

THE CURRENT

Discover the Offerings at the Oshkosh Seniors Center

Fitness & Wellness

Technology & Education

Social & Enrichment

JUNE 2025



Featured Events



Walking Club Starts June 4
(See page 19)



Food Truck Friday & Cash Raffle June 6
(See page 3)



Golden Tones Concert June 8
(See page 4)



Summer Dulcimer Concert June 20
(See page 11)

920.232.5300

www.oshkoshwi.gov/seniorservices/

A Free Monthly Publication supported by the Friends of the Oshkosh Seniors Center, Inc.

Welcome to the Oshkosh Seniors Center



A fond farewell from Jane Wells

I am writing to share some personal news with each of you. After over 13 years of dedicated service to the Oshkosh Seniors Center, I have decided to retire from my role as Program Supervisor. As I embark on this new chapter in my life, I am filled with gratitude for my time at the Center.

It has truly been an honor and a privilege to serve you, the participants of the Center. Throughout my career I have worked hard to bring quality programming to the Center. Together, we've celebrated countless events, musical performances, educational and creative programs, and let's not forget shared a meal or two along the way. I sincerely hope these activities and programs have added to your quality of life.

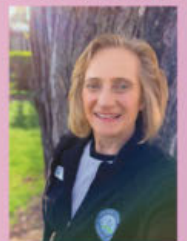
I am grateful for the opportunity to have worked alongside the talented individuals who believe in the work we do at the Center. The experiences and relationships I've built here both with staff and participants will always hold a special place in my heart.

I would be remiss in not thanking my family for all the support over the years. Many times my family volunteered at events, and helped their mom however they could. Not because they had to, but because they enjoyed the people who were a part of the Center. Some of you have watched my children grow from preteens into adults, and you still ask about them to this day.

Although I will no longer be serving in an official capacity, my affection and commitment to the Oshkosh Seniors Center remains steadfast. I look forward to seeing the Center move toward a bright future, and I am excited to continue contributing and participating in all the wonderful activities of the Center.

Thank you once again for the privilege of serving you.
Wishing you all the best in the years to come.
Warm regards,

Jane



A friendly reminder to all participants of the importance of being prompt when attending Oshkosh Seniors Center programs and activities. Late arrivals are disruptive and decrease the quality of experience for others. Your cooperation and punctuality contribute significantly to the overall success of our Center programs. Please plan to arrive **no later than 7 minutes after the start time**. If you arrive beyond the 7 minute mark, you may be asked to refrain from attending that program.

We appreciate your commitment and understanding.

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2025 FOOD TRUCK FRIDAY



20 FOOD TRUCKS

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JUNE 6

4:30–8:30PM

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**DRAWING AT 7:00 PM ON JUNE 6, 2025, AT FOOD TRUCK FRIDAY
DO NOT NEED TO BE PRESENT TO WIN!**



*These events are sponsored by
The Friends of the Oshkosh Seniors
Center and all proceeds will benefit
programs and services provided
by the Oshkosh Seniors Center.*

Oshkosh Seniors Center Presents:



Golden Tones Chorus in Concert (N)

“Music Lifts the Soul”



Sunday, June 8, 2 pm

Doors open 1:30 pm

Advance Tickets Only

Cost: \$5 for ages 16 and over

Kids under 16 free (ticket is still required)

Tickets on sale Monday, May 12-Thursdays, June 5



Paula Steinert-Director

Marshall Potter Accompanist

**Concert Location
Oshkosh Seniors Center North building-
234 North Campbell Road**





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This project was supported, in part by grant number 90MPPG102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Art Expression (S)

Thursdays & Fridays

June 5-27, 8:30-11:30 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 centers art room with friends that share similar 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.

Hand Building with Clay (S)

Tuesdays, June 3-24, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, May 19

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.



Sewing 107 (S)

Focus Fabric as a Guide to Fabric Selection

Wednesdays, June 4-25, 1-3 pm

Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 3/6

Register by Monday, June 2

Payment due upon registration

In this class you will be given a focus fabric as the jumping off point for selecting the rest of the fabric for a small quilt top. Rules for fabric selection will be reviewed. A variety of patterns will be available to complete this task.



