

THE CURRENT



4th of July



festival
FIREWORKS

MENOMINEE PARK

Food Truck Rally from 3 - 10 pm

Festival Foods Fireworks Show begins at dusk

Reetz Ball Diamonds Concession 4 to 11 pm

LakeFly Cafe Concessions 10 am to 6 pm

Please "carry out" what you "carry in".

Help keep our parks clean.

July 2024 , Issue #7

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



Discover the Offerings at the Oshkosh Seniors Center



FITNESS AND WELLNESS



**EDUCATION AND ART
ENRICHMENT**



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CONNECT THROUGH
TECH**

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Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center



Discovering the programs at the Oshkosh Seniors Center starts with a tour! Just ask for one at the desk.



The Oshkosh Seniors Center is closed on Thursday, July 4, in observance of the holiday.

WHAT'S IN THIS ISSUE?

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

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Fun Activities for Grandparents and Grandkids!



Kids are out of school, time to play.

Bird Feeder (N) Open to ages 8-12 with Adult

Thursday, July 11, 9 am -12 pm

Cost: \$10 per project

Min/Max: 3/10

Register by Friday, July 5

Payment due at time of registration

Come assemble and decorate a bird feeder with your grandchild. Enjoy working together on a great project.

Patio Karaoke (S) Open to all ages-kids must be with adult

Tuesday, July 16, 1-2 pm

Cost: Free

Register by Monday, July 15

All music lovers welcome. We will have have songs geared towards the kids as well as the grownups. Sure to be great fun! Weather permitting, we will be outside on patio. Bring lawn chair.



Family Afternoon Popcorn & Movie (S)

Open to all ages-kids must be with adults

Tuesday, July 23, 1-2:30 pm

Cost: Free-

Donations for popcorn appreciated

Register by Friday, July 19

Enjoy some time with a great movie, delicious popcorn, and a family friendly afternoon movie. See front desk for movie title.



Art Expression (S)

**Thursdays & Fridays,
July 5-26, 9-11:30 am**

Closed Thursdays, July 4 & July 25

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.**

Stained Glass (S)

Personal Choice Guided Project

Mondays, July 8-29, 10 am-12 pm

Instructor: Marla Tonn

Cost: R \$30/NR \$35

Min/Max: 3/6

Register by Friday, July 5

Payment due upon registration

Here's the chance to make a project of your own choosing. Project /pattern must be less than 21 pieces. Bring your own pattern or choose one from our pattern books. Stained glass artist Marla will be available to guide and assist you with project. Basic stained glass supplies furnished by the Center. Experience in stained glass required.



Artfully Yours (S)

Christmas in July Card Making Class

Wednesday, July 10th, 10-11:30 am

Instructor: Kelly Arens

Cost: R \$5/NR \$6.50

Min/Max: 3/12

Register by Monday, July 8

Payment due upon registration

Get started on your Christmas Cards in July! Handmade greeting cards are truly a piece of art. Come tap into your creativity with beautiful, personalized greeting cards that will be cherished by those that received them. In this class you will explore the use of layering patterned papers, stamped images and embellishments to create 4 greeting cards to send to friends and family. Instructor will be available for guidance and creative reference. Supplies provided, but welcome to bring your favorite tools along. Project similar to picture shown.



Resin Night Light (S)

Thursday July 18, 9:00 -11:00 am

Instructor: Kerry Wolfe

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

Min/Max: 3/8

Register by Wednesday, July 10

Payment due at time of registration

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



GetSetUp Watch Party (S)

Watercolor Sunflower

Tuesday, July 23, 9:30 -10:30 am

Facilitator: Kerry Wolfe

Min/Max: 3/15

Register by Wednesday July 17

Interested in learning how to watercolor? Come join our Watercolor class and learn the basics. We will be learning how to paint a sunflower, similar to the one shown. All levels of experience welcomed.

Supplies provided through the generosity of an anonymous donor.



