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Seniors Center.

**August 2023, Issue #8**

A FREE monthly publication of the Oshkosh  
Seniors Center supported by the Friends of the  
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## Discover the Offerings at the Oshkosh Seniors Center



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# Welcome to the Oshkosh Seniors Center

## Welcome the New Senior Services Manager, Dan Braun



Hello! I am Dan Braun, and I'm excited to start working at the Oshkosh Seniors Center! After completing my Bachelor's degree from UW-Oshkosh in Exercise & Fitness, I worked full-time for the YMCA. From 2007 through 2017, my work at the YMCA focused on "Active Aging" programming. I got to know participants, community members and brought programs to the YMCA to help older adults find ways to be healthy, active, and social. It was some of the most challenging and fun work that I've done at the YMCA since starting there in 1999, and I've missed it!

I have led group exercise classes, physical activity programming, and healthy eating programming, planned & led social programs,

and worked with other organizations around Oshkosh whose aim was to serve older adults.

Outside of work, I enjoy camping, hunting, fishing, and spending time with my family. I look forward to winter for the snow, deer hunting, and ice fishing. I have recently gotten back to doing triathlons and plan to do two this summer.

Friends say I'm pretty handy, and I enjoy tinkering.

You'll find my office in the South building, and I can be reached at 920.232.5302 or via email at [dbraun@ci.oshkosh.wi.us](mailto:dbraun@ci.oshkosh.wi.us). I'm looking forward to meeting you soon.

Dan, Misty, & Aedan Braun

## WHAT'S IN THIS ISSUE?

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

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# "The Shari Lewis Legacy"

**Starring Mallory Lewis and Lamb Chop**

**Wednesday, August 9, 10-11 am (S)**

**Free**

**Register by Monday, August 7**

**Enjoy this tribute to entertainer Shari Lewis, starring her daughter Mallory Lewis and Lamb Chop. Going back through time, when everything was simpler and kinder.**

**Event made possible by the Art REACH series of The Grand Oshkosh.**



**Oshkosh Seniors Center, 200 North Campbell Road,  
920.232.5300**

## Art Expression (S)

Thursdays & Fridays, August 3-31  
9-11:30 am

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



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

**Senior Center supplies are not to be used during this time.** Enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**

## Mod Podge "Faux Stained Glass"(S)

Tuesday, August 8, 9:30—11:30 am

Instructor: Kerry Wolfe

Cost: R \$12 / NR \$14

Min/Max: 3/10

**Register by Thursday, August 3**

**Payment due at time of registration**

Create a beautiful faux stained glass picture frame. Use Mod Podge, pressed flowers, faux flowers and other fun stuff to make a beautiful décor. Fee includes all supplies to make one project.

## Beginner Stained Glass (S)

### Butterfly

Wednesdays, August 9-30, 10 am –12 pm

Instructor: Marla Tonn

Cost: R \$25/ NR \$30

Min/Max: 3/10

**Register by Monday, August 7**

**Payment due at time of registration**

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

**Beginner students only please!**



## Needle Felting Lab (S)

Tuesday, August 22 9:30 am –12 pm

Cost: R \$5.00 / NR \$6.50

Min/Max: 3/10

**Register by Friday August 18**

**Payment due at time of registration**

Do you have a project that needs to be finished? Here's your chance to finish that project. Sign up and come on in to finish that project. Supplies will be provided to assist with the completion of the project. **NO new projects will be allowed to be started.**

## Resin & Glass Flower Pot (S)

Monday, August 28, 9 am-12 pm

Instructor: Jane Wells

Cost: R \$40/NR \$45

Min/Max: 3/6

**Register by Wednesday, August 23**

**Payment due at time of registration**

We will be using faux sea glass and stained glass to make a beautiful pot filled with flowers. This unique art will certainly be a treasure. You will learn how to create this piece. Please note that the resin portion of project will be done outdoors. The photos below are ideas for you to use in your project. Your project may differ from the ones shown.



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Seniors age 60 and older ride GO Transit buses for the lowest fare in the City.

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Subsidized taxi service within the city is also available with an ID Card provided by the Oshkosh Seniors Center.



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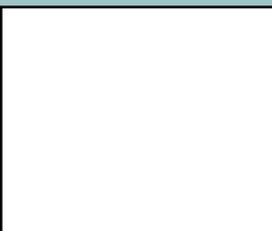
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# Acrylic Painting Class



## Cardinal In Birch Tree

Wednesday, August 30, 10-11:15 am

Cost: R \$20/ NR \$25

Register by August 25

Join us in welcoming fall with this fun, mixed-media cardinal painting! Step-by-step instructions will be provided by Ona By Design to create this 12" x 12" work of art.



# Woodshop News

Guided Hours new time

## Woodshop Guided Hours (N)

Wednesdays

10 am-2:30 pm

Cost:  
R \$5 / NR \$6.50



This time in the woodshop is designed to allow participants to come in and use the machines to work on their own projects, with support from woodshop monitors as needed.

