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BLESSINGS BE MORE.
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HAPPINESS COME
THROUGH YOUR DOOR."

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CENTER AND FIND
YOUR HAPPINESS!

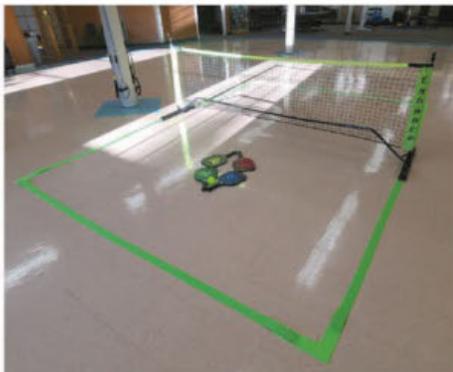


March, 2025 , Issue #3

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



Discover the Offerings at the Oshkosh Seniors Center



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ENRICHMENT**



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THROUGH TECH**

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<https://www.oshkoshwi.gov/SeniorServices/>
Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center

A note from the Senior Services Manager, Dan Braun

March brings spring, and that means time for FUN! Our staff team is excited to share that we are bringing Mini-Pickleball to the Center. This exciting take on pickleball is intended for one-on-one play and to be very forgiving for those just learning the sport. It is also a different challenge for those with some playtime.

Irish Fun returns on March 18 with great food and entertainment on deck! Be sure you get your tickets, as this event sells out. Bring a friend (or two!) and spend the evening having fun.

Save your date for the Football Draft Party by the Friends of the Oshkosh Seniors Center on April 23. It will be a great evening with food, cash raffles, music, and fun.



We continue to work on improvements to the Center as spring is upon us. Please bear with us as we shuffle programs and locations around. In the end, the upgrades will be worth it.

See you by the river!

Dan



Pickleball is a fast-growing sport in the United States, with participation increasing significantly in recent years.



WHAT'S IN THIS ISSUE?

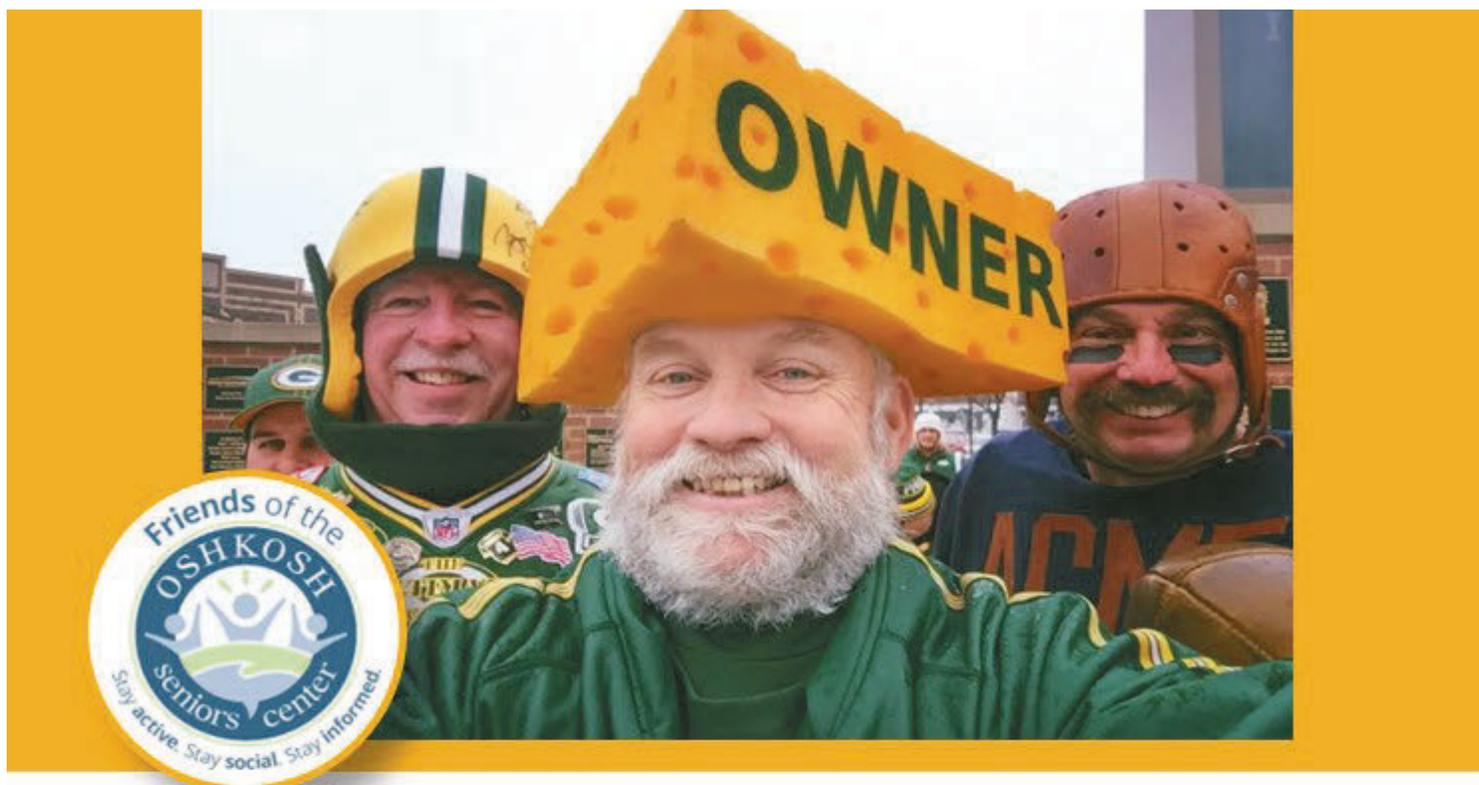
Classes are listed alphabetically by category and then by date order.