Flower/Sap Bucket (S)

Monday June 9, 9-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10/ NR \$12.50

Min/Max: 4/8

Register by Tuesday, May 27

Payment due upon registration

Want to try a new easy craft? Come join us to a decorative metal bucket with stencils and paint.

No experience needed.

All supplies provided.

Project similar to the one shown.



Stained Glass (S)

Working with Bevel Cluster

Wednesdays, June 11-25, 10 am-12 pm

Instructor: Marla Torn

Cost: R \$20.00/NR \$25.00

Min/Max: 2/6

Register by Monday, June 9

Payment due upon registration

Make a beautiful panel featuring a bevel cluster at the center of the project. Cluster is 4" wide, and 7 3/4" long. Cluster is included in price of class.

Project similar to one shown.



Artfully Yours –Firecracker Décor (S)

Thursday, June 12, 1-3 pm

Instructor: Kelly Arens

Cost: R \$20/NR \$25

Min/Max: 4/10

Register by Thursday, June 5

Payment due upon registration

Create a vibrant porch display with our Wooden Firecracker Décor craft! Using painted wood and festive embellishments, you'll design your own patriotic firecrackers perfect for celebrating summer holidays in style. All materials provided—no woodworking experience needed, just bring your creativity and get ready for a fun, hands-on activity!



****Note: Doors will open 10 minutes before the start of class.****

Diamond Art Painting: Bookmarks (S)

Thursday, June 19, 1-3 pm

Instructor: Kelly Arens

Cost: R \$15/NR \$20

Min/Max: 4/10

Register by Thursday, June 12
Payment due upon registration

Join in on one of the most popular crafts right now! Diamond Art is a creative way to decorate almost anything. No experience necessary! Think of it as a 'diamond by number'. It's easy to follow and gives you a beautiful finished piece. These 3 Bookmarks will be useful and great gifts to give. Come learn a new way to craft with all supplies provided. *Take home your own kit to finish projects.* *Magnifying devices can be useful if smaller detailed items are harder to see. Feel free to bring any tools from home if you are already a Diamond Painting artist!



Paper Quilling (S)

Monday, June 30, 9:30-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10/NR \$12.50

Min/Max: 3/8

Register by Tuesday, June 24
Payment due upon registration

Come join us in making tulips by using thin, long strips of paper. No experience necessary. All materials are provided. Project similar to the one shown.



Come join the fun of our monthly craft classes!



Our Glass Studio, located in the South building, has everything needed to get you started in the hobby of Stained Glass.

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Oshkosh Senior Center, Oshkosh, WI

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OSHKOSH SENIORS CENTER WOODSHOP



Woodshop Guided Hours (N)

Wednesdays, 10 am-2:30 pm

Cost: R \$5/NR \$7.50

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

Call ahead to schedule for the 12-2pm timeslot the day prior. Please arrive by 2 pm to finish any project by 2:30 pm.

Power & Hand Tool Carving (N)

Mondays, June 2-30, 8 am-12 pm

Instructor: Gene Bengel/Richard Krummick

Cost: R \$50/NR \$55 - 5 week session

Min/Max: 5/12

Register by Tuesday, May 27

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, June 3-24, 8:15-11:15 am

Instructors: Linda Gomach, Richard Krummick

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

Min/Max: 3/10

Register by Friday, May 30

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)

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

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Payment due upon registration

Register by Friday, June 13

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.**



SUMMER CHECK-IN CHALLENGE

Join us at the Seniors
Center this June-July!
Check in daily for your
activities, and the person
with the most
check-ins will win a special
prize!

Participate in all five categories to earn
100 extra incentive points!

