

# THE CURRENT

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proceeds will benefit  
programs and services  
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**June 2023, Issue #6**

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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# Welcome to the Oshkosh Seniors Center

## Let's get outside and be active!



Take a walk on the Oshkosh Riverwalk



Visit the Zoo in Menominee Park  
Opening Day is May 6



Get your home gardens summer ready



## MEMORIAL DAY

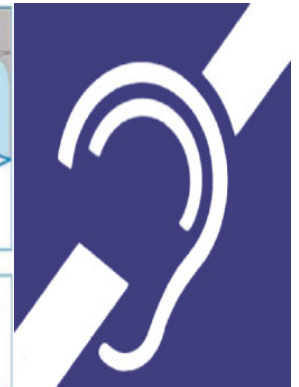
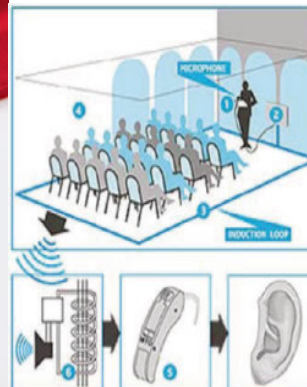
HONORING ALL WHO SERVED

May 29, 2023



OSHKOSH SENIORS CENTER WILL BE CLOSED  
ON THAT DAY

Hearing Loop is  
installed in the Willow  
Room and the Oasis Room  
at the South facility



## WHAT'S IN THIS ISSUE?

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

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## Art Expression (S)

Thursdays & Fridays, June 1-30  
9-11:30 am

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

Do you need a space to create an art project or to work on a hobby? Bring your project and own supplies.

**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)

### Prairie Pendant

Mondays, June 5-26, 10 am-12 pm

Instructor: Marla Tonn

Cost: R \$40/NR \$45

Min/Max: 3/8

**Register by Thursday, June 1**

**Payment due upon registration**

This class will offer the opportunity to use a straight cutter for perfectly straight lines. Piece also includes bevels and came edging. Create in colors of your choosing.



## Hand Building with Clay (S)

Tuesdays, June 6-27, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

**Register by Thursday, June 1**

**Payment due upon registration**

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

**Beginners welcome!** Please note, class supplies are for use during regularly scheduled class times only.

## Quilting 112 (S)

### Up Hill Battle Lap Quilt

Wednesdays, June 7-28

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50+ Supplies

Min/Max: 2/10

**Register by Monday, June 5**

**Payment due upon registration**

In this class we will make a lap size quilt (56" x 63") using 10" squares (Layer Cake). It is a fun, easy pattern that is creatively cut. One layer cake plus background fabric is all that is needed to complete it. If desired, you could make a smaller version of it as well. The pattern is from [CreeksideStitches.com](http://CreeksideStitches.com). It will focus on creating half-square triangles and precision cutting.

Participants must bring their own sewing machine and have a good working knowledge of it.



Many of these supplies will be available through **It's Sew Rite** at 1821 Harrison St., Oshkosh. Get supply list at South front desk.

## Mod Podge "Faux Stained Glass" Flowers (S)

Monday, June 26, 10-11:30 am

Instructors: Jane Wells/Kerry Wolfe

Cost: R \$12 /NR \$14

Min/Max: 3/10

**Register by Thursday, June 22**

Create a beautiful floral arrangements right onto a picture frame. Use Mod Podge, pressed flowers or faux flowers to make beautiful decor! It's fun and easy to create a beautiful window garden you can enjoy all year, great gift! Fee includes all supplies to make one project.



# Enrichment

Building North (N) South (S)

## Pyrography (S)

### Finish Projects

**Thursday, June 1-29, 1-3 pm**

Instructor: Cedric Richeson & Dick Krummick

**Cost: R \$25/NR \$30— 5 weeks**

Min/Max: 3/10

**Register by Tuesday, May 30**

**Payment due upon registration**

Experienced students are invited to bring in unfinished projects they need help with completing. Instructors will be on hand to offer guidance. Beginners are invited to attend for an informal learning environment taught by skilled teachers.

## Power Tool Carving (N)

**Mondays, June 5-26, 8 am-12 pm**

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

**Register by Thursday, June 1**

**Payment due upon registration**

Join fellow peers for power carving in the woodshop! This class is open for those carvers who want to refresh their skills. Award-winning carving instructors will be available to instruct and problem solve. Bench fan & dust collector required for this class. **Basic Machine Safety Training is required for participation in this class.**

## Guided Woodshop Hours (N)

**Wednesdays**

**Cost: \$5/NR \$6.50 (per session)**

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.

**Machine Safety Training required to use machines in the shop.**

### Session 1

**9-11:30 am**

**Walk in**

### Session 2

**12-2:30 pm**

**Register two days prior to session**

Must register in advance. Session 2 will be canceled if there aren't any reservations.

## Wood Stool (N)

**Thursdays, June 8-22, 10 am-12 pm**

Instructor: Don Schettl, John Brad, & Dick Krummick

**Cost: R \$20/ NR \$25**

Min/Max: 3/6

**Register by Monday, June 5**

**Payment due upon registration**

Make this wooden stool which is perfect as a bedside stepping stool or support to reach a higher countertop. The rounded corners and solid wood makes it stand steadily, and the design makes it easy to carry. Stool can be painted or stained. Stool is approximately 13 X 9 X 7.

**Basic Machine Safety Training is required for participation in this class.**

Project is similar to the one shown below.



## Basic Machine Safety Training (N)

**Fridays, June 23 & 30, 10 am-12 pm**

Facilitator: Jeff Becker

**Cost: R \$5/NR \$7.50**

Min/Max: 3/10

**Register by Friday, June 16**

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 all participants **must be taken in consecutive weeks**. Once you have completed the training you may use the designated machines in the shop. Materials provided for the training.



