

Celebrating 50 YEARS

OF THE OSHKOSH SENIORS CENTER

APRIL, 2025

SEE PAGE 4 FOR MORE CELEBRATION INFORMATION



Discover the Offerings at the Oshkosh Seniors Center

920.232.5300

www.oshkoshwi.gov/seniorscenter/

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

Welcome to the Oshkosh Seniors Center

A NOTE FROM THE SENIOR SERVICES MANAGER, DAN BRAUN

*A note from Senior Services Manager Dan Braun
The weather is starting to warm up outside, but great
things are happening at the Oshkosh Seniors Center in
April.*

*On Monday, April 7, we celebrate our 50th birthday. Join
us at 1:30 p.m. in the South Building for a walk down
memory lane with past staff and OSC memorabilia.
We'll celebrate with cake, and we'd love for you to join
us.*

*On Wednesday, April 23, the Friends of the Oshkosh
Seniors Center are hosting a Football Draft Party at the
North Building. Eric Diamond will play Neil Diamond's
music, and there will be amazing raffle baskets for sale
and wonderful tailgating food. All proceeds from sales
benefit the Oshkosh Seniors Center. Bring a friend or
three and enjoy a great afternoon of fun.*

*Don't forget to get your tickets to the Dream Big Cash
Raffle! The four winning tickets will be drawn at Food
Truck on Friday, June 6. Tickets are available at the
Winnebago Senior Tours Desk at the South Building.*

*See you by the river!
Dan-*

Center closed Friday, April 18 for Spring Holiday

Please note the North building will close at 12 pm on Wednesday, April 23 due to an event. Includes Fitness Center, Exercise classes, and Woodshop.

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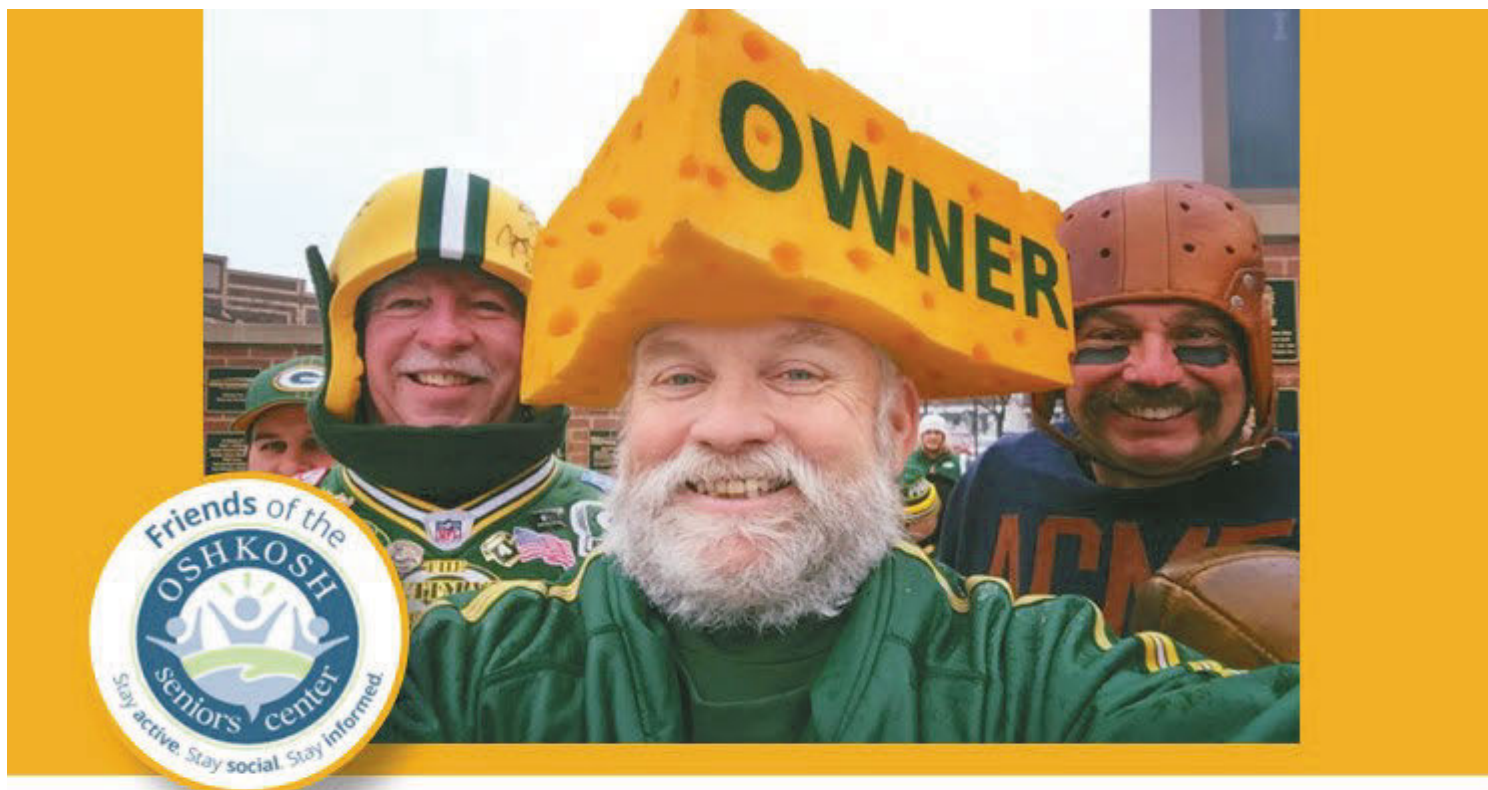
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The Friends of the Oshkosh Senior Center are hosting a

