

THE CURRENT

**The Center
Is Here To Help You
Make Heart Healthy
Choices!**



February, 2025 , Issue #2

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

February is Heart Health Month, a great time to take steps to improve your cardiovascular health. At the Center, we have some wonderful programs this month that will help you, from Blood Pressure Checks to presentations to cooking a little healthier. Check them out!

Another great way to improve heart health is through physical activity. Check out one of our many wonderful fitness offerings, or take things up a notch and invest in yourself by signing up for personal training.

As you visit the Center, consider our monthly pass options. Doing so gives you great flexibility in attendance and generally gives you the best bang for your buck in price per visit.

We are continuing to work on improvements to the Center as winter continues. Please bear with us as we shuffle programs and locations around, it will be worth it.
See you by the river!

Dan

**“All you need is love. But a little chocolate
now and then doesn’t hurt.”**

-Charles M. Schulz

WHAT'S IN THIS ISSUE?

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Bridging Past and Present:

Exploring Native American Cultural Heritage



The Sunday free public event is the start of a series of workshops, lectures, and informational opportunities to help understand the region's indigenous communities, both past and present. It begins with the recent Menominee Park archaeological work viewed through the lens of our neighboring Tribal Nations and archaeology professionals. It will continue with program offerings of Native American Artists celebrating their vibrant cultural heritage of the past through their art.

Sunday, February 23 at 2 pm
Oshkosh Convention Center

2 North Main Street, Oshkosh, WI 54901

Please register at: oshkoshwi.gov/SeniorServices/



Light refreshments will be served. Questions about the event may be directed to Anne Schaefer, 920.232.5306



Speakers Include:

- David Grignon, Tribal Historic Preservation Officer, Menominee Indian Tribe of Wisconsin
- Jennifer Haas, Director of Cultural Resource Management, University of Wisconsin-Milwaukee
- Dr. Pascale Manning, Associate Professor at the University of Wisconsin Oshkosh
- William Quackenbush, Tribal Historic Preservation Officer, Ho-Chunk Nation
- Anna Cannizzo, Director, Oshkosh Public Museum



OSHKOSH SENIORS CENTER PRESENTS
IRISH FUN 2025 (S)



BELLA VISTA
— A SENIOR LIVING COMMUNITY —



LAKESHORE MANOR
— A MEMORY CARE COMMUNITY —

Tuesday, March 18
5-7 pm

Doors open at 4:45 pm

Tickets: \$20

**Dinner & Live Music by Sheamus Fitzpatrick &
the McNally Boys**

Tickets on sale February 10-March 11

Menu

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

Dessert

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and served hot*

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This project was supported, in part by grant number 60MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Live Happily.

Note: Art Room & Classroom C will be closed all of Feb. for flooring project.

Art Expression (S)

Fridays

February 7-28, 9-11:30 am

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

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

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

Artfully Yours – Heart Garland (S)

Thursday, February 6, 1-3 pm

Instructor: Kelly Arens

Cost: R \$10/NR \$12.50

Min/Max: 4/10

Register by Thursday, January 30

Payment due upon registration

Join in on some simple sewing and crafty inspiration time. We will create a beautifully simple garland made of hearts to decorate your home with love. Similar to picture shown.



Beginner Stained Glass (S)

Wednesdays, February 12-26, 10 am-12 pm

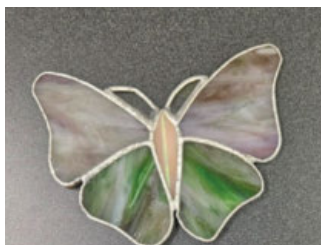
Instructor: Marla Tonn

Cost: R \$18.75/ NR \$22.50-3 week session

Register by Monday, February 10

Payment due upon registration

Looking to learn a new hobby? Come learn how to use a pattern, cut, grind and foil glass, and lastly how to solder your piece. Price includes all supplies needed for class.



Needle Felting Colorful Eggs (S)

Monday, February 17, 9:00 am-12 pm

Instructor: Kerry Wolfe

Cost: R \$10/NR \$12.50

Min/Max: 3/10

Register by Thursday, February 13

Payment due at time of registration

Step-by-step instructions on how to make these sweet eggs will be shared. This is a fun and easy project, starting with a Styrofoam egg. Various design ideas available. Fill your basket or decorate your home with something different this year!

Project similar to ones shown.



Resin Broken China Butterfly (S)

Monday, February 24, 10 am-3 pm

Instructor: Jane Wells

Cost: R \$15 /NR \$20

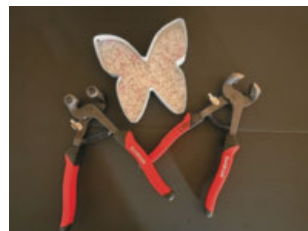
Min/Max: 3/6

Register by Thursday, February 20

Payment due upon registration

Make this butterfly and use as a trinket dish or hand on your wall for décor. We will be using tile nippers to break china into pieces for use in our project. The cutting tool does most of the work when you squeeze the nippers on the glass. Once china is cut, it will be placed into "mold" and trimmed to fit just how you want it. Resin will be poured over the top to seal it all in. China will be provided, but part of the fun is hunting at thrift shops for designs and colors you may want. Bring a bag lunch!