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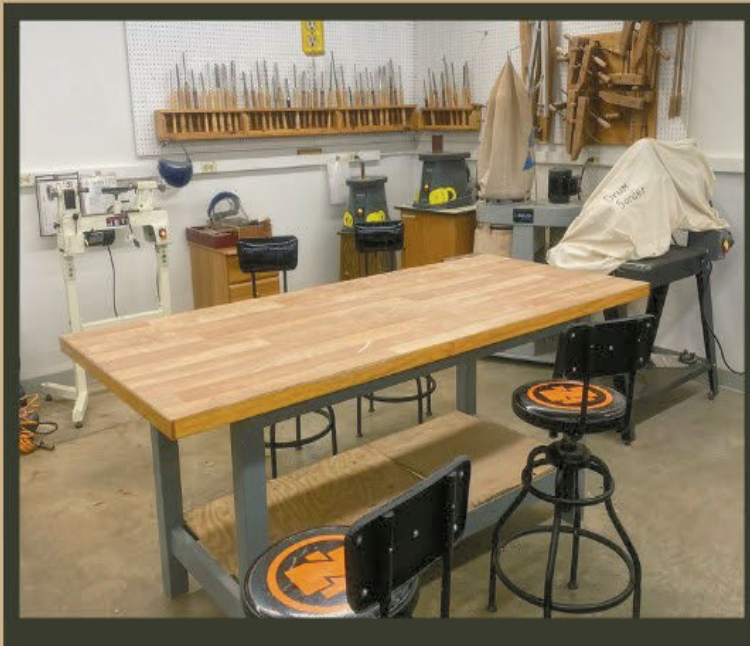
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## The Woodshop

### Classes Available

#### June

**Mondays:** 4 week class

Power Tool carving

(Sign-up by 6/2)

**Wednesdays: (N)**

Guided woodshop (N)

9-11:30 and 12-2:30 pm

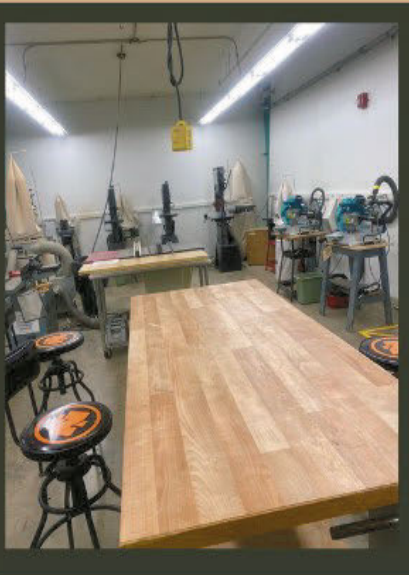
**Thursday:** 5 week class

Pyrography (S)- 1-3pm

(Sign-up by 5/30)

Wood Stool (N): 3 week class

10-12pm (Sign-up by 6/1)







# Tai Chi

## For Arthritis & Falls Prevention Work Shop

Thursdays, June 29 - August 31  
9:45am-10:30am

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. ● ● ●



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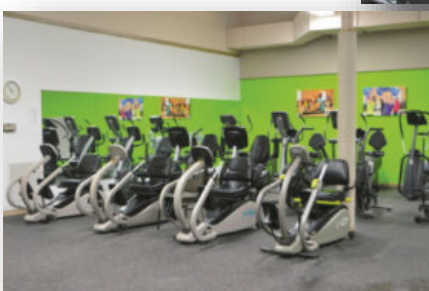
## Fox Fitness Center (N) Monday-Friday 7 am - 4 pm

Purchase a Stay Active Pass or use your eligible insurance reimbursement.

The Fox Fitness Center has a wide selection of equipment for both strength and cardiovascular health, as well as flexibility.

We have seven Life Fitness Circuit Series pieces, including a seated row, chest press, squat, leg curl and extension, ab crunch, and lat pulldown. Along with that equipment, we have free motion strength equipment, Nusteps, Physiosteps, treadmills, ellipticals, recumbent bikes, and Precor Stretch Trainers. This year we added a Matrix Krankcycle and the Matrix X4 Training System. If you have questions about the equipment or need training please schedule time with Alec Jensen, Fitness and Wellness Coordinator at 920.232.5320.

**Check with the front desk to find out if your Medicare advantage plan will pay the fee, then workout for FREE!**



## FINDING BALANCE

*Have you tried the new step climber in the Fox Fitness Center? The Oshkosh Fire Department received funds from the Ladies Benevolent Society to purchase this new equipment for the Center.*

*The Oshkosh Fire Department and Oshkosh Seniors Center are committed to helping older adults in our community "find balance". We want you to build your strength so you won't fall in the future! Schedule an appointment to find out how to use this great new equipment.*

**NEW  
STEP  
CLIMBER**



## Fitness Opportunities

**Cost: Stay Active Pass or Fitness Reimbursement Plan Eligible**  
**OSC accepts Renew Active, Silver Sneakers, Silver and Fit, and Active and Fit**  
**Rate sheets available at Front Desks for non-insurance eligible**  
**Please stop at desk if insurance information has changed**

### Rapid Movement Training (N)

**Mondays & Wednesdays**

**8:30-9 am**

Instructor: OSC Staff

**Drop-in eligible**

Rapid movement training is a new and fun way to get your cardiovascular work in. This class improves your cardio by doing fast and quick bursts of exercise then letting your heart rate back down. This training style helps improve agility, power, coordination, and balance, all of which help to reduce the risk of falls.

### Range of Motion (N)

**Mondays & Wednesdays**

**9:15-9:45 am**

Instructor: Alec Jensen

**Drop-in eligible**

This class will be a combination of yoga, stretching, and other therapeutic movements. By gently working on our mobility and flexibility, we can create a greater range of motion to minimize aches and pains! 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.



### Life Fitness & Movement (N)

**Tuesdays & Thursdays**

**9-9:30 am**

Instructors- Tuesdays: Kayla Stankowski

Thursdays: Alec Jensen

**Drop-in eligible**

The class is an energizing modern approach to low impact aerobics and strength training. We will be focusing on building our total physical well-being. This class will utilize bodyweight movements, resistance bands, and light cardio to improve fitness.

### Tai Chi Energy (N)

**Tuesdays**

**9:45-10:15 am**

Instructor: Alec Jensen

**Drop-in eligible**

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.



### Silver Sneakers Classic (N)

**Mondays & Wednesdays**

**10:45-11:30 am**

Instructor: Jean Wollerman

**Drop-in eligible**

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. We may modify exercises for your ability level.



### Movement Exercise (N)

**Tuesdays & Thursdays**

**11-11:45 am**

Instructor: Kayla Stankowski

**Drop-in eligible.**

A class for senior adults with ongoing conditions such as Parkinson's, MS, or those who struggle with balance-related issues. This class will help increase your energy, flexibility, endurance and improve your sense of well-being by utilizing stress-free movements.





