

# THE CURRENT

2024 FOOD TRUCK  
**FRIDAY**



**20 FOOD TRUCKS**



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

**AUGUST 9<sup>th</sup>**

5:00 to  
9:00 PM

**BEER  
SODA  
WATER**



**YOU COULD WIN...**

**\$100 IN 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 FTF event!  
Winner drawn at FTF on August 9<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.*

**August 2024 , Issue #8**

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



## Discover the Offerings at the Oshkosh Seniors Center



**FITNESS AND WELLNESS**



**EDUCATION AND ART  
ENRICHMENT**



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CONNECT THROUGH  
TECH**

View the online newsletter at [www.ci.oshkosh.wi.us/Senior\\_Services/](http://www.ci.oshkosh.wi.us/Senior_Services/)  
Oshkosh Seniors Center 920.232.5300

# Welcome to the Oshkosh Seniors Center

## A note from the Senior Services Manager, Dan Braun

August is here, and before you know it, we will transition from summer's 'dog days' to back-to-school.

At the Oshkosh Seniors Center, we have a fun-filled end to summer planned for you. It kicks off with Food Truck Friday on August 9th. It's a great night with 20 food trucks, cold beverages, and live music in South Park. Don't forget to purchase raffle tickets to win groceries! The winner will be drawn at the event; tickets are just \$5! They are on sale at the Oshkosh Seniors Center and Red's Piggly Wiggly.

Raffle ticket sales are a big fundraiser for the Friends of the Oshkosh Seniors Center (FOSC). The Friends' annual donation to the Center helps us accomplish our mission.

Your donations to the Friends funds equipment and programs, from fitness to entertainment to health to technology and the arts. Simply stated, we can't do the wonderful things we do (for you!) without their support. Please consider giving generously to FOSC in any way you can.

August brings a new and exciting program to help those at risk for falling: BingoCize. This fall prevention workshop will combine the fun of bingo with the necessary learning and activity to keep you safe and healthy.

I'm excited to see all the smiles and positive impacts these ongoing and new programs will offer our community. See you by the river!

*Dan*

*"On the shore of nature's magic,  
I dreamed summer knew no end."*

— Angie Weiland-Crosby



## WHAT'S IN THIS ISSUE?

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

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# **AUGUST EAT & GREET SPECIAL: SHRIMP BOIL (S)**



**Wednesday, August 28**

**Serve at 11:30 am**

**Cost: \$10**

**Tickets available July 31-August 13**

**Max: 50**

*Ticket price is offset thanks to an anonymous donor*

## Art Expression (S)

Thursdays & Fridays,  
August 1-30, 9-11:30 am

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

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

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

## Hand Building with Clay (S)

Tuesdays, August 6-27, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

**Registration opens Monday, July 22**

**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.

## DIY Soap Making (S)

Tuesday, August 6, 10 am-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

**Register by Wednesday, July 31**

**Payment due at time of registration**

Have you thought about making your own soap? Well here is your chance. Come and learn how to make soap. Keep it for yourself or give as a gift. Step by step instructions and supplies provided.



## Stained Glass-Suncatchers (S)

Wednesdays, August 7-28, 10-12 pm

Instructor: Marla Tonn

Cost: R \$25/NR \$30

Min/Max: 3/12

**Register by Monday, August 5**

**Payment due upon registration**

Come make a suncatcher, variety of patterns available. Continue learning how to use a pattern, cut, grind and foil glass, and improve your solder skills. Price includes all supplies needed for class.

## Artfully Yours -Sea Treasures Art (S)

Wednesday, August 14th, 10-11:30 am

Instructor: Kelly Arens

Cost: R \$5/NR \$6.50

Min/Max: 3/12

**Register by Wednesday, August 7**

**Payment due upon registration**

Have seashells or sea glass you have been wanting to make into a beautiful decoration? We will create a small work of art in a frame with your beachy treasures. Please bring your beachy items if you have them or we will have supplies available. Project similar to picture shown.



## Cookie Decorating (S)

Monday August 19, 1-2 pm

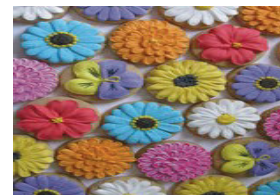
Facilitator: Kerry Wolfe

Cost: R \$5.00 / NR \$6.50

Min/Max: 3/10

**Register by Wednesday, August 13**

Interested in learning how to decorate cookies? We will be decorating using buttercream frosting. Each person will get 3 prebaked sugar cookies to decorate. Will be messy, bring your apron.



## Resin Fall Scene (S)

Wednesday, August 28, 10 am-11:30 am

Instructor: Jane Wells

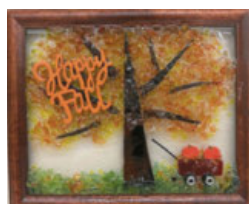
Cost: R \$20/ NR \$25

Min/Max: 3/8

**Register by Friday, August 23**

**Payment due at time of registration**

Fall is just around the corner and it's a great time to create a resin project for the season. Orange, red, yellow glass will all be available to for you to design your piece, as well as seasonal embellishments. If you have a special item you would like to use, feel free to bring it to class. You might find an apron and craft tweezers helpful. Please note that projects will need to stay at Center for 24 hours to cure.



