

THE CURRENT



Discover the Offerings at the Oshkosh Seniors Center
Fitness & Wellness
Education & Technology
Enrichment & Support

JULY 2025

Featured Programs & Events



Fraud Prevention w/ Community First Credit Union (See page 11)



Pickleball Options (See pages 15 & 19)



Eat & Greet (See page 26)



Popcorn and a Movie (See page 26)

920.232.5300

www.oshkoshwi.gov/seniorservices/

A Free Monthly Publication supported by the Friends of the Oshkosh Seniors Center, Inc.

Welcome to the Oshkosh Seniors Center

A note from Senior Services Manager, Dan Braun

July is here already! With the nicer weather will come some updates at the Seniors Center in the North Building. We have some projects to take care of so there we ask you to pardon our dust as things move around a bit. Our end goal is to serve you better and more efficiently and to support the growth of our programs.

Walking back into the Fox Fitness Center you will notice a new shoe changing and waiting area to the left and opposite of that will be a functional fitness area better suited to supporting our growing personal training programs. In Kiwanis Hall, the curtain will be lowered and straightened out to better support those in our Yoga, Tai Chi, and other classes where privacy is desirable or in the case of pickleball so that an errant ball doesn't roll away! Campbell Creek Corner will be the new home of the Biodex equipment and other falls prevention related items as this space makes sense to house similar programs.

These changes will take time and a little bit of adjustment, but they are done to enhance the experience of you, our participants. Many of them will take place the week of July 7 as we pause our group fitness classes that week.

See you by the river!
-Dan



Oshkosh Seniors Center will be **CLOSED** on **Friday, July 4th.**

There will be **NO** fitness classes held **July 7-11.**

Due to a scheduled event, there will be no programs held at our South Building on **Thursday, July 24th.**

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LEGACY GIVING MATTERS



*"If you're going to live, leave behind a legacy.
Make an impact on the world that can never be erased."
- William James*

What's your lasting legacy to this community?

If you want to ensure future generations can find a safe place to pursue joy, good health, and friendships, consider a planned gift benefitting the Oshkosh Seniors Center. Aging needs to be celebrated, and you can help make that happen.

WHY MAKE A GIFT TO THE OSHKOSH SENIORS CENTER?

WE HAVE A 50-YEAR HISTORY OF ENRICHING THE LIVES OF THOUSANDS OF VERY IMPORTANT OLDER ADULTS FROM THIS COMMUNITY!

- 1** The Center is critical because here, you can connect to make friendships, access fitness, technology support, lifelong learning opportunities, fall prevention strategies, wellness, art classes, woodworking, music, and much more.
- 2** Our goal is your goal! We want you to live independently and in your home for as long as possible. To accomplish this, you need to stay physically and mentally healthy. The Center offers ways for you to achieve that goal!
- 3** Only two percent of philanthropic dollars support aging-related issues and projects, yet older adults represent 18 percent of the population. Please be a champion of healthy aging.

You can easily leave a gift in your will to the Oshkosh Seniors Center. Simply include the language below in your estate planning:

I hereby give, devise, bequeath _____ (enter dollar amount or % of estate) to the Friends of the Oshkosh Seniors Center, a 501c3 nonprofit organization that supports the Oshkosh Seniors Center.



For more information contact Chris Kneip at ctkniep@new.rr.com.

Please join us, ensuring the Center is here and committed to healthy aging for generations to come.



Nature Makes Us Happy (S)

Connection to Nature & Wellbeing
Presented by Dr. Amy Kneepke-Carney



Tuesday, August 12
10-11 am
Cost: Free

Register by
Monday,
August 11
920.232.5300

This presentation will explore how emotional connection to nature relates to health and well-being. Topics include the benefits of nature exposure, trends in time spent outdoors, and efforts to strengthen human-nature connections.





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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Art Expression (S)

**Thursdays & Fridays
July 3-25, 8:30-11:30am**

Closed Thursday, July 24

Monday, July 21, 8:30-11:30am

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

Do you need a space to create an art project or work on a hobby? Bring your project and own supplies and use the center's art room with friends who share similar creative endeavors. **Seniors Center supplies are not to be used during this time.**

Beginner Stained Glass (S)

Wednesdays, July 9-30, 10am-12pm

Instructor: Marla Tonn

Cost: R \$20/ NR \$25

Register By Monday, July 7

Payment due upon registration

Interested in picking up a new hobby? Join us to learn how to use a pattern, cut, grind, and foil glass, and finally, how to solder your piece. The price includes all necessary supplies for the class.



Artfully Yours –Faux Flower Frame

Thursday, July 10, 1-3pm

Instructor: Kelly Arens

Cost: R \$15/NR \$20

Min/Max: 4/10

Register By Thursday, July 3

Payment due upon registration

Come make a cute decorative faux flower frame with an upcycled wooden picture frame. We will use a variety of colorful flowers to arrange a gorgeous piece for your home. This will spark your creativity and make any space more elegant!

*Project similar to picture provided.

Wooden frames will vary.



