

THE CURRENT



May 2024, Issue #5

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



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View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/Oshkosh_Seniors_Center 920.232.5300

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!

[tinyurl.com/4rdr3puy](https://www.tinyurl.com/4rdr3puy)



**The Oshkosh Seniors Center
is closed on Monday, May 27
in observance of Memorial Day.**



MEMORIAL DAY
ALWAYS REMEMBER FOREVER

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 2-31, 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 303 (S)

Diagonal With/Without Sashing-
Wednesdays, May 1-22, 9-11:30 am

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50

Min/Max: 3/6

Register by Monday, April 29

Payment due at time of registration

In this class we will focus on diagonal sets, with and without sashing. You will have a choice between the quilt on p. 67 (Five-Patch Chain) or the one on p. 70 (Four-Patch Chain on Point) in Quilter's Academy Vol. 2. Both are larger quilts, and you can choose to make them smaller (fewer blocks, not smaller grid size). You will notice that both are on point but the Four-Patch one is deceptive.

Recommended

Book: Quilter's Academy Volume 2 – Sophomore Year Available through Amazon.



Beginner Stained Glass (S)

Mondays, May 6-20, 10 am-12 pm

Instructor: Marla Tonn

Cost: R \$25/ NR \$30

Min/Max: 3/6

Register by Thursday, May 2

Payment due at time of registration

This class is for those who are brand new to the art of stained glass. You will learn how to use a pattern, cut, grind and foil glass, and lastly how to solder your piece. Price includes all supplies needed for class. Beginner students only please!



Hand Building with Clay (S)

Tuesdays, May 7-28, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, April 22

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.

Artfully Yours (S)

Card Making Class

Wednesday, May 15, 1-2:30 pm

Instructor: Kelly Arens

Cost: R \$5/NR \$6.50

Min/Max: 3/12

Register by Monday, May 13

Payment due upon registration

Handmade greeting cards are truly a piece of art. Come tap into your creativity with beautiful, personalized greeting cards that will be cherished by those that receive them. In this class you will explore the use of layering patterned papers, stamped images and embellishments to create 4 greeting cards to send to friends and family. Instructor will be available for guidance and creative reference. Supplies provided. *Project similar to one shown.



Fairy Garden (S)

Wednesday, May 22, 1 pm -3 pm

Presenter: Mary Jo Buffalo

Cost: \$12/NR \$13.50

Register by Monday, May 20

Payment due upon registration

Come get creative and have some imaginary fun as we create a miniature fairy garden! Class will include container, figurines and handmade pieces to complete your project. It is the perfect mini-project to kick off your springtime decorating.



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.**

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
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 Chipmunk and Flower (S)

Thursdays, May 2-23, 1-3 pm
 Instructor: Cedric Richeson & Richard Krummick
Cost: R \$20/ NR \$25
 Min/Max: 3/10

Register by Tuesday, April 30
Payment due at time of registration

Woodburn a chipmunk & flower on a 8 x 10" baltic birch plywood plaque. This class will focus on burning fur and flower. Students should bring their woodburning kit including machine, basic tips, graphite transfer paper, masking tape, red pen, kneaded eraser. Pre-requisite: Beginner Woodburning or permission of Instructors.



Mosaic Bird Project (N)

Thursdays, May 9- May 30, 10 am -12 pm
 Instructor: Linda Gomach & Diane Curtis
Cost: R \$25/ NR \$30
 Min/Max: 3/5

Register by Thursday, May 2
Payment due upon registration

Create a Mosaic Bird from broken tiles on a wood base. In this class you will cut out the bird shape with the scroll saw, glue the tile pieces down, then grout your project. Finished Mosaic Bird will be given a shiny finish with polyurethane and a hook for hanging.



Basic Machine Safety Training (N)

Fridays, May 17 & 31, 10 am-12 pm

***not consecutive weeks due to Holiday**

Facilitator: Jeff Becker
Cost: R \$5/NR \$7.50
 Min/Max: 3/10

Payment due upon registration
Register by Friday, May 10

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

Pyrography (S)

Unfinished Projects

Tuesdays, May 21-June 25, 8-11 am

Instructors: Linda Gomach, Richard Krummick
Cost: R \$35/NR \$40
 Min/Max: 3/10

Register by May 16

Payment due upon registration

Here's a chance to work on those unfinished projects. Award-winning instructors will give guidance to help get your pieces completed. Come enjoy Woodburning time with fellow Woodburners!

