



**August 2025**

# The Current

**Discover the Offerings at the Oshkosh Seniors Center**

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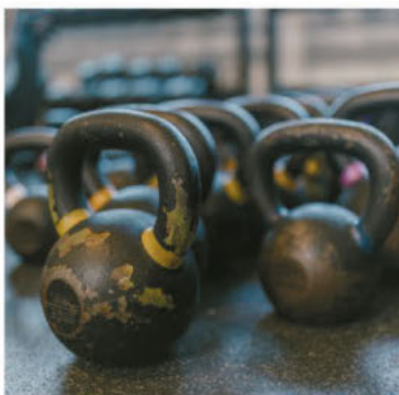
## **Social & Educational**

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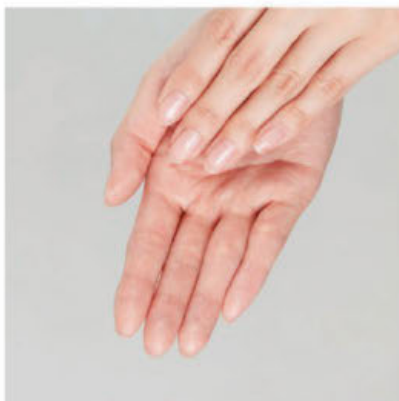
## **Featured Programs & Events**



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*A FREE MONTHLY PUBLICATION SUPPORTED BY THE FRIENDS OF THE OSHKOSH SENIORS CENTER, INC.*

920.232.5300

[www.oshkoshwi.gov/seniorservices/](http://www.oshkoshwi.gov/seniorservices/)

# Welcome to the Oshkosh Seniors Center!

## A Note From Senior Services Manager, Dan Braun

Summer fun continues at the Oshkosh Seniors Center as the tail of summer approaches and fall is on the horizon. If you're looking for some great company to get out and enjoy fresh air Wednesday mornings, join Cierra for Walking Club. Feeling like music? Check out Karaoke on Tuesday afternoons. Looking to be active and beat the heat? Check out the Fox Fitness Center in the afternoons for a quieter environment.

If engaging your mind is on your mind, look for the Save the Date for the Brain Health & Wellness Fair inside this issue. The day promises to be a great one with loads of information and engagement in the morning, and we're holding a concert in the afternoon with some great hits. Watch for more updates!

I'm also excited to announce that we've hired a new Program Supervisor. Becca Bays will be joining the staff team at the end of July. She brings a wealth of experience from the Berlin Seniors Center and her other recreation roles as well as a passion and creativity for programs. We're looking forward to what she will do at the Oshkosh Seniors Center.

See you by the river!

*Dan*

# Prepay Accounts

You can put any dollar amount you wish on your prepay account and use it to pay for classes or activities. These funds are then available for you to use when checking in for future events, or you can use them as payment when registering.

Would you prefer to register at the front desk? Bring a check or cash and inform the volunteer that you would like to deposit the money into your prepay account.

Would you prefer to register via phone?

Call 920.232.5300 and have the fees deducted from your prepay account, with no special trip to the center.





# WE CAN'T DO IT WITHOUT YOU

Your donations to the Friends of the Oshkosh Seniors Center allow us to compliment the City of Oshkosh budget for the Center. Planned giving offers several benefits for both you and the Friends of the Oshkosh Seniors Center.



## Benefits of Giving

### Personal Fulfillment

Knowing your contributions will continue to support a meaningful cause will bring you a sense of personal satisfaction and fulfillment.

### Flexibility

You have the flexibility to structure planned gifts to align with your financial circumstances and life stages.

### Deepened Engagement

Your thoughtful consideration can foster greater involvement, engagement and a stronger sense of community to the Oshkosh Seniors Center.

### Multiplying Impact

The longer-term nature of planned giving allows you to make larger contributions over time potentially multiplying your generosity.

### Financial Planning

Planned giving can be seamlessly incorporated into your financial and estate strategy, providing pathways to manage your wealth and transfer assets in a strategic and tax-efficient manner.

## OSC Benefits

Through your generous and thoughtful donation, the Oshkosh Seniors Center benefit from stability, financial flexibility and the ability to maintain and expand their programs and services over time.

## Contact Info

**Friends of the Oshkosh Seniors Center**  
**PO Box 3423**  
**Oshkosh, WI 54903-3423**  
**920-232-5300**

## Mission Statement

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



# Pass Options

## Creative Expression

	R	NR
Daily	\$1.50	\$2.25
Monthly	\$6.50	\$9.75
Yearly	\$78.00	\$117.00

Use this pass for open hour programming

## Stay Social

	R	NR
Daily	\$1.00	\$1.50
Monthly	\$6.00	\$9.00
Yearly	\$60.00	\$90.00

Includes all general use (cards, games, knitting, puzzles, library, socializing, bingo, movies)

## Stay Active

	R	NR
Daily	\$3.00	\$4.50
Monthly	\$20.00	\$30.00
Yearly	\$200.00	\$300.00

You can use this pass for OSC instructor led classes and the Fox Fitness Center

All passes are available throughout the year. Prepay is encouraged! Please inquire at the front desk. You may purchase multiple monthly passes.

**FREE CLASS**

## E-BIKE 101

- Safety
- Road Rules
- Accessories
- Safe Routes
- Fox Cities & Oshkosh Area Trails



**THURSDAY, SEPTEMBER 4**  
**1 PM-2 PM WILLOWS (S)**

Presentation given by  
Gwen Sargeant, Owner of







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[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



Preventing Medicare Fraud



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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

## Art Expression (S)

**Thursdays & Fridays, August 1-29 8:30-11:30am**

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

Do you need a space to create an art project or work on a hobby? Bring your project and own supplies and use the center's art room with friends who share similar creative endeavors.

**Seniors Center supplies are not to be used during this time.**

## Stained Glass Guided Hours (S)

**Wednesdays, August 6-27, 10am-12pm**

Instructor: Marla Tonn

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

NEW! Do you have stained glass projects that you want to finish?

An instructor will be on hand to provide guidance and answer questions on techniques and finishing. Stop in during our guided hours on Wednesday mornings for the month of August to complete your projects! Cost is per visit. See you there!