**Don't forget, Basic Machine Safety Training is required before using tools and equipment in the shop.**

## Power Tool Carving (N)

**Mondays, August 7-28, 8 am-12 pm**

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

**Register by Thursday, August 3**

**Payment due upon registration**

Join fellow peers for power carving in the woodshop! This class is open for those carvers who want to refresh their skills. Award-winning carving instructors will be available to instruct and problem solve. Bench fan & dust collector required for this class. **Basic Machine Safety Training is required for participation in this class.**

## Basic Machine Safety Training (N)

**Fridays, August 18 & 25, 10 am-12 pm**

Facilitator: Jeff Becker

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

Min/Max: 3/10

**Register by Friday, August 11**

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

## Upcoming

## Block Printing (N)

**Tuesdays, September 5-26, 1-3 pm**

Instructor: Linda Gomach/Diane Curtis

**Cost: R \$25/ NR \$30**

Min/Max: 3/6

**Register by Thursday, August 31**

**Payment due upon registration**

Using pieces of basswood, impressions are cut into the wood. Once the impression is made, ink is applied and can be transferred to a canvas tote, cards, or cardstock suitable for framing. No experience necessary. All materials supplied.



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**Tuesday, August 8th**

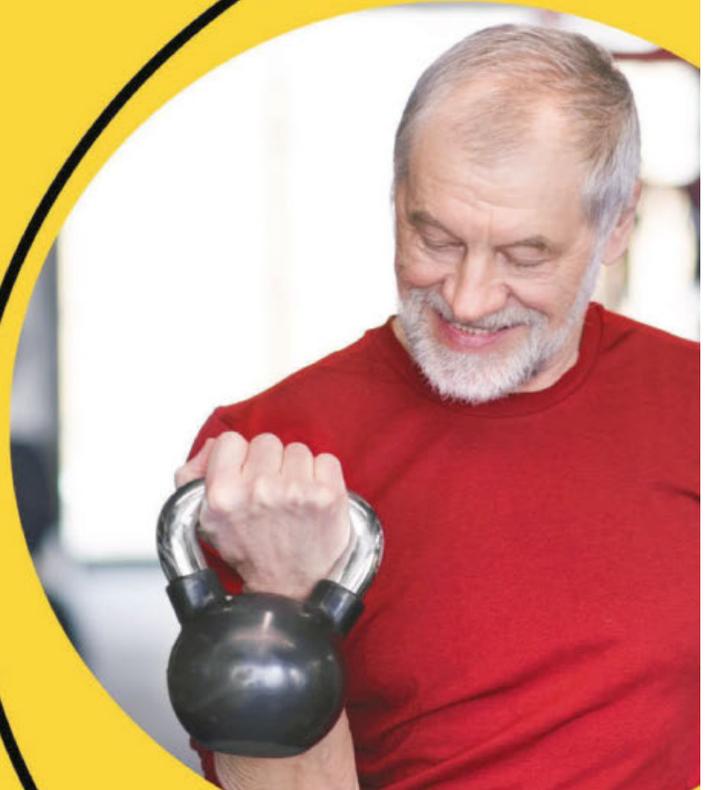
**2 sessions offered  
1:30-2:00pm or  
2:30-3:00pm**

# **FUNDAMENTALS OF KETTLEBELLS TRAINING DEMO (N)**

**Cost: \$5**

**Sessions limited to  
10 people each.**

**Register for class,  
open until filled.**



# **Fox Fitness Center (N) Monday-Friday 7 am - 4 pm**

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

The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility.

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System. If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.

**Check with the front desk to find out if your Medicare advantage plan will pay the fee, then workout for FREE!**



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These machines are funded by the Friends of the Oshkosh Senior's Center

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AND UPRIGHT  
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## Fitness Opportunities

**Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible**  
**OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit**  
**Rate sheets available at Front Desks for non-insurance eligible**  
**Please stop at desk if insurance information has changed**

### Rapid Movement Training (N)

**Mondays & Wednesdays**

**8:30-9 am**

Instructor: Alec Jensen

**Drop-in eligible**

Rapid movement training is a new and fun way to get your cardiovascular work in. This class improves your cardio by doing fast and quick bursts of exercise then letting your heart rate back down. This training style helps improve agility, power, coordination, and balance, all of which help to reduce the risk of falls.

### Range of Motion (N)

**Mondays & Wednesdays**

**9:15-9:45 am**

Instructor: Alec Jensen

**Drop-in eligible**

This class will be a combination of yoga, stretching, and other therapeutic movements. By gently working on our mobility and flexibility, we can create a greater range of motion to minimize aches and pains! It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own exercise mat.



### Silver Sneakers Classic (N)

**Mondays & Wednesdays**

**10:45-11:30 am**

Instructor: Kayla Stankowski

**Drop-in eligible**

Increase muscle strength and range of movement, so you are ready for the activities needed for daily living. You will use a chair for seated exercises, as well as standing with support. You will use hand weights, exercise bands, and small exercise balls for resistance. We may modify exercises for your ability level.



### Life Fitness & Movement (N)

**Tuesdays & Thursdays**

**9-9:30 am**

Instructor: Kayla Stankowski

**Drop-in eligible**

The class is an energizing modern approach to low impact aerobics and strength training. We will be focusing on building our total physical well-being. This class will utilize bodyweight movements, resistance bands, and light cardio to improve fitness.

### Tai Chi Energy (N)

**Tuesdays ONLY**

**9:45-10:15 am**

Instructor: Alec Jensen

**Drop-in eligible**

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



### Movement Exercise (N)

**Tuesdays & Thursdays**

**11-11:45 am**

Instructor: Kayla Stankowski

**Drop-in eligible**

A class for senior adults with ongoing conditions such as Parkinson's, MS, or those who struggle with balance-related issues. This class will help increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress-free movements.