## Advanced Line Dancing (N)

**Mondays & Tuesdays**

**12:30-1:30 pm**

Instructor: Debbie Ruck

### Drop-in eligible

Kick up your heels and impress your friends and family when you show off your line dancing skills! Line dancing is a great way to exercise while having fun! Prior experience preferred

## FFC 3g (N)

**Fridays, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

**Register by Thursday, June 1**

**NO class June 16**

OSC is introducing a different way to exercise! FFC 3g is different than your typical group exercise class. In this format, participants will be in 3 different groups (hence the 3g) exercising in 3 different areas of the Fox Fitness Center (FFC). In this format, we will coach you through various exercises. The coach will not be in front of you for the entire class, so it's up to you to keep yourself accountable during the workout. This class will use bikes, treadmills, free weights, and weight machines to get a quality workout!

If you are unfamiliar with how the fitness equipment works, you may sign up for an equipment orientation with Alec before starting this class. Call 920.232.5320 for an appointment.

## Beginner Chair Yoga (N)

**Thursdays, 1-1:45 pm**

Instructor: Catherine Huybers

### Drop-in eligible.

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. No prior experience is necessary for this class. Wear comfortable exercise attire.

## Slow Flow Yoga (N)

**Fridays, 9:30-10:15 am**

Instructor: Catherine Huybers

### Drop-in eligible

Whether you are aiming to get stronger and more flexible or you just want to decompress and quiet your mind, yoga can help. This is a gentle-paced yoga that is a great class for beginners, but is good for those who have experience with Vinyasa flow yoga. This is a practice where you will tune into your breathing and move 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.



## Keep Moving! (N)

**Fridays, June 2-30, 10:30-11:15 am**

Instructor: Jean Wollerman

### Drop-in eligible

This session class will keep you moving. Cardio, strength, stretching, and balance will help to keep you fit.



# MEET OUR NEW STAFF



**BRETT RYAN**  
**Activity Coordinator**

Social & Educational  
Located in the North Building  
**Phone 920-232-5310**

Please Welcome Brett Ryan and Kayla Stankowski to the Oshkosh Seniors Center. We are so excited to introduce you to the new staff at the Center.

Meet Brett Ryan; he joins the Center as a shared Oshkosh Seniors Center and Parks Department employee as an Activities Coordinator. For eight years, Brett was the recreation leader at the Kettle Moraine Correctional Institution. His strength is program coordination. Brett will be working to get your input on programs you would like to see developed for the Center. He has strong computer skills, so don't hesitate to ask him some tech questions.

On the personal side, he and his lovely wife Lisabeth are expecting twin girls in June – congratulations! Brett is an avid Wisconsin sports fan looking forward to getting to know each of you.



**KAYLA STANKOWSKI**  
**Activity Coordinator**

Healthy Lifestyles  
Located in the North Building  
**Phone 920-232-5303**

Did you know 51% of Center participants come to partake in the fitness offerings? We are glad to add another Activities Coordinator, Kayla Stankowski, who specializes in fitness and healthy lifestyles. Kayla has a Bachelor's and Master's degree in Athletic Training from Winona State and Indiana State.

Kayla is certified in yoga and senior classes, so you can expect to see some new fitness classes coming to the Center. She likes personal training, fitness class instruction, and developing new programs. When she is not working, she loves to water ski, hike, cook, and polka dance with her Dad. Her dancing skills will come in handy because in August she is getting married! She can't wait to meet you and get to know what helps motivate you on your fitness journeys.



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<b>Niagara Falls</b>	<b>7/23-29</b>	<b>\$1010</b>
<b>New York (#2)</b>	<b>9/14-20</b>	<b>\$ 990</b>
<b>Maine</b>	<b>9/30-10/8</b>	<b>\$1280</b>

**Carol J. Kaufmann**

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## Mindfulness Meditation (S)

**Thursdays, June 1-29, 11 am-12 pm**

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.



## Grief Support (S)

**Thursdays, June 1 & 15, 1-2:30 pm**

**Monday, June 19, 9:30-11 am**

Facilitator: Meredith Schlute, Compassus Hospice

**Cost: R \$1/NR \$1.25 per visit**

**Register by calling 920.232.5300**

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

## Mindworks (S)

**Thursdays, June 1– 29**

**11 am-2 pm-Lunch Included**

Facilitator: Fox Valley Memory Project

**To register call 920.225.1711 or email: [info@foxvalleymemoryproject.org](mailto:info@foxvalleymemoryproject.org)**

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. Each class provides care partners three hours of free time while their loved one attends class.

## FREE Blood Pressure Checks

**Thursday, June 1, Noon-1 pm (S)**

**Tuesday, June 13, 10:15-11:15 am (N)**

**Thursday, June 15, Noon-1 pm (S)**

**Monday, June 26, 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.

## How to Heal Foot & Ankle Pain Naturally (S)

**Monday, June 12, 10-11 am**

Presenter: Physical Achievement Center

**Cost: Free**

**Register by Friday, June 9**

We will reveal the biggest mistake ankle & foot pain sufferers make. There are seven common causes of ankle and foot pain. We will explore how to get rid of the root problem once and for all with non-medical options. You will learn unique and clinically proven approaches to build strength and confidence in your ankle and foot. Information presented will help you learn all your options for you and those you care about.

## Homemade Bug Sprays (S)

**Tuesday, June 13, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Cost: \$10**

**Register by Friday, June 9**

Do you want a natural, safe, and effective way to keep mosquitoes and other biting insects away? How about trying essential oils! They are non-toxic, non-irritating, and biodegradable. These oils are effective against a wide variety of insects, including mosquitoes, ticks, fleas, and gnats. You will learn how to make your very own bug sprays in this class.

## Memory Care Screening (S)

**Thursday, June 15, 10:30 am-12 pm**

Facilitator: ADRC

**Cost: Free**

Max: 6

**Register by Tuesday, June 13**

Alisa will be available each month to complete a free memory screening or to answer questions regarding a variety of topics related to memory loss, dementia and caregiving. Memory screenings are an important tool in identifying possible changes in memory and cognition. All appointments take approximately 20 minutes in a one-on-one setting. **Call 920.232.5301 to schedule your appointment.**



## **Tender Loving Care Support Group (S)** **Thursday, June 22, 1-2 pm**

Facilitator: Fox Valley Memory Project

**Cost: Free (Supported by the Fox Valley 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.

## **Fat Loss Medications (S)**

**Monday, June 26, 10-11am**

Presenter: J.J. Allen Hometown Pharmacy

**Cost: Free**

**Register by Friday June 23**

Get the skinny on the latest Fat Loss Medications such as Semaglutide, Ozempic, and other name brands. You'll learn how these drugs work, the benefits, side effects, and much more. There will be time at the end of the presentation for Q&A.

