays, April 11- May 2, 10 am -12 pm**

Instructor: Linda Gomach & Diane Curtis

**Cost: R \$20/ NR \$25**

Min/Max: 3/8

**Register by Thursday, April 4**

**Payment due upon registration**

Carve an impression in a 6 X 4 vinyl tile using V-Gouges (bring your own or center has limited supply available). Upon completing your carving, we will then ink the tile and apply to various textiles such as tote bag or paper. If you wish to apply to a fabric piece, such as a shirt, please bring in your own item.



## Basic Machine Safety Training (N)

**Fridays, April 19 & 26, 10 am-12 pm**

Facilitator: Jeff Becker

**Cost: R \$5/NR \$7.50**

Min/Max: 3/10

**Payment due upon registration**

**Register by Friday, April 12**

All **NEW** participants wanting to use the woodshop for woodshop classes and/or open guided hours are required to attend the machine training class. The two class requirement for new participants **must be taken in consecutive weeks.** Once you have completed the training you may use the designated machines in the shop. Materials will be provided for the training.

## Upcoming

### Power & Hand Tool Carving (N)

**Mondays, April 29-May 20, 8 am-12 pm**

Instructor: Gene Bengel and Richard Krummick

**Cost: R \$40/NR \$45-4 week session**

Min/Max: 5/12

**Register by Thursday, April 25**

**Payment due upon registration**

This class is open to wood carvers using either power or hand tools. Power tool carvers must bring a bench fan dust collector. Only carvers with current machine safety training may use designated OSC shop power equipment. Carvers without current machine training may carve using handtools and their own hand rotary tools (e.g. Dremels) using a bench pass available from instructors. Instructors available to teach, guide, and problem solve to help you with projects **This class open to carving projects only.**







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A background image for the second section showing a person's hands typing on a laptop keyboard. In the background, there are several cardboard boxes and a roll of tape, suggesting a shipping or administrative environment.

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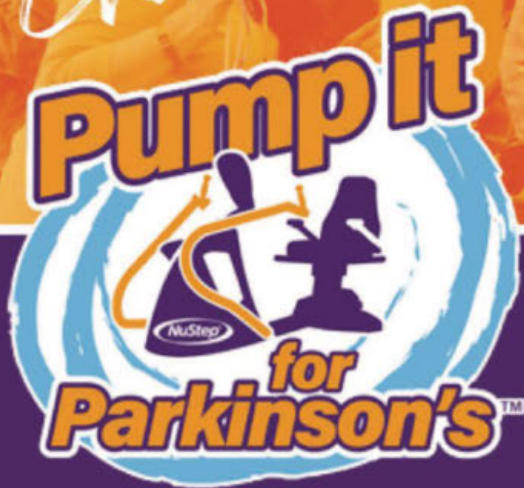
Thursday April 11, 2024

Join the  
Challenge!

7am - 5pm

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Oshkosh WI



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We are raising awareness of the benefits of exercise for those living with Parkinson's Disease.

Help us contribute to the 10,000,000 step goal as we strive for 30,000 steps on the NuStep!

**Nu Stepatthon, sign up for a time slot as an individual or a team and see how many steps you can get in 15 minutes! Record the amount of steps that you get and by doing so you can help the Oshkosh Seniors Center win a Brand New NuStep!**

*Sign up by calling the OSC at 920-232-5320 or email [ajensen@oshkoshwi.gov](mailto:ajensen@oshkoshwi.gov)*



## Fitness Opportunities

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

### Rapid Movement Training (N)

**Mondays & Wednesdays**

**8:30-9 am**

Instructor: OSC Staff

**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 your heart rate come back down. This training style helps improve agility, power, coordination, and balance, all of which help to reduce the risk of falls.



### Range of Motion (N)

**Mondays & Wednesdays**

**9:15-9:45 am**

Instructor: Alec Jensen

**Drop-in eligible**

This class will be a combination of yoga, stretching, and other therapeutic movements. By gently working on our mobility and flexibility, we can create a greater range of motion to minimize aches and pains! It is strongly recommended that you are able to independently 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**

**10:45-11:30 am**

Instructor: Kayla Johnson

**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 with support. You will use hand weights, exercise bands, and small exercise balls for resistance. We may modify exercises for your ability level.

### Life Fitness & Movement (N)

**Tuesdays & Thursdays**

**9-9:30 am**

Instructor: Kayla Johnson

**Drop-in eligible**

The class 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 bodyweight movements, resistance bands, and light cardio to improve fitness.

### Tai Chi Energy (N)

**Tuesdays & Thursdays**

**9:45-10:15 am**

Instructor: Alec Jensen

**Drop-in eligible**

Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion to help with energy flow. This class is geared towards beginner and intermediate levels of Tai Chi.



### Movement Exercise (N)

**Tuesdays & Thursdays**

**11-11:45 am**

Instructor: Kayla Johnson

**Drop-in eligible**

A class for senior adults with ongoing conditions such as Parkinson's, MS, or those who 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.

### Advanced Line Dancing (N)

**Mondays & Tuesdays, 12:30-1:30 pm**

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! Prior experience preferred.





## Slow Flow Yoga (N) Wednesdays, 1:15-2pm

Instructor: Kayla Johnson

### Drop-in eligible

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own yoga mat.

## TRX (N) \*NEW CLASS\*

Wednesdays, 2:30-3:30pm

### \*Beginning April 10th

Instructor: Bob Braun

In this class you will use suspension straps to push, pull, and lift your bodyweight in order to develop strength, balance, flexibility, and core stability at your own pace. Capacity is limited due to equipment, **please register** prior to class to ensure there is space. Limit 6.