## Hand Building with Clay (S)

**Tuesdays, August 5-26, 12-3pm**

Instructor: Kathi Dittmer

**Cost: R \$45/NR \$50**

Min/Max: 3/8

**Registration opens Wednesday, July 23**  
**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:

## Watermelon Door Hanger (S)

**Thursday, August 7, 1-3pm**

Instructor: Kelly Arens

**Cost: R \$15/NR \$20**

Min/Max: 4/10

**Register by Thursday, July 31**  
**Payment due upon registration**

Create a vibrant, welcoming and light weight addition to your home with this delightful Watermelon door hanging project, complete with a charming bow. This decoration is perfect for summer or anytime you want to add a splash of color.



## Jewelry Art (S)

**Monday August 11, 9:30 -11:30am**

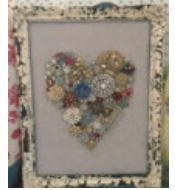
Instructor: Kerry Wolfe

**Cost: R \$10/NR \$12.50**

Min/Max: 4/10

**Register by Wednesday August 6**  
**Payment due upon registration**

Back by popular demand! Let's get creative and use jewelry in a new way. This project is similar to the one shown.



## Fluid Hot Glue Art (S)

**Monday August 25, 9:30 -12:00pm**

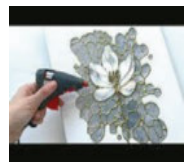
Instructor: Kerry Wolfe

**Cost: R \$10/NR \$12.50**

Min/Max: 4/10

**Register by Tuesday, August 19**  
**Payment due upon registration**

We will be using hot glue and paints to creatively create textures and dimensions to your art piece. No experience needed. All material will be provided for you. Project similar to the one shown.



## Suncatcher Diamond Art (S)

**Thursday, August 28, 1-3pm**

Instructor: Kelly Arens

**Cost: R \$15/NR \$20**

Min/Max: 4/10

**Register by Tuesday, August 19**  
**Payment due upon registration**

Enjoy DIY diamond art painting! Each suncatcher kit for car or windows contains crystals, other hanging ornaments, adequate artificial diamonds for both sides, and related tools. Every faux diamond has a number to match with the number marked on the pattern. With these complete combinations, you can easily make the suncatcher wind chime. Please choose from the below two options when registering. You will receive all 3 in the pack to create.







OSHKOSH SENIORS CENTER

# WOODSHOP



## Woodshop Guided Hours (N)

Wednesdays, 10am-2:30pm

Cost: R \$5/NR \$7.50

**Call ahead to schedule for the 12-2pm timeslot the day prior.**

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. Bench Passes are available for use if not Safety Trained.**

**Please arrive by 2pm to finish any project by 2:30pm.**

## Power & Hand Tool Carving (N)

Mondays, August 4-25, 8am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

**Register by Thursday, July 31**

**Payment due upon registration**

Power tool carvers must bring bench fan, dust collector, have completed safety training to use OSC power equipment. Hand carvers must use their own hand/rotary tools. Instructors available to teach, guide, and problem solve. **This class is open to carving projects only.**

## Guided Wood Burning (S)

Tuesdays, August 5-26, 8:30-11:30am

Instructors: Linda Gomach, Richard Krummick

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

Min/Max: 3/10

**Register by Thursday, July 31**

**Payment due upon registration**

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

## Basic Machine Safety Training (N)

**Check back in September for dates!**

All **NEW** participants wanting to use the woodshop for classes or guided hours are required to attend the machine training class. The two class requirement for new participants **must be taken in consecutive weeks.**





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# SUMMER WALKING CLUB

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EVERY WEDNESDAY  
JUNE 4<sup>TH</sup> - AUGUST 27<sup>TH</sup>  
9:00-10:30AM



Enjoy  
the moment



## BENEFITS OF GROUP WALKING

- ✓ Improved health (blood pressure, heart rate, depression & overall fitness)
- ✓ Increased motivation
- ✓ Social opportunity
- ✓ Safety and emotional health

PLEASE REGISTER BY EACH TUESDAY

# OSC GROUP EXERCISE SCHEDULE

EXERCISES CLASSES ARE HELD AT OUR NORTH BUILDING  
234N CAMPBELL RD. OSHKOSH, WI 54902

TIME	MON	TUE	WED	THU	FRI
7:00	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball
	Open	Open	Open	Open	Open
	7-8am	7-8am	7-8am	7-8am	7-10:30 am
8:00					
	Rapid Movement	Life Fitness	Rapid Movement	Life Fitness	
	8:30-9am	8:30-9am	8:30-9am	8:30-9am	
9:00					
	Morning Mobility	Tai Chi Energy	Morning Mobility	Tai Chi Energy	Total Body
	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	Fitness 
					9:15-10am
10:00	Chair Cardio				
	& Core				
	10-10:45am				
11:00	Silver Sneakers	Movement	Silver Sneakers	Movement	Movement
	Classic	Exercise	Classic	Exercise	Exercise
	11-11:45am	11-11:45am	11-11:45am	11-11:45am	11-11:45am
12:00					
	Advanced	Advanced			
	Line Dancing	Line Dancing			
	12:15-1:45pm	12:15-1:45pm			
1:00			Pickleball	Chair	Pickleball
			Open	Yoga	Open
			1-3:30pm	1-1:45pm	1-3:30pm
			OR		
2:00			Play with Cierra		
	Pickleball	Chair	2-3:30pm		
	 Group	Yoga			
	Lessons	2:15-3pm			
3:00	2:15-3:15pm				
	(r) \$5/ (nr) \$7.50				



## Rapid Movement (N)

Improve 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, to reduce the risk of falls.

## Life Fitness (N)

An energizing, modern approach to low impact aerobics and strength training. This class will utilize bodyweight movements, resistance bands, and light cardio to improve fitness.

## Morning Mobility (N)

Mobility sessions are a fantastic way to release tension, expand your range of motion, and minimize soreness, ultimately enhancing your recovery process. Participants must bring their own exercise mat.

## Tai Chi Energy (N)

Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next, 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.

## Silver Sneakers® Classic (N)

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.

## Movement Exercise (N)

Increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress free movements. All exercises can be performed seated or standing.

## Chair Cardio & Core (N) **NEW**

Improve your cardiovascular system and strengthen your core with aid of a chair. The class may use weights and resistance bands to increase the challenge.