Project will need to cure for 24 hours before taking home.



Donations Wanted by

February 20 please:

We are in need of china pieces, similar to ones shown. Particularly, thin, decorative china with interesting patterns and colors. Also china with gold or metallic accents. Pieces will be broken into smaller pieces for mosaic/resin projects. Tea cups and saucers, plates with floral patterns, small animals or nature. Please donate at the south building front desk.



Sewing 104 (S)

Line Dance Table Runner

Wednesdays, March 5-26, 1-3 pm

Instructor: Liz Lahm

Cost: R \$15 NR \$16.50

Min/Max: 3/6

Register by Monday, March 3

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



Upcoming Classes

Quilting 404 (S)

Flying Geese

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

Instructor: Liz Lahm

Cost: R \$15/ NR \$16.50

Min/Max: 3/10

Register by Monday, March 3

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

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



Hand Building with Clay (S)

Tuesdays, March 4-25, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, February 17

Payment due upon registration

This class offers a fun community environment to explore the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings. Beginners welcome! Please note, class supplies are for use during regularly scheduled class times only. Those listed as on "stand by" will be given first option on the following month's class.



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B 4C 01-0984

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 \$7.50

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

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

Power & Hand Tool Carving (N)

Mondays, February 3-24, 8 am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

Register by Monday, January 27

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. Beginners welcome!**

Pyrography-Portraits (N)*Note building

Tuesdays, February 4-March 25, 9-11 am

Instructor: Linda Gomach

Cost: R \$45/NR \$50 - 8 weeks

Min/Max: 3/10

Register by Monday, January 27

Payment due at registration

In this beginner to intermediate class, learn to wood burn a realistic human portrait from a photograph onto a 9 X 12 piece of Baltic Birch. Skills taught include learning to transfer the pattern to wood, tips to use for best shading, and how to get started. You will learn how to burn eyes, nose, mouth and hair. Instructors will work with you through the whole process.

Attendee to bring three 9 x 12 copies of the photograph you wish to use. One of the copies needs to be in color and 2 may be black & white. Some previous pyrography experience helpful.



Basic Machine Safety Training (N)

Fridays, February 21 & 28, 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.**

OSHKOSH SENIORS CENTER
The Woodshop

GUIDED HOURS:
WEDNESDAYS 10-2:30PM
Call Tuesday before to register if you are planning to attend after 12pm.



CLASSES OFFERED OTHER TIMES!
Please see The Current Newsletter for Classes offered.

SIGN UP ONLINE OR BY CALLING THE FRONT DESK

Fitness Opportunities

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

CLASS TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Life Fitness 8:30-9am	Rapid Movement 8:30-9am	Life Fitness 8:30-9am	Rapid Movement 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				Low Impact Dance 2:15-3:00pm	
3pm					

See Page 15 for more information on a new small group exercise class BINGOCIZE!



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.

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. By combining these elements into your fitness routine, you can create a well-rounded approach to staying fit and healthy. Keep moving, and your body will thank you!

TRX **Limit 8 people**



Instructor: Bob Braun
Suspension training is a versatile and effective workout method that uses suspension straps to leverage your body weight for various exercises. By using these straps, you can engage multiple muscle groups simultaneously, enhancing strength, balance, flexibility, and core stability. This type of training allows for a customizable workout experience, enabling you to progress at your own pace and adjust the intensity according to your fitness level. Given the limited equipment and space, it's important to register in advance for each class to secure your spot and ensure you can participate.

Bingocize

See page 16 for more details on this 10 week beginner fitness program!



Registration Required

PERSONAL TRAINING

With our Certified Trainers, you're taking your first steps towards taking control of your overall health and wellness. Each session is 30 minutes long and is specifically designed to meet your individual fitness goals. You will have direct access to a trainer to help you exercise safely and effectively in a one-on-one setting, ensuring personalized attention and customized workout plans.

Pricing options are designed to suit your needs:

- 6 sessions for \$78
- 12 sessions for \$156
- 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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SMALL GROUP TRAINING

Small Group Training is a combination of individualized instruction of personal training and the community atmosphere of a Group Exercise class. This hybrid model allows participants to benefit from tailored fitness plans that address their specific goals and needs, while also enjoying the motivating and social aspects of a group setting. In such a setup, a trainer can provide individualized attention to each participant, ensuring proper form and technique, while also fostering a sense of camaraderie and encouragement among the group members. This blend not only enhances physical results but also boosts motivation and accountability, as participants are inspired by their peers and guided by expert instruction. Ultimately, this innovative approach can lead to a more engaging and successful fitness journey for all involved.

