

THE CURRENT



December, 2024 , Issue #12

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**



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at
<https://www.oshkoshwi.gov/SeniorServices/>
Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center



A NOTE FROM THE SENIOR SERVICES MANAGER, DAN BRAUN

December is upon us, marking the final month of 2024. Last year was undoubtedly remarkable for the Oshkosh Seniors Center and its participants. We are on track to eclipse 50,000 total visits to the Center. The staff is energized and optimistic for a bright and strong future.

In 2025, we celebrate the 50th Anniversary of the Oshkosh Seniors Center. Get ready for exciting events and programs highlighting our history to set the stage for 50 more years.

One way you can have a direct, lasting impact on the Oshkosh Seniors Center's future is to donate when you receive your Friends letter asking for a gift. These annual contributions are critical to funding the wonderful programs and essential services you have come to count on.

A new year brings some new changes, including some increases in fees. These changes are not implemented lightly. Many of these fees have not been increased for nearly a decade, and as an organization, we need to cover the increases in costs we receive.

I look forward to seeing growth and fun next year. As January approaches, I invite you to mark your calendar for our Open House at the North facility on Wednesday, Jan 22, 2025.

Enjoy the holidays, and see you by the river!

Dan

Happy Holidays

Please make a note of our closings:

Tuesday, December 24

Wednesday, December 25

Tuesday, January 1

WHAT'S IN THIS ISSUE?

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

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**Oshkosh Seniors Center
presents the Golden Tones
Chorus concert**

"Joyful News"

*With special guests
The Fox Sounds*

**Paula Steinert, Director
Marshall Potter, Accompanist**

**Sunday, December 8, 2 pm
Doors open at 1:30 pm**

***Advanced tickets only, cost: \$5
*Kids under 16 free (ticket is still required)**

Tickets on sale Monday, Nov. 4-Thurseday, Dec. 5

***Concert Location:
234 N Campbell Road Oshkosh
920.232.5300***



Oshkosh Seniors Center 2025 Program Rates

Stay active
Stay social
Stay informed

**All passes available throughout the year.
Pre-pay is encouraged. Inquire at the desk.
Multiple monthly passes may be purchased**

RESIDENT

**NON-
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Creative Expression

Only eligible for open hour programming

Creative Expressions Daily Rate

\$1.50

\$2.25

Creative Expressions Monthly Rate

\$6.50

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Creative Expressions Yearly Rate

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\$117.00

****Tax Included****

Stay Social Pass

All cards, games, knitting

Stay Social Daily Rate

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\$1.50

Stay Social Monthly Rate

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\$9.00

Stay Social Yearly Rate

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Greatly Appreciated

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Includes both OSC instructor led classes AND the Fox Fitness Center

Stay Active Pass for the day

\$3.00

\$4.50

Stay Active Pass for the month

\$20.00

\$30.00

Stay Active Pass for the year

\$200.00

\$300.00

**Silver Sneakers, Renew Active, Active & Fit or
Silver & Fit --- Insurance Fitness Benefit**

Insurance Reimbursement to the
center per visit. No cost for
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Check newsletter: "The Current" for additional program rates

Updated 11/5/2024 dgb Seniors Center/Office Coordinator/User Fees

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

Art Expression (S)

Thursdays & Fridays

December 5-27, 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.**

Resin Night Light (S)

Wednesday, December 4, 9-11 am

Facilitator: Kerry Wolfe

Cost: R \$20 / NR \$25 for 2 lights

Min/Max: 3/8

Register by Tuesday November 26

Get creative decorating a night light with glass and other decorative items. Once you're done with your layout, we will pour resin over your creation. Bring your own ideas, or copy any of the ideas provided. No experience necessary. Resin projects will have to set for 24 hours before they can be taken home. Project similar to the one shown.



Stained Glass (S)

One & Done Bevel Star

Wednesday, December 11, 10 am-1 pm

Cost: R \$15/ NR \$20

Register by Friday, December 6

Try this ONE AND DONE PROJECT

Your star will capture and cast light and color with the reflective beveled diamonds. This will make a perfect décor accent and the beauty will last all year long. Leave it silver or use a patina to give the solder a colored finish. Approximately 6" in diameter. Experience in stained glass required



Artfully Yours –

Santa Surprise

Thursday, December 12, 1-3 pm

Instructor: Kelly Arens, Jane Wells

Cost: R \$10/NR \$12.50

Min/Max: 4/10

Register by Thursday, December 5

Payment due upon registration

Join us for an upcycled, decorative Santa project sure to wow your guest this holiday! Materials provided. This will make a great décor for house or porch! Similar to picture shown.



Upcoming

Hand Building with Clay (S)

Tuesdays, January 7-28, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, December 23

Payment due upon registration

This class offers a fun community environment to explore the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings.