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



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## Woodshop Guided Hours (N)

Wednesdays

10 am-2:30 pm

**\*If you plan to attend after 12 pm on Wednesdays, please call and register by the Tuesday before.**

**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 & Hand Tool Carving (N)

**Mondays, August 5-26, 8 am-12 pm**

Instructor: Gene Bengel and Richard Krummick

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

Min/Max: 5/12

**Register by Monday, July 29th**

**Payment due upon registration**

This class is open to wood carvers using either power or hand tools. Power tool carvers must bring a bench fan dust collector. Only carvers with current machine safety training may use designated OSC shop power equipment. Carvers without current machine training may carve using handtools and their own hand rotary tools (e.g. Dremels) using a bench pass available from instructors. Instructors available to teach, guide, and problem solve to help you with projects. Beginners welcome. **This class open to carving projects only.**

## Polar Bear-Mother & Cub (N)

**Thursdays, August 8-29, 9 am-12 pm**

Facilitator: John Goheen

**Cost: R \$30/NR \$35**

Min/Max: 4/10

**Payment due upon registration**

**Register by Friday, August 2**

In this Intermediate Carving class, you will carve a Mother and Cub Polar Bear. Class will be based on Flat Plain Carving. Conventional carving will be at the discretion of the carver. Basswood cutouts and class materials will be provided. Award winning instructors will guide you with step by step instructions to complete your project. Painting and/or habit ideas for project will be discussed on the last day of class. Power carvers will require the use of a dust collector.



## Basic Machine Safety Training (N)

**Fridays, August 16 & 23, 10 am-12 pm**

Facilitator: Jeff Becker

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

Min/Max: 3/10

**Payment due upon registration**

**Register by Friday, August 9**

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.

## WOOD SHOP GUIDED HOURS

**WEDNESDAYS**

**10 AM—2:30 PM\***

**\*If planning to attend after 12pm, please call and make reservation.**



# OSC WOODSHOP



# GetSetUp



Funded for the next year! Don't forget to join the community of active agers who want to learn new skills, connect with others, and unlock new life experiences. Access thousands of classes designed for you and taught by your peers.

## These are typical classes offered every day!



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By Twyla Teitzel

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14m ago


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**The Mediterranean Diet: Tasty Recipes for a Healthier You**  
By Pam Penney

● ON NOW  
8m ago

Enter



**Paint an Easy Tree With Watercolors and Watercolor...**  
By Deana Nelbert

🕒 55m

Watch Now

Sign up for a free account at this link or scan the QR code.

<https://www.getsetup.io/partner/Oshkosh>

Once on the page, create an account to start booking classes. Book a Connect through Tech session if you need help.



The Oshkosh Seniors Center has partnered with GetSetUp so you can book engaging classes on travel, exercise, technology, cooking, and more. These online classes will help you stay active, stay social and stay informed.

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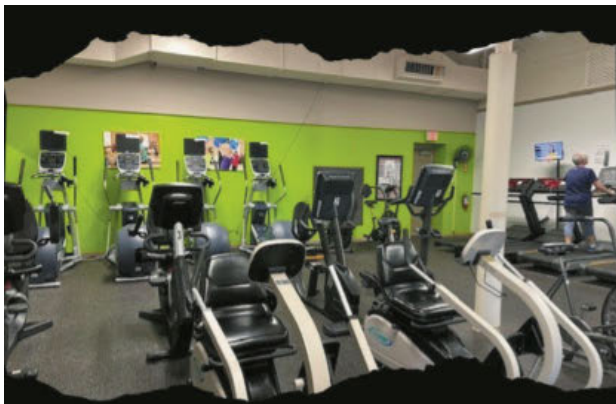
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The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility. Purchase a Stay Active Pass or use your eligible Insurance reimbursement plan.

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Get those legs in shape with our new leg press!



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## Heat Exhaustion

Faint or Dizzy

Excessive Sweating

Cool, Pale, Clammy Palms

Nausea or Vomiting

Muscle Cramps

Rapid, Weak Pulse

### Treatment Options

Get to a cooler, air conditioned area  
Drink water if fully conscious  
Take a cool shower  
Use a cool compress

## Heat Stroke

Throbbing Headache

Sweating Stops

Temperature Over 103 Deg.

Rapid, Strong Pulse

Nausea or Vomiting

Loss of Consciousness

### Call 9-1-1 Immediately

Reduce temperature until emergency services arrive

### Stay Safe

Drink Water

Take A Break

Avoid Peak Temps

Wear Sunscreen

Shade Is Your Friend

## Open Office Hours (N) with



10% off your purchase of shoes

Drop in on

**Monday, August 5  
9:30-10:30 am**


To chat with a Fusion Footwear representative about how your footwear can impact your balance and fitness goals!



## Fitness Opportunities

OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit Rate sheets available at Front Desks for non-insurance eligible programs.