All five must be completed to qualify

- Fitness
- Wellness
- Enrichment
- Social & Educational
- Technology or Support Services

Oshkosh Seniors Center Presents:



Summer Dulcimer Concert (S)

Featuring
Charlene Luebke



**Friday, June 20
2 pm
Oshkosh Seniors Center
South- Great Room**

**REGISTER BY WEDNESDAY, JUNE 18
920.232.5300**

FREE

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THURSDAY: 7-8AM

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COST:

DAY PASS: R \$3/NR \$4.50

MONTH PASS: R \$20/NR \$30

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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

OSC GROUP EXERCISE SCHEDULE

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	Keep
	Classic	Exercise	Classic	Exercise	Moving
	11-11:45am	11-11:45am	11-11:45am	11-11:45am	11-11:45am
12:00					
	Advanced	Advacned			
	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				

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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

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

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

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

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

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.

Keep Moving.

Cardio, Strength, Stretching, and balance to keep you fit.

Chair Cardio & Core 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

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 (ADDED DAY)

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 NEW

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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!

Note: No afternoon pickleball on Friday, June 6th!



Registration Required

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- 12 sessions for \$156
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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.

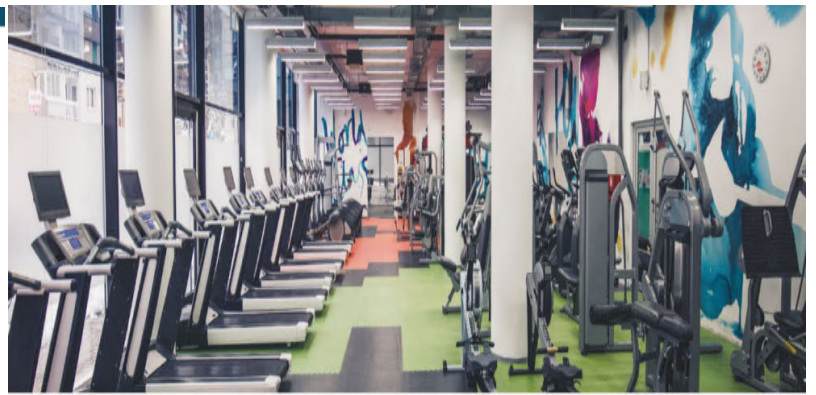
**ALEC
JENSEN**
920.232.5320



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.



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SMALL GROUP TRAINING

Small Group Training is a combination of individualized instruction of 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 such a setup, a 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 not only enhances physical results but also boosts 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

All sessions are 45min

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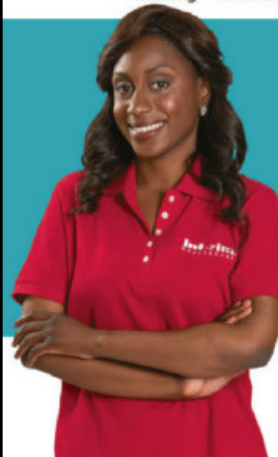


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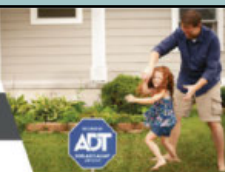


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Building Bridges of Care.



Become an Aurora Healthcare Volunteer.

Are you a retiree, a stay-at-home parent, student, or someone with availability during weekdays?

We invite you to join our vibrant volunteer community and become a valued part of our team.

Why Volunteer With Us?

Invaluable Impact:

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

Wellness Benefits:

Studies show that volunteering improves cardiovascular health, offers socialization opportunities, creates a sense of purpose, and reduces stress. Our greatest need is for Front entrance Volunteers who bring warmth and assistance to patients. Plus, there are various other opportunities available.

While we love commitment, we are flexible and happy to work around your commitments. Your time is truly appreciated!

Apply by: Logging into www.aurorahealthcare.org/volunteer
or scanning the QR Code



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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

FREE Blood Pressure Checks**Thursday, June 5, 12-1 pm (S)****Tuesday, June 10, 10:15-11:15 am (N)****Thursday, June 19, 12-1 pm (S)****Monday, June 23, 12:30-1:30 (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, June 5-26, 11 am-12 pm**

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.

Essential Oils: Help For Tired And Aching Muscles (S)**Tuesday, June 10, 10-11 am**

Presenter: Jeanne Gehrke

Cost: Free**Register by Friday, June 6**

Chronic inflammation is increasingly recognized as a root contributor to many modern health issues—from joint pain and skin irritation to more systemic concerns like cardiovascular and autoimmune conditions. A growing body of research suggests that certain supplements possess powerful anti-inflammatory properties that may offer complementary support. Join us to learn more simple ways to support your health at home!