4 sessions \$52
8 sessions \$104
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All sessions are 45min

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

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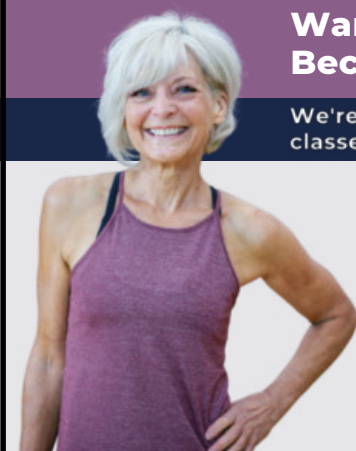


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C 4C 01-0984

Mindfulness Meditation (S)

Thursdays, February 6-27, 11 am-12 pm

Instructor: Donna Janus-Volunteer

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

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

FREE Blood Pressure Checks

Thursday, February 6, 12:00-1:00 pm (S)

Tuesday, February 11, 15-11:15 am (N)

Thursday, February 20, 12:00-1:00 pm (S)

Monday, February 24, 12:30-1:30 pm (N)

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

Compress & Shock/Stop the Bleed (S)

Thursday, February 6, 1-3pm

Presenter: Kerry Ahrens

Cost: FREE

Register by Monday, February 3

Sudden cardiac arrest can happen to anyone anywhere, at any time—affecting 350,000 people outside the hospital setting every year. Sudden cardiac arrest survival is less than 10% every year. Please join us in learning how to do CPR and use an AED. Along with this class, you will learn how to stop the bleed so you are well prepared for any traumatic event and can help save a life!

Be Heart Smart (N)

Friday, February 7, 10-11am

Presenter: Alec Jensen

Cost: Free

Register by Wednesday, February 5

Welcome to this insightful presentation on becoming heart smart, where we will explore simple yet effective habits that can significantly lower your risk of heart-related diseases.

Essential Oils: Make 'n Take All Natural Perfume (S)

Tuesday, February 11, 10-11 am

Facilitator: Jeanne Gehrke

Cost: \$5

Register by Friday, February 7

Ooh-Lala just in time for valentines day! Join us in making your very own all natural perfume!

Get Set Up: Watch Party -Exploring The Heart-Brain Connection (S)

Wednesday, February 12, 1-2 pm

Presenter: LeAnne Stuver/ Facilitator: Cierra

Cost: FREE

Register by Monday, February 10

Our heart health profoundly impacts our brain health! Join us to explore the interconnectedness of brain and heart, and uncover the lifestyle factors that influence their well-being. Learn how making informed choices can enhance their overall health in this enlightening session during healthy heart month!

Cooking w/ Alec (S)

Heart Healthy Sloppy Joes

Friday, February 14, 1-2 pm

Cost: R \$10/ NR \$12.50

Instructor: Alec Jensen

Register by Wednesday, February 12

This healthy copycat recipe of the comfort food classic trades beans for some of the meat to bump up fiber by 7 grams. We also cut back on the sugar and ketchup in this Sloppy Joe recipe makeover to save you 12 grams of added sugar.

Heart to Heart: Prevention, Treatment and Rehabilitation

Friday, February 21, 9-10am

Presenter: Kirsten Funk and Taylor Wheeler

Cost: Free

Register by Tuesday, February 18

Come learn all about your heart, how to prevent heart diseases and what happens when you seek treatment, and what the process of rehabilitation looks like! Kirsten Funk and Taylor Wheeler will be here from Aurora to help answer all your questions!

A Healthier You (S)

Monday, February 24, 1-2pm

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

Cost: Free

Register by Thursday, February 20

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.

Bingosize is back!

See page 16 for more details!

SAVE THE DATE!

Balance & Coordination: Small Group Training

The benefit of working on balance and coordination is to improve stability, build stronger muscles, and enhance flexibility. Additionally, it helps with proprioception, enhance coordination, and increase reaction times! Our goal is to stay active & safe in everyday life.

This small group training will begin March 3rd to April 23rd. We will meet every Monday and Wednesday from 1:15-2:00pm for 8 weeks. We will measure progress with our biodex machine!

If you are interested,
please contact Cierra at 920-233-5303



NEW
NEW
NEW
NEW

Discover a more active you.



Train your body & mind.
Improve your balance.



Falls are preventable!

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



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

Balance training is for everyone

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



FREE



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



For additional resources see our website



Join us for BINGOCIZE, an innovative health promotion program that seamlessly combines the excitement of bingo with effective falls prevention exercises. This engaging 10-week course is designed to progressively build on the knowledge and skills acquired each week, ensuring participants not only enjoy themselves but also enhance their physical well-being. Through BINGOCIZE, you'll have the opportunity to socialize, have fun, and improve your balance and strength, ultimately reducing the risk of falls. Don't miss out on this unique chance to boost your health while having a great time!

Mondays & Wednesdays
10am -10:45am
February 17 - April 23
Cost: Free
Register By: February 12

15 To successfully complete the course, participants are required to attend and actively participate in at least 80% of the sessions.

THE DAILY STEPS CHALLENGE

Use this calendar to track your daily steps. Aim to walk at least 7,500 to 10,000 steps every day, and take a 30-minute walk at least 5 times a week.