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!

Wisconsin's Favorite Neil Diamond Tribute Artist

A Delicious "Tailgate" Dinner

Brat or Burger, Baked Beans, Pasta Salad,
Chips, Pickle, and Dessert

A chance to win a special door prize!

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!

50TH *Anniversary*



MONDAY, APRIL 7, 2025

Join us in celebrating the 50th Anniversary of the Oshkosh Seniors Center! This special event will be graced by the presence of representatives from the Oshkosh City Council, the Mayor, and other local officials.

Discover the rich history of the center and its future mission while enjoying a delightful selection of snacks and refreshments. The celebration will take place on **Monday, April 7, at 1:30 PM.**

We extend our heartfelt gratitude to all the participants and community members who have contributed to making the Oshkosh Seniors Center a reality. We look forward to celebrating this milestone with you!



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This project was supported, in part by grant number 60MPPG102-01-00, 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

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

Art Expression (S)

Thursdays & Fridays

April 3-25, 9-11:30 am

Monday, April 28, 9-11:30 am

Center Closed Friday April 18

Closed Thursday May 1

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's 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, April 1-22, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, March 24

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.

Quilting 405 (S)

More with Triangles

Wednesdays, April 2-23, 9-11:30 am

Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 3/10

Register by Monday, March 31

Payment due upon registration

In this class we will learn to extend triangles into internal frames around the center of the quilt and to create feathered stars. These designs are endless and add a lot of visual appeal to the quilt. Six patterns have been chosen for you to choose from. You will select one and use the book to determine the materials you need for the class. If you have any questions, you can contact Liz through the Seniors Center. See front desk for quilt options.



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

Sewing 105 (S)

Color Theory Challenge

Wednesdays, April 2-23, 1-3 pm

Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 3/6

Register by Monday, March 31

Payment due upon registration

In this class we will play with concepts of color theory to create a small quilt top. We will use any scraps you have accumulated, any you can bum off friends, and of course, any Liz brings to class as well. Pieces can be as small as 6 or 4 inches, depending on what size quilt you want to make. We will evaluate color according to characteristics like dark/light, warm/cool, bright/muddy in addition to the color family. We will arrange fabric to our personal satisfaction then sew the pieces together, quilt it with batting and backing, and finally, put a binding around it. So, start gathering your colors: large prints, small prints, multi-colored, mono-toned, anything that interests you. Let's have fun!



