



The Current

November 2026

Discover the Offerings at the Oshkosh Seniors Center

Enrichment

Pages 6-9

Fitness & Wellness

Pages 10-19

Technology & Support Services

Page 20-21

Social & Educational

Pages 22-27

Winnebago Senior Tours

Pages 28-30

Friends of the Oshkosh Seniors Center

Page 31

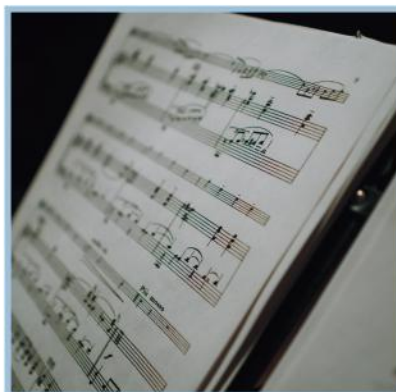
Featured Programs & Events



Cookie Swap Social
Page 9



Winter White Dinner
Page 12



Golden Tones Concert
Page 22



Ukulele Concert
Page 26

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

November begins a season many traditionally associate with gratitude and giving thanks. Your staff team at the Oshkosh Seniors Center is grateful for the support you provide the Center all year long through our programs and activities. We strive to bring you positivity and empowerment while helping you continue doing the things you enjoy and discover new opportunities to keep your mind and body young at heart.

I am excited to announce a new partnership that I expect will benefit many people in our community. Beginning Monday, November 2, we will be the new home of Disabled American Veterans Chapter 17 of Winnebago County. Their new Chapter Service Office will be located in our South Building, and their transportation services will also be based here. We are excited for this new chapter for the organization and the veterans it serves.

This month also marks the start of the holiday season, which means some changes to the Oshkosh Seniors Center's hours. We will be closed for Thanksgiving on Thursday, November 26. On Friday, November 27, the South Building will be closed, and the North Building will be open from 8 a.m. to noon.

See you by the River!

-Dan Braun

Happy November!

Don't forget to set your clocks back one hour on November 1.

Both Buildings will be closed for Thanksgiving on November 26.

South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

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 registration also require payment upon registration.

.....

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.

Medicare

Medicare fitness benefits may be available to adults age 65+ and individuals who qualify for Medicare due to disability. Depending on your plan, eligible members may receive access to group fitness classes and the Fox Fitness Center at no additional cost. To get started, please bring a copy of your insurance card and your fitness program code to either front desk.

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

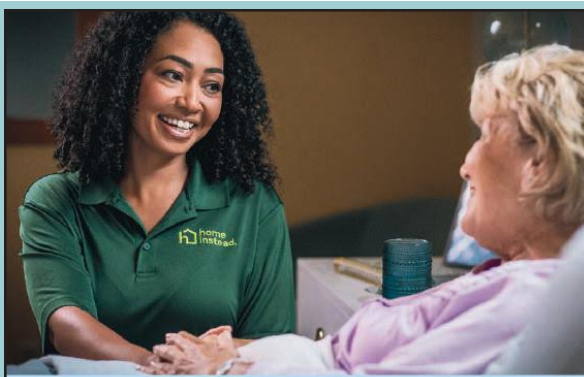
Includes all general use (cards, games, knitting, puzzles, library, socializing, bingo, movies).

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.



The care you need,
in the home you love.

Personalized in-home care
for aging adults.

(920) 966-1220
homeinstead.com/203



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



Medicare Aces
Questions about Medicare?
We can help!

Shelly Squier
920-527-0292

ssquier@ffig.com

1429 Oregon St.
Oshkosh, WI 54902

*not affiliated with any government agency



Arborview Manor
Oakwood Manor
Webster Manor

www.thegoodlife.care

goodlife
ASSISTED LIVING

920-231-7900

Call us today for a personal tour!



**A no cost service
dedicated to
helping families.**

Working to find safer senior living,
assisted living, memory care
options, and home care.



3701 E Evergreen Dr. Suite 275 • Appleton Wi 54913
920-428-0827 • foxcities.carepatrol.com

**Advertise in Our
Newsletter!**

Contact Michelle Crites

mccrites@4LPi.com
(800) 950-9952 x2256



Hickey
Roofing, Inc.

✓ Voted Best
Roofing Contractor
16 Years Running

2023
THE OFFICIAL
COMMUNITY'S
CHOICE AWARDS
Best of
Winnebago County
WINNER

(920) 426-4008
info@hickeyroofing.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502

Fiss & Bills - Poklasny
Funeral Homes & Crematory

Serving All Faiths Since 1904

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

920-235-1170

fissbillspoklasnyfuneralhome.com



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



The support you need. The care you deserve.

SKILLED NURSING

Edenbrook Oshkosh

920-233-4011

edenbrookoshkosh.com

Omro Care Center

920-685-2755

omronursing.com

SENIOR LIVING COMMUNITIES

Bella Vista

Independent &

Assisted Living

920-233-6667

bellavistaofeden.com

Lakeshore Manor

Memory Care

920-426-2670

lakeshoreofeden.com

Live Happily.

