



# The Current

## September 2025

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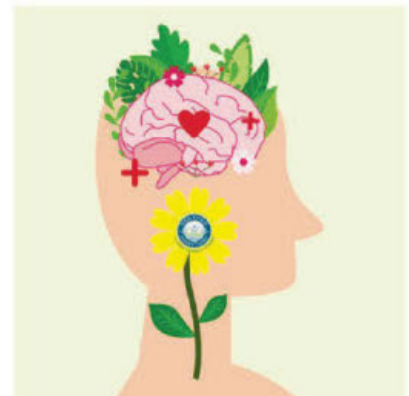
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# Welcome to the Oshkosh Seniors Center!

## *A Note From Becca, Programs Supervisor*

Hi Everyone! My name is Rebecca Bays, but feel free to call me Becca. I am the new programming supervisor and am very excited to be here! Before joining this lovely team, I was the Berlin Senior Center Director for just shy of 4 years. Before that, I spent 3 years as an assistant store leader at Kwik Trip. I have worked in fast food, restaurants, and hotels, all in various customer service and programming roles. I have my Master's degree in Business Administration from Ottawa University and my Bachelor's degree in Recreation Management from UW-La Crosse.

Outside of work, I spend my time with my family. My husband, Zach, and I have been married for five and a half years. He is a veteran, so we spend a lot of time supporting the veteran community in any way we can. We have three children. Abby is 14, and we are about to take on the adventures of high school. Payten is seven and loving life in 2nd grade. Syllas is 4, and we are starting the schooling journey with him. We spend a lot of time on the soccer field and the baseball diamond, as well as with our extended family. We also have two dogs, Raider and Thor, and two cats, Stars and Toothless. There is never a dull moment in my life!

I look forward to meeting you all and being a part of such a wonderful home.

*Becca*

## SEPTEMBER CLOSURES

**September 1** - We will be closed all day due to Labor Day.

**September 10** - All activities are canceled due to the Brain Health & Wellness Fair (woodshop will remain open).



## Art Expression (S)

**Thursdays & Fridays, September 4-26**

**8:30 to 11:30 am**

**Cost: R \$1.50/NR \$2.25**

**No registration needed**

Do you need a space to create an art project or work on a hobby? Bring your project and own supplies, and use the art room with friends who share similar creative endeavors. Seniors Center supplies are not available for use during this time. Cost is per visit. Free with Creative Expression Pass!

## Stained Glass Guided Hours (S)

**Wednesdays, Sept. 3-24, 10 am to 12 pm**

Instructor: Marla Tonn

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

**No registration needed**

NEW! Do you have stained glass projects that you want to finish? An instructor will be on hand to provide guidance and answer questions on techniques and finishing. Stop in during our guided hours on Wednesday mornings in September to complete your projects! Cost is per visit.

## Quilting 501: Paper-Pieced Hexagons (S)

**Wednesdays, September 3-24, 9 to 11 am**

Instructor: Liz Lahm

**Cost: R \$15/NR \$16.50**

Min/Max: 2/6

**Register by Tuesday, September 2**

Join us in this class to create placemats and a tea cozy using paper-pieced hexagons. You'll learn to draft and sew angles with precision, offering a unique experience for intermediate and experienced quilters and sewers. This class is for **intermediate** and **experienced** quilters/sewers. The supply list will be available at the South Desk when you register. **Recommended Book:** *Quilter's Academy Vol. 4 – Senior Year* by Authors Harriet Hargrave and Carrie Hargrave. Available through Amazon.



## Quilting 201: Basic Samplers (S)

**Wednesdays, Sept. 3-24, 12:30 to 3 pm**

Instructor: Liz Lahm

**Cost: R \$15/NR \$16.50**

Min/Max: 2/6

**Register by Tuesday, September 2**

In this class, you'll have the option to choose between two basic samplers that focus on sewing environment, fabric and machine preparation, and cutting accuracy. Developing good habits will enhance your quilting experience. Participants must bring their own sewing machine and have a good working knowledge of it. **BOOK PURCHASE NEEDED:** *Quilter's Academy Vol. 1 - Freshman Year: A Skill-Building Course in Quilting* by Harriet & Carrie Hargrave



## Hand Building With Clay (S)

**Tuesdays, September 9-30, 12 to 3 pm**

Instructor: Kathi Dittmer

**Cost: R \$45/NR \$50**

Min/Max: 3/8

**Registration opens Monday, August 18**

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

## Artfully Yours: Sunflowers (S)

**Thursday, September 11, 1 to 3 pm**

Instructor: Kelly Arens

**Cost: R \$10/NR \$12.50**

Min/Max: 3/10

**Register by Tuesday, September 18**

Transform old jeans into a charming fall-themed door knob hanger by repurposing the denim into a rustic pocket. This project is perfect for holding dried flowers, creating a unique and sustainable door accent that celebrates fall.



## Wine Cork Craft (S)

**Monday, September 15, 9:30 to 11:30 am**

Instructor: Kerry Wolfe

**Cost: R \$10/NR \$12.50**

Min/Max: 3/8

**Register by Tuesday, September 9**

Have you ever wondered what to do with wine corks? We have a fun project for you! This unique wreath is a wonderful way to repurpose your wine corks. All supplies and materials are provided; all you need is your creativity.



## Spooky Rock Painting (S)

**Thursday, September 18, 1 to 3 pm**

Instructor: Kelly Arens

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

Min/Max: 3/12

**Register by Thursday, September 11**

Painting rocks is a delightful and creative activity that transforms ordinary stones into vibrant works of art. Join us to paint spooky rocks that you can use for decoration or give as gifts. You will learn various rock painting techniques and discover how enjoyable this craft can be. No experience is necessary! All supplies will be provided.



## Fall Resin Board (S)

**Monday, September 22, 9:30 to 11:30 am**

Instructor: Jane Wells

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

Min/Max: 5/7

**Register by Wednesday, September 17**

Enhance your fall décor with this 7" x 24" wall board, featuring colored crushed glass, a crystal rhinestone chain, and covered in resin. We'll add a lovely fall ribbon and flowers. Please note that it will need to cure overnight and will be available for pickup the next day.