## Beginner Chair Yoga (N)

Tuesdays, 2:15-3 pm

Thursdays, 1-1:45 pm

Instructor: Jim Crane (T)/Catherine Huybers (Th)

**No class Thursday, April 18**

### Drop-in eligible

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. No prior experience is necessary for this class. Wear comfortable exercise attire.

## Low Impact Dance (N)

Thursdays, 2:15-3pm \*NEW CLASS\*

Instructor: Diane Hergert

### Drop-in eligible

Follow along with Diane's step-by-step instructions for this low impact aerobic dance class. All levels encouraged to attend, this is a no judgement zone! Here's your chance to improve fitness and coordination, and have fun doing it!

## Step Interval Training (N)

Fridays, 8:30-9 am

Instructor: Kayla Johnson

### Drop-in eligible

This class will use the step and incorporate intervals of aerobic and bodyweight strengthening exercises to give you a full body workout. Use of the step for class is optional.

## FFC 3g (N)

Fridays, 9-9:45 am

Instructor: Alec Jensen

Max: 10

OSC is 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) exercising in 3 different areas of the Fox Fitness Center (FFC). 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.

## Keep Moving! (N)

Fridays, 10:30-11:15 am

Instructor: Kayla Johnson

### Drop-in eligible

This session class will keep you moving. Cardio, strength, stretching, and balance will help to keep you fit.

## Intermediate Kettlebells (N)

Mondays & Thursdays, April 1-29,  
2-2:45pm

Instructor Kayla Johnson & Alec Jensen

**Cost: R \$20/ NR \$25**

Max:10

**Registration required by March 29**

**Payment due upon registration.**

**Must have completed Foundations of Kettlebells class to register.**

Kettlebells are beneficial for everyone young or old. The unique nature of the kettlebell lifts provide a powerful training tool that can replace any machine at a gym. No other tool offers as many all-around benefits in such a tight package.





## **Mindfulness Meditation (S)** **Thursdays, April 4 –25, 11 am-12 pm**

Instructor: Donna Janus

**Cost: R \$1.25/NR \$1.75 per visit**

This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how Mindfulness and Meditation work to increase well-being.

## **FREE Blood Pressure Checks**

**Thursday, April 4, Noon-1 pm (S)**

**Tuesday, April 9, 10:15-11:15 am (N)**

**Thursday, April 18, Noon-1 pm (S)**

**Monday, April 22, 12:30-1:30 pm (N)**

High blood pressure usually has no symptoms and cannot be detected without being measured. Get yours checked for free by a retired nurse. No appointment necessary.

## **Foot Pain and Strategies to Manage It (S)**

**Monday, April 8, 10 am-11 am**

Presenter: Physical Achievement Center

**Cost: Free**

**Register By Friday, April 5**

Join Dr. Koehler as talks about foot and ankle issues and strategies that can help effectively manage pain/ discomfort. This presentation will cover how to strengthen the foot and ankle, along with the importance of proper foot ware.

Note: This presentation will NOT cover medical issues such as ulcers, circulatory issues, fungus, or other specialized medical issues.

## **Essential Oils for Pets (S)**

**Tuesday, April 9, 10 am-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Cost: Free**

**Register by Friday, April 5**

Pet owners, are you worried about using essential oils with concern about how it will impact your furry friends? In fact, essential oils can have great benefits for your pets. Join Jeanne to learn about the top pet-friendly, and veterinarian approved, essential oils, and how to use them safely.

## **Watch Party: "How and Why to Start a Gratitude Practice" (N)**

**Friday, April 12, 1:30-2:30 pm**

Presenter: GetSetUp– Jane Stewart

**Cost: Free**

**Register by Wednesday, April 10**

Do you want to feel happier, healthier, and more positive outlook? Gratitude is the answer. This class will give you a deep understanding of gratitude, its mind/body benefits, and easy ways to incorporate it into your life. Watch the video together, and then discuss as a group following the presentation.

Immediately following the presentation:

## **Gratitude Journal Make & Take (S)**

**Friday, April 12, 2:30-3:30 pm**

Presenter: Kelly Arens

**Cost: Free**

**Register by Wednesday, April 10**

Join us as we create a Gratitude Journal that will enhance your daily outlook on life. By creating a habit of writing down things you are grateful for you will learn to live life to the fullest. In this class we will personalize our journal using a variety of creative supplies. Feel free to bring items from home to use, if desired.

## **Cooking with Alec (S)**

**Miso-Buttered Succotash**

**Friday, April 19, 1 pm-2 pm**

Presenter: Alec Jensen

**Cost: R \$5 NR \$6.50**

**Register by Wednesday, April 17**

Learn how to make nutritional foods and pick up a few cooking hacks along the way. Join Alec as he demonstrates the value and variety of a healthy diet. Samples provided.

## **Watch Party: "Exploring the Heart-Brain Connection" (N)**

**Friday, April 19, 2-3:15**

Presenter: GetSetUp– LeAnne Stuver, M.Ed., BSN

**Cost: Free**

**Register by Wednesday, April 17**

Our heart health profoundly impacts our brain health! Explore the interconnectedness of our brain and heart, and uncover the lifestyle factors that influence our well-being. Watch the video together, and then discuss as a group following the presentation.

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**A Healthier You (S)**

**Monday, April 22, 1- 2 pm**

Presenter: Dena Mayer, RD & Diabetes Educator, Aurora Health

**Cost: Free**

**Register by Friday, April 19**

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 Q&A.

**Fox Fitness Center (N)**

**Monday-Friday, 7 am - 4 pm**

Purchase a Stay Active Pass or use your eligible insurance reimbursement.

The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility.