## Advanced Line Dancing (N)

**Mondays & Tuesdays**  
**12:30-1:30 pm**

Instructor: Debbie Ruck

### Drop-in eligible

Kick up your heels and impress your friends and family when you show off your line dancing skills! Line dancing is a great way to exercise while having fun! Prior experience preferred

## Slow Flow Yoga (N)

**Wednesdays, 1:15-2:00pm**

Instructor: Kayla Stankowski

**Fridays, 9:30-10:15 am**

Instructor: Catherine Huybers

### Drop-in eligible

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced yoga that is a great class for beginners, but is good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move through the poses at a slower pace while increasing flexibility, balance, and strength. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own yoga mat.



## Beginner Chair Yoga (N)

**Thursdays, 1-1:45 pm**

Instructor: Catherine Huybers

### Drop-in eligible.

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. No prior experience is necessary for this class. Wear comfortable exercise attire.

## Outdoor Yard Games (S)

**Thursdays, August 3-31, 2-3pm**

Instructors: Kayla Stankowski & Kerry Wolfe

### Register by the Tuesday prior to each Thursday if you want to participate.

Join us for a fun and relaxing time playing yard games! We'll teach you the fundamentals of games like bocce ball, croquet, ladder golf, etc. It's a great time to socialize and exercise all at once! Water and shaded areas available.



## Step Interval Training (N)

**Fridays, 8:30-9:15 am**

**No class Friday, August 11**

Instructor: Kayla Stankowski

### Drop-in eligible

This class will use the step and incorporate intervals of aerobic and bodyweight strengthening exercises to give you a full body workout.

## FFC 3g (N)

**Fridays, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout! If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920.232.5320 for an appointment.

## Keep Moving! (N)

**Fridays, 10:30-11:15 am**

Instructor: Kayla Stankowski

### Drop-in eligible

This session class will keep you moving. Cardio, strength, stretching, and balance will help to keep you fit.

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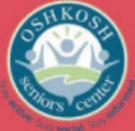
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# BRAIN FITNESS FAIR

Returning this fall!!

Keep an eye out in the next month's newsletters for more information!



# DESTINATION DOOR COUNTY BIKE CHALLENGE

**AUGUST 1- SEPTEMBER 12**



*With a partner, complete 144 miles biking (indoor or outdoor) in 6 weeks!*

**SIGN UP AT THE NORTH BUILDING DESK BY MONDAY, JULY 31ST TO PARTICIPATE**

## A Healthier You (S)

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

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

**Cost: Free**

**Register by Friday, August 25th**

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 time for your questions.



## SCHEDULE YOUR EQUIPMENT ORIENTATION

Learn to use the fitness equipment at the North building. Call 920.232.5300 to schedule.

Thursdays	9:45 - 10:45am
Fridays	1:00 - 3:00pm

*Wellness starts with you!*

**Brain Aerobics (S)**

**Monday, August 7, 1:30-2:15pm**  
**Register by Thursday, August 3**  
**&/or Monday, August 21, 1:30-2:15pm**  
**Register by Thursday, August 17**

Presenter: Kayla Stankowski

**Cost: Free**

Connect with others and keep your brain fit! Each session will be unique, and include an interactive presentation focusing on different functions that our brain controls. Come prepared to get a brain workout while challenging your memory, hand/eye coordination, reaction time, and more!

**Mindfulness Meditation (S)**

**Thursdays, August 3-31, 11 am-12 pm**

Instructor: Donna Janus

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

This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how Mindfulness and Meditation work to increase well-being.



**FREE Blood Pressure Checks**

**Thursday, August 3, Noon-1 pm (S)**  
**Tuesday, August 8, 10:15-11:15 am (N)**  
**Thursday, August 17, Noon-1 pm (S)**  
**Monday, August, 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.

**Ocular Conditions & Treatments of the Aging Eye (S)**

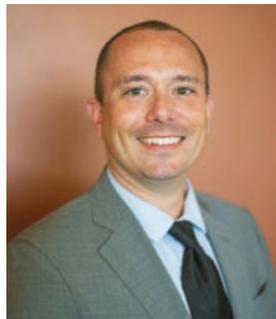
**Monday, August 7, 9-10am**

Presenter: Dr. Ryan Ames, Optometrist- InSight Eye Care

**Cost: Free**

**Register by Thursday, August 3**

In recognition of National Eye Exam Month, Dr. Ryan Ames will speak about a variety of ocular conditions from droopy eyelids to macular degeneration, and how they can be treated.



**Essential Oils**

**Immunity Boosters (S)**

**Tuesday, August 8, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Register by Friday, August 4**

Join Jeanne to learn about the ins and outs of how essential oils can help our immune system, and which oils are best to ward off sicknesses.

**Dry Needling, Cupping, and Massage: How it can help with natural pain relief of back, spine and shoulder pain (S)**

**Monday, August 14, 10-11am**

Presenter: Physical Achievement Center

**Cost: Free**

**Register By: Friday, August 11**

Discover more options for your non-surgery, non-drug ways to overcome your painful and limiting back and/or shoulder pain. You will learn how you can leverage dry needling, cupping, and pain relief massage to build back your strength and confidence (even with arthritis and "sciatica"). Information presented will help you learn about options for you and those you care about.



**Cooking with Alec (N)**

**Wigan Slappy / Kebab**

**Friday August 18 1-2pm**

Presenter: Alec Jensen

Cost: R \$6 /NR \$7.50

Max: 15

**Register By Tuesday,**

Learn how to make nutritional foods and pick up a few cooking hacks along the way. Join Alec as he demonstrates the value and variety of a healthy diet. Samples provided.