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The Friends of the Oshkosh Senior Center are hosting a

FOOTBALL DRAFT PARTY FUNDRAISER!

Wednesday, April 23, 2025

OSC North Building • 3PM to 5PM (Doors open at 2:30PM)

\$20 Ticket Includes:

Live Music by Eric Diamond!

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A Delicious "Tailgate" Dinner

Brat or Burger, Baked Beans, Pasta Salad,
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Event tickets on sale March 17 - April 16
at both Senior Center front desks.



BRING YOUR CASH and dress in your favorite team gear!

Enjoy a Fun "Draft" Experience
Basket Raffle • Cash Raffle • 50-50 Raffle

All proceeds from this event to benefit the Oshkosh Seniors Center!

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

Art Expression (S)

Thursdays & Fridays

March 6-28, 9-11:30 am

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

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

Senior Center supplies are not to be used during this time. Enjoy the company of other artists while you work on your projects.

Hand Building with Clay (S)

Tuesdays, March 4-25, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, February 17

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 "stand by" will be given first option on the following month's class.

Quilting 404 (S)

Flying Geese

Wednesdays, March 5-26, 9-11:30 am

Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 3/10

Register by Monday, March 3

In this class we will learn a variety of ways to create flying geese through drafting triangles, using folded corners, using speed methods to make 4 at a time, using templates or speciality rulers, and foundation piecing. After deciding the method you are most comfortable with, we incorporate them into one of two quilt tops of your choice. You will be free to change the size of the top you are making.

Recommended Book: Quilter's Academy Volume 3 – Junior Year Authors Harriet Hargrave and Carrie Hargrave. Available through Amazon



Sewing 104 (S)

Color Theory Challenge

Wednesdays, March 5-26, 1-3 pm

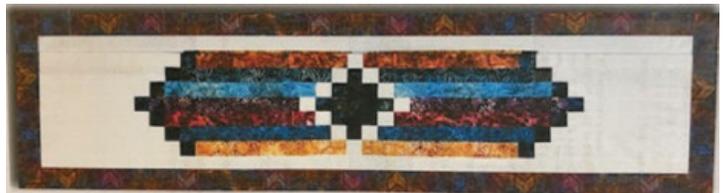
Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 3/6

Register by Monday, March 3

In this class we will apply straight line sewing with some new skills of straight-line rotary cutting to create a table runner. We will learn to sew multiple pieces together to get one strip then match that strip with another. Keeping corners sharp will be important so they meet to form the inner design. The pattern will be provided in class.



Artfully Yours –

Reversible St. Pat's/Easter Sign (S)

Thursday, March 6, 1-3 pm

Instructor: Kelly Arens

Cost: R \$20/NR \$25

Min/Max: 4/10

Register by Thursday, February 27

Payment due upon registration

This project will use wooden blocks that you will decorate both sides of with scrapbook paper and letters. You will love having this versatile decoration for your home. Similar to picture shown.





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



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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Stained Glass-Celtic Knot (S) Mondays, March 10-31, 10 am-12 pm

Instructor: Marla Tonn

Cost: R \$15/ NR \$20

Register by Thursday, March 6
Payment due upon registration

Just in time to celebrate all things Irish! Stained Glass Celtic Knot. Need practice cutting curves? This is a great piece to master that skill. While challenging, learning to cut curves is a skill every stained glass artist needs. Experience in stained glass required. Approximately 8" in diameter. Project will be similar to ones shown



GetSetUp Watch Party (S) Art Journaling

Thursday, March 13, 1-3pm

Facilitator: Kelly Arens

Min/Max: 4/15

Register by Monday, March 11

In this beginner class, discover the world of Art Journaling, where you can express yourself through a combination of visual art and written words. In this class, you're encouraged to experiment with a wide range of artistic methods—drawings, paintings, mixed media, poetry, and personal reflections—to capture and celebrate your unique life story.

**Please pick up a supply list for optional extras you can bring at front desk.*



Artist: Kia Creates

Upcoming Resin Rabbit Project (S) Monday, April 7, 10 am-12 pm

Instructor: Jane Wells

Cost: R \$20/ NR \$25

Register by Thursday, April 3
Payment due upon registration

Spring is here! Come in and make this adorable rabbit with spring flowers on 8 X 10 glass. You will be outlining the rabbit in a beautiful rhinestone chain, then filling in with crushed pearl shell. After project is laid out, we will be covering it with resin.