Hip Pain Relief (S)**Thursday, June 12, 1-2 pm**

Presenter: Physical Achievement Center

Cost: Free**Register By Tuesday, June 10**

Are you struggling with hip pain that makes everyday tasks, walking, or standing for long periods difficult? Does your discomfort keep you from sleeping, leave you frustrated no matter what you try, as the pain just won't go away? You'll learn the common signs, causes of hip pain and natural, & long-term strategies to tackle the root cause of your pain. You can avoid costly medications or surgery, and regain the ability to enjoy your life—whether it's gardening, playing with grandkids, or simply moving with ease.

Relax, Stretch & Breathe (N)**Friday, June 13, 8:30-9 am**

Instructor: Cierra

Cost: Free**Register by Wednesday, June 11**

Unwind and restore balance with our gentle relax, stretching and breathing program. Designed for all levels, this calming session combines slow, mindful stretches with deep breathing techniques to release tension, improve flexibility, and quiet the mind with positive affirmations. This is a great way to wind down from the week. We will be mostly sitting in a chair but may also be standing.

Small Group Reiki (S)**Wednesday, June 18, 9-10:15 am**

Instructor: Open Heart Reiki

Register by Monday, June 16

Cost: 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, recharge and restore tranquility in their life.

Cooking w/ Alec (S)**Jalapeño Curry Turkey Burgers****Friday, June 20, 1-2pm****Cost: R \$10 NR \$12.50****Register By Wednesday, June 18**

Juicy, flavorful jalapeño curry turkey burgers filled with a blend of delicious herbs and spices. Top your burgers with a fresh, crunchy slaw and an addicting curry tahini sauce that doubles as a dip for sweet potato fries! The perfect weeknight dinner.

A Healthier You (S)**Monday, June 23, 1-2 pm**

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

Cost: Free**Register by Thursday, June 19**

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



SUMMER WALKING CLUB

WITH CIERRA

EVERY WEDNESDAY
JUNE 4TH – AUGUST 27TH
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 Every Tuesday.
Normal Fitness Class Fees Apply!

Support Services

Nail Care (S)

**Tuesdays and Wednesdays 9 am to 3 pm,
Friday Appointments: 3rd & 4th Friday
9 am 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, June 5-26

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.

Grief Support (S)

Thursday, June 5, 1-2:30 pm

Thursday, June 19, 1-2:30 pm

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Maximum 12 per session

Register by calling 920.232.5300

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

Elder Benefit Specialist (S)

Wednesday, June 18, 10-11:30 am

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.

Building North (N) South (S)

Memory Screening (S)

Wednesday, June 18, 10:30 am -12:00 pm

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 minute

Memory Link Resource Hours (S)

Thursday, June 26, 11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link Resource

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

Drop ins welcome.

Tender Loving Care

Support Group (S)

Thursday, June 26, 1-2 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.

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.

Aging 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 the North & South buildings.

Buss Passes & Dial-A-Ride

If you need a buss pass or want to sign up for the dial a ride program please

Call GO Transit at 920.2325340

Connecting Cars– Your Phone Your Drive (s)

Monday

June 16

1–2 pm

**Presented by
Christie Powers**

Free

**Register by
Wednesday**

June 11

920.232.5300



**Let's talk about the benefits of
connecting your phone
to your car.**

We will cover how to:

- **pair your phone with your car**
- **bluetooth adapters for older cars**
- **bluetooth basics**
- **smart phone integration**
- **navigation evolution**
- **safety and convenience**



Presentation at the Oshkosh Seniors Center
200 N Campbell Rd

NEW 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 tech appointment can 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

Drop-In is free, but please consider a donation when using the drop-in service.



One-on-one tech sessions are available Monday through Friday with Stephanie and Christie by appointment! Call 920.232.5301 to schedule.

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

Stephanie and Christie welcome all levels of expertise. Meet with an instructor one-on-one to tackle any technology problem you may be experiencing. Common issues we deal with—passwords, setting up new devices, email issues, voice features, navigating social media, texting, camera questions or more! Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro!

