

THE CURRENT

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

May, 2022, Issue #5



Discover the Offerings at the Oshkosh Seniors Center



**NATIONAL SENIOR
HEALTH & FITNESS DAY
MAY 25TH**



ART ENRICHMENT



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/
Oshkosh Seniors Center (920) 232-5300

Welcome to the Oshkosh Seniors Center



WHAT'S YOUR STRATEGY TO STAY FIT AS YOU AGE? THE OSHKOSH SENIORS CENTER CAN HELP.

Most people plan for their retirement from a financial perspective but are they planning and strategizing on maintaining their physical health? That is where the Center can help. Because after 50 years of age, people start to lose muscle mass, they need to be building strength, working on endurance, flexibility, and balance to age well.

Stop by for a tour to get started on your fitness journey.
Oshkosh Seniors Center - Fitness
234 N. Campbell Road, 920-232-5300



**OSC will be closed on
Monday, May 30, in
observance of Memorial Day.**

Have a safe & Happy Holiday!!

Stay Connected to the Oshkosh Seniors Center!

Participants are able to connect to the Oshkosh Seniors Center from ANYWHERE! Want to see what is happening at the Center today, next week, or even next month? Register for our activities and special events by logging on to our website from your computer, laptop or tablet. Visit us at:

www.schedulesplus.com/oshkosh/kiosk

Have you volunteered with us but forgot to log in your hours? No problem! You can log in your volunteer hours from the same website.



Please bring
small bills or
pay via check
for payment!



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

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Art Expression (S)

Thursdays & Fridays, May 5-27, 9-11:30 am
Cost: R \$1.50 / NR \$2.25 per visit

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

Advanced Hand Building with Clay (S)

Tuesdays, May 3-24, 1-3 pm
4 week session

Instructor: Kathi Dittmer

Cost: R \$35 / NR \$40

Min/Max: 3/10

Register by Friday, April 29

Payment due upon registration

Welcome back to our experienced clay students! This class offers a fun and community environment to explore the creative world of clay. The fee includes two pounds of clay, glazes, and two firings.



Needle Felting - Butterfly (S)

Tuesday, May 17, 1-3 pm

Instructor: Kerry Wolfe

Cost: R \$10 / NR \$11.50

Min/Max: 2/8

Register by Tuesday, May 10
Payment due upon registration

We will be making a felted butterfly. Come with your creative minds and let's have some fun. All supplies are provided.



Card Making (S)

Wednesday, May 18, 9:30-11 am

Instructor: Jenny Baier

Cost: R \$5 / NR \$6.50

Min/Max: 2/8

Register by Friday, May 13
Payment due upon registration

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

Kick off to Summer! Art Class (S)

Thursday, May 19, 10:30 am -12:30 pm

Facilitator: Molly Zornow

Cost: R \$5.50 / NR \$7

Min/Max: 15/20

Register by Thursday, May 12

Revamp a vintage sundae cup or glassware with enamel paints. We'll place your glassware in the oven to adhere the paint once your design is complete. While baking is in process, we'll fill the time with an easy garden craft to mark your vegetables or flowers this season (or just enjoy painting decorative stones if growing a garden isn't your thing!)



Kick off to Summer! (S)
Art Class

Thursday, May 19

10:30 am - 12:30 pm

Facilitator: Molly Jo Zornow

COST: R \$5.50 / NR \$7

Revamp a vintage sundae cup or glassware with enamel paints & create easy garden crafts to mark your vegetables or flowers this season!



MEET MOLLY

Hello! My name is Molly and I graduated from UW Oshkosh with a degree in art education in 2013. I was an assistant wedding photographer in college, and nearing graduation, I began booking photo gigs of my own. Plan B turned into plan A! I'll be celebrating 10 years in the photo business this year. My husband Matt is also an art guy with an art teaching degree himself, so teaching and creating is a true joy in our house. Crafting and learning is good for the soul, and I'm looking forward to doing more of that with the Oshkosh Seniors Center.

**Guided
Woodshop
Hours
(Formerly Open
Hours)**

**STARTING
MAY 4**

Wednesdays

9 - 11:30 am , Cost: R \$5/NR \$6.50 per 2.5 hr time slot

12 - 2:30 pm, Cost: R \$5/NR \$6.50 per 2.5 hr time slot

Shop will be closed 11:30 am-12 pm

Facilitators: Woodshop Monitors

These two and a half hour windows of time were designed to allow participants to come in and work on their own projects, with support as needed from experienced volunteer woodworkers. There will be limited capacity per time slot.

Must have completed Machine Safety Training to use any equipment in shop.

Woodburning (S) Flying Mallard & Cattails

Tuesdays, May 3-31, 10 am-12 pm

Instructor: Cedric Richeson & Dick Krummick

Fee: R \$25 / NR \$30

Min/Max: 3/10

**Register by Tuesday, April 26
Payment due upon registration**

This Intermediate class focuses on creating a flying mallard with cattails burned on birch plywood. Techniques focus on woodburning the eye, using layers to build shading and textures for tonal variation. Students will need to bring a white vinyl eraser, dust mask, tack cloth, graphite paper, a red or blue ink pen, and colored pencils and sealant. Birch board and test strip are provided. Pre-requisite: Woodburning Basics or permission of Instructor.