Beginners welcome! Please note, class supplies are for use during regularly scheduled class times only. Those listed as "stand by" will be given first option on the following month's class.

Artfully Yours –

Snowy Gnomey Winter Décor (S)

Thursday, January 9, 1-3 pm

Instructor: Kelly Arens

Cost: R \$15/NR \$17.50

Min/Max: 4/10

Register by Thursday, January 2

Payment due upon registration

If you "Gnome-e"...you know I love all things Gnome! In this class you will decorate 3 multi-sized wood blocks to look like a Gnome. Lets make some Winter mantel or table decorations together. Similar to picture shown.



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.**

Fridays, 1-3 pm

***Register by the Thursday 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, December 2-16, 8 am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

Register by Tuesday, November 26

Payment due upon registration

Power tool carvers must bring bench fan, dust collector, have completed safety training to use OSC power equipment. Hand carvers must use their own hand/rotary tools. Instructors available to teach, guide, and problem solve. **This class open to carving projects only**

Guided Wood Burning (S)

Tuesdays, December 3-17, 8:15-11:15 am

Instructors: Linda Gomach, Richard Krummick

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

Min/Max: 3/10

Register by Friday, November 29

Payment due upon registration

Here's a chance to work on those woodburning projects. Award-winning instructors will give guidance to help get your pieces completed. Come enjoy Woodburning time with fellow burners!

Upcoming:

Shorebird Beginner Wood Carving (N)

Mondays, January 6-27, 1-3pm

Instructors: Don Schettl, Richard Krummick

Cost: R \$30/NR \$35 (4 Week Class)

Min/Max: 3/10

Register by Monday, December 30

Payment due upon registration

Start your Wood Carving hobby with this stylistic shore bird using basswood. Award winning Carvers will guide you through the entire carving process. Carving tools will be available for beginners. Carvers can bring their own equipment and safety procedures will be discussed.

Basic Machine Safety Training (N)

Fridays, January 24 & 31, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Payment due upon registration

Register by Friday, January 17

All **NEW** participants wanting to use the woodshop for classes or guided hours are required to attend the machine training class. The two class requirement for new participants **must be taken in consecutive weeks.**

SANDING BLOCKS

BENCH HOOKS

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Guided Hours on Wednesdays & Fridays!**

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Fitness

Building North (N) South (S)

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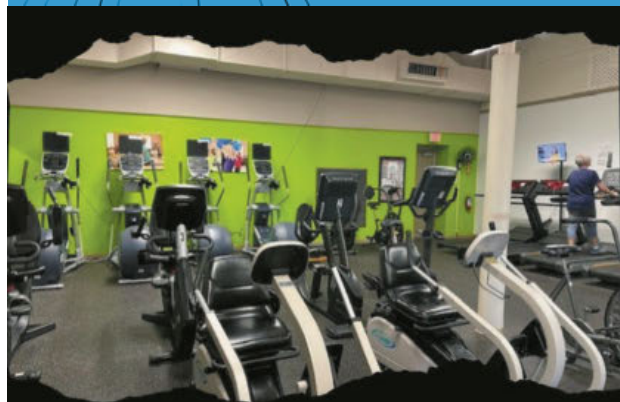
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FOX FITNESS CENTER HOLIDAY HOURS

The Center will be Closed
Tuesday December 24, Wednesday December 25
Fox Fitness Center will reopen December 26 at 7 am
Also closed Wednesday January 1

INSURANCE PLAN CHANGES?

If you have changes in
your health insurance plan in
2025 please bring your new
insurance card to the North
building front desk so we can
update our system



FOX FITNESS CENTER



The Fox Fitness Center has a wide
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Fitness Opportunities
OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit.

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 Energy 9:15-9:45am	FFC 3G 9:15 - 10am 
10am		TRX 10am-10:45am 			
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 12:15 -1:45pm	Adv Line Dance 12:15 -1:45pm			
1pm				Chair yoga 1-1:45pm	
2pm		Preparing Body for Life 2:15-3:00pm		Low Impact Dance 2:15-3:00pm	
3pm					

**Note: No exercise classes
December 23-27**



Not Insurance Eligible



Registration Required

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.

No class December 23, 30 & 31

****Note: No exercise classes**

December 23-27

Preparing the Body for Life

Instructor: Jim Crane
As we age, it's natural to experience changes in strength, balance, and mobility. This unique class is designed to counter those changes with a blend of gentle yoga movements paced like Tai Chi. Using a chair for support, you'll progressively build stability and confidence in each movement, eventually relying less on the chair as your body grows stronger. The ultimate goal? To empower you to enjoy all the activities you love—from gardening and golfing to walking and staying active.


Beginner Chair Yoga

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

Low Impact Dance

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

FFC 3g **Limit 10 people.**


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

Keep Moving!