Tree Jewelry Sun Catcher Charms (S)

Monday July 14 ,9:30 -11:30am

Instructor: Kerry Wolfe

Cost: R \$10/NR \$12.50

Min/Max: 4/10

Register By Tuesday, July 8

Payment due upon registration

Back by popular demand! Let's get creative and make tree jewelry sun catcher charms. Create a single string of beads, mirrors, and charms. Make it as a gift or keep it for yourself. This project is similar to the one shown.



Christmas in July Card & Tag Making Class (S)

Thursday, July 17, 1-3pm

Instructor: Kelly Arens

Cost: R \$15/NR \$20

Min/Max: 4/10

Register By Thursday, July 10

Payment due upon registration

Join us for a jumpstart on your Holiday card and tag making! We will have three Holiday cards prepped and ready to assemble. We will also show some creative ways for making three gift tags for your gifts. Supplies will be provided, if you have favorite crafts supplies you like to use, feel free to bring. Bring in your old Holiday cards to be recycled into fun tags.



Needle Felting Butterflies and Flowers (S)

Monday July 28, 9:30 -11:30am

Instructor: Kerry Wolfe

Cost: R \$10/NR \$12.50

Min/Max: 4/10

Register by Tuesday, July 22

Payment due upon registration

We will be needle-felting flowers and butterflies. Patterns will be provided for you to use. All materials are included; just bring your creative side!

OSHKOSH SENIORS CENTER

The Woodshop

GUIDED HOURS:

WEDNESDAYS 10-2:30PM

Call Tuesday before to register if you are planning to attend after 12pm.

CLASSES OFFERED
OTHER TIMES!

Please see The Current Newsletter for Classes offered.



SIGN UP ONLINE
OR BY CALLING
THE FRONT DESK

Woodshop Guided Hours (N)

Wednesdays, 10 am-2:30pm

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. Bench Passes are available for use if not Safety Trained.

Call ahead to schedule for the 12-2pm timeslot the day prior. Please arrive by 2 pm to finish any project by 2:30 pm.

Power & Hand Tool Carving (N)

Mondays, July 7-28, 8am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

Register by Thursday, July 3

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 is open to carving projects only.**

Guided Wood Burning (S)

Tuesdays, July 8-29, 8:15-11:15am

Instructors: Linda Gomach, Richard Krummick

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

NO CLASS JULY 22

Min/Max: 3/10

Register by Thursday, July 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)

Check back in August for dates!

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.**

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Oshkosh Senior Center, Oshkosh, WI

B 4C 01-0984



Meet Sadie

Hi! My name is Sadie Ingenthron, and I am thrilled to be a new team member at the Oshkosh Seniors Center. My role is Marketing and Fund Development Coordinator, a City of Oshkosh position that splits time between the Seniors Center, Parks Department, and Planning Services.

Walking into the Seniors Center on my first day was such a joy! The place was buzzing with activity. The choir was gathering to rehearse, folks were hanging out playing cards, and others were working hard in the fitness center. It made me excited to see community members utilizing this excellent resource.

In my new role, I will have the opportunity to share the incredible stories that come from the Seniors Center and inform the community about the services offered. I have spent the last four years working at mission-driven nonprofit organizations, and I really believe in serving and building communities. What excites me most about the Seniors Center is the sense of community you can feel being here. I am thrilled to be part of that, and I look forward to contributing to the growth of this fantastic place.



SUMMER CHECK-IN CHALLENGE

Join us at the Seniors Center this June-July! Check in daily for your activities, and the person with the most check-ins will win a special prize!

Participate in all five categories to earn 100 extra incentive points!

All five must be completed to qualify

- Fitness
- Wellness
- Enrichment
- Social & Educational
- Technology or Support Services



FRAUD PREVENTION

COMMUNITY FIRST CREDIT UNION

Wednesday July 16th 9-10am

- Learn how to keep your money safe!
- Learn to spot scams and fraud.
- Tips for protecting your accounts and personal information.
- Practical steps to prevent financial loss.
- Q&A with security experts.



REGISTER BY: Mon, July 14

 200 N Campbell Rd Oshkosh WI

 Call: 920-232-5300





SUMMER WALKING CLUB

WITH CIERRA

EVERY WEDNESDAY
JUNE 4TH - AUGUST 27TH
9:00-10:30AM

Enjoy the moment



BENEFITS OF GROUP WALKING

- ✓ Improved Health (blood pressure, heart rate, depression & overall fitness).
- ✓ Increased motivation
- ✓ Social opportunity
- ✓ Safety and emotional health

Please Register By Every Tuesday.

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- Facilitate wellness classes for older adults.
- Provide strategies for healthier living.

It's a great opportunity to share your skills and give back to your community!