Resin Flower Garden Stakes (S)

Tuesday, July 30, 10 am-12 pm

Instructor: Jane Wells

Cost: R \$25/ NR \$30

Min/Max: 3/6

Register by Thursday, July 25

Payment due at time of registration

Use glass, a mold, and resin to make these beautiful garden/plant stakes! After laying out your glass pattern in the mold, it will be covered with resin to hold it all together. Stakes are attached with glue after resin has cured. Please note that project will need to remain at Center for 24 hours to cure. Each person is able to make two 5" flower stakes. Please bring craft tweezers.



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




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



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Woodshop Guided Hours (N)

Wednesdays

10 am-2:30 pm

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

Cost: R \$5/NR \$6.50

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

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

Power & Hand Tool Carving (N)

Mondays, July 8 - July 29, 8 am-12 pm

Instructor: Gene Bengel and Richard Krummick

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

Min/Max: 5/12

Register by Monday, July 1st

Payment due upon registration

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

Pyrography—Portraits (S)

Tuesdays, July 9- Sept. 24, 9-11 am

Instructor: Linda Gomach

Cost: R \$45/NR \$50 - 12 weeks

Min/Max: 3/10

Register by Monday, July 1st

Payment due upon 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, July 19 & 26, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Payment due upon registration

Register by Friday, July 12

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

Grandparent & Me

Bird Feeder Project (N)

Open to ages 8-12, must be with adult

Thursday, July 11

9 am-12 pm

Cost: \$10 per project

Min/Max: 3/10

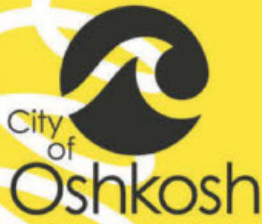
Register by Friday, July 5

Payment is due at the time of registration

Assemble and decorate a bird feeder with your grandchild. Enjoy working together on a great project. The program will be held in the OSC woodshop in the North building.

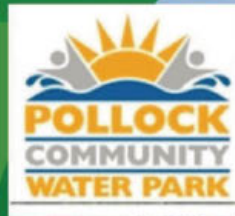


Scan the QR code to open the 2024 Activity Guide. Check out the Free Tuesday Night Concerts at the Leach Amphitheater, Brews on the Bay, Menominee Park Zoo, Pollock Community Water Park and Yoga at the Leach!



CITY OF OSHKOSH PARKS DEPARTMENT 2024 ACTIVITY GUIDE

Find Fun for the Kids, Family, and Adults



Special Events



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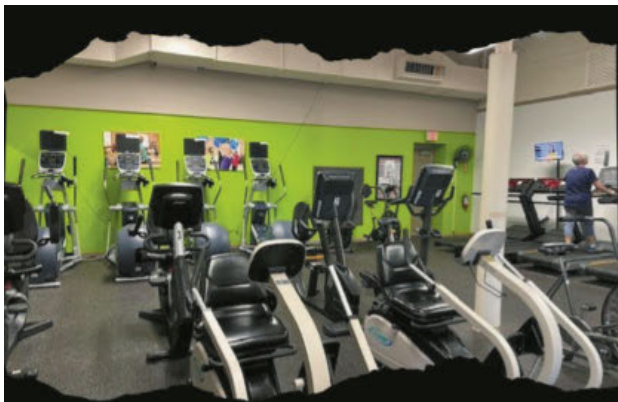
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Fitness Opportunities

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

CLASS TIMES

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



Not Insurance Eligible



Registration Required



We've got a plan for you



Rapid Movement

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

Range of Motion

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

Silver Sneakers® Classic

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

Life Fitness

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

Tai Chi Energy

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

Movement Exercise

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

Advanced Line Dancing

Instructor: Debbie Ruck

No class July 1 and 2

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

Slow Flow Yoga

A gentle-paced practice tuning into your breathing and moving through the poses at a slower pace while increasing flexibility, balance, and strength. It is strongly recommended that you are able to independently get up and down from the floor to participate in this class. Participants must bring their own yoga mat.