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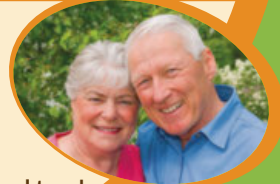
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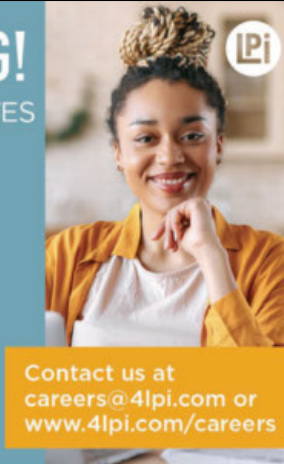
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Exercise can help to Prevent Falls

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BIODEX FALL RISK SCREENINGS ARE AVAILABLE FOR ONLY \$5.00

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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!

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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

No class Monday, May 27

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

No class Monday, May 27

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

No class Monday, May 27

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.



SilverSneakers

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

No class Thursday, May 2

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

No class Monday, May 27

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

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)

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

No class Friday, May 3

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: 12

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, May 2-30, 2-2:45pm

No class Monday, May 27

Instructor Kayla Johnson & Alec Jensen

Cost: R \$20/ NR \$25

Max:10

**Registration required by April 30
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.

Fox Fitness Center (N) Monday-Friday, 7 am - 4 pm **Closed May 27**

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

CLASS TIMES in the SUMMER 2024

(New Schedule Starts on Monday, June 3)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--------------------------------|------------------------------------|--------------------------------|--|---------------------------|
| 8am | | | | | |
| 9am | Rapid Movement 8:30-9am | Life Fitness 8:30-9am | Rapid Movement 8:30-9am | Life Fitness 8:30-9am | Step Interval 8:30-9am |
| 10am | Range of Motion 9:15-9:45am | Tai Chi 9:15-9:45am | Range of Motion 9:15-9:45am | Tai Chi 9:15-9:45am | FFC 3G 9:15 - 10am |
| 11am | Silver Sneakers 11-11:45am | Movement Exercise 11-11:45am | Silver Sneakers 11-11:45am | Movement Exercise 11-11:45am | Keep Moving 11-11:45am |
| 12am | Line Dance 12-1:30pm | Line Dance 12-1:30pm | | | |
| 1pm | | | Slow Flow Yoga 1:15-2:00pm | Chair yoga 1:00-1:45pm | |
| 2pm | Kettlebell 2-2:45pm | Chair yoga 2:15-3:00pm | TRX 2:30-3:30pm | Kettlebell 2-2:45pm Low Impact Dance KB 2:15-3:00pm | |
| 3pm | | | | | |

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Mindfulness Meditation (S)**Thursdays, May 2–30, 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, May 2, Noon-1 pm (S)****Tuesday, May 14, 10:15-11:15 am (N)****Thursday, May 16, Noon-1 pm (S)**

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.

Non-Surgical Back Pain Relief(S)**Monday, May 13, 10 am-11 am**

Presenter: Physical Achievement Center

Cost: Free**Register By Friday, May 10**

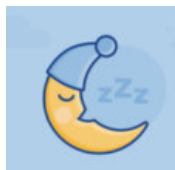
BRAND NEW TO OSHKOSH: Discover Non-Surgical Spinal Disc Restoration for Low Back Pain & Sciatica Relief. Brand new to Oshkosh & the Fox Valley is a non-surgical, no injection, no surgery, and non-exercise approach to healing the root cause of painful and limiting lower back pain and sciatica. Discover how this non-invasive approach can get you back to your active life. See how this approach compliments other conservative approaches.

Essential Oils and their Role in Improving Sleep (S)**Tuesday, May 14, 10 am-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: Free**Register by Friday, May 10**

We've all heard that sleep is important. Can essential oils help us reap the benefits of better sleep? Join Jeanne to learn how to incorporate essential oils into your sleep routine to help you improve those zzzzz's!

**Cooking with Alec (S)****Stuffed French Toast****Friday, May 17, 1 pm-2 pm**

Presenter: Alec Jensen

Cost: R \$5 NR \$6.50**Register by Wednesday, May 15**

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.

