

THE CURRENT



**BE HEALTHY
TODAY, SO YOU
CAN THRIVE
TOMORROW**

2025 New Year, New You!

**Oshkosh Seniors Center
OPEN HOUSE &
WELLNESS FAIR**



**Wednesday, January 22
12:30-3:00 pm
North Building**

**Fitness staff and
organizations will
provide info and
support to help
you realize your
fitness & wellness
journeys.**

**It's a great time to
check out the
Center!**

January, 2025 , Issue #1

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

Happy New Year

A NOTE FROM THE SENIOR SERVICES MANAGER, DAN BRAUN

Welcome, 2025! This year is our 50th Anniversary of serving you at the Oshkosh Seniors Center. Our team of staff and volunteers is excited to welcome you to our programs. We hope you find something new to embrace this year besides your favorite programming.

As a reminder, some of our increasing fees directly support our operations. The changes are necessary to ensure our sustainability for the next decades.

As we are in the heart of winter, please be careful when traveling. I encourage you to review our Weather Closing Policy inside this issue before we use it.

Finally, I welcome you to join us on Wednesday, Jan 22, 2025, for the Open House at the North facility. You will be able to explore wonderful programs and fitness opportunities, hear great speakers, and see our wonderful woodshop. Bring some friends and explore all that we have for you.

See you by the river!

Dan

Happy New Year!

**Please make a note we will be closed on:
Tuesday, January 1**

WHAT'S IN THIS ISSUE?

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

Inside Cover
Enrichment
Fitness
Wellness
Support Services

Page 2
Pages 4 - 7
Pages 9- 11
Pages 12 - 16
Pages 18 -19

Connect Through Tech
Social And Educational
Winnebago Senior Tours
Friends of OSC

Pages 20
Pages 21 - 26
Pages 28 - 30
Page 31

Oshkosh Seniors Center

2025 New Year, New You!

OPEN HOUSE & WELLNESS FAIR



**BE HEALTHY
TODAY, SO YOU
CAN THRIVE
TOMORROW**

Fitness staff and organizations will provide info and support to help you realize your fitness & wellness journeys.

It's a great time to check out the fitness offerings of the Center!

- **Tour the Fox Fitness Center**
- **Explore Classes**
- **Find out if your membership is FREE with your Medicare**
- **Sign up for fitness equipment orientations**
- **Tour the World Class Woodshop**

Wednesday, January 22

12:30-3:00 pm

234 N. Campbell Road

Please register - 920.232.5300



**BE HEALTHY
TODAY, SO YOU
CAN THRIVE
TOMORROW**

2025 New Year, New You!

Oshkosh Seniors Center OPEN HOUSE & WELLNESS FAIR



**Wednesday, January 22
12:30-3:00 pm
North Building**

Schedule of Events

**It's a great time to
check out the
Center!**

EVENT SCHEDULE



**January 22,
2025**



12:30-3:00pm

12:30

Doors Open

12:45

Chair Yoga Demo

1:30

Pillars of Health - Dr. Koehler

2:15

**Thriving in the Third Act of
Life- Meaning and purpose as
we age. Chaplain Dereene**

2:30

**New Year, New You Goal Setting
Network Health Guest Speaker**

3:00

Thanks for Coming!

We are thrilled to invite you to the Oshkosh Seniors Center's Annual New Year's Fitness and Wellness Fair and Open House! This event is dedicated to promoting fitness and wellness within the senior community. We will have a variety of guest speakers, class demos, community partners, and vendors to showcase what the Center and its affiliates have to offer the 50+ community!

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

Art Expression (S)

Thursdays & Fridays

January 2-31, 9-11:30 am

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

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

Beginner Stained Glass (S)

Mondays, January 6-27, 10 am-12 pm

Instructor: Marla Tonn

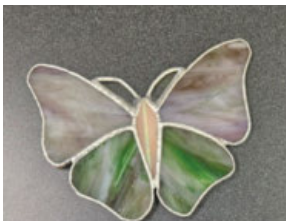
Cost: R \$25/ NR \$30

Register by Friday, January 3

Payment due upon registration

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

Beginner students only please!



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 on "stand by" will be given first option on the following month's class.