For more information:



Scan the QR code or visit wchd.pub/wellnessplus

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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

OSC GROUP EXERCISE SCHEDULE

EXERCISES CLASSES ARE HELD AT OUR NORTH BUILDING
234N CAMPBELL RD. OSHKOSH, WI 54902

TIME	MON	TUE	WED	THU	FRI
7:00	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball
	Open	Open	Open	Open	Open
	7-8am	7-8am	7-8am	7-8am	7-10:30 am
8:00					
	Rapid Movement	Life Fitness	Rapid Movement	Life Fitness	
	8:30-9am	8:30-9am	8:30-9am	8:30-9am	
9:00	Morning Mobility	Tai Chi Energy	Morning Mobility	Tai Chi Energy	Total Body
	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	Fitness 
					9:15-10am
10:00	Chair Cardio				
	& Core				
	10-10:45am				
11:00	Silver Sneakers	Movement	Silver Sneakers	Movement	Movement
	Classic	Exercise	Classic	Exercise	Exercise
	11-11:45am	11-11:45am	11-11:45am	11-11:45am	11-11:45am
12:00					
	Advanced	Advacned			
	Line Dancing	Line Dancing			
	12:15-1:45pm	12:15-1:45pm			
1:00			Pickleball	Chair	Pickleball
			Open	Yoga	Open
			1-3:30pm	1-1:45pm	1-3:30pm
			OR		
2:00			Play with Cierra		
	Pickleball	Chair	2-3:30pm		
	Group	Yoga			
	 Lessons	2:15-3pm			
3:00	2:15-3:15pm				
	(r)\$5/ (nr) \$7.50				



We've got a plan for you



Rapid Movement (N)

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.

Life Fitness (N)

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.

Morning Mobility (N)

Mobility sessions are a fantastic way to release tension, expand your range of motion, and minimize soreness, ultimately enhancing your recovery process. Participants must bring their own exercise mat.

Tai Chi Energy (N)

Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next, 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.

Silver Sneakers® Classic (N)

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.

Movement Exercise (N)

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.

Chair Cardio & Core (N) NEW

Improve your cardiovascular system and strengthen your core with aid of a chair. The class may use weights and resistance bands to increase the challenge.



Registration Required

Advanced Line Dancing (N)

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

Beginner Chair Yoga (N)

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. Instructors: (Tues, Phyllis) (Thurs, Cathy)

Total Body Fitness (N)

Limit 12 people.



Boost your energy and improve heart health with our endurance workouts. These workouts deliver outstanding results by featuring variable-intensity intervals on treadmills, bikes, and the floor. The varied intensity keeps your body guessing, maximizing calorie burn and enhancing cardiovascular health.

Mini Pickleball (N)

Join us to dive into the exciting world of pickleball! Whether you're a novice looking to learn, want to refine your skills, or are ready for a 1v1 match, our courts are perfect for you. Our courts feature a 'kitchen area,' and they're just half the size of a standard courts, making for a more low impact, less competitive game. Paddles and Balls available upon request.

Beginner Lessons: Don't know the ropes yet? Enroll in our beginners' lessons every Monday from 2:15-3:15pm.

Cost: R\$5 / NR \$7.50. (Not covered by insurance)



Open Court Sessions: Grab a friend and join us Monday (AM), Tuesday (AM), Wednesday (AM), Thursday (AM), and Fridays (AM/PM). Drop in to play and rotate partners!

Open Play with Cierra: Don't have a partner? Come play with Cierra from 2:00-3:30pm on Wednesdays!

**Due To Facility Maintenance,
There Will Be NO Fitness Classes
July 7-11th.**

**The Fox Fitness Center
Will Remain Open!**

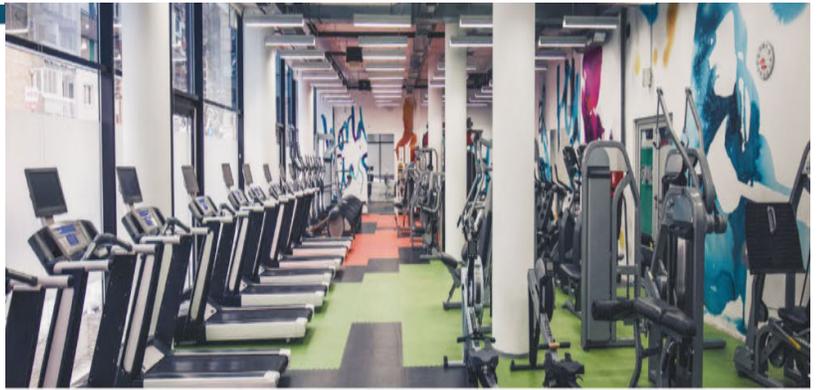
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- 12 sessions for \$156
- 18 sessions for \$234



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.

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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Oshkosh Senior Center, Oshkosh, WI

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FREE Blood Pressure Checks

Thursday, July 3, 12-1pm (S)

Tuesday, July 8, 10:15-11:15am (N)

Thursday, July 17, 12-1pm (S)

Monday, July 28, 12:30-1:30pm(N)

Call 920.232.5300 to register

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

Mindfulness Meditation (S)

Thursdays, July 3-31, 11am-12pm

Instructor: Donna Janus-Volunteer

Cost: R \$1.25/NR \$1.75 per visit**No class on 7/24**

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.