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, June 2-24

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

Have you heard about "Prepay" accounts?

You can put any dollar amount you wish on your prepay account and use it to pay for classes or activities. Having to make payments every time you visit can be an inconvenience. In SchedulesPlus, there's an account PREPAY, which enables you to make a deposit of funds. These funds are then available for you to use as you check-in for future events, or as you register you can use funds for payment.

- Stop at front desk with a check or cash and tell volunteer you would like to put money on your prepay account
- Want to register for a class via the phone? Call 920.232.5300 and have the fees taken from prepay account. No special trip to Center.

**Taking a break for summer...
Ukulele Play Along will resume at
the Seniors Center in September!
See you then!**

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."

Advanced Ukulele Lessons (S)

Fridays, June 6-27, 10-10:50 am

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, June 4
Payment due upon registration**

For the advanced player. A dive into song structure and more advanced chords and chord formations. Class will also include fingerpicking, melody playing and intricate strum patterns.

Beginner Ukulele Lessons (S)

Fridays, June 6-27, 11-11:50 am

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, June 4
Payment due upon registration**

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

Intermediate Ukulele Lessons (S)

Fridays, June 6-27, 11-11:50 am

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, June 4
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, June 6-27, 12-12:50 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, June 4
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. Chords, strumming, and playing songs will be emphasized in this class. Come join the fun!



Golden Tones Chorus (S)

Director: Paula Steinert

Accompaniment: Marshall Potter

Join us for our community concert on Sunday, June 8, 2 pm.

Advance ticket sales only.

Please note the current session is closed to registration but consider joining us in the fall!

Karaoke (S)

Tuesday, June 3, 1-2:15 pm

Register by Monday, June 2

Tuesday, June 17, 1-2:15 pm

Register by Monday, June 16

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.



Smoothie Bar (S)

Monday, June 9th, 1-2 pm

Presenter: Andy Haydin

Cost: Free

Register by Thursday, June 5

Join us for a fun and refreshing class where you'll learn how to make delicious, healthy smoothies using simple ingredients. We'll cover easy recipes, nutritional tips, and ways to boost your energy and wellness – perfect for seniors looking to add more fruits and veggies to their diet. No experience needed, just bring your smile and your taste buds!

Chat N Chop (S)

Tuesday, June 10, 9:45 to 11:45 am

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

Register by Tuesday, June 3

Payment due upon registration

In this episode of chat n chop we will be making strawberry mango salsa, strawberry balsamic chicken and strawberry pizza. Sound Good? Grab your aprons and come join us.

Stress Management (S)

Tuesdays, June 10-24, 10-11:30 am

Facilitator: John Mapes

Cost: Free

Register by Friday, June 6

Join retired professor John Mapes and explore the study of stress, what it is, causes, and how it impacts quality of life. You will also learn the benefits of managing stress to improve all areas of living.

Suggested book: *Stress without Distress* by Hans Selye, available on Amazon and other book sellers.

Legal One on One (S)

Friday, June 13, 10 am-12 pm

Facilitator: Attorney Joseph McCleer

Cost: Free

Register by Thursday, June 12

Schedule your free 30 minute consultation with Joe McCleer. Attorney McCleer specializes in Wills, Trusts, and Nursing Home protection. This advisory session does not include drafting of documents.

Call 920-232-5301 to schedule an appointment.

Feeding America of Eastern WI (S)

Wednesday, June 25, 2-4 pm

Cost: Free

Feeling the pinch? Drop in and visit with Jaki, the FoodShare Outreach Specialist for Feeding America Eastern Wisconsin. She will be here to visit one-on-one, answer questions, and share information about Wisconsin's Health, Nutrition and other programs that are available to help stretch your food budget. Jaki can teach you how to navigate your FoodShare benefits, apply for benefits with the Access website or through the MyACCESS phone app. No computer? No problem! We have one, or you can bring your mobile phone/tablet and Jaki will help you download the app and sign up. Learn how to manage your Staff of Wisconsin benefits and programs all in one place, at any time.