## CLASS TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Rapid Movement 8:30-9am	Life Fitness 8:30-9am	Rapid Movement 8:30-9am	Life Fitness 8:30-9am	
9am	Range of Motion 9:15-9:45am	Tai Chi Energy 9:15-9:45am	Range of Motion 9:15-9:45am	Tai Chi Falls Prevention & Arthritis 9:15-10am	FFC 3G 9:15 - 10am 
10am					
11am	Silver Sneakers 11-11:45am	Movement Exercise 11-11:45am	Silver Sneakers 11-11:45am	Movement Exercise 11-11:45am	Keep Moving 11-11:45am
12pm	Adv Line Dance 12-1:30pm	Adv Line Dance 12-1:30pm			
1pm				Chair yoga 1-1:45pm	
2pm		Chair yoga 2:15-3:00pm		Low Impact Dance 2:15-3:00pm	
3pm					



Not Insurance Eligible



Registration Required



# We've got a plan for you



## Rapid Movement

Improve your cardio by doing fast and quick bursts of exercise then letting your heart rate come back down. This training style helps improve agility, power, coordination, and balance, to reduce the risk of falls.

## Range of Motion

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

## Silver Sneakers® Classic

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

## Life Fitness

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

## Tai Chi Energy

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

## Movement Exercise

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

## Advanced Line Dancing

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

## Beginner Chair Yoga

Instructor: Jim Crane (T)/Catherine Huybers (Th)  
A gentle practice in which postures are performed while seated and/or with the aid of a chair. Boost strength, flexibility, and mental well-being. No prior experience is necessary for this class.

## Low Impact Dance

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

## FFC 3g **Limit 10 people.**

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

## Keep Moving!

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

## Kettlebells **Limit 10 people.**

**Choose beginner, intermediate, OR both.**

**Beginner (Mondays)/Intermediate (Thursdays)**

**Returning Fall 2024**

The unique nature of the kettlebell provides a powerful training tool that can replace any machine at a gym. No other tool offers as many all-around benefits in such a tight package. This small group training class offers hands-on instruction and personalized attention to perfect your form.

**Cost: R \$10/NR \$15 for each class session. Payment due upon registration.**



Registration Required



Not Insurance Eligible

## NEW!

### BingoCize Session Zero (N)

Wednesday, August 7, 10 —10:45 AM

Cost: FREE

**Registration Required by Tuesday, August 6**

Maximum 20 per session

Join us for this one-time introduction session to learn what BingoCize is all about, try a game or two, and have fun with your friends.

## NEW!

### BingoCize (N)

**Mondays & Wednesdays 10 —10:45 AM**

Session Starts Mon., August 12, ends Wed., October 23. *No Class Sep 2 & 4.*

Cost: FREE

**Registration Required by Wednesday, August 14**

Maximum 20 per session

Join us for a 10-week health promotion program that will combine the game of bingo with inclusive physical activities for everyone. You'll have fun with bingo and physical activity while you win free prizes.



### Fall Prevention Workshop

*A 10-week health promotion program that combines bingo with fun, inclusive exercises for everyone!*



**When:** Mondays & Wednesdays  
beginning August 12th

**Where:** OSC North,  
Kiwanis Hall

**Time:** 10:00 - 10:45 AM

**Cost:** Class is FREE, limited to 20



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<b>Branson</b>	<b>12/1-6</b>	<b>\$1045</b>

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Oshkosh Seniors Center chorus at the**

# **Golden Tones Chorus Open House**

**Monday, August 12**

**1:30 pm**

**Oshkosh Seniors Center  
South building**

**Register by Thursday, August 8**

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



## Mindfulness Meditation (S)

**Thursdays, August 1-29, 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, August 1, 12:00-1:00 pm (S)**

**Tuesday, August 13, 10:15-11:15 am (N)**

**Thursday, August 15 12:00-1:00pm (S)**

**Monday, August 26, 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 (S)

**Monday, August 12, 10 -11 am**

Presenter: Eric Koehler

**Cost: Free**

**Register by Friday, August 9**

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: Immune Function (S)

**Tuesday, August 13, 10 am-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Register by Friday, August 9**

With the fall season approaching soon, now is a good time to look at immune function. The immune system is responsible for protecting your body from environmental threats. Maintaining optimal function depends on many things, including getting adequate sleep, regular exercise, and a balanced diet. Join Jeanne to learn how you can incorporate all-natural essential oils into your home to keep your immune system strong all year long!

## Diets and Energy (N)

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

Presenter: Alec Jensen & Kristie Butler RD

**Cost: Free**

**Register By Monday, August 12**

Discover how the body takes food and turns it into energy. Explore how specific nutrients supercharge your body, the role of vitamins in energy production, and tips to optimize your metabolism for a healthier you!

## Cooking With Alec:

### Air Fryer Wings (S)

**Friday, August 16, 1-2pm**

Presenter: Alec Jensen

**Cost: R \$5:00 /NR \$6.50**

**Register By Wednesday, August 14**

Learn how to make easy crispy and delicious chicken wings in the air fryer.



## Simplify Your Diet, Supercharge your Results (S)

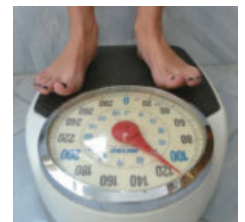
**Friday, August 23, 1-2pm**

Presenter: Alec Jensen

**Cost: Free**

**Register by Wednesday, August 21**

Achieve lasting weight loss and health through a manageable approach to diets. You won't have to deprive yourself of your favorite foods, buy expensive products, or follow a crazy fad diet.



