



The Current

September 2026

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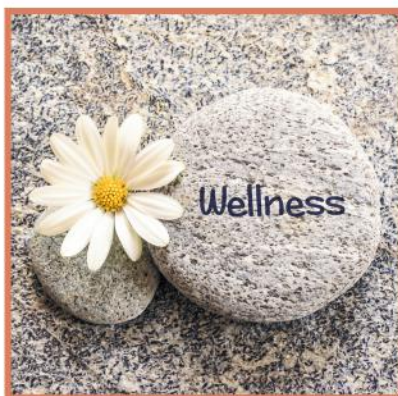
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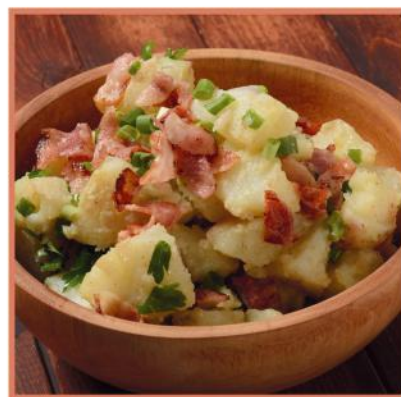
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A FREE MONTHLY PUBLICATION SUPPORTED BY THE FRIENDS OF THE OSHKOSH SENIORS CENTER

920.232.5300

www.oshkoshwi.gov/seniorservices/

Welcome to the Oshkosh Seniors Center

A Note From the Senior Services Manager

It has been a great summer at the Oshkosh Seniors Center. Between Water Fitness, Walk Club, Woodshop, food, travel programs, and many new enrichment classes, we saw high attendance every month. Thank you for the votes of confidence in our new programs.

We invite you to join us in the morning on Thursday, September 17th for the Pathway to Wellness Fair. You will find great community partners, resources, and information that will help keep you healthy and vibrant. After a great morning of wellness, stay and join the Friends of the Oshkosh Seniors Center for their 40th Anniversary Celebration. There will be food trucks, a concert by the J+ Band, and a comedy-magician. Tickets will be on sale soon!

There are a few exciting announcements regarding some of our operations, programs, and partners that we look forward to sharing in the next couple of months. In the meantime, stop by for a visit and try a new program!

See you by the River!
-Dan Braun

FYI:
**Oshkosh Seniors Center will be closed on Monday,
September 7, in observance of Labor Day.**

South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

New Refund & Registration Policy

Programs are now categorized into the following groups. Program titles will include their type in the OSC Newsletter and Schedules Plus moving forward.

Type 1 Programs

- Registration closes one week before the program.
- If a participant cancels at least 72 hours before the class, they will receive a full refund. At that time, individuals on the waitlist may be contacted to fill the open spot.
- If a participant cancels less than 72 hours before the class, no refund will be issued.
- If applicable, participants should return their ticket whenever possible.
- Refunds may be issued to prepayment or by check through City Hall. Cash refunds will not be provided.

Type 2 Programs

- Registration closes two days before the program.
- If a participant cancels at least 72 hours before the class, they will receive a full refund. At that time, individuals on the waitlist may be contacted to fill the open spot.
- If a participant cancels less than 72 hours before the class, no refund will be issued.
- Refunds may be issued to prepayment or by check through City Hall. Cash refunds will not be provided.

Type 3 Programs

- Registration is encouraged but not required.
- There are no registration deadlines.
- Refunds do not apply.

Additional Notes

- The Oshkosh Seniors Center reserves the right to cancel, reschedule, or combine classes that do not meet minimum enrollment requirements.
- A full refund will be issued if the Oshkosh Seniors Center cancels a program due to insufficient enrollment, instructor unavailability, or facility/equipment malfunctions.
- Refunds will not be issued for programs canceled due to inclement weather. These programs will be rescheduled.
- Only Oshkosh Seniors Center staff are authorized to issue refunds; volunteers may not process refunds.

Registration

- Registration for the following month's programs will open on the third Monday of the current month.
 - Example: August 2026 registration opens on July 20; September 2026 registration opens on August 17, etc.
- Participants may register at any time after the registration date, as long as space remains available. Registration is not limited to the opening day.

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.

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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.

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

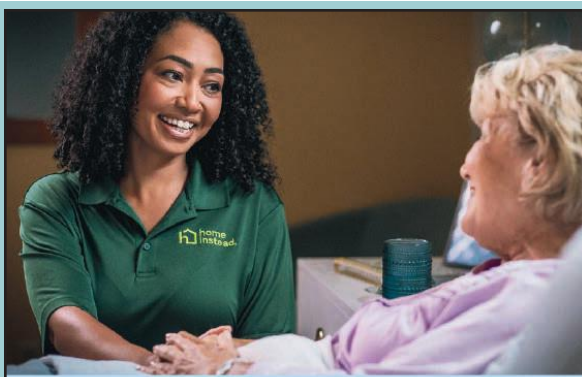
Includes all general use (cards, games, knitting, puzzles, library, socializing, bingo, movies).

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.



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01-0984

Quilting 510: Introduction to Medallion Quilts—Type 2 (S) **Wednesdays, September 2-30, 9a to 11:30a**

Cost: \$10.00R/\$12.50NR

Instructors: Liz Lahm

Min/Max: 2/6

Register by Monday, August 31

Explore medallion quilt designs and learn how to draft quilts and borders that fit the center perfectly. We'll begin with a basic design, then draft a more advanced quilt using a 12" pieced center block. Participants should bring a sewing machine in good working order. Questions? Contact Liz Lahm at the South Building Desk on Friday mornings.



Stained Glass Guided Hours—Type 3 (S)

Wednesdays, September 2-30, 10a to 12p

Cost: \$5.00R/\$7.50NR per visit

Instructor: Marla Tonn

Pre-registration recommended

Need to finish a stained-glass project? An instructor will be available to offer guidance and answer questions.