## Advanced Line Dancing (N)

Kick up your heels, have fun, and impress your friends and family when you show off your line dancing skills! Prior experience preferred.

## Beginner Chair Yoga (N)

A gentle practice in which postures are performed while seated and/or with the aid of a chair. Boost strength, flexibility, and mental well-being. No prior experience is necessary for this class.

Instructors: (Tues, Phyllis) (Thurs, Cathy)

## Total Body Fitness (N)

### Limit of 12 people

Boost your energy and improve heart health with our endurance workouts. These workouts deliver outstanding results by featuring variable-intensity intervals on treadmills, bikes, and the floor. The varied intensity keeps your body guessing, maximizing calorie burn and enhancing cardiovascular health.



## Mini Pickleball (N)

Join us to dive into the exciting world of pickleball! Whether you're a novice looking to learn, want to refine your skills, or are ready for a 1v1 match, our courts are perfect for you. Our courts feature a 'kitchen area,' and they're just half the size of a standard courts, making for a more low impact, less competitive game. Paddles and Balls available upon request.

### Beginner Lessons: Don't know the ropes yet?

Enroll in our beginners' lessons every Monday from 2:15-3:15pm.

Cost: R\$5 / NR \$7.50. (Not covered by insurance)

### Open Court Sessions: Grab a friend and join us

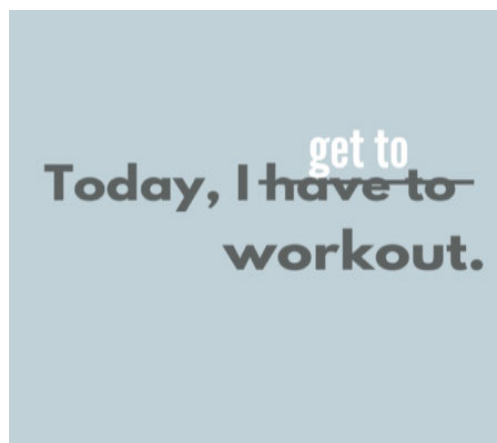
Monday (AM), Tuesday (AM), Wednesday (AM), Thursday (AM), and Fridays (AM/PM). Drop in to play and rotate partners!

### Open Play with Cierra: Don't have a partner?

Come play with Cierra from 2:00-3:30pm on Wednesdays!



Registration Required



## PERSONAL TRAINING

With our Certified Trainers, you're taking your first steps towards taking control of your overall health and wellness. Each session is 30 minutes long and is specifically designed to meet your individual fitness goals. You will have direct access to a trainer to help you exercise safely and effectively in a one-on-one setting, ensuring personalized attention and customized workout plans.

Pricing options are designed to suit your needs:

- 6 sessions for \$78
- 12 sessions for \$156
- 18 sessions for \$234

I am Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience, I specialize in designing personalized programs that cater to your unique fitness and wellness needs and goals. Whether you're aiming to build strength, improve balance, lose weight, or recover post-rehab, I'm here to support you every step of the way.

**ALEC  
JENSEN  
920.232.5320**



I'm Cierra, the Healthy Lifestyles Coordinator. My background includes a Bachelor's degree in Exercise Science with a strength and conditioning and psychology emphasis. Additionally, I have my Master's in athletic training, where I have worked with individuals in a wide variety of settings, helping them with injury prevention and/or rehabilitation programs specifically tailored to meet their needs and overall goals.

**CIERRA  
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## SMALL GROUP TRAINING

Small Group Training is a combination of individualized instruction and personal training, and the community atmosphere of a group exercise class. This hybrid model allows participants to benefit from tailored fitness plans that address their specific goals and needs, while also enjoying the motivating and social aspects of a group setting.

In this setup, the trainer can provide individualized attention to each participant, ensuring proper form and technique, while also fostering a sense of camaraderie and encouragement among the group members. This blend will not only enhance physical results but also boost motivation and accountability, as participants are inspired by their peers and guided by expert instruction. Ultimately, this innovative approach can lead to a more engaging and successful fitness journey for all involved.

**4 SESSIONS - \$52**

**8 SESSIONS - \$104**

**12 SESSIONS - \$156**

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<b>VA Beach, Norfolk</b>	<b>10/18-26</b>	<b>\$1430</b>
<b>Branson</b>	<b>11/30-12/4</b>	<b>\$1269</b>
<b>2026</b>		
<b>New Orleans</b>	<b>02/07-15</b>	<b>\$1325</b>
<b>NYC 26</b>	<b>06/11-17</b>	<b>\$1175</b>
<b>Cape Cod</b>	<b>09/12-20</b>	<b>\$1390</b>
<b>Memphis</b>	<b>10/19-24</b>	<b>\$970</b>

**Carol J. Kaufmann**

[Ckaufmann@new.rr.com](mailto:Ckaufmann@new.rr.com)

**(920) 216-4668**

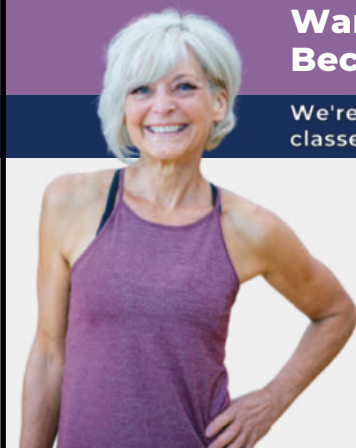
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- Facilitate wellness classes for older adults.
- Provide strategies for healthier living.

*It's a great opportunity to share your skills and  
give back to your community!*

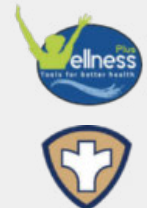
**For more information:**



Scan the QR code or visit [wchd.pub/wellnessplus](http://wchd.pub/wellnessplus)

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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

**FREE Blood Pressure Checks**

**Thursday, August 7, 12-1pm (S)**

**Tuesday, August 12, 10:15-11:15am (N)**

**Thursday, August 21, 12-1pm (S)**

**Monday, August 25, 12:30-1:30pm(N)**

**Call 920.232.5300 to register**

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

**Mindfulness Meditation (S)**

**Thursdays, August 7-28, 11am-12pm**

Instructor: Donna Janus-Volunteer

**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.

**Summer Walk Club**

**Every Wednesday, August 6-27, 9-10:30am**

Instructor: Cierra

**Cost: Free**

**Register by every Tuesday prior**

Get outside, meet new friends, and take a stroll with Cierra along the beautiful river trail. We will incorporate stretching and some basic exercises while we walk. There are so many amazing benefits to group walking such as: improved health (blood pressure, heart rate, depression, and overall fitness), increased motivation, social opportunity, safety and emotional health.