## A Healthier You (S)

**Monday, August 26, 1- 2 pm**

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

**Cost: Free**

**Register by Friday, August 23**

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.





# BE PROACTIVE

**Exercise can help to Prevent Falls**

**Don't be a statistic! Instead, be proactive in your efforts to maintain and improve your balance.**

**BIODEX FALL  
RISK SCREENINGS  
ARE AVAILABLE  
FOR ONLY  
\$5.00**

Appointments are  
available on  
Wednesdays and  
Thursdays.  
Please register.  
920.232.5300.



**The Oshkosh Seniors Center offers evidence-based exercise classes that can help reduce your risk of falling. Be proactive and get enrolled now!**

**Have you ever wondered how your risk for falling compares with others? Take the Fall Risk Screening Test to find out!**

- In just 2 minutes the Biodex SD System's Fall Risk Test measures your risk of falling in comparison to people of your same age.
- It's a starting point that gives you the motivation to improve your balance.

*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.
- **Assisted Living and Memory Care** for when your needs change.

valleyvna.org | 920.727.5555 | Neenah, WI

**Hair** by Jaimie  
Cosmetologist  
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1861 Oregon St, Oshkosh, WI

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

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OUR COMMUNITY NEWSLETTER  
OCTOBER EDITION



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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

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

### Home Care Services

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- Community Involvement
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- Individual & Group Activities
- Develop Daily Living Skills
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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

**SMP**  
Senior Medicare Patrol  
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.

**Heritage Court**  
A Senior Community

600 W. Packer  
Oshkosh, WI 54901  
Call (920) 379-5006

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Rent includes: Heat • Water • Electricity • Cable TV  
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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

## Grief Support (S)

**Thursday, August 1, 1-2:30 pm**

**Thursday, August 15, 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, August 1-29**

**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. Each class provides care partners three hours of free time while their loved one attends class.

## Memory Screening (S)

**\*Wednesday, August 21 \*New Day**

**10:30 am -12:00 pm**

Facilitator Alisa Richetti, ADRC

**Cost: Free**

**To make an appointment call 920.232.5301**

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

## Memory Link Resource Hours (S)

**4th Thursday of the month**

**11 am-1 pm**

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

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

**Drop ins welcome**

## Advocap Meal Program (S)

**To register call 920.725.2791**

**24 hour in advance.**

Come and enjoy a meal with friends served inside the Oshkosh Seniors Center Monday-Friday. Lunch is served about 11:15 daily.

## Tender Loving Care Support Group (S)

**Thursday, August 22, 1 pm**

Facilitator: Fox Valley Memory Project

**Cost: Free**

**(Supported by the FV Memory Project)**

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

## Foot Care (S)

**Tuesdays and Wednesdays 9 am to 3 pm,**

**Friday Appointments (August 16 & 23)**

**9 am to 3pm**

**To make an appointment call 920.232.5301**

Cost: \$28.00

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.

## Bus Passes (N or S)

Transportation via bus from bus stop nearest your home to Senior Center and from Senior Center to bus stop nearest your home is FREE for Seniors. No other destination is included in this pass. The passes may be obtained at the South or North front desk.

## Dial-A-Ride (N or S)

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh. Brochures detailing the program including the fares may be found at the South or North front desks.

## 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](http://www.co.winnebago.wi.us/adrc)

The Oshkosh Seniors Center has copies of their directory located in our resource room.



# New! Upcoming Cooking Classes

Facilitated by Lynn Stuart

JOT-Just One Thing focuses on one idea that can be incorporated into you at-home cooking.

## JOT Cooking Salmon (S)

Mondays, September 9, 16, & 30, 10-11:30 am

Cost: R \$30/ NR \$35

Min/Max: 3/6

**Register by Tuesday, September 3**

**Payment due at time of registration**

This set of classes will concentrate on different techniques/recipes for cooking salmon. Demonstrations and samples will be a part of every class.

## JOT Mediterranean Cooking (S)

Mondays, October 7-28, 10-11:30 am

Cost: R \$40/ NR \$45

Min/Max: 3/6

**Register by Tuesday, October 1**

**Payment due at time of registration**

This set of classes will concentrate on the core elements of Mediterranean cooking: whole grains, vegetables, legumes, and fruit/nuts/seeds. Demonstrations and samples will be a part of every class.

## JOT Mediterranean Cooking (S)

Mondays, November 4-25, 10-11:30 am

Cost: R \$40/ NR \$45

Min/Max: 3/6

**Register by Tuesday, October 29**

**Payment due at time of registration**

This set of classes will concentrate on techniques for cooking traditional Indian dishes such as curries and pakoras in a typical US kitchen. Demonstrations and samples will be a part of every class.