Beginner Chair Yoga

Instructor: Jim Crane (T)/Catherine Huybers (Th)

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

Low Impact Dance

Instructor: Diane Hergert

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

Step Interval

Utilize the step and incorporate intervals of aerobic and bodyweight strengthening exercises to give you a full body workout. Use of the step for class is optional.

FFC 3g **Limit 10 people.**



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

Keep Moving!

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

Kettlebells, July 1-29, Limit 10 people.
Choose beginner, intermediate, OR both.
Beginner (Mondays)/Intermediate (Thursdays)



Registration required by June 28.

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

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

Mindfulness Meditation (S)**Thursdays, July 11-25 11 am-12 pm****Closed July 4**

Instructor: Donna Janus

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

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

FREE Blood Pressure Checks**Tuesday, July 9, 10:15-11:15 am (N)****Thursday, July 18, Noon-1 pm (S)****Monday, July 22, 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: Continuous Mist Sprayers (S)**Tuesday, July 9, 10 am-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$10**Register by Friday, July 5**

Many deodorizers and air fresheners sold on the shelves these days are full of toxic chemicals. These chemicals can wreak havoc on our bodies by disrupting hormone levels. Join Jeanne to learn how to make a continuous mist sprayer filled with all natural ingredients. These mist sprayers can deodorize not only the air, but furniture, puppy beds, stinky shoes, gym bags, carpets, rugs, drapes, and more!

Weight Loss Reimagined: (S)**Monday, July 8, 10 -11 am**

Presenter: Eric Koehler

Cost: Free**Register by Friday, July 5**

If you are looking to reclaim energy and movement for family time, retirement, travel, and hobbies, this workshop is for you! We'll delve into why shedding pounds can be challenging, how inflammation impacts mobility, and share five actionable tips to jumpstart your weight loss journey. You will also learn how losing weight not only enhances your appearance but also can help alleviate chronic pain, spinal and joint issues, and sleep disturbances

The Future of Food Through GMO's (S)**Wednesday, July 10, 10-11am**

Presenter: Alec Jensen

Cost: Free**Register by Monday, July 8**

Join Alec for a comprehensive presentation that explores the cutting edge world of genetically modified organisms (GMO's) and their role in shaping the future of our food supply. This presentation delves in the science behind GMO's, the benefits they offer, and the ethical considerations they raise.

Stroke of Genius: Raising Awareness for Stroke Prevention (S)**Wednesday, July 10, 2:00-3:00pm**

Presenter: Melissa De Rusha, BSN, RN

Cost: Free**Register by Monday, July 8**

Spend some time learning about risk factors that could put you or a loved one at risk for developing a stroke and how to manage them. You will also hear about stroke symptoms, what to do if you recognize them, and what your healthcare team can do to help you. After this session, blood pressure screening will be available as well for anyone who is interested.

**Aurora Health Care****A Healthier You (S)****Monday, July 22, 1- 2 pm**

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

Cost: Free**Register by Friday, July 19**

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.

Supplementing Health (N)**Wednesday, July 24, 9-10 am**

Presenter: J.J. Allen PharmD

Cost: Free**Register By Monday, July 22**

Uncover the world of nutritional supplements and their impact on daily health regimes. This presentation will cover various supplements their intended benefits, and the science that supports them.

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Tai Chi

For Arthritis & Falls Prevention Work Shop

Thursdays, July 11 - September 12
9:15am-10:00am

Register By Calling OSC at
920.232.5300
Fee: \$25
Not insurance plan eligible

Tai chi is a gentle form of exercise that can be helpful for people with arthritis. It involves slow, controlled movements that are coordinated with breathing. Tai chi can help to improve flexibility, strength, balance, and range of motion. It can also help to reduce pain and fatigue.



Oshkosh Seniors Center North 234 N Campbell St.