## Jack-O-Lantern Light (S)

**Thursday, September 25, 1 to 3 pm**

Instructor: Kelly Arens

**Cost: R \$10/NR \$12.50**

Min/Max: 3/10

**Register by Thursday September 18**

Create a whimsical and eco-friendly Jack-O-Lantern using a repurposed bottle.

This project is perfect for adding a touch of spooky charm to your fall decor. By creatively reusing household materials, you can celebrate the spirit of the season with this unique, handmade decorations



## Cricut: Vinyl Wrapped Glasses (S)

**Monday, September 22, 12 to 2 pm.**

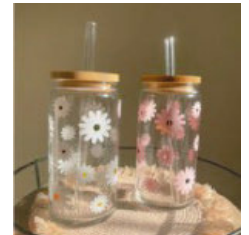
Instructor: Christie Powers

**Cost: R \$10/NR \$12.50**

Min/Max: 3/10

**Register by Monday, September 15**

Join us for a Cricut class! We will be making vinyl wraps for glasses using layers and multiple colors, allowing you to personalize your drinkware in a vibrant and fun way. Check out the photo for inspiration!



## Decorative Tiles (S)

**Monday, September 29, 9:30 to 11:30 am**

Instructor: Kerry Wolfe

**Cost: R \$10/NR \$12.50**

Min/Max: 4/10

**Register by Tuesday, September 18**

With sharpies and alcohol inks combined with rubbing alcohol, you can create two beautiful decorative tiles.

The possibilities are endless, and no experience is needed. This project is similar to the one shown.







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## Woodshop Guided Hours (N)

**Wednesdays, 10am to 2:30 pm**

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

**Register by day prior**

Join us during Guided Woodshop Hours to work on your projects with support from our expert volunteers. Remember, **Basic Machine Safety Training is required to use tools**; if you're not trained, you can use a Bench Pass. **Please arrive by 2 pm** to ensure you have enough time to complete your project by 2:30 pm.

## Power & Hand Tool Carving (N)

**Mondays, September 8-29, 8 am to 12 pm**

Instructor: Gene Bengel/Richard Krummick

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

Min/Max: 4/12

**Register by Thursday, August 29**

Power tool carvers are required to bring a bench fan and a dust collector, and they must have completed safety training to use OSC power equipment. Hand carvers should bring their own hand or rotary tools. Instructors will be available to teach, guide, and help with problem-solving. **Please note that this class is exclusively for carving projects.**

## Guided Wood Burning (S)

**Tuesdays, Sept. 9-30, 8:30 to 11:30 am**

Instructors: Linda Gomach, Richard Krummick

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

Min/Max: 3/10

**Register by Friday, September 5**

Here's a chance to work on those woodburning projects! Award-winning instructors will be on hand to offer expert guidance to help you complete your pieces. Bring your vision to life as you enjoy dedicated woodburning time alongside fellow enthusiasts.

## Wooden Reindeer Class (N)

**Thursdays, September 4-25, 9 am to 12 pm**

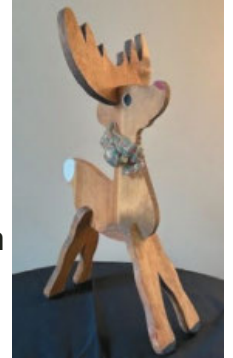
Instructor: Don Scheuttl

**Cost: R \$35/NR \$40 per 4-week session**

Min/Max: 3/6

**Register by Thursday, August 28**

Get a head start on your holiday décor! In this class, you'll cut, sand, and either stain or paint pieces to create a wooden reindeer that stands 24" x 12". You'll receive guidance from an award-winning instructor. Basic safety training is recommended. If you haven't completed this training, a woodshop volunteer will supervise you during any cuts made in the shop.



## UPCOMING IN OCTOBER:

### Relief Carving Class (N)

**Thursdays, Oct. 2 - Nov. 20, 9 am to 12 pm**

Instructor: Gene Bengel/Diane Curtis

**Cost: R \$40/NR \$45 per 8-week session**

Min/Max: 3/10

**Register by Thursday, September 25**

Come learn how to create a relief carving using a piece of basswood sized at 9.5" x 2.5" x 1". Participants will carve a design on a flat piece of wood, using various carving tools to outline and remove wood, bringing the subject to life in relief. No prior experience is required. You can choose to carve a scene, building, mammal, bird, or even a design of your own creation.



Sanding blocks and bench hooks are available for purchase at the North Building front desk!

**Good news! Guided Woodshop Hours will added on Fridays in October from 8 am to 12 pm!**



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**WEDNESDAY SEPTEMBER 10,  
2025**

**1:30 - 3:00 PM**

**DOORS OPEN AT 1:00 PM**



Scan to hear a sample!



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OSHKOSH SENIORS CENTER PRESENTS THE 2025

# BRAIN HEALTH & WELLNESS FAIR

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For anyone interested in learning more about brain health, psychology, and lifestyle interventions to enhance health and longevity.

**Wed. September 10**  
**8:30am - 3pm**  
**Oshkosh Seniors Center**  
**200 N Campbell Rd.**

**8:30 am - 12 pm**  
5 Presentations  
Live Demos  
Q&A Rooms  
20+ Vendors

**1:30 pm - 3 pm**  
J+ Band Concert (\$8)

# OSC GROUP EXERCISE SCHEDULE

EXERCISES CLASSES ARE HELD AT OUR NORTH BUILDING  
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TIME	MON	TUE	WED	THU	FRI
7:00	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball
	Open	Open	Open	Open	Open
	7-8am	7-8am	7-8am	7-8am	7-10:30 am
8:00					
	Rapid Movement	Life Fitness	Rapid Movement	Life Fitness	
	8:30-9am	8:30-9am	8:30-9am	8:30-9am	
9:00					
	Morning Mobility	Tai Chi Energy	Morning Mobility	Tai Chi For	Total Body
	9:15-9:45am	9:15-9:45am	9:15-9:45am	Arthritis & Fall Prevention	Fitness
				9:15-10am	9:15-10am
10:00	Chair Cardio	TRX			
	& Core	10-10:45am			
	10-10:45am				
11:00	Silver Sneakers	Movement	Silver Sneakers	Movement	Movement
	Classic	Exercise	Classic	Exercise	Exercise
	11-11:45am	11-11:45am	11-11:45am	11-11:45am	11-11:45am
12:00					
	Advanced	Advacned			
	Line Dancing	Line Dancing			
	12:15-1:45pm	12:15-1:45pm			
1:00			Pickleball	Chair	Pickleball
			Partner Play	Yoga	Partner Play
			1-3:30pm	1-1:45pm	1-3:30pm
2:00					
	Pickleball	Chair			
	Group	Yoga			
	Lessons	2:15-3pm			
3:00	2:15-3:15pm				
	(r)\$5/ (nr) \$7.50				



## Rapid Movement (N)

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

## Life Fitness (N)

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

## Morning Mobility (N)

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

## Tai Chi Energy (N)

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows seamlessly into the next, allowing your body to remain in constant motion and promoting energy flow. This class is designed for beginners and intermediate practitioners of Tai Chi.

