

THE CURRENT

2024 FOOD TRUCK
FRIDAY



20 FOOD TRUCKS



Providing
LIVE MUSIC

ENJOY!

**FAMILY FUN NIGHT
AT SOUTH PARK!**

JUNE 14TH

*5:00 to
9:00 PM*



\$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 9th!*



**BEER
SODA
WATER**



*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.*

June 2024 , 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**



**SOCIALIZE AND
CONNECT THROUGH
TECH**

View the online newsletter at www.ci.oshkosh.wi.us/Senior_Services/
Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center

Hello
Summer!

Brian Wilson

"Summer means happy
times and good
sunshine."



WHAT'S IN THIS ISSUE?

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

Inside Cover	Page 2	Connect Through Tech	Pages 20 - 21
Enrichment	Pages 4 - 7	Social And Educational	Pages 23 - 26
Fitness	Pages 9- 11	Winnebago Senior Tours	Pages 28 - 30
Wellness	Pages 12 - 16	Friends of OSC	Page 31
Support Services	Pages 18 -19		

**Are you serious about making some
important changes to improve your health?**



Nearly half of American adults aged 65 or older have prediabetes. Without weight loss or routine moderate physical activity, many of them will develop type 2 diabetes. Prediabetics have a higher risk of suffering a heart attack and stroke. **The Medicare Diabetes Prevention Program (MDPP)**, offered by **Network Health**, can help you make lasting changes to prevent type 2 diabetes and improve overall health. The program is free for participants enrolled in Medicare or Medicare Advantage plans and is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is backed by years of research showing that program participants aged 60 and older can cut their risk of type 2 diabetes by 71 percent—by losing weight, eating better, and being more active.

Participants will receive a full year of support from a lifestyle coach and peers with similar goals. The program provides weekly, one-hour core sessions for up to six months and monthly sessions for the rest of the year. These sessions will be held at the Oshkosh Seniors Center.

If you want more information, please register for one of the following sessions with Christine Boe from Network Health at OSC's South building in June.

Talk to Network Health on How to Prevent T2 Diabetes

Wednesday, June 12 at 1 pm

Thursday, June 20 at 11 am

Thursday, June 27 at 9 am

Please register at the Center's front desks or call 920.232.5300.



THE GOLDEN TONES CHORUS
PRESENTS

“Magic Melodies”

Director: Paula Steinert

Accompanist: Marshall Potter

SUNDAY, JUNE 9, 2 PM

DOORS OPEN AT 1:30 PM

***ADMISSION \$5**

***KIDS UNDER 16 FREE (TICKET STILL REQUIRED)**

Ticket sales at Oshkosh Seniors Center

Monday May 13-Thursday June 6

(or until sold out)

No ticket sales at door

Concert Location:

Oshkosh Seniors Center-North

234 Campbell Road Oshkosh

920.232.5300



Art Expression (S)

Thursdays & Fridays,
June 6-28, 9-11:30 am

Closed Monday May 27

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

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

Senior Center supplies are not to be used during this time. Enjoy the company of other artists while you work on your projects. **The kiln is not available for firing at this time.**

Quilting 304 (S)

Layout & Design

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

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50

Min/Max: 3/6

Register by Monday, June 3

Payment due at time of registration

In this class we will focus on two new approaches to layout and design. One is a bar set (Confetti p. 77) and the other a zigzag set (Navajo Dreams p. 79). Either one provides practice on using setting triangles to set your blocks on point. The Confetti also incorporates sashing.

Recommended Book: Quilter's Academy Volume 2 – Sophomore Year Available through Amazon.



Painting "Rocks" ! (S)

Wednesday, June 5, 10-11:30 am

Instructor: Kelly Arens

Cost: R \$5/NR \$6.50

Min/Max: 3/12

Register by Monday, May 29

Payment due upon registration

Painting rocks can be a delightful and creative activity. It's a way to transform ordinary stone into vibrant works of art. Come paint rocks to decorate your garden or gift to others. You will learn rock painting techniques and how relaxing it can be. No experience necessary! Supplies provided.



Hand Building with Clay (S)

Tuesdays, June 11-July 2, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, May 20

Payment due upon registration

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

Learn to Repair Stained Glass (S)

Wednesday, June 12, 9 am-12 pm

Instructor: Marla Tonn

Cost: R \$10/ NR \$12.50

Min/Max: 3/6

Register by Monday, June 10

Payment due at time of registration

This is for those with experience in working with stained glass and have small items that need repair. Learn from professional repair artist Marla Tonn how to replace cracked glass in a piece, correct framing issues or even hanging issues. Bring in your own items that need repair.

Resin Seascape (S)

Tuesday June 18, 9 -11:30 am

Instructor: Jane Wells

Cost: R \$25/ NR \$30

Min/Max: 3/8

Register by Thursday, June 13

Payment due at time of registration

Create this beautiful seascape on 8 X 10 canvas. You will be using mica powder to color resin, and learn how to create waves in the water. Project will be ready for pick up the following day. Please bring a tweezers and anything special you would like to place in project.



Finish Your Stained Glass Project (S)

Wednesday, June 26, 9 am-12 pm

Instructor: Marla Tonn

Cost: R \$10/ NR \$12.50

Min/Max: 3/6

Register by Monday, June 24

Payment due at time of registration

This is for those with experience in working with stained glass. Have a project or two that still needs to be finished? This is your chance to finish those projects. Instructor available to guide you.



Specializing in 24/7 & Live-In Care

Experienced. Reliable. Compassionate.

From a few hours a day to 24/7 care, Home Instead® of Oshkosh and Appleton can provide complete in-home support:

- Bathing, dressing & grooming
- Medication reminders
- Meal prep & nutrition
- Transportation
- Light housekeeping
- Laundry & linens
- Incontinence
- And more

Minimums start at just a few hours a day. Schedule a FREE consultation in Winnebago, Outagamie and Calumet Counties!