Project will need 24 hours to cure before taking home.



We offer a wide variety of classes.
Bring a friend and check us out!



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 if Training has not been obtained.

Power & Hand Tool Carving (N)

Mondays, March 3-31, 8 am-12pm

Instructor: Gene Bengel/Richard Krummick

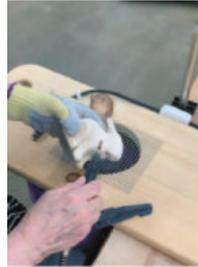
Cost: R \$50/NR \$55 - 5 week session

Min/Max: 5/12

Register by Monday, March 3

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 open to carving projects only.**



Guided Wood Burning (N)

Tuesdays, March 4-25, 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, February 25

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)

NO CLASSES FOR MARCH—

Look for new dates in April.

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.**

Walleye Carving (N)

Thursdays, March 6-May 22, 9 am-12pm

Instructor: John Brad/Don Schettl

Cost: R \$60/NR \$65 - 12 week session

Min/Max: 3/10

Register by Monday, March 3

Payment due upon registration

Join us to carve a 10-12" Basswood Walleye fish. This class is for intermediate and advanced Carvers. Participants should bring their own bench fan, carving/painting tools and paints. Basswood walleye cutout included in class fee.

WALLEYE CARVING
THURSDAYS
MARCH 6-MAY 22
REGISTER BY
MONDAY 3/3

JOIN US TO CARVE A 10-12" BASSWOOD WALLEYE FISH. THIS CLASS IS FOR INTERMEDIATE AND ADVANCED CARVERS. PARTICIPANTS SHOULD BRING THEIR OWN BENCH FAN, CARVING/PAINTING TOOLS AND PAINTS. BASSWOOD WALLEYE CUTOUT INCLUDED IN CLASS FEE.

12 WEEK CLASS

R \$60 / NR \$65
WOODSHOP
NORTH BLDG



Thank You to the volunteers & attendees of the recent OSC Open House! We had a great turnout to see "What the Dust is all about" in our amazing Woodshop area!

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is a great place to be.

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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					
8:30-9am	Life Fitness	Rapid Movement	Life Fitness	Rapid Movement	
	8:30-9am	8:30-9am	8:30-9am	8:30-9am	
9:00	Range of Motion	Tai Chi Energy	Range of Motion	Tai Chi Energy	FFC
	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	3G 
					9:15-10am
10:00		TRX			
		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
			Reserve Only	Yoga	Open
			1-3:30pm	1-1:45pm	1-3:30pm
2:00			Call		
			920.232.5311		
				Low Impact	
3:00	Pickleball			Dance	
	Group			2:15-3pm	
	Lessons 				
	2:15-3:15pm				
	(r)\$5/ (nr) \$7.50				

Rapid Movement

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.

****In lieu of this class on 3/11 and 3/18, a GET SET UP-POP UP CLASSES WILL take place. Check out page 14 for more information!**

Range of Motion

A combination of yoga, stretching, and other therapeutic movements. Gently work on mobility and flexibility. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own exercise mat.

Silver Sneakers® Classic

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.

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.

Tai Chi Energy

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

Movement Exercise

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.

Advanced Line Dancing

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



Registration Required

Mini Pickleball **NEW!**

It's finally here! Come learn how to play pickleball, practice your skills or play a 1v1 match with a friend! Our courts are half the size of a normal court with the kitchen! First come, first serve during open court times. These courts are max 2 player courts. **No reservations with the exception of Wednesdays 1 pm to 3:30 pm****



Don't know how to play? Come take lessons every Monday 2:15-3:15 pm must register for lesson.

Open court times:

**Monday, Tuesday, Thursday - 7 to 8 am
Fridays -7 to 10:30 am, and 1 to 3:30 pm**

Balls & Paddles available upon request.

Beginner Chair Yoga

Instructor: Catherine Huybers

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.

Low Impact Dance

Instructor: Diane Hergert

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

FFC 3g **Limit 10 people**

Challenge your body in different ways by incorporating cardio exercises on the treadmill, bike, and elliptical. This can help you maximize your calorie burn, build endurance, and improve overall fitness!



Keep Moving!

Cardio, strength, stretching, and balance to keep you fit.

TRX **Limit 6 people**

Tuesdays 10-10:45am

Instructor: Bob Braun

Use suspension straps to push, pull, and lift your body weight to develop strength, balance, flexibility, and core stability at your own pace. Due to equipment, capacity is limited. Please register before each class to ensure there is space.