**Cooking w/Alec (S)**

**Ropa Vieja**

**Friday, August 15, 1-2pm**

**Cost: R \$10 NR \$12.50**

**Register by Wednesday, August 13**

A Cuban dish of slow-cooked, shredded beef, typically cooked with onions, peppers, and tomatoes, and often served with rice and plantains.



**Pop Up: Kettlebell Conditioning**

**Friday, August 15, 8:30-9am**

Instructor: Cierra

**Cost: Free**

**Register by Wednesday, August 13**

Get ready to sweat, strengthen, and sculpt in this dynamic, full-body workout! This class will combine strength training, cardio, and functional movement using kettlebells of various weights. You'll swing, press, squat, and lift your way through a high-energy session designed to build lean muscle, boost endurance, and improve coordination.

**Boosting Your Mood With Food & Fitness**

**Monday, August 18, 1-2pm**

Presenter: Andy Haydin

**Cost: Free**

**Register by Thursday, August 14**

Your mood is closely related to what you eat and how you move your body. Come and find out how they are all connected and what you can do to boost your mood! You will learn the different between moods and mood disorders, surprising things that may affect your mood, food-mood connection and how exercise and physical activity impact frame of mind.

**Small Group Reiki (S)**

**Wednesday, August 20, 9-10:15am**

Instructor: Open Heart Reiki

**Register by Monday, August 18**

**Cost: Free**

Discover the healing power of Reiki in a peaceful setting where you'll experience hands-on energy balancing techniques to melt away stress and tension. Perfect for anyone looking to unwind, re-charge and restore tranquility in their life.

**Nurturing Your Emotional Health: A Nurse's Guide to Aging Well**

**Thursday, August 21, 1-2pm**

Presenter: Valley VNA

**Cost: Free**

**Register By Tuesday, August 19**

Presented by a Valley VNA nurse, this talk is designed specifically for older adults and focuses on the emotional ups and downs that can come with aging. We'll discuss practical ways to manage stress, reduce loneliness, and stay connected with purpose. You'll gain helpful tools, compassionate insights, and supportive resources to care for your emotional well-being—because healthy aging includes the heart and mind.



## **How to Improve Your Balance (S)**

**Friday, August 22, 1-2pm**

Instructor: Alec Jensen

**Cost: Free**

**Register by Wednesday, August 20**

An interactive presentation to help you enhance your balance and prevent falls. We'll cover strength training, nutrition, recovery, medications, and balance training. Join us for practical tips to improve your balance and achieve a safer, healthier lifestyle.

## **Essential Fitness Wearables (S)**

**Tuesday, August 19, 1-2pm**

Instructor: Alec Jensen & Christie Powers

**Cost: Free**

**Register by Friday, August 15**

Join us for an insightful presentation on how wearable technology, including heart rate trackers and blood glucose monitors, is revolutionizing health management for the 50+ community. Discover how these devices offer essential health insights, support chronic condition monitoring, and promote a proactive approach to fitness and well-being.

## **A Healthier You (S)**

**Monday, August 25, 1-2pm**

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

**Cost: Free**

**Register by Thursday, August 21**

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 and how to stay healthy. Her classes include information, handouts, and Q&A.

## **E-Bike 101**

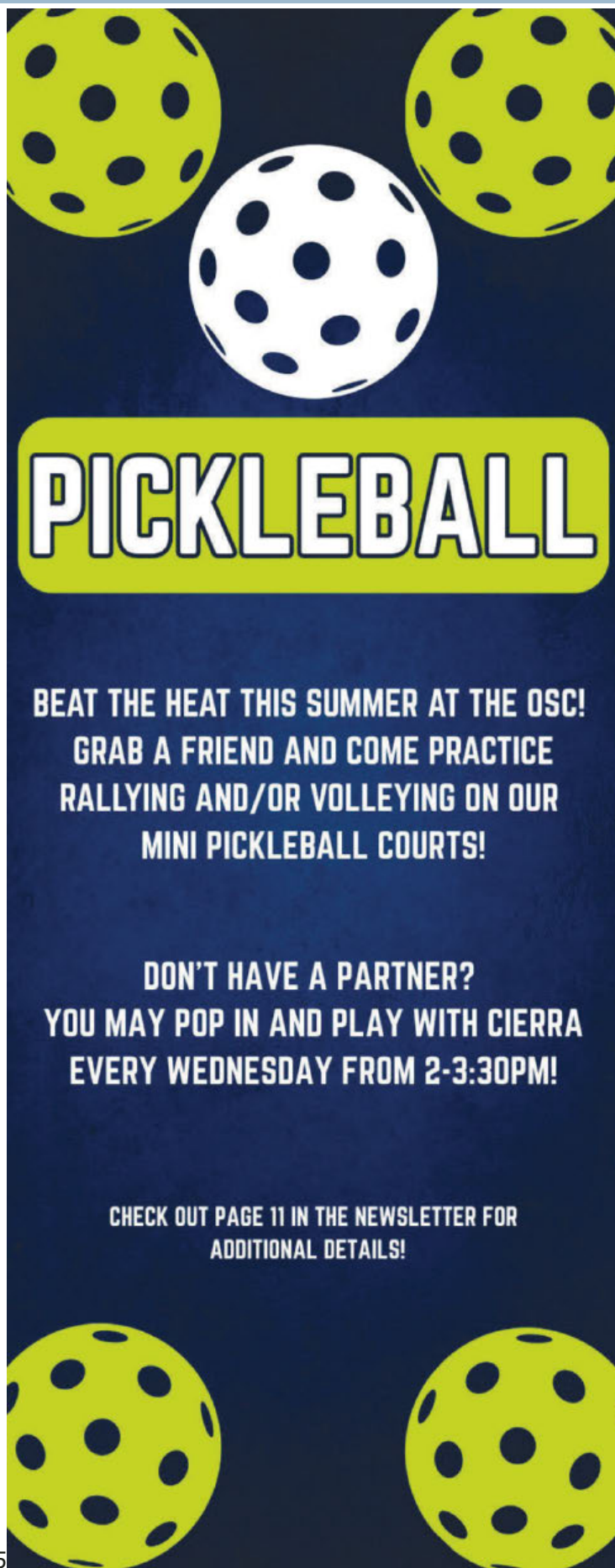
**Thursday, September 4, 1-2pm**

Presenter: Gwen Sargeant

**Cost: Free**

**Register By Wednesday, September 3**

Join the owner of Appleton Bicycle to learn all about E-bikes! In this presentation you will learn how to choose the right bike for you, safety rules and how to jazz up your bike with the necessary accessories! Additionally, you will learn about the nearby trails around the Fox Cities and Oshkosh area!