Contact Us **920.997.0118**
HomeInstead.com/203

Each Home Instead office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company.



Medicare Aces
Questions about Medicare?
We can help!

Shelly Squier
920-527-0292

ssquier@ffig.com

1429 Oregon St.
Oshkosh, WI 54902

*not affiliated with any government agency



FREE AD DESIGN

with purchase of this space

CALL 800-950-9952



Arborview Manor
Oakwood Manor
Webster Manor

www.thegoodlife.care

goodlife
ASSISTED LIVING

920-231-7900

Call us today for a personal tour!



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

FOOT CARE SERVICES

- Foot Exam by a registered nurse
- Diabetic foot care
- Calluses & corn reduction

To schedule an appointment, call Nadine at (920) 237-2108 or email nhutmaker@evergreenoshkosh.com

 **WWW.EVERGREENOSHKOSH.COM**
(920)237-2108

YOUR RIDE IS HERE 



Seniors age 60 and older ride GO Transit buses for the lowest fare in the City.

Call 920.232.5340 for info about your mobility options.

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

 924 Dempsey Trail, Oshkosh, WI 54902
920.232.5340

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

 **SMP**
Senior Medicare Patrol
Preventing Medicare Fraud

Toll-free Helpline:
888-818-2611
www.smpwi.org

Wisconsin Senior Medicare Patrol

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

 **EDEN**
SENIOR CARE

Oshkosh's premier choice for skilled nursing & senior living.



 **Medicare Made easy**

We've got a plan for you.
Explore your options with Network Health

In 2024, Network Health earned Medicare's highest rating for its Medicare Advantage PPO Plans, a **5 out of 5 overall Star rating**

Please call **Jackson Lautenschlager**
Engels & Lautenschlager Financial Services
920-420-5499
jackson.lautenschlager@yahoo.com



Network Health Medicare Advantage Plans include PPO plans with a Medicare contract. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. We do not offer every plan available in your area. Currently we represent two organizations which offer 24 products in your areas. Please contact [Medicare.gov](https://www.medicare.gov), 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.

 **Hickey**

 **2023 CHOICE AWARDS**
Best of Winnebago County

☒ Voted Best Roofing Contractor
16 Years Running

(920) 426-4008
info@hickeyroofing.com

 **Doggonit**
Pet Taxi

- Pet Taxi
- Pet Sitting
- Dog Walking
- Light Clean-up of pet area

920.479.4747 • 920.203.8199
www.doggonitpettaxi.com

The support you need. The care you deserve.

SKILLED NURSING

Edenbrook Oshkosh
920-233-4011
edenbrookoshkosh.com

Omro Care Center
920-685-2755
omronursing.com

SENIOR LIVING COMMUNITIES

Bella Vista
Independent & Assisted Living
920-233-6667
bellavistaofeden.com

Lakeshore Manor
Memory Care
920-426-2670
lakeshoreofeden.com

Live Happily.



Enrichment

Building North (N) South (S)

Power & Hand Tool Carving (N)

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

Instructor: Gene Bengel and Richard Krummick

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

Min/Max: 5/12

Register by Tuesday, May 28

Payment due upon registration

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

Woodshop Guided Hours (N)

Wednesdays

10 am-2:30 pm

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

Fridays, 1-3 pm

Cost: R \$5/NR \$6.50

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

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

Wooden Earrings Pyrography (S)

Thursdays, June 6-June 27, 1-3 pm

Instructor: Linda Gomach & Diane Curtis

Cost: R \$20/ NR \$25

Min/Max: 3/5

Register by Tuesday, June 4

Payment due at time of registration

Woodburn Wooden earrings - Different shapes, beads, and paint provided. In this beginner level class you will use your imagination to create unique earrings.

Participants can create to a 3 pair limit.



Project similar to picture shown.

Basic Machine Safety Training (N)

Fridays, June 21 & 28, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Payment due upon registration

Register by Friday, June 14

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

Guided Woodshop hours:

Wednesdays 10am - 2pm



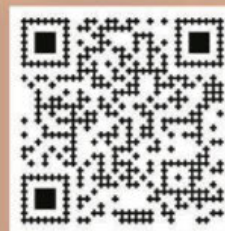
OSHKOSH SENIORS CENTER PRESENTS

*Concert
by:*

J+
band

Favorite songs by:

Linda Ronstadt
Eagles
Fleetwood Mac
& more!



Scan to hear
a sample



Jamie

FRIDAY JUNE 21, 2024

1:30PM - 2:30PM

DOORS OPEN AT 1:00PM

TICKETS \$8

ADVANCE SALES ONLY

ON SALE MAY 28- JUNE 19

TICKETS CAN BE PURCHASED
AT THE FRONT DESKS



PERFORMANCES AT:
OSHKOSH SENIOR CENTER (NORTH)
234 N CAMPBELL RD OSHKOSH 920.232.5300

Together, is a great place to be.

A community of connections, friendships, and opportunities awaits. Experience the support, amenities, and community living that exist at Miravida Living.



MiravidaLiving.com • (920) 420-9999 • Oshkosh, WI

Senior Living at Carmel Residence 55+ and Simeanna Apartments 62+
Assisted Living, Respite, and Memory Care at Gabriel's Villa and Elijah's Place
Skilled Nursing and Rehabilitation at Bethel Home and Eden Meadows

One-on-one help with your Medicare questions

There's more for you. Call today.

1-844-236-3281, TTY 711

8 a.m.-8 p.m. local time, 7 days a week.

Learn more at **shopuhc.com**

 **United
Healthcare®**



SPRJ82780



**FREE
AD
DESIGN**

with
purchase
of this
space

**CALL
800-950-9952**

SUPPORT OUR ADVERTISERS!