Sewing 201: Getting Ahead of the Holidays—Type 2 (S) **Wednesdays, September 2-30, 12:30p to 3p**

Cost: \$10.00R/\$12.50NR

Instructors: Liz Lahm

Min/Max: 2/6

Register by Monday, August 31

Create handmade holiday gifts, starting in September with a customizable tulip tote. Choose the size, lining, pockets, zippers, and strap length. Bring a sewing machine and manual to each class. Supply lists are available at registration. Questions? Visit Liz Lahm Friday mornings at the South Building front desk.



Art Expressions—Type 3 (S) **Thursdays & Fridays, September 3-25, 8:30a to 11:30a**

Cost: \$1.50R/\$2.25NR

Instructor: Self-led

Min/Max: None

Pre-registration recommended

Join Art Expressions to work on art and craft projects. Please bring your own supplies. Kiln firing is not available at this time.

Knitting & Crochet—Type 3 (S) **Thursdays, September 3-24, 8:30a to 11:30a**

Cost: \$1.00R/\$1.50NR per visit

Instructor: Self-led

Pre-registration recommended

Work on your own knitting and crochet projects while surrounded by others who love the art as much as you do.

Wisconsin Warmers—Type 3 (S) **Thursdays, September 3-24, 9a to 3p**

Cost: Free

Instructor: Self-led

Min/Max: None

Pre-registration recommended

Make quilts and other donated items for local organizations. No experience needed.

Card Making with Jenny—Type 2 (S) **Wednesday, September 9, 9:30a to 11a**

Cost: \$10.00R/\$12.50NR

Instructor: Jenny Baier

Min/Max: 8/14

Register by Friday, September 4

This class is for participants with some stamp and card-making experience. Choose four cards from 10-14 samples and practice coloring, stamping, die cutting, and assembly techniques. Card options may include birthday, sympathy, thank you, get well, and seasonal designs.

Artfully Yours: Holiday Hats—

Type 1 (S)

Thursday, September 10, 1p to 3p

Cost: \$15.00R/\$20.00NR

Instructor: Kelly Arens

Min/Max: 3/10

Register by Thursday, September 3



Time to start decorating for the holiday season! Join us to make a few festive hats that will add the perfect glow and charm to any space.

Needle Felting: Sweetheart

Succulents—Type 1 (S)

Monday, September 14, 9:30a to 12p

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 3/10

Register by Tuesday, September 8



Learn how to make three adorable needle-felted cacti in a variety of colors. Perfect for beginners or anyone looking for a fun, creative project!.

Jewelry Making Class: Earrings—

Type 1 (S)

Wednesday, September 16, 1p to 3p

Cost: \$10.00R/\$12.50NR

Instructor: Marla Tonn & Kerry Wolfe

Min/Max: 4/10

Register by Wednesday, September 9

Create your own unique earrings in this fun, hands-on class. Learn basic jewelry-making techniques while enjoying a creative, relaxing, and social experience for all skill levels.

Scrap & Rap: Junk Journal Basics—

Type 1 (S)

Friday, September 18, 1p to 3p

Cost: \$15.00R/\$20.00NR

Instructor: Kelly Arens

Special Guest Teacher: Lisa Fields

Min/Max: 3/10

Register by Friday, September 11



Learn how to start a junk journal, discover creative materials you may already have at home, and create a journal with a few starter pages. Don't miss this fun, hands-on class!

Embroidery Hoop Pumpkin—Type 1 (S)

Monday, September 28, 9:30a to 11:30a

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 3/10

Register by Thursday, September 24

Create a decorative wall piece using embroidery hoops and scrapbook paper. Participants will select patterned paper, arrange simple designs, and secure them inside the hoop to make a finished piece ready to display. This class is beginner-friendly, creative, and a great way to turn basic materials into personalized décor.

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Oshkosh Senior Center, Oshkosh, WI

01-0984

Guided Wood Burning—Type 2 (S) **Tuesdays, September 1-22, 8:30a to 11:30a**

Cost: \$20.00R/\$25.00NR

Instructors: Linda Gomach & Richard Krummick

Min/Max: 3/10

Register by Friday, August 28

Work on woodburning projects with guidance from award-winning instructors, including help with portraits.

Woodshop Guided Hours—Type 3 (N) **Wednesdays, September 2-30, 9a to 12p**

Cost: \$5.00 R/\$7.50 NR

No registration needed

Work on your woodshop projects with help from expert volunteers. Safety training is required for tool use; a bench pass is available if you're not trained. Please arrive at least 30 minutes before the scheduled end time.

Wooden Dragon Fly—Type 2 (S) **Thursdays, September 3-24, 9a to 12p**

Cost: \$15.00R/\$20.00NR

Instructors: Don Schettl & Richard Krummick

Min/Max: 3/6

Register by Thursday, August 27

This wooden dragon fly is perfect for beginners! Learn the basics of carving and design it however you want.



Woodshop Safety Training—Type 2 (S) **Thursday, September 10, 1p to 3p**

Cost: Free

Instructor: Dan Braun

Min/Max: 2/10

Register by Tuesday, September 8

Learn the rules and safety steps required for woodshop programs. A hands-on shop tour must be completed within 30 days to finish training.

Power & Hand Tool Carving—Type 2 (N) **Mondays, September 14-28, 9a to 12p**

Cost: \$15.00R/\$20.00NR 3 week session

Instructor: Gene Bengel, Richard Krummick

Min/Max: 4/12

Register by Thursday, September 10

Bring your own carving tools; power carvers must also bring a bench fan, a dust collector, and have safety training. Instructors will be available to help. This is for carving projects only.

