

THE CURRENT



September 2024 , Issue #9

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
<https://www.oshkoshwi.gov/SeniorServices/>
Oshkosh Seniors Center 920.232.5300

Welcome to the Oshkosh Seniors Center

A note from the Senior Services Manager, Dan Braun

Happy National Senior Center Month!

The National Council on Aging (NCOA) has declared that the 2024 theme for National Senior Center Month is “Powering Connections,” highlighting how important senior centers are to providing ways for seniors to connect with one another. Mayo Clinic reports that while no single exercise, food, or pill can guarantee a long, healthy life, it is the quality, duration, and nature of relationships that seem to matter most.

Celebrating National Senior Center Month and making connections with others is easy. Join our programs and activities, have lunch, attend an exercise class, or pick up a new hobby through woodshop offerings. Read through this newsletter to find programs that interest you or try something you’ve never done before.

Volunteering is also a great way to connect with others, and the Center needs volunteers in many different areas. Sharing the gift of your time positively impacts everyone involved, whether it’s at our Front Desk, with an art or craft class, in the woodshop, presenting on a topic, guiding on a Tour, or helping sustain the Center for future generations through helping the Friends of the Oshkosh Seniors Center. We can help put your talents where they will make a difference!

September is a great time to bring in a friend and introduce them to all offered at the Center. We look forward to seeing you soon!

Dan

WHAT'S IN THIS ISSUE?

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

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Oshkosh Seniors Center is proud to be a part of

National Senior Center Month

“Powering Connections”



Oshkosh Seniors Center powers connections by providing a place to gather, programs and events, health & wellness education as well as information about community resources. Every day there are opportunities to help seniors stay active, stay social, and stay informed.

How will you connect?

Oshkosh Seniors Center
200 North Campbell Road
920.232.5300



Art Expression (S)

Thursdays & Fridays,
September 5-27, 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 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.**

Hand Building with Clay (S)

Tuesdays, September 3-24, 12-3 pm

Instructor: Kathi Dittmer

Cost: R \$45/NR \$50

Min/Max: 3/8

Registration opens Monday, August 19
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 "stand by" will be given first option on the following month's class.

Quilting 401 (S)

Intro to Triangle Blocks

Wednesdays, September 4-25, 9-11:30 am

Instructor: Liz Lahm

Cost: R \$15 / NR \$16.50

Min/Max: 3/10

Register by Friday, August 30

In this class we will learn 8 different methods for creating triangle sets and building a variety of blocks with them. These blocks will be used in a sampler quilt (Poinsettia Christmas Table Runner p. 28). We will focus on precision cutting and seaming so points are maintained when blocks and tops are assembled. **Recommended Book:** Quilter's Academy Volume 3 – Junior Year. Authors Harriet Hargrave and Carrie Hargrave. Available through Amazon.



Quilting 101 (S)

Know Your Sewing Machine

Wednesdays, September 4-25, 1-3 pm

Instructor: Liz Lahm

Cost: R \$10/ NR \$11.50

Min/Max: 3/6

Register by Friday, August 30

Would you like to learn how use a sewing machine? Maybe you have one you haven't used in years and would like to relearn how to use it. In this class participants will learn about their own sewing machine or use one available through the Seniors Center. We will learn part identification, how to wind a bobbin, managing thread tension, stitch and foot selection, sewing straight and curved seams, and finally, machine maintenance. We will make a few simple projects to build confidence and experience. This class will not cover sewing clothes. A supply list is available at the front desk when you register.



Stepping Stones (S)

Wednesday, September 11, 10 am-11:30 am

Instructor: Kerry Wolfe

Cost: R \$10/ NR \$12.50

Min/Max: 3/8

Register by Wednesday, September 4
Payment due at time of registration

Personalize your garden, path or walkway with your home made stepping stone. They are make great gifts, or keepsakes for family & friends. All materials will be supplied, if you would like to bring your own mementos to make them special please do so. Weather permitting this project will be done outdoors. We will be working with concrete so wear clothes that can get dirty.