Essential Oils: Flavor From Nature

Tuesday, July 8, 10-11am

Presenter: Jeanne Gehrke

Cost: Free**Register By Thursday, July 3**

Ready to fire up your grill, oven, and taste buds? Join us for a hands on, flavor packed class where you'll discover how to elevate your cooking—naturally! Everything from BBQ to baking and everything in between. You will learn how to save money, how to make natural marinades and rubs. The best part is you get to sample all the yummy foods, take home a FREE recipe bundle AND have a chance to WIN a natural flavor gift set.

Independence**Through Shoulder Relief (S)**

Thursday, July 10, 1-2pm

Presenter: Physical Achievement Center

Cost: Free**Register By Tuesday, July 8**

Are you struggling with shoulder pain that keeps you from enjoying physical activities, making memories with loved ones, and living life on your own terms? If you're tired of modifying your lifestyle, fearing that one wrong move could worsen your pain, or dealing with temporary fixes like icing and medication, it's time for a new approach. In this workshop you'll discover how to naturally tackle the root cause of your shoulder pain.

Step Training (N)

Friday, July 11th, 8:30am-9am

Instructor: Cierra

Cost: Free**Register By Wednesday, July 9**

Jump into step training with a high energy cardiovascular workout that involves stepping on and off a raised platform. Designed to increase heart rate, endurance, and burn calories. Join us for a fun and engaging way to strengthen the legs and core while boosting coordination and agility.

Medicare 101: Everything**You Actually Wanted To Know (S)**

Monday, July 14th, 1-2pm

Presenter: Andy Haydin with Humana

Cost: Free**Register By Thursday, July 10**

Join us for a lively Medicare 101 class where we'll break down the A, B, C, and D of Medicare without putting you to sleep. Whether you're new to the game or just want to finally understand what a "donut hole" has to do with your prescriptions, we've got you covered. Come for the info, stay for the laughs - and maybe a cookie or two! Feel free to bring a friend that's turning 65 soon!

Hearing Screens (S)

Wednesday, July 16, 9am-12pm

Provider: Samantha Spannbauer

Cost: Free**Register By Monday, July 14**

Are you turning up the volume on devices, or people's voices seem too soft or mumble. Maybe you have a constant ringing or buzzing in your ears? Get your hearing checked with Samantha from Hearing Life.

Small Group Reiki (S)

Wednesday, July 16, 9-10:15am

Instructor: Open Heart Reiki

Register By Monday, July 14

Cost: Discover the healing power of Reiki in a peaceful setting where you'll experience hands-on energy balancing techniques to melt away stress and tension. Perfect for anyone looking to unwind, recharge and restore tranquility in their life.

Cooking w/ Alec (S) One Pan Sazon Skillet Chicken

Friday, July 18, 1-2pm

Cost: R \$10 NR \$12.50

Register By Wednesday, July 16

Flavorful one pan sazon skillet chicken made in just 30 minutes for a delicious, veggie and protein-packed dinner the whole family will love! This easy sazon skillet chicken is made with home-made sazon seasoning and beautiful summer veggies. Enjoy as-is or serve with rice, quinoa and your fav toppings.

A Healthier You (S)

Monday, July 28, 1-2pm

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

Cost: Free

Register By Thursday, July 24

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 and how to stay healthy. Her classes include information, handouts, and Q&A.

Water Fitness Class

Monday, July 7 & 14th, 10-11am

Instructor: Cierra

Cost: R \$3/NR \$4.50

Please Register By Calling 920-.236.5080 Prior To Attending Class

Come join Cierra at Pollock Community Water Park for a fun, low-impact workout held in the pool that combines cardio and strength exercises. Perfect for all fitness levels, this class uses the resistance of water to improve endurance and tone muscles while being gentle on the joints.

Summer Walk Club

Every Wednesday, July 2-30, 9-10:30am

Cost: Free

Register By Every Tuesday Prior

Get outside, meet new friends, and take a stroll with Cierra along the beautiful river trail. We will incorporate stretching and some basic exercises while we walk. There are so many amazing benefits to group walking such as: improved health (blood pressure, heart rate, depression, and overall fitness), increased motivation, social opportunity, safety and emotional health.



PICKLEBALL

**BEAT THE HEAT THIS SUMMER AT THE OSC!
GRAB A FRIEND AND COME PRACTICE
RALLYING AND/OR VOLLEYING ON OUR
MINI PICKLEBALL COURTS!**

**DON'T HAVE A PARTNER?
YOU MAY POP IN AND PLAY WITH CIERRA
EVERY WEDNESDAY FROM 2-3:30PM!**

CHECK OUT PAGE 15 IN THE NEWSLETTER FOR ADDITIONAL DETAILS!

Nail Care (S)

**Tuesdays and Wednesdays 9am to 3pm,
Friday Appointments: 3rd & 4th Friday
9am 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.

Mindworks (S)

**Thursdays, July 3-31, 11am-2pm
Lunch Included**

Facilitator: Fox Valley Memory Project

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

No Class Thursday, July 24

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.

Grief Support (S)

Thursday, June 5, 1-2:30pm

Thursday, June 19, 1-2:30pm

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Max: 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.

Memory Screening (S)

Wednesday, July 16, 10:30am -12:00pm

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.