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MONDAY: 7-8AM

TUESDAY: 7-8AM

WEDNESDAY: 7-8AM & 2:15-3:30PM

(RESERVE ONLY IN PM)

THURSDAY: 7-8AM

FRIDAY: 7-10:30AM & 1-3:30PM

COST:

DAY PASS: R \$3/NR \$4.50
MONTH PASS: R \$20/NR \$30
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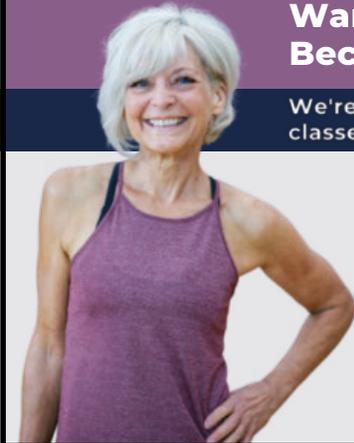


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Oshkosh Senior Center, Oshkosh, WI

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Mindfulness Meditation (S)**Thursdays, March 6-27, 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.

FREE Blood Pressure Checks**Thursday, March 6, 12:00-1:00 pm (S)****Tuesday, March 11, 10:15-11:15 am (N)****Thursday, March 20, 12:00-1:00 pm (S)****Monday, March 24, 12:30-1:30 pm (N)**

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

Get Set Up: Pop Up Classes (N)
Replaces Rapid Movement on
March 11 & 18

Get Strong: Easy workout with Weights**Tuesday March 11, 8:30-9 am**

Facilitator: Cierra/Alec

New to working out and not sure where to start? Our beginners workout class combines weights with household items for an inventive, accessible approach to fitness, perfect for building strength!

Get Strong and Fit: Pump It Up w/ Light Weights**Tuesday March 18, 8:30-9 am**

Facilitator: Cierra/Alec

Embrace aging with strength! This class teaches you how to use light weights to enhance muscle tone, balance, and mobility. Perfect for fitness for all levels!

Cooking w/ Alec (S)**Coconut Tofu w/ Snap Pea Salad**

Instructor: Alec Jensen

Friday, March 14, 1-2 pm**Cost: R \$10/ NR \$12.50****Register by Wednesday, March 12**

Tofu, a versatile and nutritious protein source, is in many cuisines around the world. Its mild flavor and ability to absorb the flavors of the ingredients it is cooked with make it a perfect addition to a variety of dishes. Whether you're new to tofu or looking to expand your repertoire, this class will help you create easy and healthy meals.

The Eye-Brain Connection (S)**How Clear Vision is More Than Just 20/20****Monday, March 17, 1-2pm**

Presenter: Dr. Brittany Beers / Facilitator: Cierra

Cost: Free**Register by Thursday, March 13**

Join Dr. Brittany Beers from InSight Eye Care, to learn how eye teaming, tracking and focusing issues can affect your vision and their relation to strokes, brain injuries, and more.

**World Sleep Day (S)****Tuesday, March 18, 1-2 pm**

Presenter: Alec Jensen

Cost: Free**Register By Friday, March 14**

World Sleep Day serves as a reminder of the critical role sleep plays in maintaining health and well-being. By raising awareness and encouraging healthy sleep practices, we can improve our quality of life and prevent the negative consequences associated with sleep deprivation. Whether you're a sleep enthusiast or someone struggling with sleep issues, this day provides an opportunity to learn more and make positive changes to your sleep habits.

GMO's & Bio Engineered Foods (S)**Friday, March 21, 1-2pm**

Presenter: Alec Jensen

Cost: Free**Register By Wednesday, March 19**

In this presentation, attendees will learn about the role of Genetically Modified Organisms (GMOs) in modern agriculture and their significance in the human diet.

A Healthier You (S)**Monday, March 24, 1-2pm**

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

Cost: Free**Register by Friday, March 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 on how to stay healthy. Her classes include information, handouts, and Q&A.



Balance & Coordination: Small Group Training

No matter where you are in your current fitness journey, including balance and coordination into your routine is beneficial to help keep your everyday functional movements at ease.

In this small group training we will work to improve balance, agility, mobility and coordination through a variety of drills, partner work, and group work. Each workout is highly constructed based off individual needs of the group!

**Join us March 3rd to April 23rd
every**

**Monday and Wednesday from
10-10:45am OR 1:15-2:00pm**

Cost: \$200

**This cost includes intake
assessment, biodex assessments,
and post class evaluation.**



Spots are limited. Please reach out to Cierra at 920-232-5303 for available spots!
Interested, but not this time? Get on the interest list now!

OSHKOSH SENIORS CENTER PRESENTS
IRISH FUN 2025 (S)



Sponsors:



BELLA VISTA
— A SENIOR LIVING COMMUNITY —



LAKESHORE MANOR
— A MEMORY CARE COMMUNITY —

Tuesday, March 18

5-7 pm

Doors open at 4:45 pm

Tickets: \$20

Dinner & Live Music by Sheamus Fitzpatrick & the McNally Boys

Tickets on sale February 10-March 11

Menu

Traditional Irish Meal
Corned Beef, Cabbage, Carrots
Potato, Irish Soda Bread

Dessert

*Prepared in house
and served hot*

Event held at Oshkosh Seniors Center
920.232.5300

200 N Campbell Road

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Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

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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!