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

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Enrichment

Building North (N) South (S)

Card Making Class (S)

Wednesday, September 18, 9:30 –11 am

Cost: R \$5/ NR \$6.50

Register by Monday, September 16

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

Get Set Up Watch Party—A New Use for an Old Book: The Bowtie Fold (S)

Thursday, September 19, 1PM—2 PM

Presenter: Get Set Up Guide: Deana Neibert

Cost: Free

Register by Wednesday, September 18

Are you looking for a fun and creative way to transform an old book into a unique work of art? You'll learn how to create a different simple book fold, and how to use this technique to transform a book into a stunning work of art. This class is perfect for beginners or anyone looking for a fun and relaxing way to express their creativity. No previous experience is necessary. **Please bring your OWN book to fold.**



Scrappy Glass Projects (S)

Friday, September 20, 9 am-12 pm

Instructor: Jane Wells

Cost: R \$10/ NR \$15

Min/Max: 3/6

Register by Wednesday, September 18
Payment due upon registration

There are many creative projects that can be made using scrap pieces of glass. Let your imagination go! Experience with stained glass



Artfully Yours –

Gnome Fall Leaf Door Decoration (S)

Monday, September 23, 10 am-12 pm

Instructor: Kelly Arens

Cost: R \$15/NR \$17.50

Min/Max: 3/10

Register by Wednesday, September 18
Payment due upon registration

Come join us to create a whimsical touch of autumn to your Gnome, oops Home! We will be using sprigs of colorful fall leaves to make a fun door hanger that can be displayed through out the Fall season. You will not want to miss out on this fun! Project involves use of a hot glue gun which is provided. Project similar to picture shown.



What is Needle Felting?

Needle felting is a creative craft that involves sculpting shapes and figures using wool and special felting needles. It's a simple yet versatile technique that allows you to create amazing creations with just a few supplies.



Needle Felting

Fall Themed Garland (S)

Monday, September 30, 9 am - 12 pm

Facilitator: Kerry Wolfe

Cost: R \$7.00 / NR \$8.50

Min/Max: 3/10

Register by Wednesday, September 25

We will be needle felting a fall inspired garland. All materials are supplied for you. New to needle Felting, no problem, class for all levels of needle felting. All you need to bring is your creativity. Project similar to the one shown.



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 pm-3 pm NEW!

***Register by the Thursday before.**

Cost: R \$5/NR \$6.50

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

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

Charcuterie Board (N)

Thursdays, September 5-26, 1 pm-3 pm

Facilitator: Jeff Becker/John Brad/Morgan Bailey

Cost: R \$35/NR \$40

Min/Max: 3/5

Payment due upon registration

Register by Thursday, August 29

In this beginner level class, you will use a band saw, sander, glue and clamps. The size is 12"x 14" using several hardwoods including maple, oak, and walnut. **Machine safety training is required to take this class.**



Power & Hand Tool Carving (N)

Mondays, September 9-30, 8am-12pm

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 5/12

Register by Friday, August 30

Payment due upon registration

Power tool carvers must bring bench fan, dust collector, have completed safety training to use OSC power equipment. Hand carvers must use their own hand/rotary tools. Instructors available to teach, guide, and problem solve. **This class open to carving projects only.**

Basic Machine Safety Training (N)

Fridays, September 20 & 27, 10 am-12 pm

Facilitator: Jeff Becker

Cost: R \$5/NR \$7.50

Min/Max: 3/10

Payment due upon registration

Register by Friday, September 13

All **NEW** participants wanting to use the woodshop for classes or guided hours are required to attend the machine training class. The two class requirement for new participants **must be taken in consecutive weeks.**

Upcoming:

Nuthatch Carving Class (S)

Thursdays, October 3-Dec 19, 9-12pm

Instructor: Gene Bengel/Don Schettl

Cost: R \$45/NR \$50 Min/Max: 3/10

Register by September, 26

Payment due upon registration

Called the topsy-turvy bird, the nuthatch creeps on tree trunks headfirst down the tree. A basswood cut-out will get you started. Patterns and pictures will be provided. After completion of carving, painting, eye and toes placement and habitat ideas will be discussed. **At time of sign up, please indicate which song bird cutout you wish to make; red or white breasted. Requires bench fan.**



Beginner Woodburning Class (S)

Thursdays, October 3-31, 1-3 pm

Instructor: Cedric Richeson/Richard Krummerick

Cost: R \$15/NR \$20 Min/Max: 3/12

Register by September, 26

Payment due upon registration

This class will focus on wood burning fundamentals including safety, equipment, pattern transfer, burning straight lines, curves, circles, shading effects such as stippling, crosshatching. This class prepares participants for other OSC wood burning classes. If you have a wood burner, please bring it. A limited number of wood burners are available for use in class, please reserve at registration. No prior experience required.