# Streaming TV

Connect through Tech  
will share step-by-step  
instructions on how  
to sign up and share  
what type of  
Smart TV and Internet  
Connection is required

**FREE**



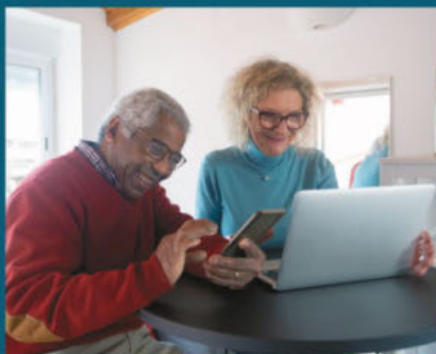
**Tuesday, August 27**  
**10:00 am**  
**Oasis Room, Oshkosh**  
**Seniors Center South Bldg.**  
**Must Register 920.232.5300**





# Connect Through Tech Announcement Funding Secured through 2025

**You can expect the same great individual assistance,  
and monthly classes to continue.**



## One on One Tech Appointments

**Programs are 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" we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

***Hours Vary—Please call for an appointment.***

**Cost: R \$2/NR \$2.75 per class**

**By Appointment Only 920.232.5301**

**Safe Websites with Information about Technology (including tutorials)**

**<https://techboomers.com/>**

**<https://www.aarp.org/technology/how-to-guides/>**

## 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 5, 12, 19, 26  
9:15 am, 10:15 am, 11:15 am, 12:15 pm**

**Cost: R \$2/NR \$2.75 per class**

**By Appointment Only 920.232.5301**



# Live Performance



**Victoria Vox**

**Lil' Rev**

**Aaron Baer**



## SHKOSH UKULELE FEST 2024 ON THE FOX RIVER

**Save the Date!**

**September 28 2024**

A full day of Music, Workshops, Vendors  
Entertainment, Instruction and of course, **Ukulele's!!**



Oshkosh Seniors Center  
200 N. Campbell Road  
Tickets and Schedule Online  
by August 1.



### **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.**

### **Elder Benefit Specialist (S)**

**Wednesdays, Aug 7 & 21, 10-11:30 am**

**Cost: Free**

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.

#### **Mission Statement**

The mission of the Aging and Disability Resource Center (ADRC) of Winnebago County is to **empower and support seniors**, people with disabilities and their families, by providing useful information and finding the help people seek so they may live with dignity and security, and achieve maximum independence and quality of life.

Need help or have questions? Phone 877.886.2372

### **Ukulele Lessons will begin Friday, September 6th!**

**Beginner: Sept 6-27, 11 am –12 pm**

Cost: R \$40/ NR \$45

**Intermediate: Sept 6-27, 11 am –12 pm**

Cost: R \$40/ NR \$45

**Beginner 2: Sept. 6-27, 12:10-1:10 pm**

Cost: R \$40/ NR \$45



## *Ukulele Workshop*

**How to Prepare for  
Open Mic Performance (S)**

**Friday, August 9**

**11 am -12 pm**

Instructor: Aaron Baer

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

**Register by  
Wednesday Aug. 7**

Do you know how to prepare for an "Open Mic" performance? What goes into a good performance and into good stage presence? Come learn from a professional performer how to take a song and turn it into something worth performing.

# Social and Educational

Building North (N) South (S)

## Patio Karaoke (S)

**Tuesday, August 6, 1-2:15 pm**

**Register by Friday, August 2**

**Tuesday, August 20, 1pm-2:15 pm**

**Register by Friday, August 16**

Facilitator: 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. Weather permitting, event will be held in the shade on the Patio at South. Please bring a lawn chair if able.

*Thank you to an anonymous donor who has funded the "Karafun" subscription.*



## Chat N Chop (S)

**Tuesday, August 13, 9:45-11:45 am**

Facilitator: Kerry Wolfe

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

Min/Max: 3/8

**Register by Tuesday, August 6**  
**Payment due upon registration**

In this session of Chat N Chop, we will be making Cabbage glass noodles stir fry and Instant Pot Mongolian Chicken. Put on your aprons and join us.

## Grandparent and Me (S)

### Tic-Tac-Toe Board & Rock Project

**Thursday, August 15, 1-2:30 pm**

Instructor: Kelly Arens

**Cost: R \$10/NR \$11.50**

**Min/Max: 3/10**

**Register by Tuesday, July 30**  
**Payment due upon registration**

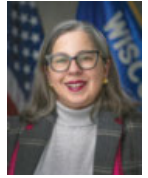
End of Summer Grandparent and Me fun! Come make this creative project with a grandchild that will give you hours of fun after! In this class, we will paint a cut piece of wood to mimic a tic-tac-toe board. You will have the opportunity to paint themed rocks to use with your board. Suggested ages 5-12 with grandparent. Project similar to picture shown.



## Rep. Palmeri Office Hours (S)

**Friday, August 16, 10:30 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

## Bingo (S)

**Wednesday, August 21, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max: 10/60

**Register by Tuesday, August 20**

Come for a fun afternoon of bingo!

**Please note doors for Bingo will open at 1:15 pm.**



## ORD-Flying Jewels-Monarch & Humming Bird Migrations (S)

**Wednesday, August 21, 10 am-12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

Min/Max: 10/75

**Register by Thursday, August 15**

By the third week in August, hummingbirds and monarchs are on their way south. Learn all about these amazing creatures and their spectacular migrations and ways you can help them along their journey.