Wood Crafting (N)

Garden Angels

Tuesdays, May 10-31, 10 am-12 pm

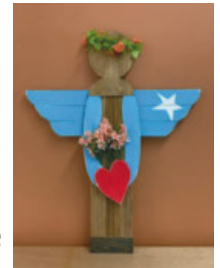
Facilitator: Linda Gomach & Diane Curtis

Cost: R \$45 / NR \$50

Min/Max: 3/6

**Register by Tuesday, April 26
Payment due upon registration**

"Are those angels out there?" Did you always want an angel in your garden or on your porch? Here's your chance to make a beautiful garden angel in the woodshop. The angel is nearly 4ft tall, and can hold a heart in its wings. Must be woodshop trained, or had the refresher course to be in this class.



Woodburning Projects (S)

Thursdays, May 5-26, 1-3 pm

Instructors: Cedric Richeson & Dick Krummick

Fee: R \$15 / NR \$20

Max/Min: 3/10

**Register by Monday, May 2
Payment due upon registration**

Beginners are invited to attend for an informal learning environment taught by skilled teachers. Woodburning tools available on a first come, first served basis, reserve at time of registration. Experienced students may bring in an unfinished project or a new project. Experienced students, who are planning to take a portrait woodburning class offered in June-July, are encouraged to attend this class to help prepare for their projects.

Basic Machine Safety Training (N)

Fridays, May 20 & May 27, 10 am-12 pm

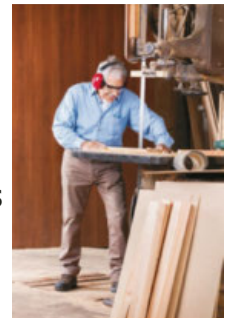
Facilitator: Jeff Becker

Cost: R \$5 / NR \$7.50

Min/Max: 2/10

Register by Friday, May 13

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 all participants **must be taken in consecutive weeks**. Once you have completed the training you may use the designated machines in the shop. Materials provided for the training.





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

Call 920.232.5340 for info about your mobility options.

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

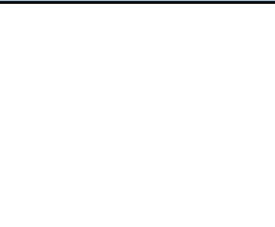


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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Woodshop Safety Refresher (N)

For those who have already completed Basic Machine Safety Training

Friday, May 6, 9-10:30 am
Register by Monday, May 2 **OR**
Friday, May 13 9-10:30 am
Register by Monday, May 9

Instructor: Jeff Becker

Cost: Free

Min/Max: 2/10

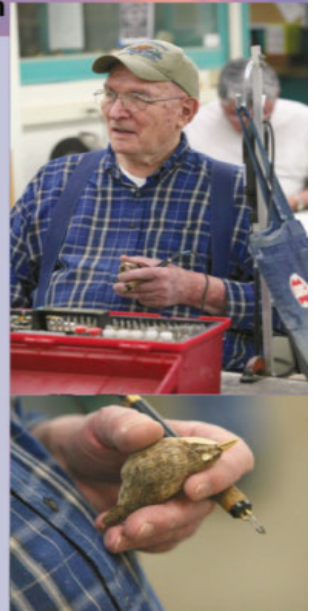
In order to attend one of these safety trainings you must have been a previous woodshop participant who has gone through the safety training before. You will only be required to attend ONE of the training dates above. Once you do, your safety certification will be valid for one year.

Richard (Dick) Christensen

Dick Christensen, a fixture at the Oshkosh Seniors Center Woodshop for over two decades, passed away on Tuesday, February 22, 2022, after a long and active life.

Dick, a Master Carver, held numerous carving classes every year. Many novice carvers got their start in Dick's classes at the Center, honed their skills and learned much from him.

Dick encouraged his students to enter their carvings in competition and was an instrumental teacher to many.
 He will be missed.



Upcoming Classes

Portrait Woodburning Class (S)

Thursdays, June 2-July 21, 1-3 pm

8 week session

Instructor: Linda Gomach

Cost: R \$40 / NR \$45

Min/Max: 3/10

Register by Thursday, May 19
Payment due upon registration

Turn a cherished photo into the likeness of a favorite person using shading methods and a lot of patience. Make life-like eyes, ears, nose, lips and hair. This is an advanced wood burning class. Students should bring: graphite paper, red ink pen, a favorite photo of a loved one and 3 copies of that photo on 8 x 10 copy paper. The wood provided is a 9 x 12 piece of Baltic Birch that is included with the class.

Wisconsin Pallet Class - Wall Art (N)

Tuesdays, June 7-21, 9-11:30 am

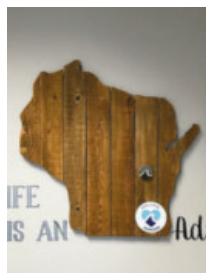
Instructor: Jeff Becker & John Brad

Cost: R \$30 / NR \$35

Min/Max: 3/6

Register by Tuesday, May 24
Payment due upon registration

You will be using pine board to make your state. When Finishing is up to you, stain it all one color, several colors, or leave it looking rustic.



Woodburning (S)

Raccoon or Squirrel

Tuesdays, June 7-28, 10 am-12 pm

Instructor: Cedric Richeson & Dick Krummick

Fee: R \$25 / NR \$30

Min/Max: 3/10

Register by Tuesday, May 31
Payment due upon registration

This is an intermediate class that focuses on burning eyes and animal fur using your choice of a squirrel or raccoon pattern. Woodburning basics are covered for creating lifelike fur and textures for both short and long hair. Birch plywood board and test strip are provided. Students will need to bring a white vinyl eraser, dust mask, tack cloth, graphite paper, a red or blue ink pen, Pre-requisite: Woodburning Basics or permission of Instructor.