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

Oshkosh Senior Center, Oshkosh, WI





B 4C 01-0984

Fitness

Building North (N) South (S)

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

CLASS TIMES

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



Not Insurance Eligible



Registration Required



We've got a plan for you



Rapid Movement

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

Range of Motion

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

Silver Sneakers® Classic

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

Life Fitness

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

Tai Chi Energy

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

Movement Exercise

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

Advanced Line Dancing

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

Slow Flow Yoga

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

TRX Limit 6 people.



Instructor: Bob Braun
Use suspension straps to push, pull, and lift your bodyweight in order to develop strength, balance, flexibility, and core stability at your own pace. Capacity is limited due to equipment, **please register prior to each class** to ensure there is space.

Beginner Chair Yoga

Instructor: Jim Crane (T)/Catherine Huybers (Th)
A gentle practice in which postures are performed while seated and/or with the aid of a chair. 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.

Low Impact Dance

Instructor: Diane Hergert
Follow along with Diane's step-by-step instructions for this low impact aerobic dance class. All levels encouraged to attend, this is a no judgement zone! Here's your chance to improve fitness and coordination, and have fun doing it!

Step Interval

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

FFC 3g Limit 10 people.



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

Keep Moving!

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

Intermediate Kettlebells



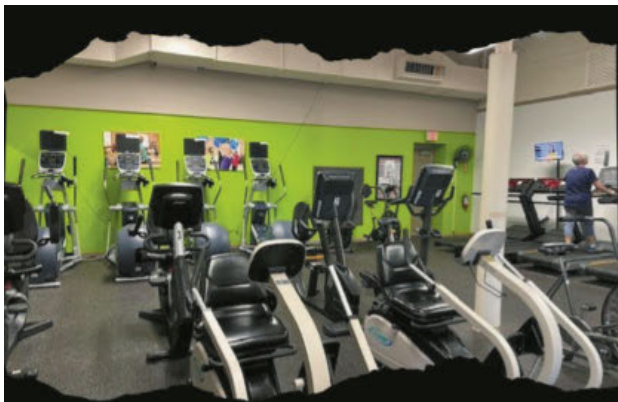
Limit 10 people.

June 3-27, Registration required by May 31.

Cost: R \$20/ NR \$25

Payment due upon registration. Must have completed Beginner class to register.

Kettlebells are beneficial for everyone young or old. The unique nature of the kettlebell lifts provide a powerful training tool that can replace any machine at a gym. No other tool offers as many all-around benefits in such a tight package.



FOX FITNESS CENTER

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

Purchase a Stay Active Pass or use your eligible Insurance reimbursement plan.



**Open Monday-Friday
7 am - 4 pm**

234 North Campbell Road 920.232.5311



Get those legs in shape with our new leg press!



Be short sleeve ready with strength training.



Poker Walk Challenge

Monday, June 10-Thursday, June 20
Best poker hand wins!



Step One: June 3-7-Pick up information and tracking sheets at front desk



Step Two: June 10-20-Walk at least 1 mile on as many days as you can during the challenge time frame. Miles can be take place on treadmill or outside.



Step Three: For each day you walk 1 mile or more, you may choose one playing card from the deck at the north building to make up your poker hand. If you walk more than 5 days, you can exchange a card with a new card that you draw from the deck to improve your hand.



Interested in a group walk outside? Meet in the North building on:
Friday, June 14, 1:30 pm & Wednesday, June 19, 10 am

Dress for weather. In case of rain, walking will be inside North building.



Mindfulness Meditation (S)

Thursdays, June 6-27, 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.

FREE Blood Pressure Checks

Thursday, June 6 Noon-1 pm (S)

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

Thursday, June 20, Noon-1 pm (S)

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

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

Essential Oils: The Microbiome & Metabolism Connection (S)

Tuesday, June 11, 10 am-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: Free

Register by Friday, June 7

What is a "microbiome" and why is it important? Join Jeanne to learn about microbiomes and how a healthy microbiome protects our body from harmful threats. She'll also discuss how essential oils can play a role in our microbiome and metabolism connection.

Cooking with Alec (S)

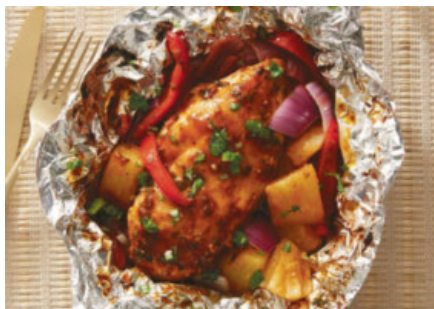
Hawaiian Chicken Foil Packs

Friday, June 14, 1 pm-2 pm

Presenter: Alec Jensen

Cost: R \$5 NR \$6.50

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



Finding Solutions for Common Hand Conditions (S)

Monday, June 17, 2-3 pm

Presenter: Richard Schaefer, MD

Cost: Free

Register by Thursday, June 13

Join Richard Schaefer, MD, an SSM Health Fond du Lac Regional Clinic board-certified plastic & reconstructive surgeon, to review common hand conditions, and some innovative procedures that require no sedation, and deliver a quicker return to activity and faster recovery.



A Healthier You (S)

Monday, June 24, 1- 2 pm

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

Cost: Free

Register by Friday, May 17

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



Aurora Health Care®

Sweet Science:

Unveiling the Nutritional Facts of Sugars (N)

Friday, June 28, 1-2pm

Presenter: Alec Jensen

Cost: Free

Register by Thursday, June 27

Join Alec for a comprehensive presentation that explores the multifaceted world of sugars and their impact on nutrition. This presentation will delve into the various types of sugars found in our diet, from natural sugars to added sugars.

**SUPPORT OUR
ADVERTISERS!**

CONNECTIONS YOUR VISION. YOUR PATH. YOUR PARTNER.