## Golden Girls Trivia (S)

**Thursday, August 22, 1-2:30 pm**

Facilitator: Kelly Arens

**Cost: R \$2/NR \$3.50**

Min/Max: 8/32

**Register by Tuesday, August 15**  
**Payment due upon registration**

Get ready to test your knowledge and have a blast at our Golden Girls Trivia event. Come test your knowledge of Blanche, Rose, Sophia and Dorothy from the hilarious sitcom. Prizes to be won!



## Social and Educational

Building North (N) South (S)

### Nursing Home Crisis Planning (S)

Friday, August 23, 10-11 am

Presenter: Joseph McCleer, McCleer Law & Abby Zubella of Behnke Financial

**Cost: Free**

Min/Max: 5/20

**Register by Wednesday, August 21**

Abby Zubella of Behnke Financial and Joe McCleer of McCleer Law Office will detail ways you can still preserve your wealth even if you or your spouse are already in an assisted living facility or nursing home. Topics covered include funeral trusts, converting IRAs into exempt annuities, and other strategies for qualifying for Medicaid.

### SIZZLE & GRILL



### MASTER THE ART OF GRIDDLE COOKING AT HOME (S)

Friday, August 23

11:30 am -12:30 pm

Presented by: Brady Wrezinski,  
Home Helpers

**Cost: Free**

**Register by Aug. 20**

What's the buzz around griddle cooking? Called the "Swiss Army Knife" of cooking and with over 1.2 Billion views on TikTok, many are purchasing this cooking device. Brady will show you how to season your griddle and how to care for it.

In addition, he will demonstrate and prepare a griddle recipe with delicious samples for the tasting.

This demonstration will be held on the back patio at the South building. Please bring own lawn chair.

### Medicare 101- Lunch & Learn (S)

Tuesday, August 27, 11:30 am-12:30 pm

Presenter: Jim Strey, 64 Insurance Group

**Cost: Free**

Min/Max: 5/20

**Register by Thursday, August 22**

Welcome to Medicare. Enjoy a free lunch and learn about choices and options.

Talking points include:

- Full Medicare Breakdown- A to Z (Premiums, Deductibles, Coinsurance)
  - Should you transition to Medicare?
  - Can you keep your employer coverage?
  - When/How you should apply for Medicare?
  - Medicare Advantage vs Medicare Supplement Plan(Medigap)
- Pros and Cons of each

**64** | **INSURANCE**  
GROUP  
"The Medicare Specialists"

### Eat & Greet (S)

Wednesday, August 28

Serve at 11:30

**Cost: \$10.00**

Max: 50

**Tickets available July 31—August 13**

Come join us for a shrimp boil, salad, corn bread, coffee and dessert.

### Popcorn & A Movie (S)

Wednesday, August 28, 12:45 pm–2 pm

**Cost: Free— Donation for popcorn appreciated**

Min/Max: 2/50

**Register by Tuesday, August 27**

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 Japanese Lover*

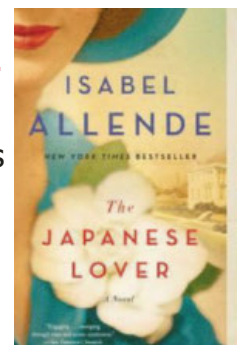
Thursday, August 29, 9:30-11 am

Facilitator: Kerry Wolfe

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

**Register by Thursday, August 1**

In 1939, Alma Belasco's parents send her away to live in safety with relatives in San Francisco. She falls in love with the son of the Japanese Gardener, then Pearl Harbor is bombed... Want to learn more? Come join us at Book talk.



## Social and Educational

Building North (N) South (S)

### 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.



*Coming in September*

## ADVENTURES IN INVESTING (N)

with Financial Educator  
**Jeff Kemp**

Tuesdays,  
September 10-October 15  
6-7:30 pm

Free ✦

Donations greatly appreciated

Register by Friday, September 6  
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



### 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

#### Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

#### Bid Euchere, Rummikub

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

#### Knitting & Crochet

Thursdays, 8:30-11:30 am

#### Sheepshead

Thursdays, 12:30-3:30 pm

#### Open Bridge

Fridays, 12:30-3:30 pm

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

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

#### 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.

#### Piano Music (S)

Enjoy free beautiful piano music on Thursday afternoons offered by pianist Sheri Tipton. Available by the baby grand piano in Great room C.

# YOU COULD **WIN...**



## **\$1,200 IN GROCERIES!**

THE FRIENDS OF THE OSHKOSH SENIORS CENTER  
AND  
**RED'S PIGGLY WIGGLY – OSHKOSH/OMRO**  
PRESENT



**A FUNDRAISER TO BENEFIT THE  
OSHKOSH SENIORS CENTER!**

### **\$100**

**IN FREE GROCERIES  
EVERY MONTH - FOR A YEAR!\***

\*SOME EXCLUSIONS APPLY. EXPIRES AUGUST 31, 2025.



## **\$5 RAFFLE TICKETS**

AVAILABLE AT RED'S PIGGLY WIGGLY AND THE OSHKOSH SENIORS CENTER  
GET YOURS TODAY!