BE PROACTIVE

Exercise can help to Prevent Falls

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

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Wednesdays and
Thursdays.
Please register.
920.232.5300.**



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Household Size	Annually	Monthly
1	\$27,861	\$2,322
2	\$37,814	\$3,152

Bring this form
and your photo
ID to receive

\$45

in vouchers to
spend at
participating
farmers markets
in Winnebago
County
(While Supplies Last)

Wednesday, July 17
8:30 AM to 4:00 PM

Oshkosh Seniors Center - South Buidling
200 N. Campbell Road, Oshkosh


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Cosmetologist
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OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



AZURA
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my choice
WISCONSIN

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

Visit us today:
mychoicewi.org/LPI
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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Home Care Services

- Medication Reminders
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- Shopping & Errands
- Personal Care Services

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WisconsinSeniorMedicarePatrol

SMP
Senior Medicare Patrol
Preventing Medicare Fraud



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

Heritage Court
A Senior Community

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

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



Visit www.claritycare.org for more information.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Grief Support (S)

Wednesday, July 3, 1-2:30 pm **Note Date Changes**
Monday, July 22, 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, July 11 & 18

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)

3rd Thursday of the month

10:30 am -12:00 pm

Facilitator ADRC

Cost: Free

Alisa will be available each month to complete a free memory screening and answer questions related to memory loss, dementia, an caregiving appointments take 20 minutes.

Memory Link Resource Hours (S)

No July hours, see you in August

11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

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

Drop ins welcome

Advocap Meal Program (S)

To register call 920.725.2791

24 hour in advance.

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

Tender Loving Care Support Group (S)

No July hours, see you in August

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 (July 19 & 26)

9 am to 3pm

To make an appointment call 920.232.5301

Cost: \$28.00

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

Appointments are filling fast.

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

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

Bus Passes (N or S)

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

Dial-A-Ride (N or S)

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh.

Brochures detailing the program including the fares may be found at the South or North front desks.

Aging and Disability Resource Center

If you need help for a variety of reasons related to aging and disabilities in Winnebago County you can call this agency at 1.877.886.2372 for assistance or visit their website at

www.co.winnebago.wi.us/adrc

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



Eat & Greet

WEDNESDAY, JULY 31

SERVE AT 11:30 AM

COST: \$10

TICKETS AVAILABLE

JUNE 26-JULY 22

**Grilled Pork Chops, summer salad,
baked beans, coffee and dessert!**

Technology: Be Safe Not Scared (S)

Tuesday, July 16 2-3 pm

Presenter: Christie Powers, Connect
Through Tech Instructor

Free

Register by Friday, July 12



Join this informative talk about the internet, online and phone credit card use, alexas, and Apple/Google Pay and how you can use it safely without worrying about who might be

accessing your private information? We will refresh ways to stay safe online and cover what to do when something does goes wrong.





Connect Through Tech

One on One Tech Appointments

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

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

Hours Vary—Please call for an appointment.

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

By Appointment Only 920.232.5301

Safe Websites with Information about Technology (including tutorials)

<https://techboomers.com/>

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

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

Mondays, July 1, 8,15, 22, 29
9:15 am, 10:15 am, 11:15 am, 12:15 pm

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

By Appointment Only 920.232.5301



Patio KARAOKE (S)

Tuesday, July 2
Register by July 1

Tuesday, July 16
(Grandkids welcome!)
Register by July 15

1-2 pm, Free

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers welcome!

Weather permitting, event will be in the shade on patio at South.
Please bring lawn chair.



Book & Puzzle Pick Up (S)

Monday-Friday, 8 am-4 pm

Cost: Free

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

Elder Benefit Specialist (S)

Wednesdays, July 10–31 10-11:30 am

Cost: Free

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



Mission Statement

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

Need help or have questions? Phone 877.886.2372

GetSetUp

Voyage through Titanic's History & Mystery (S)

Tuesday, July 9, 10-11 am

Free

Register by Friday, July 5

Join this class for a fascinating exploration of the history of the Titanic, uncovering facts and details that aren't commonly known!