A Healthier You (S)**Monday, May 20, 1- 2 pm**

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

Cost: Free**Register by Friday, May 17**

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.

Watch Party: "Healthy Aging: How to Improve Memory & Mental Sharpness" (S)**Tuesday, May 28, 1:30-2:15 pm**

Presenter: GetSetUp– Steven Britton

Cost: Free**Register by Friday, May 24**

Discover the secrets to a sharper mind and vibrant life as you age! Join this class to learn effective techniques to maintain and improve your memory and cognitive abilities. Discuss as a group following the presentation.

**Aurora Health Care®****Exercise Q & A: Ask an Athletic Trainer (N)****Wednesday, May 29, 9:30-10:15am**

Presenter: Kayla Johnson

Cost: Free**Register by Friday, May 24**

Join Kayla as she outlines current exercise guidelines, and answers any questions you may have related to fitness and exercise.



2 easy ways to get Nymbbl (free, for you!)

Download the Nymbbl app on your phone or tablet, or visit enroll.nymbblscience.com

Discover a more active you with Nymbbl!

Great news! The City of Oshkosh Fire Department has partnered with Nymbbl in offering you the Nymbbl app — **for free!** As your first responders, we see how life-altering falls can be. Your health and wellness matter to us, so we encourage you to try Nymbbl's free and scientifically proven app to help you stay or become more active.

Nymbbl's free balance training app improves your balance, steadiness in walking, and confidence! It is accessed using your phone or tablet (so it's always with you, no matter where you are), and **is free to all adults ages 60+ in Oshkosh, Wisconsin!**

90% of people who use Nymbbl say they've kept doing activities they love



Balance training improves coordination, which plays a major role in fall prevention and fall-related injuries. Nymbbl only takes 10 minutes a day!



Whether you're seated or standing, Nymbbl is enjoyable, doesn't require sweating or strenuous activity, and reconnects your brain and body with simple exercises and fun brain games.



Don't have a phone or tablet for the Nymbbl app? No problem! Enroll in Nymbbl for free using the website above (with your email address) and gain access to Nymbbl's email health tips from Nymbbl's fall prevention expert and physical therapist, Dr. Nathan Estrada. It's completely free, just like the Nymbbl app!



Scan the QR code from your phone or tablet



Sincerely,

Fire Chief, Mike Stanley
Oshkosh Fire Department

P.S. If you have any questions, or would like help getting started, please contact Nymbbl's friendly support team, at **1-800-672-6854** or support@nymbblscience.com, **Monday-Friday, 8:00 a.m. - 5:00 p.m. (MT).**

Eat & Greet

WEDNESDAY, MAY 29

LUNCH IS SERVED AT 11:30 AM

COST: \$10.00

LET'S DO LUNCH! IN HONOR OF NATIONAL SENIOR HEALTH AND FITNESS DAY, WE WILL BE SERVING GRILLED CHICKEN WITH ZUCCHINI NOODLES AND SAUCE. COFFEE AND DESSERT ARE INCLUDED.



MAXIMUM SEATING - 50

TICKETS AVAILABLE APRIL 22—MAY 21

MUST REGISTER 920.232.5300

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920-236-7801

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My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

ClarityCare | OSHKOSH • GREEN BAY
www.claritycare.org

| | |
|---|--|
| <p>Home Care Services</p> <ul style="list-style-type: none"> • Medication Reminders • Housekeeping • Meal Preparation • Shopping & Errands • Personal Care Services | <p>Day Services</p> <ul style="list-style-type: none"> • Community Involvement • Gain Independence • Individual & Group Activities • Develop Daily Living Skills • Flexible Scheduling |
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www.smpwi.org

WisconsinSeniorMedicarePatrol

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

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) 379-5006

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.

Grief Support (S)

Thursdays, May 2 & 16, 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.

Mindworks (S)

Thursdays, May 2-30

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

Call 920.232.5301 for appointment-drop ins welcome

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 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 ability to pay.

Tender Loving Care Support Group (S)

Thursday, May 23 1:00 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

New Friday Appointments (May 10 & 24, 9 am to 3pm by Pampered Foot)

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.

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 needs.