LAKE-AIRE
Auto Service

Complete Auto Service

2200 Montana Street

231-1023

Our Second Holiday Craft Fair



**Saturday,
Nov 14, 2026
9 am - 2 pm**



Multiple vendors selling handmade items such
as jewelry, holiday/everyday decorations,
quilted/crochet/knit items, American Doll
clothes, and many other craft items

**Oshkosh Seniors Center, South Building
200 N. Campbell Rd.**



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

Oshkosh Senior Center, Oshkosh, WI

01-0984

Hand Building with Clay (S)

Tuesdays, November 3-24, 12p to 3p

Cost: \$45.00R/\$50.00NR/Type 2

Instructor: Kathy Dittmer

Min/Max: 3/8

Register by Friday, October 30

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.

Quilting 512: Basic Framed Medallion Quilt (S)

Wednesdays, November 4-18, 9a to 11:30a

Cost: \$10.00R/\$12.50NR/Type 2

Instructor: Liz Lahm

Min/Max: 2/6

Register by Monday, November 2

Inspired by 1800s medallion quilts, this class uses a center block of your choice—perfect for an orphan block from your stash—and 3–4 coordinating borders. Recreate the sample borders or design your own. Bring a sewing machine and manual to each class. Supply lists are available at the South Building front desk upon registration. Questions? See Liz Lahm at the South Building front desk on Friday mornings.



Blind Date Craft (S)

Wednesday, November 4, 9a to 11a

Cost: \$10.00/Type 1

Instructor: Kelly Arens and Kerry Wolfe

Min/Max: 4/10

Register by Wednesday, October 28

Try something new in this Blind Date Craft Class! Draw a number to choose a mystery wrapped craft kit and discover your surprise project. All supplies and light refreshments are included.



Stained Glass Guided Hours (S)

Wednesdays, November 4-25, 10a to 12p

Cost: \$5.00R/\$7.50NR per visit/Type 3

Instructor: Marla Tonn

Pre-registration encouraged

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

Sewing 203: 12 Compartment Handbag (S)

Wednesdays, November 4-18, 12:30p to 3p

Cost: \$10.00R/\$12.50NR/Type 2

Instructor: Liz Lahm

Min/Max: 2/6

Register by Monday, November 2

Create a compact handbag with 12 compartments for a phone, cash, cards, and more. Add an optional zippered pocket for change—perfect for holiday gifts! Bring a sewing machine and manual. Supply lists are available at registration at the South Building front desk.



Questions? See Liz Lahm at the South Building front desk on Friday mornings.

Knitting & Crochet (S)

Thursdays, November 5-19, 8:30a to 11:30a

Cost: \$1.00R/\$1.50NR Per Visit/Type 3

Instructor: Self-led

No registration needed

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

Art Expressions (S)

Thursdays & Fridays, November 5-20, 8:30a to 11:30a

Cost: \$1.50R/\$2.25NR/Type 3

Instructor: Self-led

Min/Max: None

No registration needed

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

Wisconsin Warmers (S)

Thursdays, November 5-19, 9a to 3p

Cost: Free/Type 3

Instructor: Self-led

Min/Max: None

No registration needed

Make quilts and other donated items for local organizations. No experience needed. This is a volunteer organization. Volunteer applications need to be completed prior to joining.

Beginner Mindfulness Knitting (S)

Fridays, November 6-20, 11a to 12:30p

Cost: \$5.00/Type 2

Instructor: Kelsey from StudiOM

Min/Max: 5/10

Register by Wednesday, November 4

Combine mindfulness and knitting in this beginner-friendly class. Each session includes gentle movement, intention setting, knitting time, and a closing mindfulness exercise. Yarn and needles are provided. Keep your project or donate it to someone in the local community.

Card Making with Jenny (S)

Wednesday, November 11, 9:30a to 11a

Cost: \$10.00R/\$12.50NR/Type 2

Instructor: Jenny Baier

Min/Max: 8/14

Register by Monday, November 9

For experienced stampers and card makers. Choose four cards from 10–14 samples while practicing coloring, stamping, die cutting, and assembly techniques. Card options may include birthday, sympathy, thank-you, get-well, and seasonal designs.

Artfully Yours: Fall Wreath (S)

Thursday, November 12, 1p to 3p

Cost: \$10.00R/\$12.50NR/Type 1

Instructor: Kelly Arens

Min/Max: 3/10

Register by Monday, November 9

Transform your front door for autumn by joining our fall wreath-making class! All materials will be provided, as well as guidance in designing a stunning, custom creation.



Kinusaiga Fabric Art (S)

Monday, November 16, 9:30a to 11:45a

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 2/10

Register by Tuesday, November 10

Explore Kinusaiga, a traditional Japanese fabric art technique. Create a quilt-like or mosaic-style picture by pressing fabric into a grooved base—no sewing required. All materials are provided.

Scrap & Rap: One Page Wonder Card Class (S)

Friday, November 20, 1p to 3p

Cost: \$10.00R/\$12.50NR/Type 1

Instructor: Kelly Arens

Min/Max: 3/10

Register by Friday, November 13

Make 10 unique greeting cards from a single 12" x 12" sheet of scrapbook paper! Learn efficient cutting and layout techniques that reduce waste and expand your card collection.



Needle Felting: Christmas Theme (S)

Monday, November 23, 9:30a to 11:45a

Cost: \$10.00R/\$12.50NR/Type 1

Instructor: Kerry Wolfe

Min/Max: 3/8

Register by Monday, November 16

Learn the art of needle felting with a festive Christmas-themed project. Create either an ornament or a 2D felt scene. All skill levels are welcome, and all materials are provided.

Together,
is a great place to be.

MIRAVIDA LIVING:
An Oshkosh Senior Living
Community since 1963.



