

# THE CURRENT

## Finding Balance

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

March 2023, Issue #3



## Discover the Offerings at the Oshkosh Seniors Center



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# Welcome to the Oshkosh Seniors Center



Please note the Center  
will be closed on  
Friday, April 6th  
for the Spring Holiday



Find Inner Peace with Yoga  
See page 10 for class times

## OSC Weather Policy

*If the weather outside is frightful...*

It is the policy of the Oshkosh Seniors Center to follow the Oshkosh Area School District's lead on closures due to weather. Therefore, if the school district has closed—the Center will be closed.

Please keep in mind this is for the safety of the participants and staff. Updates will be posted on the Oshkosh Seniors Center Facebook page and on WBAY, Channel 2, and with Oshkosh Media.

## 2023 Fitness Benefit

If you have any changes in your Medicare Advantage Insurance Plans, please be sure to check to see if you have a Fitness Benefit. The plans may allow you to work out at the Center at NO COST TO YOU!

Please stop at the front desk of the North Building with your insurance card, and we will be happy to see if you are eligible.

OSC honors Silver & Fit, Active & Fit, Renew Active, and Silver Sneakers

## WHAT'S IN THIS ISSUE?

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Oshkosh Seniors Center Presents:

# NATIVE STITCHES & STORIES (S)

Friday, March 24

10-11:30 am

Tickets: \$5

Available February 27-March 22

Event will sell out, get tickets early



A historical Tapestry of Native Quilt Making...story and song with Oneida Citizen, Artist & Storyteller Debra Morningstar & Wisconsin Quilt Artist Pat Ehrenberg.

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*Featured on PBS Treasured Quilts of Wisconsin*

This very special opportunity was made possible through the generosity of an anonymous donor



Oshkosh Seniors Center  
200 North Campbell Road Oshkosh

920.232.5300

## Quilting 109 (S)

Log Cabin

Wednesdays, March 1-22

9-11 am

Instructor: Liz Lahm

Cost: R \$15/NR \$16.50

Min/Max: 2/10

**Register by Friday, February 24**

**Payment due upon registration**

One very popular quilt block is the log cabin block. In this class we will start with the traditional block then explore variations of the design. We will create 4 large blocks and put them together to make a table topper or table runner. Some block examples are shown here. Participants must bring their own sewing machine and have a good working knowledge of it.



## Art Expression (S)

Thursdays & Fridays, March 2-31

9-11:30 am

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

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

**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.**



## Intermediate Stained Glass (S)

Celtic Knot

Mondays, March 6-27, 10 am –12 pm

Instructor: Marla Tonn

Cost: R \$40/NR \$45

Min/Max: 2/6

**Registration February 20-March 3**

**Payment due upon registration**

Instructor Marla Tonn is an experienced stained glass artist. You will be guided in curve cutting, pattern layout, and working with came. Project about 8.5" diameter. **Experience in working with stained glass required for this class.**



## Beginner Stained Glass (S)

Coffee Cup OR Owl

Mondays, March 6-27, 1-2:30 pm

Instructor: Marla Tonn/Jane Wells

Cost: R \$25/NR \$30

Min/Max: 2/6

**Register by Thursday, March 2**

**Payment due upon registration**

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

**Beginner students only please!**



## Hand Building with Clay (S)

Tuesdays, March 7-28, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

**Register by Thursday, March 2**

**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.

## Card Making (S)

Wednesday, March 8, 9:30-11 am

Instructor: Jenny Baier

Cost: R \$5/NR \$6.50

Min/Max: 2/14

**Register by Friday, March 3**

**Payment due upon registration**

Join the fun in making beautiful cards. Using specialty papers, creative stamps, and with guidance of a card making artist, you will be able to make 4 extraordinary cards. Choice of birthday, sympathy, thank you, and fall designs.

**Bring your own tape runner and scissors.**

## Needle Felting Dryer Balls (S)

Wednesday, March 15, 9-11 am

Instructor: Jane Wells/Kerry Wolfe

Cost: R \$10/NR \$11.50

Min/Max: 3/10

**Register by Thursday, March 9**

**Payment due upon registration**

Hate using dryer sheets in the dryer? Come join us as we make felted dryer balls to be used in place of dryer sheets. The felt balls are reusable.

Each person will have the opportunity to make 2 dryer balls.



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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.