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Grief Support (S)

Thursday, March 6, 1-2:30 pm

Thursday, March 20, 1-2:30 pm

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Maximum 12 per session

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, March 6-27

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.

Check out program for Caregivers!

Caring for Yourself as a Caregiver (S)

Thursday, March 20, 11 am-12 pm

Facilitator: Andy Haydin, Humana Health

Cost: Free

Register by Wednesday, March 19

Caring for someone else is an act of love and kindness, and it often brings many challenges and rewards. Many caregivers are informal caregivers, which means they provide care without receiving any formal training, which can be even more exhausting! Breakaway and learn how you can care for yourself as a caregiver and how to stay positive.

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

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

Bus Passes & Dial-A-Ride are only available through Go Transit. Call 920.232.5340

Memory Screening (S)

Wednesday, March 19

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 minutes.

Elder Benefit Specialist (S)

Wednesday, March 19, 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 and the service is not based on income. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and providing assistance with denials and appeals. Oshkosh EBS can be reached toll free at 877-886-2372.

Memory Link Resource Hours (S)

4th Thursday of the month

11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

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

Drop ins welcome

Tender Loving Care Support Group (S)

4th Thursday of the month, 1 pm

Facilitator: Fox Valley Memory Project

Cost: Free

(Supported by the FV Memory Project)

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

Foot Care (S)

Tuesdays and Wednesdays 9 am to 3 pm,

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.

18 Appointments are filling fast.

Bridging Past and Present:

Exploring Native American Cultural Heritage



The Indian Story Stick Workshop with Debra Morningstar

*Professional storyteller, cultural
educator, and Oneida Tribal Citizen*

With its roots in ancient tribal teachings, this adult-oriented workshop encourages participants to explore their past as they embark on this life-altering journey of self-discovery and spiritual renewal.

Wednesday, April 2

1 pm to 4 pm

Lakeshore 4 Seasons Bldg.

\$20 per person

Registration required.

Ticket sales open on February 28.

Registration Link - oshkoshwi.gov/Senior/Services/

**Learn more about Debra Morningstar at
<https://www.debramorningstar.com/>**

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, March 3, 10, 17, 21, & 31
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





**Need a new
smartphone? Let
us help!**

**Smartphone Shopping 101 (S)
Find the Right Phone at the Right Price!**

Where: Oshkosh Seniors Center South

When: Tuesday, March 11

Time: 1:30 pm to 2:30 pm

Presenter: Stephanie Carlin

Cost: Free

Register by Monday, March 10th

**Learn about new features and options from
Android, Apple, Google...and more!**



21



Do you enjoy singing?

Consider joining the Oshkosh Seniors Center
Golden Tones Chorus



Paula Steinert Director
Marshall Potter Accompanist



Mondays, March 3-June 2, 1:30-3 pm (S)

Cost for Spring session: R \$40/NR \$45

Register and pay by Thursday, February 24

(All fees go directly back into chorus program)

Community Concert Sunday June 8 2025

*****Registration and payment deadline to join chorus is
Monday, February 24*****

Have you heard about "Prepay" accounts?

You can put any dollar amount you wish 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.

Ukulele Play Along (S)

Wednesdays, March 5-26

10:30 am-12 pm

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

Min/Max: 3/20

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

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."

New!

Advanced Ukulele Lessons (S)

Fridays, March 14-28, 10-10:50 am

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, March 12

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, March 7-28, 11 –11:50 am

No class Friday, March 14

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, March 5

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, March 14-28, 11-11:50 am

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, March 12

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, March 14-28, 12–12:50 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, March 12

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!



JOT Mediterranean Cooking 2 (S) Mondays, March 3-31, 10-12 pm

No class March 24

Instructor: Lynn Stuart

Cost: R \$40/ NR \$45

Min/Max: 3/9

Register by Wednesday, February 26

Payment due at time of registration

"Mediterranean Cooking 2" is for people who have taken Introduction to Mediterranean Cooking and want to

continue to learn about ingredients and techniques common in Mediterranean cooking.

Demonstrations, hands-on learning, and samples will be a part of every class.

Golden Tones Chorus (S)

Mondays, March 3-June 2

1:30-3 pm

Director: Paula Steinert

Accompaniment: Marshall Potter

Cost: R \$40/NR \$45

Min/Max: 25/50

Register by Monday, February 24

Payment Due Upon Registration

Do you enjoy singing with in unison with others? Come join this organized group of singers at the Center. Come together weekly for 13 weeks in preparation for a concert at the Center in December. Singing is a great way to make friends and build relationships with people who have a common interest. Instruction, music, and vests provided. Community concert will be Sunday, June 8, 2 pm.

Feeding America of Eastern WI (S)

Tuesday, March 4, 9 am– 12 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 a 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.