Hand Tool Carving Class (S)

Mondays, June 13-July 25, 1-3 pm

No class Monday, July 4

Instructor: Gene Bengel

Cost: : R \$30/NR \$35

Min/Max: 5/12

Register by Friday, June 3
Payment due upon registration

This six-week hand tool carving class is open to carvers who want to refresh their skills and complete unfinished projects. Award-winning carving instructors will be available to instruct, and problem-solve.

Fox Fitness Center (N)

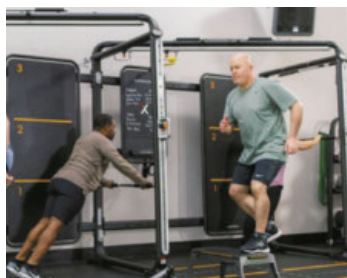
Monday-Friday, 7 am - 4 pm

Stay Active Pass & Insurance Reimbursement Eligible

Check with the front desk as many Medicare supplement plans will pay for fees. Workout for FREE!

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

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch



Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System.

If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.

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

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

Personal Training

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

Alec has a Personal Training certification through the International Sports Sciences Association (ISSA) and over 17 other specialty training certifications. He has over five years of experience in group exercise, personal training, coaching, and strength and conditioning. He's ready to help you achieve your fitness and wellness-related goals.

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

Cost:

6 sessions \$75
12 sessions \$120
18 sessions \$150



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

To schedule your appointment call Alec at 920.232.5320.

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

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Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible
OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit
Rate sheets available at Front Desks for non-insurance eligible

Rapid Movement Training (N)

Mondays & Wednesdays

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 the heart rate back down. This training style helps improve our agility, power, coordination, and balance, which helps 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 that will help 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: Jean Wollerman

Drop-in eligible

Increase muscle strength and range of movement, so you are ready for the activities needed for daily living. You will use a chair for seated exercises, as well as standing 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: Alec Jensen

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: Bobbie Jo Nagler

Drop-in eligible

A class for senior adults with ongoing conditions such as Parkinson's, MS, or struggle with balance-related issues. This class will help increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress-free movements.



No Classes Monday May 30 in observance of Memorial Day

Line Dancing (N)

Instructor: Debbie Ruck

Drop-in eligible

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

Advanced Line Dancing

Mondays & Tuesdays

No Class Monday, May 30

12:30-1:30 pm

Prior experience preferred

Beginner Line Dancing

Tuesdays

1:45-2:45 pm

New Time

No prior experience is necessary



FFC 3g (N)

Fridays, May 6-27, 9-9:45 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, May 5

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). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout!



If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920.232.5320 for an appointment.

Synergy Fitness (N)

Mondays, May 2-23, 8-8:30 am

Instructor: Alec Jensen

Max: 10

Register by Thursday, April 28

No Class Monday, May 30

This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular system in new ways.

This class is perfect for those who like small group based classes with a lot of camaraderie. You also get the benefits of the coaches being able to give you one on one help.

Senior Health & Fitness Day

May 25

Please note that on May 25 the OSC will be hosting a Health Fair at the OSC North building from 9am-11am.

There will not be regularly scheduled classes on the 25th but we encourage everyone to come to the health fair that will showcase many of our community partners and the chance to win some fun prizes.

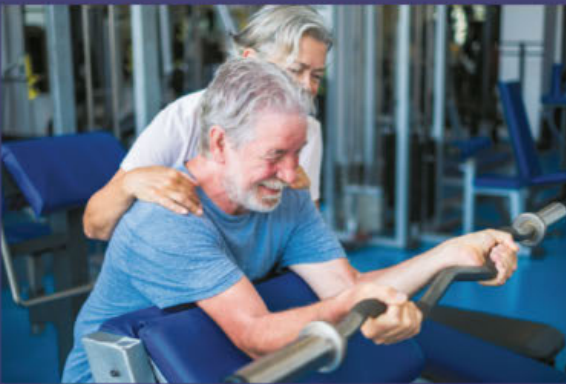
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May 2-31

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Senior Health

Health Fair (N)

Wednesday, May 25, 9 am - 11 am

Join us on National Senior Health and Fitness Day at the Fox Fitness Center. We will have several tables sharing information, free hearing screenings, and healthy snacks.

Tables at the Health Fair



& Fitness Day!

Oshkosh Fire Department (N)



Fire Safe House Demo

Wednesday, May 25, 9 -11 am

North building parking lot



Eat & Greet (S)

Wednesday, May 25

11:30 am - 12:30 pm

Asian Beef Bowls

Cost: \$7.00

Secure your spot!

Purchase ticket by Wednesday, May 18.

Anthem Bingo (S)

Wednesday, May 25, 1-3 pm

Free Register by Monday, May 23

(Bingo will be set up after Eat & Greet is finished)



Anthem



Grief Support (S)**Thursday, May 5 & May 19, 1-2:30 pm**

Facilitator: Meredith Schlute, Compassus Hospice

Cost: R \$1 / NR \$1.25 per visit**Register by calling 920.232.5310**

For any adult grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith Schlute with Compassus Hospice will facilitate groups conversations around how we grieve, and allow a safe space for support.