Watercolor Sunflower (S)

Tuesday, July 23

9:30-10:30 am

Free

Register by Wednesday, July 17



Interested in learning how to watercolor? Come join our Watercolor class and learn the basics. We will be learning how to paint a sunflower, similar to the one shown. All levels of experience welcomed. Supplies provided through the generosity of an anonymous donor.

Chat N Chop (S)

Tuesday, July 9, 9:45-11:45 am

Facilitator: Kerry Wolfe

Cost: R \$10.00 /NR \$11.50

Min/Max: 3/8

Register by Tuesday, July 2

Payment due upon registration

In this session of Chat N Chop, we will be making Korean corn dogs, fresh corn & tomato salad and a frozen margarita mousse

Cooking with Alec (S)

Veggie Flatbread w/ Smoked Almond Muhammara

Friday, July 12, 1 pm-2 pm

Presenter: Alec Jensen

Cost: R \$5 NR \$6.50

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

NOTICE THIS RECIPE CONTAINS NUTS

ORD-Identifying Dragonflies & Damselflies (S)

Wednesday, July 17, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, July 15

Learn to identify and explore the lives of many of the common dragonflies and damselflies found in Wisconsin throughout the summer months.



How about taking a new art enrichment class?



Social and Educational

Building North (N) South (S)

Bingo (S)

Wednesday, July 17, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/60

Register by Tuesday, July 16

Come for a fun afternoon of bingo!

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




DONUTS & ELDER LAW

TRUSTS 101 (S)

Friday, July 19, 10-11 am

Free

Presented by: Attorney Joseph McCleer
Joe McCleer of McCleer Law Office details how you can use trusts to create ease for your family in your estate plan, protect your most cherished assets from long-term care costs, and help up your family for better financial stability in the future. Free donuts and coffee.

Register by Wednesday, July 17

Free Coffee & Donuts!




Eat & Greet (S)

Wednesday, July 31

Serve at 11:30

Cost: \$10.00

Max: 50

Tickets available June 26—July 22

It's Summer Time and you know what that means...Grilling Season. Come join us for pork chops, baked beans, salad, coffee and dessert.



Popcorn & A Movie (S)

Wednesday, July 31, 12:45 pm—2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, July 30

Inquire at the front desk for movie details.

NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter.



Rep. Palmeri Office Hours (S)

Friday, July 19, 10:30 am-12 pm

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

Madison Office:

Room 5 North

State Capitol

PO Box 8953

Madison, WI 53708



Book Talk (S)

The Boston Girl by Anita Diamant
Thursday, August 1, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Thursday, July 5

An unforgettable coming-of-age novel about family ties and values, friendship and feminism told through the eyes of a young Jewish woman growing up in Boston in the early twentieth century. Want to learn more? Come join us at Book talk.



Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

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

No Meetings on Thursdays July 4 & July 25

Display Cabinet (S)

We want to see your collections! Do you have a hobby or collection you would be willing to have on display for a month at the Center? We are taking reservations for displays. The cabinet is a locked unit and is located in the South building near the Willows. Interested in learning more? Contact Kelly Arens-920.232.5310



Items we would like

include:

Scrapbook/Cardmaking

Paper or Supplies

Die cutting forms

Buttons

**Please drop off
donations
at the front
desks. Thank
you!**



No cards Thursdays July 4 & July 25

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

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

Cribbage

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

Beginners welcome

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

Wednesdays, 12:30-3:30 pm

Beginners welcome

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

Need a spot to play with Friends?

Open Cards & Games

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

Billiards (N)

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

EXPLORE NEW FOODS

MUST REGISTER
920.232.5300

CHAT N CHOP

Join us to make Korean corn dogs, fresh corn and tomato salad, and frozen margarita mousse.