LIR: Complex Relation Between Medications & Nutrition (S)

Tuesday, March 4, 10-11:30 am

Presenter: Dr. JJ Allen, PharmD, CISSN, Hometown Pharmacy

Cost: Free

Register by Friday, February 28

Dr. JJ Allen, owner of Hometown Pharmacy (Sawyer Street, Oshkosh) is a Doctor of Pharmacy and a certified sports nutritionist with a passion for helping clients create a healthier lifestyle to decrease the need for medications. In this presentation he revisits the complex relationship between medications and nutrition. Discover how common medications can alter your body's nutrient requirements, leading to either a decreased or increased need for specific nutrients. Dr. Allen will explain these effects and share practical strategies to optimize your nutrient intake and reduce the need for prescription medications.



**Dr. JJ Allen
PharmD, CISSN**

Karaoke (S)

Tuesday, March 4, 1-2:15 pm

Register by Monday, March 3

Tuesday, March 18, 1-2:15 pm

Register by Monday, March 17

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.



Be An Informed Voter (S) Getting Ready for April Election Friday, March 7, 10-11 am

Presenter: League of Women Voters, Winn Co

Cost: FREE

Register by Wednesday, March 5

The League of Women Voters of Winnebago County will be presenting information on how to best prepare for the April 1, 2025 election. After the presentation, they will work one on one with people to double check voter registration, how to request an absentee ballot, find out what's on their ballot, and get information on candidates and issues appearing on the ballot.

League of Women Voters is a non-partisan organization working to ensure that eligible voters are registered and informed when they cast their ballot. LWV does not endorse candidates, believing that voters can make their own decisions when given unbiased information.

Chat N Chop (S)

Tuesday, March 11, 9:45 to 11:45 am

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

**Register by Tuesday, March 4
Payment due upon registration**

In this episode of chat n chop we will be making Easy Cajun Jambalaya, Chicken Muffins and Bacon Bites. Does this sound good? Tie on those aprons an come join us.

Zoo Guests (S)

**Meet the Chinchillas & Russian Tortoise
Tuesday, March 11, 10:30-11:30 am**

Facilitator: Menominee Zoo Educators

Cost: Free

Register by Monday, March 10

Come meet more friends from the Menominee Park Zoo. Accompanied by the Zoo Educator, this is your chance to get up close to the animals and to learn all that goes into caring for them.



Essential Oils: Natural Spring Cleaning (S) Tuesday, March 11, 10-11 am

Presenter: Jeanne Gehrke / Facilitator: Cierra

Cost: FREE

Register by Friday, March 7

Did you know that a lot of the cleaning products we have used for years can be putting your health at risk? Come learn about how you can make the switch to all natural cleaning products! When using all natural cleaning products, you reduce the risk of exposure to harmful chemicals.



Legal One on One (S)

Friday, March 14, 10 am-12 pm

Facilitator: Attorney Joseph McCleer

Cost: Free

Register by Thursday, March 13

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.



ORD-

Spring Birding by Ear (S)

Wednesday, March 19, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register by Monday, March 17

We will take a fun virtual spring hike and listen for birds that will arrive now and last into May.

Bingo (S)

Wednesday, March 19, 2-3:30 pm

Cost: Free

Min/Max: 10/80

Registration opens Thursday, March 5

Register by Tuesday, March 18

Come for a fun afternoon of bingo!

Please note 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 starting Wednesday, March 5th.

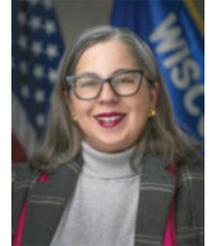
Thank you to our sponsor this month
Edenbrook!



Rep. Palmeri Office Hours (S)

Friday, March 21, 10 am-12 pm

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



Madison Office:

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

Donuts & Elder Law (S)

Avoiding Probate Without Trusts

Thursday, March 20, 9:30-10:30 am

Presenter: Joseph McCleer, McCleer Law

Cost: Free

Register by Tuesday, March 18

Attorney Joe McCleer of McCleer Law Office details ways you can have your estate avoid probate after you pass, and to do so without using a trust. **Free coffee and donuts!**



Eat & Greet –No March Eat & Greet- See you in May

Popcorn & A Movie (S)

Wednesday, March 26, 12:45 pm–2 pm

Cost: Free– Donation for popcorn appreciated

Min/Max: 2/50

Register by Monday, March 24

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.**

Caring for Yourself as a Caregiver (S)

Thursday, March 20, 11 am-12 pm

Facilitator: Andy Haydin, Humana Health

Cost: Free

Register by Wednesday, March 19

Caring for someone else is an act of love and kindness, and it often brings many challenges and rewards. Many caregivers are informal caregivers, which means they provide care without receiving any formal training, which can be even more exhausting!

Breakaway and learn how you can care for yourself as a caregiver and how to stay positive.



Book Talk (S)

The Stars are Fire by Anita Shreve

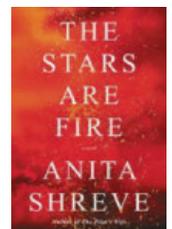
Thursday, March 27, 9:30-11 am

Facilitator: Kerry Wolfe

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

Register by Thursday March 6

October 1947, after a summer-long drought, fires break out all along the Main Coast. Two women are left to alone to protect their children as their husbands join the volunteer firefighters. In the midst of devastating loss, one woman discovers glorious new freedoms, then the unthinkable happens. Sound Interesting? Want to know how the story ends? Join Book Talk.