DAY 1 ____ Steps <input type="checkbox"/> Rest	DAY 2 ____ Steps <input type="checkbox"/> Rest	DAY 3 ____ Steps <input type="checkbox"/> Rest	DAY 4 ____ Steps <input type="checkbox"/> Rest	DAY 5 ____ Steps <input type="checkbox"/> Rest	DAY 6 ____ Steps <input type="checkbox"/> Rest
DAY 7 ____ Steps <input type="checkbox"/> Rest	DAY 8 ____ Steps <input type="checkbox"/> Rest	DAY 9 ____ Steps <input type="checkbox"/> Rest	DAY 10 ____ Steps <input type="checkbox"/> Rest	DAY 11 ____ Steps <input type="checkbox"/> Rest	DAY 12 ____ Steps <input type="checkbox"/> Rest
DAY 13 ____ Steps <input type="checkbox"/> Rest	DAY 14 ____ Steps <input type="checkbox"/> Rest	DAY 15 ____ Steps <input type="checkbox"/> Rest	DAY 16 ____ Steps <input type="checkbox"/> Rest	DAY 17 ____ Steps <input type="checkbox"/> Rest	DAY 18 ____ Steps <input type="checkbox"/> Rest
DAY 19 ____ Steps <input type="checkbox"/> Rest	DAY 20 ____ Steps <input type="checkbox"/> Rest	DAY 21 ____ Steps <input type="checkbox"/> Rest	DAY 22 ____ Steps <input type="checkbox"/> Rest	DAY 23 ____ Steps <input type="checkbox"/> Rest	DAY 24 ____ Steps <input type="checkbox"/> Rest
DAY 25 ____ Steps <input type="checkbox"/> Rest	DAY 26 ____ Steps <input type="checkbox"/> Rest	DAY 27 ____ Steps <input type="checkbox"/> Rest	DAY 28 ____ Steps <input type="checkbox"/> Rest		

Walking is an important form of physical activity that can improve your health in many ways, including:

- **Heart health:** Walking can reduce your risk of heart disease and stroke. It can also improve your cardiovascular fitness and lower your blood pressure.
- **Bone health:** Walking is a weight-bearing exercise that can help slow bone loss and reduce your risk of osteoporosis.
- **Muscle health:** Walking can strengthen your muscles and improve your muscle endurance. It can also help ease muscle pain and stiffness.
- **Mental health:** Walking can reduce stress and tension, and improve your mood, cognition, memory, and sleep.
- **Joint health:** Walking can reduce arthritis-related pain and prevent arthritis from forming. It can also protect your joints, especially your knees and hips.
- **Immune system:** Walking can help protect you during cold and flu season.
- **Weight management:** Walking can help you maintain a healthy weight and lose body fat.
- **Balance and coordination:** Walking can improve your balance and coordination, which can help prevent you from falling.

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- **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
920-419-5593
1861 Oregon St, Oshkosh, WI

Do you know how to report Medicare fraud?

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Contact
Senior Medicare Patrol
888-818-2611
www.smpwi.org

Wisconsin Senior Medicare Patrol

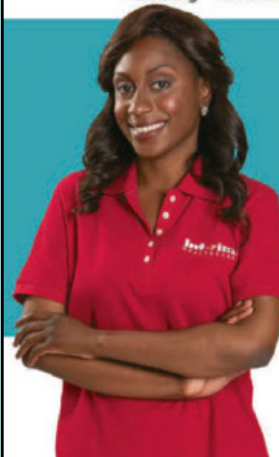


Personalized Care



When you need extra support at home, personalized care matters. First in home care, Interim HealthCare® understands the importance of caring for the whole individual. Our HomeLife Enrichment® standard of care engages the mind, body, spirit and family to ensure you receive the personalized care you deserve.

- Med Reminders • Meals • Companionship
- Bathing • Dressing • Transportation



What
matters
to you,
matters
to us.

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interim.com/fox-cities

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serves government-funded programs
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in over 50 Wisconsin counties.

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

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

DHS Approved 4/22/2021

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new local talent for
your business.

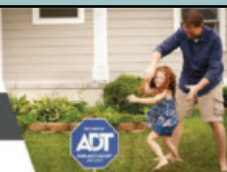


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Become an Aurora Healthcare Volunteer.

Are you a retiree, a stay-at-home parent, student, or someone with availability during weekdays?
We invite you to join our vibrant volunteer community and become a valued part of our team.



Why Volunteer With Us?

Invaluable Impact:

Volunteers like you have a tremendous daily impact on the lives of our patients & visitors.

Wellness Benefits:

Studies show that volunteering improves cardiovascular health, offers socialization opportunities, creates a sense of purpose, and reduces stress. Our greatest need is for Front entrance Volunteers who bring warmth and assistance to patients. Plus, there are various other opportunities available.

While we love commitment, we are flexible and happy to work around your commitments. Your time is truly appreciated!

Apply by: Logging into www.aurorahealthcare.org/volunteer
or scanning the QR Code



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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Support Services

Building North (N) South (S)

Grief Support (S)

Thursday, February 6, 1-2:30 pm

Thursday, February 20, 1-2:30 pm

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Maximum 12 per session

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, February 6-27

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

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

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

Memory Screening (N)

Wednesday, February 19

10:30 am -12:00 pm

Facilitator Alisa Richetti, ADRC

Cost: Free

To make an appointment call 920.232.5301

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

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.

Suggested donation of \$5, but nobody will be turned away based on payment.

Tender Loving Care Support Group (S)

4th Thursday of the month, 1 pm

Facilitator: Fox Valley Memory Project

Cost: Free

(Supported by the FV Memory Project)

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

Foot Care (S)

Tuesdays and Wednesdays 9 am to 3 pm,

Friday Appointments : 3rd & 4th Friday

9 am to 3pm

To make an appointment call 920.232.5301

Cost: \$40.00

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

Appointments are filling fast.