Learn More: MiravidaLiving.com • (920) 420-9999

THE MIRAVIDA LIVING COMMUNITY

			
BETHEL HOME Skilled Nursing & Rehabilitation	CARMEL RESIDENCE 55+ Retirement Community	EDEN MEADOWS Rehabilitation & Green House Homes	ELIJAH'S PLACE Memory Care
GABRIEL'S VILLA Assisted Living and Respite	SIMEANNA APARTMENTS 62+ Independent Living		

ARE YOU EARNING
AT LEAST **5%**
ON YOUR CDS?

IF NOT, PLEASE CHECK INTO A
FIA ANNUITY WITH ME TODAY!



FIA ANNUITIES GROWTH POTENTIAL. GUARANTEED.

-  **GROWTH OPPORTUNITY**
Participate in the upside of the S&P 500® with a guaranteed cap.
-  **DOWN MARKET PROTECTION**
Your principal is protected from market losses.
-  **GUARANTEED INCOME OPTIONS**
Create a reliable income stream for your future.
-  **FLEXIBLE CONTRACT LENGTHS**
Choose the term that fits your goals.

LET'S SECURE
Your Future
TOGETHER!

 **Jennifer Palubicki**
 **CALL OR TEXT**
920-450-0685
 **EMAIL**
insurancedonerite@hotmail.com

Fixed Indexed Annuities are long-term products and may not be available in all states. Early surrender may be subject to charges and may result in loss of principal. Your return is based on the performance of the S&P 500® index with a guaranteed cap rate. You will not participate in any index gains above the cap rate. No index losses will be applied to your principal. Withdrawals may be subject to ordinary income tax and, if taken prior to age 59½, a 10% federal tax penalty. Rates effective as of 08/03/2026 and subject to change. Not a bank product. Not FDIC insured. Not insured by any federal government agency. Not a deposit. Jennifer Palubicki is not affiliated with any company.

5 YEAR FIA HIGHLIGHTS

CREDITING STRATEGY S&P 500® INDEX

GUARANTEED CAP RATE	CURRENT FIXED INTEREST RATE
10.25% Your annual gain is limited to a guaranteed cap rate.	5.00% Rate is subject to change.

RATES SUBJECT TO CHANGE WITHOUT NOTICE.





**NEW
Deluxe Suites
Available Now!**

Loving Kindness in a Home Like Setting

- 7 to 1 CNA Ratio
- 3 Homes - 1 Community
- Safe and Secure Environment
- Daily Exercise & Activities

920-969-0526 Ext. 0
www.prairiehomeassistedliving.com

Prairie Home Assisted Living

A warm, fun atmosphere enriches today. Person-Centered Health Care provides peace of mind for tomorrow.

Give us a call or come visit us! Visit website for a virtual facility tour.

Family-owned and operated
1463 Kenwood Drive, Menasha, WI 54952

Timeless Tribute Memorials LLC

922 Oregon St.
Oshkosh, WI 54902
920-267-1140

Call us to clean or raise sinking cemetery memorials

**Monuments
Cremation Memorials
Bronze Markers
Slant Markers
Bevel Markers
Flush markers**

**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

Call 800.950.9952

**Support Our
Advertisers!**



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

Oshkosh Senior Center, Oshkosh, WI

01-0984

Wooden American Buffalo (N) Thursdays, October 1 to November 19, 9a to 12p

Registration Closed

Power & Hand Tool Carving (N) Mondays, November 2-23, 9a to 12p

Cost: \$20.00R/\$25.00NR/Type 2

Instructor: Gene Bengel, Richard Krummick
Min/Max: 4/12

Register by Thursday, October 29

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.

Guided Wood Burning (S) Tuesdays, November 3-24, 8:30a to 11:30a

Cost: \$20.00R/\$25.00NR/Type 2

Instructors: Linda Gomach & Richard Krummick
Min/Max: 3/10

Register by Friday, October 30

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

Woodshop Guided Hours (N) Wednesdays, November 4-25, 9a to 12p

Cost: \$5.00 R/\$7.50 NR/Type 3

Pre-registration encouraged

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.

Woodshop Safety Training (S) Thursday, November 12, 1p to 3p

Cost: Free/Type 2

Instructor: Dan Braun

Min/Max: 2/10

Register by Tuesday, November 10

This is the classroom portion to learn the rules, guidelines, and safety measures needed to be able to participate in any woodshop program. A hands-on tour of the woodshop with a woodshop monitor or volunteer must be completed within 30 days of classroom training.

JOIN US FOR A HOLIDAY

Cookie Swap Social

Save the Date

DECEMBER 2, 10-11:30 AM

COST: \$5

REGISTRATION OPEN 11/16

REGISTER BY 11/27

Bring 3 dozen cookies, packaged in ½ dozens for swapping. Use the card provided when registering to fill out the recipe on for exchange.

Refreshments will be provided



*Please be aware that the cookies at this exchange will not be cooked onsite in a commercial kitchen. Because these treats were baked in various home kitchens, cross-contamination is possible, and we cannot guarantee they are free from major allergens (including nuts, dairy, wheat, and eggs). Guests with severe food allergies should exercise caution.

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		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. **Please note: Class will be on Thursdays only**

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.

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



WINTER *White* Dinner

December 8th

TUESDAY

\$25.00
PER TICKET

5-7 P.M.