Tuesday, July 9

9:45 to 11:45 am

Cost: R \$10.00/NR \$11.50

COOKING WITH ALEC

Learn how to make veggie flatbread with smoked almond muhammara.

Friday, July 12

1 pm to 2 pm

Cost: R \$5.00/NR \$6.50



Winnebago Senior Tours

Tours Sign-up Options

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

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

- Mail your check to:
Winnebago Senior Tours
P. O. Box 1851
Oshkosh WI 54903-1851

Please be sure to note the trip on the check memo line.

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

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

**If you have questions please call
920.232.5312**



NOTE

**August 27, 2:00 pm in the Willow Room:
Collette presentations for Hawaii and Africa**

Discovering Wausau at New Heights

Date: Thursday, July 18

Depart: 7:30am Return

Approx. 6:30pm

Cost: \$65 (\$20 non-refundable deposit)

Join us as we tour Hsu's Ginseng Farm—the largest American ginseng farm and retail operation in the United States. Then we head downtown to Third Street Lifestyle Center offering a mix of locally owned boutiques, restaurants and eateries. The highlight is the display of colorful umbrellas hanging over Third Street. On to Rib Mountain State Park to view the oldest geological features on Earth. Our final stop will be Nueske's Applewood Smoked Meats in Wittenberg. Included is the Deluxe Motorcoach, Ginseng Tour and Rib Mountain State Park. Lunch is on your own.

Guides: Cindy Paffenroth and Cathy Koch



Matilda the Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, August 1

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

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

Matilda the Musical is packed with high-energy dance and catchy songs. Matilda tells the story of an extraordinary girl who takes a stand to change her story.

Unloved by her cruel parents she impresses her teacher with courage and cleverness to

triumph over what's "not right." Includes:

Theatre tickets, coach bus transportation, driver gratuity, and lunch which is your choice of Chicken Alfredo, Roast Pork Tenderloin or Grilled Salmon with Pecan Turtle Ball Sundae for dessert.

Guides: Cathy Koch & Lauralyn Hensarling



Wisconsin State Fair — Milwaukee

Date: Wednesday, August 7

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

Depart 8am Return Approx. 6:30pm

Do you enjoy the Wisconsin State Fair? Here's your chance to enjoy a day at the fair without worry about driving or parking! Enjoy the music, food, rides, agriculture and other

exhibits and cream puffs. Includes: Coach bus, Fair admission, and voucher for a cream puff or giant brownie! Guide: Cathy Koch



When sending payments in the mail include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____

Winnebago Senior Tours

Maritime in Door County

Date: Wednesday, August 14

Depart: 7am Return 8pm

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

We will start the day with a Docent led tour of the Door County Maritime Museum in Sturgeon Bay showcasing the area's maritime roots and traditions. We will then travel north to Egg Harbor where you can explore the town on your own! Grab a bite to eat at one of the town's many restaurants and then shop at the unique Main Street Shops. A stop at Wood Orchard Market for all our cherry and apple favorites. Finally, The Log Den for a delicious buffet dinner including dessert.

Guides: Cheryl Freiberg and Mary Plavec



Clausen Family Music Show

Barn Theatre—Coloma

Date: Thursday, September 26

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

Depart: 8am Return Approx. 6:30pm

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



UPCOMING TRIPS

Miracle on 34th Street At Fireside 11/27

Mrs. Doubtfire @ PAC in Appleton 11/??

Mamma Mia @ PAC in Appleton 12/??

Lion King @ PAC in Appleton 1/??/25

Grand Hawaiian Adventure 11/2-14, 2025

Africa in 2025

And more! -Stay Tuned!