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

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

Aging and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at www.co.winnebago.wi.us/adrc

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

Elder Benefit Specialist (S)

Wednesday, February 19, 10-11:30 am

Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance for an array of topics and issues to anyone 60+. EBS Services are completely free and the service is not based on income. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and providing assistance with denials and appeals. Oshkosh EBS can be reached toll free at 877-886-2372.

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

Call 920.232.5340

General Information



OSC Closings and Notifications

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.)

Anytime OSC is closed due to weather, or any other reason, it will be announced on the OSC Facebook page and posted with WBAY, Green Bay's ABC Channel 2.

What happens if the Oshkosh Area Public School District declares a delay in opening due to weather?

The Center will open for the day. We will not have delays in opening.

What happens if the Oshkosh Area Public School District declares they are closing early due to weather?

The Center will not close early due to weather.



HOUSING IMPROVEMENT LOAN PROGRAM

The City of Oshkosh is inviting seniors to apply for the City's 2025 Housing Improvement Loan program. Applications will be accepted through March 17, 2025. This program has been in existence for over 30 years and has benefited many seniors. There is no interest on the loans and they are not repaid until the house is sold.

To qualify for the loan, your house must be located within the City of Oshkosh and must be your principal place of residence. The program pays for repairs to the home such as roof replacements, exterior repairs, plumbing and electrical repairs, furnace replacements, painting, and other items. The program will also address accessibility needs and all lead-paint hazards if necessary. The program is not intended for remodeling or additions. You will be considered for a loan if you meet the following income requirements.



Family Size Annual Income

- 1 \$55,400.00
- 2 \$63,350.00
- 3 \$71,250.00

Please call Kenneth Gresser of the Planning Division at 920-236-5056 if you have any questions or if you wish to receive information and application packet.



Home Safety with Technology (S)

Monday, February 24, 1-2 pm

Presenter: Christie Powers

Cost: Free

Register by Thursday, February 20



**Smart Lights &
Doorbell Cameras**



**High-Def Cameras
& Motion Sensors**

How can we use technology inside and outside of our homes to keep us feeling safe? Join us to learn how technology can keep us feeling secure by using Ring cameras, Alexa devices, Google Home devices, and security cameras.

Discussion includes what types of products are available, what set up is like for each different type, what the cost can range from, and how user friendly each one can be.

CALL 920.232.5300 TO REGISTER

TECHNOLOGY **DROP-IN HOURS**

Connect Through Tech is offering drop-in hours for people who need simple answers or help with "quick fix" issues. Time slots are 15 minutes max. If issues cannot be resolved in 15 minutes, a tech appointment can be booked.



Drop-In Hours

Tuesdays, 11 am-12 pm

Thursdays, 11 am-12 pm

or when sign is posted outside tech room 1 & 2

Drop-In is free, but please consider a donation when using the drop-in service.

One-on-one tech sessions are available Monday through Friday with Stephanie and Christie by appointment! Call 920.232.5301 to schedule.

Programs are designed to improve your digital literacy (all levels of expertise are welcome).

Stephanie and Christie welcome all levels of expertise. Meet with an instructor one-on-one to tackle any technology problem you may be experiencing. Common issues we deal with—passwords, setting up new devices, email issues, voice features, navigating social media, texting, camera questions or more! Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro!

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

By Appointment Only 920.232.5301

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

**Mondays, February 3, 10, 17, and 24
9:15 am, 10:30 am, 11:45 am, 1 pm**

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

By Appointment Only 920.232.5301



Do you enjoy singing?

Consider joining the Oshkosh Seniors Center
Golden Tones Chorus

Paula Steinert Director
Marshall Potter Accompanist



Informational Open House (S)

Monday, February 10, 1:30 pm

Register by Thursday, February 6

Come meet others who enjoy singing. Learn about what's involved in being a part of this 4 part Chorus, and enjoy light refreshments.

Chorus Rehearsals are held on Mondays at 1:30 pm

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

(All fees go directly back into chorus program)

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

Have you heard about "Prepay" accounts?

You can put any dollar amount you wish your prepay account and use it to pay for classes or activities. Having to make payments every time you visit can be an inconvenience. In SchedulesPlus, there's an account PREPAY, which enables you to make a deposit of funds. These funds are then available for you to use as you check-in for future events, or as you register you can use funds for payment.

- Stop at front desk with a check or cash and tell volunteer you would like to put money on your prepay account
- Want to register for a class via the phone? Call 920.232.5300 and have the fees taken from prepay account. No special trip to Center.

Ukulele Play Along (S)

Wednesdays, February 5-26

10:30 am-12 pm

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

Min/Max: 3/20

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

Ukulele Lessons Everyone Welcome!

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

New!

Advanced Ukulele Lessons (S)

Fridays, February 7-28, 10-10:50 am

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, February 5
Payment due upon registration**

For the advanced player. A dive into song structure and more advanced chords and chord formations. Class will also include fingerpicking and intricate strum patterns.

Beginner Ukulele Lessons (S)

Fridays, February 7-28, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, February 5
Payment due upon registration**

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

Intermediate Ukulele Lessons (S)

Fridays, February 7-28, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, February 5
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, February 7-28, 12:10 –1:10 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, February 5
Payment due upon registration**

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



JOT Mediterranean Cooking (S)

Mondays, February 3-24, 10-11:30 am

Instructor: Lynn Stuart

Cost: R \$40/ NR \$45

Min/Max: 3/9

Register by Wednesday, January 29

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. This is a repeat of the class held in the fall of 2024.