Doors open at 4:45pm

TICKETS ON SALE
OCTOBER 19 - NOVEMBER 30

MEAL PROVIDED BY:
THE ROXY

ENTERTAINMENT PROVIDED BY:
FOX VALLEY SYMPHONY DUETS OF LORI AND HEATHER

WANT ADJACENT SEATS?
BUY YOUR TICKETS AS A GROUP!

THERE WILL BE ASSIGNED SEATING FOR THIS EVENT ACCORDING TO TICKET NUMBERS

Tickets on Sale in South Building ONLY
Monday through Friday 9 a.m. to 3 p.m.

WE APPRECIATE OUR ADVERTISERS

They allow us to
print this bulletin.
Thank you!



FREE AD DESIGN WITH PURCHASE OF THIS SPACE

Call 800.950.9952

Carol's Country Tours

New York City	04/22-04/28	\$970
Washington DC	06/10-06/16	\$1095
Colorado Springs	09/18-09/26	\$1445
Chicago	10/19-10/21	\$510

Carol J. Kaufmann

Ckaufmann@new.rr.com

(920) 216-4668

www.carolscountrytours.com
425 W Packer Ave • Oshkosh, WI 54901



Does your
organization need
a newsletter?
We'll cover the
printing costs!



Learn more at
lpicomunities.com

Aspire

Community for Seniors

Put more life into
your *Lifestyle!*

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

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

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

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



www.aspiresenior.com

KONRAD-BEHLMAN
FUNERAL HOMES

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

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

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



Leave a Legacy

Consider the Community Foundation in your estate
planning, so that your gift will give back to causes
you care about, long after you are gone.



**OSHKOSH AREA
COMMUNITY
FOUNDATION**

To learn more: info@oshkoshareacf.org | (920) 426-3993 | OshkoshAreaCF.org



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

Oshkosh Senior Center, Oshkosh, WI

01-0984

Blood Pressure Check (S)

Wednesday, November 4 & 18, 12p to 1p

Cost: Free

Provider: Compassus Hospice and Valley VNA

Min/Max: None

No registration needed

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.

Healthy Aging with Diabetes (S)

Wednesday, November 4, 1p to 2p

Cost: Free/Type 2

Presenter: Megan Fritiz

Min/Max: 5/24

Register by Monday, November 2

National Diabetes Education Week is November 1–7. Learn practical strategies for prevention, daily management, balanced nutrition, and healthy lifestyle choices that support long-term wellness and independence.

Mindfulness Meditation (S)

Thursdays, November 5–19, 11a to 12p

Cost: \$1.25R/\$1.75NR/Type 3

Instructor: Donna Janus

Min/Max: None

Pre-registration encouraged

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.

Peptides: Hype, Hope, and What the Science Actually Says (S)

Thursday, November 5, 1p to 2p

Cost: Free/Type 2

Presenter: Dr. JJ Allen

Min/Max: 5/40

Register by Tuesday, November 3

Peptides are widely promoted for healing, sleep, energy, and aging—but what does the evidence say? Join J.J. Allen, PharmD, to learn about benefits, safety, medication interactions, and how to identify questionable products. Bring your questions.

Falls Prevention for All Ages (S)

Friday, November 6, 1p to 2p

Cost: Free/Type 2

Presenter: Sheila Canter, Ripon Senior Living

Min/Max: 5/24

Register by Wednesday, November 4

Learn practical tips and techniques to prevent falls and stay safe, confident, and independent at every stage of adulthood.

Hospice vs. Palliative Care (S)

Monday, November 9, 1p to 2p

Cost: Free/Type 2

Presenter: Briana Custard from ThedaCare

Min/Max: 5/50

Register by Thursday, November 5

Learn the differences between hospice and palliative care, how they support patients and families, and ways to get involved as a hospice volunteer. The session also highlights the We Honor Veterans program and its support for veterans at the end of life.



ThedaCare

At Home

The Fox Fitness Center
(North Building) will be
open on Friday,
November 27 from
8 a.m. to 12 p.m.

Pie Social & Continuum of Care Panel (S)

Wednesday, November 11, 1p to 2p

Cost: Free/Type 2

Presenter: St. Croix Hospice and Local Healthcare Professionals

Min/Max: 5/50

Register by Monday, November 9

Join us for pie, conversation, and helpful healthcare insights. Connect with local healthcare professionals during a Continuum of Care panel discussion, where community partners will answer questions and share guidance on care options for you or your loved ones.

A Healthier You (S)

Monday, November 23, 1p to 2p

Cost: Free/Type 2

Instructor: Dena Mayer of Aurora Health

Min/Max: 10/75

Register by Thursday, November 19

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.

Stay
Healthy



TIPS FOR PREVENTING FALLS

Eliminate Hazards

De-clutter, remove power cords and throw rugs, and be sure your space is well lit.

Learn Your Risk

Get a Biodex Balance Assessment at OSC!

Check Your Vision & Hearing

Hearing loss and low vision put you at a higher risk for falling. Get yours checked and treated!

Know Your Medications

Certain medications can increase your risk of a fall. Talk to your doctor or pharmacist!

Stand Up

Too much sitting is bad for you. Spend more time standing to improve your balance and strength.

Steady Yourself

Install handrails and grab bars, wear sensible footwear, be careful of pets, and use assistive devices when needed.

Think Prevention

Don't underestimate the role you play in your own health. Be prevention-minded when it comes to your fall risk!



PIE SOCIAL & CONTINUUM OF CARE PANEL

Join us for an afternoon of conversation, community, and helpful healthcare insights. Enjoy a slice of pie while connecting with local healthcare professionals during our Continuum of Care Panel Discussion. Our panel of community healthcare partners will answer questions and provide guidance on care options for you or your loved ones.