Owl Weather Vane Class (N)

Tuesdays, October 8-29, 1-3 pm

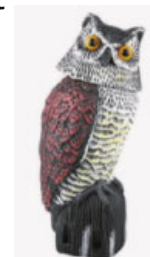
Instructor: Linda Gomach/Diane Curtis/Jeff Becker

Cost: R \$30/NR \$35 Min/Max: 3/5

Register by Tuesday, October 1

Payment due upon registration

In this class participants will cut, paint and assemble a wooden owl using a scroll and band saw. Owl will stand approximately 14" and be mounted on a metal rod that will spin. This is a great project for keeping unwanted birds from the garden. **Machine safety training is required to take this class. Similar to picture shown.**



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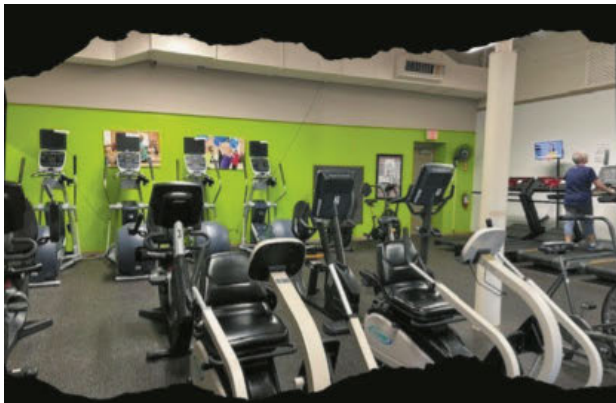
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ALL, PACKAGES PURCHASED BEFORE SEPTEMBER 9TH WILL BE HONORED WITH THE CURRENT PRICING STRUCTURE, SO WE ENCOURAGE YOU TO BUY SOON TO TAKE ADVANTAGE OF THIS. THE OSHKOSH SENIORS CENTER GREATLY APPRECIATES YOUR CONTINUED BUSINESS AND SUPPORT THROUGH THIS TIME OF GROWTH AND CHANGE. IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THE PRICE INCREASE, PLEASE DON'T HESITATE TO REACH OUT. OUR TEAM IS MORE THAN HAPPY TO DISCUSS THIS SITUATION WITH YOU.

-OSC STAFF-

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	
9am	Range of Motion 9:15-9:45am	Tai Chi Energy 9:15-9:45am	Range of Motion 9:15-9:45am	Tai Chi Falls Prevention & Arthritis 9:15-10am 	FFC 3G 9:15 - 10am 
10am		TRX 10am-10:45am			
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				Chair yoga 1-1:45pm	
2pm		Chair yoga 2:15-3:00pm		Low Impact Dance 2:15-3:00pm	
3pm					



Not Insurance Eligible



Registration Required



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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.


Beginner Chair Yoga

Instructor: Jim Crane (T)/Catherine Huybers (Th)
A gentle practice in which postures are performed while seated and/or with the aid of a chair. Boost strength, flexibility, and mental well-being. No prior experience is necessary for this class.

Low Impact Dance

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

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.

TRX **Limit 6 people**

Starting Tuesday September 17 10-10:45am 

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.

Kettlebells **Limit 10 people.**

Choose beginner, intermediate, OR both. 

Beginner (Mondays)/Intermediate (Thursdays) Returning Fall 2024

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

Cost: R \$10/NR \$15 for each class session.



Registration Required



Not Insurance Eligible

SAVE THE DATE

>>> OSHKOSH SENIORS CENTER PRESENTS

BRAIN HEALTH FAIR

WEDNESDAY OCTOBER 2

10 AM - 2 PM

200N CAMPBELL RD. OSHKOSH, WI 54902

CONTACT 920.232.5300 TO REGISTER



The Oshkosh Seniors Center is excited to host the 2024 Brain Health Fair on Wednesday, October 2nd! This is a great chance to meet our Community Partners, win prizes, and listen to the experts in the field of Brain Health. Hope to see you there!



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Branson (when new shows are out)	12/1-6	TBD

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Mindfulness Meditation (S)

Thursdays, September 5-26, 11 am-12 pm

Instructor: Donna Janus-Volunteer

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, September 5, 12:00-1:00 pm (S)

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

Thursday, September 19 12:00-1:00pm (S)

Monday, September 23, 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.