Conversational French (S)

Tuesdays, Feb 4-March 25, 10-11 am

Instructor: Dr. John Mapes

Cost: R \$10/ NR \$12.50

Min/Max: 3/9

Register by Thursday, January 30

Payment due at time of registration

Class is open to anyone interested in conversational aspects of French language and grammar. No previous knowledge necessary.

Chat N Chop (S)

Tuesday, February 4, 9:45 to 11:45 am

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

Register by Tuesday, February 12

Payment due upon registration

In this episode of chat n chop we will be making Deviled Crab Crostini, Cheeseburger Dip and Mexican Mac N Cheese. Does this sound good? Tie on those aprons and come join us.

Karaoke (S)

Tuesday, February 4, 1-2:15 pm

Register by Monday, February 3

Tuesday, February 18, 1-2:15 pm

Register by Monday, February 17

Facilitator: Lori Schroeder/ Kelly Arens

Cost: Free

Min/Max: 5/25

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

Feeding America of Eastern WI (S)

Wednesday, February 5, 9 am– 12 pm

Cost: Free

Feeling the pinch? Drop in and visit one on one with Jaki, the FoodShare Outreach Specialist for Feeding America Eastern Wisconsin. She's able to answer 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.

LIR: Income Tax & Taxation (S)

Wednesday, February 5, 1:30-3 pm

Presenter: William Morrison – CPA, CFA, CFP

Cost: Free

Register by Monday, February 3

This presentation will focus on income taxes. Mr. Morrison will provide an overview on the history of taxation in the United States and follow up with tax decisions focused on those nearly retired, those who are retired, and taxation upon death.



**Come meet
Keyanna the Macaw (S)**
from Menominee Park Zoo

**Tuesday, February 11
10-11 AM, FREE**
Register by Monday, February 10

**Socialization is vital to
Keyanna's health. Come on
out and meet her and chat
with her handler.**

Donations of:

- parrot treats
- large parrot toys
- unsalted peanuts
- unsalted sunflower seeds

Greatly appreciated!

2025 VISION Board Workshop (S)

Thursday, February 13, 1pm—3pm

Presenter: Kelly Arens

Cost: R \$15/ NR \$17.50

Min/Max: 4/12

Register by Thursday, February 13

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!



Seed Starting Tips & Tricks (S)

Tuesday, February 18, 10-11 am

Presenter: Rox Olesen, Horticulturist

Cost: Free

Min/Max: 4/12

Register by Thursday, February 13

Experience the ins and outs of getting your seeds started and learn how to grow healthy seedlings for spring planting using recycled single use plastic containers. Reduce, Reuse, Repurpose!

ORD-

Native Wildflowers to Start From Seed Now (S)

Wednesday, February 19, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register by Monday, February 17

Start planting your pollinator and native wildflower plants now from seed. Learn some great tips and suggestions for excellent pollinator plants to begin growing now indoors.



Bingo* (S)

Wednesday, February 19, 2-3:30 pm

Cost: Free

Min/Max: 10/80

Registration opens Wednesday, February 5

Register by Tuesday, February 18

Come for a fun afternoon of bingo!

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



Piano Bar Event (S)

Friday, February 14

2-3 pm Free

Register by Wednesday, February 12

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



Featuring guest pianist
Judy Heimerman Garrot

This event made possible through generosity of an anonymous donor

Estate & Long-Term Care Planning On the Cheap! (S)

Friday, February 21, 10-11 am

Presenter: Joseph McCleer, McCleer Law

Cost: Free

Register by Wednesday, February 19

Estate planning and long-term care planning are two areas of the law that are not to be taken lightly and should be invested in. That said, there are a number of inexpensive and easy steps that you can take now to potentially lower the eventual costs for you and your family pertaining to preparing an estate plan, administering an estate, and preserving assets from long-term care costs.



How To Move All My Stuff (S)

Tuesday, February 25, 10-11 am

Presenter: Scott Armstrong, All Senior Movers

Cost: Free

Register by Friday, February 21

Moving a lifetime of belongings can be challenging, emotionally and physically. Senior Movers specializes in helping those who are downsizing and relocating to a new home. Scott will share what you can do to make the transition as smooth as possible.



Eat & Greet (S)

Wednesday, February 26, Serve at 11:30 am

Cost: \$10.00

Max: 50

Tickets available January 29—February 17th

Eat & Greet: Brunch (S)



Please join us for brunch on:
Wednesday, February 26

11:30 am

Come hungry for:

egg bake, fruit and pancakes!



Cost:
\$10



Tickets available at front desks
January 29 - February 17th

Popcorn & A Movie (S)

Wednesday, February 26, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Monday, January 27

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.**

Book Talk (S)

The Paying Guests by Miranda Sarah Waters

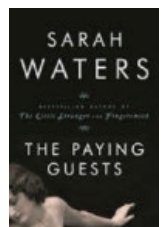
Thursday, February 27, 9:30-11 am

Facilitator: Kerry Wolfe

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

Register by Thursday, February 6

It's 1922 and London is tense. In a genteel Camberwell Villa— a large, silent house now deprived of life is about to be transformed, as the new owners are obliged to take in lodgers. Sound Interesting? Want to know how the story ends? Join Book Talk.