OSC GROUP EXERCISE SCHEDULE

EXERCISE CLASSES ARE HELD AT OUR NORTH BUILDING

TIME	MON	TUES	WED	THURS	FRI
8:00		Step Aerobics 7:45-8:15am	Kettle Bell 7:45-8:15am		
9:00	Rapid Movement 8:30-9am	Full Body Strength 8:30-9am	Rapid Movement 8:30-9am	Full Body Strength 8:30-9am	Cardio Circuit 8:30-9 am
	Morning Mobility 9:15-9:45am	Functional Flexibility 9:15-9:45am	Morning Mobility 9:15-9:45am	Functional Flexibility 9:15-9:45am	Everyday Strength 9:15-9:45
10:00	Chair Cardio & Core 10-10:45am	TRX 10-10:45am	Chair Cardio & Core 10-10:45am		Silver Sneakers Well-Balanced 10-10:45am
11:00	Silver Sneakers Classic 11-11:45am	Movement Exercise 11-11:45am	Silver Sneakers Classic 11-11:45am	Movement Exercise 11-11:45am	TRX 11-11:45am
12:00	Advanced Line Dancing 12:15-1:45pm	Advanced Line Dancing 12:15-1:45pm			
1:00				Chair Yoga 1-1:45pm	
2:00		Chair Yoga 2:15-3pm			

Beginner Classes

Morning Mobility (N)

Release tension, expand your range of motion, and minimize soreness, ultimately enhancing your recovery process. Please bring your own exercise mat.

Functional Flexibility (N)

Relax and restore with gentle stretching, breathing, and movement to improve flexibility, mobility, balance, and posture. Please bring your own exercise mat.

Chair Yoga (N)

Postures are performed either seated or with the assistance of a chair to boost strength, flexibility, and mental well-being. No experience needed.

Silver Sneakers® Classic (N)

A beginner-friendly chair exercise class to build strength, flexibility, range of motion, and heart health using weights, tubing, and more.

Movement Exercise (N)

A low-impact aerobics class designed to improve heart health, strength, and balance. Seated or standing options are available.

Chair Cardio & Core (N)

Boost heart health, core strength, endurance, and balance in this low-impact chair class. Light weights and tubing may be used.

Silver Sneakers® Well-Balanced (N)

Improve balance, build confidence, and reduce fall risk with simple, low-impact exercises.

Intermediate Classes

Step Aerobics (N)

Enjoy a high-energy step workout that boosts cardio, endurance, and calorie burn while strengthening legs and core and improving coordination.

Kettlebell (N)

Sweat, strengthen, and sculpt with this high-energy kettlebell workout. Build lean muscle, boost endurance, and improve coordination through full-body movement.

Intermediate Continued

Rapid Movement (N)

Boost cardio with fast bursts of exercise and active recovery. This interval training improves agility, power, coordination, and balance to help you stay strong and confident in everyday activities.

Full Body Strength (N)

Build full-body strength in this dynamic class targeting every major muscle group. Using tools like dumbbells, bands, and weighted bars, you'll improve muscle tone, stability, and functional fitness for everyday activities.

Cardio Circuit (N)

Boost heart health, energy, and flexibility with easy-to-follow strength and cardio stations. This full-body workout helps you stay strong and confident in everyday movement.

Everyday Strength (N)

Build everyday strength in this functional full-body class using dumbbells, bands, weighted bars, and bodyweight. Improve balance, mobility, and confidence for daily life.

TRX (N)

Build strength, flexibility, and core stability with TRX suspension training. This safe, effective full-body workout uses bodyweight and adjustable straps to fit your fitness level. Registration is required due to limited equipment. **Tuesday TRX resumes on September 22.**

Advanced Classes

Advanced Line Dancing (N)

Enjoy fun, fast-paced dance routines that challenge coordination, rhythm, and memory in a light, social setting. Prior line dancing experience required; steps are not taught.

Please note: All classes are canceled on Thursday, September 17.

All group exercise classes are Type 3 programs unless otherwise noted.

Pathway to Wellness

Oshkosh Seniors Center Wellness Fair

Explore the Pathway to Wellness and learn how each dimension supports a healthier, more balanced life. Discover local resources, take part in activities, and take meaningful steps on the path to well-being.

Oshkosh Seniors Center

South Building, Oasis

September 17

9 a.m. to 12 p.m.

Presentations to be held in Willows

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Oshkosh Senior Center, Oshkosh, WI

01-0984

Walk Club—Type 3 (N)

Tuesday, September 1 & 15
9:15a to 10:15a

Cost: Daily rates apply

Facilitators: Cierra Boutelle & Kayla Reiter

Min/Max: None

Pre-registration recommended

Step toward better physical, mental, and emotional health. Track your progress, stay motivated, and earn chances to win prizes, including an Apple Watch, by staying consistent through September. Thanks to Oasis Senior Advisors for sponsoring prizes. An outdoor waiver is required for Tuesday walks.

Meet at the front doors of the OSC North Building. Walks may be canceled due to bad weather.

See page 16 for details.



Small Group Reiki—Type 2 (S)

Wednesday, September 2 & 16, 9a to 10:15a

Instructor: Kim from Open Heart Reiki

Cost: Free

Min/Max: 5/12

Register by Mondays August 31 & September 14

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. Perfect for anyone looking to unwind, recharge, and restore tranquility in their life.

Blood Pressure Check—Type 3 (S)

Wednesday, September 2, 1p to 2p

Cost: Free

Provider: Compassus Hospice

Min/Max: None

Pre-Registration Encouraged

Stop by to have your blood pressure checked and get helpful guidance on understanding your readings. If you're unsure about the accuracy of your home blood pressure cuff, bring it in and we'll troubleshoot together.

Mindfulness Meditation—Type 3 (S)

Thursdays, September 3-24, 11a to 12p

Cost: \$1.25R/\$1.75NR

Instructor: Donna Janus

Min/Max: None

Pre-registration recommended

This secular, supportive group welcomes beginners and experienced meditators. Enjoy guided instruction, discussion, and Q&A while learning how mindfulness and meditation support well-being.