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

TRX **Limit 6 people**

Tuesdays 10-10:45am

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



Registration Required

**2025 New Year,
New You!**
Oshkosh Seniors Center



OPEN HOUSE & WELLNESS FAIR

Wednesday, January 22
12:30-3:00 pm
North Building
234 Campbell Road



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- 6 sessions for \$78
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- 18 sessions for \$234

I am Alec, the Fitness and Wellness Coordinator at the OSC. With over 8 years of experience, I specialize in designing personalized programs that cater to your unique fitness and wellness needs and goals. Whether you're aiming to build strength, improve balance, lose weight, or recover post-rehab, I'm here to support you every step of the way.

**ALEC
JENSEN**
920.232.5320



I'm Cierra, the Healthy Lifestyles Coordinator. My background includes a Bachelor's degree in Exercise Science with a strength and conditioning and psychology emphasis. Additionally, I have my Master's in athletic training, where I have worked with individuals in a wide variety of settings, helping them with injury prevention and/or rehabilitation programs specifically tailored to meet their needs and overall goals.



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Branson (when new shows are out)	12/1-6	TBD

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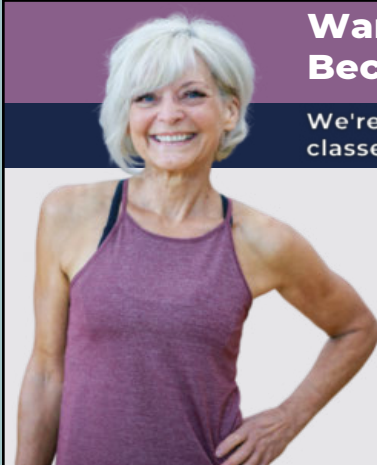
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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Mindfulness Meditation (S)

Thursdays, December 5-26, 11 am-12 pm

Instructor: Donna Janus-Volunteer

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

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

FREE Blood Pressure Checks

Thursday, December 5, 12:00-1:00 pm (S)

Tuesday, December 10, 10:15-11:15 am (N)

Thursday, December 19, 12:00-1:00pm (S)

Monday, December 23, 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.

Stop the Bleed (S)

Monday, December 9, 1-2 pm

Instructor: Don Marx / Facilitator: Cierra Boutelle

Cost: Free

Register By Thursday, December 5

Would you know what to do in case of a traumatic bleeding event? Did you know an average time to bleed out is 3-5 minutes, an average time for first responders to arrive is 7-10 minutes, and 40% of trauma related deaths worldwide is due to bleeding. Now is your chance to come learn how to stop bleeding in case of an emergency and feel empowered to do so! This is a one-hour course, with video and individual hands-on training!

Essential Oils:

De-STRESS for the Holidays (S)

Tuesday, December 10, 10-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$2

Register by Friday, December 6

The holidays can bring lots of enjoyment. But sometimes it can bring a host of other emotions. Imagine how simply diffusing some wonderful scents can calm the emotions of everyone in the room. Join us to make your very own special diffuser blend to take home for the holidays! Take home your special blend today!

Get Set Up (Pop up Fitness Class)

Core & Stretch w/ Fit Ball (N)

Wednesday, December 11, 10-11 am

Facilitator: Cierra Boutelle / Alec Jensen

Register By Monday, December 9

Core-strength exercises strengthen your core muscles, including your abdominal muscles, back muscles, and the muscles around the pelvis. Discover what your body can do by focusing on using your core with a Fitball. Practice the whole-body experience by stretching it with a Fitball and strengthening your core. **MUST BE ABLE TO GET UP AND DOWN FROM THE FLOOR!**

Holiday Minute to Win It (N)

Wednesday, December 18, 1:30-2:30pm

Facilitator: Cierra Boutelle

Cost: R \$2 / NR \$3

Register By Monday, December 16

Bring a friend and get in the holiday spirit with minute to win it games! We will play a new game every 5 minutes! Bonus points by wearing your favorite holiday sweater or hat!

New, Proven Back Pain Relief—No Surgery, Habit-Forming Drugs, or Unproven Treatments

Monday, December 16, 10-11am

Presenter: Eric Koehler

Cost: Free

Register By Friday, December 13

Tired of pain meds, struggling to keep up with loved ones, and fear lost independence? Our new, research-backed spinal disc decompression program offers seniors a proven, non-surgical path to lasting relief from degenerative disc disease, sciatica, disc bulges, & chronic back pain. Reclaim independence, rise with confidence, & rediscover the joy of moving freely.

A Healthier You (S)

No Session in December! See you in 2025!

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

Cost: Free

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.