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 a glass sheet. You will be outlining the rabbit in a beautiful rhinestone chain, then filling in with crushed pearl shell. After the project is laid out, we will be covering it with resin. Project will need 24 hours to cure before taking home.



Card Making Class (S)

Wednesday, April 9, 9:30 –11 am

Instructor: Jenny Baier

Cost: R \$5/ NR \$6.50

Register by Monday, April 7

This is for those who have some experience working with stamps and card making. Pick four cards out of the 10 to 14 sample cards. Color or learn coloring techniques, stamping, die cutting and learn different techniques to putting the cards together. There's normally birthday, sympathy, thank you, possibly get well cards. If there's a holiday close to be holidays included to pick from.

Artfully Yours –

Diamond Art Painting (S)

Thursday, April 10, 1-3 pm

Instructor: Kelly Arens

Cost: R \$5/NR \$7.50

Min/Max: 4/10

Register by Thursday, April 8

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. Think of it as a 'diamond by number'. It's easy to follow and gives you such a beautiful finished piece. These magnets will look great on your fridge at home. Come learn a new way to craft or just enjoy creating a new piece of art for your space. *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!



Cricut Project Class– Etching (S)

Monday, April 14, 10:30-12:30

Instructor: Christie Powers

Cost: R \$10.00/NR \$12.50

Min/Max: 2/6

Register by: Wednesday, April 9

Payment due upon registration

Join us for another Cricut project class! This time we will be learning how to do some glass etching with Cricut stencils. We will go over the basic Cricut process to design, cut, and use stencils on glass to give it the etched look.

Get Set Up: Finding Zen with Zentangles: Floral Inspirations (S)

Friday, April 24, 1-2pm

Presenter: Deanna Neibert

Facilitators: Kelly Arens

Cost: R \$15/\$17.50

Min/Max: 4/10

Register by Friday, April 11

Get started on a creative journey with a Zentangles class, where you'll dive into the foundational principles of this meditative art form. Discover how to unlock the therapeutic benefits of mindful drawing and depart the class having mastered three new floral-inspired patterns. **Pens (6- Pack) needed for project will be yours to keep drawing at home with!** Project similar to picture shown.



Tree Jewelry Sun Catcher Charms (S)

Monday April 28, 9:30–11:30

Instructor: Kerry Wolfe

Cost: R \$10/ NR \$12.50

Min/Max: 4/10

Register by Thursday April 17

Payment due upon registration

Let's get creative and make tree jewelry sun catcher charms. Single string of beads, mirrors and charms. Get for a gift or keep for yourself. All supplies provided. Project similar to the one shown.



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

Guided Wood Burning (S)

Tuesdays, April 1-22, 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, March 28

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!

Power & Hand Tool Carving (N)

Mondays, April 7-28, 8 am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

Register by Monday, March 28

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.**

Basic Machine Safety Training (N)

NO CLASSES THIS MONTH

CHECK BACK in MAY

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.**



Bridging Past and Present: Workshops

Links to registration are located on the Seniors Center webpage or scan the QR code-
<https://www.oshkoshwi.gov/SeniorServices/>



The Bridging Past and Present Series is funded by a Wisconsin Arts Board Grant from the National Endowment of Arts. It results from a partnership with the Friends of the Oshkosh Seniors Center and Oshkosh Public Museum, and support from Discover Oshkosh.

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.