Stained Glass— Beautiful Birds (S)

Wednesdays, January 8 & 15, *10 am-3 pm

***Note Times**

Instructor: Marla Tonn

Cost: R \$30/ NR \$35

Payment due upon registration

Register by Monday, January 6

These brightly colored stained glass birds are sure to brighten up your home and bring a smile to your face. This new class format allows for more time to work on your project without interruption, and is only a two day commitment! Variety of patterns available. Bring a lunch and enjoy the days making art. **Must have basic stained glass skills.**

Projects similar to ones shown.



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.



Fairy Garden Stake (S)

Monday January 20, 9:30 –11:30 am

Instructor: Kerry Wolfe

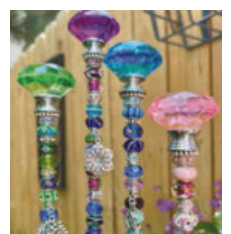
Cost: R \$10/NR \$12.50

Min/Max: 4/10

Register by Tuesday, January 17

Payment due upon registration

We will be making fairy wands that can be put in planters, gardens or just for decoration. Made with colorful glass beads and stakes. Project similar to the one shown.



Cricut Classes Advanced Cricut Classes

Layered Greeting Cards (S)

Wednesday, January 8, 10:30 am-12:30 pm

Instructor: Christie Powers

Cost: R \$10/ NR \$12.50

Register by Monday, January 6

Payment due upon registration

We will be learning how to cut cardstock paper to make layered greeting cards and flower wreaths.

Paper Flower Wreaths (S)

Wednesday, January 15, 10:30 am-12:30 pm

Instructor: Christie Powers

Cost: R \$10/ NR \$12.50

Register by Monday, January 13

Payment due upon registration

Beginner's Cricut Classes

Iron On Vinyl (S)

Tuesday, January 21, 10:30 am-12:30 pm

Instructor: Christie Powers

Cost: R \$10/ NR \$12.50

Register by Friday, January 17

Payment due upon registration

Learn how to use heat transfer vinyl to make an iron on project on a hot pad. All supplies provided.

Sign Making Using Vinyl (S)

Tuesday, January 28, 10:30 am-12:30 pm

Instructor: Christie Powers

Cost: R \$10/ NR \$12.50

Register by Friday, January 24

Payment due upon registration

Learn how to use permanent vinyl to make a winter sign. You will learn how to design, cut, weed, and attach the vinyl to sign. All supplies provided.

In each of the Cricut Classes, we will be learning or refreshing machine set up. We will also be using Design Space to create and make projects using various materials.

You may bring your computer or iPad with Design Space already installed if you choose, but it is not needed.

You do not need to bring your own Cricut Machine, one will be provided to use, however you are welcome to bring one if you have it.

We will not have time to set up design space or a new Cricut Machines during this class time, please schedule a one on one tech session with Christie to set up new machines.

Collage Art Workshop (S)

Friday, January 31, 10am - 12pm

Instructor: Kelly Arens, Lisa Fields

Cost: R \$15/NR \$17.50

Min/Max: 4/10

Register by Friday January 24

Payment due upon registration

Join our engaging Collage Art Workshop and discover the endless possibilities of creative expression through collage! Whether you're a seasoned artist or a complete beginner, this workshop is perfect for anyone who wants to explore new artistic techniques and have fun doing it.

Along with our OSC Staff, we will have a guest Artist in virtually from NC to teach you hands on techniques, tips, and material selections. This class will help you develop your eye for balance and harmony in your collages. Using your personal expression to craft unique pieces that reflect your individual style and imagination.

Project will be similar to pictures shown.



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Woodshop Guided Hours (N)

Wednesdays, 10 am-2:30 pm

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

Fridays, 1-3 pm

***Register by the Thursday 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, January 6-27, 8 am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

Register by Thursday, January 2

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**

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.



OSHKOSH SENIORS CENTER

WOODSHOP OPEN HOUSE

Wednesday,
January 22

12:30-3:30

North Building

We are a volunteer-run woodshop dedicated to helping others grow their craftsmanship and hobbies.

Guided Wood Burning (S)

Tuesdays, January 7-28, 8:15-11:15 am

Instructors: Linda Gomach, Richard Krummick

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

Min/Max: 3/10

Register by Friday, January 3

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!

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.**



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		Preparing Body for Life 2:15-3:00pm		Low Impact Dance 2:15-3:00pm	
3pm					

**Note: No exercise classes
January 1**



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

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.