12 DAYS of Fitmas

1
MIN
JOG IN PLACE

5
SEAL JACKS

9
REV
CRUNCH

2
JUMPING
JACKS

6
RUSSIAN
TWISTS

10
LATERAL
LUNGE

3
BIKE
CRUNCH

7
SQUATS

11
SQUATS

4
CHAIR
BURPEES

8
MT.
CLIMBERS

12
SKATE
JUMPS

HOW DO YOU DO THE "12 DAYS OF FITMAS" WORKOUT?
LIKE THE SONG "12 DAYS OF CHRISTMAS," COMPLETE EACH EXERCISE IN ASCENDING ORDER AND THEN WORK BACK DOWN TO 1, ADDING ONE EXERCISE PER ROUND. FOR EXAMPLE LIKE THIS: 1, THEN 2-1, THEN 3-2-1, THEN 4-3-2-1, ETC. - ALL THE WAY TO 12-11-10-9-8-7-6-5-4-3-2-1. THE AMOUNT OF EXERCISES YOU DO IS INDICATED BY THE "DAY" YOU'RE ON IN THE SONG.



Friends of the Oshkosh Seniors Center

I'm dreaming of retirement...

I'm dreaming of learning new things like Mediterranean cooking, playing the ukelele, and creating works of art to help keep my mind sharp and put joy in my day.



I'm dreaming of the opportunity to work with a personal trainer to keep my muscles working, my balance in check, and my energy up! And yoga, Tai Chi, or meditation to improve my sense of well-being.

I'm dreaming of playing cards, sharing lunch, and enjoying companionship in a safe and comfortable environment.

I'm dreaming of feeling connected with my family on social media with the help of technology volunteers.

I'm dreaming of taking bus trips and tours to see new, interesting places to widen my horizon.

Most of all, **I'm dreaming** of thriving as an older adult and being able to stay in my own home for as long as possible. The Oshkosh Senior Center has almost everything I need to help make that a reality for me.

Did you know that 30% of the people that live in Oshkosh are over 50 years of age and can utilize all that our city's beautiful Oshkosh Senior Center has to offer?

Please consider a gift to support the programs and staff that help fulfill dreams.

Warm regards,

Julie Hayt

Age 64

Friends of the Oshkosh Senior Center

Board of Directors Member and Future Retiree 😊



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

Friends of the Oshkosh Seniors Center • PO Box 3423 • Oshkosh WI 54903
friendsofosc1986@gmail.com

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150 Aspire Lane, Oshkosh, WI 54902
Aspire Kimberly: 920-720-0288
825 Cobblestone Lane, Kimberly, WI 54136

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to seniors and adults with disabilities
in over 50 Wisconsin counties.

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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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www.smpwi.org

Wisconsin Senior Medicare Patrol



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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Grief Support (S)

Thursday, December 5, 1-2:30 pm

Thursday, December 19, 1-2:30 pm

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Maximum 12 per session

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, December 5-19

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email: info@foxvalleymemoryproject.org

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. Each class provides care partners three hours of free time while their loved one attends class.

Memory Screening (S)

Wednesday, December 18

10:30 am -12:00 pm

Facilitator Alisa Richetti, ADRC

Cost: Free

To make an appointment call 920.232.5301

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

Memory Link Resource Hours (S)

4th Thursday of the month

Not meeting in December

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.

Closed December 24, 25 & Jan. 1

Tender Loving Care Support Group (S)

4th Thursday of the month, 1 pm

Facilitator: Fox Valley Memory Project

Cost: Free

Not meeting in December

(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 December 6, 20 & 27

9 am to 3pm

To make an appointment call 920.232.5301

Cost: \$28.00 Price Change: \$40/apt in 2025

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

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

Knock, Knock. Who's there? Peas! Peas, who? Peas bring a friend with you to OSC.



Ukulele Holiday Music Sing Along Party (S)

Tuesday, December 17, 6-7 pm

Cost: Free. Donations are Appreciated

Open to all ukulele players and those that love music and singing!
Join us for casual playing and singing holiday tunes with family and friends.

Light refreshments will be available.

For planning purposes, please register by calling
920.232.5300 no later than Friday, December 13.



Oshkosh Seniors Center 200 N. Campbell Road

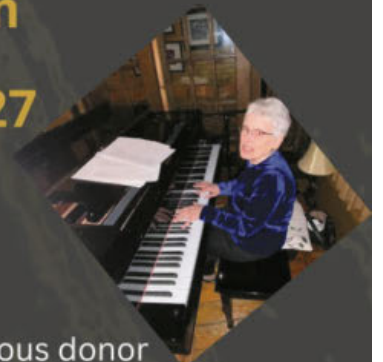


2024 NEW YEARS EVE DAY PIANO "BAR" EVENT (S)

Gather round the Baby Grand and come sing, listen,
socialize and enjoy "mock cocktails" & light snacks

Tuesday, December 31, 2-3 pm
Free-Donations accepted
Register by Friday, December 27

Featuring guest Pianist
Judy Heimerman Garrot



This event made possible through generosity of an anonymous donor



Connect Through Tech

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.