Mindfulness Meditation (S)**Thursdays, May 5-26, 11 am-12 pm**

Instructor: Donna Janus

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

Join instructor Donna Janus for peaceful meditation and educational experiences. Each class has a different focus and educational piece. You will learn how to make changes that will have a positive impact on your life!

**Essential Oils For Pets (S)****Tuesday, May 10, 1-2 pm**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$5 for one or \$10 for two

Max: 15

Register by Friday, May 6**Payment due upon registration**

Find out how essential oils can help your furry friends! Humans aren't the only ones who can benefit from essential oils, our pets can too! Learn safe and effective ways to use essential oils for your pets. You will learn how to make colognes to freshen your pet, as well as combinations that can help reduce their anxiety and stress! There will be a variety of options for a take & make this time around!

Get Strong Despite Back Pain (S)**Tuesday, May 10, 1-2 pm**

Presenter: Eric Koehler Dpt., Physical Achievement Center

Cost: Free

Max 30

Register by Friday, May 6

Discover options you may not have heard about for managing your painful, weak back. Learn the secrets to avoid the time, cost, and risk of surgery for the back. You will learn unique and clinically proven approaches to build strength and confidence in your back (even with arthritis). Information presented will help you learn options for you or those you care about.

**Vertigo & Vestibular Issues (S)****Wednesday, May 11, 10-11 am**

Presenter: Dr. Courtney Disterhaft

Cost: Free

Max: 30

Register by Friday, May 6

Join Dr. Disterhaft from Fox Valley PT & Specialties as she talks about how you can treat/manage vestibular conditions. This informational presentation will cover many facets of vestibular issues (dizziness, nausea, etc.) as they relate to balance and active daily living and the ways we can manage them more effectively.

Neck Kinks & Pains (S)**Tuesday, May 17, 11 am-12 pm**

Presenter: Excel Physical Therapy

Cost: Free

Max: 30

Register by Friday, May 13

Ever have a stiff and achy neck, sleep wrong, reoccurring headaches, or have knots that just never seem to go away? Join Dr. Van Zeeland as she talks about how to effectively alleviate the muscles within the neck in order to reduce aches, pains, and other unwanted irritations.

**Memory Care Screening (S)****Thursday, May 19, 10:30 am-12 pm**

Facilitator: ADRC

Cost: Free

Max: 6

Register by Tuesday, May 17

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. Appointments take approximately 15-20 minutes Call 920.232.5310 to schedule your appointment.

SLEEP, SLEEP, SLEEP (S)**Friday, May 20, 1-2pm**

Presenter: Alec Jensen

Cost: Free

Max:30

Register by Wednesday, May 18

Learn the reasons why our body needs sleep, what happens during our sleeping process, and ways to improve your sleep! Bring a pen & paper to take notes and any questions you may have regarding sleep. NOTE: This talk will not cover prescription medications. Consult with your medical professionals if you believe you're having side effects that are effecting your sleep.



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- REPORT** suspicious claims or activities

Toll-free Helpline:
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WisconsinSeniorMedicarePatrol



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

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

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



Visit www.claritycare.org for more information.



A Healthier You (S)

Monday, May 23, 1-2 pm

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

Cost: Free

Max: 45

Register by Friday, May 20

Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentations. She'll educate you about the latest tips on how to stay healthy. Her classes include information, handouts, and time for your questions.



Neck Screening (S)

Tuesday, May 24, 10 am-12 pm

Facilitator: Excel Physical Therapy

Cost: Free

Max: 8

Register by Friday, May 20

Still having issues with your neck? Get it checked out for free! These quick 15-20min screenings are a great way to find out what you may need to do in-order to reduce your neck pains whether it's stretching, strengthening, or therapeutic interventions. **We strongly encourage you to attend the Neck Kinks & Pains presentation on May 17 first!** See page 16 for details.

Brain Games (S)

Friday, May 27, 11 am-12 pm

Presenter: Alec Jensen

Cost: Free

Max: 20

Register by Wednesday, May 25

Want to sharpen your mind while having fun? Join Alec for Brain Games. You will learn the benefits of how these games can help increase our critical thinking skills and more. This is an interactive presentation and games will be played



STAND UP AND MOVE MORE

How much is too much time sitting during the day? Find out and learn strategies to help you Stand Up and Move More!!



On average, older adults spend more than 60% of their waking hours in sedentary activities, mostly sitting.

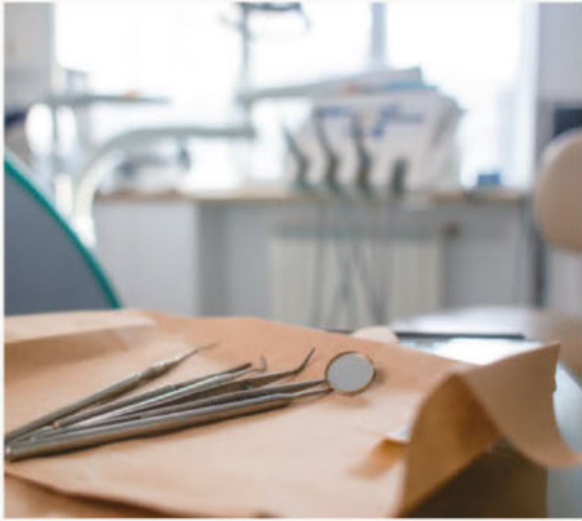
The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.