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- 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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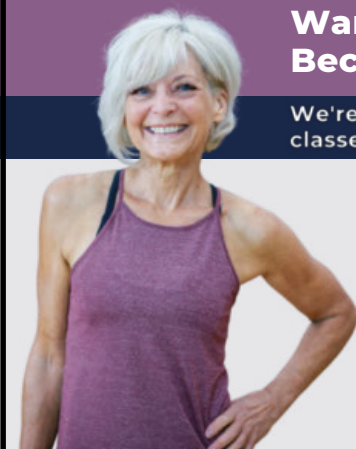
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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Mindfulness Meditation (S)

Thursdays, January 2-20, 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, January 2, 12:00-1:00 pm (S)

Tuesday, January 7, 10:15-11:15 am (N)

Thursday, January 16, 12:00-1:00 pm (S)

Monday, January 27, 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.

Essential Oils: Detox from the holidays

Tuesday, January 14, 10-11 am

Cost: \$8

Register by January 10

Destress from the holiday season with make'n take bath salts. You will learn how to make your own bath salts and take them home with you.

Hearing Screens (S) **NEW!**

Wednesday, January 15, 9-12 am

Cost: FREE

Register by January 13

Are you turning up the volume on devices, or people's voices seem too soft or mumbling? Or perhaps you have a constant ringing or buzzing in your ears? Well you are in luck, FREE hearing screens are here at the OSC once a quarter! SPOTS ARE LIMITED!

Get Set Up (Pop up Fitness Class) Sit, Stretch and Strengthen: Seated Aerobic Workout (N)

Wednesday, January 15th, 1-1:45 pm

Facilitator: Cierra Boutelle /Alec Jensen

Cost: FREE

Register by January 13

Discover the joy of movement without leaving your chair! This seated chair aerobics class combines fun, low impact exercises to enhance cardio fitness and strengthen your core, promoting improved health and well-being.

SMART Goals Workshop (N)

Tuesday, January 14th, 1-2 pm

Facilitators Alec Jensen/Cierra

Cost: FREE

Register by January 10

This workshop helps individuals focus on making small changes by using SMART goals, helps determine an individual's readiness to change and provides tips on identifying and eliminating barriers. SMART goals can be used when making lifestyle changes in nutrition, physical activity and beyond.

Cooking w/ Alec Creamy Chicken Tortilla Soup

Friday, January 17, 1-2 pm

Cost: R \$10/ NR \$12.50

Instructor: Alec Jensen

Register by January 15

Creamy chicken tortilla soup is a delightful and comforting dish that combines tender chicken, creamy broth, and vibrant toppings.

A Healthier You (S)

Monday, January 27, 1-2pm

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

Cost: Free

Register by Thursday, January 23

Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentations. She'll educate you about the latest tips on how to stay healthy. Her classes include information, handouts, and Q&A.



New CLASS FRESH

2025 VISION Board Workshop (S)
Wednesdays, January 8 & 15,
10 am-12 pm
Presenter: Kelly Arens
Cost: R \$25/ NR \$30
Min/Max: 4/12
Register by Thursday, January 2
Payment due at time of
registration.
See page 24 for more details!

VISION BOARD



Discover a more active you.



Train your body & mind.
Improve your balance.



Falls are preventable!

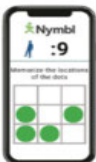
Yet 44 adults died in 2023 in Winnebago County as a result of a fall. This is an annual mortality rate of 25.6%



The City of Oshkosh Fire Department has teamed up with Nymbal, 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 Nymbal. 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 Nymbal today!



FREE

FUN



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



For additional resources see our website





NEW CLASS FEBRUARY 2025

PLAY ! LAUGH ! MOVE! LEARN!

JOIN US FOR BINGOCIZE,

AN INNOVATIVE HEALTH PROMOTION PROGRAM THAT
CLEVERLY COMBINES THE EXCITEMENT OF BINGO WITH
EFFECTIVE FALLS PREVENTION EXERCISES!

THIS UNIQUE EXPERIENCE OFFERS YOU THE PERFECT
OPPORTUNITY TO MEET NEW PEOPLE, HAVE FUN, AND
LEARN VALUABLE STRATEGIES TO REDUCE FALLS AND
ENHANCE COGNITIVE FUNCTION.