ORD-Wild Orchids of Summer (S)

Wednesday, June 18, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register by Monday, June 16

Wisconsin is home to up to 50 varieties of native wild orchids. Join Rob for a look at many of them as he takes us along on his adventures seeking out the wild orchids of summer.

Bingo (S)

Wednesday, June 18, 2-3:30 pm

Cost: Free

Min/Max: 10/80

Registration opens Wednesday, June 4

Register by Tuesday, June 17

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!



Eat & Greet (S)

Wednesday, June 25

Serving at 11:30 am

Cost: \$10.00

Max: 50

It is Summer time... you know what that means, we are breaking out the grills. We will be having brats and burgers, baked beans, chips and dessert. Water and coffee will be available.

Tickets available: May 19—June 18

Buy ticket early, event will sell out!



Popcorn & A Movie (S)

Wednesday, June 25 12:45-2 pm

Cost: Free-Donation for popcorn appreciated

Min/Max: 2/50

Register by Friday, June 20

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)

Lawn Boy by Jonathan Evison

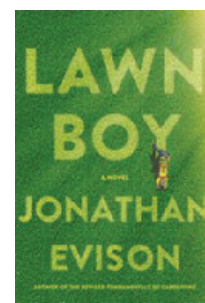
Thursday, June 26, 9:30-11 am

Facilitator: Kerry Wolfe

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

Register by Thursday, June 5

For Mike, life has been a whole lot waiting for something to happen. Out of high school, menial work, just fired he knows he's got to shake things up. After a journey to discover himself, he finally sees the future and his place in it? Sound Interesting? Want to know how the story ends? Join Book Talk.



What Should We Do About The House (S)