**NEW ELLIPTICAL MACHINES HAVE ARRIVED!**

Machines are equipped with individual TVs.

Please bring your own pair of headphones if audio is desired.

**Billiard Players Please Note**

When fitness classes are happening, billiards may not be played. OSC Staff thank you for your cooperation and understanding.

**OPEN OFFICE HOURS (N)**

with



Drop in on

**Monday, April 1st,**

**9:30-10:30am** to chat

with a Fusion Footwear representative about how shoes and footwear can impact your balance and fitness goals!



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# BE PROACTIVE

**Exercise can help to Prevent Falls**

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

**BIODEX FALL RISK SCREENINGS ARE AVAILABLE FOR ONLY \$5.00**

Appointments are available on Wednesdays and Thursdays. Please register. 920.232.5300.



**The Oshkosh Seniors Center offers evidence-based exercise classes that can help reduce your risk of falling. Be proactive and get enrolled now!**

**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 Biodesx 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.





# PERSONAL TRAINING



>>> **ALEC JENSEN**  
920.232.5320

I'm Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience behind me, I create programs tailored to your fitness/wellness needs and goals whether that be strength, balance, weight loss, or post rehab. I have successfully helped hundreds of people with their fitness and wellness journeys whether they're new to fitness or are seasoned pros.

**KAYLA JOHNSON** <<<  
920.232.5303

I'm Kayla, Activities Coordinator for Healthy Lifestyles, and I'm passionate about designing functional exercise programs that assist you in reaching your specific goals. I have extensive experience working with clients with various goals: injury prevention and rehabilitation, losing weight, increasing strength, cardio fitness, and balance to name a few. I aim to make exercise enjoyable, while still providing you with an attainable challenge.



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With our Certified Trainers, you're taking your first steps into taking control of your overall health and wellness. **Each session is 30 minutes long and is specifically designed for you and your goals.** You will have direct access to a trainer who will show you how to exercise safely and effectively in a one-on-one setting.

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1-800-963-0035

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DHS Approved 4/22/2021

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## Grief Support (S)

Thursdays, April 4 & 18, 1-2:30 pm

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: FREE**

Maximum 12 per session

Register by calling 920.232.5300

For any adults grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith will facilitate group conversations around how we grieve. This group is safe space for support.

## Mindworks (S)

Thursdays, April 4-25

**11 am-2 pm-Lunch Included**

Facilitator: Fox Valley Memory Project

**To register call 920.225.1711 or email: info@foxvalleymemoryproject.org**

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. Each class provides care partners three hours of free time while their loved one attends class.

## Memory Screening (S)

3rd Thursday of the month

**10:30 am -12:00 pm**

Facilitator ADRC

**Cost: Free**

Alisa will be available each month to complete a free memory screening and answer questions related to memory loss, dementia, an caregiving appointments take 20 minutes.

## Memory Link Resource Hours (S)

4th Thursday of the month

**11 am-1 pm**

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

Resource Navigator will be here to answer any questions you may have regarding memory loss

**Drop ins welcome**

## Advocap Meal Program (S)

**To register call 920.725.2791**

**24 hour in advance.**

Come and enjoy a meal with friends served inside the Oshkosh Seniors Center Monday-Friday. Lunch is served about 11:15 daily.

Suggested donation of \$4, but nobody will be turned away based on payment.

## Tender Loving Care Support Group (S)

Thursday, April 25 1 pm

Facilitator: Fox Valley Memory Project

**Cost: Free**

**(Supported by the FV Memory Project)**

This support group offers a supportive and safe environment to share, interact, listen, and learn with other caregivers and care partners of those with a memory loss disability. This group is specific to dementia caregivers.

## Foot Care (S)

Tuesdays and Wednesdays, 9 am to 3 pm

**To make an appointment call 920.232.5301**

Cost: \$28.00

Nail care services are provided by a Valley VNA nurse. To ensure you get the appointment date you want, please call 5-6 weeks in advance.

Appointments are filling fast.

**\*Please note nail care services will be \$28 due to increase in our cost.**

## Almeda Fisk Gallup Fund (S)

**To apply call 920.232.5301**

City of Oshkosh residents demonstrating financial need can apply for assistance for vision, hearing and dental.

## Bus Passes (N or S)

Transportation via bus from bus stop nearest your home to Senior Center and from Senior Center to bus stop nearest your home is FREE for Seniors. No other destination is included in this pass. The passes may be obtained at the South or North front desk.

## Dial-A-Ride (N or S)

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh. Brochures detailing the program including the fares may be found at the South or North front desks.

## Ageing and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at [www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc)

The Oshkosh Seniors Center has copies of their directory located in our resource room.

# LET'S TALK GADGETS WITH CONNECT THROUGH TECH

Let's learn about new technology  
and discover how it can improve  
your life!

**Thursday, April 18**

**1:30 pm (South)**

**Please register at the front desk or  
call to reserve your seat.**

**920.232.5300**

**Oshkosh Seniors Center  
200 N. Campbell Road**







# Connect Through Tech

## One on One Tech Appointments

**Programs are designed to improve your digital literacy (all levels of expertise are welcome).**

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, texting, talk features and more. Keep in mind it's not always a "one and done" we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

**Mondays, April 1, 8, 15, 22, and 29**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Tuesdays, April 2, 9, 16, 23, and 30**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Wednesdays, April 3, 10, 17, and 24**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Thursdays, April 4, 11, 18, and 25**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Cost: R \$2/NR \$2.75 per class**  
**By Appointment Only 920.232.5301**

## Wi-Fi Access (S) Cost: FREE

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password is required.