DON'T MISS OUT ON THIS FANTASTIC OPPORTUNITY—SPOTS ARE
LIMITED, SO SIGN UP TO SECURE YOUR PLACE !

KEEP IT SIMPLE

New Year Resolutions

Welcome to 2025! Make this year yours by keeping your New Year's resolution simple. Try to incorporate these 10 things into your life!

1. *Take phone calls standing or walking around*
2. *Do 5 chair sit to stands daily*
3. *Drink at least 8-10 glasses of water daily*
4. *Get outside & get fresh air for 10-20 minutes daily*
5. *Make your bed daily*
6. *Get 7-8 hours of sleep at night*
7. *Make a to do list for the next day before going to bed.*
8. *De-clutter: Get rid of 5-10 items every month*
9. *Monthly check ins with loved ones*
10. *No eating past 8pm*
11. **Bonus: NO FALLS in 2025**



COUPONS GOOD FOR
ONE FREE BIODEX
SCREEN!

PLEASE PRESENT THIS
TO OSC NORTH FRONT
DESK TO REDEEM AND
SCHEDULE WITH ALEC
OR CIERRA

ONLY VALID
TILL 1/31/25



Caring for the community since 1908.

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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

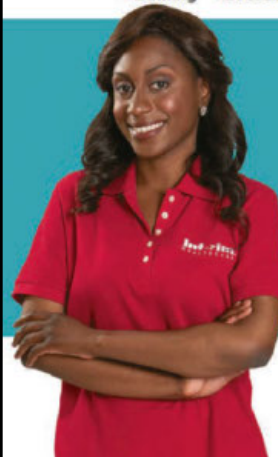


Personalized Care



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.

Call us today to learn more!
(929) 944-8945
interim.com/fox-cities

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

Visit us today:
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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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Building Bridges of Care.



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

Grief Support (S)

Thursday, January 2, 1-2:30 pm

Thursday, January 16, 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, January 2-30

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, January 15

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.

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 (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.

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.



Connect through Tech is offering drop-in hours for people who need simple answers. 15-minute time slots will be available when you see a sign outside Tech Room 1 or 2.

Please consider a donation when using the new drop-in hours.



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

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

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

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

By Appointment Only 920.232.5301

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

**Mondays, January 8, 15, 22, and 29
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





**Google is way
more than a
search engine!**

Everything Google

Tuesday, January 7

Free Session

1:30 pm to 2:30 pm (South Building)

Registration Required

920-232-5300

**Learn all about Google! Class will explore Google apps
and describe the Google Suite of Services**



NEW! Conversational French Class (S)

Tuesdays, January 7- February 25

10-11 am

Instructor: Dr. John Mapes

Cost: R \$10 / NR \$12.50 for 8 week session

Register by Friday, January 3

Class is open to anyone interested in conversational aspects of French language and grammar. No previous knowledge necessary. Will be taught how to use outside resources in addition to class work.



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.

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? Phone 877.886.2372

Ukulele Play Along (S)

Wednesdays, January 8-29

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."

Beginner Ukulele Lessons (S)

Fridays, January 10-31, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, January 8

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, January 10-31, 11 am-12 pm

NO Class Jan 17

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, January 8

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, January 10-31, 12:10 -1:10 pm

NO Class Jan 17

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, January 8

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!



Feeding America of Eastern WI (S)

Tuesday, January 7, 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.



Karaoke (S)

Tuesday, January 7, 1-2:15 pm

Register by Monday, January 6

Tuesday, January 21, 1-2:15 pm

Register by Monday, January 20

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.



2025 VISION Board Workshop (S)

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

Presenter: Kelly Arens

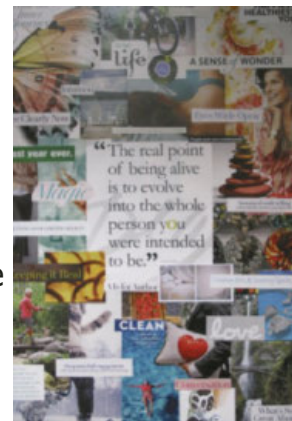
Cost: R \$25/ NR \$30

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!



LIR: Writing Short Memoir for Family & Other Loved Ones (S)

Monday, January 13, 10-11:30 am

Presenter: Laura Jean Baker, writer & teacher

Cost: Free

Register by Friday, January 10

After a brief overview of autobiography and memoir in the 20th and 21st centuries, we will discuss creative options and artistic considerations when writing your life stories with a special audience – loved ones -- in mind. What kinds of stories might you write, and what is most important about preserving memories in print? This class is a collaboration with Learning In Retirement.