Balance and Fall Prevention: How We Can Help—Type 2 (S)

Monday, September 21, 1p to 2p

Cost: Free

Presenter: Cierra Sewell, Kayla Reiter, Kaylee Bowe, and Hailey Holm

Min/Max: 5/50

Register by Thursday, September 17

Join the OSC Fitness team to learn practical ways to improve balance and reduce your risk of falls. We'll cover the Biodex Balance System, how to understand your results, and how they guide personalized balance programs. You'll also learn how nutrition, flexibility, and fall-safety strategies can help you stay active, confident, and independent.

Better Balance, Better Living Workshop—Type 2 (S)

Wednesday, September 23, 1p to 2p

Cost: Free

Presenter: Physical Achievement Center

Min/Max: 5/30

Register by Monday, September 21

Feeling less steady or want to stay active and independent? Learn why balance changes with age, how to spot early warning signs, and simple ways to build strength, stability, and confidence. You'll also explore at-home balance checks and practical fall-prevention strategies to help you stay safe and keep enjoying the activities you love.

Vaccine Clinic with Hometown Pharmacy—Type 2 (S)

Thursday, September 24, 9a to 12p

Cost: Free

Facilitator: Dr. JJ Allen

Min/Max: 5/30

Register by Tuesday, September 22

Need to update your annual vaccines? Dr. JJ Allen will host a vaccine clinic offering Flu and COVID vaccines. Registration is required; walk-ins are not permitted. Appointments last about 5 minutes.



Biodex Balance Assessments

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 measured your ability to maintain control and assess 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!

MAKE AN APPOINTMENT TODAY!

Cost: \$5

Cierra

cboutelle@oshkosh.gov
920-232-5303

Kayla

kreiter@oshkoshwi.gov
920-232-5327

STRONGER EVERY STEP

Join us for...

Walk Club

May - September
1st & 3rd Tuesday of the month
9:15-10:15 a.m.

Join us as we walk along the waterfront trails!

Step your way to better health - physically, mentally, and emotionally.

Normal Daily Rates Apply

Participants must complete an outdoor waiver and pre-register to walk on Tuesdays. We will meet by the front doors at the OSC North Building! We reserve the right to cancel in the event of bad weather.



Join us as we walk towards a healthier, happier you! Track your progress and stay motivated with a chance to win exciting prizes along the way.



How It Works:

- Submit your weekly step count by the end of the day each Friday in the jar at the OSC North front desk or email Cboutelle@oshkoshwi.gov by 4 p.m.
- Earn entries for monthly prize drawings
- Get bonus steps when you walk with us on the 1st and 3rd Tuesday of every month



Prizes Include:

- Massage gift card
- Ninja blender
- Gift card for a new pair of walking shoes



Grand Prize:

Stay consistent through the end of September for a chance to win an Apple Watch!

Let's take steps together - every step counts!

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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- You do NOT need to "update" your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself:

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to Senior Medicare Patrol

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www.smpwi.org

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Oshkosh Senior Center, Oshkosh, WI

01-0984

Personal Training

With our certified trainers, you'll get focused one-on-one coaching tailored to your goals. Each 30-minute session is personalized to help you move more safely, get stronger, and feel more confident in your daily life. Your trainer will teach proper technique, adapt workouts to your needs, and create a plan that fits your schedule.

Our Pricing:

- 6 Sessions - \$78
- 12 Sessions - \$156
- 18 Sessions - \$234

Start your journey today!
Invest in your health & wellness now!



Start Training Today!



Cierra - 920.232.5303

Hi, I'm Cierra, Healthy Lifestyles Coordinator. I hold a bachelor's degree in Exercise Science with an emphasis in Strength and Conditioning and Psychology, as well as a master's degree in athletic training. My experience includes working with people from diverse backgrounds and creating personalized programs focused on safe movement, injury prevention, and maintaining independence. My goal is to help you feel confident, strong, and capable in your daily activities so you can continue doing the things you enjoy. Together, we'll focus on keeping your body moving safely and building strength for everyday life.



Kayla - 920.232.5327

Hi! I'm Kayla, a Healthy Lifestyles Coordinator at the OSC. I graduated with a Bachelor's degree in Health Promotion & Wellness and hold a personal training certification from the National Academy of Sports Medicine (NASM). I have experience creating personalized programs for those looking to build strength, improve mobility, and prevent injuries. My goal is to help you achieve your best self! We will build a plan that focuses on you and your specific goals, helping you feel confident, strong, and independent. Wellness is a lifestyle, and together, I will help you along on your journey.

Kaylee - 920.232.5320

Hello! I'm Kaylee. I graduated with my Bachelor's Degree in Kinesiology with an emphasis in Rehabilitation Science, and I hold a certification in Practitioner-Assisted Stretching. My passion is helping my clients move better and feel great while they do it! Whether your goals are to have a pain-free golf game, go up and down the stairs with ease, or just to gain strength, mobility, or independence, we'll build a plan that has you feeling confident in your body's capability to get through each day.



Hailey - 920.232.5320

Hi, I'm Hailey. I graduated with a degree in Kinesiology with an emphasis in Exercise Science and recently returned to school to earn my certification as an Occupational Therapy Assistant (OTA). My passion is helping people move better, feel stronger, and live more independently. I have experience designing personalized training programs tailored to your unique goals, fitness level, and health needs. Whether you're working on balance, strength, flexibility, or just staying active, I'm here to guide you every step of the way. You'll find that I work hard to make your time in the gym safe, effective, and empowering. Together, we'll support your health, strength, and independence.



Let's come together and MOVE for a good cause.



MOVE YOUR MOOD

Exercise for overall well-being.

SAVE-THE-DATE

Tuesday, October 6, 2026

Join us with other senior living communities across the country during Mental Health Awareness week for Move Your Mood from the National Institute for Fitness and Sport (NIFS).

Special Offering:

- ❖ 9:15-10am: 1k walk/ scavenger hunt
- ❖ 1-2pm: Movement Lab

All group exercise classes will run as scheduled



Move with Us!