IRIS Consultant Agency (ICA)



To learn more about your long-term care options,
please contact your Aging and Disability Resource Center:
<https://www.dhs.wisconsin.gov/adrc/index.htm>

We support you to live your best life at home, in your community and at work.

Call toll-free: 844-520-1712

Email: connections@lsswis.org

Carol's Country Tours

Washington DC	4/11-17	FULL
NY City	5/2-8	FULL
Niagara Falls	6/16-22	\$1055
Madison Expo	9/5	\$59
Boston/Salem	9/17-25	FULL
Savanna	10/19-27	FULL
Branson	12/1-6	\$1045

Carol J. Kaufmann

Ckaufmann@new.rr.com

(920) 216-4668

www.carolscountrytours.com

425 W Packer Ave • Oshkosh, WI 54901



FREE NURSE EVALUATION


BrightStar Care®
 A HIGHER STANDARD OF HOME CARE

920-808-2020

- ✓ **WE ARE COMMITTED TO THE HIGHEST LEVELS OF QUALITY AND SUPPORT.**
- ✓ **WE HELP CLIENTS AND FAMILIES MAINTAIN THEIR INDEPENDENCE WHILE MANAGING THEIR UNIQUE AGE AND HEALTH RELATED CHALLENGES WHILE HOME.**
- ✓ **OUR MISSION IS TO IMPROVE THE HEALTH AND QUALITY OF LIFE FOR EACH CLIENT.**

- BATHING AND GROOMING AIDE - TRANSPORTATION/SHOPPING ASSISTANCE - COMPANIONSHIP
 - MEAL PREPARATION - ALZHEIMER'S AND DEMENTIA CARE - HOUSEKEEPING AND LAUNDRY - SKILLED NURSING/INFUSIONS



**FREE
AD
DESIGN**

with
purchase
of this
space

**CALL
800-950-9952**

MAKE A DIFFERENCE IN THE LIVES THAT FOLLOW

When the time is right for you to include a gift in your will or estate plan, please remember the Oshkosh Area Community Foundation.
For Good. For Ever.



**OSHKOSH AREA
COMMUNITY
FOUNDATION**

230 Ohio Street, Suite 100 | Oshkosh
 920.426.3993 | OshkoshAreaCF.org

Fiss & Bills - Poklasny

Funeral Homes & Crematory
 Serving All Faiths Since 1904

865 S. Westhaven Dr.
 870 W. South Park Ave.

920-235-1170

fissbillspoklasnyfuneralhome.com

ADVERTISE HERE
 to reach your community



Call 800-950-9952

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Alex Nicholas**

anicholas@lpicommunities.com

(800) 950-9952 x2538

Aspire
 Community for Seniors
 Put more life into
 your *Lifestyle!*

**Schedule your tour of
our communities today:**

Aspire Oshkosh: 920-891-7077
 150 Aspire Lane, Oshkosh, WI 54902

Aspire Kimberly: 920-720-0288
 825 Cobblestone Lane, Kimberly, WI 54136

www.aspiresenior.com

- Warm-Water Pools
- On-Site Restaurant Style Dining
- Fitness Centers with on-site Therapy Services
- Outdoor Grills and Firepits
- Housekeeping Services
- Entertainment Theaters at our premier properties*
- Transportation provided for scheduled events and activities
- Spacious Floor Plans



LAKE-AIRE Auto Service

Complete Auto Service
 2200 Montana Street
 231-1023



VOLUNTEERS NEEDED

Call (920) 235-9368



All proceeds from the store remain LOCAL to help area families.

St. Vincent de Paul Thrift and Furniture Store
 2551 Jackson Street • Oshkosh, WI 54901



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

Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Sweet Science: Unveiling the Nutritional Facts of Sugars (N)

Friday, June 28, 1-2 pm
Presented by Alec Jensen
Free

Register by Thursday, June 27

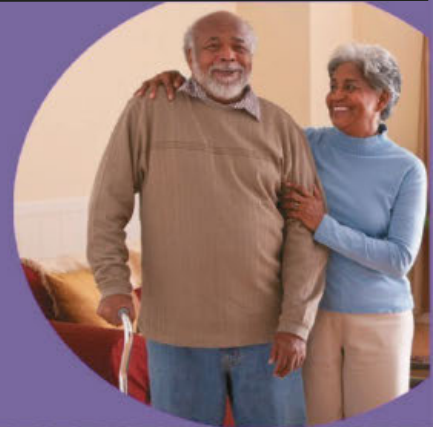
Join Alec for a comprehensive presentation that explores the multifaceted world of sugars and their impact on nutrition. This presentation will delve into the various types of sugars found in our diet, from natural sugars to added sugars.



PROTECT Older Adults: Advocate Against Elder Abuse



June:
World Elder Abuse Awareness Month



Join us for a community event to learn about ways to prevent elder abuse!

June 12th, 2024
11am-12:30pm

Winnebago County Administration Building:
112 Otter Ave, Oshkosh (4th floor)

Guest Speakers

- Jon Doemel
 - Winnebago County Executive
- Mike Rohrkaste
 - Executive Director, Fox Valley Memory Project
- Mike Sewall
 - Lieutenant, Winnebago County Sheriff's Dept

- Free snacks and beverages
- Virtual Dementia Tours (simulated tour to experience what physical and mental challenges adults with Dementia face)
- Information on Powers of Attorney
- Connect with staff from the Aging & Disability Resource Center (ADRC)



No RSVP required. Contact Nicole Davis-Dawald with any questions - 920-236-4668



BE PROACTIVE

Exercise can help to Prevent Falls

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

**BIODEX FALL
RISK SCREENINGS
ARE AVAILABLE
FOR ONLY
\$5.00**

Appointments are
available on
Wednesdays and
Thursdays.
Please register.
920.232.5300.