## **A Healthier You (S)**

**Monday, June 26, 1-2 pm**

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

**Cost: Free**

**Register by Friday, June 23**

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

## **Cooking with Alec (N)** **Korean Bulgogi (FIRE MEAT) Bowls** **Friday June 30, 1-2pm**

Presenter: Alec Jensen

**Cost: R \$6 /NR \$7.50**

Max: 15

**Register By Tuesday, June 27**

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.

**CAUTION THIS MEAL CONTAINS NUTS**

## **Resource Hours** **Topic: Dementia**

Do you have questions about memory loss? Kristy Millar, Resource Navigator for the Memory Link Program of the Fox Valley Memory Project is available to answer your questions regarding memory loss and dementia. No appointment needed. Just stop in the Oshkosh Senior Center and ask to speak with Kristy. Resource hours listed below.

### **Oshkosh Senior Center** **Memory Link Resource Hours**

**4th Thursday of the Month**  
**11:00a.m-1:00p.m.**



Kristy Millar, CDP, CADDCT  
Memory Link Resource Navigator



This project is supported in part by grant number 90ADPI006B, from the U.S. Administration for Community Living, DHHS, Washington D.C. 20201



## Almeda Fisk Gallup Fund

**City of Oshkosh  
residents in need of  
financial assistance  
for vision, feet,  
hearing and dental  
needs**

New in 2023:  
Foot care  
needs

Apply for  
funding by  
calling  
920.232.5301

## ADVOCAP MEAL PROGRAM

REGISTER WITHIN 24  
HOURS TO BE  
GUARANTEED A MEAL.  
MEALS ARE SERVED INSIDE  
THE OSHKOSH SENIORS  
CENTER SOUTH FACILITY

CALL: 920-450-5122  
TO MAKE A RESERVATION



*Healthy*  
**Feet**



**COST: \$24  
CALL 920.232.5301 FOR AN  
APPOINTMENT**

**TO ENSURE YOU GET THE  
APPOINTMENT DATE THAT YOU WANT,  
PLEASE CALL 5-6 WEEKS IN  
ADVANCE. APPOINTMENTS ARE  
AVAILABLE TUESDAY AND  
WEDNESDAYS 9 AM TO 3 PM**

**Foot care  
services**



*Caring for the community since 1908.*

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- **Independent Senior Apartments** to simplify your life.
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serves government-funded programs  
to seniors and adults with disabilities  
in over 50 Wisconsin counties.

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**1-800-963-0035**

For more information on your long-term care  
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DHS Approved 4/22/2021

**ClarityCare**

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### Home Care Services

- Medication Reminders
- Housekeeping
- Meal Preparation
- Shopping & Errands
- Personal Care Services

### Day Services

- Community Involvement
- Gain Independence
- Individual & Group Activities
- Develop Daily Living Skills
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*If Compassion, Quality Care and Independence  
is Important... Call us today! (920) 236-6560*

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fraud, abuse, or errors

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or activities

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[www.smpwi.org](http://www.smpwi.org)

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.

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Oshkosh, WI 54901  
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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984



# DON'T BE IN THE DARK ABOUT WHAT IT TAKES TO PREVENT FALLS

FALLS ARE NOT A NORMAL PART OF AGING. RESEARCH SHOWS STRENGTH AND BALANCE TRAINING CAN HELP PREVENT YOU FROM FALLING.

The statistics are sobering every 11 seconds; an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall.

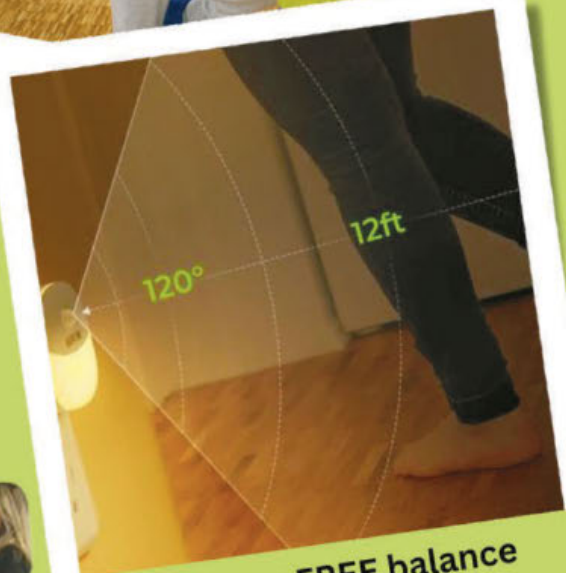
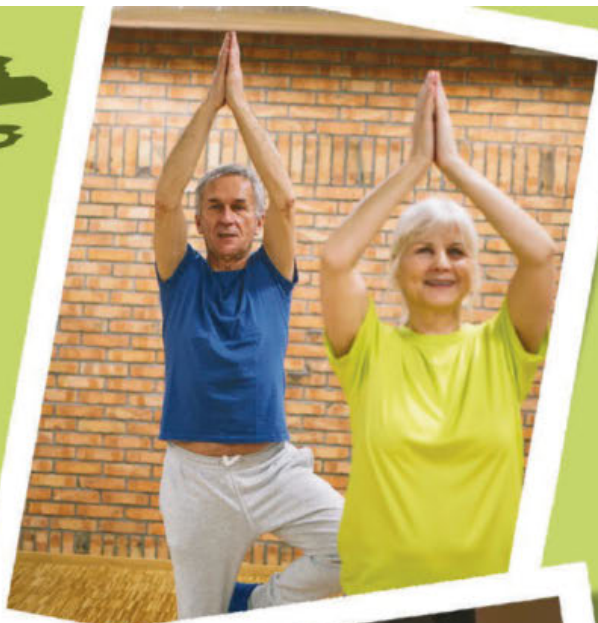
The Oshkosh Seniors Center and the Oshkosh Fire Department want you to **light up** your home for safety and become more knowledgeable about fall prevention. The first 200 people to schedule and complete a FREE balance test at the Oshkosh Seniors Center will receive information on fall prevention and a three-pack of motion sensor lights. The test will help you determine your personal risk for falling. Exercise and making safety changes in your home are great strategies to avoid falling.