Care Panel Members:

- St. Croix Hospice
- Home Helpers Home Care
- Opportune Mortgage Group
- Oasis Senior Advisors
- Eden Vista Oshkosh
- First Weber Realtors
- Edenbrook Oshkosh
- McNarmara & Thiel Insurance
- BrightStar Care
- PRN Home Health & Therapy
- ADRC of Winnebago County

November 11 | 1-2 PM

Oshkosh Seniors Center
South Building | Oasis Room

IN PARTNERSHIP WITH:

ST. CROIX[®]
HOSPICE

Caring for the community since 1908.

Valley VNA Senior Care

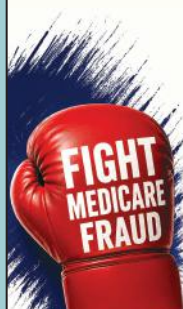
- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
- **Assisted Living and Memory Care** for when your needs change.

valleyvna.org | 920.727.5555 | Neenah, WI

Little
space.
Big
impact.

Advertise here
Call 800-950-9952

**Something Doesn't Look Right?
Trust Your Instincts.**



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

If you notice charges you don't recognize, receive medical equipment you didn't order, or have questions about your Medicare account, Wisconsin SMP is here to help.
Call before fraud becomes a bigger problem.

Free and confidential assistance.



1-888-818-2611



www.smpwi.org

Made
you look.

Advertise here to
reach your local
audience.

Visit 4ipi.com/advertising-solutions

Scan to get
started!



Never miss our publication!

Get each new issue
delivered straight to
your inbox.

Scan to subscribe on
MyCommunityOnline.com



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.



Nail Care (S)

Tuesdays & Wednesdays, 9a to 3:30p
Thursday, November 5 & 19, 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 920-232-5301, at least 5-6 weeks in advance. Appointments fill quickly.

Mindworks (S)

Thursdays, November 5-19, 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 (S)

Thursdays, November 5 & 19, 1:30p to 3p

Cost: Free/Type 3

Facilitator: Meredith Schluter, Compassus Hospice

Min/Max: 2/12

Pre-registration encouraged

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.

Tender Loving Care (TLC) Support Group (S)

Thursday, November 19, 12:30p to 2p

Cost: Free/ Type 3

Facilitator: Fox Valley Memory Project

Pre-registration encouraged

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

Memory Screens (S)

Wednesday, November 18, 10:30a to 12p

Cost: Free/Type 3

Provider: Alisa Richetti from the ADRC

Min/Max: 1/4

Register by Monday, November 16

Reserve your spot now for a free memory screen! Come get your questions answered about topics related to memory loss, dementia, and caregiving. Memory screenings are a great way to check how your memory is working and catch any changes early. Each session is a one on one and takes about 20 minutes.

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.

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!



ALMEDA FISK GALLUP TRUST FUND

The Oshkosh Seniors Center is honored to receive funding from the Almeda Fisk Gallup Foundation. This funding plays a vital role in helping us support Oshkosh's senior residents by providing assistance with vision, hearing, and dental needs.



If you or someone you know needs assistance with vision, hearing, or dental care, please contact Bobbie Jo Nagler at the Oshkosh Seniors Center. She will be happy to guide you through the application process for available funding.



Please note that specific eligibility criteria must be met.

**PLEASE CALL 920.232.5301 TO
APPLY**

The Golden Tones Chorus Presents

HEAR THE ANGELS SING

A Holiday Concert

SUNDAY, DECEMBER 13 | AT 2:00 P.M.
OSHKOSH SENIORS CENTER | NORTH BUILDING

Doors open at 1:30 p.m.

Director: Paula Steinert
Accompanist: Merlaine Angwall

Tickets: \$8

Must be purchased in advance
On sale from November 16 to December 10

Exploring Three Unsung Heroes of Healthy Cooking (S)

Mondays, November 2-16, 10a to 12p

Cost: \$30.00R/\$35.00NR/Type 1

Instructor: Lynn Stuart

Min/Max: 6/9

Register by Monday, October 26

Three weeks, three tasty topics! Explore nutritious cabbage, affordable protein-packed quinoa, and a winter squash taste test to find your favorite. Each class includes demonstrations, hands-on participation, and samples. All experience levels welcome.

Golden Tones Rehearsals (S)

Mondays, November 2-30, 1:30p to 3p

Registration Closed

Open Medicare Hours (S)

Tuesday, November 3, 8a to 10a & 11a to 3p

Cost: Free/Type 3

Presenter: Amy from Medicare Masters

Min/Max: None

Pre-registration encouraged

Have questions about your Medicare coverage? Stop by during open hours to speak one-on-one with Amy.

Be a Master of Medicare (S)

Friday, November 3, 10a to 11a

Cost: Free/Type 2

Presenter: Amy from Medicare Masters

Min/Max: 5/24

Register by Wednesday, October 28

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

Karaoke (S)

Tuesday, November 3 & 17, 1p to 2:15p

Cost: Free/Type 3

Instructor: Lori Schroeder and Kelly Arens

Min/Max: 5/25

Pre-registration encouraged

Join us to sing some of your favorite 2010's classic songs, or sit back and enjoy hearing others sing. All music lovers are welcome!