April 2

1 pm to 4 pm

Lakeshore 4 Seasons Building

\$20 per person (includes materials)

Bridging Past and Present:

Exploring Native American
Cultural Heritage



Tightrope: Cultural Appropriation versus Appreciation with Karen Ann Hoffman

Raised Beadwork Artist and Native Arts advocate,
Oneida Nation of Wisconsin

April 10

7 pm

Lakeshore 4 Seasons Building

Free

Bridging Past and Present: Workshops continued



Bridging Past and Present:

Exploring Native American

Cultural Heritage



Hand Building Pottery Workshop with Jennifer M. Stevens

Artist, Oneida/Lakota Native Citizen, Creator of Haudenosaunee (Iroquois-Six Nations)-style pottery that is kiln-fired and shaped by hand, a practice nearly lost to the next generations.

Saturday, April 19

1 to 2:30 pm

Oshkosh Seniors Center

\$25 per person (includes all needed materials)

Bridging Past and Present:

Exploring Native American

Cultural Heritage



Create a Pendant or Pin with Pine Needle/Sweetgrass with Debra Morningstar

Professional storyteller, cultural educator and Oneida Tribal Citizen.

April 24

1 pm to 3:30 pm

Oshkosh Seniors Center

\$25 per person (includes materials)

Bridging Past and Present:

Exploring Native American

Cultural Heritage



Porcupine Quill and Glass Bead Earring Workshop with Melanie Tallmadge Sainz

Artist, cultural arts educator, and enrolled member of the Ho-Chunk Nation of Wisconsin.

April 26

10 am to 1 pm

Oshkosh Seniors Center

\$25 per person (includes materials)

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					
	Life Fitness	Rapid Movement	Life Fitness	Rapid Movement	
	8:30-9am	8:30-9am	8:30-9am	8:30-9am	
9:00					
	Morning Mobility	Tai Chi Energy	Morning Mobility	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
			Call		
2:00			920.232.5311		
	Pickleball			Low Impact	
	Group			Dance	
	Lessons			2:15-3pm	
3:00	2:15-3:15pm				
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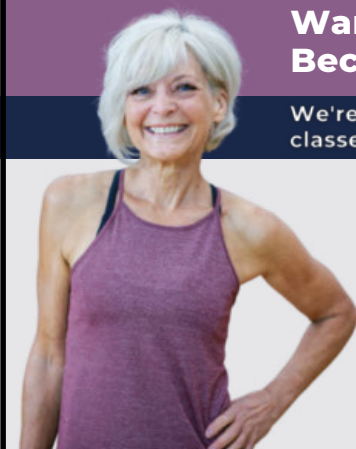
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Life Fitness

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, 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
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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!

Reserved Court Times: Wednesdays (PM) feature guaranteed court times. Grab a friend and come play!

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!



TRX Limit 8 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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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 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.

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8 sessions \$104
12 sessions \$156
All sessions are 45min

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www.smpwi.org

Wisconsin Senior Medicare Patrol

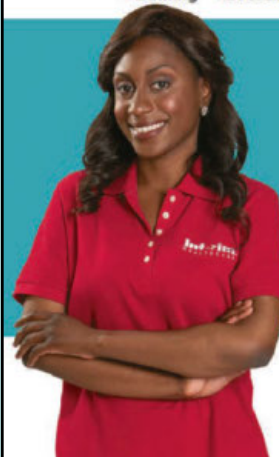


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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Mindfulness Meditation (S)

Thursdays, April 3-24, 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, April 3, 12:00-1:00 pm (S)

Tuesday, April 8, 10:15-11:15 am (N)

Thursday, April 17, 12:00-1:00 pm (S)

Monday, April 28, 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.

Relieve Knee Pain While Reclaiming Your Life (S)

Thursday, April 3, 1-2pm

Cost: Free

Presenter: Physical Achievement Center

Register by Tuesday, April 1

Join us for an informative presentation where you'll discover safe, effective, non-surgical, solutions to overcome knee pain and weakness without downtime! Learn unique, clinically proven methods to strengthen your knees and regain confidence in your mobility, even with arthritis or "bone on bone" conditions.