SCHEDULE YOUR  
APPOINTMENT TODAY  
WITH THE OSHKOSH  
SENIORS CENTER

920-232-5300



Program possible through a grant from  
Wisconsin Institute for Healthy Aging **18**



Get your FREE balance  
test and 3 motion lights  
for safety.





**Embrace  
technology  
with  
Connect  
through Tech  
and the world  
will be at your  
fingertips!**



## **One on One Tech Appointments**

**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" appointment but we will work with you until you are a pro! We are even available to help you purchase and upgrade your devices.

**Mondays, June 5, 12, 19, and 26**  
**9 am, 10:15 am, 11:30 am, 12:45 pm**

**Tuesdays, June 6, 13, 20, and 27**  
**9 am, 10:15 am, 11:30 am, 12:45 pm**

**Wednesdays, June 7, 14, 21, and 28**  
**9 am, 10:15 am, 11:30 am, 12:45 pm**

**Cost: R \$2/NR \$2.75 per class**  
**By Appointment Only 920.232.5301**

## **Wi-Fi Access (S) Cost: FREE**

Bring your own device to access the Oshkosh Seniors Center's WiFi. Find a cozy spot in the Great Room, M-F, 8 am to 4 pm, and enjoy the high-speed internet service. No password 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, June 5, 12, 19, and 26**  
**9:15 am, 10:30 am, 11:45 am, 1 pm**

**Cost: R \$2/NR \$2.75 per class**  
**By Appointment Only 920.232.5301**





# Windows 11

Are you getting messages to upgrade to  
Windows 11?

Join us to take the mystery out of a  
Microsoft Windows Upgrade

***Let's Talk about the  
Upgrade to Windows 11***

**Tuesday, June 27**

**1:30 pm (South)**

Must register for this Connect through Tech class. Call the  
Oshkosh Seniors Center at 920.232.5300 to get signed up.



## 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.**

## Ukulele Lessons Everyone Welcome!

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

## Beginner Ukulele Lessons (S)

**Fridays, June 2-16**

**11 am-12 pm**

Instructor: Joe Weidenmeier

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

Min/Max: 5/12

**Register by Wednesday, May 31**

**Payment due upon registration**

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

## Intermediate/Advanced Combo Ukulele Lessons (S)

**Fridays, June 2-16, 11 am-12 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, May 31**

**Payment due upon registration**

With Aaron's style of teaching, he will be able to challenge both skill levels during the same lesson.

## Beginner 2 Ukulele Lessons (S)

**Fridays, June 2-16, Noon-1 pm**

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, May 31**

**Payment due upon registration**

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

## UKE 'N DO IT!

Join us for  
Ukuleles &  
Sing Along! (S)

Wednesday

June 7

10:30-11:30

Free

Casual singing,  
laughs & fun.

**Register by Monday , June 5**

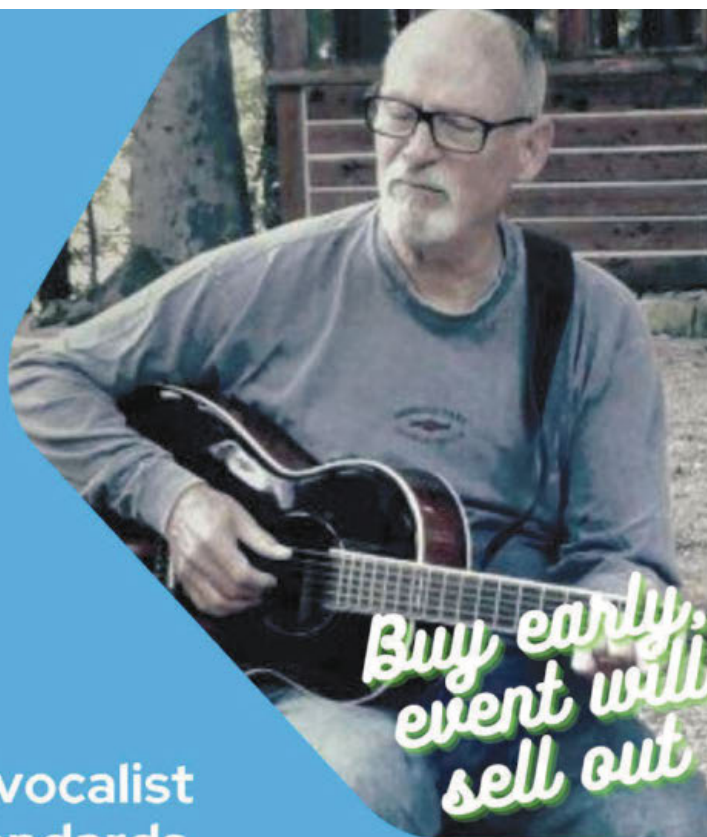


# Outdoor Live with Lunch (S)

Featuring

## Bill Hill

Fingerstyle guitarist and vocalist  
specializing in popular standards  
of the 1920's to 1960's -  
from Fats Waller to Bobbie Darin



**Thursday, June 8, 12:15-1:15 pm**

**Tickets: \$10 includes box lunch**

**Tickets now on sale until June 5**  
**Max attendance is 35**

This event funded in part by a  
generous donation from the  
Ladies Benevolent Society

**Enjoy lunch and live music  
on south lawn overlooking  
the river! Bring your lawn  
chair and friends!**

**200 N. Campbell Rd, Oshkosh**



## Gardening to Protect Pollinators (S)

**Tuesday, June 6, Noon-1 pm**

Presenter: Susan Carpenter, UW-Madison Arboretum, **Webinar**

**Cost: Free**

Min/Max: 5/30

**Register by Monday, June 5**

Communities are eager to help pollinators. Discover which pollinators live in your garden or landscape and how you can foster them. Considering the stressors they face, learn gardening practices to support pollinator habitats and health.

## Book Sharing Club (S)

**Thursday, June 8, 1:30-3 pm**

Facilitator: Lois Potratz

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

**Register by Tuesday, June 7**

This month's author is Karen White, best-selling author of over 30 novels. She has strong female characters in her books. Many of them are set in the South and are often referred to as GRITS, stories about "girls raised in the South." Her brand new title which starts a new series is set in New Orleans.

Choose one of her titles and share it with our book group on June 8th. Happy Reading!

***All book lovers are welcome!***

## Legal Counseling (S)

**Friday, June 9, 10 am-12 pm**

**Cost: Free**

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

## Bingo (S)

**Monday, June 12, 2-3:30 pm**

Sponsored by Edenbrook

**Cost: Free**

Min/Max: 10/55

**Register by Thursday, June 8**

Come for a fun afternoon of bingo!