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 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 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

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



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, May 6, 13, 20

9 am, 10:15 am, 11:30 am, 12:45 pm

Tuesdays, May 7, 14, 21, 28

9 am, 10:15 am, 11:30 am, 12:45 pm

Wednesdays, May 8, 15, 22, 29

9 am, 10:15 am, 11:30 am, 12:45 pm

Thursdays, May 9, 16, 23, 30

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, May 6, 13, 20

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



LET'S EXPLORE SOME COURSES ON

TechBoomers™

TUESDAY, MAY 21

1:30 TO 2:30 PM

SOUTH BUILDING. REGISTRATION REQUIRED 920.232.5300

Netflix



YouTube

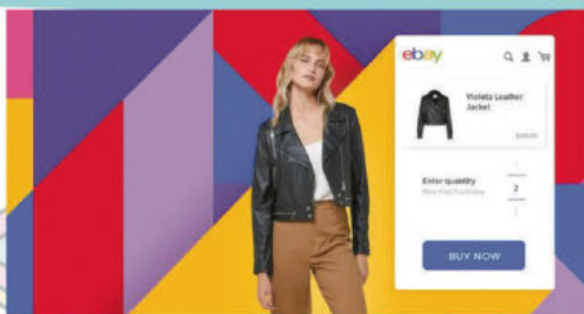


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OSHKOSH SENIORS CENTER
PRESENTS:

Hammered Dulcimer Concert (S)

Friday, May 17

1:30-2:30 pm

Free

Register by May 16

Featuring Charlene Luebke



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, May 1-29, 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, May 1-29

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, May 3-17, 11 am-12 pm

Instructor: Joe Wiedenmeier

Cost: R \$30/NR \$35 for 3 week session

Min/Max: 5/12

**Register by Wednesday, May 1
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 Seniors Center, see info above.

Intermediate Ukulele Lessons (S)

Fridays, May 3-17, 11 am-12 pm

Instructor: Aaron Baer

Cost: R \$30/NR \$35 for 3 week session

Min/Max: 10/20

**Register by Wednesday, May 1
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, May 3-17, 12:10-1:10 pm

Instructor: Aaron Baer

Cost: R \$30/NR \$35 for 3week session

Min/Max: 10/20

**Register by Wednesday, May 1
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, May 6-June 3

No rehearsal Monday, May 27

Rescheduled for Tuesday, May 28

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.

LIR-Conversation with a Beekeeper and his Honeybees (S)

Monday, May 6, 1:30-3 pm

Presenter: Doug Voltz

Cost: Free

Register by Friday, May 3

Local beekeeper and storyteller shares facts and myths about bees that he has learned over the years through his backyard hobby. Why do bees make honey? What is the bee dance? How do bees decide which plants to visit? Do bees drink water? How many flowers does a bee visit in one trip? What is a Queen Bee? How many eggs does she lay at one time? How do beekeepers avoid getting stung? And so much more...

This program in collaboration with LIR

Difference Between Senior Living Community & Living Facility (S)

Wednesday, May 8, 10-11 am

Presenter: The Residence at Oshkosh

Cost: Free-Coffee & Donuts provided

Register by Monday, May 6

Senior living is evolving. Do you know the difference between a senior living community and a facility? Come learn about when you should consider senior living and what are the first steps to take.

Spring Cleaning & Organizing Tips (S)

Friday, May 10, 1-2 pm

Presenter: Gina Rohs, Lake to Farm

Organization Services



Cost: Free

Register by Thursday, May 9

Spring Cleaning? Looking to downsize, declutter or organize your home or space? Join us as we explore information on how best to store the things you use and let go of the extra.

Demonstrations on folding techniques, storage options and much more.

Chat N Chop—Brunch (S)

Tuesday, May 14, 9:45-11:45 am

Facilitator: Kerry Wolfe

Cost: R \$10.00 /NR \$11.50

Min/Max: 3/8

Register by Tuesday, May 7

Payment due upon registration

In this session of Chat N Chop, we will be making monte cristo, breakfast hand pies and baked oatmeal. So put on your aprons and join us.

ORD-Spring Wildflower

Virtual Walks (S)

Wednesday, May 15, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, May 13

Rob will take you on a series of virtual hikes through a variety of habitats and locations to enjoy specialty spring wildflowers in bloom during the warmth of May.