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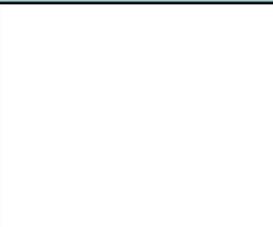
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## Guided Woodshop Hours (N)

**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**

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

## Power Tool Carving (N)

**Mondays, March 6-27, 8 am-12 pm**

Instructor: Gene Bengel & Don Schettl

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

Min/Max: 5/12

**Register by Thursday, March 2**

**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.**

## Round Designer Table (N)

**Tuesdays, March 7-28, 1-3 pm**

Instructors: Linda Gomach, Diane Curtis

**Cost: R \$50/NR \$55**

Min/Max: 3/6

**Register by Tuesday, February 28**

**Payment Due Upon Registration**

This class is open to all levels of skill. You will learn how to glue pieces of wood together to make one solid piece, cut on band saw, sand and router wood. Top may be stained, painted, wood burned, and colored. Finish as you desire with help from instructors. Table is approximately 22" tall and 24" in diameter. Table will be made of Oak and/or Maple. All materials supplied.

**Machine Safety Training Required.**



## Basic Machine Safety Training (N)

**Fridays, March 17 & 24, 10 am-12 pm**

Facilitator: Jeff Becker

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

Min/Max: 3/10

**Register by Friday, March 17**

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.

## Upcoming Pyrography

### Portrait of a House Cat (S)

**Thursdays, April 6-27, 1-3 pm**

Instructor: Cedric Richeson & Dick Krummick

**Cost: R \$25/NR \$30**

Min/Max: 3/10

**Register by Thursday, March 30**

**Payment due upon registration**

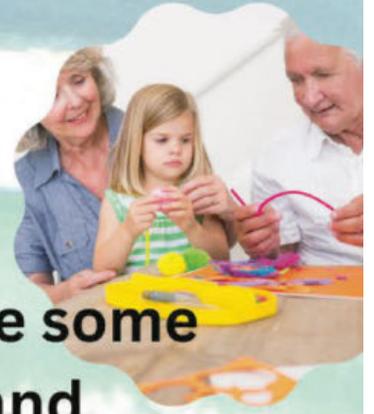
House cat pyrography with a focus on wood burning fur, ears, eyes and whiskers. Tone and shading plus use of accent color will be covered. The art and impact of Pyrographer Orchid Davis will be explored. Fee includes 8" X 10" Baltic Birch plywood plus test strip. Students should bring their pyrography kit.

**This is an intermediate /Advanced level class**





# GRANDPARENT & ME PROJECTS



Kids are off of school, time to make some memories. Open to kids ages 8-12 and grandparent/adult.



## Make a Bird Feeder (N)

Tuesday, March 21, 10 am-12 pm

Cost: \$10 per feeder

Max: 10

**Register by Thursday, March 16**

*Project made possible by the generous memorial gift of James Dobson*

## Sock Bunnies & Cookies (S)

Wednesday, March 22, 10-11 am

Cost: \$7

Max: 10



**Register by Friday, March 17**

Make an adorable bunny just in time for spring, then enjoy decorating cookies.

Fee includes one bunny and two cookies.

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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: Gerardo Thursday: Alec

**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 & Thursdays**

**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.



### Movement Exercise (N)

**Tuesdays & Thursdays**

**11-11:45 am**

Instructors-Tuesdays: Gerardo

Thursday: Bobbie Jo

**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.



## Line Dancing (N)

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!

## Advanced Line Dancing

**Mondays & Tuesdays**

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

Prior experience preferred

## FFC 3g (N)

**Fridays, March 3-31, 9-9:45 am**

Instructor: Alec Jensen

Max: 10

### Register by Thursday, February 23

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.

## Synergy Fitness (N)

**Mondays, March 6-27, 8-8:30 am**

Instructor: Alec Jensen

Max: 10

### Register by Thursday, February 23

This class will use timed circuits and a combination of TRX, strength/cardio machines, free weights, and body weight to provide a full-body workout. You will learn new skills and ways to strengthen your body and cardiovascular system in new ways.

This class is perfect for those who like small group based classes with a lot of camaraderie. You also get the benefits of the coaches being able to give you one on one help.

## Beginner Chair Yoga (N)

**Thursdays, March 2-30, 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, March 3-31, 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 also 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)

**Friday, March 3-31, 10:30-11:15 am**

Instructor: Jean Wollerman

### Drop-in eligible

This session class will keep you moving through the winter season. Cardio, strength, stretching, balance and some nutrition chats to help keep you fit during the winter months.