Essential Oils: Spring Room Spray (S)

Tuesday, April 8, 10-11 am

Facilitator: Jeanne Gehrke

Cost: \$8

Register by Thursday, April 3

Join us for a hands-on, eco friendly and NON-TOXIC workshop where you'll learn how to make your own all-purpose cleaning spray using natural ingredients and essential oils. This class is perfect for anyone looking to switch to safer and non toxic cleaning solutions.



PT Solutions Pelvic Floor Health

Wed, April 9, 1-2 pm.

Presenter: PT Solutions



PT SOLUTIONS
PHYSICAL THERAPY

Cost: Free

Register by Monday, April 7

Struggling with bladder control or frequent bathroom visits? You might benefit from pelvic floor physical therapy, which strengthens and coordinates pelvic muscles while enhancing bladder-brain communication. Don't settle for discomfort—there are solutions!

Join our class to learn about pelvic floor physical therapy and gain valuable pelvic health insights.

Small Group Reiki (S)

Thursday, April 10, 9-10 am

Thursday, April 17, 1-2 pm

Presenter: Open Heart Reiki

Cost: Free

Register by Tuesday, April 8/15

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.



Get Set Up: Pop up Class-Meet Me At The Barre (N)

Friday, April 11, 10-11am

Instructor: Stacy Robinson/ Facilitator: Cierra

Cost: FREE

Register by Wednesday, April 9

This class is a fun fusion of ballet barre, Pilates, cardio, and more! Class will be a video, but a full body workout designed to get leaner, stronger, and more flexible. This class is designed for all levels, but will challenge you to work harder to strengthen and energize your entire body. Participants need to be able to get up and down from the floor.



**Cooking w/ Alec
Andhra Fish Fry (S)**
Friday, April 11, 1-2:30 pm
Cost: R \$10/ NR \$12.50

Instructor: Alec Jensen
Register by Tuesday, April 9

Fish Fillets are coated with Indian spices, herbs, and lemon juice then pan fried until flaky. This is a dish you can make when you want something simple and delicious.

Living at Home vs Assisted Living (S)
Monday, April 14, 10-11am

Facilitator: Bright Star Care
Cost: Free

Register by Friday, April 9

Staying at home is familiar, comforting and keeps your routines, while moving into Assisted Living can provide you with more socialization and planned activities in a community setting. Let's talk about the pros and cons of each to help you decide which could be the best for you.

Seasonal Allergies (S)
Monday, April 14, 1-2pm

Presenter: Andy Haydin

Cost: Free

Register by Thursday, April 10

If you're one of the many people with seasonal allergies, wheezing, sneezing, congestion, a runny nose, and a host of other bothersome symptoms may be routine. Learn more about seasonal allergies and how to find relief from Andy with Humana!

Hearing Screens (S)
Wednesday, April 16, 9-12 pm

Provider: Samantha Spannbauer/Facilitator: Cierra

Cost: Free

Register by Monday, April 14

Are you turning up the volume on devices, or people's voices seem too soft or mumble. Perhaps you have a constant ringing or buzzing in your ears? Get your hearing checked with Samantha from Hearing Life! SPOTS ARE LIMITED.



A Healthier You (S)

Monday, April 28, 1-2pm

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

Cost: Free

Register by Thursday, April 24

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 and Coordination: Small Group Training (N)

April 28—June 18, 1-1:45pm

Instructor: Cierra Boutelle

Cost: \$200

Register by April 7/Call 920-232-5303

No matter where you are on your fitness journey, integrating balance and coordination exercises into your routine can significantly enhance the ease and efficiency of your everyday functional movements. In this group training, we'll focus on enhancing your balance, agility, mobility, and coordination through diverse drills, partner exercises, and collaborative group activities. Every workout is meticulously crafted to address the specific needs of each group member! **Spots will be limited to 4 people!**