**Herniated and Slipped Disks (S)**

**Tuesday, August 22, 10-11am**

Presenter: Josh Belville

**Cost: Free**

Join Dr. Josh Belville as he explains how they can use non invasive techniques to effectively treat a variety of spine-related conditions. Learn how these targeted treatment methods can help relieve pressure, pain, and other discomforts. This presentation will cover the do's and don't for when you have slipped/ herniated disks.



# PERSONAL TRAINING



**>>> ALEC JENSEN**  
**920.232.5320**

I'm Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience behind me, I create programs tailored to your fitness/wellness needs and goals whether that be strength, balance, weight loss, or post rehab. I have successfully helped hundreds of people with their fitness and wellness journeys whether they're new to fitness or are seasoned pros.

**KAYLA STANKOWSKI <<<**  
**920.232.5303**

I'm Kayla, Activities Coordinator for Healthy Lifestyles, and I'm passionate about designing functional exercise programs that assist you in reaching your specific goals. I have extensive experience working with clients with various goals: injury prevention and rehabilitation, losing weight, increasing strength, cardio fitness, and balance to name a few. I aim to make exercise enjoyable, while still providing you with an attainable challenge.



## **>>> VALUE**



With our Certified Trainers, you're taking your first steps into taking control of your overall health and wellness. **Each session is 30 minutes long and is specifically designed for you and your goals.** You will have direct access to a trainer who will show you how to exercise safely and effectively in a one-one setting. Don't hesitate to get in touch with Alec or Kayla for more information and pricing, and to register for personal training.

*Caring for the community since 1908.*

# Valley VNA Senior Care

- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
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LOCALLY**

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

**Visit us today:**  
[mychoicewi.org/LPI](http://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



OSHKOSH • GREEN BAY  
[www.claritycare.org](http://www.claritycare.org)

<p><b>Home Care Services</b></p> <ul style="list-style-type: none"> <li>• Medication Reminders</li> <li>• Housekeeping</li> <li>• Meal Preparation</li> <li>• Shopping &amp; Errands</li> <li>• Personal Care Services</li> </ul>	<p><b>Day Services</b></p> <ul style="list-style-type: none"> <li>• Community Involvement</li> <li>• Gain Independence</li> <li>• Individual &amp; Group Activities</li> <li>• Develop Daily Living Skills</li> <li>• Flexible Scheduling</li> </ul>
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*If Compassion, Quality Care and Independence is Important... Call us today! (920) 236-6560*



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**Concerned about Medicare fraud? Give us a call...**

**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:**  
**888-818-2611**  
[www.smpwi.org](http://www.smpwi.org)  
WisconsinSeniorMedicarePatrol




Preventing Medicare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



600 W. Packer  
Oshkosh, WI 54901  
**CALL (920) 236-6540**

1 & 2 Bedroom Apartments  
Rent includes: Heat • Water • Electricity • Cable TV  
Some apartments available at below market rent.  
Optional noon meals Monday - Friday.



Visit [www.claritycare.org](http://www.claritycare.org) for more information.

## GRIEF SUPPORT (S)



Thursdays, August 3 & 17, 1-2:30 pm

Monday, August 21, 9:30-11 am

Facilitator: Meredith Schluter, Compassus Hospice

Cost: R \$1/ NR \$1.25 per visit

Maximum of 12 people/session

Register by calling 920.232.5300



In an effort to keep the grief support groups smaller in size, please register at least one day prior to the meeting time. Please consider coming on Monday if Thursdays are already full.

For any adult 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, and allow a safe space for support.



## Mindworks (S)

Thursdays, August 3-31

11 am -2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email: [info@foxvalleymemoryproject.org](mailto:info@foxvalleymemoryproject.org)

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

## Resource Hours (S)

Topics: Dementia

4th Thursday of the month

11 am-1 pm

Facilitator: Kristy Millar, CDP, CADDCT

Memory Link Resource Navigator

Drop ins welcome

Do you have questions about memory loss? Kristy will be here to answer any questions you may have regarding memory loss.

## Tender Loving Care Support Group (S)

Thursday, August 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.

## Advocap Meal Program (S)

To register call 920.725.2791

24 hour in advance.

Looking to enjoy a lunch meal with friends. Meals are served inside the Oshkosh Seniors Center Monday-Friday.

Lunch begins at 11:30 everyday.

## Foot Care (S)

Tuesdays and Wednesdays, 9 am to 3 pm

To make an appointment call 920.232.5301

Cost: \$24.00

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

Appointments are filling fast.

## Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

City of Oshkosh residents in need of financial assistance for vision (eye appointments or glasses), feet (podiatrist visit), hearing (appointment or hearing aids), and dental (appointment or dental work, to dentures) needs may apply.

## Bus Passes (S)

Pick up Dial-A-Ride passes at the South Facility.

Pick up Rural Transportation passes at GO Transit office. Call 920.232.5300 for more information

## Ageing and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at [www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc) The Oshkosh Seniors Center has copies of their directory located in our resource room.



## Falling should not be a normal part of aging!

- Every 11 seconds, in the U.S., an older adult is admitted to an Emergency Department for a fall.
- Wisconsin has the highest death rate due to falls for older adults of any state in the country.
- In Wisconsin, 40% of people who enter nursing homes had a fall in the 30 days before admission.

The Oshkosh Seniors Center and the Oshkosh Fire Department want anyone aged 50 or older to become more knowledgeable about fall prevention. The first 200 people to schedule and complete a FREE balance screening at the Oshkosh Seniors Center will receive information on fall prevention and a three-pack of motion sensor lights to make your home safer. The screening will help you determine your risk for falling and learn about what you can do to prevent a fall as you age. Everyone participating will receive information on strategies to avoid falling.