## One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can not only answer questions about the library online services, but any other technology challenges you are experiencing.

**Mondays, April 1, 8, 15, 22, and 29**  
9:15 am, 10:30 am, 11:45 am, 1 pm

**Cost: R \$2/NR \$2.75 per class**  
**By Appointment Only 920.232.5301**





## “Watch Party”

What is a watch party? Where people get together and watch an online event together

### **Watch Party: “How and Why to Start a Gratitude Practice” (N) Friday, April 5, 2-3:15**

**Presenter: GetSetUp– Jane Stewart**

**Cost: Free**

**Register by Wednesday, April 3**

Do you want to feel happier, healthier, and happier? Gratitude is the answer. This class will give you a deep understanding of gratitude, its mind/body benefits, and easy ways to incorporate it into your life. Watch the video together, and then discuss as a group following the presentation.

---

### **Watch Party: “The Legacy of Mary, Queen of Scots” (S) Friday, April 12, 10-11 am**

**Presenter: GetSetUp– Adam Smith**

**Cost: Free**

**Register by Wednesday, April 10**

Dive into the intriguing life of Mary, Queen of Scots, a figure that captured the world's attention with her reign, personal life, and the political turmoil of her time. Discover her impact on history and the legacy that persists today.

---

### **Watch Party: “Exploring the Heart-Brain Connection” (N) Friday, April 19, 2-3:15**

**Presenter: GetSetUp– LeAnne Stuver, M.Ed., BSN**

**Cost: Free**

**Register by Wednesday, April 17**

Our heart health profoundly impacts our brain health! Explore the interconnectedness of our brain and heart, and uncover the lifestyle factors that influence our well-being. Watch the video together, and then discuss as a group following the presentation.



## Book & Puzzle Pick Up (S)

Monday-Friday, 8 am-4 pm

**Cost: Free**

The Center has books, DVDs, and puzzles for you to enjoy at home. Materials are all located in the South building ONLY. When finished, items should be returned to the bin located under the West covered entrance of the South building. Did you know we have a wide selection of Great Courses available? Great Courses offer DVD presentations from award-winning experts and professors from the most respected institutions in the world. History, language, art, cooking, the topics are endless. Check out a "Great Course" today! **\*Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

## Elder Benefit Specialist (S)

Wednesdays, April 3—24, 10-11:30 am

**Cost: Free**

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 on 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 EBS can be reached toll free at 877-886-2372.

## Ukulele Play Along (S)

Wednesdays, April 3-24

10:30 am-12 pm

**Cost: R \$2/NR \$2.50 per visit**

Min/Max: 3/20

Looking for some fun people to play ukulele with? If you already know 2-3 strum patterns and 8-10 chords, you will be able to play along. There is a wide variety of music played from different genres. Play music under the guidance of a Ukulele volunteer. Please bring your music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend.



## Ukulele Lessons Everyone Welcome!

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$150 check for deposit, and when the Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about a Ukulele "rental."

## Beginner Ukulele Lessons (S)

Fridays, April 5-26, 11 am-12 pm

Instructor: Joe Wiedenmeier

**Cost: R \$40/NR \$45 for 4 week session**

Min/Max: 5/12

**Register by Wednesday, April 3**

**Payment due upon registration**

Research shows learning something new is the best way to improve brain health. You do not need to know how to read music to learn to play the uke. Don't have your own Ukulele? Rent one from the Center. For those new to ukulele.

## Intermediate Ukulele Lessons (S)

Fridays, April 5-26, 11 am-12 pm

Instructor: Aaron Baer

**Cost: R \$40/NR \$45 for 4 week session**

Min/Max: 10/20

**Register by Wednesday, April 3**

**Payment due upon registration**

For those comfortable with different strum patterns, knowledge of 8-10 chords, and confident in changing between chords. You can sing and strum at the same time and can learn chords to simple tunes fairly quickly.

## Beginner 2 Ukulele Lessons (S)

Fridays, April 5-26, 12:10-1:10 pm

Instructor: Aaron Baer

**Cost: R \$40/NR \$45 for 4 week session**

Min/Max: 10/20

**Register by Wednesday, April 3**

**Payment due upon registration**

This class is for those who have completed beginner ukulele class, know 2-3 basic chords and are ready to take the next step. This is an ideal class for those who need an ukulele refresher class. Chords, strumming, and playing songs will be emphasized in this class. Come join the fun!

## Golden Tones Chorus (S)

**Mondays, April 1-June 3**

**1:30-3 pm**

Director: Paula Steinert

Accompaniment: Marshall Potter

**Cost: R \$40/NR \$45**

Min/Max: 25/50

### **Payment Due Upon Registration**

Do you enjoy singing with in unison with others? Come join this organized group of singers at the Center. Come together weekly for 13 weeks in preparation for a concert at the Center in December. Singing is a great way to make friends and build relationships with people who have a common interest. Instruction, music, and vests provided.

## Meet the Animals (S)

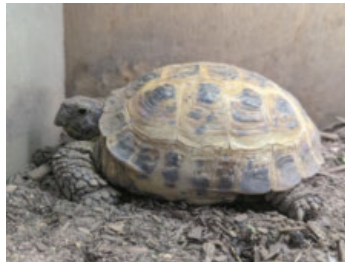
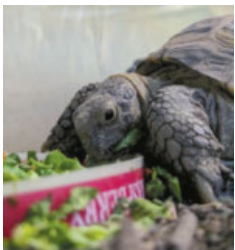
**Monday, April 8, 1-2 pm**

Presenter: Elizabeth Beaver Ritzema, Menominee Park Zoo

**Cost: Free**

### **Register by Friday, April 5**

The Zoo Specialist will be at the Center to educate you on amazing animals. Did you know tortoises are turtles but not all turtles are tortoises? The Zoo is always in need of enrichment items for the animals. Please consider donating paper rolls, newspapers, egg cartons.