Independence Through Shoulder relief (S)

Monday, September 9, 10 -11 am

Presenter: Eric Koehler

Cost: Free

Register by Friday, September 6

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



Essential Oils:

Get Ready For Winter (S)

Tuesday, September, 10 am-11 am

Presenter: Jeanne Gehrke, Dreams of Jeanne LLC

Cost: \$5

Register by Friday, September 6

Have you struggled with stuffy noses and scratchy throats as soon as the temperature changes? Join us to make a handy travel size nasal inhaler in fun colors! Each one will have a special blend of all natural essential oils that will open up the sinuses for easier breathing. Each inhaler is \$5

Bright Star Care Lunch & Learn:

Home Care and Insurance Options (S)

Tuesday, September 17, 12 pm

Facilitator: BrightStarCare

Cost: Free

Register By Friday, September 13

BrightStar Care of Oshkosh/Fond Du Lac would like to invite you to our Lunch & Learn event. This FREE event is a great opportunity to learn about what healthcare needs can be met in-home and how insurance can help pay for this. We will explain each service provided and how they differ from another. Followed by a free Blood Pressure Screening. Bag Lunch Provided.

Cooking With Alec:

Roasted Garlic Cheddar Cauliflower Soup

Friday, September 20, 1:00-2:00pm

Presenter: Alec Jensen

Cost: R \$5 / NR \$6.50

Register by Wednesday, September 18

LIR: Learn About Brain

Neuroplasticity (S)

Monday, September 23, 10:30-11:30 am

Presenter: LaReina Tipping, CAPSW, MSW, Brain Center of Green Bay

Cost: Free

Register by Friday, September 20

Our brain has an amazing ability to adapt, change and create new pathways. Learn how our brain does this in response to new information or damage. Neuroplasticity refers to the brain's ability to continue to grow, change and evolve in response to life experiences. It helps form both good and bad habits and is the basis for all new learning and rehabilitation, and is an active and dynamic process. Let's take charge of our brains to help keep them sharp and to prevent cognitive decline!

A Healthier You (S)

Monday, September 23, 1- 2 pm

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

Cost: Free

Register by Friday, August 23

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

Age WellFalls Free
Wisconsin

Age With Confidence At Home (S)

What you need to know

Thursday, September 5, 10:30-11:30 am

Facilitator: WIHA & Falls Free Wisconsin via webinar

Cost: Free

Register by Wednesday, September 4

September is Falls Prevention Awareness Month. Did you know that most falls happen at home? Join the Wisconsin Institute for Healthy Aging and Falls Free® Wisconsin Coalition at our September Age Well series webinar as we host Dr. Beth Fields, Occupational Therapist and Assistant Professor at UW-Madison. Learn about the importance of home safety modifications to help prevent falls as we age. The Center will broadcast this webinar and we can view it together.

**BIODEX FALL RISK
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Call for your
appointment time
today!
920.232.5301



The Oshkosh Seniors Center offers
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.

Tips to prevent falls

1



Lift Weights

Exercising most days of the week for at least 20 minutes has been shown to reduce the risk of falls in senior populations. Strength training has been shown to be the most effective form of exercise for falls prevention.

2



Tai Chi / Yoga

Strength Training isn't the only type of exercise that has been shown to help reduce the risk of falls. Tai Chi and yoga are also great forms of exercise that help with balance and coordination. See pages 10-11 for details.

3



Medication Reviews

Ask your primary care doctor or pharmacist to review your medications at least once per year. Some medications can have adverse side effects that can increase your chance of falls.

4



Quality Foot Wear

Having quality footwear goes a long way to help prevent falls. Find a local retailer that specializes in shoes and they can help you find the right pair of shoes for your foot's needs.

5



Sleep

Getting the proper amount of sleep is important for many reasons because when we sleep our bodies repair themselves. Try to get about 7-8 hours of sleep per night.

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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
1-800-963-0035

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

DHS Approved 4/22/2021

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SMP
Senior Medicare Patrol
Preventing Medicare Fraud



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

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Support Services

Building North (N) South (S)

Grief Support (S)

Thursday, September 5, 1-2:30 pm
Thursday, September 19, 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, September 5-26

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)

***Wednesday, September 18 *New Day**

10:30 am -12:00 pm

Facilitator Alisa Richetti, ADRC

Cost: Free

To make an appointment call 920.232.5301

Have a free, confidential memory screen completed and learn about normal brain changes as you age. Alisa will answer your questions related to memory loss, dementia and prevention of cognitive decline. Appointments take 15 minutes.

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. Menu at front desk in South building.

Tender Loving Care Support Group (S)

Thursday, September 26, 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 September 20 & 27

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.



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For more information: TimeOfYourLifeExpo.com | (920) 966-9199

GetSetUp



The Oshkosh Seniors Center has partnered with GetSetUp so you can book engaging classes on travel, exercise, technology, cooking, and more. These online classes will help you stay active, stay social and stay informed.



GetSetUp

Learn and socialize online

<https://www.getsetup.io/partner/Oshkosh>



Once on the page, create an account to start booking classes. Book a Connect through Tech session if you need help.