**CALL FOR  
YOUR FREE BALANCE  
SCREENING  
920.232.5300**



Program possible through a grant from Wisconsin Institute for Healthy Aging

**Embrace  
technology  
with  
Connect  
through Tech  
and the world  
will be at your  
fingertips!**



## **One on One Tech Appointments**

**Designed to improve your digital literacy (all levels of expertise are welcome).**

Meet with an instructor one-on-one to tackle a technology problem you may be experiencing. Common issues we deal with—passwords, setting up new devices, navigating Facebook or certain apps, saving pictures, exploring features on your devices, texting, talk features and more. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

**Mondays, August 7, 14, 21, and 28**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Tuesdays, August 8, 15, 22, and 29**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Wednesdays, August 9, 16, 23, and 30**  
9 am, 10:15 am, 11:30 am, 12:45 pm

**Cost: R \$2/NR \$2.75 per class**  
**By Appointment Only 920.232.5301**

## **Wi-Fi Access (S) Cost: FREE**

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password is required.

## **One on One with Sandy Toland (S)**

Sandy is from the Oshkosh Public Library and can not only answer questions about the library online services, but any other technology challenges you are experiencing.

**Mondays, August 7, 14, 21, and 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**





Are you interested in learning about popular apps?

## Oshkosh Police Department's Leadership Camp "App" Fair



**FREE**

**Thursday, August 10**

**9:30 to 11:30 am**

**Oshkosh Seniors Center (South)**

**Please register by August 8**

**920.232.5300**



WhatsApp



Snapchat



TWITTER



Instagram

The Oshkosh Police Department is hosting a youth leadership camp for kids aged 14 to 16.

The camp aims to provide life-enhancing skills that have a strong emphasis on responsibility to ones family and community. Students will stay engaged through classroom instruction and scenarios, physical fitness, contests, field trips and community service!

They are coming to the Center to help us with technology! **Here's your chance to learn from super-users how to use or understand what these popular apps are all about. Bring your phones/devices for hands-on training. All questions are welcome!**

## Book & Puzzle Pick Up (S)

Monday-Friday, 8 am-4 pm

Cost: Free

The Center has books, DVDs, and puzzles for you to enjoy at home. Materials are all located in the South building ONLY. When finished, items should be returned to the bin located under the West covered entrance of the South building. Did you know we have a wide selection of Great Courses available? Great Courses offer DVD presentations from award-winning experts and professors from the most respected institutions in the world. History, language, art cooking, the topics are endless. Check out a "Great Course" today! **\*Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

## Brain Game Kit (S)

Monday-Friday, 8 am-4 pm

Cost: Free

Come and pick up a brain kit and challenge yourself with the variety of brain games. Return to the south building when finished for others to enjoy.



## Elder Benefit Specialist (S)

Wednesdays, August 2-30, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

## UKULELE LESSONS ARE BACK IN SEPTEMBER!

NO PRIOR MUSIC EXPERIENCE NECESSARY

### Beginner Ukulele (S)

Fridays, September 8-29

11 am-12 pm

Cost: R \$40 / NR \$45

Instructor: Joe Wiedenmeier

Register by Wednesday, September 6

### Intermediate/Advanced Ukulele (S)

Fridays, September 8-29

11 am-12 pm

Cost: R \$40 / NR \$45

Instructor: Aaron Baer

Register by Wednesday, September 6

### Beginner 2 Ukulele (S)

Fridays, September 8-29

12:10 pm-1:10 pm

Cost: R \$40 / NR \$45

Instructor: Aaron Baer

Register by Wednesday, September 6

Thanks to a generous donor, the Seniors Center has ukuleles available for use for those enrolled in lessons. The lending program requires a \$50 check for deposit, and when ukulele is returned, we give you back your check. Call Bobbie Jo at 920.232.5301 for information about a ukulele "rental".

### Ukulele Play Along (S)

Wednesdays, September 6-27

10:30 am-12 pm

Cost: R \$2 / NR \$2.50

## **Book Sharing Club (S)** **Thursday, August 10, 1:30-3 pm**

Facilitator: Lois Potratz

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

**Register by Tuesday, August 8**

Our book group has chosen Poetry for our discussion on August 10th. This is such a wide field that it may be a challenge to pick what you would like to share. It can be a classic or contemporary poem. And you can talk about your favorite poet or read a much-loved poem. You can find compilations of poems in one large book or a single volume by one person or on a theme such as nature or patriotism. The list is endless. Do you know about Haiku poetry? Or have you ever heard of "concrete poetry?" If not come and find out about them. You are welcome to just come and listen and enjoy what's offered.

## **Bingo (S)**

**Monday, August 14, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max: 10/55

**Register by Thursday, August 10**

Come for a fun afternoon of bingo!

**Please note, doors for Bingo will open at 1:15 pm. Sponsored by Edenbrook**



## **Chat-N-Chop- 5 Ingredient Meals (S)**

**Tuesday, August 15, 9:45-11:45 am**

Instructor: Kerry Wolfe

**Cost: R \$10.00 / NR \$11.50**

Min/Max: 2/8

**Register by Wednesday, August 9**

**Payment due upon registration**

In this episode of Chat N Chop, we will be making meals with 5 ingredients, which include Cheeseburger French Fry Casserole, Aloha Pizza, and Sausage Hash. Grab your aprons and bring your appetite.