## Silver Sneakers® Classic (N)

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

## Movement Exercise (N)

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

## Chair Cardio & Core (N) **NEW**

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

## Advanced Line Dancing (N)

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

## Beginner Chair Yoga (N)

A gentle practice in which postures are performed either seated or with the aid of a chair. This class helps boost strength, flexibility, and mental well-being. No prior experience is required to join.

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

## TRX (N)

**Limit 8 people** 

**Class will begin September 16**

TRX is a full body workout that uses suspension straps to build strength, balance, flexibility, and core stability. By using your own body weight and gravity. TRX allows you to adjust the intensity of each move to fit your fitness level –making it effective and safe for beginners and advanced exercisers alike.


## Total Body Fitness (N)

**Limit of 12 people**

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


## Mini Pickleball (N)

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

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

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

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

**Partner Play:** Please see **page 15** for additional details. 



Registration Required

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**Thursdays  
September 11<sup>th</sup> - November 13<sup>th</sup>  
9:15 - 10 am  
Cost: \$30  
Instructor: Cierra**



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<b>Branson</b>	<b>11/30-12/4</b>	<b>\$1269</b>
<b>2026</b>		
<b>New Orleans</b>	<b>02/07-15</b>	<b>\$1325</b>
<b>NYC 26</b>	<b>06/11-17</b>	<b>\$1175</b>
<b>Cape Cod</b>	<b>09/26-10/4</b>	<b>\$1390</b>
<b>Memphis</b>	<b>10/19-24</b>	<b>\$970</b>

**Carol J. Kaufmann**

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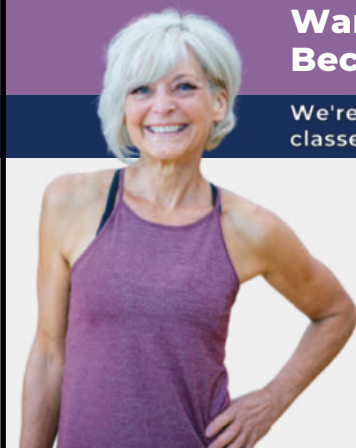
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## Want to help your community? Become a Wellness Plus Program Leader!

We're looking for volunteers to lead a variety of wellness classes including Tai Chi, Stepping On, and more!



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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

### FREE Blood Pressure Checks

Thursday, Sept. 4, 12 to 1 pm (S)

Tuesday, Sept. 9, 10:15 to 11:15 am (N)

Thursday, Sept. 18, 12 to 1 pm (S)

Monday, Sept. 22, 12:30 to 1:30 pm (N)

#### Appointment required

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

### Mindfulness Meditation (S)

Thursdays, Sept. 4-25, 11 am to 12 pm

Instructor: Donna Janus-Volunteer

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

#### No Registration required

This secular and supportive group is for beginners and experienced meditators. Classes include guided instruction, time for discussion, and a Q&A session. 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.

### E-Bike 101 (S)

Thursday, September 4, 1 to 2 pm

Presenter: Gwen Sargeant

Cost: Free

#### Register by Wednesday, September 3

Join the owner of Appleton Bicycle to learn all about E-bikes! In this presentation you will learn how to choose the right bike for you, safety rules, and how to jazz up your bike with the necessary accessories! Additionally, you will learn about the nearby trails around the Fox Cities and Oshkosh area!

### Essential Oils: Boosting the Immune System Naturally (S)

Tuesday, September 9, 10 to 11 am

Presenter: Jeanne Gehrke

Cost: Free

#### Register by Friday, September 5

Join us for an empowering educational class designed to help family and caregivers support their wellness-naturally. As fall begins, it's the perfect time to boost immunity, ease stress, and promote focus with gentle, effective solutions rooted in nature. Whether you're new to holistic wellness or looking to deepen your knowledge, this class will equip you with practical, family-friendly strategies to help your loved ones thrive all year long. Let's kick off fall with confidence and wellness-naturally!

### Step Aerobics (N)

Friday, September 12, 10 to 10:30 am

Instructor: Cierra

Cost: Free

#### Register by Thursday, September 11

Experience an energizing cardiovascular workout through step training, which involves stepping on and off a raised platform. This activity is designed to increase your heart rate, improve endurance, and burn calories. Join us for a fun and engaging way to strengthen your legs and core while also enhancing your coordination and agility.

### Small Group Reiki (S)

Wednesday, September 17, 9 to 10:15 am

Instructor: Open Heart Reiki

Cost: Free

#### Register by Monday, September 15

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

### Arthritis and Joint Health (S)

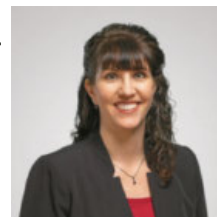
Wednesday, September 17, 1 to 2 pm

Presenter: Erica Kronche, MD

Cost: Free

#### Register by Monday, September 15

Join us for an insightful discussion focused on understanding joint health, arthritis, and treatment options. Dr. Kroncke will cover the basics of joint diagnosis, common symptoms to watch for and the latest advancements in non-operative treatments. Whether you're managing joint discomfort or considering surgery, this discussion will offer valuable information to help you make informed decisions about your health.



### A Healthier You (S)

Monday, September 22, 1 to 2 pm

Presenter: Dena Mayer of Aurora Health

Cost: Free

#### Register by Thursday, September 18

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



## ***Mini Pickleball Partner Play***

Join us for a fun and social  
round of partner pickleball!