PUMP IT FOR PARKINSONS

WHAT YOU NEED TO KNOW

April 10 is World Parkinson's Day and The Oshkosh Seniors Center (OSC) is excited to join the National Institute for Fitness and Sport (NIFS) in Pump it for Parkinson's! This event joins senior living providers across the country to help raise awareness on what Parkinson's Disease is and how exercise can help ease the symptoms people experience every day! **We will be hosting a NuStep-A-Thon in the Fox Fitness Center 234 Campbell Rd Oshkosh WI** to challenge our participants and staff to achieve 30,000 steps per NuStep (5) running! There is a nationwide goal to accumulate 10 million total steps representing the 10 million people worldwide living with Parkinson's. **Participants can sign up for 15-minute spots between 7 am-4pm to get as many steps as they can to contribute to our goal!** We will also be hosting an info booth where you can learn more about what your neighbors, family and friends who live with Parkinson's experience every day and why exercise is so important for them.

You can sign up as a individual or as team max (5) participants by using the contact information below to reserve your 15 minute time blocks the challenge runs from 7am-5pm! By participating you can also help the OSC win a new NU STEP!

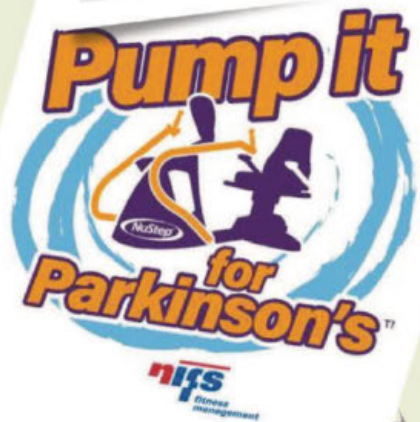
Reserve a Spot
Now



234 Campbell Rd Oshkosh WI



920-232-5300



Grief Support (S)

Thursday, April 3, 1-2:30 pm

Thursday, April 17, 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, April 3-24

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.

Elder Benefit Specialist (S)

Wednesday, April 16, 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 Screening (S)

Wednesday, April 16

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, April 24, 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, April 24, 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.

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.

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 our resource room.

**Bus Passes & Dial-A-Ride
available through Go Transit only!
Call: 920.232.5340**

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, April 7, 14, 21, 28

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 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, April 2-30

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."

Advanced Ukulele Lessons (S) **New!**

Fridays, April 4-25, 10-10:50 am

No class Friday, April 18

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, April 2

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, April 4-25, 11-11:50 am

No class Friday, April 18

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, April 2

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, April 4-25, 11-11:50 am

No class Friday, April 18

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, April 2

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, April 2-25, 12-12:50 pm

No class Friday, April 18

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, April 2

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!



Karaoke (S)

Tuesday, April 1, 1-2:15 pm

Register by Monday, March 31

Tuesday, April 15, 1-2:15 pm

Register by Monday, April 14

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.

***April Showers themed—think of songs to sing about rain, rainbows or all things water!**



Golden Tones Chorus (S)

Mondays, April 7-June 2

1:30-3 pm

Director: Paula Steinert

Accompaniment: Marshall Potter

Cost: R \$40/NR \$45

Min/Max: 25/50

See Director if interested in registering

Do you enjoy singing with in unison with others? Come join this organized group of singers at the Center. **Community concert will be Sunday, June 8, 2 pm.**

LIR: OPD Drone Fleet (S)

Monday, April 7, 10-11:30 am

Presenter: Oshkosh Police Department Drone Team

Cost: Free

Register by Friday, April 4

Sgt. Feavel, drone team supervisor/coordinator will do a presentation on the Oshkosh Police Department's drone fleet. Weather permitting, the demonstration will include an outdoor drone flying component.



Chat N Chop (S)

Tuesday, April 8, 9:45 to 11:45 am

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

Register by Tuesday, April 1

Payment due upon registration

In this episode of chat n chop we will be making Spicy Tuna Bowl, Spanish fish and Butter Bean Soup. Does this sound good? Tie on those aprons and come join us.