The Oshkosh Seniors Center offers evidence-based exercise classes that can help reduce your risk of falling. Be proactive and get enrolled now!

Have you ever wondered how your risk for falling compares with others? Take the Fall Risk Screening Test to find out!

- In just 2 minutes the Biodex SD System's Fall Risk Test measures your risk of falling in comparison to people of your same age.
- It's a starting point that gives you the motivation to improve your balance.

Discover a more active you.



Train your body & mind.
Improve your balance.



Balance training is for everyone

1 in 3 people ages 60+ will experience a fall. The great news is that science clearly states that anyone can improve their balance and most falls are preventable.

The City of Oshkosh Fire Department has teamed up with Nymbbl, a scientifically proven mobile balance training app, to help you improve your balance and stay active. This means adults ages 60+ in Oshkosh, Wisconsin have free and unlimited access to Nymbbl!

Nymbbl uses a novel dual-tasking approach that's scientifically proven to improve balance. In each session, you'll play fun brain games while performing simple exercises that you already do everyday. That means working on your health never feels like 'work.' Try Nymbbl today!

How to get Nymbbl

1

Search for the free Nymbbl app from your
app store on your phone or tablet,

or

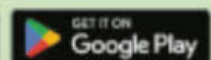
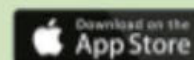
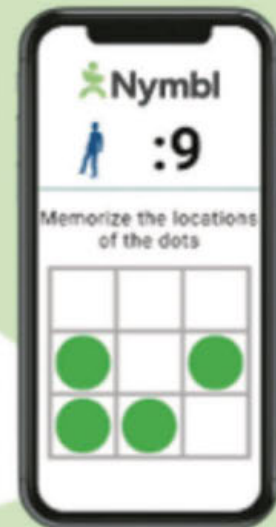
2

Visit: enroll.nymbblscience.com

Local support team available to answer all your questions

(800) 672-6854

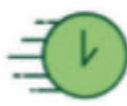
support@nymbblscience.com



Free



Fun



10 min/day



Caring for the community since 1908.

Valley VNA Senior Care

- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
- **Assisted Living and Memory Care** for when your needs change.

valleyvna.org | 920.727.5555 | Neenah, WI



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER



AZURA
MEMORY CARE

Celebrate moments of JOY

920-312-0260
2220 Brookview Ct. Oshkosh

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider | SafeStreets | 833-287-3502

piggly wiggly



Mark & Susie's Piggly Wiggly

525 East Murdock Ave
920-236-7801

my choice WISCONSIN

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

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

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

DHS Approved 4/22/2021

ClarityCare

OSHKOSH • GREEN BAY
www.claritycare.org

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
- Flexible Scheduling



If Compassion, Quality Care and Independence is Important... Call us today! (920) 236-6560

KONRAD-BEHLMAN FUNERAL HOMES

"Serving all Faiths" in Oshkosh and the Fox Valley since 1875

Specializing in Retirement Planning, Medicaid, Spend Down and Burial Protection of Assets.

Two Oshkosh locations to serve You better!
(920) 231-1510
www.konrad-behman.com



Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611

www.smpwi.org

WisconsinSeniorMedicarePatrol



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



Heritage Court

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

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



Visit www.claritycare.org for more information.



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

Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Grief Support (S)

Thursdays, June 6 & 20, 1-2:30 pm

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Maximum 12 per session

Register by calling 920.232.5300

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

Mindworks (S)

Thursdays, June 6-27

11 am-2 pm-Lunch Included

Facilitator: Fox Valley Memory Project

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

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

Memory Screening (S)

3rd Thursday of the month

10:30 am -12:00 pm

Facilitator ADRC

Cost: Free

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

Memory Link Resource Hours (S)

4th Thursday of the month

11 am-1 pm

Facilitator: Fox Valley Memory Care Project

Do you have questions about memory loss?

Kristy Millar, CDP, CADDCT Memory Link

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

Drop ins welcome

Advocap Meal Program (S)

To register call 920.725.2791

24 hour in advance.

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

Suggested donation of \$4, but nobody will be turned away based on payment.

Tender Loving Care Support Group (S)

Thursday, June 27 1 pm

Facilitator: Fox Valley Memory Project

Cost: Free

(Supported by the FV Memory Project)

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

Foot Care (S)

Tuesdays and Wednesdays 9 am to 3 pm,

Friday Appointments (June 21 & 28)

9 am to 3pm

To make an appointment call 920.232.5301

Cost: \$28.00

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

Almeda Fisk Gallup Fund (S)

To apply call 920.232.5301

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

Bus Passes (N or S)

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

Dial-A-Ride (N or S)

Dial-A-Ride is a reduced fare for a shared ride for people 60 or older within the City of Oshkosh. Brochures detailing the program including the fares may be found at the South or North front desks.

Aging and Disability Resource Center

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

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



New Day Added!

Nail Care

Fridays, June 21 & 28

9 am-3 pm

Cost: \$28

Call 920.232.5301 for appointment

**Now less wait time for an
appointment!**

We are pleased to announce an additional day for nail care at the Center. Nail care services are provided by The Pampered Foot nurse.



**Learn
about Google
Docs from
the Experts!**

**(They have used
the platform all
through school)**

Oshkosh Police Department's Leadership Camp Google Docs



FREE

**Tuesday, June 18
9:30**

Oshkosh Seniors Center (South)

**Please register by June
920.232.5300**



Google Docs is an online word processor included as part of the free, web-based Google Docs Editors suite offered by Google, which also includes Google Sheets, Google Slides, Google Drawings, Google Forms, Google Sites and Google

The Oshkosh Police Department hosts a youth leadership camp for kids aged 14 to 16.

The camp aims to provide life-enhancing skills and emphasize responsibility to one's family and community. Students will stay engaged through classroom instruction, scenarios, physical fitness, contests, field trips, and community service!