OSHKOSH SENIORS CENTER PRESENTS THE 2025

# BRAIN HEALTH & WELLNESS FAIR

TAKING CARE OF YOUR MENTAL HEALTH



For anyone interested in learning more about brain health, psychology, and lifestyle interventions to enhance health and longevity.

**Wed. September 10**  
**8:30am - 3pm**  
**Oshkosh Seniors Center**  
**200 N Campbell Rd.**

**8:30 am - 12 pm**  
**5 Presentations**  
**Live Demos**  
**Q&A Rooms**  
**20+ Vendors**

**1:30 pm - 3 pm**  
**J+ Band Concert**  
*\*see page 27*



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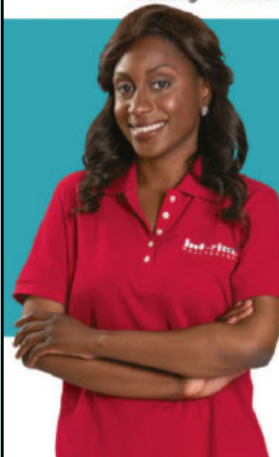


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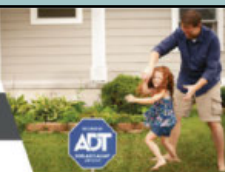


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Volunteers like you have a tremendous daily impact on the lives of our patients & visitors.

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

### **Nail Care (S)**

**Tuesdays and Wednesdays 9am to 3pm,  
Friday Appointments: 3rd & 4th Friday  
9am to 3pm**

**To make an appointment call 920.232.5301**

Cost: \$40.00

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

### **Mindworks (S)**

**Thursdays, Aug 7-28th, 11am-2pm  
Lunch Included**

Facilitator: Fox Valley Memory Project

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

**No Class Thursday, July 24**

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.

### **Grief Support (S)**

**Thursday, Aug 7, 1-2:30pm**

**Thursday, Aug 21, 1-2:30pm**

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: FREE**

Max: 12 per session

**Register By calling 920.232.5300**

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

### **Memory Screening (S)**

**Wednesday, August 20, 10:30am -12:00pm**

Facilitator Alisa Richetti, ADRC

**Cost: Free**

**To make an appointment call 920.232.5301**

Have a free, confidential memory screen completed and learn about normal brain changes as you age. Alisa will answer your questions related to memory loss, dementia and prevention of cognitive decline. Appointments take 15 minutes.

### **Elder Benefit Specialists (S)**

**Wednesday, Aug 20, 10-11:30am**

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. 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.

### **Memory Link Resource Hours (S)**

**Thursday, August 28, 11am-1pm**

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link Resource Navigator will be here to answer any questions you may have regarding memory loss.

### **Tender Loving Care**

#### **Support Group (S)**

**Thursday, August 28, 1-2pm**

Facilitator: Fox Valley Memory Project

**Cost: Free**

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.

## RESOURCES

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

#### **Bus Passes & Dial-A-ride**

If you need a bus pass or want to sign up for the dial-a-ride program call GO Transit at 920.232.5340.



# ALMEDA FISK GALLUP TRUST FUND

The Oshkosh Seniors Center is honored to receive funding from the Almeda Fisk Gallup Foundation. This funding plays a vital role in helping us support the senior residents of the City of Oshkosh by providing assistance with vision, hearing, and dental needs.

If you or someone you know is in need of assistance with vision, hearing, or dental care, please contact Bobbie Jo Nagler at the Oshkosh Seniors Center. She will be happy to guide you through the application process for available funding. *Please note that specific eligibility criteria must be met.*

Please call 920-232-5301 to apply.



**One-On-One Tech Sessions (S)****Available M-F By Appointment Only**

Instructors: Stephanie &amp; Christie

**Cost: R \$2/NR \$2.75 per class****Call 920.232.5301 to schedule**

This program is designed to improve your digital literacy. Stephanie and Christie welcome all levels of expertise. Meet with an instructor one-on-one to tackle any technology problem you may be experiencing. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro!

**One-On-One with Sandy Toland (S)****Mondays, July 4-25****9:15am, 10:30am, 11:45am, 1pm**

Instructor: Sandy Toland

**Cost: R \$2/NR \$2.75 per class****Call 920.232.5301 to schedule**

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.

**Wi-Fi Access (S)****Cost: Free**

Bring your own device to access the Oshkosh Seniors Center's Wi-Fi. 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.



# TECHNOLOGY DROP-IN HOURS

Connect Through Tech is offering **drop-in hours** for people who need simple answers or help with "quick fix" issues. Time slots are 15 minutes max. If issues cannot be resolved in 15 minutes, a one-on-one session should be booked.

**DROP-IN HOURS****Tuesdays 11 am - 12 pm****Thursdays 11 am - 12 pm****OR when sign is posted outside  
tech room 1 & 2.**

This is a free service, but donations are accepted.



# NEED HELP WITH TECHNOLOGY?

OUR CONNECT THROUGH TECH PROGRAM CAN HELP WITH...

- Setting up a new phone or transferring data to a different device
- Setting up laptops
- Connecting phones to cars
- Laptop and iPad help
- Cleaning up devices/device wellbeing
- Voicemail set up
- Email help
- Social media set up and help
- Texting
- Camera functions

## We need your help for October's Chat N Chop!

We will be doing a mystery recipe in October. Please submit your favorite recipe from class or your favorite recipe to make at home **by August 29**. We will then pick randomly from a hat to determine October's recipe! Drop your submission off at the center or email it to Kerry at [kwolfe@oshkoshwi.gov](mailto:kwolfe@oshkoshwi.gov).