## Stand Up and Move More (S)

**Thursdays, March 9-30 with a refresher day and social on April 27th, 1:30-3:00 pm**

Instructor: Jean Wollerman

**Cost: \$15.00**

It is well known that insufficient physical activity is a risk factor for developing numerous chronic diseases and early mortality. Sedentary behavior has been identified as an additional health risk. Come and learn different ways to keep moving so you don't develop sedentary behaviors. This classroom style class will get you out of the habit of sitting and into the habit of moving to keep healthy.

**Mindfulness Meditation (S)****Thursdays, March 2-23, 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 March 2 & 16, 1-2:30 pm****Monday, March 20, 9:30-11 am**

Facilitator: Meredith Schlute, Compassus Hospice

**Cost: R \$1/NR \$1.25 per visit****Register by calling 920.232.5305**

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, March 2-30****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.

**Cooking with Alec (N)**

Veggie Noodle Stir-Fry

**Friday, March 10, 1-2 pm**

Presenter: Alec Jensen

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

Max: 15

**Register by Wednesday, March 8**

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.

**Spring Cleaning (S)****Tuesday, March 14, 10-11 am**

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

**Cost: Free****Register by Friday, March 10**

Whether or not you like to clean, it is much easier to keep a clean house when you have useful and effective cleaning agents. While you may be used to the fact that people use essential oils for health and wellness, you may not realize that essential oils can also be extremely useful for cleaning. With natural cleansing properties, essential oils provide a simple yet powerful way to keep things clean. All natural & non-toxic.

**FREE Blood Pressure Checks****Tuesday, March 14, 10:15-11:15 am (N)****Thursday, March 16, Noon - 1 pm (S)****Monday, March 27, 12:30-1:30 pm (S)**

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.

**Memory Care Screening (S)****Thursday, March 16, 10:30 am-12 pm**

Facilitator: ADRC

**Cost: Free**

Max: 6

**Register by Tuesday, March 14**

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.**

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## Tender Loving Care Support Group (S)

Thursday, March 23, 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.

## A Healthier You (S)

Monday, March 27, 1-2 pm

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

**Cost: Free**

**Register by Friday March 24**

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



Learn the skills and confidence to assist someone in a medical emergency before calling 911.

# "Hands Only" CPR & How To Use AED Class (N)

**Monday  
March 6, 2-3pm  
Instructor:  
John Holland,  
Oshkosh Fire  
Department**

**Cost: R\$5/NR\$6.50  
Class Max: 12**

**Registration Required by  
Thursday, March 2  
Payment due at time of  
registration  
920-232-5300**



Public Education Specialist  
John Holland

## 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



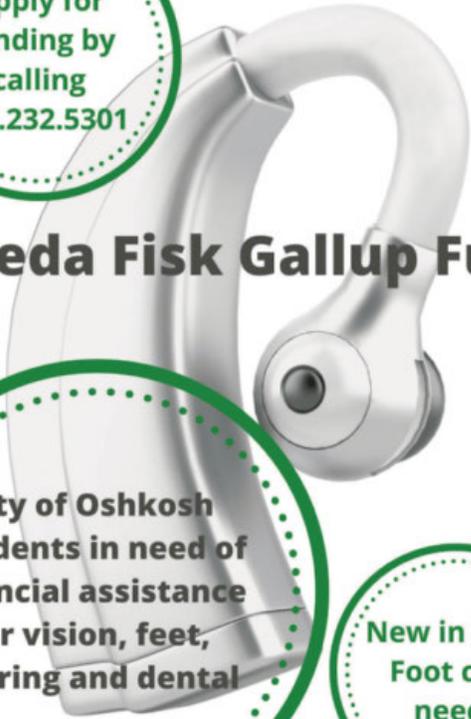
**Please note: This is not a CPR certification class.**

Apply for funding by calling 920.232.5301

# Almeda Fisk Gallup Fund

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

New in 2023: Foot care needs



# 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



Foot care services



**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**

Are you missing out on one of the best classes we offer at the Center? Beginner Chair Yoga on Thursdays from 1 to 1:45 pm. This class is for everyone! No impossible poses, just gentle adaptable stretching that will help you feel amazing. No experience needed. Namaste.