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

**Sponsored by  
Edenbrook**



## Declutter Your Junk (S)

**Monday, June 19, 10-11 am**

Presenter: G2G Junk Removal

**Cost: Free**

Min/Max: 3/30

**Register by Friday, June 16**

Join Jason from G2G Junk Removal and learn about options and services available to help you declutter your home. He can help you get a property ready for sale or help you declutter by cleaning things out of your home that you no longer need. Is your basement free of clutter? How about garage? Learn about what items a removal service will take, and start to declutter your spaces!



## Chat-N-Chop-

## Budget Friendly Meals (S)

**Tuesday, June 20, 9:45—11:45 am**

Instructor: Kerry Wolfe

**Cost: R \$10.00 / NR \$11.50**

Min/Max: 2/8

**Register by Wednesday, June 14**

**Payment due upon registration**

Come join us for budget friendly meals which will include garlic bread pizza sandwiches, taco pizza, and one skillet cheese tortellini with zucchini. Tie on those aprons and cook with us.

## Overwhelmed by Medicare? (S)

**Tuesday, June 20, 10-11 am**

Presenter: Nicole Henry, 5 Star Insurance

**Cost: Free**

Min/Max: 3/30

**Register by Friday, June 16**

Are you looking for an overview of the Medicare plans offered for 2023? Join us as we present an overview of Medicare and the options available! Bring a friend! Light Refreshments and snacks will be available.



# THE DEL RAY'S

*Live at the  
Leach Amphitheater  
303 Ceape Ave. Oshkosh*



**Tuesday  
July 18**

**11 AM - 1 PM**

Doors open 10:15 am

**\*Advance Purchased  
Ticket: \$5**

Purchase tickets at  
Oshkosh Seniors Center  
June 10-July 14, 8 am-4 pm  
200 N Campbell Road  
Oshkosh, WI  
920.232.5300

**Ticket at Gate: \$8**

Children under 12 FREE at gate

**\*Lunch is NOT included**



**Water/Snacks available  
for purchase**

**Bring a lawn Chair**

**\*Lunch Carry ins allowed**

This event made possible by the support of a Ladies Benevolent Society



## Social and Educational

Building North (N) South (S)

### ORD-The Birds of Summer (S)

**Wednesday, June 21, 10 am-12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

Min/Max: 10/75

**Register by Monday, June 19**

The Birds of Summer. We will go on a virtual safari and search for some of the summer's most secretive and amazing birds. Now that migration is over, we will seek out rare and unusual birds all around the state. We will visit wetlands, woodlands, and grasslands to find the birds of summer.

### Avoiding Probate: How to Do It, and Why You (Maybe) Shouldn't (S)

**Friday, June 23, 10-11 am**

Presenter: McCleer Law

**Cost: Free**

**Register by Wednesday, June 21**

Probate can be expected to last a full year or even longer in Wisconsin. Attorney Joe McCleer of McCleer Law Office will detail the many methods that can be used to ensure that your estate can pass to your family after you are gone without having to use the probate process. He will discuss the many problems families can encounter in their rush to avoid probate, and why many anticipate probate is preferable to one that tries to avoid it.



### Eat & Greet (S)

**Wednesday, June 28**

**Serve at 11:30 am**

**Cost: \$10.00**

Max:50



**Tickets available May 24-June 20**

Its that time again...grilling season is here. Come and enjoy either a hamburger or brat along with coleslaw, watermelon and dessert.

### Popcorn & A Movie (S)

**Wednesday, June 28, 12:45 pm-2 pm**

**Cost: Free— Donation for popcorn appreciated**

Min/Max: 2/50

**Register by Tuesday, June 27**

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

### Book Talk (S)

**Orphan Train by Christina Baker Kline**

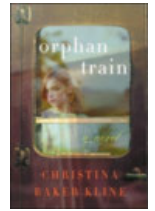
**Thursday, June 29, 9:30-11:00 am**

Facilitator: Kerry Wolfe

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

**Register by Thursday, June 1**

A captivating story of two very different women, who build an unexpected friendship: a 91-year old woman with a hidden past as an orphan-train rider and the teenage girl whose own troubled adolescence leads her to seek answers to questions no one has ever thought to ask.



## Walk Against Elder Abuse

WEAR PURPLE TO SHOW YOUR SUPPORT

**Thursday, June 15th, 2023**

**12:00 p.m. - 1:00 pm.**

**Meet at 12:00 p.m. at the Main Entrance of  
Oshkosh Human Services/ADRC**

220 Washington Ave, Oshkosh

**Walk down Washington Ave to Opera House  
Square to enjoy snacks & refreshments and learn  
about what you can do to prevent elder abuse in  
our community!**

**Special Guests:**

**District Attorney Spar & Sheriff Matz**



## Social and Educational

Building North (N) South (S)

### Rep. Palmeri Office Hours (S) No June Hours, see you in July

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



### Wisconsin Warmers (S)

#### Thursdays, 9 am-3 pm Currently Seeking Volunteers!

Consider joining a 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.

SUNNY SUMMER  
SUGAR COOKIES



### COOKIE ART DECORATING(S)

**THURSDAY, JUNE 22**

**10-11 AM**

**COST: R \$5/ NR \$6.50**

**MIN/MAX: 5/10**

**REGISTER BY MONDAY JUNE 19**

Have you ever looked at a decorated cookie and thought "it's too beautiful to eat"? Cookie Decorator Julia Barr will teach you how to decorate sugar cookies with Royal icing. Each person will receive 3 prebaked sugar cookies ready to be decorated. This class can be a little messy so **bring your own apron**. Cookie dough and icing recipes included!  
\*Cookie shape may differ from those shown

**Stay Social**  
**Cost: R \$.75/NR \$1.25**  
**Daily Rate/Per Visit or**  
**Purchase a Monthly**  
**Stay Social Pass**

#### 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

**No cards on Monday, May 29**

#### Cribbage

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

#### Need a spot to play with Friends? Open Cards & Games

Grab your friends, pick a time to meet and come play  
Mondays, 12:30-3:30 pm

#### Chicken Foot Dominoes

Tuesdays, 8:30-11:30 am

#### Mahjongg, Mexican Train

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

#### We need your help!

Please wait patiently at the desk to pay your card playing fees. Don't want to wait? Put money on a prepay account and check yourself in at the kiosk.

We are having issues with balancing financials on card playing days as people are just putting money on the desk and walking away.