Taking a break for summer...  
Ukulele Play Along and Ukulele Lessons  
will resume at the Seniors Center in  
September!

See you then!



### Karaoke (S)

**Tuesday, August 5, 1-2:15pm**

**Register by Monday, August 4**

**Tuesday, August 19, 1-2:15pm**

**Register by Monday, August 18**

Facilitator: Lori Schroeder/Kelly Arens

**Cost: Free**

Min/Max: 5/25

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers welcome. Program made possible through the generosity of an anonymous donor.



### Chat N Chop (S)

**Tuesday, August 12, 9:45 to 11:45am**

Instructor: Kerry Wolfe

**Cost: R \$10/ NR \$12.50**

Min/Max: 3/8

**Register by Tuesday, August 5**

**Payment due upon registration**

In this episode of chat n chop we will be making watermelon salad, Watermelon fire and ice salsa and ham & cheese hashbrown casserole. Sound Good? Grab your aprons and come join us.

### Bingo (S)

**Wednesday, August 20, 2-3:30pm**

**Cost: Free**

Min/Max: 10/80

**Registration opens Wednesday, August 6**

**Register By Tuesday, August 19**

Come for a fun afternoon of bingo!

Doors open for Bingo at 1:30 pm.

**Note: New process for registration. You can register by calling 920.232.5300, stopping in person or online.** Please drop off donations prior to Bingo time. Please do not add to the prize tables—see a staff member first.

**Thank you to our sponsor this month, Humana!**

**Humana**





**Eat & Greet (S)**

**Wednesday, August 27**

**Serving at 11:30am**

**Cost: \$10.00**

Max: 50

Let's use all the fresh veggies from the garden! Come have a refreshing lunch serving BLT with cucumber salad, watermelon and banana pudding!

**Tickets available: July 30—August 19**

**Buy ticket early, event will sell out!**

**Popcorn and a Movie (S)**

**Wednesday, August 27, 12:45-2pm**

**Cost: Free**

**Donation for popcorn appreciated**

Min/Max: 2/50

**Register by Monday, August 25**

Inquire at the front desk for movie details.

**NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter. May be rated for mature audiences.**

**Book Talk (S)**

**Magpie Murders by Anthony Horowitz**

**Thursday, August 28, 9:30-11am**

Facilitator: Kerry Wolfe

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

**Register by Monday August 4**

Alan Conway is a bestselling crime writer. His editor, Susan has worked with him for many years and is familiar with his detective. When Susan reads his latest manuscript, she no reason to think it will be any different from the others; however, she soon realizes that there's another story hidden in the pages... Sound Interesting? Want to know how the story ends? Join Book Talk. **Originally scheduled for July, due to book not being available moved to August.**

**Wisconsin Warmers (S)**

**Thursdays, 9am-3pm**

Consider joining this volunteer group of the Oshkosh Seniors Center 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.

# Front Desk Volunteers Needed!

We're excited to  
welcome some  
amazing volunteers to  
help out at our front  
desk!  
If you've got a little  
time and a big smile,  
we'd love to have you  
on board!

Please call Bobbie Jo  
at 920-232-5301



# Cards & Games

Cost: R\$1 / NR\$1.50

The rate is daily/per visit. You can also purchase a monthly Stay Social Pass!

## **Cribbage**

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

## **Mexican Train, Mahjongg**

Tuesdays, 12:30-3:30 pm

## **Bid Euchre, Rummikub**

Wednesdays, 12:30-3:30 pm

## **Knitting & Crochet**

Thursdays, 8:30-11:30 am

## **Sheepshead**

Thursdays, 12:30-3:30 pm

## **Open Bridge**

Fridays, 12:30-3:30pm

Need a spot to play with friends? Pick a time to meet and come play. Check in at the front desk as daily fees apply.

PLEASE NOTE: All card games are played at the South Building only. Please wash your hands before playing and stay home if you are sick!



# EAT & GREET

ENJOY A FRESH SUMMER MEAL!

Wednesday, August 27

11:30am



BLTs, Cucumber Salad,  
Watermelon & Banana Pudding

Tickets: \$10

Available at OSC front desks  
July 30 - August 19

# Do you enjoy singing?

## Consider joining the Oshkosh Seniors Center Golden Tones Chorus

Director: Paula Steinert  
Accompanist: Marshall Potter



**Informational Open House (S)**  
Monday, August 11, 1:30 pm  
Register by Friday, August 8



**Meet others who enjoy singing and discover what's  
involved in being a part of this four-part Chorus.  
The fall session begins Monday, September 8**

Chorus rehearsals are held on Mondays at 1:30 pm  
Cost for chorus session: R \$40/NR \$45  
(All fees go directly back into chorus program)

**\*\*\*Registration and payment deadline to join  
chorus is Tuesday, September 2\*\*\***



OSHKOSH SENIORS CENTER PRESENTS:



*Favorite songs by:*

Linda Ronstadt,  
Eagles,  
Fleetwood Mac,  
Carole King & More!

JAMIE TRITT MUSIC.COM / JPLUSBAND

**WEDNESDAY**  
**SEPTEMBER 10, 2025**  
**1:30PM - 3:00PM**  
**DOORS OPEN AT 1:00PM**



Scan to hear a sample!