## **ORD-Edible Plants (S)**

**Wednesday, August 16, 10 am-12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

Min/Max: 10/75

**Register by Monday, August 14**

Edible Plants of the Prairie and Woodland Prairie plants aren't just fun to look at, many of them are delicious and can be used in a variety of recipes. I'll take a look at a number of edible wild plants that you can enjoy right away or use them in recipes.

## **Don't Click That Link! (S)**

**Detecting and Avoiding Scams**

**Friday, August 18, 10-11 am**

Presenter: Attorney Joe McCleer & Oshkosh Police Department

**Cost: Free**

Min/Max: 10/30

**Register by Wednesday, August 16**

Costly scamming incidents are on the rise, particularly for seniors. Scammers can reach you by mail, phone, or the internet. Joe McCleer of McCleer Law Office and Ofc. Katherine Mann will discuss some of the tactics scammers use, and the steps you can take to detect and avoid them.

## **UKE 'N DO IT!**

Join us for

Ukuleles &

**Sing Along! (S)**

**Wednesday August 23**

**10:30 am-12 Noon**

**Free**

**Casual singing, laughs  
& fun.**

Light refreshments will be served

**Register by Monday**

**August 21**





**Do you enjoy singing?**

**Come learn more about the Oshkosh Seniors  
Center chorus at the**

**Golden Tones Chorus  
Open House**

**Monday, August 14  
1:30 pm**

**Oshkosh Seniors Center  
South building**

**Come meet others who enjoy singing.  
Learn about what's involved in being a part  
of the Chorus, and enjoy light  
refreshments.**



## Social and Educational

### Rep. Palmeri Office Hours (S) No August hours, see you in September

#### Madison Office:

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



### Eat & Greet (S)

Wednesday, August 30

Serve at 11:30 am Cost: \$10

Tickets available July 26-August 15



Come join us for grilled pork  
chops, glazed carrots, dinner roll  
and for dessert,  
Strawberry Pretzel Pie

### Popcorn & A Movie (S)

Wednesday, August 30, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

**Register by Tuesday, August 29**

Inquire at the front desk for movie details. **NOTE:**  
MPLC regulations prohibit us from disclosing  
titles of upcoming movies in the newsletter.

### Book Talk (S)

The Postmistress by Sarah Blake  
Thursday, August 31, 9:30-11:00  
am

Facilitator: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

**Register by Thursday, August 3**

What would happen if someone did the  
unthinkable and didn't deliver a letter? The  
Postmistress is a sweeping novel about the loss of  
innocence of two extraordinary women and of two  
countries torn apart by war.



Building North (N) South (S)

*Coming in September*

## ADVENTURES IN INVESTING (N)

with Financial Educator  
Jeff Kemp

Tuesdays,  
September 12-October 17  
6-7:30 pm

Free

★ Donations greatly  
appreciated

Register by Friday, September 8  
920.232.5300

This session is open to all ages. Do you have  
family members who you think would benefit  
from learning more about investments?  
Introducing investing to your grandchildren  
might be one of the wisest decisions you make.  
New and current information will be shared;  
past participants welcome!

*Program will be available both virtually and in  
person. Must have email, Zoom, and register to  
receive virtual link.*



Program is held at our North building  
234 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300



# **EAT & GREET**

**Wednesday, August 30**

**Serving at 11:30 am**

**Cost - \$10**

**Tickets available July 26 to August 15**

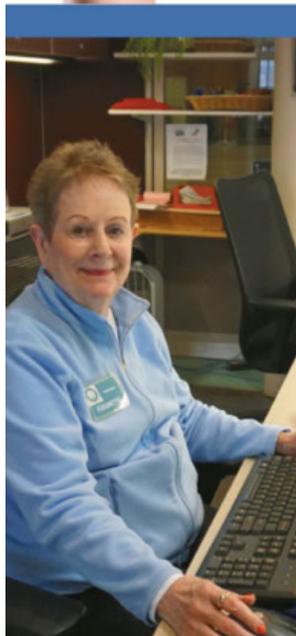
**Grilled Pork Chops, Glazed  
Carrots, Dinner Roll and  
Strawberry Pretzel Pie**

## Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

### Currently Seeking Volunteers!

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



**Have you ever considered volunteering at the Center?**

**We need front desk volunteers for one four hour shift per week. We will train!**

**Contact Bobbie Jo @ 920.232.5301 about volunteer opportunities.**



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

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

- Single serve beverages allowed (bottled water sold at front desk) Soda machine is available.
- Please wash hands before playing
- All cards and games end at 3:30 pm

### Cribbage

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

### Need a spot to play with Friends? Open Cards & Games

Grab your friends, pick a time to meet and come play  
Mondays and Thursdays, 12:30-3:30 pm

### Chicken Foot Dominoes

Tuesdays, 8:30-11:30 am

### Mahjongg, Mexican Train

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

### We need your help!

Please wait patiently at the desk to pay your card playing fees. Don't want to wait? Put money on a prepay account and check yourself in at the kiosk.

We are having issues with balancing financials on card playing days as people are just putting money on the desk and walking away.