- ✓ **Sign up required** - participants will be assigned a partner
- ✓ Play multiple rounds with your partner
- ✓ Rotate courts and opponents after each round
- ✓ Great way to meet new players, practice skills and enjoy friendly competition

**All skill levels welcome! Come ready to play, rotate, and have fun!**

**Every Wednesday 1 - 3:30 pm**

*Please register the Monday prior*

**Every Friday 1 - 3:30 pm**

*Please register the Wednesday prior*

Partner play will begin  
Friday, September 12<sup>th</sup>  
and will run  
continuously till the  
end of the year.

## **ACTIVE AGING WEEK OCTOBER 6-14TH**

**JOIN US FOR A SPECIAL WEEK  
CELEBRATING ACTIVE AGING!**

**EVENTS INCLUDE: EXERCISE,  
WELLNESS, SOCIAL, AND  
EDUCATIONAL OPPORTUNITIES!**

**FREE FITNESS CENTER PASSES AVAILABLE  
FROM OCTOBER 7-14<sup>TH</sup>. FIND OUR BOOTH  
AT THE TIME OF YOUR LIFE EXPO TO  
CLAIM YOURS!**

**WATCH FOR  
THE OCTOBER  
NEWSLETTER  
FOR MORE  
INFORMATION!**

**ACTIVE AGING WEEK HONORS OLDER ADULTS'  
CONTRIBUTIONS AND ENCOURAGES HEALTHY  
LIVING THROUGH ENGAGING WELLNESS  
ACTIVITIES.**

**EXCLUSIONS APPLY: THE COMPLIMENTARY WEEK PASSES COVER  
THE BASE STAY ACTIVE PASS. CLASSES WITH ASSOCIATED  
PRICES ARE EXCLUDED FROM THE FREE PASS. THESE FREE  
PASSES ARE VALID FROM OCTOBER 6 TO OCTOBER 14, 2025.  
ONLY ONE PASS IS ALLOWED PER PERSON. PASSES ARE NON-  
TRANSFERABLE, HOLD NO MONETARY VALUE, AND CANNOT BE  
EXCHANGED FOR CASH.**

# Biodex Balance Assessment

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## Curious about your fall risk?

With our quick and easy Biodex Balance Screen, you can gain a clear understanding of your stability and balance. Through a series of short, guided tests, the system measures your ability to maintain control and assesses your risk of falling, categorizing it as low, medium, or high. It's a simple and effective way to take charge of your health and stay confident on your feet!

**Cost: \$5.00**

**Make your appointment today!**

Cierra: [cboutelle@oshkosh.gov](mailto:cboutelle@oshkosh.gov) / 920-232-5303

Alec: [ajensen@oshkoshwi.gov](mailto:ajensen@oshkoshwi.gov) / 920-232-5320



*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.

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Senior Medicare Patrol  
888-818-2611  
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Wisconsin Senior Medicare Patrol

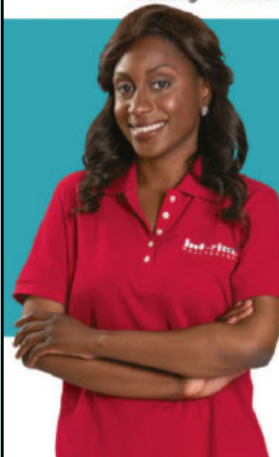


Personalized Care



When you need extra support at home, personalized care matters. First in home care, Interim HealthCare® understands the importance of caring for the whole individual. Our HomeLife Enrichment® standard of care engages the mind, body, spirit and family to ensure you receive the personalized care you deserve.

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- Bathing • Dressing • Transportation



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to you,  
matters  
to us.

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www.claritycare.org

## Home Care Services

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

## Day Services

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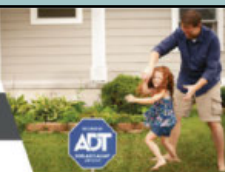


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Are you a retiree, a stay-at-home parent, student, or someone with availability during weekdays?

We invite you to join our vibrant volunteer community and become a valued part of our team.

## Why Volunteer With Us?

### Invaluable Impact:

Volunteers like you have a tremendous daily impact on the lives of our patients & visitors.

### Wellness Benefits:

Studies show that volunteering improves cardiovascular health, offers socialization opportunities, creates a sense of purpose, and reduces stress. Our greatest need is for Front entrance Volunteers who bring warmth and assistance to patients. Plus, there are various other opportunities available.

While we love commitment, we are flexible and happy to work around your commitments. Your time is truly appreciated!

Apply by: Logging into [www.aurorahealthcare.org/volunteer](http://www.aurorahealthcare.org/volunteer)  
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Oshkosh Senior Center, Oshkosh, WI

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### **Nail Care (S)**

**Tuesdays & Wednesdays, 9 am to 3 pm,  
3rd & 4th Friday of the month, 9 am to 3 pm**

**To make an appointment call 920.232.5301**

Cost: \$40.00

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

Appointments fill quickly.

### **Mindworks (S)**

**Thursdays, September 4-25, 11 am to 2 pm**

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. **Lunch included for participants!**

### **Grief Support (S)**

**Thursday, September 4, 1 to 2:30 pm**

**Thursday, September 18, 1 to 2:30 pm**

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: FREE**

Max: 12 per session

**Register up to day of event**

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 a safe space for support.

### **Legal One on One (S)**

**Friday, September 12, 10 am to 12 pm**

Facilitator: Joe McCleer of McCleer Law Office

**Cost: Free**

**To make an appointment call 920.232.5301**

Schedule a free 30-minute session with Attorney Joe McCleer. He specializes in wills, trusts, and nursing home protection. This is an advisory session only and does not include the drafting of documents.

### **Memory Screening (S)**

**Wednesday, Sept. 17, 10:30 am to 12 pm**

Facilitator Alisa Richetti from the ADRC

**Cost: Free**

**To make an appointment call 920.232.5301**

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

### **Elder Benefit Specialists (S)**

**Wednesday, September, 10 to 11:30 am**

**Cost: Free**

**No registration necessary**

Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance for an array of topics and issues to anyone 60+. EBS Services are completely free. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and providing assistance with denials and appeals. Oshkosh EBS can be reached toll free at 877-886-2372.