Elder Benefit Specialists (S)

Wednesday, June 18, 10-11:30am

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. 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.

Memory Link Resource Hours (S)

Thursday, July 24, 11am-1pm

Facilitator: Fox Valley Memory Care Project

No Class This Month! See you in August.

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.

**Tender Loving Care
Support Group (S)**

Thursday, July 24, 1-2pm

Facilitator: Fox Valley Memory Project

Cost: Free

No Class This Month! See you in August.

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.

RESOURCES

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

Bus Passes & Dial-A-ride

If you need a bus pass or want to sign up for the dial-a-ride program call GO Transit at 920.232.5340.

ALMEDA FISK GALLUP TRUST FUND

The Oshkosh Seniors Center is honored to receive funding from the Almeda Fisk Gallup Foundation. This funding plays a vital role in helping us support the senior residents of the City of Oshkosh by providing assistance with vision, hearing, and dental needs.

If you or someone you know is in need of assistance with vision, hearing, or dental care, please contact Bobbie Jo Nagler at the Oshkosh Seniors Center. She will be happy to guide you through the application process for available funding. *Please note that specific eligibility criteria must be met.*

Please call 920-232-5301 to apply.



One-On-One Tech Sessions Available M-F By Appointment Only

Instructors: Stephanie & Christie
Cost: R \$2/NR \$2.75 per class
Call 920.232.5301 to schedule

This program is designed to improve your digital literacy. 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!

One-On-One with Sandy Toland (S) Mondays, July 7-28

9:15 am, 10:30am, 11:45am, 1pm
 Instructor: Sandy Toland
Cost: R \$2/NR \$2.75 per class
Call 920.232.5301 to schedule

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.

Get Connected to Your Car (S) Tuesday July 15, 12-2:30pm

Cost: Free
 Min/Max: 1/7

Register By Monday, July 14

Would you like to have your phone connected to your car? Call to schedule a 15 minute appointment to drive up to our South building, where one of our techs will come out and help you navigate though all the features. This could include hands free calling, maps, and playing music. Both your car and phone must have Bluetooth functionality or connect using a USB or AUX cable. Please ensure your phone is fully charged.

Wi-Fi Access (S)

Cost: Free

Bring your own device to access the Oshkosh Seniors Center's Wi-Fi. 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.

TECHNOLOGY DROP-IN HOURS

Connect Through Tech is offering drop-in hours for people who need simple answers or help with "quick fix" issues. Time slots are 15 minutes max.

If issues cannot be resolved in 15 minutes, a teach appointment can be booked.

DROP-IN HOURS

Tuesdays 11 am - 12 pm

Thursdays 11 am - 12 pm

**OR when sign is posted outside
tech room 1 & 2.**

This is a free service, but donations are accepted.



Do you enjoy singing?

Consider joining the Oshkosh Seniors Center Golden Tones Chorus

Director: Paula Steinert
Accompanist: Marshall Potter



Informational Open House (S)

Monday, August 11, 1:30 pm

Register by Friday, August 8



**Meet others who enjoy singing and discover what's
involved in being a part of this four-part Chorus.
The fall session begins Monday, September 8**

Chorus rehearsals are held on Mondays at 1:30 pm
Cost for chorus session: R \$40/NR \$45
(All fees go directly back into chorus program)

*****Registration and payment deadline to join
chorus is Tuesday, September 2*****

Have you heard about prepay accounts?

You can put any dollar amount you wish on 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 those funds for payment.

Prefer to register at the front desk? Bring check or cash and tell the volunteer you would like to put the money on your prepay account.

Prefer to register via phone? Call 920.232.5300 and have the fees taken from your prepay account with no special trip to the center.



Taking a break for summer... Ukulele Play Along and Ukulele Lessons will resume at the Seniors Center in September!

See you then!



Karaoke (S)

Tuesday, July 1, 1-2:15pm

Register By Monday, June 30

Tuesday, July 15, 1-2:15pm

Register By Monday, July 14

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.

Chat N Chop (S)

Tuesday, July 8, 9:45 to 11:45am

Instructor: Kerry Wolfe

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

Register By Tuesday, July 1
Payment due upon registration



In this episode of chat n chop we will be making Blueberry chicken salad, homemade easy cheese pizza pocket and Philly cheese steak frito pie. Sound Good? Grab your aprons and come join us.

ORD-Pollinator Paradise (S)

Wednesday, July 16, 10am-12pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register By Monday, July 14

July is peak pollinator season and you'll get great suggestions for the best plants to attract pollinators, as well as other things we can do in our gardens and landscapes to benefit pollinating insects, birds and more.

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Cost: Free

Register By Monday, July 14

July is peak pollinator season and you'll get great suggestions for the best plants to attract pollinators, as well as other things we can do in our gardens and landscapes to benefit pollinating insects, birds and more.



Bingo (S)

Wednesday, July 16, 2-3:30pm

Cost: Free

Min/Max:10/80

Registration opens Wednesday, July 2

Register By Tuesday, July 15

Come for a fun afternoon of bingo!

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. Please drop off donations prior to Bingo time. Please do not add to the prize tables—see a staff member first.