Various Hours are offered during the week.

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

By Appointment Only 920.232.5301

Appointments are available with Stephanie and Christie throughout the week. Just call to book an appointment that works with your schedule. Both instructors have knowledge about all the major operating systems such as Apple macOS, Microsoft Windows, Google's Android OS, and Apple iOS!

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, December 9, 16, 23, 30
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





OSHKOSH POLICE DEPARTMENT SHARES

HOW TO AVOID SCAMS AND FRAUD

WEDNESDAY, DEC 11

10:00 AM (SOUTH)

PLEASE REGISTER 920.232.5300



Andy Lecker, Oshkosh Police Department's Lieutenant of Criminal Investigation will educate us on avoiding scams and fraud. He will discuss the current activity he is seeing and let you know who to contact if you are affected by scams or fraud.

Lt. Lecker will hold a Q&A session after the presentation.

OSHKOSH SENIORS CENTER
PRESENTS

WINTER WHITE DINNER & EVENT

**TUESDAY, DECEMBER 10
5-6:30 PM**

DOORS OPEN 4:45 PM

Tickets: \$25

**Available for purchase
November 14-December 6**



Dinner prepared by the Roxy: Beef Tenderloin Tips, Mashed Potato Gravy, Tender Roasted Chicken, Vegetable, Dessert

ENTERTAINMENT:

Weenah High School

MADRIGAL SINGERS

Sponsors:



**Oshkosh Seniors Center-South
200 N Campbell Rd Oshkosh
920.232.5300**

Elder Benefit Specialist (S)

Wednesdays, Dec. 11 & 18, 10-11:30 am

Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance for an array of topics and issues to anyone 60+. EBS Services are completely free 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 Play Along Beginners (S)

Wednesdays, December 4-18

9:15 –10:15 am

Instructors: Dave Hable & Jane Wells

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

Min/Max: 3/20

Register by Monday, December 2

NEW! This play along is for new players, and most songs will be 3 chords or less and basic strums. Our focus will be on easy songs, and sheet music will be provided. Please bring a 3 ring binder to hold your music. Registration helps us have the correct amount of supplies prepared.

Ukulele Play Along Intermediate/Advanced Players (S)

Wednesdays, December 4-18

10:30 am-12 pm

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

Min/Max: 3/20

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

Ukulele Lessons Everyone Welcome!

Thanks to a generous donor, the Seniors Center has ukuleles available for use. The lending program requires a \$150 check for deposit, and when the Ukulele is returned, we give you back your check. **Call Bobbie Jo at 920.232.5301** for information about a Ukulele "rental."

Beginner Ukulele Lessons (S)

Fridays, December 6-20, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, December 4

Payment due upon registration

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

Intermediate Ukulele Lessons (S)

Fridays, December 6-20, 11 am-12 pm

Instructor: Aaron Baer

Cost: R \$30/NR \$35 for 4 week session

Min/Max: 10/20

Register by Wednesday, December 4

Payment due upon registration

For those comfortable with different strum patterns, knowledge of 8-10 chords, and confident in changing between chords. You can sing and strum at the same time and can learn chords to simple tunes fairly quickly.

Beginner 2 Ukulele Lessons (S)

Fridays, December 6-20, 12:10 –1:10 pm

Instructor: Aaron Baer

Cost: R \$30/NR \$35 for 4 week session

Min/Max: 10/20

Register by Wednesday, December 4

Payment due upon registration

This class is for those who have completed beginner ukulele class, know 2-3 basic chords and are ready to take the next step. This is an ideal class for those who need an ukulele refresher class. Chords, strumming, and playing songs will be emphasized in this class. Come join the fun!



Golden Tones Chorus (S)

Meets on Mondays, 1:30-3 pm

Director: Paula Steinert

Accompaniment: Marshall Potter

Looking to join a wonderful chorus? Consider joining the Golden Tones next session in 2025. Watch January newsletter for more information.

Golden Tones Holiday concert Sunday, December 8, 2 pm. Tickets \$5 and on sale November 4-December 5

Karaoke (S)

Tuesday, December 3, 1-2:15 pm

Register by Monday, December 2

Tuesday, December 17, 1-2:15 pm

Register by Monday, December 16

Facilitator: Lori Schroeder/ Kelly Arens

Cost: Free

Min/Max: 5/25

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers welcome. Program made possible through the generosity of an anonymous donor.

Wear your Holiday Themed Sweaters in Dec!