Oshkosh Seniors Center (S)
200 N. Campbell Road
May 5 - May 26 (4 week session)
Cost: Free
Register by April 26
920.232.5300
1 - 3 pm
Limit 14

This program has been developed and researched at the University of WI-Madison. Participants who completed the Stand Up program decreased their sitting time by 68 minutes per day





ALMEDA FISK GALLUP TRUST

The Oshkosh Seniors Center is proud to participate in the awarding of funds given to the center from the Almeda Fisk Gallup Trust. The mission of the trust is to provide assistance to City of Oshkosh residents with vision, hearing and dental needs.

The trust was established in the late 1920's and for over 100 years this generous gift keeps on giving.

If you know of a person or yourself that is in need please contact Bobbie Jo Nagler at the center and she can help you apply for the funding.

**Apply now by calling
920.232.5301**

One on One Tech Appointments **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" appointment but we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

One on One with Diane Friday (S)

Mondays, May 2, 9, 16, and 23
9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, May 3, 10, 17, 24, and 31
9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, May 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 920.232.5310

One on One with Steph Carlin (S)

Mondays, 2, 9, 16, and 23
Noon, 1:15 pm, 2:30 pm

Tuesdays, 3, 10, 17, 24, and 31
Noon, 1:15 pm, 2:30 pm

Wednesdays, 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 920.232.5310

Connect through Tech can help you improve your Digital IQ!

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 and enjoy the high-speed internet service. No password required.

One on One with Sandy Toland (S)

Sandy is from the Oshkosh Public Library and can certainly answer questions about the library online services. She is very tech savvy so don't hesitate to set up an appointment with her on any technology challenges you are experiencing.

Mondays, May 2, 9, 16, and 23
9:15 am, 10:30 am, 11:45 am, 1 pm

Cost: R \$2 / NR \$2.75 per class
By Appointment Only 920.232.5310





GPS, BLUETOOTH, AND OTHER FANCY TECH THINGS IN NEWER CARS!

Does your car have bells and whistles you've never used?

Join Connect through Tech to explore the basics such as:

- **GPS**
- **Learn How to pair your phone to make hands free calls**
- **Discover where you can find answers to questions about tech in your car?**



Tuesday, May 24th

1:30 to 3 pm

**Oshkosh Seniors Center
Willows (S)**

Must Register (FREE)

920.232.5300

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.**



Planting for Wildlife (S)

Wednesday, May 4, 10-11 am

Presenterr: Liz Herzmann, DNR Horicon Marsh

Cost: Free

Min/Max: 10/30

Register by Monday, May 2



You can invite wildlife back to your yard and neighborhood by planting a simple garden that provides habitat. Imagine your garden teeming with singing songbirds, colorful butterflies, flitting

hummingbirds, and other small wildlife.

Elder Benefit Specialist (S)

Wednesdays, May 4-25, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

Ukulele Lessons

Everyone Welcome!

No prior music experience necessary.

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$50 check for deposit, and when Ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about Ukulele "rental."



Ukulele Play-Along (S)

Wednesdays, May 4-11, 10:30 am-12 pm

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

Min/Max: 3/20

This is a chance for ukulele players to get together and play music learned in past classes. It's an opportunity to learn from each other and share our favorites.

Beginner Ukulele Lessons (S)

Fridays, May 6-27, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/20

Register by Wednesday, May 4

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.

Intermediate Ukulele Lessons (S)

Fridays, May 6-27, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 5/20

Register by Wednesday, May 4

Payment due upon registration

This session is specifically geared towards those beyond the beginner class but not quite to the advanced level of playing.

Advanced Ukulele Lessons (S)

Fridays, May 6-27, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 2/7

Register by Wednesday, May 4

Payment due upon registration

This session is specifically geared towards advanced players looking for challenging strumming patterns, picking notes, and in-depth music theory and potential songwriting.

Cookies with Kids (S)

Friday, May 6, 11 am-12:30 pm

Facilitator: ADRC/Leah Hackmaster

Fee: R \$2.50 / NR \$3

Min/Max: 6/20

Register by Friday, April 29

Join the ADRC for a fun morning of decorating cookies, and playing games with kids! This program is a great way to connect with children, learn, share stories, laugh, and work with each other to make yummy cookies!



Lunch & Learn (S)

Monday, May 9, 10:30 am - 12:30 pm

Presenter: Linda Carder, ADRC

Cost: R \$7 / NR \$8.50

Min/Max: 10/40

Register by Monday, May 2

Ever concerned about online scams or suspicious mail? Enjoy this lunch and learn with Linda. We will start with a presentation on relationship scams/Medicare scams followed by a cold lunch.

Bingo (S)

Monday, May 9, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/40

Register by Thursday, May 5

Come for a fun afternoon of bingo! Prizes sponsored by EdenBrook.



Popcorn & A Movie (S)

Friday, May 13, 1-2:30 pm

Note day & time change

Cost: Free Min/Max: 2/30

Register by Wednesday, May 11

Enjoy a thriller with others and some delicious popcorn. Movie is free, donations accepted for popcorn. Inquire at the front desk for movie details. **Note: MPLC regulations prohibit us**

from disclosing titles of upcoming movies in newsletter.



Warbler Wonders (S)

Wednesday, May 18, 10 am-12 pm

Presenter: Rob Zimmer

Cost: Free

Max: 75

Register by Monday, May 16

Meet the colorful butterfly birds in Rob's program about the many wood warblers that are the highlight of spring songbird migration.



Power of Attorney Workshop (S)

Friday, May 20, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

Register by Wednesday, May 18

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.