Thank you to our sponsor this month, Edenbrook!



**Golden Tones Chorus
Informational Open House (S)**

Monday, August 11, 1:30pm

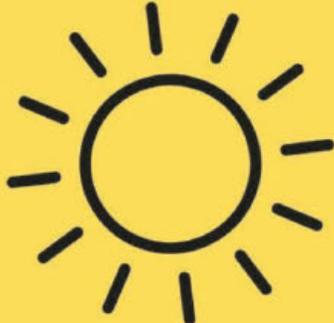
Director: Paula Steinert

Accompaniment: Marshall Potter

Cost: Free

Register By Friday, August 8

Come meet others who enjoy singing and find out what's involved in being joining this 4 part chorus!



**Tips To
Beat The Heat
This Summer...**

1. Aim for 6-8 glasses of water daily
2. Avoid alcohol and sugary drinks
3. Eat water rich foods (watermelon, cucumbers, oranges and berries)
4. Eat light meals and snacks
5. Wear light, loose and breathable clothing
6. Wear a wide brim hat, sunglasses and SPF 30+ sunscreen
7. Stay indoors with A/C
8. Keep curtains closed
9. Take a cool shower
10. Avoid outdoor activities during the hottest parts of the day
11. Check on your peers
12. Check out all the offerings at the OSC

Eat & Greet (S)
Wednesday, July 30
Serving at 11:30am
Cost: \$10.00

Max: 50

It is Summer time... you know what that means, we are breaking out the grills. We will be having grilled chicken, caesar salad, potato salad and dessert. Water and coffee will be available.

Tickets available: June 25—July 21

Buy ticket early, event will sell out!

Popcorn & A Movie (S)
Wednesday, July 30 12:45-2pm

Cost: Free

Donation for popcorn appreciated

Min/Max: 2/50

Register by Monday, July 28

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)

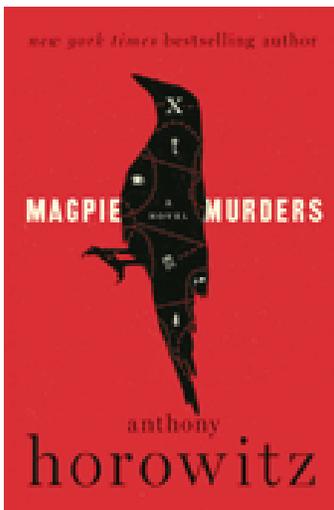
Magpie Murders by Anthony Horowitz
Thursday, July 31, 9:30-11am

Facilitator: Kerry Wolfe

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

Register by Monday, July 28

Alan Conway is a bestselling crime writer. His editor, Susan has worked with him for many years and is familiar with his detective. When Susan reads his latest manuscript, she no reason to think it will be any different from the others; however, she soon realizes that there's another story hidden in the pages... Sound Interesting? Want to know how the story ends? Join Book Talk.



Feeding America of Eastern WI (S)
Wednesday, July 30, 2-4pm

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 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.

Wisconsin Warmers (S)

Thursdays, 9 am-3pm

No Gathering Thursday, July 24

Consider joining this volunteer group of the Oshkosh Seniors Center 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 do-

**Front Desk
 Volunteers
 Needed!**

We're excited to welcome some amazing volunteers to help out at our front desk this fall! If you've got a little time and a big smile, we'd love to have you on board!

Please call Bobbie Jo at 920-232-5301



Cards & Games
 Cost: R \$1 /NR \$1.50
 Daily Rate/Per Visit or
 Purchase a monthly
 Stay Social Pass

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

Cold & Flu season is still here...Please

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

Note: No Cards & Games on Thursday, July 24

Cribbage

Mondays & Fridays, 8:30-11:30 am
 Beginners are welcomed!

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchre, Rummikub

Wednesdays, 12:30-3:30 pm
 Beginners are welcomed!

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.

Notice: Billiards will no longer be available to play starting the week of July 7th.

Importance Of Socializing For Older Adults

Reduces Anxiety & Depression



Improve Physical Health

Meet New People



Strengthens Immune System

Promotes Better Heart Health



Boosts Self-Esteem & Purpose

Tours Sign-up Options

- Desk for registration is available at OSC South Building, **200 N. Campbell Rd. MONDAY—THURSDAY 9:00am—1:00pm**
Call: 920.232.5312
- Winnebago Senior Tours (WST) accepts **CHECKS AND EXACT CASH ONLY**
- 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
Write the trip name on the check memo line.
- Anyone age is welcome to travel with us
(under 18 require adult supervision).



Detailed flyers available at the Seniors Center South

Sign up now — don't delay!

The Village of Greendale

Date: Thursday, July 17
Cost: \$95 (\$25 non-refundable deposit)
Depart: 9am—Return: 4:30pm

Visit this Norman Rockwell-looking town that was designed by a New England town planner. Enjoy a guided tour of folk art chimneys, and flower blossom sculptures. Lunch choices include 1/4 lb. Burger, Chicken Salad Wrap (sandwiches come with homemade chips), or Apple Walnut Salad w/ Grilled Chicken Breast (comes with bread sticks). End with shopping at the Village Shops. Price includes: Coach Bus, Driver Gratuity and Lunch. Tour Mgr: Cindy Paffenroth



Join us on

Wednesday, July 30th at 1:30

To hear about our exciting **2026 Travel Plans** we have planned with **Collette**. There will be a drawing for a \$200 travel voucher to be used on your booked 2026 travel reservation.