Wisconsin Warmers (S) Thursdays, 9 am-3 pm

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

Heart Health Message

The American Medical Associations' six tips for improving heart health to reduce the risk of heart attack and stroke, include the following:

- **Know your blood pressure numbers**—visit [ManageYourBP.org](https://www.manageyourbp.org) to better understand your blood pressure numbers and take necessary steps to get your high blood pressure, also known as hypertension, under control. Doing so will reduce your risk of heart attack or stroke.
- **Commit to a treatment plan to manage high blood pressure**—work with your doctor to create an individualized treatment plan that includes healthy lifestyle changes that you can realistically stick to long-term to help you maintain a lower blood pressure and lower your risk for negative health consequences.
- **Be more physically active**—regular physical activity can help reduce the risk of developing high blood pressure. It is recommended that healthy adults 18 to 65 years of age should get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.
- **Reduce your intake of processed foods, especially those with added sodium and sugar**—making simple dietary changes can help you manage or prevent high blood pressure, including eating less sodium, red meat and processed meats, reducing the amount of packaged, processed foods you consume—especially those with added sodium and sugar, and reducing consumption of sugar-sweetened beverages.
- **Maintain or achieve a healthy weight**—take steps to lose weight, if overweight. Being 20 pounds or more overweight could put you at increased risk of developing high blood pressure.
- **If consuming alcohol, do so in moderation as defined by the U.S.**

Dietary Guidelines for Americans—up to **one** drink per day for women and **two** drinks per day for men, and only by adults of legal drinking age.



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

Note the new fee for 2025

Cold & Flu season is here...Please

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

Cribbage

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

Beginners welcome

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

Wednesdays, 12:30-3:30 pm

Beginners welcome

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

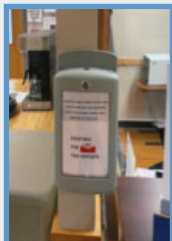
Fridays, 12:30-3:30 pm

Billiards (N)

Billiards are free to use. Please stop at front desk to get the billiard balls and to sign in. Please no billiards during exercise classes.

Tours Sign-up Options

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



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

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

If you have questions please call

Casino Trip to Menominee Casino Resort ****CANCELED****

Date: February 10 & 11, 2025

This trip has been **canceled** and will be rescheduled to a later date in 2025.

Charlie Berens: Good Old Fashioned Tour -The Performing Arts Center—Appleton

Date: Saturday, February 22

Cost: \$78 (Full payment due at Sign Up)

Depart: 1:15 pm We will stop to eat before the show, your own expense. Return immediately after show

Join us as we head to the Performing Arts Center to see Charlie Berens LIVE!!! Charlie is a comedian, author, journalist, and musician who tours the country, doing a 'Midwest-Focused Comedy Sketch. He began Manitowoc Minute in 2017, and has been on a roll ever since.

Price includes: Show ticket, Yellow Express Transportation to Front Door & Gratuity.
Guide: Cathy Koch



Savannah, Jekyll Island & Beaufort, South Carolina

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

Cost: \$1349 Per Person/Double Occupancy (\$75 non-refundable deposit)

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 Meals; Hotel and Attractions; Motorcoach Bus Transportation; Driver Gratuity.
Guide: Cathy Koch

Some Like It Hot

The Performing Arts Center—Appleton

Date: Wednesday, March 12

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

Depart: 6pm Return immediately after show

Set in Chicago when Prohibition has everyone thirsty for a little excitement, *Some Like It Hot* is the "glorious, big, high kicking" (AP) story of two musicians forced to flee the Windy City after witnessing a mob hit. With gangsters hot on their heels, they catch a cross-country train for the life-chasing, life-changing trip of a lifetime! Price includes Ticket, Yellow Bus Transportation and Driver Gratuity.
Guide: Cheryl Freiberg



West Side Story

The Fireside Theatre—Fort Atkinson

Date: Thursday, March 27

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

Depart: 8am Return approx. 6:15pm

Two young lovers find themselves caught between warring street gangs and is one of the most innovative and relevant musical dramas of our time. Price includes: Ticket, Motorcoach Bus Transportation, Driver Gratuity and Lunch with your choice of Sliced Pork Tenderloin, Coconut Chicken or Seared Halibut. Guide: Cindy Paffenroth

Smugglers and Spies

The Historic Milton House—Milton, WI

Date: Thursday, April 10

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

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

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

Guide: Cheryl Freiberg and Alice Himmler



Neil Diamond A Beautiful Noise

The Performing Arts Center—Appleton

Date: Thursday, May 1

Sold Out— Waitlist Available

Murder on the Orient Express

The Fireside Theatre—Fort Atkinson

Date: Thursday, May 8

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

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

Just after midnight, a snowdrift stops the Orient Express in its tracks. The luxurious train is surprisingly full for the time of year, but by morning it is one passenger fewer. An American tycoon lies dead in his compartment, his door locked from the inside. Isolated with a killer in their midst, the passengers rely on detective Hercule Poirot to solve the mystery. Price includes: Ticket, Motorcoach Bus Transportation, Driver Gratuity and Lunch with your choice of Chicken & Ribs, Grilled Mahi-Mahi, Mediterranean Short Ribs or Vegetarian Pasta Primavera. Dessert is French Silk Pie.