### **Memory Link Resource Hours (S)**

**Thursday, September 25, 11 am to 1 pm**

Facilitator: Fox Valley Memory Care Project

**Cost: Free**

**No registration necessary**

Do you have questions about memory loss? Kristy Millar, CDP, CADDCT will be here to answer any questions you may have regarding memory loss.

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

**Thursday, September 25, 1 to 2 pm**

Facilitator: Fox Valley Memory Project

**Cost: Free**

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

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

## RESOURCES

### **Aging and Disability Resource Center**

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

### **Bus Passes & Dial-a-Ride**

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





# Prepay Accounts

We encourage you to utilize your prepay account! You can put any dollar amount on your prepay account and use it to pay for classes or activities. Bring cash or a check to the front desk and have the volunteer deposit it into your prepay account. Then, you can select your prepay account as your payment method when you register for programs or check in at the Center.

## Registration

To register for paid programs, stop by the front desk at either building or give us a call at 920.232.5300 (unless otherwise noted). You can pay with cash, check, or your prepay account. Some free programs allow online registration, but if an appointment is needed, you must call or visit one of our front desks. Programs that require advance registrations also require payment upon registration.

## Pass Options

### Creative Expression

	R	NR
Daily	\$1.50	\$2.25
Monthly	\$6.50	\$9.75
Yearly	\$78.00	\$117.00

Use this pass for open hour programming

### Stay Social

	R	NR
Daily	\$1.00	\$1.50
Monthly	\$6.00	\$9.00
Yearly	\$60.00	\$90.00

Includes all general use (cards, games, knitting, puzzles, library, socializing, bingo, movies)

### Stay Active

	R	NR
Daily	\$3.00	\$4.50
Monthly	\$20.00	\$30.00
Yearly	\$200.00	\$300.00

You can use this pass for OSC instructor led classes and the Fox Fitness Center

All passes are available throughout the year. Prepay is encouraged! Please inquire at the front desk. You may purchase multiple monthly passes.

### One-On-One Tech Sessions (S)

**Available M-F by appointment only**

Instructors: Stephanie & Christie

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

**Call 920.232.5301 to schedule**

This program is designed to improve your digital literacy. Stephanie and Christie welcome all levels of expertise. Meet with an instructor one-on-one to tackle any technology problem you may be experiencing. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro!

### One-On-One with Sandy Toland (S)

**Mondays**

**9:15 am, 10:30 am, 11:45 am, 1 pm**

Instructor: Sandy Toland

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

**Call 920.232.5301 to schedule**

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

### Wi-Fi Access (S)

**Cost: Free**

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



# TECHNOLOGY DROP-IN HOURS

Connect Through Tech is offering **drop-in hours** for people who need simple answers or help with "quick fix" issues. Time slots are 15 minutes max. If issues cannot be resolved in 15 minutes, a one-on-one session should be booked.

### DROP-IN HOURS

**Tuesdays 11 am - 12 pm**

**Thursdays 11 am - 12 pm**

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

This is a free service, but donations are accepted.





## OSHKOSH SENIOR EXPO

OSHKOSH CONVENTION CENTER

### WEDNESDAY OCT 1, 2025 9am-1pm

- A Public Expo for Active Adults, Retirees, Veterans and Caregivers
- 450+ Attendees with 80+ Exhibitors of Senior Products & Services
- Free Admission, Health Screenings, Speakers, and Door Prizes

*Community Partners ...*



For more information: [TimeOfYourLifeExpo.com](http://TimeOfYourLifeExpo.com) (920) 966-9199

## Happy National Senior Center Month!

The first senior center was introduced in New York City in 1943 to provide social activities, nutritious meals, and case management to adults aged 60 and older, particularly those with low incomes. More than 80 years later, senior centers are one of the most widely used services by older adults in the community. More than 10,000 centers support millions of older adults from all walks of life as they continue to thrive in their communities.

Today's senior centers are connecting older adults with meaningful work and volunteer opportunities and increasing their access to valuable benefits and resources. Through evidence-based programs, older adults are managing their health and finances, so they can continue to live independently in their own homes as long as possible. And they are doing this in a highly social setting. Senior centers power connections, and they are evolving to reflect a new view of aging that empowers the people they serve.

**Thank you for joining us at the Oshkosh Seniors Center, where we are working to enrich the quality of life for adults 50 and older in our community.**

### Karaoke (S)

**Tuesday, September 2, 1 to 2:15 pm**

**Register by Monday, August 29**

**Tuesday, September 16, 1 to 2:15 pm**

**Register by Monday, September 15**

Facilitator: Lori Schroeder/Kelly Arens

**Cost: Free**

Min/Max: 5/25

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



### Safe Online Shopping (S)

**Monday, September 8, 10 to 11:30 am**

Presenter: Jeff Kersten

**Cost: Free**

**Register by Friday, September 5**

Jeff Kersten from the Wisconsin Bureau of Consumer Protection will share timely tips on how to shop safely online. This is his third presentation for LIR, focusing on methods used to defraud individuals, especially older adults in Wisconsin.

### Chat N Chop (S)

**Tuesday, September 9, 9:45 to 11:45 am**

Instructor: Kerry Wolfe

**Cost: R \$10/NR \$12.50**

Min/Max: 3/8

**Register by Tuesday, September 2**

In this episode of Chat n Chop, we will be making apple dumplings, apple cake, and grilled cheese sandwiches with apple and ham. Sound Good? Grab your aprons and come join us.

### The Path to Wellness: Navigating Food, Medications, & Lifestyle (S)

**Tuesday, September 16, 10 to 11:30 am**

Presenter: Dr. JJ Allen, PharmD

**Cost: Free**

**Register by Friday, September 12**

Dr. JJ Allen, owner of Hometown Pharmacy, will lead a discussion focused on the connection between nutrition, medications and healthy living. Drawing from his experience as a pharmacist and certificated sports nutritionist, Dr. Allen will offer practical tips for improving wellness, understanding your body's needs, and asking the right questions about your health.

### Bingo (S)

**Wednesday, September 17, 2 to 3:30 pm**

**Cost: Free**

Min/Max: 10/80

**Registration opens September 3**

**Register by Tuesday, September 16**

Join us for a fun afternoon of Bingo! Doors open at 1:30 PM. **Please note the new registration process:** You can register by calling 920.232.5300, visiting us in person, or registering online. Donations should be dropped off before Bingo begins. If you have items to contribute to the prize tables, please consult a staff member first.