The Buzz About Periodical Cicadas (S)

Wednesday, May 15, 12-1 pm

Presenter: Presented Virtually by: PJ Liesch, Director, UW Insect Diagnostic Lab

Cost: Free

Register by Monday, May 13

Our big emergence of periodical cicadas is nearly here in Wisconsin. Join in to learn about the biology and life cycle of these fascinating insects and their role in the ecosystem. We'll also take a look at when and where to expect cicada activity in the state and what it could mean for your own yard.



Bingo (S)

Wednesday, May 15, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max:10/60

Register by Tuesday, May 14

Come for a fun afternoon of bingo!

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



Eat N Greet (S)

Wednesday, May 29

Serve at 11:30

Cost: \$10.00

Max: 50

Tickets available April 22—May 21



Let's do lunch! In honor of National Seniors Health Day, we will be serving grilled chicken with zucchini noodles and sauce. Coffee and dessert are included.

Rep. Palmeri Office Hours (S)

Friday, May 17, 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



Popcorn & A Movie (S)

Wednesday, May 29, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, May 28

Inquire at the front desk for movie details.

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

What Should We Do About the Money (S)

Friday, May 17, 10-11 am

Presenter: McCleer Law & Northwestern Mutual

Cost: Free

Register by Wednesday, May 15

Cost: Free

Register by Thursday, May 16

Josh Koon of Northwestern Mutual and Joe McCleer of McCleer Law Office will discuss what you should know about your finances when it comes to estate planning and long-term care planning. Topics discussed will include trusts, retirement savings, taxes, and Roth conversions.



Book Talk (S)

America's First Daughter by Stephanie Dray
Thursday, May 30, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Thursday, May 2

The untold story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph—a woman who kept the secrets of our most enigmatic founding father and shaped an American Legacy. At an early age, Patsy knows her father loves his family but loves his country more. She becomes his helpmate, protector and constant companion after her mother's death. Want to learn more? Come join us at Book talk.



The Exhumation of the Grignon Family Remains at Butte des Morts (S)

Monday, May 20, 10-11 am

Presenter: Oshkosh Historian Randy Domer

Cost: Free

Register by Thursday, May 16

Augustin Grignon was a pioneer. He established the first trading post at Butte des Morts in 1818. Upon death, he and his family were buried on a private plot near the shore of Lake BDM that over time became lost to the ages. Once the site was discovered in 1940, disagreements over the remains and where they should be moved ensued. An interesting story with many photographs of the exhumations that is filled with several odd twists and turns.

Thank you for all your donations for the Menominee Park Zoo animals. The donation drive was so successful that the Center is no longer collecting items. We will keep you posted on future if the needs change.

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.

New!

Traditional Rug Hooking Group (S)

Tuesdays, May 7 & 21

1-3 pm

Cost: R \$.75/ NR \$1.25

If you are experienced in working with traditional rug hooking, here's your chance to get together with others who also enjoy this craft. This group will meet in the Great Room of the south building. Bring your own supplies. Please note, this is for those already experienced in rug hooking and not a teaching class. This is drop-in, no registration required. This group will meet on the 1st & 3rd Tuesday of every month.



Art Projects
We are looking for donations for upcoming art projects!
8 x 10" Frames with glass intact
or
11 x 14" Frames with glass intact
Please bring your donation to the front desk of either building.

Stay Social
Cost: R \$.75/NR \$1.25
Daily Rate/Per Visit or
Purchase a Monthly
Stay Social Pass

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

NEW! Traditional Rug Hooking

1st & 3rd Tuesdays, 1-3 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.

Upcoming!

OSHKOSH SENIORS CENTER &
CARE PATROL PRESENT



Afternoon

TEA & COFFEE WITH SPECIAL PRESENTATION ON THE POWER OF A SMILE.

Featuring:

**"SMILE POWER"
BY KIM PATTERSON**



WEDNESDAY, JUNE 12, 2-3 PM

COST: R \$5/ NR \$6.50

REGISTER & PAY BY FRIDAY, JUNE 7

*"A Smile is happiness that you find right
under your nose." - Tom Wilson*

*Come and learn how powerful a SMILE can be
for yourself and others.*

*Learn the benefits that lead to Brain Health
and Heart Health.*

Tea, Coffee, & treats will be served.



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



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

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

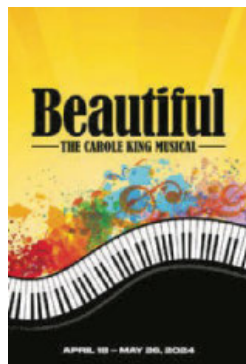
transportation and driver

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



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.