Guide: Cathy Koch



and

Coming Soon in May —A Day in Madtown (Madison)

Trip highlights will include: Tour at State Capitol, Lunch on the Betty Lou Cruise, and a stop at the Babcock Dairy Store & Plant. Check the Rotating Rack at the Tour Desk for details.

Mount Rushmore, the Badlands & Black Hills of South Dakota

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

Cost: \$1225 Per Person/Double Occupancy (\$75 non-refundable deposit)

Depart: 8am

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 Gratuity.

Guide: Cathy Koch



When sending payments in the mail include:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Name of Trip: _____

Amount Enclosed: _____

African Safari: Kenya and Tanzania

Dates: September 8-22

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

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



Choice on Tour: Local Fruit Vendor or Local Craftsman, Tarangire National Park, 12 Game Drives. Experience the Serengeti: Endless plains, 12,000 square miles, animal migrations, wildlife

refuge, unparalleled sunsets, UNESCO World Heritage Site. There are many ways to describe the renowned Serengeti, yet nothing can compare to seeing this natural wonder in person. Overall activity level of this tour is a level 3.

Passport required.

Guide: Cheryl Freiberg

Beautiful Maine

Date: October 4-12, 9 days/8 nights

Cost: \$1,579 per person Double; \$2,038 per person Single. (\$75 non-refundable deposit)

Depart: 8am Oshkosh Senior Center

This tour includes 4 consecutive nights in Maine. There is a Guided Tour of Portland, Maine's largest city-by-the-sea with Longfellow's boyhood home and the Portland Head Lighthouse. Guided tours of quaint Kennebunk and Kennebunkport; Tour of historic Victoria Mansion; Guided Tour of Pineland Farms, a picturesque working farm; Visit to Boothbay Railway Village, including a vintage train ride; Visit to the Seashore Trolley Museum and Countryside Trolley Ride.



Price includes: 14 meals: 8 breakfasts, 6 dinners; Hotel and Attractions; Motorcoach Bus Transportation; Driver Gratuity.

Guide: Cathy Koch

Grand Hawaiian Adventure

Dates: November 2-14

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

This trip is truly grand! You will see the best that Hawaii has to offer from historical sites such as Pearl Harbor and the Iolani Palace to beautiful scenery including Rainbow Falls and Hawaii Volcanoes National Park. This Adventure includes enjoying shopping, the beaches and of course a luau! Relax Hawaiian-style at an authentic luau. These gatherings typically include Polynesian cuisine such as Kalua pork, huli huli chicken, fresh local fish and much more. Enjoy a feast, lavish desserts and tropical drinks. Jump into Polynesian culture as you experience the ultimate island celebration.



HIGHLIGHTS: Waikiki Beach. Pearl Harbor, Iolani Palace, Hawaii Volcanoes, National Park, Polynesian Luau, Kona Highlights, Iao Valley, Waimea Canyon. Days 1-3 are in Honolulu; Days 4-6 are in Kona; Days 7-9 are in Lahaina; Days 10-12 are in Kauai. Overall activity level of this tour is level 1.

Guide: Cheryl Freiberg

2025 UPCOMING TRIPS:

Other Side of the Lake – 5/6
 MJ The Musical – PAC 6/4
 Brewer's Game – 6/11
 The Last Potluck – Fireside 6/26
 Door County – 8/14
 Wisconsin Dells 8/21
 Brewer's Game – night game 9/3
 Oklahoma – Fireside 10/2
 Murder Mystery – 11/16
 A Wonderful Life – Fireside 12/11

2026 Upcoming Collette TRIPS:

Mediterranean Coastal Journey – April 2026
 Pacific Northwest and California – June 2026
 Canadian Rockies – September 2026
 Sunny Portugal – November 2026
 Northern Lights of Finland – January 2027
Check the Rotating Rack at the Tour Desk regularly for new trips!!

EXPLORE

Past and Present



Programs

The program series, presented by the Oshkosh Public Museum and Friends of the Oshkosh Seniors Center, "Bridging Past and Present: Exploring Native American Cultural Heritage" aims to nurture a deeper appreciation for the rich history and vibrant present of our region's indigenous communities.



Workshops

The series will showcase recent archaeological work at Menominee Park, featuring insights from the Menominee Indian Tribe of Wisconsin, the Ho-Chunk Nation, and professional archaeologists from the University of Wisconsin-Milwaukee.



Lectures

Beyond the initial presentation, attendees can join workshops and lectures led by contemporary Native American artists and scholars.



Engage

These programs offer a unique opportunity to connect, learn, and honor the rich cultural heritage of Tribal Nations through art, fostering a deeper sense of understanding and community engagement.



Support

Friends of the Oshkosh Seniors Center provided matching funds for the Wisconsin Art Board's grant received by the Oshkosh Seniors Center. The Friends believe in bringing quality programs to Seniors in the community.

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.

Your \$30.00 donation
will ensure the arrival
of **THE CURRENT** to your mailbox.

Mail your donation to:

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

email inquiries:
FriendsOfOSC1986@gmail.com

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

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

Visit us at:

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

Friends Board

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

Or mail registration to:

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