Eat & Greet (S)

Wednesday, May 25, 11:30 am-12:30 pm

Cost: \$7

Max: 40

Register by Friday, May 20

Join us on National Senior Health & Fitness Day for a healthy lunch option. We will be serving Asian Beef Bowls, and Peach Cobbler for dessert.



Anthem Bingo (S)

Wednesday, May 25, 1-2:30 pm

Cost: Free

Min/Max: 10/40

Register by Monday, May 23

Come for a fun afternoon of bingo! Prizes sponsored by Anthem. This event being held as a part of National Senior Health & Fitness day!



Chat & Chop (S)

Tuesday, May 24, 1-3 pm

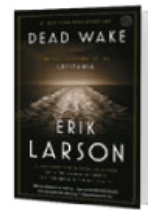
Instructor: Kerry Wolfe

Cost: R \$7 / NR \$8.50

Min/Max: 2/8

**Register by Tuesday, May 17
Payment due upon registration**

We will be making some healthy wraps. One of them will be a cranberry, turkey wrap and the other will be an Asian Chicken wrap.



Book Talk (S)

Dead Wake by Erik Larson

Thursday May 26, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: \$1.25 R / \$1.75 NR

Max: 15

Register by Tuesday, May 3

Call the center at 920.232.5300 to register and arrange for book pick up or register online at <https://schedulesplus.com/oshkosh/kiosk/>

On May 1, 1915, a luxury ocean liner sailed out of New York, bound for Liverpool. The passengers were anxious. Germany had declared the seas around Britain to be a war zone, but the Lusitania was one of the era's great transatlantic "Greyhounds". It is a story that many of us think we know, but don't. Erik Larson tells it thrillingly, switching between hunter and hunted. *Dead Wake* brings to life a case of evocative characters.

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Consider joining the WI Warmers, a volunteer group that creates handmade items such as lap quilts and stockings for those in need. No sewing skills necessary, supplies and training provided. Come meet new friends while giving to others. The Wisconsin Warmers are in continual need of cotton fabric pieces that are 2 to 3 yards or larger in size for quilt backs. Please, NO polyester, satin, tulle/netting, knits of any kind, or bed sheets. Please bring all donations to the front desk and say it is for the WI Warmers. A donation form needs to be completed for all donations.



- At this time, **no food or sharing of food/drink allowed**
- 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

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

Cribbage

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

Mahjongg, Mexican Train

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





COOKING MATTERS

COOKING WITH ALEC (N)

Friday, May 13, 11 am-12 pm

Instructor: Alec Jensen

Cost: R \$6 / NR \$7.50 Min/Max: 2/15

Register by Wednesday, May 11

Payment due upon registration

Want to 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 there is in a healthy diet. Sample of each food will be provided. Bring a pen and paper to take notes!



CHAT & CHOP (S)

Tuesday, May 24, 1-3 pm

Instructor: Kerry Wolfe

Cost: R \$7 / NR \$8.50 Min/Max: 2/8

Register by Tuesday, May 17

Payment due upon registration

We will be making some healthy wraps. One of them will be a cranberry, turkey wrap and the other will be an Asian Chicken wrap.



Sara's Savory
Samplings



LEMON PEPPER CHICKEN AND PASTA

SERVINGS: 4

PREP TIME: 1 HR 15 MIN

COOKING TIME: 25 MIN

INGREDIENTS

4 boneless skinless chicken breasts
1/4 C fresh lemon juice
1 small clove garlic, crushed
freshly ground black pepper to taste
3 T olive oil, divided
1 box of linguine pasta, cooked
salt to taste
grated parmesan cheese for serving

DIRECTIONS

1. Marinate the chicken in lemon juice, garlic, and pepper for one hour.
2. In a large skillet, heat 1 tablespoon of the olive oil. Remove chicken from marinade and saute until chicken is lightly browned and cooked through, 20-25 minutes. Remove and keep warm.
3. While chicken is cooking, cook the linguine and drain.
4. In the skillet, heat the remaining oil and add the pasta. Season with salt, freshly ground pepper, and parmesan cheese.
5. Serve chicken over a bed of the pasta.

NOTES

Chicken can also be grilled if you prefer
Serve with a salad or some roasted asparagus on the side.



Summer Music Fun!



Outdoor Live with Lunch (S)

Friday, June 10, 12:15 - 1:15 pm

Cost: \$10--includes lunch and live music!

Tickets on sale Monday May 23-June 8

Max attendance: 35

Lunch provided by New Moon Cafe

Music by: Jackson Street Polecats Jug Band!

Bring your own lawn chair

This event funded in part by a generous donation from
the Ladies Benevolent Society

Upcoming-watch future newsletters for
more details

Janet Planet & Friends at the Leach
Amphitheater

Tuesday, July 19, 11 am - 1 pm

The Del Rays at the Leach Amphitheater
Tuesday, August 2, 11 am - 1 pm

Friends of the Oshkosh Seniors Center

2022 FOOD TRUCK
FRIDAY



15 FOOD TRUCKS • LIVE MUSIC • RAFFLES • BEER • SODA • WATER

SAVE THE DATES!

JUNE 17 and AUGUST 19, 2022
4:30–8:30PM

FAMILY FUN NIGHT AT THE PARK!
SOUTH PARK • OSHKOSH

Get involved with Oshkosh's
Biggest Food Truck Event of
the Season and support the
Seniors Center!