They are coming to the Center to help us with technology! ***It's your chance to learn from super-users about Google Docs. There will be a short presentation followed by a Q&A session afterward. Bring your phones/devices for hands-on training. All questions are welcome!***



Connect Through Tech

One on One Tech Appointments

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

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

Hours Vary—Please call for an appointment.

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

By Appointment Only 920.232.5301

Safe Websites with Information about Technology (including tutorials)

<https://techboomers.com/>

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

Wi-Fi Access (S) Cost: FREE

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

One on One with Sandy Toland (S)

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

Mondays, June 3, 10, 17, 24
9:15 am, 10:30 am, 11:45 am, 1 pm

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

By Appointment Only 920.232.5301



OSHKOSH SENIORS CENTER &
CARE PATROL PRESENT



Afternoon

TEA & COFFEE WITH SPECIAL PRESENTATION ON THE POWER OF A SMILE.

Featuring:

**"SMILE POWER"
BY KIM PATTERSON**



WEDNESDAY, JUNE 12, 2-3 PM

COST: R \$5/ NR \$6.50

REGISTER & PAY BY FRIDAY, JUNE 7

*"A Smile is happiness that you find right
under your nose." – Tom Wilson*

*Come and learn how powerful a SMILE can be
for yourself and others.*

*Learn the benefits that lead to Brain Health
and Heart Health.*

Tea, Coffee, & treats will be served.

Book & Puzzle Pick Up (S)

Monday-Friday, 8 am-4 pm

Cost: Free

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

Elder Benefit Specialist (S)

Wednesdays, June 5, 19, 26, 10-11:30 am

Cost: Free

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

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 7-28, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

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

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

Intermediate Ukulele Lessons (S)

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

Instructor: Aaron Baer

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

Min/Max: 10/20

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

For those comfortable with different strum patterns, knowledge of 8-10 chords, and confident in changing between chords. You can sing and strum at the same time and can learn chords to simple tunes fairly quickly.

Beginner 2 Ukulele Lessons (S)

Fridays, June 7-28, 12:10-1:10 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

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

This class is for those who have completed beginner ukulele class, know 2-3 basic chords and are ready to take the next step. 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!



Golden Tones Chorus Concert-N Sunday, June 9, 2 pm

Director: Paula Steinert

Accompaniment: Marshall Potter

Advanced Purchase Only

**Tickets: \$5 /Kids under 16 free
but still need ticket**

Tickets available at either desk at the Oshkosh Seniors Center.

Concert is held at the North building
234 North Campbell Road.

Doors open at 1:30 pm

Protect Yourself From Scams! (S)

Friday, June 7, 10-11 am

Presenter: Andy Haydin, Humana

Cost: Free

Register by Wednesday, June 5

Each year, many people fall victim to scams. It's important to learn about steps you can take to keep yourself safe. Please join us for an informative time unmaking 10 of the most popular scams positioned against Seniors and how to handle them.

Humana

Chat N Chop (S)

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

Facilitator: Kerry Wolfe

Cost: R \$10.00 /NR \$11.50

Min/Max: 3/8

Register by Tuesday, June 4

Payment due upon registration

In this session of Chat N Chop, we will be making Cuban Pork Wrap and Asian Chicken Crunch Wrap.



Caregiver Burnout (S)

Monday, June 17, 10-11 am

Presenter: Amy Delonay, Clarity Care

Cost: Free

Register by Friday, June 14

Amy De Lonay and Lorie Riley from Clarity Care Day Service will be presenting on the necessity of receiving respite when taking care of a loved one and the importance of day programs. Not only is respite vital to the caretaker, it's also important to the one receiving the care. Day programs are great option to help fill the gaps where socialization and other skills may be lacking. This provides much needed rest to the caregiver and their mind is at ease knowing their loved one is in good hands. Amy and Lorie will be covering this and so much more. Hope to see you there!

ORD-Endangered Beauty: The Karner Blue Butterfly (S)

Wednesday, June 19, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Min/Max: 10/75

Register by Monday, June 17

Rob will share spectacular photos and experiences

COMING
SOON
Stay Tuned in July

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

Watch newsletter for details.



Interested in leading Karaoke afternoons? We are looking for volunteers to help with this program.

Contact Bobbie 920.232.5301 if Interested.

Bingo (S)

Wednesday, June 19, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max:10/60

Register by Tuesday, June 18

Come for a fun afternoon of bingo!

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



Rep. Palmeri Office Hours (S)

Friday, June 21, 10 am-12 pm

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

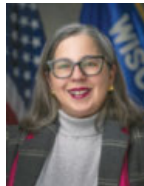
Madison Office:

Room 5 North

State Capitol

PO Box 8953

Madison, WI 53708



What is Home Care and Is It Right for You? (S)

Monday, June 24, 10-11 am

Presenter: Home Helpers

Cost: Free

Register by Thursday, June 20

This presentation will delve into the versatility of home care and will help you determine if this option is right for you. We will discuss the various services that home care provides as well as practical examples and considerations on this option of planning for your care. Attendees will also gain insight into whether in home care aligns with their lifestyle, values, and goals. Presenters will also be available to answer your questions!

Eat & Greet (S)

Wednesday, June 26

Serve at 11:30

Cost: \$10.00

Max: 50

Tickets available May 29—June 19

It's Summer Time and you know what that means...Grilling Season. Come and join us for hamburgers or brat, coleslaw, chips and dessert.



Planning for Long –Term Care Without Insurance (S)

Friday, June 21, 10-11 am

Presenter: McCleer Law

Cost: Free

Register by Wednesday, June 19

Nursing homes costs can swallow up your life savings if you are not prepared. While long-term care insurance is wonderful, not everyone can get it. Attorney Joe McCleer of McCleer Law Office will discuss the alternative options available to everyone that can help ensure that you will get the care you need when you need it while also preserving your most cherished assets for your family.