**Thank you to our sponsor this month, Edenbrook!**



### ORD: Fall Monarchs, Warblers & Hummingbirds (S)

**Wednesday, September 17, 10 am to 12 pm**

Presenter: Rob Zimmer

Sponsored by the Oshkosh Recreation Department

**Cost: Free**

**Register by Tuesday, September 16**

Peak migration time for monarchs, hummingbirds, and warblers is here. Learn all about this amazing time of year, as well as plants we can include in our yards and landscapes to give them a much-needed energy boost on their way south.

### Cooking with Alec:

#### Vegetarian Instant Pot Chili (N)

**Friday, September 19, 1 to 2 pm**

**Cost: R \$10/NR \$12.50**

Instructor: Alec Jensen

**Register by Wednesday, September 17**

Learn to curate the best vegetarian chili using a delightful blend of fresh ingredients! We'll work with aromatic onions, sweet potatoes, colorful bell peppers, and a variety of spices. You'll also discover how to incorporate pantry staples like quinoa and beans to enhance the dish's flavor and nutrition.





### **Eat & Greet (S)**

**Wednesday, September 24**

**Serving at 11:30am**

**Cost: \$10.00**

Max: 50

**Tickets available: Aug 27  
- Sept 16 at front desks**

Spin on Oktoberfest: German brat seafood boil, coleslaw, rye bread, and German apple cake. Coffee and water will be provided.

Come eat and mingle with fellow participants!

**Buy your ticket early, event will sell out!**



### **Popcorn and a Movie (S)**

**Wednesday, September 24, 12:45-2pm**

**Cost: Free**

Min/Max: 2/50

**Register by Monday, September 22**

Inquire at the front desk for movie details.

**NOTE: MPLC regulations prohibit us from disclosing titles of upcoming movies in the newsletter. May be rated for mature audiences.** This is a free program, but donations for popcorn are appreciated!

### **Book Talk (S)**

**Remarkably Bright Creatures**

**by Shelby Van Pelt**

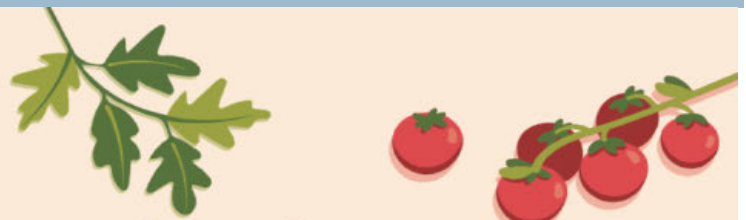
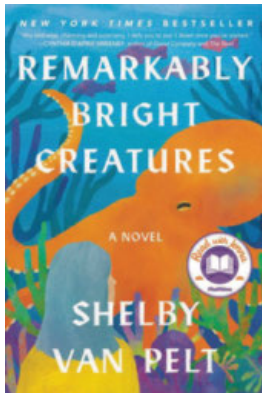
**Thursday, September 25 9:30-11am**

Facilitator: Kerry Wolfe

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

**Register by Thursday, September 4**

After Tova's husband dies, she begins working the night shift at the aquarium. Keeping busy has always helped her cope since her son mysteriously vanished on a boat over thirty years ago. Tova becomes acquainted with Marcellus, who lives at the aquarium. Sound interesting? Want to know how the story ends? Join Book Talk.



## **JOT EVERYDAY COOKING (S)**

Class 1



If you're new to cooking or looking to enhance your culinary skills, this class is for you! We will focus on simple and nutritious everyday meals, including one-pot pasta, sheet-pan dinners, and entrée salads.

You will learn through demonstrations and hands-on participation, and you'll also get to enjoy samples of the dishes prepared. Join us for a fun and informative cooking experience!

**MONDAYS, SEPTEMBER 8-30**

**10 AM TO 12 PM**

**PRESENTER: LYNN STUART**

**MAX: 9**

**Cost:  
R \$40/NR \$45**





### **Ukulele Play Along (S)**

**Wednesdays, September 3-24**

**10:30 am to 12 pm**

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

**Min/Max: 3/20**

#### **Registration open through day of**

Looking to play the ukulele with others? If you know 2-3 strum patterns and 8-10 chords, you can join in! We play a variety of music under the guidance of a volunteer. Bring your own sheet music, or a music packet will be provided.

### **Beginner Ukulele Lessons (S)**

**Fridays, September 5-26, 10 to 10:50 am**

**Instructor: Joe Wiedenmeier**

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

**Min/Max: 5/12**

#### **Register by Wednesday, September 3**

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? Rent one from the Seniors Center! See info below.

Thanks to a generous donor, the Seniors Center has ukuleles available for borrowing. The lending program requires a \$150 deposit check, which will be returned when you return your ukulele. Call Bobbie Jo at 920.232.5301 for more information.

### **Beginner 2 Ukulele Lessons (S)**

**Fridays, September 5-26, 10 to 10:50 am**

**Instructor: Aaron Baer**

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

**Min/Max: 10/20**

#### **Register by Wednesday, September 3**

This class is for individuals who have completed Beginner Ukulele Lessons, know 2-3 basic chords, and are ready to take the next step. The focus will be on chords, strumming, and playing songs. Join the fun!

### **Intermediate Ukulele Lessons (S)**

**Fridays, September 5-26, 11 to 11:50 am**

**Instructor: Aaron Baer**

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

**Min/Max: 10/20**

#### **Register by Wednesday, September 3**

This class is for those with a knowledge of 8-10 chords and various strum patterns. You should be able to confidently change between chords and learn simple tunes fairly quickly before joining this class.

### **Advanced Ukulele Lessons (S)**

**Fridays, September 5-26, 12-12:50pm**

**Instructor: Aaron Baer**

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

**Min/Max: 10/20**

#### **Register by Wednesday, September 3**

#### **Payment due upon registration**

Designed for advanced players, this class explores song structure, advanced chords, and various chord formations. It also includes fingerpicking, melody playing, and intricate strum patterns.