Backyard Birding (S)

Wednesday, December 4, 1-2 pm

Presenter: Liz Herzmann, DNR

Cost: Free

Register by Tuesday, December 3

A flash of red, a chorus at dawn, your backyard can be a haven for birds all year long. Learn about why birds have different beaks and which food is best for them. What tools do you need and how to attract a greater diversity of birds to your backyard. We'll also discuss some of the winter visitors that you may see in your yard. Presented virtually by Liz Herzmann, the DNR's Horicon Marsh wildlife conservation educator.



LIR: Understanding Senior Care (S)

Monday, December 9, 10-11:30 am

Presenter: Jim Boehm

Cost: Free

Register by Thursday, December 5

When looking into Senior Care options, there are many different levels of care options. Which one is the best for you? Home Care, Independent Living, Residential Care Apartment Complex (RCAC), Community Based Residential Facility CBRF, or Memory Care. It's all based on your needs. The presenter is a Senior Advisor with Oasis Senior Advisors. She will go more in depth on what each level of care means and why one community may be a better fit for you versus another. Program in collaboration with Learning In Retirement.

Feeding America (S)

Wednesday, December 11, 9 am– 12 pm

Cost: Free

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



OSC Closings and Notifications Weather-Related

It is the policy of the Oshkosh Seniors Center to follow the Oshkosh Area Public School District's lead on closures due to weather. If the school district closes school for a full day, the Center will be closed. (If there is an announcement via media outlets stating the Oshkosh Area Public School District is closed for a full day, the Center will be closed.)

If the Oshkosh Area Public School District declares an opening delay or closes early due to weather, the center will be open.

Notices will be shared on Facebook and WBAY (Channel 2 News).

Social and Educational

Building North (N) South (S)

Legal Counseling (S)

Friday, December 13, 10 am-12 pm

Cost: Free

Legal Counseling with an attorney from the law firm of Reff, Bavier, Birmingham and Lim SC will be offered at no charge for a **25 minute individual session**. Counseling is limited to advising only and does not include other legal work such as drafting of documents. **Call 920.232.5301 to schedule an appointment.**



Chat -N-Chop (S)

Tuesday, December 17

9:45-11:45 am

Cost: R \$10/ NR \$11.50

Max: 8

Register by Wednesday
December 10

In this episode of Chat-N-Chop we will be making Polish Pierogi, Christmas Pasta, and sweet potato toast. Sound YUMMY? Find your

aprons
and come join us.



ORD-

The Natural Year in Review (S)

Wednesday, December 18, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register by Monday, December 16

We will take a look back at all of the highlights of the past year and Rob's travels throughout the state. Birds, butterflies, wildflowers, and more.

Bingo (S)

Wednesday, December 18

2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max:10/80

Registration opens

Wednesday

November 27

Register by Tuesday, December 17

Come for a fun afternoon of bingo!

Please note doors open for Bingo at 1:30 pm.

Note: New process for registration. You can register by calling 920.232.5300, stopping in person or online.

Thanks to our Bingo sponsor, EDENBROOK



Book Talk (S)

Brooklyn by Colm Tobin

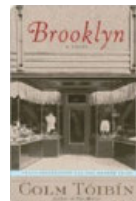
Thursday, December 19, 9:30-11 am

Facilitator: Kerry Wolfe

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

Register by Thursday December 5

Set in Brooklyn and Ireland in the early 1950's, when one young woman crosses the ocean to make a new life for herself. Sound Interesting? Want to know how the story ends? Join Book Talk.



Rep. Palmeri Office Hours (S)

Friday, December 20, 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



Social and Educational

Building North (N) South (S)

Eat & Greet (S)

No Eat & Greet in December. See you in January 2025!

Popcorn & A Movie (S)

Monday, December 30, 12:45 pm–2 pm

Note day change

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Thursday, December 26

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



COME MEET
Keyanna
the Macaw (S)

from Menominee Park Zoo

Wednesday, December 18

12-1 PM, FREE

Register by December 16

SOCIALIZATION IS VITAL
TO KEYANNA'S HEALTH.
COME ON OUT AND MEET
HER AND CHAT WITH HER
HANDLER.

DONATIONS OF:

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"The OCM Card"

Full year of savings
at 25 local
businesses.
Use card over and
over
throughout the
year!



Still
only \$10
Makes a great gift!

The Oshkosh Seniors Center
receives money for every

card sold

Card sale helps support
Oshkosh Community Media

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

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

Upcoming in January

2025 VISION Board Workshop (S)

Wednesdays, January 8 & 15, 10 am-12pm

Presenter: Kelly Arens

Cost: R \$25/ NR \$30

Min/Max: 4/12

Register by Thursday, January 2

Payment due at time of registration

A vision board serves as a vivid reminder of one's objectives, offering daily motivation and reinforcing the law of attraction, which emphasizes the power of positive thinking. Come lay out your vision for 2025! Supplies provided include 20 x15 foam board, stickers, magazines, embellishments, scissors and glue. Please bring any personal tools or items for the board you would like. Presentation on what a Vision board is and why it's important, followed by hands on experience creating your very own!