Sign up for a free account at this link or scan the QR code.



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, September 9, 16, 23, 30
9:15 am, 10:15 am, 11:15 am, 12:15 pm**

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

By Appointment Only 920.232.5301



Music, Workshops, and Entertainment



Victoria Vox



Lil' Rev



Aaron Baer



Saturday, September 28

9 am to 6:30 pm

\$50 per person (Includes live performances and breakout sessions.)



**Oshkosh Seniors Center
200 N. Campbell Road
Tickets and Schedule Online**



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.

***Please check in to "General Activities" on the kiosk when visiting the Center for books and puzzles.**

Elder Benefit Specialist (S)

Wednesdays, September 4 & 18, 10-11:30 am

Cost: Free

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

Mission Statement

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

Need help or have questions? Phone 877.886.2372

Ukulele Play Along (S)

Wednesdays, September 4-25

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, September 6-27, 11 am-12 pm

Instructor: Joe Wiedenmeier

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

Min/Max: 5/12

**Register by Wednesday, September 4
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, September 6-27, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, September 4
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, September 6-27, 11 am-12 pm

Instructor: Aaron Baer

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

Min/Max: 10/20

**Register by Wednesday, September 4
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!

Social and Educational

Building North (N) South (S)

Karaoke (S)

Tuesday, September 3, 1-2:15 pm

Register by Friday, August 30

Tuesday, September 17, 1pm-2:15 pm

Register by Friday, September 13

Facilitator: Kelly Arens

Cost: Free

Min/Max: 5/25

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers welcome. Program made possible through the generosity of an anonymous donor.



JOT Cooking Salmon (S)

Mondays, September 9, 16, & 30

10-11:30 am

Facilitator: Lynn Stuart

Cost: R \$30/ NR \$35

Min/Max: 3/6

Register by Wednesday, September 4

Each JOT (just one thing) cooking class focuses on one idea that can be incorporated into your at-home cooking. This set of classes will concentrate on different techniques/recipes for cooking salmon. Demonstrations and samples will be a part of every class.

Golden Tones Chorus (S)

Mondays, September 9-December 2

1:30-3 pm

Director: Paula Steinert

Accompaniment: Marshall Potter

Cost: R \$40/NR \$45

Min/Max: 25/50

Payment Due Upon Registration

Do you enjoy singing with in unison with others? Come join this organized group of singers at the Center. Come together weekly for 13 weeks in preparation for a concert at the Center in December. Singing is a great way to make friends and build relationships with people who have a common interest. Instruction, music, and vests provided.

Adventures In Investing (N)

Tuesdays, September 10-October 15

6-7:30 pm

Presenter: Jeff Kemp

Cost: Free-Donations to the Center greatly appreciated

Min/Max: 10/75

Register by Monday, September 9

This session is open to all ages. Do you have family members who you think would benefit from learning more about investments? Introducing investing to your grandchildren might be one of the wisest decisions you make. Jeff Kemp, a Financial Educator from Oshkosh, will discuss "no load commission free stock and bond mutual funds", how the actions of the Federal Reserve affect the economy and eventually your investments. Any questions you have about investing in 401K, IRA's or 403B's will also be addressed. New and current information will be shared; past participants welcome! Program will be available in person as well as virtually. Please make sure the Center has your correct email address on file.

Seniors & Preparedness: (S) Be Ready for Anything!

Wednesday, September 11, 1-2 pm

Presenter: Shelley Brown-Giebel, Public Health Emergency Preparedness Specialist, Winnebago County

Cost: Free

Register by Monday, September 9

Join Shelley Brown-Giebel, Emergency Preparedness Specialist, Winnebago County as she discusses how to be ready for emergencies and disasters. Simple steps on how to build an emergency kit for your home and car, a family communications plan, how to shelter in place and more. As an older adult, you may have specific needs after a disaster. Shelley will share information on how to assess your needs and how to take simple steps that help you get better prepared.



Social and Educational

Building North (N) South (S)

Plant and Cutting Swap (S)

Wednesday, September 11, 1-2 pm

Facilitator: Jane Wells

Cost: Free

Register by Monday, September 9

Bring in some cuttings (or whole plants if you'd like), both indoor and outdoor plants, and trade with others for plants you don't have yet. In addition to indoor plants, fall is a great time to divide out and transplant outdoor plants. Meet new plant friends, learn about new-to-you plants and grow your garden! Please ensure all cuttings and plants are pest-free and healthy.