**Saturday  
September 27  
9 am-6 pm  
\*\$50 per person  
(includes live  
performance  
and breakout  
sessions)**

## **Music, Workshops & Entertainment!**



**Kirk Jones**  
Huntsville, Alabama



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Hazard, Kentucky



**Aaron Baer**  
Oshkosh, Wisconsin

## **UKULELE PLAY ALONG LED BY GREG FORTON**

**\*Scan QR code to purchase  
tickets and see the schedule online**



**Check out the Ukulele Lessons offered by the  
Oshkosh Seniors Center**

**Limited tickets  
available!**



**Oshkosh Seniors Center  
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Oshkosh, WI 54902**

**Thank you for your  
sponsorship**

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Chocolates**

Hughes' Chocolates, LLC

# Golden Tones Chorus (S)

**Do you enjoy singing with others? Join us for another season of singing at the Oshkosh Seniors Center.**

Chorus practice will be held every Monday from 1:30 to 3 pm. The first practice will be September 15, 2025, and the last will be December 8, 2025. A concert will be held on Sunday, December 14, 2025, in the North Building.

**Director:** Paula Steinert

**Accompaniment:** Marshall Potter

**Cost:** R \$40/NR \$45



## Cards & Games (S)

**Various Days and Times**

**Cost:** R \$1/NR \$1.50

Need a spot to play with friends? Pick a time to meet and come play. Check in at the front desk as daily fees apply.

## Cribbage

Beginners welcome

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

## Mexican Train, Mahjongg

Tuesdays, 12:30-3:30 pm

## Bid Euchre, Rummikub

Wednesdays, 12:30-3:30 pm

## 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



Consider joining this volunteer group at the Oshkosh Seniors Center, which has been making quilts and other items to distribute to those in need in our community for over 25 years. No experience is necessary, and all supplies are provided.

Also, we accept donations of 100% cotton fabric or monetary contributions to help fund our work. All donations must be brought to the South building front desk for processing, along with a completed donation form.



*COMING IN OCTOBER*

# ADVENTURES IN INVESTING

*WITH FINANCIAL EDUCATOR JEFF KEMP*

Wednesdays, Oct. 1 - Nov. 5

6 to 8 pm

**FREE!**

**Register by Tuesday, September 30**

*DONATIONS APPRECIATED*

**This informational session is open to all ages. Do you have family members who would benefit from learning more about investments? Introducing investing to your grandchildren might be one of the wisest decisions you make. New and current information will be shared; past participants are welcome!**

The program will be available both virtually and in person. You must have an email address and a Zoom account to register and receive the virtual link.



The program is held at our South Building  
200 North Campbell Road  
Oshkosh, WI 54902  
920.232.5300



## Tours Sign-up Options

- Desk for registration is available at OSC South Building, **200 N. Campbell Rd. MONDAY—THURSDAY 9:00am—1:00pm**  
**Call: 920.232.5312**
- Winnebago Senior Tours (WST) accepts **CHECKS AND EXACT CASH ONLY**
- Place your payment in the drop box located next to the WST Desk **OR**
- Mail your check to:  
**Winnebago Senior Tours**  
**P. O. Box 1851**  
**Oshkosh WI 54903-1851**  
**Write the trip name on the check memo line.**
- Anyone age is welcome to travel with us  
\*\*(under 18 require adult supervision).\*\*



**Detailed flyers available at the Seniors Center South**

**Sign up now — don't delay!**

## Menominee Casino Resort

**Date: Thursday, September 18**

**Cost: \$40 One time payment, non-refundable**

**Depart: 8am— Return: Approx. 5:30pm**

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



Tour Mgr: Cindy Paffenroth

## Oklahoma

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, October, 2**

**Cost: \$145 (\$25 non-refundable deposit)**

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

It's an American classic! Oklahoma the show that first introduced the immortal writing team of Rodgers and Hammerstein musical comedy. Enjoy this bright, brassy, boisterous musical comedy filled with colorful costumes, breathtaking dancing, side-splitting humor, and a musical score featuring such hits as "People Will Say We're in Love," "Surrey With the Fringe on Top," and the rousing title number "Oklahoma." Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken Florentine, Baked Almond Crusted Cod, Beef Short Ribs served with Garlic Whipped Potatoes and Roasted Asparagus; or Vegetarian Manicotti. Dessert: Double Layer Carrot Cake with Cream Cheese Frosting; Coffee, Tea and Milk.



Tour Mgr: Alice Himmler

## Important Info Regarding Trip Sign-Ups

When signing up for trips - make sure to provide us with a good working phone number - in case we need to contact you regarding trip changes. If you typically don't answer your phone when an unfamiliar number comes up, be sure to listen to your messages - as we have left you important information about a trip. Thank You!

When sending payments in the mail include:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

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

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

Email Address: \_\_\_\_\_

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

Amount Enclosed: \_\_\_\_\_

**If applicable:**

Food Choice: \_\_\_\_\_

Traveling with: \_\_\_\_\_

For an overnight trip, please select one:

Single/Double/Suite (Circle One)



### Beautiful Maine

**Date:** October 4-12, 9 days/8 nights  
**Cost:** \$1,579 per person Double; \$2,038 for Single. (full payment due at sign-up)  
**Depart:** 8am Oshkosh Senior Center  
**\*\*A Second Bus had been added!\*\***

This tour includes 4 consecutive nights in Maine. There is a Guided Tour of Portland, Maine's largest city-by-the-sea with Longfellow's boyhood home and the Portland Head Lighthouse. Guided tours of quaint Kennebunk and Kennebunkport; Tour of historic Victoria Mansion; Guided Tour of Pineland Farms, a picturesque working farm; Visit to Boothbay Railway Village, including a vintage train ride; Visit to the Seashore Trolley Museum and Countryside Trolley Ride. Price includes: 14 meals: 8 breakfasts, 6 dinners; Hotel and Attractions; Coach Bus; Driver Gratuity.  
 Tour Mgr: Cathy Koch, 1st bus  
 Tour Mgr: Alice Himmler, 2nd bus



### Witches & Brews

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

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

Tour Mgr: Alice Himmler



### Beauty and the Beast

**The Performing Arts Center—Appleton**  
**Date:** October 21  
**COST:** \$140

**Departs: 6 pm Returns: Immediately after the show** Be Our Guest at Disney's 30th Anniversary production of BEAUTY AND THE BEAST, the breathtaking musical filled with the romance and grandeur audiences know and love. This enchanting and timeless tale has been brought to life like never before, with spectacular new sets and dazzling costumes. BEAUTY AND THE BEAST is the beloved musical.