Bookworm Gardens & More

Date: Tuesday, August 12
Cost: \$125 (\$25 non-refundable deposit)
Depart: 7:30am—Return: 5pm

Experience the magic of where books come to life, one garden at a time. Learn about Bookworm's creation, find gorgeous blooms, and discover the whimsy of the gardens. We will immerse ourselves in 9 different gardens, inspired by over 80 children's books. Other activities include: a stop at the Kohler Design Center, a showcase of innovative kitchen & bathroom products & designs; a stop at Waelderhaus, designed after the Kohler family ancestral Austrian home; and a buffet luncheon at Al & Al's Stein Haus and Tavern. Price includes: Coach Bus, Admission Fees, Lunch and Gratuities. Tour Mgr: Cathy Koch



The Shops of Waupaca

Date: Thursday, August 21
Cost: \$65 (\$25 non-refundable deposit)
Depart: 8:45am —Return: 5pm

Shop until you drop at The Cottage Garden Farms, known for its unique, high variety of items that bring warmth and character to any home or garden. On Main Street in Waupaca you will find antiques, luxuries and gifts that are a treasure trove of unique finds. Lunch is on your own at Simpson's, Sulten Belly, or Little Fat Gretchen's. We will stop at Red Mill LLC, gift shop, Ice cream Parlor and Coffee Shop. There is also a covered bridge or chapel you may explore. Price includes: Coach Bus, Driver Gratuity (Lunch and ice cream is on your own). Tour Mgr: Alice Himmler



Brewers vs Phillies Baseball Game

American Family Stadium—Milwaukee
Date: Wednesday, Sept. 3 Game Time: 6:40
Cost: \$125 (\$25 non-refundable deposit)
Depart: 3:30pm-Return: After the game

Experience Brewers Baseball like VIP, located in the Casamigo's Patio Left Field on third base side. Full buffet features Johnsonville brats, hotdogs, grilled burgers, chicken tenders, salads, mac and cheese, chips and cookies with unlimited soft drinks. Price includes: Game Ticket, Full Buffet, two Complimentary Beers or Casamigo's Drink, Coach Bus and Driver Gratuity. Tour Mgrs: Cheryl Freiberg and Cathy Koch



Munising MI and Lake Superior
Date: September 11-12 (Thursday & Friday)
Cost: \$320 per person double/\$385 Single
The Munising and Lake Superior trip is full, but you may add your name to the waitlist.

Menominee Casino Resort
Date: Thursday, September 18
Cost: \$40 One time payment, non-refundable
Depart: 8am— Return: Approx. 5:30pm

Do you love to win big on the slots? If yes, this is a trip you do not want to miss. We will travel to Keshena, WI for the day to gamble, gamble, gamble! All guests will receive a \$10 Free2Play which will be credited to your player’s card. You will also receive a \$5 food comp. If you do not have a Casino Resort Players Club membership (which is free), you will receive another \$10 credited to your card. **All players are required to have a players club membership (which is free).** See flyer for additional specials and drawings. Price includes: Coach Bus and Driver Gratuity. Lunch is on your own.
Tour Mgr: Cindy Paffenroth



Oklahoma
The Fireside Theatre—Fort Atkinson
Date: Thursday, October, 2
Cost: \$145 (\$25 non-refundable deposit)
Depart: 8am —Return: Approx. 6:15pm

Oklahoma is the Rodgers and Hammerstein musical comedy that ushered in the Golden Age of Musical Theatre. Enjoy this bright, brassy, boisterous musical comedy filled with colorful costumes, breathtaking dancing, side-splitting humor, and a musical score featuring such hits as “People Will Say We’re in Love,” “Surrey With the Fringe on Top,” and the rousing title number “Oklahoma.” The original production won a Pulitzer Prize and various Broadway Revivals have won multiple Tony Awards. Now the Fireside presents a fresh, new, not to be missed telling of this time honored musical. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken Florentine, Baked Almond Crusted Cod, Beef Short Ribs served with Garlic Whipped Potatoes and Roasted Asparagus; or Vegetarian Manicotti. Dessert: Double Layer Carrot Cake with Cream Cheese Frosting; Coffee, Tea and Milk.
Tour Mgr: Alice Himmler



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
****A Second Bus had been added!****
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; Coach Bus; Driver Gratuity.
Tour Mgr: Cathy Koch



Witches & Brews
Date: Thursday, October 23
Cost: \$115 (\$25 non-refundable deposit)
Depart: 8am—Return: Approx. 5:15pm

Welcome to a little brewing, Root Beer brewing that is. The Museum of Root Beer includes a special flight of four of their unique, on-tap, draft root beers, a guided tour, a special souvenir and theater presentation! Lunch on your own at The Grateful Shed, where only the best food trucks are allowed. YUM! Then its off to Witches Gulch, a hidden treasure! Enjoy a 2-hour Upper Dells Boat ride with stops to Witches Gulch and Standing Rock. At Witches Gulch you will walk the narrow paths and enjoy the beautiful rock formations that will leave you feeling enchanted. Price includes: Coach Bus, Driver Gratuity, Museum and Upper Dells Boat tickets.
Tour Mgr: Alice Himmler



2026/7 UPCOMING TRIPS:

Are you looking for a foreign vacation adventure??