## Watch Party: "The Legacy of Mary, Queen of Scots" (S)

**Friday, April 12, 10-11 am**

Presenter: GetSetUp- Adam Smith

**Cost: Free**

### **Register by Wednesday, April 10**

Dive into the intriguing life of Mary, Queen of Scots, a figure that captured the world's attention with her reign, personal life, and the political turmoil of her time. Discover her impact on history and the legacy that persists today.

## Chat N Chop—Cooking in a Mug (S)

**Tuesday, April 16, 9:45-11:45 am**

Facilitator: Kerry Wolfe

**Cost: R \$10.00 /NR \$11.50**

Min/Max: 3/8

### **Register by Tuesday, April 9**

### **Payment due upon registration**

In this session of Chat N Chop, we will be making chicken pot pie in a mug and garlic parmesan pasta. So put on your aprons and join us.



## What to Consider When Downsizing & Organizing Your Home (S)

**Tuesday, April 16, 10 am-12 pm**

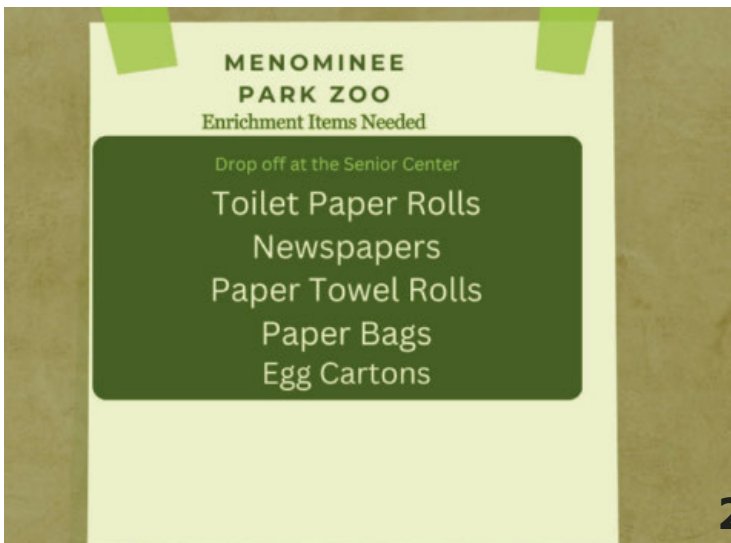
Presenter: Sunni Dalgord, Revere Relocations Solutions

**Sponsored by Synergy Home Care**

**Cost: Free**

### **Register by Friday, April 12**

To everything there is a season. When it comes to our homes there may be a time where a choice has to be made to considering downsizing or renovating to make the home work for you. Organizing, decluttering, and perhaps a renovation can improve the safety and accessibility of your home. Sometimes the solution is to find another living situation. Sunni will offer information on how to navigate the physical and emotional aspects of moving, as well as options in renovations that may allow living in your current home longer.





# Social and Educational

Building North (N) South (S)

## ORD-Spawning Season (S)

Wednesday, April 17, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

Min/Max: 10/75

**Register by Monday, March 18**

The season has arrived for many of our popular game fish to begin their spawning season in the cold waters of Wisconsin's rivers and wetlands. Rob will explore their journeys and travels during this amazing program.

## Card Making Class (S)

Wednesday, April 17, 9:30 –11 am

**Cost: R \$5/ NR \$6.50**

**Register by Monday, April 15**

Join the fun in making beautiful cards. Using specialty papers and creative stamps, and with guidance of a card making artist, you will be able to make 4 beautiful cards.

## Bingo (S)

Wednesday, April 17, 2-3:30 pm

Sponsored by Edenbrook

**Cost: Free**

Min/Max:10/55

**Register by Tuesday, March 19**

Come for a fun afternoon of bingo!

**Please note doors for Bingo will open at 1:15 pm.**

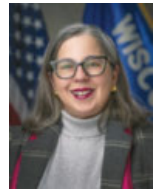
## Rep. Palmeri Office Hours (S)

Friday, April 19, 10 am-12 pm

State Representative Lori Palmeri represents the 54th Assembly District since January 2023. Come meet Lori, bring your issues and share with Lori what's on your mind.

**Madison Office:**

Room 5 North  
State Capitol  
PO Box 8953  
Madison, WI 53708



## Visiting Mongolia In June 2023 (S)

Tuesday, April 23, 1:30 –3 pm

Presenter: Mary Ann Offer

**Cost: Free**

**Register by Friday, April 19**

Mary Ann will share photos and narrative about her month-long visit to Mongolia. Her program will include photos and information about the capital city Ulaanbaatar and the countryside, including a train ride from the Russian border to China that crossed the Taiga, across the steppes & the Gobi Desert.

**Program in collaboration with LIR**

## Popcorn & A Movie (S)

Wednesday, April 24, 12:45 pm–2 pm

**Cost: Free– Donation for popcorn appreciated**

Min/Max: 2/50

**Register by Monday, April 22**

Inquire at the front desk for movie details.

**NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter.**

## Book Talk (S)

**The Midnight Library by Matt Haig**

Thursday, April 25, 9:30-11 am

Facilitator: Kerry Wolfe

**Cost: R \$1.25 /NR \$1.75**

**Register by Thursday, March 28**

Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. Each book provides a chance to try another life you could have lived. What if you had the chance to go to library & see yourself? Want to see how the book ends? Come join us at Book talk.