One-on-One Tech Sessions (S)

Available Tues-Thurs by appointment only

Cost: \$2.00R/\$2.75NR per appointment

Instructor: Christie Powers

Registration required

This program is designed to strengthen digital literacy for participants of all skill levels. Meet one-on-one with an instructor to address technology questions or challenges. While one session may not always be enough, we will work with you until you feel confident using your technology.

One-on-One with Sandy Toland (S)

Mondays, 9a to 1p

Cost: \$2.00R/\$2.75NR per appointment

Instructor: Sandy Toland

Registration required

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

Online Safety and Scam Prevention—

Type 2 (S)

Tuesday, September 15, 1p to 2p

Cost: Free

Instructor: Christie Powers

Min/Max: 5/50

Register by Friday September 11

Attend our class to see what you can do to recognize red flags, protect your identity and stay safe and secure when surfing the web, paying bills, playing games, and shopping online.

My Phone Can Do That?!—Type 2 (S)

Tuesday, September 22, 11a to 12p

Cost: Free

Instructor: Christie Powers

Min/Max: 5/50

Register by Friday September 18

Unlock the hidden potential of your device in this class! I will guide you through basic every day essentials and teach you all the fun hidden things are devices are capable of doing. Let's learn what our phone can really do.



NEW PROGRAMS!

**Check out "Online
Safety & Scam
Prevention" and
"My Phone Can Do
That?!"**

Technology experts are able to assist with:

- Setting up new phones
- Transferring data between devices
- Connecting phones to cars via Bluetooth
- Social media assistance
- Laptop and iPad support
- Voicemail setup
- Email assistance
- Text messaging
- Camera functions
- And more!

Nail Care (S)

Tuesdays & Wednesdays, 9a to 3:30p
Thursday, September 3 & 17, 9a to 3p

Cost: \$40.00 per visit

Facilitator: Foot Care Nurse

Appointment required

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 3-24, 11a to 2p

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 with three hours of free time while their loved one attends class. Lunch is included for participants.

Grief Support—Type 3 (S)

Thursdays, September 3 & 17, 1:30p to 3p

Cost: Free

Facilitator: Meredith Schluter, Compassus Hospice
Min/Max: 2/12

Pre-registration recommended

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 grief.

Elder Benefit Specialist—Type 3 (S)

Wednesday, September 9, 10a to 11:30a

Cost: Free

Provider: Winnebago County

Pre-Registration Encouraged

Winnebago County Elder Benefit Specialists (EBS) provide free, confidential assistance for adults 60+. They can help with Medicare, insurance options, public benefit programs, and denials or appeals. Oshkosh EBS can be reached toll-free at 877-886-2372.

Memory Screens—Type 2 (S)

Wednesday, September 16, 10:30a to 12p

Cost: Free

Provider: Alisa Richetti from the ADRC

Register by Monday, September 14

Reserve your spot for a free, one-on-one memory screen. Get answers to questions about memory loss, dementia, and caregiving while checking how your memory is working and identifying changes early. Each session takes about 20 minutes.

Tender Loving Care (TLC) Support Group—Type 3 (S)

Thursday, September 24, 12:30p to 2p

Cost: Free

Facilitator: Fox Valley Memory Project

Pre-registration recommended

This support group provides a safe, supportive space for dementia caregivers to share experiences, connect with others, and learn from one another.



Ukulele Play Along—Type 3 (S)

Wednesdays, September 2-30

10:30a to 12p

Cost: \$2.00R/\$2.50NR

Instructor: Dave Hable

Min/Max: 3/20

Pre-registration recommended

If you know 3–4 chords, join our weekly ukulele sessions and play along with others! We play a variety of volunteer-selected songs, and you can view them on your iPad, smartphone, or tablet using Wi-Fi—we'll help you get connected.

Beginner Ukulele Lessons—Type 2 (S)

Fridays, September 4-18, 10a to 10:50a

Cost: \$35.00R/\$40.00NR, 3 week session

Instructor: Joe Wiedenmeier

Min/Max: 5/12

Register by Wednesday, September 2

Want to keep your brain healthy and strong? Research shows that learning something new is the best way to boost brain health. Learning the Ukulele is easy and fun! You do not need to know how to read music to learn to play the uke.

Beginner 2 Ukulele Lessons—

Type 2 (S)

Fridays, September 4-18, 10a-10:50a

Cost: \$35.00R/\$40.00NR, 3 week session

Instructor: Aaron Baer

Min/Max: 5/12

Register by Wednesday, September 2

Aaron will lead this class for those who have completed the Beginner Ukulele class. Learn more chords, strumming, techniques and songs.

Intermediate Ukulele Lessons—

Type 2 (S)

Fridays, September 4-18, 11a to 11:50a

Cost: \$35.00R/\$40.00NR, 3 week session

Instructor: Aaron Baer

Min/Max: 5/12

Register by Wednesday, September 2

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—Type 2 (S)

Fridays, September 4-18, 12p to 12:50p

Cost: \$35.00R/\$40.00NR, 3 week session

Instructor: Aaron Baer

Min/Max: 5/20

Register by Wednesday, September 2

A dive into song structure and more advanced chords and chord formations. Class will also include fingerpicking and intricate strum patterns.

Be a Master of Medicare—Type 2 (S)

Tuesday, September 1, 10a to 11a

Cost: Free

Presenter: Amy from Medicare Masters

Min/Max: 5/24

Register by Thursday, August 27



This presentation is to help you better understand Medicare so you can make informed insurance decisions with confidence and without pressure.