Interested Food Truck Vendors,
Volunteers, and Sponsors should
contact Anne Schaefer at
aschaefer@ci.oshkosh.wi.us
920-232-5306



FOSC is offering a **FREE**
Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 21, 2022

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



What can be shred?

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

What cannot be shred?

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.

CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays

If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

DONATE
NOW

Mail your donation:
Friends of the Oshkosh
Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423

Make a monetary donation to
The Friends of the Oshkosh Seniors Center
28 or bring a canned good for a local food bank!

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.**
Desk Phone—920.232.5312

- Place your payment in the drop box located next to the WST Desk

- 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

The Church Basement Ladies in A Mighty Fortress

Date: Thursday, May 19

Cost: \$120 (\$20 non-refundable deposit)

Final payment due April 26

Depart: 7:45 am

Return: Immediately after the show

Let's enjoy this humorous installment of The Church Basement Ladies series, at the Fireside. Beverly gets her first pair of high heels. Mrs. Snustad wins top honors at the County Fair. Life can be complicated when a woman drives her "husband's" pickup truck. Shh..., Did you hear Pastor has a "love" in his life and will be announcing his wedding? With all these changes in the 60s, these women remain strong in their faith and friendship. You are certain to enjoy some snickers and double over laughing with the crazy antics and great new songs by "The Church Basement Ladies". Lunch features a menu of a salad plus three entrée choices: Boneless Pork Chop, Chicken Cordon Bleu, or Lasagna. Dessert is homemade apple pie with vanilla bean custard. On the way, there will be a short stop at Jones Market to see their latest meats and cheeses.



For questions call:

Ginnie Riley 715.889.2373

Sherry Katzenberger 608.578.5366

California Rail Discovery Trip

Date: June 8-15

Cost: \$3095 pp double

Guide: Cheryl Freiberg

Come travel with us for a trip of a lifetime as we fly to San Francisco, "The City by the Bay," to enjoy fascinating museums, world-class cuisine, and fantastic shopping. Highlights include Two



Rail Journeys, the Napa Valley Wine Train, and the Sierra Nevada Rail Journey. In addition, enjoy Two Cruise Experiences, the San Francisco City Tour, Wine Lunch Train,

Winery Tour and Tasting, Old Town Sacramento, Virginia City, Reno, NV, National Auto Museum, and an optional excursion to Muir Woods to see some of the oldest and tallest redwood trees in the world. See complete flyer details. Flyers are available at the Tour desk, or call 920.232.5312 to have one mailed to you.

For questions call:

Cheryl Freiberg 920.379.8128

Milwaukee Brewers vs Braves

Date: Wednesday, May 18

Cost: \$75 (\$20 non-refundable deposit)

Final payment due May 2

Depart: 8:30 am

Return: Immediately after the game

Transportation via coach bus (includes tip and ticket for the game.) Let's join in cheering the 2021 NL Central Division Champs as they play the 2021 World Champions Atlanta Braves. This will be an exciting match-up. Put on your Brewers fan gear and let's cheer on the Brewers with a day at American Family Stadium. We will stop on the way for a break and refreshments of your choice at Hwy Q in Menomonee Falls.



For questions call:

Cheryl Freiberg 920.379.8128

Betty Litjens 920.231.4504

Laurie Peach 920.232.1336

Winnebago Senior Tours

Great Scott, Fox Valley Travel Back in Time

Date: Thursday, June 9

Cost: \$55 (\$20 non-refundable deposit)

Final payment due May 19

Depart: 9:25 am Return: 4:30 pm

Sign up now, don't delay!

Going Back in Time, we will have a guided tour of the FIRST house to have electric light bulbs in the United States, Hearthstone, in



Appleton. From there we will enjoy a delicious lunch at Good Company. The cost of the tour includes a \$10 voucher for your lunch. Next we see the working windmill which stands over 100 feet tall in Little Chute. A guide describes how the mill grinds the grains needed for breads. Our final stop will be Mansion in the Woods, known as Grignon Home in Kaukauna. There will be guided tour of the quaint mansion that was built for his bride. A blacksmith will demonstrate his craft. Departing from Seniors Center South, 200 N. Campbell Road.

For questions call:

Donna Landers 920.303.1683

Ginnie Riley 715.889.2373

Best Kept Secrets on Lake Michigan Discover Manitowoc/Two Rivers

Date: Thursday, June 23

Cost: \$80 (\$20 non-refundable deposit)

Final payment due June 2

Depart: 9:15 am Return: 7:45 pm

Manitowoc is the home of the Midwest's largest Smithsonian Maritime Museum. If you are adventurous you can climb into a real submarine and ring the dive bell. From there we will visit the Rahr West Art Museum to see where a piece of the Russian Sputnik landed in front of the museum. Lunch will be at Kurtz's Pub & Deli. You will receive \$10 towards your lunch. In Manitowoc, the guided tour of the Hamilton Wood Type & Printing Museum, will show over 100 years of wood print history, including some famous posters. At the Roger Street Fishing Village Museum a guide will tell you about ill-fated schooners, and the famous Christmas Tree Ship. Enjoy the lighthouse in the village and see many artifacts from the waters of Lake Michigan. To end our day in Manitowoc, FREE Ice Cream Sundaes for all.

Departing from Seniors Center South, 200 Campbell Road. For questions call:

Donna Landers 920.303.1683

Sherry Katzenberger 608.576.5366

What Happens in Vegas Won't Stay in Vegas?