Learning never exhausts the mind!
-Leonardo da Vinci

Social and Educational

Building North (N) South (S)

Chat N Chop (S)

Tuesday, January 14, 9:45 to 11:45 am

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

Register by Tuesday, January 7

Payment due upon registration

In this episode of chat n chop we will be making Taco Lasagna, Cowboy Pasta, and Bacon Bites. Does this sound good? Tie on those aprons and come join us.

Hedgehog Visit (S)

Tuesday, January 14, 10-11 am

Cost: Free

Register by Monday, January 13

Come and meet our prickly little friends, Hedgehogs Huck and Sawyer. Find out how we handle them, what they eat and what kind of enrichment we do for them.



Before You Claim Social Security Lunch & Learn (S)

Wednesday, January 15

11:30 am-12:30 pm

FREE Lunch!!

Register by Thursday, January 9



Claiming Social Security benefits usually is preceded by numerous questions. When to file? Can we still work while receiving benefits? What if my spouse died? How does my recent marriage or divorce affect my benefits? This seminar seeks to shed light on those questions and is specifically geared to individuals aged 60 to 70 years old. Come for a delicious FREE lunch and great information.

Backyard Birding (S)

Tuesday, January 14, 1-2 pm

Presenter: Liz Herzmann, DNR

Cost: Free

Register by Monday, January 13

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.



ORD-

Winter Birds of Prey (S)

Wednesday, January 15, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register by Monday, January 13

The peak of bald eagle season is here and we will enjoy discovering more about them, as well as winter owls, falcons, hawks and more.



MENOMINEE PARK ZOO

Enrichment Items Needed

**What is
Enrichment?**

Enrichment gives animals an outlet for physical activity and mental stimulation while providing them with choices

**Drop off at the
Senior Center**

Toilet Paper Rolls
Newspapers
Paper Towel Rolls
Paper Bags
Egg Cartons

North Location: 234 N Campbell Rd
Hours: 7 am-4 pm Monday-Friday
South Location: 200 N Campbell Rd
Hours: 8am-4 pm Monday-Friday

Bingo (S)

Wednesday, January 15, 2-3:30 pm

Cost: Free

Min/Max: 10/80

Registration opens Thursday, January 2

Register by Tuesday, January 14

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 starting Thursday, January 2

Rep. Palmeri Office Hours (S)

Friday, January 17, 10 am-12 pm

State Representative Lori Palmeri represents the 54th Assembly District since January 2023. Come meet Lori, bring your issues and share with Lori what's on your mind.

Madison Office:

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



Don't Lose Your Home (S)

Preparing for Long-Term Care in Wis

Friday, January 24, 10-11 am

Presenter: Joseph McCleer, McCleer Law

Cost: Free

Register by Wednesday, January 22

About 70% of Americans over 65 will require long-term care, and most aren't ready for the costs. Attorney Joe McCleer of McCleer Law Office will cover the three major categories of long-term care, their expected costs, and ways you can prepare while ensuring your most precious assets, like your home, will be protected.



Eat & Greet is Back!

Chili Soup Day (S)

Wednesday, January 29

CRAVING SOMETHING HEARTY AND DELICIOUS? OUR CHILI SOUP HAS YOU COVERED! JOIN US FOR A BOWL OF SAVORY GOODNESS THAT'S PACKED WITH FLAVOR AND THE PERFECT SIDES. YOU LIKE IT WITH "HEAT"? ADD YOUR OWN SPICE! SERVED WITH CORNBREAD, DESSERT AND COFFEE.

Serving at 11:30 am

Cost: \$10

Max: 50

Tickets available January 2-January 24

Come grab a warm bowl of Chili and all the fixings.



Popcorn & A Movie (S)

Wednesday, January 29, 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 Paper Palace by Miranda Cowley Heller

Thursday, January 30, 9:30-11 am

Facilitator: Kerry Wolfe

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

Register by Thursday January 2

A deeply emotional love story that follows one day in the life of Ellie Bishop as she navigates the unraveling of secrets, lies and a very complex love triangle. 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.