Karaoke—Type 3 (S)

Tuesday, September 1 & 15, 1p to 2:15p

Cost: Free

Instructor: Lori Schroeder and Kelly Arens

Min/Max: 5/25

Pre-registration recommended

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

Chat N Chop—Type 1 (S)

Tuesday, September 8, 9:45a to 11:45a

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 2/10

Register by Tuesday, September 1

In this episode of Chat n Chop, we're making Bacon Apple Cheddar Grilled Cheese, Apple Cheddar Bundles, and Goat Cheese, Pear & Bacon Pizza with Pesto Sauce. Sounds good? Grab your apron and join us!



LIR: What Can History Teach Us About Christian Citizenship?—

Type 2 (S)

Friday, September 11, 1:30p to 3p

Cost: Free

Presenters: Dr. Jean Geran and Dr. Michael Rutz
Min/Max: 5/30

Register by Wednesday, September 9

In a time of social and political change, many are reflecting on how faith shapes civic life. How do we balance loyalty to country with spiritual conviction? What does it mean to be both a faithful Christian and an engaged citizen? Dr. Jean Geran and UW History Professor Michael Rutz will lead this thoughtful discussion.

Mediterranean Cooking 1—Type 1 (S)

Mondays, September 14-28, 10a to 12p

Cost: \$30.00R/\$35.00NR

Instructor: Lynn Stuart

Min/Max: 6/9

Register by Tuesday, September 8

Explore the Mediterranean diet through simple, flavorful recipes featuring vegetables, whole grains, and legumes. Each class includes demonstrations, hands-on participation, and samples.

Golden Tones Rehearsals—Type 2 (S)

Mondays, September 14-28, 1:30p to 3p

Registration Closed

ORD: Amazing Autumn Dragonflies—

Type 3 (S)

Wednesday, September 16, 10a to 12p

Cost: Free

Instructor: Rob Zimmer

Min/Max: 10/80

Pre-registration recommended

Join Rob for a look at fascinating members of the dragonfly family as they migrate through our area and reach their peak in September.



Bingo—Type 3 (S)

Wednesday, September 16, 1:30p to 3p

Cost: Free

Instructor: Kelly Arens

Min/Max: 10/80

Pre-registration recommended

Join us for an afternoon of Bingo. Doors open at 1:00 p.m. Please drop off donations before play begins, and check with staff before contributing prize table items. Sponsored by Bella Vista!

Protecting Your Retirement: Helping Preserve Your Life's Work and Create Confidence for the Future—Type 1 (S)

Monday, September 21, 11a to 12p

Cost: Free

Presenters: Kevin Vang and Yer Lee from

Min/Max: 5/15

Register by Monday, September 14

Join us for a free, easy-to-understand retirement workshop on how to help your savings last, create reliable income, and protect against market uncertainty. Bring your questions, enjoy a complimentary lunch, and gain practical insights to feel more confident about your financial future.

Learn to Play Mahjong—Type 3 (S)

Tuesday, September 22, 9:30a to 10:30a

Cost: Free

Instructor: Kerry Wolfe

Min/Max: 0/4

Pre-Registration Encouraged

Interested in learning Mahjong? Join our beginner-friendly lessons to learn the basics of gameplay, rules, strategy, and table etiquette in a welcoming setting. Keep your mind active, meet new people, and enjoy friendly competition.



From Saloons to Storefronts: Discover Downtown Oshkosh's Successes and Scandals—Type 2 (S) **Tuesday, September 22, 10a to 11a**

Cost: Free

Instructor: LeeAnn Morill, Winnebago County
Historical Society

Min/Max: 5/50

Register by Friday, September 18

Oshkosh is a community rich with history and stories. Join us to learn about the area's past and how it evolved into the community we know today.

Medicare 101: Understanding Open Enrollment—Type 2 (S) **Tuesday, September 22, 2:30p to 3:30p**

Cost: Free

Presenters: Jim Strey and Kyle Radke

Min/Max: 5/24

Register by Friday, September 18

Turning 65 soon? Learn about your Medicare options before you enroll, including when and how to enroll, how to avoid costly penalties, and how to understand your coverage choices.

Eat & Greet—Type 1 (S) **Wednesday, September 23, 11:30a to 12:30p**

Cost: \$10.00

Instructor: Becca Bays

Min/Max: 10/50

Register by Wednesday, September 16

For our final Eat & Greet of the year, join us for mustard-herb Oktoberfest chicken breast, German potato salad, and creamy apple dessert salad. Tickets are on sale August 17–September 16.



Book Talk—Type 2 (S) **Thursday, September 24, 9:30a to 11a**

Cost: \$1.25R/\$1.75NR

Instructor: Kerry Wolfe

Min/Max: 2/20

Register by Thursday, August 27

Enjoy reading and looking for something new? Join Book Talk to connect with others who share an interest in books. The library provides copies to borrow and return, with books distributed at the previous month's discussion. September book: This is How It Always is by Laurie Frankel subject to change based on availability.

S'mores and More Social—Type 1 (S) **Thursday, September 24, 1p to 2p**

Cost: \$5.00

Instructor: Kelly Arens

Min/Max: 5/20

Register by Thursday, September 17

Join us for campfire s'mores and storytelling as we share memories of growing up, vacationing, and camping. Thank you to our sponsor, Dimensions Living Oshkosh.



Donuts and Elder Law: Celebrity Edition—Type 2 (S)

Friday, September 25, 10a to 11a

Cost: Free

Presenter: Jo McCleer of McCleer Law Offices

Min/Max: 5/24

Register by Wednesday, September 23

Learn what celebrity estate and long-term care mistakes can teach us. Attorney Joe McCleer of McCleer Law Office will share real examples of poor planning that led to lengthy family battles. Free donuts and coffee provided!

A Healthier You—Type 2 (S) **Monday, September 28, 1p to 2p**

Cost: Free

Instructor: Dena Mayer of Aurora Health

Min/Max: 10/75

Register by Thursday, September 24

Ready to feel your best? Join Dena Mayer from Aurora Health for practical tips on nutrition and healthy lifestyle habits. Includes helpful handouts, current health information, and time for Q&A.