Popcorn & A Movie (S)

Wednesday, June 26, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, June 24

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)

Driftless by David Rhodes

Thursday, June 27, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Thursday, June 6

The few hundred souls who inhabit Words, Wisconsin, are an extraordinary cast of characters. Want to learn more? Come join us at Book talk.



Social and Educational

Building North (N) South (S)

Wisconsin Warmers (S)

Thursdays, 9 am-3 pm

Currently Seeking Volunteers!

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

Display Cabinet (S)

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

Contact Kelly Arens-



Shelf Fungus Carving Collection by Bob Braun

920.232.5310



Concert J+ Band (N)
Friday, June 21, 1:30 pm
Tickets \$8 Advanced
Sales Only

Tickets on Sale May 28—
June 19

Sold at Front Desks of N/S buildings



Stay Social

Cost: R \$.75/NR \$1.25

Daily Rate/Per Visit or

Purchase a Monthly

Stay Social Pass

The J+ Band is a father-daughter duo that plays rock, country and pop covers in WI and AZ. Jamie and JJ have been playing music together for over 15 years. They are bringing their shared music tastes together as they travel the country. Artists you can look forward to hearing covered are Linda Ronstadt, Eagles, Fleetwood Mac & More!

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

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

Cribbage

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

Beginners welcome

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Traditional Rug Hooking

1st & 3rd Tuesdays, 1-3 pm

Bid Euchere, Rummikub

Wednesdays, 12:30-3:30 pm

Beginners welcome

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

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

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

Billiards (N)

26 Billiards are free to use. Please stop at front

2024 FOOD TRUCK FRIDAY



20 FOOD TRUCKS

*Variety of tasty foods
from Mexican to American
and Asian to Italian!*

RAFFLES ■ BEER ■ SODA ■ WATER

For Purchase

LIVE MUSIC

Featuring



**FAMILY FUN NIGHT
AT THE PARK!
SOUTH PARK ■ OSHKOSH**

JUNE 14

5:00 - 9:00PM

**PLATINUM
PRESENTING SPONSOR**



GOLD SPONSORS



Media Sponsors



**FACE PAINTING &
BALLOON TWISTING**

Sponsored by **Fox Communities**
CREDIT UNION

GROCERY RAFFLE

\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR!

Red's Piggly Wiggly - Food Truck Friday Sponsor!

*Raffle tickets available for purchase at Red's Piggly Wiggly in Oshkosh and
Omro, the Oshkosh Seniors Center, and Food Truck Fridays.*

DRAWING AT 7:00 PM ON AUGUST 9, 2024 - AT FOOD TRUCK FRIDAY



*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.*

Winnebago Senior Tours

Tours Sign-up Options

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



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

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

**If you have questions please call
920.232.5312**

Moulin Rouge

The Performing Arts Center-Appleton

Date: Wednesday, June 19

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

Depart: 6:15pm—OSC South Building Lot

Return immediately after show

Moulin Rouge! The Musical is a theatrical celebration of Truth, Beauty, Freedom, and — above all — Love. The musical uses strobe lighting, fog and haze and contains some mature themes, revealing costumes and adult language. Includes: Show ticket, yellow express bus, and driver gratuity.

Guide: Cheryl Freiberg



UPCOMING TRIPS

Mrs. Doubtfire 11/?/

Miracle on 34th Street At Fireside 11/21

Sanfilippo Estate 12/5

Mamma Mia at the PAC 12/?/2024

**AND we are working to fulfill your bucket
list in 2025 including Africa, and Hawaii**

**BE SURE TO CHECK THE ROTATING RACK AT
THE TOUR DESK FOR UPDATES ON THESE
TRIPS!!**

Nunsense Musical Comedy

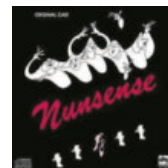
The Fireside Theatre—Fort Atkinson

Date: Thursday, June 20

Cost: \$140 (\$20 non-refundable deposit)

Depart: 8am—Return aprx. 6:15 pm

Nunsense begins when the Little Sisters of Hoboken discover their cook has accidentally poisoned 52 of their sisters and they are in dire need of funds for the burials. They decide to put on a variety show in the school auditorium. It's a show that's "sinfully" hilarious and definitely habit forming! Lunch is your choice of Chicken Piccata, Braised Pork Belly, or Shrimp Tempura served with potatoes and vegetable and blueberry crisp for desert. Includes theater tickets, lunch, coach bus transportation and driver gratuity.
Guide: Cheryl Freiberg



Discovering Wausau at New Heights

Date: Thursday, July 18

Depart: 7:30am—Return aprx. 6:30pm

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

Highlights: Tour of Hsu's Ginseng Farm, Third Street Lifestyle Center in the heart of downtown offering a mix of locally owned boutiques, restaurants and eateries and the colorful floating umbrellas. On to Rib Mountain State Park and finally Nueske's Applewood smoked meats.
Guides: Cindy Paffenroth and Cathy Koch



When sending payments in the mail **please call 920.232.5312 to be certain of availability** and include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone: _____

Name of Trip _____

Traveling with: _____

Winnebago Senior Tours

Matilda the Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, August 1

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

Depart: 8am—Return aprx. 6:15pm

Matilda the Musical is packed with high-energy dance and catchy songs. Matilda tells the story of an extraordinary girl who takes a stand to change her story. Unloved by her cruel parents she impresses her teacher with courage and cleverness to triumph over what's "not right." Includes: Theatre tickets, coach bus transportation driver gratuity, and lunch which is your choice of Chicken Alfredo, Roast Pork Tenderloin or Grilled Salmon with Pecan Turtle Ball Sundae for dessert. Guides: Cathy Koch & Lauralyn Hensarling

Wisconsin State Fair — Milwaukee

Date: Wednesday, August 7

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

Depart 8am—Return aprx. 6:30pm

Here's your chance to enjoy a day at the fair without worry about driving or parking! Enjoy the music, food, rides, agriculture and other exhibits and cream puffs. Includes: Coach bus, Fair admission, and voucher for a cream puff or giant brownie!