## **FOOD TRUCK FRIDAYS**

**JUNE 14 and AUGUST 9**

**SOUTH PARK • 5:00 – 9:00 PM**

**RAFFLE DRAWING 7:00 PM AT AUGUST EVENT**

*(NEED NOT BE PRESENT TO WIN!)*

# 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**

## NOTE

**August 27, 2:00 pm Collette will present  
our upcoming Hawaii & Africa trips in 2025**

### UPCOMING TRIPS

#### **Mrs. Doubtfire @ PAC in Appleton 11/??**

Daniel Hillard loses custody in a divorce, but creates an alter ego of Nanny Mrs. Doubtfire. This hysterical and heartfelt story about holding onto your loved ones proves we're better together.

#### **Mamma Mia @ PAC in Appleton 12/??**

A bride discovers the father she's never known bringing three men from her mother's past back to the Greek Island. The story is told through the timeless hits of ABBA.

*(We are still waiting for confirmed dates and prices on these three trips, however, we are signing up travelers already.)*

**Also watch for further information on:  
Lion King @ PAC in Appleton 1/??/25**

## Wisconsin State Fair — Milwaukee

**Date: Wednesday, August 7**

**Cost: \$75 (\$20 non-refundable deposit)**

**Depart: 8am Return: Approx. 6:30pm**

Do you enjoy the Wisconsin State Fair? Here's your chance to enjoy a day at the fair without worry about driving or parking! Enjoy the music, food, rides, agriculture and other exhibits and cream puffs. Includes: Coach bus, Fair admission, and voucher for a cream puff or giant brownie! Guide: Cathy Koch



## Maritime in Door County

**Date: Wednesday, August 14**

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

**Cost: \$135 (\$20 non-refundable deposit)**

We will start the day with a Docent led tour of the Door County Maritime Museum in Sturgeon Bay showcasing the area's maritime roots and traditions. We will then travel north to Egg Harbor where you can explore the town on your own! Grab a bite to eat at one of the



town's many restaurants and then shop at the unique Main Street Shops. Next we stop at Wood Orchard Market for all our cherry and apple favorites. Finally, The Log Den for a delicious buffet dinner including dessert.

Guides: Cheryl Freiberg and Mary Plavec

## Brewers vs Cardinals Baseball

**Date: Tuesday, September 3**

**Depart: 4pm Return: Immediately after game**

**Cost: \$125 (\$20 non-refundable deposit)**

Let's have a VIP experience at the Brewer Game!



Our seats are in the VIP area located above the loge bleachers in right field. Includes full buffet featuring Johnsonville brats and hot dogs, burgers, chicken tenders and more, two complimentary Molson Coors domestic beers per adult, private restrooms, flat screen high definition TVs, and assigned seating.

Hurry—seats are filling up fast.

Guides: Cheryl Freiberg and Cathy Koch

# Winnebago Senior Tours

## Clausen Family Music Show

**Barn Theatre—Coloma**

**Date: Thursday, September 26**

**Cost: \$125 (\$20 non-refundable deposit)**

**Depart: 8am Return: Approx. 6:30pm**

See a live show at the Historic Barn Theatre with the Clausen Family presenting "Country and Western Favorites." Your trip will include a stop at the Amish Countryside Greenhouse in Coloma on our way to the Clausen Theatre. Upon arrival at the Theatre you will enjoy a delectable dinner, browse the gift shoppe, or pick up treats from the Coffee Shoppe. Then enjoy a spectacular show filled with great music from the past and present including beautiful instrumentals featuring steel guitar and fiddle as well as vocal selections. Includes show tickets, lunch, deluxe motorcoach and driver gratuity.

Guides: Cindy Paffenroth and Marianne Zarling



## Exploring Prairie du Chien

**Date: Tues. October 1-Thurs. October 3**

**Cost: \$435 Dbl., \$585 Sgl., Ste. \$465**

**\$50 non-refundable deposit**

**Depart: 7:30am Return: Approx. 5pm 10/3**  
***Moderate walking on this trip***

Join us as we explore the beautiful Southwestern region of Wisconsin. This area is known for its beautifully sculptured topography being a part of the Driftless Area as well as bird sightings and effigy mounds. Included on our excursion is a trip to Villa Louis - an historic mansion built in 1871, Fort Crawford - the fort that stood guard over Prairie du Chien from 1816 to 1856, dinner at Huckleberry's —a favorite local eating spot, and lunch and music cruise on the Mississippi River aboard the Celebration Belle paddlewheel riverboat. Trip includes admission to all venues, dinner at Huckleberry's, and lodging at Quality Inn & Suites for 2 nights.

Guides: Cathy Koch and Laurelyn Hensarling



## Rocky The Musical

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, October 3**

**Cost: \$135 (\$20 non-refundable deposit)**

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

Rocky Balboa, a small-time Philadelphia boxer is unexpectedly chosen to take on the reigning world heavyweight champion. While training, Rocky begins a relationship with Adrian who is tired of being pushed around by her brother. With equal parts grit and heart, *Rocky* is the triumph of spirit, strength and love. Lunch is a choice of stuffed chicken breast, beef short ribs or grilled shrimp with apple pie for dessert. Includes show tickets, lunch, deluxe motorcoach and driver gratuity.