Cribbage—Type 3 (S)

Mondays & Fridays, 8:30a to 11:30a

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Mahjong—Type 3 (S)

1st & 3rd Mondays, 9:30a to 11:30a

Tuesdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Mexican Train—Type 3 (S)

Tuesdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Bid Euchre & Rummikub—Type 3 (S)

Wednesdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Sheepshead—Type 3 (S)

Thursdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Open Bridge—Type 3 (S)

Fridays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Easy Ways to Stay Social

Join a club

Take a class
at OSC

Ask an old
friend to
coffee

Schedule
regular
phone calls
with family
or friends

Volunteer
for a cause
you care
about

SEPTEMBER EAT & GREET

Wednesday, September 23

11:30 a.m. to 12:30 p.m.

South Building

Cost: \$10

Menu:

- **Mustard-Herb
Oktoberfest Chicken
Breast**
- **German Potato Salad**
- **Apple Dessert Salad**

**Registration and a ticket are required. Tickets
on sale from August 17 - September 16.**

Winnebago Senior Tours

Building: North (N) South (S)

Tours Sign-up Options

The registration desk 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**

When desk is closed, place payment
in the drop box located next to the
WST Desk **OR** Mail your check to:

WST

P. O. Box 1851

Oshkosh WI 54903-1851

Write the trip name on the check memo line.

Any age is welcome to travel with us

**** (under 18 require adult supervision). ****

**See flyers for more detailed trip information
in the display rack**

Sign up now — don't delay!

Upcoming trips being considered for 2027!

Daytime Brewer Game
Holocaust Museum
Obama Presidential Library
Door County Trolley Tour
Nighttime Brewer Game
WI Amish Flower Shopping
Waupaca River Boat Cruise
Cranberry Festival

Madison Olbrich Botanical Gardens and Capitol Tour

Date: Thursday, September 10

Cost: \$110 (\$25 non-refundable deposit)

Depart: 8:00am—Return: Approx. 6:00pm

We will stroll through the outdoor display gardens and an indoor tropical conservatory. Highlights include the Royal Thai Pavilion and Garden, as well as specialty gardens such as the Perennial, Sunken, and Herb Gardens. We will also visit the Bolz Conservatory, a sunny, 50-foot-high glass pyramid that houses a diverse collection of tropical plants, a rushing waterfall, free-flying birds, and blooming orchids. The Wisconsin State Capitol offers guided tours featuring its historic architecture, artwork, and political spaces. Tours begin on the ground floor in the Capitol Rotunda. The tour may include up to six areas of the Capitol: the Rotunda, Assembly, Senate, North Hearing Room, Governor's Conference Room, and Supreme Court. See the flyer for more detailed information.

Tour Manager: Cindy Paffenroth



House on the Rock, Spring Green

Date: Thursday, October 1

Cost: \$140 (\$25 non-refundable deposit)

Depart: 7:00am—Return: Approx. 6:00pm

In 1960, Alex Jordan opened his dream house, built atop a rock chimney, to the public. Over the years, he expanded his vision far beyond the House, collecting and building on a massive scale. What began as a lofty retreat with an awe-inspiring view has become the spectacular attraction known as The House on the Rock. We will tour Section 1, including the Asian Garden, Alex Jordan Center, Gate House, Original House, and Infinity Room. We will also visit Section 2, featuring the Mill House, Streets of Yesterday, Heritage of the Sea, Tribute to Nostalgia, Music of Yesterday, Spirit of Aviation, and Carousel Room.

Lunch will be at the Riverside Restaurant. After lunch, we will have an opportunity to shop at the Spring Green General Store, which offers a wonderful selection of unique items for everyone. See the flyer for more detailed information.

Tour Mgr: Cindy Paffenroth

Come from Away

The Fireside Theatre—Fort Atkinson

Date: Thursday, October 15

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

Depart: 8:30am—Return: Approx. 5:30pm

In the remarkable true story of Come From Away, what began as an ordinary morning on September 11, 2001, in the small town of Gander, Newfoundland, turned into an international sleepover when 38 planes carrying 7,000 people from around the world were diverted to its airstrip. Undaunted by culture clashes and language barriers, the people of Gander welcomed the stranded travelers with music, an open bar, and the recognition that we are all part of a global family. See the flyer for more detailed information.

Tour Mgr: Cheryl Freiberg



Ho-Chunk Casino Trip Black River Falls

Date: Tues. & Wed., November 3-4

Cost: \$145 Dbl. (\$25 non-refund. deposit)

Depart: 8:30am—Return: Approx. 3:30pm

Experience Ho-Chunk Gaming Black River Falls, featuring over 700 reel and video slot machines, Blackjack tables, and a 480-seat Bingo Hall. Enjoy casual dining at the bistro and relax at the newly renovated attached hotel. Guests receive \$15 Rewards Play each day.

When signing up, you MUST provide:

When signing up, you must provide:

- Your name as it appears on your driver's license, address, ZIP code, phone number, and email address
- Your full date of birth
- Your Rewards Club number, if you have one

If you are signing up other people, this information will also be required for them at registration. See the flyer for more detailed information.



A Christmas Story

The Fireside Theatre—Fort Atkinson

Date: Thursday, December 17

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

Depart: 8:30am—Return: Approx. 6:30pm

Ralphie wants only one thing for Christmas: an Official Red Ryder Carbine-Action 200-Shot Range Model Air Rifle. Based on the classic 1983 movie, A Christmas Story: The Musical is a hilarious and heartwarming holiday favorite featuring music by Benj Pasek and Justin Paul, known for La La Land, The Greatest Showman, and Dear Evan Hansen. With its festive charm and witty humor, this show is sure to delight both children and adults. See flyer for details.