Ukulele Play Along (S)

Wednesdays, November 4-25, 10:30a to 12p

Cost: \$2.00R/\$2.50NR/Type 3

Instructor: Dave Hable

Min/Max: 3/20

Pre-registration encouraged

Know 3-4 ukulele chords? Join our weekly group and play along with fellow musicians! We perform a variety of volunteer-selected songs, available on your iPad, smartphone, or tablet using Wi-Fi. Help connecting is available.

Beginner Ukulele Lessons (S)

Fridays, November 6-20, 10a to 10:50a

Cost: \$35.00R/\$40.00NR/Type 2

Instructor: Joe Wiedenmeier

Min/Max: 5/12

Register by Wednesday, November 4

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 (S)

Fridays, November 6-20, 10a-10:50a

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

Instructor: Aaron Baer

Min/Max: 5/12

Register by Wednesday, November 4

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

Intermediate Ukulele Lessons (S)

Fridays, November 6-20, 11a to 11:50a

Cost: \$35.00R/\$40.00NR/Type 2

Instructor: Aaron Baer

Min/Max: 5/12

Register by Wednesday, November 4

This class is for those with 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, November 6-20, 12p to 12:50p

Cost: \$35.00R/\$40.00NR/Type 2

Instructor: Aaron Baer

Min/Max: 5/20

Register by Wednesday, November 4

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

Chat N Chop (S)

Tuesday, November 10, 9:45a to 11:45a

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 2/10

Register by Tuesday, November 3

Join this episode of Chat n' Chop as we prepare French ham-and-Brie pigs in a blanket, one-pot French onion pasta, and chicken pot pie soup. Grab your apron and enjoy a delicious afternoon of cooking!

Explore Your Veteran Benefits (S)

Tuesday, November 10, 1p to 3p

Cost: Free

Instructor: Local DAV Chapter

Min/Max: 2/100

Register by Friday, November 6

Veterans and their spouses are invited to learn about available benefits and the claims process from a National Service Officer with Disabled American Veterans (DAV). A local Winnebago DAV Chapter Service Officer will also be available to answer questions and help start a claim.

ORD: Feeding and Attracting Songbirds this Winter (S)

Wednesday, November 18, 10a to 12p

Cost: Free/Type 3

Instructor: Rob Zimmer

Min/Max: 10/80

Pre-registration encouraged

Peak bird feeding season begins in November and for the next several months, you can attract a number of different beautiful and unusual songbirds to your yard and garden. Get to know them and the foods they love.

Bingo (S)

Wednesday, November 18, 1:30p to 3p

Cost: Free/Type 3

Facilitator: Kelly Arens

Min/Max: 10/80

Pre-registration encouraged

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!**

Banking with BMO:

Banking Basics (S)

Wednesday, November 18, 1p to 2p

Cost: Free/Type 2

Instructor: Maria Vidal, Banker

Min/Max: 2/20

Register by Monday, November 16

This session explores different types of financial institutions and accounts, how to select banking products that fit your needs, ways to protect your money, and best practices for safe online banking. Whether you are new to banking or want to strengthen your financial knowledge, this workshop provides practical guidance to support your financial journey.

Book Talk (S)

Thursday, November 19, 9:30a to 11a

Cost: \$1.25R/\$1.75NR/Type 2

Instructor: Kerry Wolfe

Min/Max: 2/20

Register by Thursday, October 29

Love to read? Join Book Talk at the Seniors Center to meet fellow readers and discuss great books. Books are provided by the library for you to read and return. The following month's book is distributed at each meeting. November's selection: *The Goldfinch* by Donna Tartt.

Save the Date!

The **Holiday Dulcimer Concert**
With Charlene Luebke will take place
on December 2nd at 2 p.m.

Nursing Home Crisis Planning: How to Use Funeral Trusts, Annuities, and Other Methods to Preserve Wealth (S)

Friday, November 20, 10a to 11a

Cost: Free/Type 2

Presenter: Joe McCleer of McCleer Law Offices

Min/Max: 5/24

Register by Wednesday, November 18

Attorney Joe McCleer of McCleer Law Office details ways you can still preserve your wealth even if you or your spouse are already in an assisted living facility or nursing home or likely will be within the next five years. Topics covered include funeral trusts, converting IRAs into exempt annuities, and other strategies for qualifying for Medicaid.

LIR: Utah-A Photographic Journey (S)

Monday, November 23, 10a to 11:30a

Cost: Free/Type 2

Presenter: Erin & Jim Czech

Min/Max: 5/30

Register by Thursday, November 19

LIR members Erin and Jim Czech have traveled to Utah numerous times to camp, hike, and take photographs. Utah contains five national parks and eight national monuments, as well as many state parks and scenic byways. The Czechs invite you to join them as they share their photographs of this amazing landscape.

Cribbage (S)

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

Cost: Daily fees apply/Type 3

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Mahjong (S)

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

Tuesdays, 12:30p to 3:30p

Cost: Daily fees apply/Type 3

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Mexican Train (S)

Tuesdays, 12:30p to 3:30p

Cost: Daily fees apply/Type 3

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Bid Euchre & Rummikub(S)

Wednesdays, 12:30p to 3:30p

Cost: Daily fees apply/Type 3

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Sheepshead (S)

Thursdays, 12:30p to 3:30p

Cost: Daily fees apply/Type 3

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Open Bridge (S)

Fridays, 12:30p to 3:30p

Cost: Daily fees apply/Type 3

Facilitator: Self-led

Min/Max: None

Pre-registration recommended



Due to the election,
there will be no cards
on Tuesday,
November 3.