## **The City of Oshkosh Water Distribution Residential Water Survey is Underway**

The Oshkosh Seniors Center wants you to be aware of the city-wide effort happening that will require City employees to check for lead pipes and cross-connection issues in your home. The efforts are to comply with the U.S. Environmental Protection Agency and the Wisconsin Department of Natural Resources. The goal is to keep the community's drinking water safe. Bring your questions!

### **Question and Answer Session with**

Jesse Barrette

Environmental Health Specialist I

City of Oshkosh's Water Filtration Division

Wednesday, June 7 at 1 pm

Oshkosh Seniors Center South Building

Please register at 920.232.5300

**Who should attend?** Anyone that owns a home in the City of Oshkosh  
**Does the survey cost money?** No the survey is FREE to the homeowner

**How will I know they are surveying in my neighborhood?**

**How long does the survey take?**

**How can I set up an appointment?**

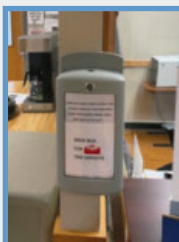
**How will I identify Water Filtration employees before I let them into my home?**



# 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**

**For questions call 920.232.5312**

## Dancing Horses

**The Dancing Horses Theatre—Lake Geneva**

**Date: Thursday, June 15**

**Cost: \$115 (\$20 non-refundable deposit)**

**Depart: 9am Return: Approx. 6pm**

The Dancing Horses Theatre offers the most amazing Vegas-style show in the area. Creator Dana Montana along with her daughters and a talented team of creative artists produce this magical experience. The entertainers include performers who have worked many venues including Ringling Bros, Universal Orlando and Walt Disney World. The spectacle features an array of horse breeds in a state-of-the-art 300-seat theatre. Lunch is included and we will be dining on turkey, vegetable, potatoes, salad, dinner roll, strawberry shortcake and beverage. On the way home we will stop at the Elegant Farmer, home of the award-winning apple pie baked in a paper bag.  
Guide: Cindy Paffenroth



**28**

## "Ain't too Proud"

**The Performing Arts Center-Appleton**

**Date: Wednesday, June 21**

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

**Depart: 6pm**

**Return: Immediately after the show**

Ain't Too Proud—The Life and Times of the Temptations is the electrifying new smash Broadway musical that follows The Temptations' journey from the streets of Detroit to the Rock & Roll Hall of Fame. It is a story of brotherhood, family, loyalty and betrayal during a decade of civil unrest in America. Music includes "My Girl," "Just My Imagination," "Get Ready," and "Papa Was a Rolling Stone".

Guides: Cheryl Freiberg and Laurelyn Hensarling



## Brewers/Cubs Baseball Game

**American Family Field—Milwaukee**

**Date: Thursday, July 6**

**Cost: \$90.00 (\$20 non-refundable deposit)**

**Depart: 9:30am Return: Approx 6pm**

***Moderate Walking for the game.***

**SOLD OUT WAIT LIST AVAILABLE**

## Legends in Concert

**The Fireside Theatre—Fort Atkinson**

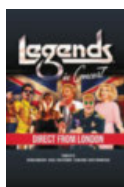
**Date: Thursday, July 13**

**Cost: \$130 (\$20 non-refundable deposit)**

**Depart: 7:45am Return: Approx. 6pm**

The enduring talent that makes a performer a legend and makes their popularity live on around the world will be visible in a direct from London exclusive Midwest engagement of a brand new Legends In concert! It's all there — the Sound! The Look! The Glamour! The Magic! Featuring tributes to legendary British superstars of yesterday and today — Freddie Mercury, Adele, Rod Stewart, Elton John and Dusty Springfield — with a four-piece band and performers so gifted you'll swear the real thing is right before your very eyes. Entrée choices: Chicken Cordon Bleu, Steak Diane, or Grilled Shrimp and berry tart for dessert.

Guides: Cindy Paffenroth and Marianne Zarling





## Winnebago Senior Tours

### Door County Mystery

**Date: Wednesday, July 19**

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

**Depart 9am Return: Approx. 8pm**

***Moderate activity level!***

The *who* is You! The *where* is Door County, the *when* is July 19, and the *why* is because we'll have so much fun! And the *What???* This is where you put on the detective hat! What will we do?, see?, what cities will we visit?



*This is an adventure! Are you game?*

Travel where we haven't been before!

Guides: Cheryl Freiberg and Laurie Peach

**SOLD OUT WAIT LIST AVAILABLE**

### Wisconsin Dells/Baraboo

**Date: Thursday, August 3rd**

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

**Depart: 7am Return: Approx. 6pm**

***Moderate activity level!***

Have you ridden the Ducks—The Ducks at Wisconsin Dells, I mean? The Duck tour was launched in 1946 and has been delivering fun and adventure ever since. The classic duck tour splashes into the Wisconsin River and Lake Delton, climbs over sand bars, and traverses over four miles of scenic wilderness trails. After that excitement, you will enjoy lunch at the famous Moose Jaw Restaurant featuring a delicious Italian buffet. From there, we will take in the sights, beauty and smells of the New Life Lavender Farm in Baraboo. We will enjoy a Farm to Table Wagon tour traversing 40 acres. Time is also allowed for shopping the farm store. Our final destination includes sculptures crafted from scrap metal.



Guides: Cindy Paffenroth and Ginnie Riley

### REMINDER

Be sure to check out the rotating rack at the Travel Desk for any new trips for which flyers are completed but not yet in the *Current!!*

### Mary Poppins

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, August 17**

**Cost: \$130 (\$20 non-refundable deposit)**

**Depart: 7:45am Return: Approx. 6pm**

***A show for the entire family!***

Everyone loves this magical nanny. Adventures await this London family, adults, and children with memorable songs, such as "A Spoonfull of Sugar Makes the Medicine Go Down" and



"Supercalifragilisticexpialidocious."

Enjoy the dancing, laughing, and singing as the stage brings this beloved Tony Award-winning show to life. Don't miss this opportunity to share this humorous show. A beloved Tony Award-winning musical, The Fireside's production features all the well-known popular songs, high-stepping dancing and a

treasure chest full of magic and mirth.

Entrée choices: Chicken Alfredo with Linguine, Grilled Pork Loin and Seared Fresh Atlantic Salmon plus peanut butter pie!