Tour Manager: Cheryl Freiberg



Iceland's Midnight Sun

Dates: June 13-22, 2027

Cost: Double \$6,099 per person; Single \$7,399; Triple \$5,999 (\$698 per person deposit)

Join us for a journey of dramatic contrasts. Discover Iceland, where steaming lava fields reveal the island's volcanic nature and massive glaciers have sculpted mountains and valleys, leaving behind thundering waterfalls and plunging fjords. This trip includes Iceland's Midnight Sun: Glaciers, Geysers, and the Golden Circle tour. Tour highlights include visits to Reykjavík, the Golden Circle, Thingvellir National Park, Akranes, Breidafjörður Bay for whale watching, the Lava Exhibition Center, Vík, Jökulsárlón Glacial Lagoon, and Sky Lagoon. Participants will also learn about Icelandic traditions, including wool dyeing and greenhouse farming. At a family-run greenhouse, travelers will see how natural warmth from the ground's geothermal waters is harnessed to create a year-round Mediterranean climate. Visits to historic sites such as turf-built houses and the Skógar Museum provide insight into Iceland's heritage. This tour is rated Activity Level 3. A passport is required. Please see the flyer for more detailed information.

Tour Mgr: Cheryl Freiberg, 920.379.8128



Discover Canyon Country

Dates: October 13 – 22, 2027

Cost: Double \$4,229 per person; Single \$5,409; Triple \$4,159 (\$698 per person deposit)

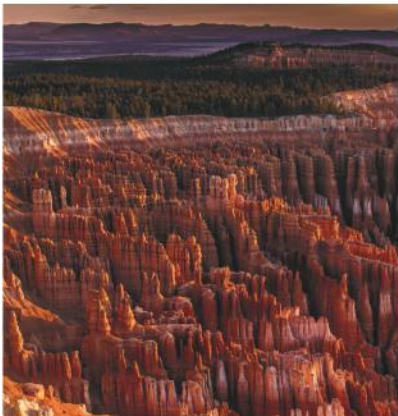
Begin your journey at Grand Canyon National Park, where you'll explore the South Rim's breathtaking vistas and remarkable geological formations. Continue to Bryce Canyon National Park to see its famous hoodoos—striking orange and red rock spires—before traveling through Zion Canyon by scenic tram with time for independent exploration.

Additional highlights include Sedona, known for its stunning red sandstone formations and vibrant arts scene; a stay at a Lake Powell resort; a guided scenic rafting adventure to Horseshoe Bend; and a lake cruise with views of Glen Canyon Dam. In Page, Arizona, enjoy a cultural evening featuring traditional Navajo cuisine and entertainment.

The trip concludes in Las Vegas, where you'll trade natural wonders for the bright lights and energy of the Strip. Celebrate the end of the journey with a farewell lunch, then enjoy free time to experience Vegas at your own pace.

Activity Level 2: Travelers should be comfortable walking two to three miles per day, navigating varied terrain and moderate hills, climbing two flights of stairs, and handling altitudes up to 6,000 feet. Some activities may not be suitable for those using mobility assistance devices. A REAL ID-compliant form of identification is required. See flyer for details.

Tour Mgr: Cheryl Freiberg, 920.379.8128



America's Music Cities Holiday

Dates: December 4-12, 2027

Cost: Double \$5,049 per person; Single \$6,249; Triple \$4,939 (\$698 per person deposit)

Experience the music, history, and holiday charm of the South on this unforgettable journey through New Orleans, Memphis, and Nashville. Highlights include the French Quarter, live jazz, Oxford, Graceland, Civil Rights sites, Ryman Auditorium, Grand Ole Opry, Country Music Hall of Fame, Historic RCA Studio B, and the Gaylord Opryland Resort Dinner & Holiday Show. Enjoy cultural tours, live music, local cuisine, a chocolate-making lesson at Goo Goo Candy Shop, and optional experiences such as a jazz brunch, backstage Opry tour, horse-drawn carriage ride, or river cruise through Opryland's dazzling holiday lights.

Activity Level 2: Travelers should be comfortable walking two to three miles per day, navigating varied terrain and moderate hills, climbing two flights of stairs, and handling altitudes up to 6,000 feet. Some activities may not be suitable for those using mobility assistance devices. A REAL ID-compliant form of identification is required. See flyer for more detailed information. Tour Mgr: Cheryl Freiberg, 920.379.8128





you're invited

FRIENDS OF THE *Oshkosh Seniors Center*

40th
ANNIVERSARY
Celebration

40 years of friendship, support, community, memories, and so much more to come!

For four decades, the Friends of the Oshkosh Seniors Center has been proud to support programs, activities, and services that enhance the lives of older adults in our community.

Join us as we celebrate this incredible milestone!



Date:
September 17th,
2026

Tickets:
\$5
On Sale Aug 10th



Performances:
J+ Band
4p-4:45p
The Comedy
Magic of Mike
5:45p-6:30p



**Oshkosh
Seniors
Center
200 N Campbell
Rd.**



Enjoy:
Food Trucks
Performances
Conversation
Raffles & Fun!



May Shred Event:
143 Attendees
\$615.00 in Donations



3 Laundry baskets of Food for Father Carr's

Food Trucks:

- Mr. & Mrs. Egg Roll
- Taqueria Jaliso
- On The Fritz
- Mile High BBQ
- Brewing Futures



Thank you to our members, volunteers, donors, and community partners for 40 wonderful years!

HERE'S TO THE NEXT CHAPTER TOGETHER!



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

Non Profit Org
U.S. Postage
PAID
UMS

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

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, Marketing Coordinator

Activity Coordinators:

Cierra Boutelle, Healthy Lifestyles
Kayla Reiter, Healthy Lifestyles
Kelly Arens, Educational & Social
Kerry Wolfe, Asst. Activities Coordinator

Friends Board

Judy Brewer, President
Jeff Schettl, Vice President
Judy Hebert, Treasurer
Jean Wollerman, Secretary
Robin Liepert
Tayler King
Andrea Bowers
Patti Houston
Emily Miller

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 prepaid 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.