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

Closed December 24

Bid Euchere, Rummikub

Wednesdays, 12:30-3:30 pm

Beginners welcome

Closed December 25 & January 1

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.

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**

Mannheim Steamroller Christmas The Weidner Center—Green Bay

Date: Tuesday, December 17

Cost: \$140 (Full Payment due on Sign-up)

Depart: 4:00pm OSC South Building Lot

Return: Immediately after show

Mannheim Steamroller Christmas by Chip Davis has been America's favorite holiday tradition for more than 35 years! Grammy Award winner Chip



Davis has created a show that features Mannheim Steamroller Christmas classics in the distinctive Mannheim sound.

The program includes 15 musicians playing more than 20 instruments against a backdrop of dazzling multimedia effects,

capturing the spirit of the season. Price includes Ticket, Motorcoach Bus Transportation and Driver Gratuity. We will stop for dinner before the show, at your own expense, or you may bring a personal cooler with refreshments.

Guide: Cheryl Freiberg

Mamma Mia (ABBA)

The Performing Arts Center—Appleton

Date: Wednesday, December 18

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

Depart: 6pm—OSC South Building Lot Return immediately after show

A mother. A daughter. 3 possible dads.

And a trip down the aisle you'll never forget! Set on a Greek Island paradise

where the sun always shines, a tale of love, friendship and identity is beautifully told through the timeless hits of ABBA. On



the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago. Favorite songs include: *Mamma Mia*, *Take A Chance on Me*, *Dancing Queen*, *Money, Money, Money* and *the Winner Takes All*. Join us as we sing and dance to the hit tunes and enjoy an evening in Paradise! Price includes Ticket, Yellow Bus Transportation and Driver Gratuity.

Guide: Cheryl Freiberg

Refund Guidelines

Refunds (minus non-refundable deposits) will be allowed on trips canceled prior to the Final Payment Date. We will not be able to refund late cancelations.

The refund policy does not apply to trips that we partner with another travel company such as Diamond Tours and Collette Travel. We follow their cancelation policies.

When sending payments in the mail include:

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Email Address: _____

Name of Trip: _____

The Lion King

The Performing Arts Center—Appleton

Date: Wednesday, January 15

Cost: \$100 (\$25 non-refundable deposit)

Depart: 6pm—OSC South Building Lot

Return immediately after show

More than 100 million people around the world have experienced the phenomenon of *Disney's*



The Lion King, and now you can too! Winner of six Tony Awards including Best Musical, this landmark musical event brings to life a story filled with hope and adventure set against an amazing

backdrop of stunning visuals. *The Lion King* also features the most recognizable music crafted by Tony Award winning artists *Elton John and Tim Rice*. There is simply nothing else like *The Lion King*! Price includes Ticket, Yellow Bus Transportation and Driver Gratuity.

Guide: Cheryl Freiberg

Back in the Building—Elvis Tribute

The Fireside Theatre—Fort Atkinson

Date: Thursday, January 30

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

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

In honor of Elvis' 90th birthday, The Fireside and Legends in Concert kick off the 2025 season with jumpsuits, black leather, swiveling hips, and leg shaking, presenting their newest retrospective of Elvis' life in music told through the eyes of the world's best tribute artists. Being an Elvis tribute artist is about capturing the essence of Elvis Presley, honoring his



legacy, bringing joy to fans who still adore the King of Rock 'n' Roll, and keeping his spirit alive for new generations. Whether on stage or off, these artists live and breathe Elvis' charisma, talent, and timeless appeal. Price includes: Ticket, Motorcoach Bus Transportation, Driver Gratuity and Lunch with your choice of Beef Tenderloin, Grilled Pork Ribeye or Rainbow Trout. Guides: Cheryl Freiberg & Cindy Paffenroth

Savannah, Jekyll Island & Beaufort, South Carolina

Date: March 1-9 (Sat-Sun) 9 Days, 8 Nights

Cost: \$1349 Per Person/Double Occupancy

Depart: 8am

Enjoy a guided Trolley Tour of Savannah; guided tour of St Simons

Island; and guided Tram Tour of Jekyll Island. There is an evening show at the Famous Savannah Theatre. For added



enjoyment during the trip, there is a stop at the Kentucky Artisan Center in Berea, KY; the South Carolina State Museum in Columbia, SC; and the East Tennessee History Center in Knoxville, TN. Price includes: 14 meals: 8 breakfasts, 6 dinners; Hotel and Attractions; Motorcoach Bus Transportation; Driver and Step On Tour Guide Gratuity.