Conversational French (S)

Tuesdays, April 8-May 27, 10-11 am

Instructor: Dr. John Mapes

Cost: R \$10/ NR \$12.50

Min/Max: 3/9

Register by Thursday, January 30

Payment due at time of registration

Class is open to anyone interested in conversational aspects of French language and grammar. Please purchase "Easy French Phrase Book: Over 1500 Phrases For Everyday Use" from Amazon or other supplier.

Zoo Guests (S)

Meet the Skunk & Hedgehogs

Tuesday, April 8, 10:30-11:30 am

Facilitator: Menominee Zoo Educators

Cost: Free

Register by Monday, April 7

Come meet 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.



Emergency Preparedness Planning For the Unexpected (S)

Thursday, April 10, 1-2 pm

Presenter: Shelley Brown-Giebel

Emergency Preparedness Specialist/ CEM

Cost: Free

Register by Tuesday, April 8

Emergencies happen. Severe weather, tornadoes, power outages and more. How will you communicate during the event? What supplies do you really need? Who do you ask for help? Shelley Brown-Giebel the Preparedness Specialist with Winnebago County Public Health has tips on how to thrive in any emergency.



Rep. Palmeri Office Hours (S)

Friday, April 11, 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



JOT Cooking with Tofu 1 (S)

Mondays, April 14-28, 10-12 pm

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

Min/Max: 3/9

Register by Wednesday, April 9

Payment due at time of registration

Tofu is an inexpensive and versatile source of quality protein. Each week will focus on a different way to prepare tofu, which can be utilized in countless dishes. Demonstrations, hands-on learning, and samples will be a part of every class.

LIR: Before You Go: Work of Death Doula & Living Empowered Life (S)

Tuesday, April 15, 1:30-3 pm

Presenter: Jean Skeels

Cost: Free

Register by Friday, April 11

Jean Skeels is a death doula, life coach, yoga teacher, and author of the book *Before You Go: A Death Doula's Guide to Living Your Best Life*. Learn more about her work with hospice and her book on living fully and authentically. Ms. Skeels will provide information that may help you with relationships with friends in their final days, and also help one better deal with his or her own mortality. This work offers skills in presence and care for yourself and others, both in living your life and being with people at the end of life.



Feeding America of Eastern WI (S)

Wednesday, April 16, 1-4 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 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.



ORD-Spring on the Platte River (S)

Wednesday, April 16, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register by Monday, April 14

Join Rob Zimmer for a virtual tour of the spectacular sandhill crane and snow goose migration along Nebraska's Platte River.

Bingo (S)

Wednesday, April 16, 2-3:30 pm

Cost: Free

Min/Max: 10/80

Registration opens Thursday, April 2

Register by Tuesday, April 15

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.

Thank you to our sponsor this month, Humana!



Book Talk (S)

Nineteen Minutes by Jodi Picoult
Thursday, April 24, 9:30-11 am

Facilitator: Kerry Wolfe

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

Register by Thursday April 3

Sterling is a small, ordinary town in New Hampshire where nothing ever happens. In the aftermath of tragedy, the residents must not only seek justice in order to start healing, but come to terms with the role they played in tragedy. Sound Interesting? Want to know how the story ends? Join Book Talk.



Donuts & Elder Law (S)

Celebrity Edition

Friday, April 25, 10-11 am

Presenter: Attorney Joseph McCleer

Cost: Free

**Register by
 Wednesday, April 23**

What can we learn from celebrities about estate planning and long-term care planning? Attorney Joe McCleer of McCleer Law Office will discuss several instances in which celebrities and their families faced unnecessary and lengthy battles due to poor planning. **Free donuts will be provided!**



Eat & Greet – No April Eat & Greet!

Join us at the Friends of the Senior Center
TAILGATE Party 4/23!
 See you in May!

Popcorn & A Movie (S)

No April Popcorn & Movie due to renovations. See you in May!