**The benefits:**

- Reduce stress by letting go of the tension your body holds
- The relaxation benefits help you to sleep better
- Helps you avoid feeling depressed because yoga is mood boosting
- It helps to alleviate aches and pains by teaching you how to breath and relax through pain



*Namaste*

Oshkosh Seniors Center  
234 N. Campbell Road  
Oshkosh, WI 54902  
920-232-5300



*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

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LOCALLY**

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

**Visit us today:**  
[mychoicewi.org/LPI](http://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](http://www.claritycare.org)

**Home Care Services**

- Medication Reminders
- Housekeeping
- Meal Preparation
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- Personal Care Services

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- Community Involvement
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- Individual & Group Activities
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- Flexible Scheduling



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

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**Concerned about Medicare fraud?  
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**REPORT** suspicious claims 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.

**Heritage Court**  
A Senior Community

600 W. Packer  
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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

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

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

**Wednesdays, March 8, 15, 22, 29**  
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, March 6, 13, 20, and 27**  
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**



# CONNECT THROUGH TECH

Find out what the speeds of technology mean and why are those speeds and data plan amounts important to you.

5G

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up to  
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Speeds of Technology  
Tuesday, March 28  
10:30 am (S)  
Please Register  
920.232.5300



Download speeds  
of 20-100 Mbps  
and upload  
speeds of 3-10  
Mbps

FREE

# BINGO!

Winter Fun  
for the Family  
Hosted by the  
Oshkosh Parks Department

**St. Patrick's Day Bingo  
at the Oshkosh Seniors Center**

**234 N. Campbell Road**

**Saturday, March 18**

**1 pm to 3 pm**

Bring your good luck charm, wear some green, and join in on this annual favorite. Concessions will be available for purchase.  
Tons of Great Prizes



We've been hearing stories of our own participants getting scammed out of money through Gift Card Scams



**AVOID**

**SCAMS**

It is possible to avoid being scammed. Follow these tips:

1. Avoid answering calls from unknown numbers
2. Avoid return calls to unknown people who may leave a voicemail
3. Avoid clicking on links received in text message
4. Avoid clicking on links received in emails
5. Install a trusted anti-virus software
6. Use hard to guess passwords and use different passwords on your phone, bank, investments, etc.

And, if you feel like you're being scammed or have clicked on a bad link then:

1. Immediately talk to a trusted person – this could be a family member, your accountant, attorney or the Police

# Beginner Ukulele Lessons

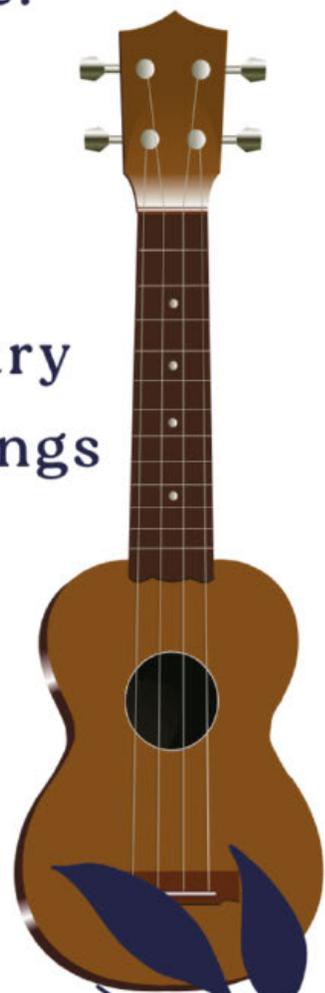
Ever considered learning to play the Ukulele? Now is the perfect time!

- Ukulele is one of the easiest instruments to play
- No musical experience necessary
- Lightweight, easy to carry, strings are easy to press
- Senior Center has ukuleles for you to use

**Fridays, March 10-31, 11am-12 pm**

**Cost: R \$40/NR \$45 for 4 weeks**

**Register by Wednesday, March 8**



**CALL 920-232-5301 FOR  
UKULELE RENTAL INFO**



OSHKOSH SENIORS CENTER PRESENTS

# IRISH FUN (S)



**Monday, March 13**  
**5-7 pm**



Doors open at 4:45 pm

Tickets: \$17

**Dinner & Live Music by Sheamus Fitzpatrick &  
the McNally Boys**

Tickets on sale February 13-March 6

## Menu

**Cream of Potato Soup**

**Beef Pasty**

**Cooked Cabbage**

**Dessert**



Oshkosh Seniors Center

200 N Campbell Road

920.232.5300

## Brain Game Kit (S)

Monday-Friday, 8 am-4 pm

Cost: Free

Come and pick up a brain kit and challenge yourself with the variety of brain games. Return to the south building when finished for others to enjoy.