**TICKETS \$8**  
**ADVANCE SALES ONLY**  
**AUGUST 10- SEPTEMBER 9**

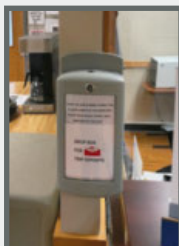
TICKETS CAN BE PURCHASED  
AT THE FRONT DESKS

PERFORMANCE AT:

OSHKOSH SENIOR CENTER (NORTH)  
234 N CAMPBELL RD OSHKOSH 920.232.5300

## Tours Sign-up Options

- Desk for registration is available at OSC South Building, **200 N. Campbell Rd. MONDAY—THURSDAY 9:00am—1:00pm**  
**Call: 920.232.5312**
- Winnebago Senior Tours (WST) accepts **CHECKS AND EXACT CASH ONLY**
- 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**  
**Write the trip name on the check memo line.**
- Anyone age is welcome to travel with us  
\*\* (under 18 require adult supervision). \*\*



**Detailed flyers available at the Seniors Center South**

**Sign up now — don't delay!**

## The Shops of Waupaca

**Date: Thursday, August 21**

**Cost: \$65 (\$25 non-refundable deposit)**

**Depart: 8:45am —Return: 5pm**

Shop until you drop at The Cottage Garden Farms, known for its unique, high variety of items that bring warmth and character to any home or garden. On Main Street in Waupaca you will find antiques, luxuries and gifts that are a treasure trove of unique finds. Lunch is on your own at Simpson's, Sulten Belly, or Little Fat Gretchen's. Leave room for a stop at Red Mill LLC, gift shop, Ice Cream Parlor and Coffee Shop. You may also visit a covered bridge or chapel. Price includes: Coach Bus, Driver Gratuity (Lunch and ice cream are on your own).

Tour Mgr: Alice Himmler



## 2025 Coming Soon!!

**Beauty & the Beast—October**

**Book of Mormon—November**

**Hell's Kitchen—December**

Watch for More Information and Signup!!

## Brewers vs Phillies Baseball Game

**American Family Stadium—Milwaukee**

**Date: Wednesday, Sept. 3 Game Time: 6:40**

**Cost: \$125 (\$25 non-refundable deposit)**

**Depart: 3:30pm—Return: After the game**

Experience Brewers Baseball like a VIP! Seats are located in the Casamigo's Patio Left Field on third base side. Full buffet features

Johnsonville brats, hotdogs, grilled

burgers, chicken tenders, salads,

mac and cheese, chips and cookies

with unlimited soft drinks. Price

includes: Game Ticket, Full Buffet, two

Complimentary Beers or Casamigo's Drink, Coach Bus and Driver Gratuity.

Tour Mgrs: Cheryl Freiberg and Cathy Koch



## Munising MI and Lake Superior

**Date: September 11-12 (Thursday & Friday)**

**Cost: \$320 per person double/\$385 Single**

The Munising and Lake Superior trip is full, but you may add your name to the waitlist.

When sending payments in the mail include:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Name of Trip: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

**If applicable:**

Food Choice: \_\_\_\_\_

Traveling with: \_\_\_\_\_

For an overnight trip, please select one:

Single/Double/Suite (Circle One)

Comments: \_\_\_\_\_



### Menominee Casino Resort

**Date: Thursday, September 18**

**Cost: \$40 One time payment, non-refundable**

**Depart: 8am—Return: Approx. 5:30pm**

Do you love to win big on the slots? If yes, this is a trip you do not want to miss. We will travel to Keshena, WI for the day to gamble, gamble, gamble! All guests will receive a \$10 Free2Play which will be credited to your player's card. You will also receive a \$5 food comp. If you do not have a Casino Resort Players Club membership (which is free), you will receive another \$10 credited to your card. **All players are required to have a players club membership (which is free).** See flyer for additional specials and drawings. Price includes: Coach Bus and Driver Gratuity. Lunch is on your own. Tour Mgr: Cindy Paffenroth



### Oklahoma

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, October, 2**

**Cost: \$145 (\$25 non-refundable deposit)**

**Depart: 8am —Return: Approx. 6:15pm**

It's an American classic! Oklahoma the show that first introduced the immortal writing team of Rodgers and Hammerstein musical comedy that ushered in the Golden Age of Musical Theatre. Enjoy this bright, brassy, boisterous musical comedy filled with colorful costumes, breathtaking dancing, side-splitting humor, and a musical score featuring such hits as "People Will Say We're in Love," "Surrey With the Fringe on Top," and the rousing title number "Oklahoma." The original production won a Pulitzer Prize and various Broadway Revivals have won multiple Tony Awards. Now the Fireside presents a fresh, new, not to be missed telling of this time honored musical. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken Florentine, Baked Almond Crusted Cod, Beef Short Ribs served with Garlic Whipped Potatoes and Roasted Asparagus; or Vegetarian Manicotti. Dessert: Double Layer Carrot Cake with Cream Cheese Frosting; Coffee, Tea and Milk. Tour Mgr: Alice Himmler



**Date: October 4-12, 9 days/8 nights**

**Cost: \$1,579 per person Double; \$2,038 for Single. (\$75 non-refundable deposit)**

**Depart: 8am Oshkosh Senior Center**

**\*\*A Second Bus had been added!\*\***

This tour includes 4 consecutive nights in Maine. There is a Guided Tour of Portland, Maine's largest city-by-the-sea with Longfellow's boyhood home and the Portland Head Lighthouse. Guided tours of quaint Kennebunk and Kennebunkport; Tour of historic Victoria Mansion; Guided Tour of Pineland Farms, a picturesque working farm; Visit to Boothbay Railway Village, including a vintage train ride; Visit to the Seashore Trolley Museum and Countryside Trolley Ride. Price includes: 14 meals: 8 breakfasts, 6 dinners; Hotel and Attractions; Coach Bus; Driver Gratuity. Tour Mgr: Cathy Koch, 1st bus  
Tour Mgr: Alice Himmler, 2nd bus



### Witches & Brews

**Date: Thursday, October 23**

**Cost: \$115 (\$25 non-refundable deposit)**

**Depart: 8am—Return: Approx. 5:15pm**

Welcome to a little brewing, Root Beer brewing that is. The Museum of Root Beer includes a special flight of four of their unique, on-tap, draft root beers, a guided tour, a special souvenir and theater presentation! Lunch on your own at The Grateful Shed, where only the best food trucks are allowed. YUM! Then its off to Witches Gulch, a hidden treasure! Enjoy a 2-hour Upper Dells Boat ride with stops to Witches Gulch and Standing Rock. At Witches Gulch you will walk the narrow paths and enjoy the beautiful rock formations that will leave you feeling enchanted. Price includes: Coach Bus, Driver Gratuity, Museum and Upper Dells Boat tickets. Tour Mgr: Alice Himmler



### 2026 UPCOMING TRIPS:

Are you looking for a foreign vacation adventure??