Exploring Prairie du Chien

Date: Tues. October 1-Thurs. October 3

Cost: \$435.00 Dbl., \$585 Sgl., Ste. \$465

\$50.00 non-refundable deposit

Depart: 7:30am Return Approx. 5pm 10/3

Moderate walking on this trip

Join us as we explore the beautiful Southwestern region of Wisconsin. This area is known for its beautifully sculptured topography being a part of the Driftless Area as well as bird sightings and effigy mounds. Included on our excursion is a trip to Villa Louis - an historic mansion built in 1871, Fort Crawford



- the fort that stood guard over Prairie du Chien from 1816 to 1856, dinner at Huckleberry's —a favorite local eating spot, and lunch and music cruise on the Mississippi River aboard the Celebration Belle paddlewheel riverboat. Trip includes admission to all venues, dinner at Huckleberry's, and lodging at Quality Inn & Suites for 2 nights.

Guides: Cathy Koch and Laurelyn Hensarling

Rocky The Musical

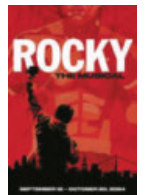
The Fireside Theatre—Fort Atkinson

Date: Thursday, October 3

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

Depart: 8am Return Approx. 6:15pm

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



Guides: Cindy Paffenroth and Marianne Zarling

BE SURE TO CHECK THE ROTATING RACK AT THE TOUR DESK FOR UPDATES ON ALL OF OUR TRIPS!!

Winnebago Senior Tours

2024 Branson Shows Extravaganza 6 days / 5 Nights (Incl. 3 nights in the Branson area)

Date: December 2-7, 2024

Cost: \$899 Double, \$1278 Single

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

This trip includes:

Admission to 6 Fabulous Shows
including:

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

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

Guide: Cathy Koch



Christmas at Sanfilippo Estate

Date: Thursday, December 5

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

Depart: 7:30 Return Approx. 9:00pm

The Sanfilippo "Place de la Musique" is renowned
for its collections of antique music machines,
phonographs, arcade machines, and the world's
largest restored theatre pipe
organ and many more
functional mechanical antiques.

The motive behind this

collection is the preservation and sharing of the
experience of these marvelous inventions of the
Western World. Includes Deluxe motorcoach,
Estate Tour, Christmas Concert and Lunch at
Sanfilippo.

Guides: Cindy Paffenroth & Debbie Hogue



Holland & Belgium Springtime River Cruise

Date: April 22-30, 2025

Cost: Starts at \$5299 dbl occupancy

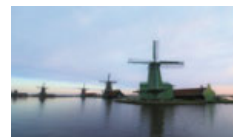
Space is filling up fast!

Call now to secure your reservation.

Savor springtime in Holland and Belgium with a
cruise that highlights the
blooming Dutch tulip fields on the
beautiful MS Amadeus Brilliant,
Amsterdam. Relax as you make
your way along seemingly

endless fields of vibrant flowers and iconic
windmills. **Highlights:** Amsterdam, 7-Night River
Cruise, Keukenhof Gardens, Arnhem, Innsbruck,
Middelburg, Bruges, Antwerp, Kinderdijk
Windmills.

Guide: Cheryl Frieberg



Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

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

Cost: Varies by stateroom selection

Now is the time to cross traveling to Alaska off
your "Bucket List" on this 12-day land and cruise
tour. Fly into Fairbanks, and cruise on the
Sternwheeler Discover, encountering Alaska's
diverse culture and rich history. Stay 2 nights at

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



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

This is the Alaska as you always imagined.

Passport is required.

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

Guide: Cathy Koch

YOU COULD **WIN...**



\$1,200 IN GROCERIES!

THE FRIENDS OF THE OSHKOSH SENIORS CENTER
AND
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PRESENT



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

\$100

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

*SOME EXCLUSIONS APPLY. EXPIRES AUGUST 31, 2025.



\$5 RAFFLE TICKETS

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



FOOD TRUCK FRIDAYS

JUNE 14 and AUGUST 9

SOUTH PARK • 5:00 – 9:00 PM

RAFFLE DRAWING 7:00 PM AT AUGUST EVENT
(NEED NOT BE PRESENT TO WIN!)



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

Non Profit Org

U.S. Postage

PAID

UMS

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

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

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

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

Friends Board

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

Or mail registration to:

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