## Elder Benefit Specialist (S)

Wednesdays, March 1-29, 10-11:30 am

Cost: Free

Walk-in, no appointment necessary

Winnebago County Elder Benefit Specialist (EBS) will provide confidential assistance for various topics and issues to anyone 60+. EBS services are completely free, and the service is not based on income. EBS can help you understand Medicare and the insurance options that go with it, public benefit programs, and assist with denials and appeals. Oshkosh's EBS, can be reached toll-free at 877.886.2372.

## Want Super Longevity? Attitudes Towards Medical Advancement (S)

Wednesday, March 1, 1:30-3 pm

Presenter: Dr. Juyeon Son, UWO Associate Professor of Sociology

Cost: Free

Register by Monday, February 27

With advancements in medicine and medical technology, we've steadily increased human life expectancy for over a century and are now discussing the possibility of super longevity. Understanding the purpose of prolonging life must accompany a comprehensive assessment of the needs and consequences for people and society.

This program is in collaboration with Learning In Retirement



## Ukulele Play Along (S)

Wednesdays, March 1-29

10:30 am-12 pm

Cost: R \$2/NR \$2.50 per visit

Min/Max: 3/20

Looking for some fun people to play ukulele with? If you already know 2-3 strum patterns and 8-10 chords, you will be able to play along. There is a wide variety of music played from different genres. Play music under the guidance of a Ukulele volunteer. Please bring your music, or if needed, a music packet will be supplied. All levels of players are encouraged to attend.

## 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, March 10-31

11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

Register by Wednesday, March 8

Payment due upon registration

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

## Intermediate/Advanced Combo Ukulele Lessons (S)

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

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, March 8

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, March 10-31, 12 -1 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

Register by Wednesday, March 8

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!



# COOKING MATTERS

## Cooking with Alec (N)

### Veggie Noodle Stir Fry

Friday, March 10 1-2 pm

Instructor: Alec Jensen Cost: R \$6 / NR \$7.50 Max: 15

**Register by Wednesday, March 8**

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 there is in a healthy diet. Samples provided.

## Chat & Chop-Dips (S)

Tuesday, March 21 10 am -12 pm

Instructor: Kerry Wolfe Cost: R \$10 / NR \$11.50  
Max: 8

Min **Register by Wednesday, March 15**

**Payment due upon registration**

We will be making the following dips: cheeseburger dip, baked bacon cheese dip and bubbly hot crab dip. Sounds good? Grab an apron and come join us.



## New Games

**We're looking to start up new games and hope you'll join in the fun! Do you have a game you want to share with others? Let us know.**

### **Chickenfoot-Dominoes (S)**

**Tuesday, March 7, 9:30 -11:00 am**

Facilitator: Kerry Wolfe

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

Min/Max: 2/6

**Register by Thursday March 2**

Would you like to learn a new game involving dominoes? Come and learn with us. Chickenfoot is similar to Mexican Train. It's a great way to meet new people.

### **Hand & Foot (S)**

**Wednesday, March 8, 12:30-3:30 pm**

Facilitator: Mary Wafle

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

**Register by Monday, March 6**

Looking to learn a new game that is loads of laughs and fun? Try this challenging game that can be enjoyed by players of all skill levels.

### **Legal Counseling (S)**

**Friday, March 10, 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 232-5301 to schedule an appointment.**

## **Great Courses-**

### **The Art of Storytelling (S)**

**Wednesdays, March 8-29, 10:30-11:45 am**

Facilitator: Gail Pierson

**Cost: Free**

**Register by Monday, March 6**

Great Courses offers courses in a wide range of topics. The courses are taught by college professors, authors, industry experts and more. After viewing the topic for the day as a group, the facilitator will lead discussion. If you're a life-long learner, this is for you!

### **Book Sharing Club (S)**

**Thursday, March 9, 1:30-3 pm**

Facilitator: Lois Potratz

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

**Register by Tuesday, March 7**

Pick Your President! This month's book choice is any biography of a president OR one written by a president. Some examples of the latter are: Profiles in Courage by JFK, Where the Buck Stops by Truman, An Hour Before Daylight by Carter,. Maybe think outside the box and read a title about one of the women like First Ladies in the White House. You choose what is of interest to you. Read your choice and come ready to discuss. **All book lovers are welcome!**

### **The Great Migrations (S)**

**Wednesday, March 15, 10 am-12 pm**

Presenter: Rob Zimmer

**Cost: Free**

**Register by Monday, March 13**

From March through May, great migrations are underway through Wisconsin. Tundra swans, lake sturgeon, warblers, the return of the monarchs and so many more massive movements of wildlife take place during the spring season. Rob will introduce you to many of them in this exciting program.