Guides: Ginnie Riley and Cindy Paffenroth

### Brewers/Twins Baseball Game

**American Family Field—Milwaukee**

**Date: Wednesday, August 23**

**Cost: \$85 (\$20 non-refundable deposit)**

**Depart: 9:30am Return: Approx. 6:30pm**

***Moderate Walking for the game.***

Join us as we spend a "bee-u-ti-ful" afternoon at American Family Field in Milwaukee to watch the Brewers take on the Minnesota Twins. Before heading to the stadium we'll stop off at Exit Q in



Menomonee Falls for a short break and food, for those interested. Tickets are in **Section 319, and includes a \$6 credit** that can be used for concessions or retail purchases in the stadium.

Guides: Ginnie Riley and Cathy Koch

# Winnebago Senior Tours

## France Magnifique

### Discovery

September 14—25

Cost: \$5249 Double

Guide: Cheryl Freiberg



**SOLD OUT WAIT LIST AVAILABLE**

## The Other Side of the Lake

Date: Thursday, September 28

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

Depart: 8:00am Return Approx. 7:00pm

We will be tasting and eating our way around the lake! Sit back and enjoy the autumn colors as we travel on the eastern side of Lake Winnebago.

Stops include Vern's Cheese, La Clare Creamery, Ziegler Winery, and The Little Farmer. There will be opportunities to shop...cheese, wine, apples, pumpkins, goat products and gift options. Our final stop will be dinner at the popular Schwarz's Supper Club in St. Anna.

Guides: Cheryl Freiberg & Laurie Peach

## COLLETTE 2024

Join us on July 20th at 1:00pm when we welcome Collette Representative Katie Ganshert. Katie will be presenting the featured trips for 2024.

Call 920.232.5312 to reserve your spot.

## Cranberry Tour—Warren, WI

Date: Tuesday, October 10

Cost: \$90 (\$20 non-refundable deposit)

Depart: 7am Return: Approx. 6pm

We will tour the Weatherby Cranberry Farm, founded in 1903. Third generation growers, Jim and Nodji Van Wychern and their family are major contributors to the success of the marsh year around. Nodji will join us on our bus to witness the cranberry harvesting process. Shop for sweetened dried cranberries and homemade wine! Next is a visit to the Wisconsin Cranberry Discovery Center. This museum features information about the cranberry industry and history of Wisconsin cranberries. Their gift shop features everything from cranberry salsa to chocolate covered cranberries. Also featured are Kindred Candles also made in Warren. Lunch will be at the Cranberry Country Café including chicken salad sandwiches served on cranberry rice bread, chips and beverages —and cranberry ice cream. Our day will end with a visit to Bog's Edge Brewing, also located in Warren where we will sample a variety of hand-crafted beers, brewed on site.

Guides: Cindy Paffenroth and Cathy Koch

## Pretty Woman

The Performing Arts Center-Appleton

Date: October—exact date TBD

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

Depart: TBD

*Pretty Woman: The Musical* features an original score by Bryan Adams and Jim Vallance, and a book by the movie's legendary director Gary Marshall and screenwriter J.F. Lawton. *Pretty Woman: The Musical* will lift your spirits and light up your heart. If you love the movie, you'll love the musical!.

Guide: Cheryl Freiberg and Laurie Peach

### Under Construction

10/26 Titanic the musical at the Fireside

11/12-13 Lake of the Torches Casino

11/27 Milwaukee Christmas

12/14/23 Scrooge — at the Fireside

Also working on—no guarantees yet!

11/17—Trans-Siberian Orchestra at the Resch

When sending payments in the mail please call to be certain of availability and include:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email \_\_\_\_\_

Name of Trip \_\_\_\_\_

Food choice if appropriate: \_\_\_\_\_



# Friends of the Oshkosh Seniors Center

2023 FOOD TRUCK  
**FRIDAY**



**ENJOY!**  
FAMILY FUN NIGHT  
AT SOUTH PARK!

**JUNE  
9<sup>TH</sup>**  
4:30 to  
8:30 PM



**15 FOOD TRUCKS**

Live Music By  
**BLUE  
COLLAR  
BLUES  
BAND**

**BEER  
SODA  
WATER**



**\$100 IN FREE GROCERIES EVERY MONTH FOR A YEAR!**  
**Red's Piggly Wiggly – Food Truck Friday Sponsor!**

*Raffle tickets will be available for purchase at the store and at each FTF event!  
Winner drawn at FTF on August 11<sup>th</sup>!*



*These events are sponsored by  
The Friends of the Oshkosh  
Seniors Center and all  
proceeds will benefit  
programs and services  
provided by the Oshkosh  
Seniors Center.*

## We put the **FUN** in **FUN**draising!

Join us for Food Truck Friday, June 9 and August 11, 2023  
Enjoy an evening with family, friends, food and of course, **FUN**!

Your tax deductible contributions help make it possible for the Friends to support the community at the Seniors Center through social, spiritual, environmental, emotional, occupational, intellectual and physical wellness programming and services to all Oshkosh area seniors, 50 and older, at the Oshkosh Seniors Center.



**Donations may be directed to:**

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

Email Inquiries to:  
FriendsofOSC1986@gmail.com

## Friends of the Oshkosh Seniors Center Mission Statement

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



# We look forward to seeing you!



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

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UMS

## The Oshkosh Seniors Center is working to enrich the quality of life

### 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

Jean Wollerman, Senior Services Manager  
Anne Schaefer, Mktg/Fund Development  
Jane Wells, Program Supervisor  
Bobbie Jo Nagler, Office Assistant

### Activity Coordinators:

Alec Jensen, Fitness & Wellness  
Kayla Stankowski, Healthy Lifestyles  
Brett Ryan, Social & Educational  
Kerry Wolfe, Asst. Activity Coordinator

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

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

### Or mail registration to:

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



### Oshkosh Committee on Aging

Judy Richey, Chairperson  
Heidi Basford Kerkhof  
Bryn Ceman  
Julie Davids  
JoAnne Murphy-Spice  
Patricia Jirovetz  
Julie Kiefer  
Julie Maslowski  
Mike Ford, Council  
Jean Wollerman, Staff Liaison

**Alternate:** Ally Ford

Cynthia Thorpe

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Teri Jolin  
Liz Lahm  
Dawn Lux  
Barb Miller  
Barbara Tuchsherer  
Fleurette Wrasse

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Colleen Harvot, Vice President  
Chris Kniep, Treasurer  
Julie Hoyt, Secretary  
Judy Hebert  
Joe McCleer  
Cheryl Freiberg

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