Guide: Cathy Koch & Laurelyn Hensarling



Maritime in Door County

Date: Wednesday, August 14

Depart: 7am—Return aprx. 8pm

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

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

Guides: Cheryl Freiberg and Mary Plavec



Clausen Family Music Show

Barn Theatre—Coloma

Date: Thursday, September 26

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

Depart: 8am—Return aprx. 6:30pm

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

Guides: Cindy Paffenroth and Marianne Zarling



Exploring Prairie du Chien

Date: Tues. October 1-Thurs. October 3

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

\$50.00 non-refundable deposit

Depart: 7:30am—Return aprx. 5pm 10/3

Moderate walking on this trip

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

Fort Crawford - the fort that stood guard over Prairie du Chien from 1816 to 1856, dinner at Huckleberry's —a favorite local eating spot, and

lunch and music cruise on the Mississippi River aboard the Celebration Belle paddlewheel riverboat. Trip includes admission to all venues, dinner at Huckleberry's, and lodging at Quality Inn & Suites for 2 nights.

Guides: Cathy Koch and Laurelyn Hensarling



Winnebago Senior Tours

Rocky The Musical

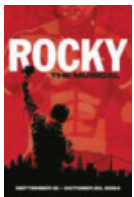
The Fireside Theatre—Fort Atkinson

Date: Thursday, October 3

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

Depart: 8am—Return aprx. 6:15pm

Rocky Balboa, a small-time Philadelphia boxer is unexpectedly chosen to take on the reigning world



heavyweight champion. While training, Rocky begins a relationship with Adrian who is tired of being pushed around by her brother. With equal parts grit and heart, *Rocky* is the triumph of spirit, strength and love. Lunch is a choice of stuffed chicken breast, beef short ribs or grilled shrimp with apple pie for desert.

Includes show tickets, lunch, deluxe motorcoach and driver gratuity.

Guides: Cindy Paffenroth and Marianne Zarling

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

Date: December 2-7, 2024

Cost: \$899 Double, \$1278 Single

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

This trip includes:

Admission to 6 Fabulous Shows including:

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



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

Guide: Cathy Koch

Holland & Belgium Springtime River Cruise

Date: April 22-30, 2025

Cost: Starts at \$5299 dbl occupancy

Space is filling up fast!

Call now to secure your reservation.

Savor springtime in Holland and Belgium with a cruise that highlights the blooming Dutch tulip



fields on the beautiful MS Amadeus Brilliant, Amsterdam. Relax as you make your way along seemingly endless fields of vibrant flowers and iconic

windmills. **Highlights:** Amsterdam, 7-Night River Cruise, Keukenhof Gardens, Arnhem, Innsbruck, Middelburg, Briuges, Antwerp, Kinderdijk Windmills.

Guide: Cheryl Frieberg

Alaska Discovery Land & Cruise

Featuring a 7-night Holland American Cruise

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

Cost: Varies by stateroom selection

Now is the time to cross traveling to Alaska off your "Bucket List" on this 12-day land and cruise tour. Fly into Fairbanks, and cruise on the Sternwheeler Discover, encountering Alaska's diverse culture and rich history. Stay 2 nights at Denali Nat'l park taking in the Tundra Wilderness Tour. Ride in a luxury domed rail car from Denali to Talkeetna. Soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Traverse a breathtaking journey from Whittier Alaska to Vancouver, British Columbia, aboard Holland America's Noordam Cruise Ship. Cruise past Hubbard Glacier and Glacier Bay, viewing rugged natural wonders. Other stops include Skagway 'an historic Gold Rush town,' Juneau "Alaska's Capital," and Ketchikan, the "Salmon Capital of the World."



This is the Alaska as you always imagined.

Passport is required.

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

Guide: Cathy Koch

Friends of the Oshkosh Seniors Center

Food Truck Friday, the event has become a beloved tradition since its inception in 2016, initially featuring six food trucks. Fast forward to 2024, Friends of the Seniors Center are gearing up to host two Food Truck Fridays this year.

The festivities kick off on June 14th at South Park, running from 5:00 p.m. to 9:00 p.m. Attendees can look forward to the musical stylings of Copper Box on stage while indulging in a smorgasbord of culinary delights from 20 food trucks. Plus, thanks to the generosity of sponsors like Fox Communities Credit Union and Mischief & Magic, face painting and balloon twisting will add an extra layer of fun to the evening. Friends of the Oshkosh Seniors Center could not host this event with the following sponsorships:



FOOD TRUCK FRIDAY SPONSORS

Presenting Sponsor – Network Health

Gold Sponsor

HSL-Aspire (Lincoln Village)
Shawn Dockry State Farm
Fox Communities Credit Union
(Mischief & Magic Face Painting and Balloon Twisting)

Silver Sponsor

4Imprint
Fox Valley Savings Bank
Oshkosh Area Community Foundation
Jirschele Insurance
Miravida Living
West Pointe Bank

Beer Sponsor

United Auto Workers Local 578

Bronze Sponsor

Landscape Solutions
Hoffmaster Group Inc
McCleer Law Office
Konrad Behlman Funeral Homes
Suttner Accounting
Valley VNA Senior Care
Jack Clevan, Inc.

In-Kind Sponsors

Lee Beverage
Menasha Corporation

Media Sponsors

Cumulus Broadcasting
Oshkosh Herald

Sponsor

Gartman Mechanical





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

Non Profit Org

U.S. Postage

PAID

UMS

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

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

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

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

Friends Board

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

Or mail registration to:

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