**Note Date Change**

**Monday, March 20, 2-3:30 pm**

**Cost: Free**

**Register by Friday, March 17**



### **Chat-N-Chop—Dips (S)**

**Tuesday, March 21, 10:00 am—12:00 pm**

Instructor: Kerry Wolfe

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

Min/Max: 2/8

**Register by Wednesday, March 15**

**Payment due upon registration**

We will be making the following dips: cheeseburger dip, baked bacon cheese dip and bubbly hot crab dip. Sound good? Grab an apron and come join us.

## Downsize, Declutter, & Organize Today! (S)

**Tuesday, March 21, 10-11 am**

Presenter: Cindy Hoffman, Extra Hands, LLC

**Sponsored by Synergy Home Care**

**Cost: Free**

**Register by Friday, March 17**

Practical tips on how you can downsize, declutter and begin to organize so you can be comfortable and stay in your home longer.



## Native Stitches & Stories (S)

**Friday, March 24, 10-11:30 am**

Presenters:

**Ticket Cost: \$5**

**Tickets on Sale February 27-March 22**

**Get your tickets early, event will sell out!**

A historical Tapestry of Native Quilt Making...story and song with Oneida Citizen, Artist & Storyteller Debra Morningstar & Wisconsin Quilt Artist Pat Ehrenberg. Featured on PBS Treasured Quilts of Wisconsin.

This very special opportunity made possible through the generosity of an anonymous donor.



## Rep. Palmeri Office Hours (S)

**Friday, March 24, 10 am-12 pm**

**Cost: Free**

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

## Being An Artist in the Rural Midwest (S)

**Monday, March 27, 10-11:30 am**

Facilitator: Rafael Salas, Professor of Art and Chair of the Art & Art History at Ripon College

**Cost: Free**

**Register by Thursday, March 23**

A Wisconsin based artist, Mr. Salas describes himself as an artist by nature and temperament. He will discuss his artwork as it relates to being an artist from, and in, the rural Midwest. His artwork combines landscape, the legacy of portraiture, architecture, and country music into artwork evoking a strange, rural poetry. Mr. Salas is represented by Portrait Society Gallery in Milwaukee, Wisconsin. Program is in collaboration with Learning In Retirement.



## Popcorn & A Movie (S)

**Wednesday, March 29**

**12:45 –2:00 pm**

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

Min/Max: 2/50

**Register by Tuesday March 28**

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

## Bingo by ADVOCAP "Fueling For Future"

Presenter: Ellen Miller

**Wednesday, March 29, 10-11:15 am**

**Cost: Free**

**Register by Monday, March 27**

Join Ellen Miller from ADVOCAP for a fun, interactive experience while getting nutrition and health tips that promote healthy lifestyle choices. Prizes!

## Book Talk (S)

**The Paris Orphan by Natasha Lester**

**Thursday, March 30, 9:30-11:00 am**

Facilitator: Kerry Wolfe

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

**Register by Thursday March 3**

An American Soldier & an enterprising photographer brace occupied France during World War II to help a little girl with a dream—a family. Interested as to how it ends? Come and join us for Book Talk.



## Preparing for Senior Living Lunch & Learn (S)

Friday, March 31, 11 am-12:15 pm

Presenters: McCleer Law and Eden Senior Care

Cost: Free

Register by Tuesday, March 28

What can you do now to make sure you can transition into senior living as easily as possible? Colette Lutes from Eden Senior Care and Joe McCleer from McCleer Law Office will detail what you should be working on now to avoid potential issues down the road. Free lunch provided.



### 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 p

### Cribbage

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

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

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

### Mahjongg, Mexican Train

Tuesdays, 12:30-3:30 pm

### Bid Euchere and 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



## 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. P.S. We usually have an unending array of chocolate candy available for our volunteers!



## Did you know? There's Live piano music Thursday afternoons

in the South building Great room. Sherri Tipton tickles the ivories on the baby grand, sharing a variety of music for listeners to enjoy. This is an informal time to listen to live music.

Free!



# Friends of the Oshkosh Seniors Center



## DID YOU KNOW?

The first Food Truck Friday is just months away.

**June 9 and August 11 at South Park  
from 4:30 until 8:30 pm**

Please save the dates in your calendar.  
It's a great time and all proceeds benefit the Center.