Friday, June 27, 10-11 am

Presenter: Joseph McCleer, McCleer Law and Becki Guard of LPT Realty

Cost: Free

Min/Max: 5/30

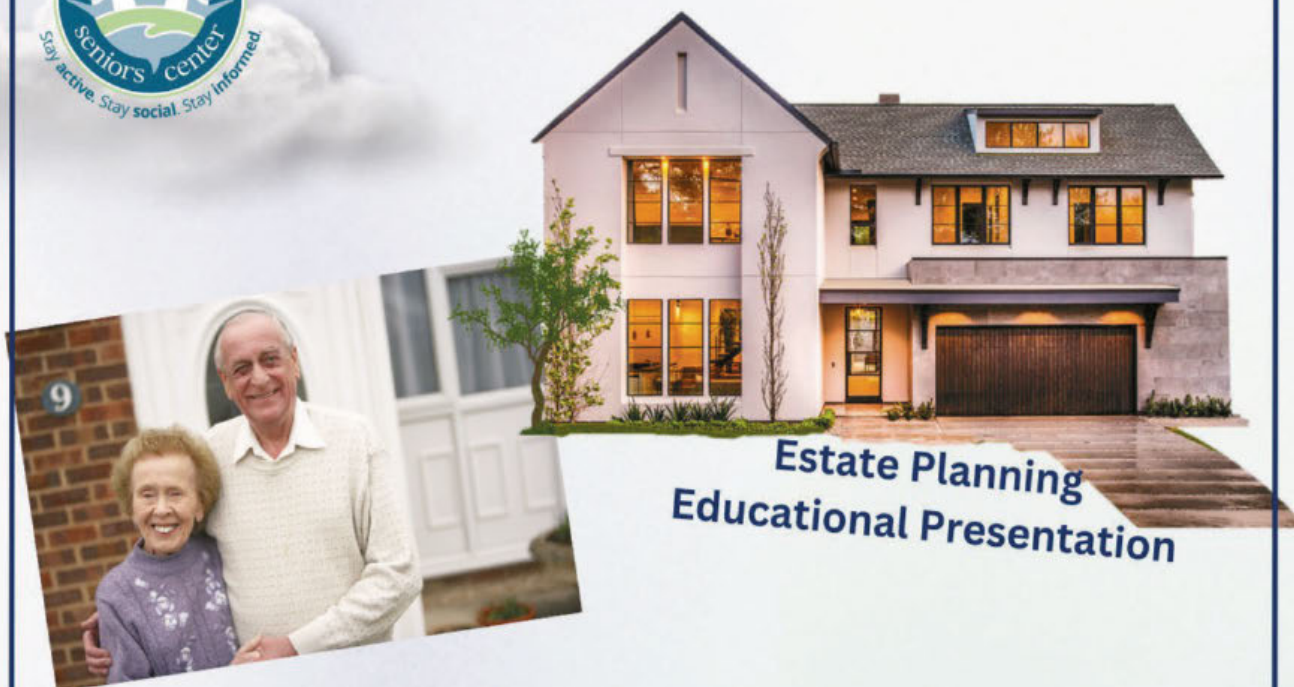
Register by Wednesday, June 25

Attorney Joe McCleer of McCleer Law Office and Becki Guard of LPT Realty will discuss what you should keep in mind about your house when engaging in estate planning and long-term care planning, and will fill you in on what you should know about the current housing market.





Presented by McCleer Law



Estate Planning
Educational Presentation

What Should we do **About the House? (s)**

Friday, June 27, 10-11 am

Free

Register by

Wednesday, June 25

Attorney Joe McCleer of McCleer Law Office and Becki Guard of LPT Realty will discuss what you should keep in mind about your house when engaging in estate planning and long-term care planning, and will fill you in on what you should know about the current housing market.

Presentation held at the Oshkosh Seniors Center 200 N Campbell Rd
920.232.5300

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

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

Display Cabinet (S)

We want to see your collections! Do you have a hobby or collection you would be willing to have on display for a month at the Center? We are taking reservations for displays. The cabinet is a locked unit and is located in the South building near the Willows. Interested in learning more? Contact Kelly Arens- 920.232.5310



Please note; All cards and games are played at the South building ONLY
Cold & Flu season is still here...Please

- Please wash hands before playing
- Stay home if you are ill

Cribbage

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

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchre, Rummikub

Wednesdays, 12:30-3:30 pm
 Beginners are welcomed!

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. Check in at front desk, daily fees apply.

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.



Shelf Fungus Carving

Collection By: Bob Braun

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 Last Potluck Supper

The Fireside Theatre—Fort Atkinson

Date: Thursday, June 26

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

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

The Centennial Celebration is bittersweet. Times are tough in this small farm community, and hard decisions will have to be made. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Braised Pork Belly, Supreme Cut Chicken, Thai Grilled Shrimp, Vegetarian Cacciatore.

Tour Mgr: Cindy Paffenroth



The Village of Greendale

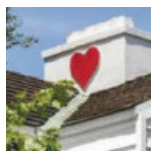
Date: Thursday, July 17

Cost: \$95 (\$25 non-refundable deposit)

Depart: 9am Return: 4:30pm

Visit this Norman Rockwell-looking town that was designed by a New England town planner. Enjoy a guided tour of folk art chimneys, and flower blossom sculptures. See flyer for lunch choices. Shopping at the Village Shops. Price includes: Coach Bus, Driver Gratuity and Lunch.

Tour Mgr: Cindy Paffenroth



Bookworm Gardens & More

Date: Tuesday, August 12

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

Depart: 7:30am Return: 5pm

Experience the magic of where books come to life, one garden at a time. Learn about Bookworm's creation, find gorgeous blooms, and discover the whimsy of the gardens. We will immerse ourselves in 9 different gardens, inspired by over 80 children's books. Other activities include: a stop at the Kohler Design Center, a showcase of innovative kitchen & bathroom products & designs; a stop at Waelderhaus, designed after the Kohler family ancestral Austrian home; and a buffet luncheon at Al & Al's Stein Haus and Tavern. Price includes: Coach Bus, Admission Fees, Lunch and Gratuities.

Tour Mgr: Cathy Koch



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. We will stop at Red Mill LLC, gift shop, Ice cream Parlor and Coffee Shop. There is also a covered bridge or chapel you may explore. Price includes: Coach Bus, Driver Gratuity (Lunch and ice cream is on your own).