Sold Out! Waitlist Available.

Highlights of this trip:

-Lambeau Field

-Altoona Supper Club

-Honeymoon Acres and Hidden

Hollow Art

-Kelley's Country Creamery

Includes: Deluxe motorcoach, Lambeau Tour, buffet lunch and ice cream cone!

Guides: Cheryl Freiberg and Pat Heyer



Brewers/Cubs Baseball Game

American Family Stadium—Milwaukee

Date: Thursday, May 30

Cost: \$115 (\$20 non-refundable deposit)

Depart 9am Return Approx 6pm

Moderate Walking for the game.

Sold Out! Waitlist Available.

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 Sainte

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



Winnebago Senior Tours

Moulin Rouge

The Performing Arts Center-Appleton

Date: Wednesday, June 19

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

Depart: 6:15pm—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



Nunsense Musical Comedy

The Fireside Theatre—Fort Atkinson

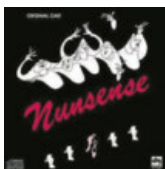
Date: Thursday, June 20

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

Depart: 8am Return: Approx 6:15 pm

Nunsense 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 (\$20 non-refundable deposit)

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

Moderate walking on this trip.

Sold Out! Waitlist Available.

A full day of fun at Lake Geneva including:

-A seat on the mail boat as it (and the jumpers) deliver mail to residents.

-A delicious lunch at Pier 290

-A tour of Black Point Estates-

-Trader Joe's

Includes deluxe motor coach and driver gratuity, boat tour and mansion tickets and lunch.

Guides: Cheryl Freiberg, Pat Heyer and Cindy Paffenroth



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: 5pm—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 Smile 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



UPCOMING TRIPS

Clausen Family—September 26

Rocky at Fireside 10/3

Miracle on 34th Street At Fireside 11/27

Sanfilippo Estate 12/5

UNDER CONSTRUCTION-MULTI-DAY TRIPS

Prairie du Chien—October 1-3

Branson—December 2—7

And more! -Stay Tuned!

BE SURE TO CHECK THE ROTATING RACK AT THE TOUR DESK FOR UPDATES ON THESE TRIPS!! 29

Winnebago Senior Tours

Matilda the Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, August 1

Cost: \$135 (\$20 non-refundable deposit)

Depart: 8am Return: Approx 6:15pm

Matilda the Musical is packed with high-energy dance and catchy songs. Matilda tells the story of an extraordinary girl who takes a stand to change her story.



Unloved by her cruel parents she impresses her teacher with courage and cleverness to triumph over what's "not right." Includes: Theatre tickets, coach bus transportation driver gratuity, and lunch which is your choice of Chicken Alfredo, Roast Pork Tenderloin or Grilled Salmon with Pecan Turtle Ball Sundae for dessert.

Guides: Cathy Koch & Lauralyn Hensarling

Wisconsin State Fair — Milwaukee

Date: Wednesday, August 7

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

Depart 8am Return Approx 6:30pm

Do you enjoy the Wisconsin State Fair? Here's your chance to enjoy a day at the fair without worry about driving or parking! Enjoy the music, food, rides, agriculture and other exhibits and cream puffs.



Includes: Coach bus, Fair admission, and voucher for a cream puff or giant brownie!

Guide: Cathy Koch

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 where you can explore the town on your own! Grab a bite to eat at one of the town's many restaurants and then shop at the unique Main Street Shops. A stop at Wood Orchard Market for all our cherry and apple favorites. Finally, The Log Den for a delicious buffet dinner including dessert.



Guides: Cheryl Freiberg and Mary Plavec

Greece Island Hopper

September 13-23

First come, first serve. Air rate may change.

Sold Out! Waitlist Available.

Guide: Cheryl Freiberg

Spotlight on New York City

Date: October 24-28

First come, first serve. Air rate may change.

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 Frieberg

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

and include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone: _____

Name of Trip _____

Traveling with: _____

Friends of the Oshkosh Seniors Center

FOSC is offering a **FREE**
Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 18, 2024

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.

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





Friends of the Oshkosh
Seniors Center
200 N Campbell Rd
PO Box 3423
Oshkosh WI 54903-3423

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**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

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

Or mail registration to:

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