### Murder Mystery Dinner Theatre

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

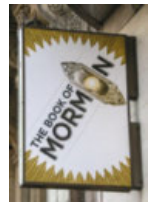
Join us at 'Memories Dinner Theatre' in Port Washington to help solve a Who-dun-it. Detectives Goodman and Badham are investigating a murder, after a body is discovered in a 'U-Move-It' truck. Each table is able to help interrogate the suspects and gather clues to solve the crime. Menu includes: Angus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



### The Book of Mormon

**The Performing Arts Center—Appleton**  
**Date, trip cost and departure time to be determined once tickets are received**

The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Jimmy Fallon of The Tonight Show calls it "Genius. Brilliant. Phenomenal." It's **The Book of Mormon**, the nine-time Tony Award ® -winning Best Musical. Contains explicit language.



### Holiday Folk Fair International

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

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



## A Wonderful Life

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, December 11**

**Cost: \$150 (\$25 non-refundable deposit)**

**Depart: 8am —Return: Approx.**

**6:15pm**

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

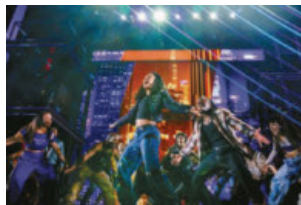


## Hell's Kitchen

**The Performing Arts Center—Appleton**

**Date, trip cost and departure time to be determined once tickets are received**

Your journey begins with Ali, a 17-year-old girl full of fire, searching for freedom, passion, and her place in the world. Along the way, you'll meet the musical mentor who changes her life, her dynamic family, and the neighborhood that helps her grow. Relatable, raw, and refreshingly fun, it's a celebration of finding yourself, your purpose, and the people who lift you up. This is a story of Alicia Keys, with a mix of new and classic songs and choreography. You're invited to feel the energy of this multi-award-winning musical. Come experience where dreams begin: HELL'S KITCHEN

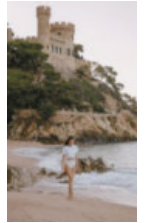


## Mediterranean Coastal Journey

**Dates: April 11-26, 2026**

**Cost: \$7,099 per person Double; \$8,399 per person Single (\$698 per person deposit)**

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



## Pacific Northwest & California

**Dates: May 24-June 1, 2026**

**Cost: \$4,284 per person Double; \$5,269 per person Single; \$4,224 Triple (\$698 per person deposit)**

This 9-day trip starts in Seattle, WA and ends in San Francisco, CA. Highlights in Seattle include Pike Place Market, a famous fish and vegetable market dotted with restaurants and shops. Continue to Portland, Oregon for a two-night stay in the picturesque "City of Roses." Near Portland you'll journey through the Willamette Valley, known for its wine that rivals that of Napa. Continue on to the Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Hood River, Yaquina Head Lighthouse, Willamette Valley, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, Avenue of the Giants, and San Francisco. Enjoy the breathtaking scenery along the Beach Loop, Bandon Rocks and Face Rock. After a ride over the Golden Gate Bridge, enter San Francisco. Visit the recently developed Presidio Tunnel Tops garden for panoramic views of the Golden Gate Bridge. See the scenery and outdoors including the Victorian Painted Ladies! There is a day to take advantage of seeing more of San Francisco on your own. There is an optional tour to Alcatraz, space is limited! See flyer for daily highlights and descriptions. Overall activity level is level 2. For airline travel, a REAL ID will be required, or bring your passport. Tour Mgr: Cheryl Freiberg



## 2026 UPCOMING TRIPS:

Are you looking for a foreign vacation adventure??

### 2026 UPCOMING TRIPS:

Sunny Portugal with Porta – 11/9-21

Canadian Rockies – September 2026

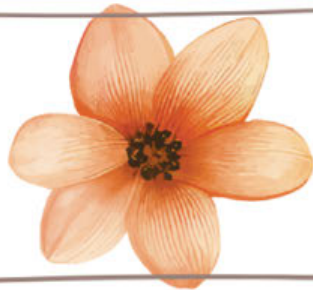
Featuring the Rocky Mountains

**Check the Rotating Rack at the Tour**

**Desk regularly for new trips!!**



*Did you know...*



**Did you know that 30% of the people that live in Oshkosh are over 50 years of age and can utilize all that our city's beautiful Oshkosh Seniors Center has to offer?**

**Did you know that over 50% of the Oshkosh Seniors Center's budget relies on grants, fees, and the Friends of the Oshkosh Seniors Center's fundraising efforts such as the Football Draft Party, Shred Event, Food Truck Fridays, and the annual appeal?**



**Did you know that next year, the Friends of the Oshkosh Seniors Center will be celebrating 40 years of financial support of the Oshkosh Seniors Center?**

**Friends of the Oshkosh Seniors Center  
Mission Statement**

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

**Contact:**

**Friends of the Oshkosh Seniors Center  
PO Box 3423  
Oshkosh, WI 54903-3423  
920-232-5300**





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.

The Oshkosh Seniors Center does not necessarily endorse the companies or services appearing in *The Current* paid advertisements.

### **Oshkosh Seniors Center**

200 North Campbell Rd  
Oshkosh, WI 54902  
920.232.5300

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

Mon - Fri 8am to 4pm

#### **North Building Hours:**

Mon - Fri 7am to 4pm

### **OSC Staff**

Dan Braun, Senior Services Mgr.  
Rebecca Bays, Program Supervisor  
Bobbie Jo Nagler, Office Assistant  
Sadie Ingenthron, Mktg/Fund Dev.

#### **Activity Coordinators:**

Alec Jensen  
Kelly Arens  
Cierra Boutelle  
Kerry Wolfe

### **Friends Board**

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

## **REGISTERING FOR PROGRAMS**

To register for paid programs, stop by the front desk at either building or give us a call at 920.232.5300 (unless otherwise noted). You can pay with cash, check, or your prepay account.

Some free programs allow online registration, but if an appointment is needed, you must call or visit one of our front desks.

Programs that require advance registration also require payment upon registration.