Tour Mgr: Alice Himmler



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, 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



Winnebago Senior Tours

Building North (N) South (S)

Munising MI and Lake Superior

Date: September 11-12 (Thursday & Friday)

Cost: \$320 per person double/\$385 Single (\$75 non-refundable deposit)

Depart: 6:30am Thurs. Return: 7-7:30pm Fri

Join us for a beautiful trip to Munising in the Upper Peninsula of Michigan. We will enjoy shopping and a cruise. Dinner will be at the Buckhorn Resort, with choice of Hot Beef Sandwich, Whitefish dinner or Hovey Chicken Sandwich (see flyer for detailed description). After a restful night and continental breakfast, we will experience The Glass Bottom Cruise, a two hour fully narrated tour. After lunch on your own, we will head back home. Price includes: Coach Bus, Driver Gratuity, Painted Rock Cruise, Glass Bottom Shipwreck Cruise, Dinner, Continental Breakfast and Hotel. Tour Mgrs: Cindy Paffenroth and Alice Himmler



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 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

Oklahoma is the Rodgers and Hammerstein musical comedy that ushered in the Golden Age of Musical Theatre. Enjoy this bright, brassy, boisterous musical comedy filled with costumes, music, and dancing. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken Florentine, Baked Almond Crusted Cod, Beef Short Ribs or Vegetarian Manicotti. Dessert: Double Layer Carrot Cake.

Tour Mgr: Alice Himmler



Beautiful Maine

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

Cost: \$1,579 per person Double; \$2,038 per person 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



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



Grand Hawaiian Adventure

Dates: November 2-14

Cost: \$7,999 per person Double; \$10,499 per person Single; \$7,899 per person Triple

Enjoy historical sites such as Pearl Harbor and the Iolani Palace to beautiful scenery including Rainbow Falls and Hawaii Volcanoes National Park. Enjoy a Luau feast, lavish desserts and tropical drinks. Jump into Polynesian culture as you experience the ultimate island celebration. See flyer for daily highlights and descriptions Overall activity level is level 1.

Tour Mgr: Cheryl Freiberg



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: \$145 (\$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.



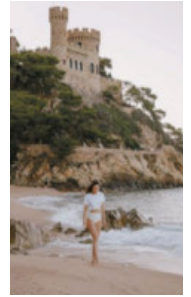
Tour Mgr: Cheryl Freiberg

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 hill 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 Genoa, Italy. Highlights include Barcelona, La Casa Batillo, Parc Guell, Costa Brava, 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 include Seattle, 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. A stop at Pike Place Market in Seattle is a must see! Near Portland you'll journey through the Willamette Valley, known for its wine that rivals that of Napa. Enjoy the breathtaking scenery along the Beach Loop, Bandon Rocks and Face Rock. After a ride over the Golden Gate Bridge, enter San Francisco. See the scenery and outdoors including the Victorian Painted Ladies! See flyer for daily highlights and descriptions. Overall activity level is level 2.



2025 UPCOMING TRIPS:

Beauty and the Beast – October, date TBD
Book of Mormon – November, date TBD
Hell's Kitchen – December, date TBD

2026 UPCOMING TRIPS:

Sunny Portugal with Porta – 11/9-21

2027 Upcoming TRIPS:

Northern Lights of Finland – 1/12-21

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

DREAM BIG CASH RAFFLE

1st Prize \$2,000

2nd Prize \$1,500

3rd Prize \$1,000

4th Prize \$500

Ticket Cost \$20.00

**Tickets can be purchased at the
Oshkosh Seniors Center Front Desks**

**Raffle Drawing at 7:00 PM on June 6, 2025
At Food Truck Friday in South Park, Oshkosh
Do not need to be present to win!**



*Sponsored by
The Friends of the Oshkosh
Seniors Center and all proceeds
will benefit programs and
services provided
by the Oshkosh Seniors Center.*



Friends of the Oshkosh
Seniors Center
200 N Campbell Rd
PO Box 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.
Jane Wells, Program Supervisor
Sadie Ingenthron, Mktg/Fund Dev.
Bobbie Jo Nagler, Office Assistant

Activity Coordinators:

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

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Friends Board

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

Or mail registration to:

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