#### 2026 UPCOMING TRIPS:

Sunny Portugal with Porta – 11/9-21

Canadian Rockies – September 2026

Featuring the Rocky Mountains

**Check the Rotating Rack at the Tour Desk regularly for new trips!!**

### Murder Mystery Dinner Theatre

**Date: Sunday, November 16**

**Cost: \$110 (\$25 non-refundable deposit)**

**Depart: 10am —Return: Approx. 5:30pm**

Join us at 'Memories Dinner Theatre' in Port Washington to help solve a Who-dun-it. Detectives Goodman and Badham are investigating a murder, after a body is discovered in a 'U-Move-It' truck. Each table is able to help interrogate the suspects and gather clues to solve the crime. Menu includes: Angus Steak Sandwich, Parmesan Garlic Potato Chips, Calico Beans, Creamy Coleslaw, and Fluff. Vegetarian: Cheese Tortellini; Vegan: Pasta Primavera and Steamed Vegetable Blend. Dessert: Salted Caramel Cake. Price includes: Coach Bus, Dinner, Show and all Gratuities. Tour Mgr: Cathy Koch



### Holiday Folk Fair International

**Date: Saturday, November 22**

**Cost: \$75 (\$25 non-refundable deposit)**

**Depart: 8am —Return: Approx. 5:30pm**

The Holiday Folk Fair International, celebrates the cultural heritage of the people living in in southeastern Wisconsin. Designed to entertain and educate, the dance routines feature traditional clothing and music, with a traditional story often told through the dancers' movements. Join us for the music, dance, and especially the food. There is shopping where you will find cultural artifacts not found anywhere else at the International Bazaar. Local chefs will be preparing traditional cuisine. Price includes Coach Bus, Driver Gratuity and admission to the festival. Lunch is on your own.

Tour Mgr: Cindy Paffenroth



### A Wonderful Life

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, December 11**

**Cost: \$150 (\$25 non-refundable deposit)**

**Depart: 8am —Return: Approx. 6:15pm**

The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. A Wonderful Life captures all the magic of the film as it shines with the spirit of Christmas. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken Monterey, Grilled Atlantic Salmon, Sliced Beef Tenderloin or Vegetarian Skewers with Tofu. Dessert: Bailey's Irish Cheese Cheesecake. Tour Mgr: Cheryl Freiberg

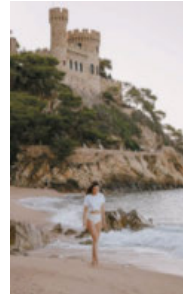


### Mediterranean Coastal Journey

**Dates: April 11-26, 2026**

**Cost: \$7,099 per person Double; \$8,399 per person Single (\$698 per person deposit)**

You're on your way to the Mediterranean coast for a journey connecting the Spanish, French, and Italian Rivas. From chameleonic Barcelona to sun-kissed Nice; from glamorous Monaco to the rolling hills of the Chianti countryside, embark on a coastal journey combining rich scenery, art, culture, food and wine. This 15-day trip starts in Barcelona, Spain, continues on to Marseille, France, Monaco, Monte Carlo and ends in Florence, Italy. Highlights include Barcelona, La Casa Batillo, Parc Guell, Costa Brava and the Tuscan Countryside. See flyer for daily highlights and descriptions. Overall activity level is level 3. Tour Mgr: Cheryl Freiberg



### Pacific Northwest & California

**Dates: May 24-June 1, 2026**

**Cost: \$4,284 per person Double; \$5,269 per person Single; \$4,224 Triple (\$698 per person deposit)**

This 9-day trip starts in Seattle, WA and ends in San Francisco, CA. Highlights in Seattle include Pike Place Market, a famous fish and vegetable market dotted with restaurants and shops. Continue to Portland, Oregon for a two-night stay in the picturesque "City of Roses." Near Portland you'll journey through the Willamette Valley, known for its wine that rivals that of Napa. Continue on to the Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Hood River, Yaquina Head Lighthouse, Willamette Valley, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, Avenue of the Giants, and San Francisco. Enjoy the breathtaking scenery along the Beach Loop, Bandon Rocks and Face Rock. After a ride over the Golden Gate Bridge, enter San Francisco. Visit the recently developed Presidio Tunnel Tops garden for panoramic views of the Golden Gate Bridge. See the scenery and outdoors including the Victorian Painted Ladies! There is a day to take advantage of seeing more of San Francisco on your own. There is an optional tour to Alcatraz, space is limited! See flyer for daily highlights and descriptions. Overall activity level is level 2. For airline travel, a REAL ID will be required, or bring your passport.

Tour Mgr: Cheryl Freiberg







FOSC's  
**Friends  
Helping  
Friends**  
FUND

## WE WANT TO HELP!

The ***Friends Helping Friends Fund*** was established to assist seniors on a fixed income (or who might need a little help) with the fees to participate in OSC programs and services.

Please consider a **DONATION** to honor a senior friend, loved one, or staff member who has helped you enjoy what the OSC has to offer!

Direct donations  
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Thank  
You 

**FRIENDS HELPING FRIENDS FUND**

Friends of the Oshkosh Seniors Center  
PO Box 3423  
Oshkosh, WI 54903-3423

For more information contact Chris Kniep  
at [ctkniep@new.rr.com](mailto:ctkniep@new.rr.com).



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## The Oshkosh Seniors Center is working to enrich the quality of life for adults 50 and over.

The Oshkosh Seniors Center does not necessarily endorse the companies or services appearing in *The Current* paid advertisements.

### **Oshkosh Seniors Center**

200 North Campbell Rd  
Oshkosh, WI 54902  
920.232.5300

#### **South Building Hours:**

Mon - Fri 8am to 4pm

#### **North Building Hours:**

Mon - Fri 7am to 4pm

### **OSC Staff**

Dan Braun, Senior Services Mgr.  
Bobbie Jo Nagler, Office Assistant  
Sadie Ingenthron, Mktg/ Fund Dev.

#### **Activity Coordinators:**

Kelly Arens, Educational & Social  
Alec Jensen, Fitness & Wellness  
Cierra Boutelle, Healthy Lifestyles  
Kerry Wolfe, Asst. Activity Coordinator

### **Friends Board**

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

## **REGISTERING FOR PROGRAMS**

To register for paid programs, stop by the front desk at either building or give us a call. You can pay with cash, check, or your prepay account.

Some free programs allow online registration, but if an appointment is needed you must call or visit one of our front desks.