OSHKOSH SENIORS CENTER
UKULELE CONCERT



DECEMBER 13, 2026, 6 P.M.
OSHKOSH SENIORS CENTER, SOUTH BUILDING

Doors open at 5:30 p.m.
Register by Thursday, December 10
Free, donations appreciated



Decorate With Us!

HELP US DECORATE THE
OSC FOR THE HOLIDAYS!

November 25
9 a.m. to 12 p.m.

Stop by any time
between 9 a.m. and
12 p.m. to help! Meet in
the South Building.

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!

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. A Christmas Story The Musical is the hilarious account of how Ralphie's perfect gift ends up under his tree. Based on the classic 1983 movie, the musical features a funny and heartfelt score by Benj Pasek and Justin Paul, who wrote music for the hit movies La La Land, The Greatest Showman, and the hit Broadway show Dear Evan Hansen. A Christmas Story The Musical captures holiday wonder with such deliciously wicked wit that it is sure to delight children and grown-ups alike! See flyer for more detailed information.

Tour Mgr: Cheryl Freiberg
920.379.8128



***** We are looking for friendly volunteers
to join us as Receptionists or Tour
Managers! Check at our desk for more
information! *****

BUDDY: The Buddy Holly Story

The Fireside Theatre—Fort Atkinson

Date: Thursday, February 4th, 2027

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

Depart: 8:00am—Return: Approx. 6:15pm

Before the Beatles and the Rolling Stones ever played a note, popular music was forever changed by a bespectacled kid from Lubbock, Texas—BUDDY HOLLY! Now you can witness his story explode onto the Fireside stage in a toe-tapping, hand-clapping, live-band extravaganza that will have you up and dancing.

BUDDY tells the true story of Buddy Holly's short yet spectacular career and features classic songs including "That'll Be the Day," "Peggy Sue," "Oh Boy," "Everyday," "Not Fade Away," "Heartbeat," and "Rave On,"

as well as The Big Bopper's "Chantilly Lace," Ritchie Valens' "La Bamba," and many more.

There will be a stop at Jones Farm Market on the way. See the flyer for more detailed information.

Tour Mgr: Cindy Paffenroth
920.379.0997



Pretty Woman The Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, March 18th, 2027

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

Depart: 8:00am—Return: Approx. 6:15pm

The classic film starring Julia Roberts is now a hit musical! PRETTY WOMAN: The Musical features an original score by Grammy Award-winner Bryan Adams and his longtime songwriting partner, Jim Vallance, and a book by the legendary Garry Marshall and J.F. Lawton. Once upon a time in the late '80s, unlikely soulmates Vivian and Edward overcame all odds to find each other . . . and themselves. Experience the moments you love from the movie—and get to know these iconic characters in a whole new way—in this dazzling theatrical take on a love story for the ages.

PRETTY WOMAN: The Musical will lift your spirits and light up your heart. (This show contains mature themes and language and may not be appropriate for all audiences.) See the flyer for more detailed information.

Tour Mgr: Cindy Paffenroth
920.379.0997

**PRETTY
WOMAN**
THE MUSICAL

Rise Up, O Men

The Fireside Theatre—Fort Atkinson

Date: Thursday, May 6th, 2027

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

Depart: 8:00am—Return: Approx. 6:15pm

In this installment of The Church Basement Ladies series, the year is 1964. The township is celebrating its Diamond Jubilee, and the men are making repairs in the church kitchen. We meet Roger, the furnace salesman; Arlo, an old war veteran; and Elroy, the local John Deere dealer. Beverly has graduated from high school and is off at camp. Karin suffers from empty nest syndrome and loses her mother's ring. Mavis is experiencing menopause, and Pastor questions his purpose. Join us for more hilarious antics from the series and characters you have come to know and love! See the flyer for more detailed information.

Tour Mgr: TBD

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 full of dramatic contrasts. Come to know Iceland, a place where steaming lava fields reflect its volcanic nature and massive glaciers sculpt mountains and valleys, leaving behind thundering waterfalls and plunging fjords. This includes the "Iceland's Midnight Sun: Glaciers, Geysers, and the Golden Circle" 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 learn about Icelandic traditions, such as wool dyeing and greenhouse farming. At a family-run greenhouse, learn how they are able to harness the natural warmth from the ground's geothermal waters to create a year-round Mediterranean climate. Visits to historical sites, such as turf-built houses and the Skógar Museum, provide insight into Iceland's heritage. This is a Level 3 activity level. A passport is required. See flyer for more detailed information.

Tour Mgr: Cheryl Freiberg,
920.379.8128



Heartbreak Hotel

The Fireside Theatre—Fort Atkinson

Date: Thursday, July 8th, 2027

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

Depart: 8:00am—Return: Approx. 6:15pm

Elvis is back in the building! His singular name still evokes immediate recognition from people all over the world. This official Elvis Presley bio-musical takes a closer look at the rock star and incomparable icon whose impact shaped the history of music and culture.

Trapped in a moment of crisis, Elvis is guided by his younger self through the pivotal moments of his life that transformed him into "The King of Rock and Roll." HEARTBREAK HOTEL features more than 40 Elvis hits and iconic songs, including "That's All Right," "All Shook Up," "Heartbreak Hotel," "Burning Love," "Good Rockin' Tonight," "Hound Dog," "Love Me Tender," "Don't Be Cruel," "Jailhouse Rock," "Are You Lonesome Tonight?" and "Blue Suede Shoes."