Date: Wednesday, July 13

Cost: \$120 (\$20 non-refundable deposit)

Final payment due June 22

Depart: 7:45 am Return: 6:00 pm

Sign up now, don't delay. Let's have some fun!

We will start our day with a brief stop at Jones Market for samples to taste and savor. Then off to the Fireside for some lunch and the Vegas show. Dinner choices will be either Rueben Chicken or Sliced Pork Tenderloin. Of course there will be lots of delicious sides to go with these two outstanding dinner choices. We will get together in in Oasis Room of the Seniors Center South. Parking at Seniors Center South. Watch for the red cones and a guide will show you the parking area.



For questions call:

Donna Landers 920.303.1683

Betty Litjens 920.231.4504

Washington Island

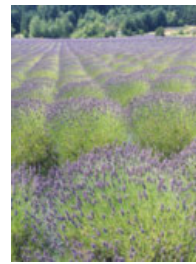
Date: Thursday, July 28

Cost: \$145 (\$20 non-refundable deposit)

Final payment due July 7

Depart: 7:30 am Seniors Center South

Return: 9:30 pm



A day visiting Washington Island is an educational adventure. Start with the five-mile ferry ride and learn the history and legends of the Island on a two hour open air tram tour.

Highlights include: Stavekirk Church, The Farm Museum and the Fragrant Isle Lavender Farm. Coach Bus, tips, fees, lunch and dinner included. Be

ready for a memorable experience that can only be found in Wisconsin.

For questions call:

Cheryl Freiberg 920.379.8128

Laurie Peach 920.232.1336

Please let us know if you need any special accommodations on the bus or for an overnight stay.

Winnebago Senior Tours

WI State Fair—171 Years Strong What a Tradition!

Date: Tuesday, August 9

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

Final Payment due July 21

Depart: 10 am Return: 6 pm

Come enjoy a day at the fair with all the sounds, smells, and attractions. Enjoy a leisurely walk around all the displays of 4H exhibits which are their pride and joy. There are over 400 shopping locations offering the craziest gadgets and coolest items. 200 concession stands offering over 800 different foods and beverage items. Of course what everyone comes to the fair to see the famous cream puffs, 4000,000 sold every year. Pig Races, Dock Dogs, Ferris Wheel, Sky Glider-Bird's eye view of fun down below to give you a view of what the fair is all about. For questions call:
Donna Landers 920.303.1683
Sherry Katzenberger 609.576.5366



Charter Fishing on Lake Michigan

Sign up Now, Let's go fishing

Date: Thursday, August 25

Cost: \$160 (\$20 non-refundable deposit)

Maximum of 12 can participate on this trip

Final payment due August 1

Depart: 11:30 am Return: 9 pm

Capt. Keith from Willie Bee Charters will be your guide for an awesome day of fishing on Lake Michigan. Keith's spacious boat is 33 ft. long and 12 ft. wide, which provides room for up to 6 people anxiously awaiting to catch fish. You



must have a WI fishing license and Great Lakes Salmon and trout stamp at Willie Bee Charters before you head out on the lake. Your fishing on Lake Michigan will be from 1 to

6 pm. Fishing poles & bait are provided by Willie Bee. The bus will supply coolers underneath for your fish. When you return from fishing you will enjoy home cooking from Kurtz's across the road from Willie Bee Charters. Willie Bee will clean your fish & bag with your name, while you enjoy your dinner. We will give you \$15 toward your dinner at Kurtz's. For questions call:

Donna Landers 920.303.1683

Sherry Katzenberger 608.576.5366

"Trivers" Salute to Two Rivers Area

Date: Thursday, August 25

Cost: \$75 (\$20 non-refundable deposit)

Final Payment due August 4

Depart: 11:30 am

Return: 9 pm

Our journey starts just west of the beaches of Lake Michigan, at the Lake Gardens, established in 1934, where we can explore the roses, Japanese gardens, and 900 feet of herbaceous borders. We will stop at Renae's Gourmet Popcorn & Chocolates. These delicious treats are made with tender loving care. Next up is the 1850 Washington House, home of the original ice cream sundae. Or, you can visit Schroeder's Department Store celebrating 130 yrs. in business, showing off their books, clothes, and jewelry; and on the 2nd floor are yarns and accessories. The London Diary Alpaca Farm is a century-old farm with a guided tour of the life of an alpaca. There is a gift shop to show off all their alpaca wares and a wine shop to admire wines from Argentina. By this time, we will be hungry for some home cooking at Kurtz's, and we will give you \$15 toward your dinner. For questions, call:



Donna Landers 920.303.1683

Sherry Katzenberg 609.576.5366

Exploring Britain & Ireland

Date: August 13—28

Guide: Cheryl Freiberg

Cost: \$5649 pp Double Occupancy

Our next International trip by Travelers Choice will be exploring Britain and Ireland. Highlights include London, Stonehenge, Bath, Cardiff, Blarney Castle, Dublin, Wales, and an Irish cooking class, to name a few. Included in the experience is the

epic Royal Military Tattoo in Scotland. There are a few seats available.

For questions call:

Cheryl Freiberg 920.379.8128

Beautiful Vermont

Date: September 24-October 2

WAIT LIST ONLY

Magnificent Fall colors.

For questions call:

Donna Landers 920.303.1683

Betty Litjens 920.231.4504



Friends of the Oshkosh
Seniors Center
200 N Campbell Rd
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Oshkosh Seniors Center

200 North Campbell Road
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920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

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