Joseph McCleer | Attorney at law  
Specializing in Elder Law

**Power of Attorney Workshop (S)**  
Friday, April 19, 10-11 am  
Free

Failing to have your Powers of Attorney for both Health Care and Finances in place will put you and your family in a serious bind should you ever lose capacity. Joe McCleer from McCleer Law Office will talk about the importance of these documents, give tips and strategies for completing them, and **provide free statutory Power of Attorney forms to attendees who wish to complete their Powers of Attorney on the spot. Register early, event will reach capacity.**

920.232.5300

 24

## Meet the Oshkosh Seniors Center New Staff!

**GIVE KELLY A  
WARM WELCOME  
TO THE CENTER**



I'm Kelly Arens, the new Associate Activity Coordinator at the Center. I received my Bachelor's in Therapeutic Recreation from East Carolina University in my home state of North Carolina. I have a diverse background in Therapeutic Recreation jobs and have worked in various fields throughout my career, including marketing, library services, and senior care. Using my creative side, I have developed craft-based classes and special events and coordinated significant events. I especially enjoyed working with seniors as an Activity Coordinator at a senior living facility. I genuinely love being with people and in engaging spaces. I'm married with three daughters, whom we are so proud of! I love to dance and craft. My favorite places to be are at the beach or on the boat.

**Kelly's office is located in the North building.**

**Kelly's contact information:**

**Office Phone: 920.232.5310**

**Email: [karens@oshkoshwi.gov](mailto:karens@oshkoshwi.gov)**

**Hours: Tues, Thurs, Fri 11 am-4 pm Wed 9 am-2 pm**

**"It takes courage to grow up and become who you really are."  
— [E.E. Cummings](#)**

## SELF-CARE

Self-care means taking the time to do things that help you live well and improve your physical and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact. (National Institute of Mental Health) Explore the self-care opportunities at the Oshkosh Seniors Center:

Chair yoga, art enrichment classes, Tai Chi, Mindfulness Meditation, Essential Oils, Grief Support and much more! You deserve it.





Make A Difference  
Today!

# Volunteer

Volunteers will greet & check-in guests,  
answer phones, receive payments, and more.

## Available Positions:

### Front Desk Volunteers

Mondays	12 p.m. - 4 p.m.
Thursdays	12 p.m. - 4 p.m.
Wednesdays	8 a.m. - 12 p.m.
Thursdays	8 a.m. - 12 p.m.

## Scan Here



For Additional  
Information Contact

Bobbie Nagler  
920.232.5301



## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

### Currently Seeking Volunteers!

Consider joining this fun group who have been making quilts and other items to distribute to those in need in our community for over 25 years. No experience necessary and all supplies provided. Also, we accept donations of 100% cotton fabric or monetary contributions to help fund our work. All donations need to be brought to the South building front desk to be processed and a donation form completed.

## Display Your Collection!

You take pride in your collection, now its time to share with others! Oshkosh Seniors Center has a secured display case available to show your prized collections. Items are displayed for about 4-5 weeks. To inquire, call Jane Wells, 920.232.5308 or email [jwells@oshkoshwi.gov](mailto:jwells@oshkoshwi.gov).



*What do you love collecting?*



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

- Single serve beverages allowed (bottled water sold at front desk) Soda machine is available.
- Please wash hands before playing
- All cards and games end at 3:30 pm

### Cribbage

Mondays & Fridays, 8:30-11:30 am  
Beginners welcome

### Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

### Bid Euchere, Rummikub

Wednesdays, 12:30-3:30 pm  
Beginners welcome

### Knitting & Crochet

Thursdays, 8:30-11:30 am

### Sheepshead

Thursdays, 12:30-3:30 pm

### Open Bridge

Fridays, 12:30-3:30 pm

### Need a spot to play with Friends?

#### Open Cards & Games

Grab your friends, pick a time to meet and come play.

### Billiards (N)

Billiards are free to use. Please stop at front desk to get the billiard balls and to sign in. Please no billiards during exercise classes.

**Note: Billiards will be closed Thursday afternoon, April 18, due to concert.**



# Winnebago Senior Tours

## Tours Sign-up Options

- Desk for registration is available **9 am -1 pm MONDAY through THURSDAY** South Building. **200 N. Campbell Rd.**
- Place your payment in the drop box located next to the WST Desk **OR**
- Mail your check to:  
**Winnebago Senior Tours**  
**P. O. Box 1851**  
**Oshkosh WI 54903-1851**  
Please be sure to note the trip on the check memo line.



Winnebago Senior Tours (WST) accepts **CHECKS AND EXACT CASH ONLY**

**Detailed flyers available at the Seniors Center South**  
**Sign up now, don't delay**

**If you have questions please call 920.232.5312**

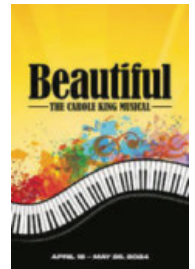
## COME AND HEAR ABOUT OUR 2025 TRAVELS

Katie Ganshert from Collette will be holding a travel presentation on April 16 at 1:30pm in the Willow Room. **RSVP 920 232-5312**

### Beautiful: The Carole King Musical

**The Fireside Theatre—Fort Atkinson**  
**Date: Thursday, May 9**  
**Cost: \$135 (\$20 non-refundable deposit)**  
**Depart: 8am Return: Approx 6:15 pm**

**Beautiful:** Takes you back to where it all began. Carole King began as Carole Klein, a songwriter from Brooklyn with a unique voice who wrote chart-topping hits for the biggest acts in music and continues through her own life-changing success. Featuring classics as "You've Got a Friend" "One Fine Day," and "Natural Woman." Includes theater tickets, coach bus transportation and driver gratuity. Lunch is your choice of Supreme Cut Chicken Breast, Hagar Steak or Rainbow Trout with pecan pie for dessert. Guides: Cathy Koch and Deb Hogue