Guides: Cindy Paffenroth and Marianne Zarling



## 2024 Branson Shows Extravaganza

**6 days / 5 Nights (Incl. 3 nights in the Branson area)**

**Date: December 2-7, 2024**

**Cost: \$899 Double, \$1278 Single**

**\$75 Deposit (Includes \$20 non-refundable deposit) Final Payment due 9/25/24**

This trip includes:

Admission to 6 Fabulous Shows including:

- Three Morning Shows: Dalena Ditto's Country Evolution, Doug Gabriel Morning Show & A Neil Diamond Tribute Show
- Three Evening Shows: The Haygoods Christmas Show, Hughes Brothers Christmas Show & Laugh Your Yak-off Christmas Show featuring Yakov Smirnoff
- Time at Branson Landing where you will discover waterfront shopping, dining and attractions on Lake Taneycomo's beautiful waterfront
- Visit historic downtown Branson with old-fashioned charm, novelty shops and restaurants

Also included: Motorcoach transportation including driver gratuity, 8 meals: 4 breakfasts and 4 dinners and hotel rooms for 5 nights

Guide: Cathy Koch

# Winnebago Senior Tours

## Miracle on 34th Street

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, November 21**

**Cost: \$150 (\$20 non-refundable deposit)**

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

Miracle on 34th Street is a big brash Broadway musical with a heart. Macy's Thanksgiving Day Parade needs a new Santa and enter Kris Kringle who claims to be the real Santa Claus. Thus begins the funny, tuneful and inspirational musical as Kris has to prove his claim in court and teach his neighbor and daughter to believe in the love of Christmas. **Includes:** Theatre tickets, coach bus transportation, driver gratuity, and lunch with your choice of chicken & ribs, Steak Diane or seared duck breast.

Guides: Cheryl Freiberg

## Christmas at Sanfilippo Estate

**Date: Thursday, December 5**

**Cost: \$170 (\$20 non-refundable deposit)**

**Depart: 7:30am Return: Approx. 9pm**

The Sanfilippo "Place de la Musique" is renowned for its collections of antique music machines, phonographs, arcade machines, and the world's largest restored theatre pipe organ and many more functional mechanical antiques. The motive behind this collection is the preservation and sharing of the experience of these marvelous inventions of the Western World. Includes Deluxe motorcoach, Estate Tour, Christmas Concert and Lunch at Sanfilippo.

Guides: Cindy Paffenroth & Debbie Hogue

When sending payments in the mail include:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Email \_\_\_\_\_

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

## Holland & Belgium Springtime River Cruise

**Date: April 22-30, 2025**

**Cost: Starts at \$5299 dbl occupancy**

**Space is filling up fast!**

**Call now to secure your reservation.**

Savor springtime in Holland and Belgium with a cruise that highlights the blooming Dutch tulip fields on the beautiful MS Amadeus Brilliant, Amsterdam. Relax as you make your way along seemingly endless fields of vibrant flowers and iconic windmills. **Highlights:** Amsterdam, 7-Night River Cruise, Keukenhof Gardens, Arnhem, Innsbruck, Middelburg, Bruges, Antwerp, Kinderdijk Windmills.

Guide: Cheryl Freiberg



## Alaska Discovery Land & Cruise

**Featuring a 7-night Holland American Cruise**

**Date: July 9-20, 2025 (12 Days)**

**Cost: Varies by stateroom selection**

Now is the time to cross traveling to Alaska off your "Bucket List" on this 12-day land and cruise tour. Fly into Fairbanks, and cruise on the Sternwheeler Discover, encountering Alaska's diverse culture and rich history.

Stay 2 nights at Denali Nat'l park taking in the Tundra Wilderness Tour. Ride in a luxury domed rail car from Denali to Talkeetna. Soak in views of the incredible



landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Traverse a breathtaking journey from Whittier Alaska to Vancouver, British Columbia, aboard Holland America's Noordam Cruise Ship. Cruise past Hubbard Glacier and Glacier Bay, viewing rugged natural wonders. Other stops include Skagway 'an historic Gold Rush town,' Juneau "Alaska's Capital," and Ketchikan, the "Salmon Capital of the World."

This is the Alaska as you always imagined.

**Passport is required.**

See flyer for complete details. Space is limited... sign up today!

Guide: Cathy Koch

# 2024 FOOD TRUCK FRIDAY



## 20 FOOD TRUCKS

*Variety of tasty foods  
from Mexican to American  
and Asian to Italian!*

**RAFFLES ■ BEER ■ SODA ■ WATER**

*For Purchase*

## LIVE MUSIC

*Featuring*



**FAMILY FUN NIGHT  
AT THE PARK!  
SOUTH PARK ■ OSHKOSH**

## AUGUST 9

**5:00 - 9:00PM**

**PLATINUM  
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**\$100 IN GROCERIES EVERYMONTH - FOR A YEAR!**

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*Raffle tickets available for purchase at Red's Piggly Wiggly in Oshkosh and  
Omro, the Oshkosh Seniors Center, and Food Truck Fridays.*

**DRAWING AT 7:00 PM ON AUGUST 9, 2024 - AT FOOD TRUCK FRIDAY**



*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.*



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

#### **Oshkosh Seniors Center**

200 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300

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

Mon – Fri 8 am – 4 pm

#### **North Building Hours**

Mon – Fri 7 am – 4 pm

#### **OSC Staff**

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

#### **Activity Coordinators:**

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

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#### **Friends Board**

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

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

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