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 Your Collection! (S)

Do you take pride in your collection and want to show it off? Now is the perfect opportunity to share with others! Oshkosh Seniors Center has a secured display case available to show your prized collections. Items are displayed for about 4-5 weeks. To inquire, call Jane Wells, 920.232.5308 or email jwells@oshkoshwi.gov.



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

No cards Friday, April 18

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 Euchere, 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.

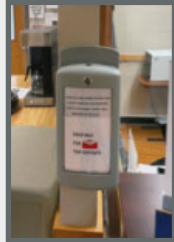
Billiards (N)

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.**



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

****Anyone age is welcome to travel with us (under 18 need adult supervision).****

Detailed flyers available at the Seniors Center South

Sign up now, don't delay

**If you have questions please call
920.232.5312**

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



Collette Presentation for 2026 Tours

Monday, April 7

2:00 in the Willow Room

New trip reveal and drawing for
2026 Travel Certificate

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. After lunch we will go to Honeymoon Acres and an additional stop or two. 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)

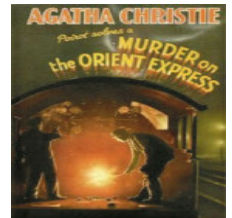
Depart: 8am Return:

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: \$165 (\$25.00 non-refundable deposit)

Depart: 7am Return 5:30pm

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 all about our magnificent Capitol, view statues, mosaics, murals and more. Then off to Babcock Dairy store, where we can view dairy production and eat delicious ice cream. Lunch is on the Betty Lou Cruise, where we'll enjoy beautiful Lake Mendota. Trip includes Coach Bus, Driver Gratuity, and Lunch/Cruise/Gratuity.

Guide: Cathy Koch



MJ The Musical

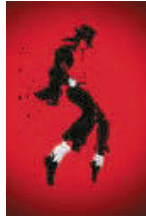
The Performing Arts Center—Appleton

Date: Wednesday, June 4

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

Depart: 6pm Return 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

Sold Out— Waitlist Available

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.



Additional are included (see flyer for detailed descriptions). Price includes: 10 meals: 6 breakfasts, 4 dinners; Hotel and Attractions; Coach Bus; Driver Gratuity.

Guide: Cathy Koch

The Last Potluck Dinner

The Fireside Theatre—Fort Atkinson

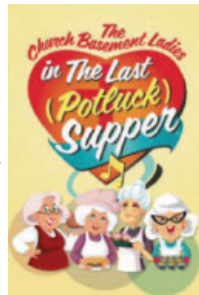
Date: Thursday, June 26

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.

Guide: Cindy Paffenroth



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.

Includes Game Ticket, Full Buffet, two Complimentary Beers or Casamigo's Drink, Coach Bus and Driver Gratuity.



Guides: Cheryl Freiberg and Cathy Koch

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. Upon arrival, you will have lunch on your own with time for shopping. Mid-afternoon we will enjoy a two hour Spray Falls Cruise of sandstone cliffs carved by ancient glaciers and view of Spray Falls. 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 a two hour fully narrated tour of two shipwrecks on The Glass Bottom 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.



Guides: Cindy Paffenroth and Alice Himler

2025 UPCOMING TRIPS:

Chimney Sculpture Tour, Greendale – 7/17

Shops of Waupaca – 8/21

Oklahoma – Fireside 10/2

Murder Mystery – 11/16

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 regularly for new trips!!

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)

Technology: Stay Safe and Avoid Scams (S) Tuesday, April 22 1 to 2 pm

Presenter: Christie Powers,
Connect Through Tech Instructor

Register by Friday, April 18



Join this informative talk about the Internet, online credit card use, and voice-activated technology like Alexa, Apple, and Google Pay. We will give you tips on recognizing and avoiding scams and fraud.

We will discuss using strong passwords, how to enable two-factor authentication, the importance of keeping your software updated. We will work on understanding and avoiding phishing scams, as well as the importance of being mindful of what you share online, especially when it comes to personal information.



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.
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**