# Winnebago Senior Tours

## Tours Sign-up Options

- Desk for registration is available  
**9 am -1 pm**  
**MONDAY through THURSDAY**  
South Building. **200 N. Campbell Rd.**

- Place your payment in the drop box located next to the WST Desk **OR**



- Mail your check to:  
**Winnebago Senior Tours**  
**P. O. Box 1851**  
**Oshkosh WI 54903-1851**  
**Please be sure to note the trip on the check memo line.**

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

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

**If you have questions please call**  
**920.232.5312**

## Wisconsin Dells/Baraboo

**Date: Thursday, August 3**  
**Cost: \$125 (\$20 non-refundable deposit)**  
**Depart: 7am Return: Approx 6pm**  
***Moderate activity level!***

Have you ridden the Ducks? The Ducks at Wisconsin Dells, I mean. The Duck tour was launched in 1946 and has been delivering fun and adventure ever since. The classic tour splashes into the Wisconsin River and Lake Delton, climbs over sand bars, and traverses over four miles of scenic wilderness trails. After that excitement, you will enjoy lunch at the famous Moose Jaw Restaurant featuring a delicious Italian buffet. From there, we will take in the sights, including the beauty of the New Life Lavender Farm in Baraboo. Enjoy a Farm to Table wagon tour traversing 40 acres. Time is allowed for shopping the farm store. Our final destination includes sculptures crafted from scrap metal.



Guides: Cindy Paffenroth and Ginnie Riley

**28**

## Brewers/Twins Baseball Game

**American Family Field—Milwaukee**

**Date: Wednesday, August 23**

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

**Depart: 9:30am Return: Approx 6:30pm**

***Moderate Walking for the game.***

Join us as we spend a "bee-u-ti-ful" afternoon at American Family Field in Milwaukee to watch the Brewers take on the Minnesota Twins.

Before heading to the stadium we'll stop off at Exit Q in Menomonee Falls for a short break and food, for those

interested. Tickets are in **Section 319, and includes a \$6 credit** that can be used for concessions or retail purchases in the stadium. Guides: Ginnie Riley and Cathy Koch

**SOLD OUT WAIT LIST AVAILABLE**



## France Magnifique Discovery

**September 14—25**

**Cost: \$5249 Double**

Guide: Cheryl Freiberg

**SOLD OUT WAIT LIST AVAILABLE**

## Wine & Harvest Fest

**Date: Saturday, September 16**

**Cost: \$55 (\$20 non-refundable deposit)**

**Depart: 9am Return Approx 5:30pm**

***High activity level trip***

Come celebrate a sweet and savory day at the 50th annual Wine & Harvest Festival in historic

downtown Cedarburg. You will have hours to enjoy arts and crafts from local artisans and vendors, amazing food and drinks, and enjoy the Pumpkin Regatta, a Grape Stomp, live music and much more. After an exciting few hours on your own, you will

return to the bus parking area for your trip back to Oshkosh as you share experiences and memories with your friends.

Guides: Cathy Koch and Ginnie Riley



**9/16-9/17/23**

# Winnebago Senior Tours

## The Other Side of the Lake

**Date: Thursday, September 28**

**Cost: \$120 (\$20 non-refundable deposit)**

**Depart: 8am Return Approx 7pm**

We will be spending a full day tasting and eating our way around the lake! Sit back



and enjoy the autumn colors as we travel on the eastern side of Lake Winnebago. Stops include:

Vern's Cheese-Main Street, Chilton

La Clare Creamery County HH, Malone

Ziegler Winery- US Hwy 151, Malone

The Little Farmer- US Hwy 151, Malone

There will be opportunities to shop for cheese, wine, apples, pumpkins, goat products and gift options. Our final stop will be dinner at the popular Schwarz's Supper Club in St. Anna.

Guides: Cheryl Freiberg & Pat Heyer

## Cranberry Tour—Warren, WI

**Date: Tuesday, October 10**

**Cost: \$90 (\$20 non-refundable deposit)**

**Depart: 7am Return: Approx 6pm**

Come learn about Wisconsin's cranberry industry. We will tour the Weatherby Cranberry Farm, founded in 1903. Jim and Nodji Van Wychern are major contributors to the success of the marsh year around. Nodji will join us on our bus to describe the cranberry harvesting process. There



will be time to shop for cranberries and homemade wine. Next on the tour is the Wisconsin Cranberry Discovery Center. The museum features information

about the cranberry industry and history of Wisconsin cranberries. The gift shop features everything cranberry and highlights Kindred Candles that are made in Warren. Lunch will be at the Cranberry Country Café including chicken salad sandwiches, and cranberry ice cream. Our day will end with a visit to Bog's Edge Brewing, located in Warren where we will sample a variety of hand-crafted beers brewed on site.

Guides: Cindy Paffenroth and Cathy Koch

## Pretty Woman

**The Performing Arts Center-Appleton**

**Date: Tuesday, October 24**

**Cost: \$106 (\$20 non-refundable deposit)**

**Depart: 6:00pm—**

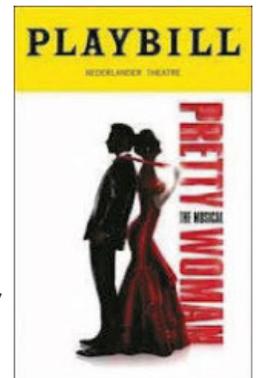
**Return immediately after show**

**Limited Seating: Sign up ASAP!**

*Pretty Woman: The Musical* features an original score by Bryan Adams and Jim Vallance, written by J.F. Lawton and directed by Gary Marshall. The musical centers around Vivian Ward, a free spirited Hollywood prostitute who lives with her sarcastic wisecracking best friend Kit De Luca who taught Vivian the prostitute trade. Vivian is hired by Edward Lewis, a handsome and wealthy businessman, to be his escort for several business and social functions during her week-long stay with him.

*Pretty Woman: The Musical* will lift your spirits and light up your heart. If you love the movie, you'll love the musical!