Learn About Mentoring Youth (S)

Thursday, September 12, 10-11 am

Presenter: Jill Grambow, Volunteer Engagement, Big Brothers Big Sisters East Central WI

Cost: Free

Register by Tuesday, September 10

Mentoring others, especially youth, let's them know they matter and they are not alone. Join us to learn about Big Brothers Big Sisters of East Central Wisconsin. Jill Grambow, the BBBS volunteer engagement staffer, will be here to share what Big Brothers Big Sisters mentoring programs do for the youth of Oshkosh. You may be interested in volunteering as a mentor or know someone you can share the information with.

Chat N Chop (S)

Tuesday, September 17, 9:45-11:45 am

Facilitator: Kerry Wolfe

Cost: R \$10.00 /NR \$11.50

Min/Max: 3/8

Register by Wednesday, September 10

Payment due upon registration

In this session of Chat N Chop, we will be making Apple slaw with apple jalapeno dressing, cornbread-stuffed baked apples and apple ring pies. Does this sound good? Tie on those aprons and come join us.



ORD-Exploring Mushrooms (S)

Wednesday, September 18, 10 am-12 pm

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

Cost: Free

Register by Thursday, September 12

We will take a look at some of the amazing mushrooms of fall and some great places to discover them.

Bingo (S)

Wednesday, September 18, 2-3:30 pm

Sponsored by Edenbrook

Cost: Free

Min/Max: 10/60

Register by Tuesday, September 16

Come for a fun afternoon of bingo!

Please note doors for Bingo will open at 1:15 pm. Thank you to our Bingo sponsor, Edenbrook.



Rep. Palmeri Office Hours (S)

Friday, September 20, 10:30 am-12 pm

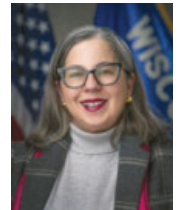
State Representative Lori Palmeri represents the 54th Assembly District since January 2023. Come meet Lori, bring your issues and share with Lori what's on your mind.

Madison Office:

Room 5 North, State Capitol

PO Box 8953

Madison, WI 53708



LIR: Learn About Brain

Neuroplasticity (S)

Monday, September 23, 10:30-11:30 pm

Presenter: LaReina Tipping, CAPSW, MSW, Brain Center of Green Bay

Cost: Free

Register by Friday, September 20

Our brain has an amazing ability to adapt, change and create new pathways. Learn how our brain does this in response to new information or damage. Neuroplasticity refers to the brain's ability to continue to grow, change and evolve in response to life experiences. It helps form both good and bad habits and is the basis for all new learning and rehabilitation, and is an active and dynamic process. Let's take charge of our brains to help keep them sharp and to prevent cognitive decline!

Social and Educational

Building North (N) South (S)

Get Set Up Watch Party (S) Change Your Thinking: Manage Negative Thinking & the Inner Critic Tuesday, September 24, 10-11 am

Presenter: Get Set Up Guide: Bernadette Barton

Cost: Free

Register by Monday, September 23

Our inner critic and negative thoughts can get the better of us sometimes. Learn effective tools to manage the inner critic to change how you think and feel. Learn how the practice of self-compassion can shift negative thoughts.

Popcorn & A Movie (S)

Wednesday, September 25, 12:45 pm–2 pm

Cost: Free— Donation for popcorn appreciated

Min/Max: 2/50

Register by Tuesday, September 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)

The Unsinkable Greta James by
Jennifer E Smith

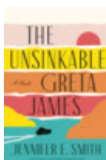
Thursday, September 26, 9:30-11 am

Facilitator: Kerry Wolfe

Cost: R \$1.25 /NR \$1.75

Register by Friday, September 5

An indie musician, Greta James, reeling from tragedy reconnects with her estranges father on a week-long cruise. This could be their last chance to heal old wounds and will prove to be a voyage of discovery for them.. Sound Interesting? Want to know how the story ends? Join Book Talk.



Medicare 101 - Getting to know Medicare (S)

Friday, September 27, 10-11 am

Presenter: Andy Haydin, Humana

Cost: Free

Register by Wednesday, September 25

Each year you are able to re-evaluate your Medicare Insurance choices. Please join us for an informative time looking at the basics of Medicare. This would be a great time to invite your family or friends who will be turning 65 soon!