See flyer for more detailed information.

Tour Mgr: TBD



UPCOMING TRIPS BEING CONSIDERED FOR 2027:

- Daytime Brewer Game
- Holocaust Museum
- Obama Presidential Library
- Door County Trolley Tour
- Nighttime Brewer Game
- Waupaca River Boat Cruise
- Cranberry Festival
- WI Amish Greenhouse, Bakery and Bulk Food Store; Shawano Stock Market; Wittenberg Nueske Meats

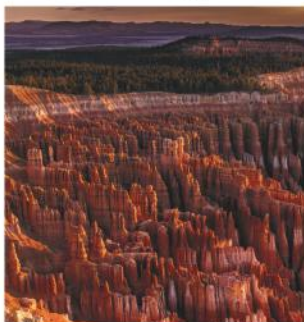
Discover Canyon Country

Dates: October 13 – 22, 2027

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

Our trip begins at Grand Canyon National Park. Experience the South Rim, with time to explore the park's breathtaking vistas and geological formations. At Bryce Canyon National Park, see the famous hoodoos—unique rock spires in vibrant orange and red hues. Enjoy Sunset Park, including a scenic tram ride through Zion Canyon and time for independent exploration. Unique activities and experiences include Sedona. Visit this artsy town, known for its stunning red sandstone formations and vibrant arts-and-crafts scene. We will stay at Lake Powell, a resort overlooking the lake; embark on a guided scenic rafting adventure to Horseshoe Bend; and take a lake cruise with views of Glen Canyon Dam. Enjoy a cultural evening in Page, Arizona, with traditional Navajo cuisine and entertainment. Trade nature's beauty for the lights of the Vegas Strip. This four-mile stretch of road features neon-lit resorts and around-the-clock action. This afternoon, toast to the end of your journey at a farewell lunch with your fellow travelers. Make the most of your free time this evening to experience the best that Vegas has to offer. This is a Level 2 activity level. Walking two to three miles over the course of a day is no problem for you. You can handle a variety of terrains, from cobblestone streets to moderate hills, with relative ease and without assistance. You can climb two flights of stairs with ease. Expect some full days balanced with free time to recharge or set out on your own adventure. You can handle altitudes up to 6,000 feet. While this level is appropriate for travelers who require mobility assistance devices, there could be times when you may have to sit out some of the included activities. A REAL ID-compliant form of identification is required. See flyer for more detailed information.

Tour Guide: 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)

Highlights include the Gaylord Opryland Resort Dinner & Holiday Show, Grand Ole Opry Performance, Historic RCA Studio B, Civil Rights Tour, Graceland, Ryman Auditorium, Country Music Hall of Fame, Jazz Revue, and French Quarter. This trip begins in New Orleans, exploring jazz, the French Quarter, and local cuisine. Travelers will visit Oxford, Mississippi, then Memphis to see Graceland and Civil Rights sites. The journey continues to Nashville, with highlights including the Ryman Auditorium, Grand Ole Opry, and Country Music Hall of Fame. Enjoy a chocolate-making lesson at the iconic Goo Goo Candy Shop. The itinerary includes cultural tours, live music experiences, and optional activities, such as a jazz brunch and backstage Opry tour. Embark on a cozy horse-drawn carriage ride, or take in your resort's amazing lights and décor on a relaxing river cruise. On a private tour of RCA Studio B, gain an insider's look at Nashville's oldest remaining recording studio, where Elvis Presley, Dolly Parton, and Charley Pride once recorded some of their classic hits. Explore the Country Music Hall of Fame, the largest museum of popular music in the world. The museum's vast collections of memorabilia, costumes, recordings, and instruments are artfully presented in cutting-edge exhibits relaying the colorful histories of country music and its artists. This is a Level 2 activity level. Walking two to three miles over the course of a day is no problem for you. You can handle a variety of terrains, from cobblestone streets to moderate hills, with relative ease and without assistance. You can climb two flights of stairs with ease. Expect some full days balanced with free time to recharge or set out on your own adventure. You can handle altitudes up to 6,000 feet. While this level is appropriate for travelers who require mobility assistance devices, there could be times when you may have to sit out some of the included activities. A REAL ID-compliant form of identification is required. See flyer for more detailed information.

Tour Guide: Cheryl Freiberg, 920.379.8128





We wanted to say *thank you* for supporting the connection, wellbeing, and lifelong engagement for older adults in our community through the Oshkosh Seniors Center. Every day, our programs create opportunities to learn, socialize, stay active, and thrive.

We hear the stories, see the smiles, and feel the joy that comes from creating a community filled with confidence and kindness. From physical therapy and nutrition assistance to creative workshops and education sessions, your support has created opportunities that turn into life-changing moments.

We know that as we age, it's the little things that make the biggest difference. At times, aging can feel isolating and unstimulating. When coming to the Oshkosh Seniors Center, members find programs and opportunities made with *them* in mind. These programs are only possible **with your support**.

When you give the gift of community to the Friends of the Oshkosh Seniors Center, you are a champion for the wellness of seniors in our community and the resources that create the most change. Today, tomorrow, and for many years to come, **you make a difference**.

If you would like to make a charitable donation, contributions can be made to:

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



***Thank you for your continued support of the
Friends of the Oshkosh Seniors Center!***



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 Sewell, 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
Emily Miller, Secretary
Jean Wollerman
Robin Liepert
Tayler King
Andrea Bowers
Patti Houston

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.