Guides: Cheryl Freiberg and Laurie Peach



## Titanic—The Musical

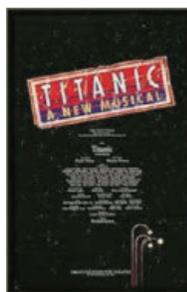
**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, October 26**

**Cost: \$130 (\$20 non-refundable deposit)**

**Depart: 7:45am Return: Approx 6pm**

Titanic is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, set awash in glorious costumes makes this historic musical a must-see. It traces the lives of people uniquely united on that fateful journey, with the central character being the Titanic herself.



Titanic is a human drama that explores individual strength, love, faith and the triumph of human dignity. Entrée choices: Chicken Waterford, Sliced Pork Tenderloin, or Shrimp Tempura. Guides: Cheryl Freiberg and Laurie Peach

# Winnebago Senior Tours

## Lake of the Torches Casino

**Date: Sunday/Monday Nov 12-13**

**Cost: \$110/\$140**

**(\$20 non-refundable deposit)**

**Depart: 9:30am**

**Return Monday Approx 4:30pm**

Do you enjoy gambling? Join us for a **2-day** excursion to Lake of the Torches Casino at Lac Du



Flambeau in the beautiful Wisconsin Northwoods for two days of fun. Bonus, Mondays are Senior Days at the Casino! Be

sure to sign up early for this one.

Guides: Cathy Koch and Laurelyn Hensarling

## Trans-Siberian Orchestra

**Resch Center—Green Bay**

**Date: Friday, November 17**

**Cost: \$135 Full due at time of sign-up!**

**Depart: 1:15pm Return: Approx 6:30pm**

The Trans-Siberian Orchestra (TSO) is a progressive American Rock Band, founded by composer and lyricist Paul O'Neill. The music is a



rock opera blend of classical and rock music. In addition to hearing many familiar Christmas songs, you will see a spectacular show with lights, lasers, and pyrotechnics.

This show is certain to leave you awestruck and in the holiday spirit!

Guides: Ginie Riley and Marianne Zarling

## Milwaukee Christmas

**Date: Monday, November 27**

**Cost: \$TBD (\$20 non-refundable deposit)**

**Depart: 8am Return Approx 7pm**

**Watch for further updates on this trip!**

## Southern Italy & Sicily

**Date: April 26-May 10, 2024**

**Cost: \$5998 Double**

Guide: Cheryl Freiberg

Book prior to Oct 27, 2023 for best pricing

## Needed! Volunteers wanting to guide trips for the Winnebago Senior Tours.

Winnebago Senior Tours is looking for volunteers who would enjoy creating and arranging trip details, as well as guiding travelers on the trips. Some of the requirements include organizational skills, time management skills, computer skills, enjoyment of travel. Guides also need to be flexible and enjoy working with other travelers.



## Travel Planning for 2024

Do you have trip ideas for 2024? We are beginning serious discussions and planning for the 2024 travel calendar. Is there an area

you would like to visit, or an event you would like to attend but don't want to drive yourself?

Let us know your "travel dreams" and if it seems to be something our small group can accomplish, we'll definitely consider it.



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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Email \_\_\_\_\_

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

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

# Friends of the Oshkosh Seniors Center

2023 FOOD TRUCK  
**FRIDAY**



**15 FOOD TRUCKS**



Live Music By  
**GOTWISCO**

**ENJOY!**  
FAMILY FUN NIGHT  
AT SOUTH PARK!

**AUGUST  
11<sup>TH</sup>**  
4:30 to  
8:30 PM

**BEER  
SODA  
WATER**



**YOU COULD WIN...**

**\$100 IN FREE GROCERIES EVERY MONTH FOR A YEAR!**

**Red's Piggly Wiggly – Food Truck Friday Sponsor!**

*Raffle tickets will be available for purchase at the store and at each FTF event!  
Winner drawn at FTF on August 11<sup>th</sup>!*



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

## Do you and your employer match?

A company match to a charity refers to a program offered by some employers where they agree to match their employee's contribution to eligible nonprofit organizations. This means that when an employee donates a certain amount of money to a qualified charity, the employer will contribute an equal amount effectively doubling the employee's donation.

The purpose of a company match is to encourage and support employee philanthropy. It can be a powerful incentive for employees to give back to their communities and support causes they care about. Each company's matching gift programs can vary.

**Check with your company for specific guidelines and eligibility criteria.**

**Did you know...**

**Bequests play a significant role in estate planning, allowing you or a family member, to leave a lasting legacy and support charitable organizations that are important to them, even after their death.**

**Donations may be directed to:**

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

Email Inquiries to:  
FriendsofOSC1986@gmail.com



**Friends of the Oshkosh Seniors Center  
Mission Statement**

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



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

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U.S. Postage

**PAID**

UMS

**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:**

Alec Jensen, Fitness & Wellness  
Kayla Stankowski, Healthy Lifestyles  
Brett Ryan, Social & Educational  
Kerry Wolfe, Asst. Activity Coordinator

Register for our activities and  
special events by logging on to  
our website from your comput-  
er, laptop or tablet.  
Visit us at:

[www.schedulesplus.com/  
oshkosh/kiosk](http://www.schedulesplus.com/oshkosh/kiosk)

#### **Advisory Board**

Scott Huiras, Chairperson  
Teri Jolin  
Liz Lahm  
Dawn Lux  
Barb Miller  
Barbara Tuchsherer  
Fleurette Wrasse

#### **Friends Board**

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

#### **Or mail registration to:**

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