The Family Endowment: Securing Your Family's Future in an Age of Weakening Social Security (S)

Friday, September 27, 10-11 am

Presenter: Joseph McCleer, McCleer Law

Cost: Free

Min/Max: 5/20

Register by Wednesday, September 25

Absent massive changes, the Social Security trust fund will run dry by 2035, and future retirees will be looking at a benefit cut of at least 20%. Such cuts could prove disastrous for your children once they reach retirement age. Attorney Joseph McCleer of McCleer Law Office will introduce and discuss the concept of a "Family Endowment," a legal and financial tool you can easily start now that can provide an additional stream of income for your children and for generations going forward to offset the losses in public benefits they will likely experience.

Eat & Greet-Comfort Food (S)

Wednesday, September 25

Serve at 11:30 am

Cost: \$10

Max: 50

Tickets available

August 28-September 17

Join us for good ole comfort food of meatloaf, mashed potatoes, green beans, and dessert.



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.



September 23-October 24 ❄️

Help The Salvation Army reach children in need who don't have winter coats and help make sure they stay cozy when the temperatures drop.

The Salvation Army's annual Coats for Kids program collects and distributes thousands of new or clean, gently-used warm coats to local kids and families in need. Coats are accepted in sizes from infant to adult.

Look for the drop boxes in both North & South buildings



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

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

Cribbage

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

Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

Bid Euchere, Rummikub

Wednesdays, 12:30-3:30 pm
Beginners welcome

Knitting & Crochet

Thursdays, 8:30-11:30 am

Sheepshead

Thursdays, 12:30-3:30 pm

Open Bridge

Fridays, 12:30-3:30 pm

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

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

Billiards (N)

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

Piano Music (S)

Enjoy free beautiful piano music on Thursday afternoons offered by pianist Sheri Tipton. Available by the baby grand piano in Great room C.



The Power of Personal Development

Using technology to improve your quality of life!

Tuesday, Sept 17
10 am

Willows (South Bldg)
Please register 920.232.5300



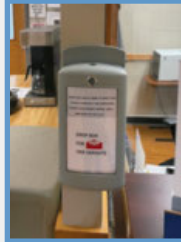
Join us to explore digital sources to positively change your life. We will explore the tech skills you need to use and explore the following opportunities:

- Podcasts for Sleep, Meditation, and Forming New Habits
- Fitness, Weightloss, and Nutrition Trackers
- Brain Fitness
- Educational Opportunities

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**

Brewers vs Cardinals Baseball

Date: Tuesday, September 3

Depart: 4pm Return: Immediately after game

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

Let's have a VIP experience at the Brewer Game!

Our seats are in the VIP area

located above the loge bleachers in
right field. Includes full buffet

featuring Johnsonville brats and hot
dogs, burgers, chicken tenders and more, two
complimentary Molson Coors domestic beers per
adult, private restrooms, flat screen high
definition TVs, and assigned seating.

Hurry—seats are filling up fast.

Guides: Cheryl Freiberg and Cathy Koch



NOTE

Tuesday, August 27 at 2:00 pm

Oshkosh Senior Center, Willow Room

Come hear about our 2025 Collette travel
adventures! Alaska, Hawaii, and Africa!

Clausen Family Music Show

Barn Theatre—Coloma

Date: Thursday, September 26

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

Depart: 8am Return: Approx. 6:30pm

See a live show at the Historic Barn Theatre with
the Clausen Family

presenting "Country and
Western Favorites." Your trip

will include a stop at the
Amish Countryside

Greenhouse in Coloma on

our way to the Clausen Theatre. Upon arrival at

the Theatre you will enjoy a delectable dinner,

browse the gift shoppe, or pick up treats from the

Coffee Shoppe. Then enjoy a spectacular show

filled with great music from the past and present

including beautiful instrumentals featuring steel

guitar and fiddle as well as vocal selections.

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

Guides: Cindy Paffenroth and Marianne Zarling



Exploring Prairie du Chien

Date: Tues. October 1-Thurs. October 3

Cost: \$435 Dbl., \$585 Sgl., Ste. \$465

(\$50 non-refundable deposit)

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

Moderate walking on this trip

Join us as we explore the
beautiful Southwestern region

of Wisconsin. This area is

known for its beautifully

sculptured topography being

a part of the Driftless Area as

well as bird sightings and

effigy mounds. Included on

our excursion is a trip to Villa Louis - an historic

mansion built in 1871, Fort Crawford - the fort that

stood guard over Prairie du Chien from 1816 to

1856, dinner at Huckleberry's — a favorite local

eating spot, and lunch and music cruise on the

Mississippi River aboard the Celebration Belle

paddlewheel riverboat. Trip includes admission to

all venues, dinner at Huckleberry's, and lodging at

Quality Inn & Suites for 2 nights.