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.



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

Cold & Flu season is here...Please

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

Cribbage

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

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

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

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

Need a spot to play with Friends?

Open Cards & Games

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

Discover a more active you.

Train your body & mind.
Improve your balance.



Falls are preventable!

Yet 44 adults died in 2023 in Winnebago County as a result of a fall. This is an annual mortality rate of 25.6%



The City of Oshkosh Fire Department has teamed up with Nymbbl, a scientifically proven mobile balance training app, to help you improve your balance and stay active.

Balance training is for everyone

Adults ages 60+ in Oshkosh Wisconsin have **FREE and UNLIMITED access** to Nymbbl. In each session, you'll play fun brain games while performing simple exercises that you already do everyday. That means working on your health never feels like "work" Try Nymbbl today!



FREE



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



For additional resources see our website



Tours Sign-up Options

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



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

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

If you have questions please call
920.232.5312

Some Like It Hot

The Performing Arts Center—Appleton
Date: Wednesday, March 12
Cost: \$78 (\$25 non-refundable deposit)
Depart: 6pm (Park in North Building lot)
Return immediately after show

Set in Chicago when Prohibition has everyone thirsty for a little excitement, *Some Like It Hot* is the "glorious, big, high kicking" (AP) story of two musicians forced to flee the Windy City after witnessing a mob hit. With gangsters hot on their heels, they catch a cross-country train for the life-chasing, life-changing trip of a lifetime. And what a trip it is! With its irresistible combination of heart and laughs, song and dance, *Some Like It Hot* won more theatre awards than any other show in its season, including four Tony awards, a Grammy Award for Best Musical Theater Album and others. Price includes: Ticket, Yellow Bus and Driver Gratuity. Guide: Cheryl Freiberg



West Side Story

The Fireside Theatre—Fort Atkinson

Date: Thursday, March 27

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

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

From the first notes to the final breath, WEST SIDE STORY is a theatrical event not to be missed. Shakespeare's Romeo and Juliet is transported to modern-day New York City as two young lovers find themselves caught between warring street gangs. This is the most innovative, heart-wrenching, and relevant musical dramas of our time. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Sliced Pork Tenderloin, Coconut Chicken or Seared Halibut. Dessert is Cherry Crisp. Guide: Cindy Paffenroth



Smugglers and Spies

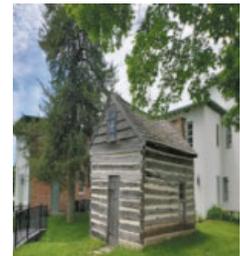
The Historic Milton House—Milton, WI

Date: Thursday, April 10

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

Depart: 8:15am Return: Approx. 4:30pm

Travel back in time, walk the footsteps of history at Wisconsin's only certified Underground Railroad! The fully guided tour will take you through the history and two levels of the original block and hexagonal portion of the building, the tunnel and the pioneer cabin. Spies will have a late pasta lunch buffet at the "Safe House", where you will go through the red door to find authentic espionage artifacts, pop culture references and a disappearing booth and exit. Price includes: Ticket, Coach Bus, Driver Gratuity and Pasta Buffet. Guides: Cheryl Freiberg and Alice Himmler



2025 UPCOMING TRIPS:

- The Last Potluck Supper – Fireside 6/26*
- Chimney Sculpture Tour, Greendale – 7/17*
- Brewer's/Phillies Night Game – 9/3*
- Munising, MI – 9/11-12*
- Oklahoma – Fireside 10/2*
- Holiday International Folk Festival, Milw. – 11/22*
- A Wonderful Life – Fireside 12/11*
- 2026 Upcoming TRIP**
- Mediterranean Coastal Journey 4/11-26*

Check the Rotating Rack at the Tour Desk

Other Side of the Lake

Date: Tuesday, May 6

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

Depart: 7:30am Return: Approx. 5pm

Moderate Activity Level

We will be starting our day at the Wade House for a private tour, visiting the Wade House, the Stagecoach Inn, the blacksmith shop & sawmill, and the exhibits of the Wesley W. Jung Carriage Museum & Visitor Center. Lunch will be a Buffet at the Altona Supper Club. We will then go down the street to Honeymoon Acres. We are planning an additional stop or two, as time allows! Price includes: Coach Bus, Driver Gratuity and Buffet Lunch.

Guide: Cheryl Freiberg



Murder on the Orient Express

The Fireside Theatre—Fort Atkinson

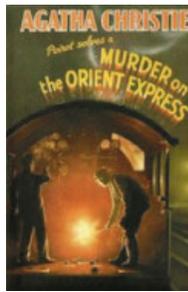
Date: Thursday, May 8

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

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

Murder on the Orient Express? The passengers rely on detective Hercule Poirot to solve the mystery. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken & Ribs, Grilled Mahi-Mahi, Mediterranean Short Ribs or Vegetarian Pasta Primavera. Dessert: French Silk Pie.