Upcoming

Golden Tones Chorus (S)

Mondays, 1:30-3 pm

Watch February newsletter for more details and start date

Do you enjoy singing in unison with others?

Come join this organized group of singers at the Center. Come together weekly in preparation for a concert at the Center. Singing is a great way to make friends and build relationships with people who have a common interest. Instruction, music, and vests provided.

Director: Paula Steinert

Accompaniment: Marshall Potter



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

Need a spot to play with Friends?

Open Cards & Games

Grab your friends, pick a time to meet and come play. Check in at front desk, daily fees apply.

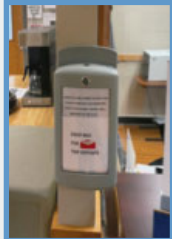
Billiards (N)

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

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

Charlie Berens: Good Old Fashioned Tour ****Just added****

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!!! Who is Charlie Berens? Charlie is a comedian, author, journalist, and musician who tours the country, doing a



'Midwest-Focused Comedy Sketch. He has a following of over 9 million people. He began Manitowoc Minute in 2017, and has been on a roll ever since. He has coined many popular phrases

such as: 'OPE', 'Meet ya at the Fleet Farm', 'Midwest Nice', 'Cripes Sake', 'You Betcha', 'Keep'er Movin', and 'Tell Your Folks I Say Hi'.
Guaranteed: Fun and Laughs! Price includes: Show ticket, Yellow Express Transportation to Front Door & Gratuity. Guide: Cathy Koch

28

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

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: Cheryl Freiberg



Winnebago Senior Tours

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

Neil Diamond A Beautiful Noise

The Performing Arts Center—Appleton

Date: Thursday, May 1

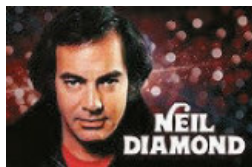
Cost: \$100 (\$25 non-refundable deposit)

Depart: 4:30pm Good Company Restaurant for dinner at your own dining expenses.

Return immediately after show

Created in collaboration with Neil Diamond himself, *A Beautiful Noise* is the uplifting true story of how a kid from Brooklyn became a chartbusting, show-stopping American rock icon. With 140 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline," an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway, where the biggest stars tell their story.

Guide: Cheryl Freiberg



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: Linda Reinke

When sending payments in the mail include:

Name: _____

Address: _____

City: _____ State: _____ Zip

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Cell

Phone: _____

Email

Address: _____

Name of

Trip: _____

Winnebago Senior Tours

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:

Casino/ 1 overnight – Feb./TBD
Smugglers and Spies, Milton – 4/10
Madison – May/TBD
Around the Lake– May/TBD
Murder on the Orient Express – 5/8
MJ The Musical – 6/4
The Last Potluck – 6/26
Spring Brewer Game – TBD
Brewer's Game – night game 9/3
Oklahoma – Fireside 10/2
A Wonderful Life – Fireside 12/11

2026 Upcoming TRIP

Mediterranean Coastal Journey 4/11-26

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

FRIENDS OF THE OSHKOSH SENIORS CENTER

WE HAVE A FEW
EMPTY CHAIRS TO
FILL

Friends of the Oshkosh Seniors Center play a vital role in providing the energy and additional funding needed to enhance the programs and services that make the center a cornerstone for our community's seniors. We are seeking dedicated individuals to join our board, bringing their skills, experience, and passion to help us continue enriching the lives of all who enjoy the Oshkosh Seniors Center.

A world of opportunities and connections awaits you at the Oshkosh Seniors Center. Joining the Friends is a meaningful way to support vital services for seniors in the community. It offers a chance to use your skills to ensure programs remain accessible, foster connections among seniors, and help sustain a welcoming environment where older adults can thrive.

If you are interested, please contact The Friends of the Oshkosh Seniors Center at FriendsofOSC1986@gmail.com

Friends of the Oshkosh Seniors Center Annual Meeting

Tuesday, January 14 at 4:00 p.m.

Oshkosh Seniors Center, South Building
200 N. Campbell Rd.
Please Register at 920-232-5300

Donors, volunteers, sponsors and the public are welcome!

Thank you for your generosity in supporting the Friends of the Oshkosh Seniors Center

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



All our dreams can come true, if we have the courage to pursue them.

~Walt Disney

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
Oshkosh WI 54903-3423

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

Dan Braun, Senior Services Mgr.
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

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**