Guide: Linda Reinke

Some Like It Hot

The Performing Arts Center—Appleton

Date: Wednesday, March 12

Cost: \$78 (\$25 non-refundable deposit)

Depart: 6pm—OSC South Building Lot

Return immediately after show

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



Guide: Cathy Koch

West Side Story

The Fireside Theatre—Fort Atkinson

Date: Thursday, March 27

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

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

From the first notes to the final breath, *WEST SIDE STORY* is a theatrical event not to be missed. Shakespeare's *Romeo and Juliet* is



transported to modern-day New York City as two young lovers find themselves caught between warring street gangs. Their struggle to survive

in a world of hate, violence, and prejudice is one of the most innovative, heart-wrenching, and relevant musical dramas of our time. Join us for this landmark musical and epic tale of love eternal. Price includes: Ticket, Motorcoach Bus Transportation, Driver Gratuity and Lunch with your choice of Sliced Pork Tenderloin, Coconut Chicken or Seared Halibut. Dessert is Cherry Crisp with Vanilla Custard. Guide: Cindy Paffenroth

Mount Rushmore, the Badlands. & Black Hills of South Dakota

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

Cost: \$1225 Per Person/Double Occupancy

Depart: 8am

You will start your trip with a spectacular stop at the Badland's National Park and the amazing Wall Drug. You will travel to Borglum Historical Center and learn about Gutzon Borglum, the sculptor of



Mount Rushmore. Then on to Mount Rushmore National Memorial followed by a Tour of Wildlife Loop Road at Custer State Park. After a visit to the High Plains Western Heritage Center,

you will head for Deadwood, the former home of Wild Bill Hickok and Calamity Jane followed by a Guided Tour of Deadwood. The Journey Museum tells the history of the Black Hills. This is followed by a visit to Crazy Horse Memorial. On the journey home, you will stop at the famous Corn Palace. Price includes: 10 meals: 6 breakfasts, 4 dinners; Hotel and Attractions: Motorcoach Bus Transportation; Driver and Step On Tour Guide Gratuity.

Guide: Linda Reinke

Alaska Discovery Land & Cruise

Date: July 9-20 (12 Days)

Cost: Varies by stateroom selection

Now is the time to cross Alaska off your "Bucket List" on this 5 day land 7 day cruise tour where you will encounter Alaska's diverse culture, rich history, and beauty.



Highlights: Cruise on the Sternwheeler Discover, 2 night stay at Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Hubbard Glacier, Glacier Bay, Anchorage, Skagway, Juneau, Ketchikan, Inside Passage to Vancouver, British Columbia, aboard Holland American Noordam Cruise Ship. This is Alaska as you always imagined. **Passport is Required.**

Guide: Cathy Koch



**The Winnebago Senior
Tours Staff**



Wishes you a wonderful Holiday Season!!

Non-refundable Deposits

Starting 2025, the non-refundable deposits will

UPCOMING TRIPS:

THEATER TRIPS

Neil Diamond "A Beautiful Noise"—PAC 5/1
Murder on the Orient Express – Fireside 5/8
Michael Jackson the Musical – PAC 6/4
Church Ladies - Last Potluck – Fireside 6/26
Oklahoma – Fireside 10/2
A Wonderful Life – 12/11

Sign up now for these MULTI-DAY TRIPS

Pigeon Forge and Smoky Mountains 9/8-13
African Safari – Collette Trip 9/8-22
Beautiful Maine – Diamond Tours 10/4-12
Hawaiian Adventure – Collette Trip 11/2-14
Mediterranean Coastal Journey 4/11-26/26

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

STAY CURRENT!

DREAM BIG!



**A WORLD OF OPPORTUNITIES AND CONNECTIONS
AWAITS YOU IN THE OSHKOSH SENIORS CENTER
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You can find copies of **THE CURRENT** at local businesses around town or read it online, there's nothing quite like holding your own crisp, printed newsletter and flipping through the pages at your leisure. **THE CURRENT** keeps you connected with all the Oshkosh Seniors Center has to offer, from fitness and wellness classes to art, education, and tech programs. You'll also stay updated on exciting trips and tours offered by Winnebago Senior Tours.

Your generous gift of \$30.00 or more ensures that the Oshkosh Seniors Center Newsletter, **THE CURRENT**, is delivered straight to your mailbox for a full year.

If you've already contributed through our annual appeal, we sincerely thank you! If you haven't made your year-end charitable donation yet, we ask that you consider supporting the Friends of the Oshkosh Seniors Center. Your donation helps us continue to provide valuable programs and opportunities that keep our community engaged, active, and living life to the fullest!

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The Future
belongs to those
who believe in the
beauty of their
dreams.

~ Eleanor Roosevelt

Friends of the Oshkosh Seniors Center Mission Statement
We are volunteer 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
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**The Oshkosh Seniors Center is working
to enrich the quality of life
for adults 50 and over.**

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

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

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Visit us at:

[www.schedulesplus.com/
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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**