2026 UPCOMING TRIPS:

Sunny Portugal with Porta – 11/9-21

2027 Upcoming TRIPS:

Northern Lights of Finland – 1/12-21

Check the Rotating Rack at the Tour

Desk regularly for new trips!!

Murder Mystery Dinner Theatre

Date: Sunday, November 16
Cost: \$110 (\$25 non-refundable deposit)
Depart: 10am —Return: Approx. 5:30pm

Join us at 'Memories Dinner Theatre' in Port Washington to help solve a Who-dun-it. Detectives Goodman and Badham are investigating a murder, after a body is discovered in a 'U-Move-It' truck. Each table is able to help interrogate the suspects and gather clues to solve the crime. Menu includes: Angus Steak Sandwich, Parmesan Garlic Potato Chips, Calico Beans, Creamy Coleslaw, and Fluff. Vegetarian: Cheese Tortellini; Vegan: Pasta Primavera and Steamed Vegetable Blend. Dessert: Salted Caramel Cake. Price includes: Coach Bus, Dinner, Show and all Gratuities.
Tour Mgr: Cathy Koch



Mediterranean Coastal Journey

Dates: April 11-26, 2026
Cost: \$7,099 per person Double; \$8,399 per person Single (\$698 per person deposit)

You're on your way to the Mediterranean coast for a journey connecting the Spanish, French, and Italian Rivas. From chameleonic Barcelona to sun-kissed Nice; from glamorous Monaco to the rolling hill of the Chianti countryside, embark on a coastal journey combining rich scenery, art, culture, food and wine. This 15-day trip starts in Barcelona, Spain, continues on to Marseille, France, Monaco, Monte Carlo and ends in Genoa, Italy. Highlights include Barcelona, La Casa Batilo, Parc Guell, Costa Brava, See flyer for daily highlights and descriptions Overall activity level is level 3.
Tour Mgr: Cheryl Freiberg



Holiday Folk Fair International

Date: Saturday, November 22
Cost: \$75 (\$25 non-refundable deposit)
Depart: 8am— Return: Approx. 5:30pm

The Holiday Folk Fair International, celebrates the cultural heritage of the people living in in southeastern Wisconsin. Designed to entertain and educate, the dance routines feature traditional clothing and music, with a traditional story often told through the dancers' movements. Join us for the music, dance, and especially the food. There is shopping where you will find cultural artifacts not found anywhere else at the International Bazaar. Local chefs will be preparing traditional cuisine. Price includes Coach Bus, Driver Gratuity and admission to the festival. Lunch is on your own.
Tour Mgr: Cindy Paffenroth



Pacific Northwest & California

Dates: May 24-June 1, 2026
Cost: \$4,284 per person Double; \$5,269 per person Single; \$4,224 Triple (\$698 per person deposit)

This 9-day trip starts in Seattle, WA and ends in San Francisco, CA. Highlights include Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Hood River, Yaquina Head Lighthouse, Willamette Valley, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, Avenue of the Giants, and San Francisco. A stop at Pike Place Market in Seattle is a must see! Near Portland you'll journey through the Willamette Valley, known for its wine that rivals that of Napa. Enjoy the breathtaking scenery along the Beach Loop, Bandon Rocks and Face Rock. After a ride over the Golden Gate Bridge, enter San Francisco. See the scenery and outdoors including the Victorian Painted Ladies! There is an optional tour to Alcatraz, space is limited! See flyer for daily highlights and descriptions. Overall activity level is level 2.
Tour Mgr: Cheryl Freiberg



A Wonderful Life

The Fireside Theatre—Fort Atkinson
Date: Thursday, December 11
Cost: \$145 (\$25 non-refundable deposit)
Depart: 8am —Return: Approx. 6:15pm

The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. A Wonderful Life captures all the magic of the film as it shines with the spirit of Christmas. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken Monterey, Grilled Atlantic Salmon, Sliced Beef Tenderloin or Vegetarian Skewers with Tofu. Dessert: Bailey's Irish Cheese Cheesecake.
Tour Mgr: Cheryl Freiberg



2025 Coming Soon!!
Beauty & and the Beast—October
Book of Mormon—November
Hell's Kitchen—December
Watch for More Information and Signup!!

Thank
you...

**TO OUR
FABULOUS 2025
FOOD TRUCK FRIDAY
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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.
Sadie Ingenthron, Mktg/Fund Dev.
Bobbie Jo Nagler, Office Assistant

Activity Coordinators:

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

Friends Board

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

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

Or mail registration to:

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