We are still accepting applications from food vendors and support through sponsorships. If you wish to participate in the event, don't hesitate to contact Judy Brewer 920.410.2223 for information.



**Food Truck Fridays  
Summer of 2023  
June 9th and August 11th**



The Friends of the Oshkosh Seniors Center are community volunteers that support the Center through fundraising activities. Food Truck Friday is the year's largest fundraiser.



The Friends of the Oshkosh Seniors Center accepts donations throughout the year. Become a CHAMPION of the Oshkosh Seniors Center. Please show your support. You can impact the lives of thousands of older adults in our community.

Donations that support the Center may be mailed to:  
Friends of the Oshkosh Seniors Center  
PO Box 34223  
Oshkosh, Wisconsin 54903-3423



# 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**

## Music Man

**The Fireside Theatre-Fort Atkinson**

**Date: Thursday, March 16**

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

**Depart: 7:45 am**

**Return: 6 pm**

Strike up the band for Broadway's brassiest musical comedy. Winner of eight Tony Awards including Best Musical, *The Music Man* has delighted audiences the world over with its tale of the fast-talking, charming con man, the prim but passionate librarian, the bumbling mayor, and all the colorful characters that make this show a classic. Add such songs as "Goodnight My Someone," "The Wells Fargo Wagon," and "76 Trombones" and you will have a guaranteed great time. Entrée Choices: Chicken Piccata, BBQ Ribs, or Cod.

Guides: Cindy Paffenroth & Marianne Zarling



**29**

## Cats – The Musical

**The Performing Arts Center-Appleton**

**Date: Sunday, March 26**

**Cost: \$70 (\$20 non-refundable deposit)**

**Depart: 11:30 am**

**Return: Immediately after the show**

An anthology-style musical taking place over one night. Set in a junkyard, each cat wants to enter the Heaviside Layer or cat heaven, hoping to be reborn a "hotter" cat.



Deuteronomy, a lovable rotund cat oversees each cat's song-plea. Grizabella, an old scruffy cat attempts to become part of this junkyard scene, but the other cats judge her appearance and shun her. After the lead cats have their moment in the spotlight, Deuteronomy decides Grizabella deserves to ascend to the Heaviside Layer. Includes: Show ticket, School Bus transportation and tip. Guides: Cheryl Freiberg & Ginnie Riley

## Grumpy Old Men

**The Fireside Theatre-Fort Atkinson**

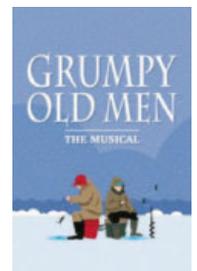
**Date: Thursday, April 20**

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

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

This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based on the 1993 film, this stage adaptation captures the lovable crotchety characters through twinkling humor, great songs, and the affectionate depiction of a small town that feels like home to everyone. Entrée choices: Pretzel Crusted Stuffed Chicken, Grilled Pork Ribeye, Trout.

Guides: Cheryl Freiberg and Laurie Peach



# Winnebago Senior Tours

## Branson and the Ozarks

**Dates: April 25– 30**

**Cost: \$899 Double—\$1179 Single  
(\$75 Non refundable deposit)**

***Moderate activity level.***

Take a group bus tour to Branson, the “Live Music Show Capital of the World.” We will experience shows in two different theaters including The Grand Jubilee in the Grand Country Music Hall and the Haygoods at the Clay Cooper Theater. But it is not just about the great music! We will travel to the Ozarks and tour the Dogwood Canyon Nature Park. An open-air tram will take you past towering bluffs, breathtaking waterfalls and cross creek beds by way of beautifully crafted stone bridges. We will also visit the Butterfly Palace and see a thousand live tropical butterflies in a mystical,



magical rain forest. Other highlights of the trip include visiting the College of the Ozarks, Ralph Foster Museum and shopping at the Grand Village. On the way home we tour the Fantastic Caverns— America’s ride-thru cave! As you tour in a Jeep-drawn tram, you’ll experience the magnitude, stillness and splendor of the Caverns. Pick up a brochure at the travel desk for more complete information.