### Tina ... The Tina Turner Musical

**The Performing Arts Center-Appleton**  
**Date: Wednesday, April 17**  
**Cost: \$79 (\$20 non-refundable deposit)**  
**Depart: 6pm Return immediately after show** **Sold Out! Waitlist Available.**

*The Tina Turner Musical* is the inspiring journey of a woman who broke barriers and became the Queen of Rock & Roll. Trip includes theatre ticket, yellow express bus transportation & driver gratuity. Guide: Cheryl Freiberg

### Other Side of the Lake

**Date: Thursday, May 16**  
**Cost: \$115 (\$20 non-refundable deposit)**  
**Depart: 7am Return Approx. 5pm**  
**Moderate walking on this trip.**

First stop on this trip will be Lambeau Field for a guided stadium tour including the Hall of Fame and shopping. On to the Altoona Supper Club in New Holstein for a scrumptious buffet lunch before we take in all the breathtaking beauty of the flower and vegetable plants at Honeymoon Acres! Let's fill the bus with flowers! For more garden inspiration we'll stop at Hidden Hollow Art to view their bold & whimsical metal art creations and perhaps purchase something for your own garden. Lastly a stop at Kelley's Country Creamery for an ice cream cone. Includes: Deluxe motorcoach, Lambeau Tour, buffet lunch and ice cream cone!



Guides: Cheryl Freiberg and Pat Heyer

When sending payments in the mail **please call 920 232.5312 to be certain of availability** and include:

Name \_\_\_\_\_  
 \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Code \_\_\_\_\_

## Winnebago Senior Tours

### Brewers/Cubs Baseball Game

American Family Stadium—Milwaukee

Date: Thursday, May 30

Cost: \$115.00 (\$20 non-refundable deposit)

Depart 9am Return Approx 6pm

*Moderate Walking for the game.*

**Sold Out! Waitlist Available.**

Join us as we travel to American Family Field in Milwaukee to cheer on the Brewers, who will be playing our rival Chicago Cubs. It's sure to be a fun time at the ballpark! We will be stopping at Exit Q in Menomonee Falls for anyone wanting to grab a bite to eat and save a few bucks on food.

Includes game tickets on first base side, Section 317, coach bus and driver gratuity.

Guides: Cheryl Freiberg and Cathy Koch



### Mackinac Island & Northern Michigan

Date: Monday June 17 to Friday June 21

Cost: \$899 Double / \$1078 Single

5 days & 4 Nights in Northern Michigan!



Mackinac Island and much more included in this trip! Guided tour of Mackinaw City as well as guided carriage tour of Mackinac

Island! Boat ride through the Soo Locks and sight seeing in Sault Sante Marie. How about dinner and gaming at Northern Michigan Casino?! Also included is a visit to Colonial Michilimackinac—a 1700's era Village. So much more to this trip so be sure to pick up a flyer for all the information.

Guides: Cathy Koch and Laurelyn Hensarling

### Moulin Rouge

The Performing Arts Center-Appleton

Date: Wednesday, June 19

Cost: \$85 (\$20 non-refundable deposit)

Depart: 6:15 pm—OSC South Building Lot

Return immediately after show

*Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and above all—Love. The musical uses strobe lighting, fog and haze and contains some mature themes, revealing costumes and adult language. Includes: Show ticket, yellow express bus, and driver gratuity. Guide: Cheryl Freiberg

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### Nonsense Musical Comedy

The Fireside Theatre—Fort Atkinson

Date: Thursday, June 20

Cost: \$140 (\$20 non-refundable deposit)

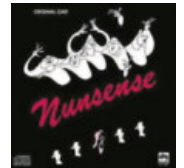
Depart: 8am Return: Approx 6:15 pm

*Nonsense* begins when the Little Sisters of Hoboken discover their cook has accidentally poisoned 52 of their sisters and they are in dire need of funds for the burials. They decide to put on a variety show in the school auditorium. It's a show that's

"sinfully" hilarious and definitely habit forming!

Includes theatre tickets, coach bus transportation driver gratuity, and lunch which is your choice of Chicken Piccata, Braised Pork Belly, or Shrimp Tempura served with potatoes and vegetable and blueberry crisp for desert. Includes theater tickets, coach bus transportation and driver gratuity.

Guide: Cheryl Freiberg



### Lake Geneva Experience

Date: Wednesday, June 26

Cost: \$150.00 (\$20 non-refundable deposit)

Depart: 6:30am-return approx. 8:00pm

*Moderate walking on this trip.*

A full day of fun at Lake Geneva starting with a seat on the mail boat as it (and the jumpers) deliver mail to residents. The tour includes an in-depth narration of Lake Geneva area and its ties to Chicago. Then a delicious lunch at Pier 290 followed by a short bus ride to the mansion at Black Point Estates, built for Chicago beer baron Conrad Seip in 1888. A quick stop at Trader Joe's on the way home is planned. Includes deluxe motor coach and driver gratuity, boat tour and mansion tickets and lunch.

Guides: Cheryl Freiberg, Pat Heyer and Cindy Paffenroth



### TRIPS UNDER CONSTRUCTION

Matilda—August 1

State Fair — August 7

Clause Family—September 26

Branson—December 2—7

And more! -Stay Tuned!