Guide: Cathy Koch



Madison In A Day

The State Capitol, Babcock Dairy Store & Betty Lou Cruises

Date: Wednesday, May 28

Cost: \$TBD (\$25.00 non-refundable deposit)

Depart: TBD

Note: **Betty Lou Cruises is not able to accommodate wheelchairs or walkers, all travelers must be able to walk stairs into/out of the boat.**

Tour and learn about Capitol, an architectural wonder. View statues, mosaics, murals and more. Then off to Babcock Dairy store, located on UW-Madison campus, where we can view dairy production and eat delicious ice cream. Lunch is on the Betty Lou Cruise, we'll enjoy beautiful views as we travel around Lake Mendota. Trip includes Coach Bus, Driver Gratuity, and Lunch/Cruise/Gratuity.

Guide: Cathy Koch



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MJ The Musical

The Performing Arts Center—Appleton

Date: Wednesday, June 4

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

Depart: 6pm; return immediately after show

Michael Jackson's unique artistry comes to the Fox Cities in MJ, the multiple Tony Award®-winning musical centered around the making of the 1992 Dangerous World Tour. Price includes Ticket, Yellow Bus and Driver Gratuity.

Guide: Cheryl Freiberg



Brewer/Atlanta Braves Baseball Game

American Family Stadium—Milwaukee

Date: Wednesday, June 11, Game Time 1:10

Cost: \$90 (\$25 non-refundable deposit)

Depart: 10:00am Return

After Game

Moderate Walking Level for the game

Join us as we travel to American Family Field in Milwaukee to cheer on the Brewers. It's sure to be a fun time at the ballpark! There will be NO STOP on our way to the game, but you may bring a small cooler (see flyer for list of permitted items). Includes game ticket (w/\$12 Brewer Bucks) in Section 319 on First Base side, Coach Bus and Driver Gratuity. Guides: Cheryl Freiberg and Cathy Koch



Mount Rushmore, the Badlands & Black Hills of South Dakota

Date: June 15-21 (Sun-Sat) 7 Days, 6 Nights

Cost: \$1225 Per Person/

Double Occupancy (\$75 non-refundable deposit)

Depart: 8am

Your trip starts at Badland's National Park and the amazing Wall Drug. You will learn about Gutzon Borglum, the sculptor of Mount Rushmore. Then on to Mount Rushmore National Memorial followed by a Tour of Wildlife Loop Road at Custer State Park. You will make stops at the High Plains Western Heritage Center, followed by a Guided Tour of Deadwood, Journey Museum & Crazy Horse Memorial. You will stop at the famous Corn Palace. Price includes some meals, hotel and attractions. Coach Bus Driver Gratuity included. Guide: Cathy Koch



African Safari: Kenya and Tanzania

Dates: September 8-22

Cost: \$9,499 per person Double; \$10,399 per person Single

Small Group Travel rewards travelers with new perspectives. **HIGHLIGHTS:** Nairobi, David Sheldrick Wildlife Trust, Out of Africa Farmhouse, Amboseli National Park, Shanga Workshop, Karatu, Ngorongoro Crater, Serengeti, Lake Eyasi. Choice on Tour:

Local Fruit Vendor or Local Craftsman, Tarangire National Park, 12 Game Drives.

Experience the Serengeti: Endless plains, 12,000 square miles, animal migrations, wildlife refuge, unparalleled sunsets, UNESCO World Heritage Site. There are many ways to describe the renowned Serengeti, yet nothing can compare to seeing this natural wonder in person. Overall activity level of this tour is a level 3.

Passport required.

Guide: Cheryl Freiberg



Grand Hawaiian Adventure

Dates: November 2-14

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

This trip is truly grand! You will see the best that Hawaii has to offer from historical sites such as Pearl Harbor and the Iolani Palace to beautiful scenery including Rainbow Falls and Hawaii Volcanoes National Park. This Adventure includes enjoying shopping, the beaches and of course a luau! Relax Hawaiian-style at an authentic luau. These gatherings typically include Polynesian cuisine such as Kalua pork, huli huli chicken, fresh local fish and much more. Enjoy a feast, lavish desserts and tropical drinks. Jump into Polynesian culture as you experience the ultimate island celebration. **HIGHLIGHTS:** Waikiki Beach, Pearl Harbor, Iolani Palace, Hawaii Volcanoes, National Park, Polynesian Luau, Kona Highlights, Iao Valley, Waimea Canyon. Days 1-3 are in Honolulu; Days 4-6 are in Kona; Days 7-9 are in Lahaina; Days 10-12 are in Kauai. Overall activity level of this tour is level 1. Guide: Cheryl Freiberg



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

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.

Guide: Cathy Koch

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: _____

Room: Single/Double/Suite (Circle One)

**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 Senior 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
Oshkosh WI 54903-3423

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

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

You can register for our activities and special events by logging on to our website from your computer, laptop, or tablet.

Visit us at:

www.schedulesplus.com/oshkosh/kiosk

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**