Guides: Cathy Koch and Laurelyn Hensarling



Winnebago Senior Tours

Mrs. Doubtfire

The Performing Arts Center—Appleton

Date: Wednesday, November 20

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

Depart: 6pm—OSC South Building Lot

Return immediately after show

Out-of-work actor Daniel Hillard will do anything for his kids. After losing custody in a messy divorce, he creates the kindly alter ego of Nanny Euphemia Doubtfire. Join us for this hysterical and heartfelt story about holding onto your loved ones against all odds, Mrs. Doubtfire is the musical comedy we need right now.

Guides: Cheryl Freiberg

Miracle on 34th Street

The Fireside Theatre—Fort Atkinson

Date: Thursday, November 21

Cost: \$150 (\$20 non-refundable deposit)

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

Miracle on 34th Street is a big brash Broadway musical with heart. Macy's Thanksgiving Day Parade needs a new Santa and enter Kris Kringle who claims to be the real Santa Claus. Thus begins the funny, tuneful and inspirational musical as Kris has to prove his claim in court and teach his neighbor and daughter to believe in the love of Christmas. **Includes:** Theatre tickets, coach bus transportation, driver gratuity, and lunch with your choice of chicken & ribs, Steak Diane or seared duck breast.

Guides: Cheryl Freiberg



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 (Cont.)

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2024 Branson Shows Extravaganza

(Cont.)

- 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: Motorcoach transportation including driver gratuity, 8 meals: 4 breakfasts and 4 dinners and hotel rooms for 5 nights

Guide: Cathy Koch

Christmas at Sanfilippo Estate

Date: Thursday, December 5

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

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

The Sanfilippo "Place de la Musique" is renowned for its collections of antique music machines, phonographs, arcade machines, and the world's largest restored theatre pipe organ and many more functional mechanical antiques. The motive behind this collection is the preservation and sharing of the experience of these marvelous inventions of the Western World. Includes Deluxe motorcoach, Estate Tour, Christmas Concert and Lunch at Sanfilippo.



When sending payments in the mail include:

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone: _____

Cell Phone: _____

Email _____

Name of Trip _____

Mamma Mia

The Performing Arts Center—Appleton

Date: Wednesday, December 18

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

Depart: 6pm—OSC South Building Lot

Return immediately after show

A mother. A daughter. 3 possible dads.

And a trip down the aisle

you'll never forget! Set on a Greek Island paradise where the sun always shines, a tale of love, friendship and identity is beautifully told

through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago. Favorite songs include:

Mamma Mia, Take A Chance on Me, Dancing Queen, Money, Money, Money and the Winner Takes All. Join us as we sing and dance to the hit tunes and enjoy an evening in Paradise!

Guides: Cheryl Freiberg



The Lion King

The Performing Arts Center—Appleton

Date: Wednesday, January 15, 2025

Cost: \$100 (\$20 non-refundable deposit)

Depart: 6pm—OSC South Building Lot

Return immediately after show

More than 100 million people around the world have experienced the

phenomenon of ***Disney's The Lion King***, and now you can too! Winner of six Tony

Awards including Best Musical, this landmark musical event brings together one of the most imaginative

creative teams on Broadway. Tony Award winning director *Julie Taymor* brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. ***The Lion King*** also features the most recognizable music crafted by

Tony Award winning artists *Elton John and Tim Rice*. There is simply nothing else like ***The Lion King!***

Guides: Cheryl Freiberg



Holland & Belgium Springtime River Cruise

Date: April 22-30, 2025

Cost: Starts at \$5299 dbl occupancy

Space is filling up fast!

Call now to secure your reservation.

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

blooming Dutch tulip fields on the beautiful MS Amadeus

Brilliant, Amsterdam. Relax as

you make your way along seemingly endless fields of vibrant flowers and iconic windmills.

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

Guide: Cheryl Freiberg



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 National 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





On behalf of Friends of the Oshkosh Seniors Center,
we wish to extend our most sincere gratitude for your
generous support and sponsorship of our
2024 Food Truck Fridays.



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superhero cape, helping the Friends
crew champion the Oshkosh Seniors
Center and all the cool cats who enjoy
its programs and perks!

To add your support, donate to:
Friends of the Oshkosh Seniors Center
PO Box 3423
Oshkosh, WI 54903-3423



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

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

Oshkosh Seniors Center

200 North Campbell Road
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon – Fri 8 am – 4 pm

North Building Hours

Mon – Fri 7 am – 4 pm

OSC Staff

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

Activity Coordinators:

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

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special events by logging on to
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Visit us at:

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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**