## Winnebago Senior Tours

### Discovering Wausau at New Heights

**Date: Thursday, July 18**

**Depart: 7:30am —Return Approx. 6:30pm**

**Cost: \$65 (\$20 non-refundable deposit)**

Highlights: Tour of Hsu's Ginseng Farm, Third Street Lifestyle Center in the heart of downtown offering a mix of locally owned boutiques, restaurants and eateries and the colorful floating umbrellas. On to Rib Mountain State Park and finally Nueske's Applewood smoked meats.

Guides: Cindy Paffenroth and Cathy Koch

### Barry Manilow—Green Bay Resch Center

**Date: Monday, July 29**

**Depart: 5:00 pm—Return after the show**

**Cost: \$145 Full payment at sign up required.**

See multi-million dollar selling superstar, Barry Manilow, live in concert. With more than 50 Top 40 hits like, "Mandy," "Can't Smith Without You" and "Copacabana (at The Copa)," Manilow, the undisputed #1 Adult Contemporary Artist of all time, will bring his high-energy, hit-packed concert to cities across the country. With worldwide record sales exceeding 80 million, A Songwriters Hall of Fame inductee, Manilow has produced, arranged and released more than 40 albums during his career.

Guide: Cheryl Freiberg

### Maritime in Door County

**Date: Wednesday, August 14**

**Depart: 7am—Return 8pm**

**Cost: \$135 (\$30 non-refundable deposit)**

We will start the day with a Docent led tour of the Door County Maritime Museum in Sturgeon Bay showcasing the area's maritime roots and traditions. We will then travel north to Egg Harbor. Here you will have the opportunity to explore the town on your own! You could grab a bite to eat at one of the town's many restaurants and then shop till you drop at the unique Main Street Shops, with 19 eclectic shops. We will stop at Wood Orchard Market to stock up on all our cherry and apple favorites. Our final stop is "The Log Den" for a delicious buffet dinner including dessert: Be sure to save room.

Guides: Cheryl Freiberg and Mary Plavec



### Greece Island Hopper September 13-23

**First come, first serve. Air rate may change.**

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, and Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotirn. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini.

Guide: Cheryl Freiberg

### Spotlight on New York City

**Date: October 24-28**

**Cost: \$2999 double/\$3499 single**

**Book now and save \$300!**

**Limited Space Available. Sign up Now!**

Join us as we tour America's most exciting metropolis for a getaway filled with shopping, sightseeing and endless entertainment.

**Highlights:** Greenwich Village, Wall Street, Two Broadway Shows, Statue of Liberty, Ellis Island, 9/11 Memorial and Museum. We will be staying at the Sheraton New York Times Square.

Guide: Cheryl Freiberg

### Holland & Belgium Springtime River Cruise

**Date: April 22-30, 2025**

**Cost: Starts at \$3999 dbl occupancy**

**Space is filling up fast!**

**Call now to secure the stateroom you'd like.**

Savor springtime in Holland and Belgium with a cruise that highlights the blooming Dutch tulip fields on the beautiful MS Amadeus Brilliant, Amsterdam. Relax as you make your way along seemingly endless fields of vibrant flowers and iconic windmills. **Highlights:** Amsterdam, 7-Night River Cruise, Keukenhof Gardens, Arnhem, Innsbruck, Middelburg, Briuges, Antwerp, Kinderdijk Windmills.

Guide: Cheryl Freiberg

# Friends of the Oshkosh Seniors Center



As we welcome the refreshing April showers, The Friends of the Oshkosh Seniors Center are inspired by the renewal and growth they bring. In the spirit of this season of abundance, we are reaching out to you, the community, with a heartfelt request for support.

As you may know, Oshkosh Seniors Center strives to be a beacon of warmth and companionship for older adults. With your generous contributions, the Center can continue to provide essential services and uplifting activities that enrich the lives of seniors.

Your donations, big or small, help to offer a variety of programs including wellness classes, social gatherings, educational workshops and much more. These activities foster a sense of belonging and purpose among seniors, combating isolation and promoting holistic well-being.

By donating to The Friends of the Oshkosh Seniors Center, you are not only supporting members but also sowing the seeds for a future where every senior in the community can thrive.

Every contribution is appreciated and goes a long way in making a meaningful difference in the lives of seniors.

Thank you for considering our request and for your continued support of Oshkosh Seniors Center. Together, lets make April a season of giving and growth for all !

**DONATE NOW**

<http://tinyurl.com/4rdr3puy>

Donations may be directed to:  
Friends of the Oshkosh Seniors Center  
PO Box 3423  
Oshkosh, WI 54903-3423  
Email Inquiries to:  
FriendsofOSC1986@gmail.com



## Friends of the Oshkosh Seniors Center Mission Statement

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





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 7 am – 4 pm

#### **OSC Staff**

Dan Braun, Senior Services Mgr.  
Anne Schaefer, Mktg/Fund Development  
Jane Wells, Program Supervisor  
Bobbie Jo Nagler, Office Assistant

#### **Activity Coordinators:**

Kelly Arens-Educational & Social  
Alec Jensen, Fitness & Wellness  
Kayla Johnson, Healthy Lifestyles  
Kerry Wolfe, Asst. Activity Coordinator

Register for our activities and  
special events by logging on to  
our website from your comput-  
er, laptop or tablet.  
Visit us at:

[www.schedulesplus.com/  
oshkosh/kiosk](http://www.schedulesplus.com/oshkosh/kiosk)

#### **Friends Board**

Judy Brewer, President  
Colleen Harvot, Vice President  
Chris Kniep, Treasurer  
Julie Hoyt, Secretary  
Judy Hebert  
Cheryl Freiberg  
Jeff Schettl  
Julie Maslowski

#### **Or mail registration to:**

**Oshkosh Seniors Center  
200 N. Campbell Road  
Oshkosh, WI 54902**