Guides: Cindy Paffenroth and Laurelyn Hensarling

## The Duttons

**Schauer Arts Center-Hartford**

**Date: Saturday, April 29 (Matinee)**

**Cost: \$99 (\$20 non-refundable deposit)**

**Depart: 11:45 am**

**Return: Immediately after the show**

If you don’t want to go on a multi-day trip, but like the Branson sounds, join us for The Duttons! The Duttons who have been recording, performing and touring together professionally for over 30 years. Along with country, bluegrass, and gospel they play classical and pop music. Their ability to connect with their audience as well as adapt and play just about any style of music makes them unique. Included is bus transportation, show tickets and lunch at the Mineshaft in Hartford.

Guides: Pat Heyer and Laurie Peach



## Exploring the Amish Community

**Date: Friday, May 12**

**Cost: \$95 (\$20 non-refundable deposit)**

**Depart: 7:00 am Return: 6:00 pm**

Set deep in the heart of southwestern Wisconsin you will find a serene spot nestled in the valley two miles east of Cashton. The Kuderer farm is home to the Village Shops at “Down A Country Road.” After spending time at the village shops, our guide, will ride along with us on our tour bus as we visit the Amish community. We will learn the history, traditions, and customs of the Amish such as courtship, marriage, church services, funeral practices and much more through the eyes of an experienced tour guide. Our guide will share many heartwarming stories and experiences she has had amongst her Amish friends and neighbors.



You will have a chance to meet Amish families as we stop at their farmyards to look at the goods they may have for sale, including plants, hanging baskets, annuals, garden décor, candy, quilts, wood working, and bakery items. After our tour we will travel toward Sparta (the bike capital of America) for lunch and tour other local attractions.

Guides: Cindy Paffenroth and Laurelyn Hensarling

## Hamilton

**The Performing Arts Center-Appleton**

**Date: Wednesday, May 17**

**Cost: \$180 (\$20 non-refundable deposit)**

**Depart: 6:00 pm**

**Return: Immediately after the show**

Hamilton is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, Hamilton has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre. A musical that has had a profound impact on culture, politics, and education. With book, music, and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, and musical supervision and orchestrations by Alex Lacamoire, Hamilton is based on Ron Chernow’s acclaimed biography. Includes: Theatre ticket, school bus transportation & driver tip.

Guides: Cheryl Freiberg & Pat Heyer

# Winnebago Senior Tours

## "Ain't too Proud"

**The Performing Arts Center-Appleton**

**Date: Wednesday, June 21**

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

**Depart: 6:00 pm**

**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 thrilling 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. Includes show tickets, school bus transportation and tip.



Guides: Cheryl Freiberg and Laurelyn Hensarling

## UPCOMING

### Brewers/Cubs Baseball Game

**The American Family**

**Stadium—Milwaukee**

**Date: Thursday, July 6**

**Cost: \$TBD**

**Depart 10:00 am**

**Return Approx 7:00 pm**

**Moderate Walking for the game.**

Watch the circular brochure rack at the Tour Desk for updated information as it becomes available.

Guides: Ginnie Riley and Cathy Koch



### Hints for our "Travelers"

- If you are interested in a trip that is "full" add your name to the wait list! Travelers may need to cancel and it is possible you could be called to fill their vacant spot.
- Watch the circular rack for updated information and flyers!

### Alaska Discovery Land & Cruise

**Featuring a 7-night Holland American Cruise**

**Date: August 2-13**

**SOLD OUT WAIT LIST AVAILABLE**

See flyer for complete details.

## France Magnifique Discovery

**September 14-25**

**Cost: \$4999 Double (early booking)**

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Set off for the Normandy coast where the largest invasion in history took place during World War II. Visit the Caen Memorial Peace Museum, Juno Beach, the Normandy American Cemetery and Visitors Center on Omaha Beach, walk Pointe du Hoc Ranger Memorial, and make your way to Sainte Mere Eglise, the heart of the American Airborne operations on D-Day. Delight in a 2-night stay in a stunning, renovated chateau in the UNESCO World Heritage Loire Valley. Enjoy a visit to the famous Chenonceau Castle. Sip wine during a tour of a winery and its impressive underground caves. Glide along the Seine as you take in the highlights in Paris. Savor the views and rich cuisine during dinner at the Eiffel Tower. Bask in the robust history, culture and romance of these celebrated cities and charming towns.



> **SPACE IS LIMITED** on this tour!!

> Save \$250/per person when you sign up now.

Guide: Cheryl Freiberg

When sending payments in the mail be sure to include:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Email \_\_\_\_\_

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

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



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

#### **Oshkosh Seniors Center**

200 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300

#### **South Building Hours:**

Mon – Fri 8 am – 4 pm

#### **North Building Hours**

Mon – Fri 7 am – 4 pm

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