



The Current

October 2026

Discover the Offerings at the Oshkosh Seniors Center

Enrichment

Pages 6-9

Fitness & Wellness

Pages 10-20

Technology & Support Services

Page 21-22

Social & Educational

Pages 23-26

Winnebago Senior Tours

Pages 27-29

Friends of the Oshkosh Seniors Center

Pages 30-31

Featured Programs & Events



Active Aging Week
Pages 12 & 14



Move Your Mood
Page 20



Almeda Fisk Gallup Fund
Page 22



Ukulele Lessons
Page 23

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

Fall is officially here, bringing a vibrant lineup of opportunities to stay active, keep learning, and try something new at the Oshkosh Seniors Center!

This October, you can boost your well-being with our healthy cooking programs, learn the secrets to preparing perfect salmon with Jenny from Eden Vista, and protect your hard-earned assets through fraud and cryptocurrency scam-prevention seminars hosted by Horicon Bank and Learning in Retirement. We are also thrilled to welcome back Rob from the Oshkosh Recreation Department for a great presentation on the Horicon Marsh and to kick off a celebration of movement with Active Aging Week, beginning Monday, October 5.

There is truly something for everyone this month, so stop by to discover your next autumn adventure!

We are currently seeking dedicated volunteers to assist with front desk operations and lend a hand with program activities. By donating a few hours of your week, you will play a vital role in keeping our daily operations running smoothly and our community engaged. We invite you to reach out today to learn how you can become an essential part of our mission.

See you by the River!
-Dan Braun

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

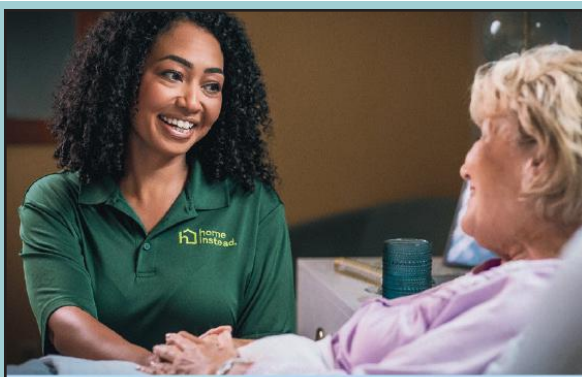
Includes all general use (cards, games, knitting, puzzles, library, socializing, bingo, movies).

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



✓ Voted Best
Roofing Contractor
16 Years Running

(920) 426-4008
info@hickeyroofing.com



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



VOLUNTEERS NEEDED

Call (920) 235-9368



All proceeds from the store remain LOCAL to help area families.

St. Vincent de Paul Thrift and Furniture Store
2551 Jackson Street • Oshkosh, WI 54901



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.

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.**

LAKE-AIRE
Auto Service

Complete Auto Service
2200 Montana Street
231-1023



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

Oshkosh Senior Center, Oshkosh, WI

01-0984

Art Expressions (S)

**Thursdays & Fridays, October 1 to 30
8:30a to 11:30a**

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

Instructor: Self-led

Min/Max: None

Pre-Registration Encouraged

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 (S)

Thursdays, October 1 to 29, 8:30a to 11:30a

Cost: \$1.00R/\$1.50NR Per Visit/Type 2

Instructor: Self-led

Pre-Registration Encouraged

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

Wisconsin Warmers (S)

Thursdays, October 1 to 29, 9a to 3p

Cost: Free/Type 3

Instructor: Self-led

Min/Max: None

Pre-Registration Encouraged

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

"Boo"tiful Lights (S)

Friday, October 2, 1p to 2:30p

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

Instructor: Kelly Arens

Min/Max: 3/10

Register by Friday, September 25

Turn glass light shades into whimsical glowing ghost lights! Learn to make a bow and customize your design. Includes materials for two lights.



Beginner Mindfulness Knitting (S)

Fridays, October 2, 9, 23, 30, 11a to 12:30p

Cost: \$5.00/Type 2

Instructor: Kelsey from StudiOM

Min/Max: 5/10

Register by Wednesday, September 30

Blend mindfulness and creativity in this four-week beginner knitting series. Each session includes gentle movement, intention-setting, knitting time, and a short mindfulness practice. Yarn and needles are provided—keep your finished project or donate it to someone in the local community.

Hand Building with Clay (S)

Tuesdays, October 6 to 27, 12p to 3p

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

Instructor: Kathy Dittmer

Min/Max: 3/8

Register by Friday, October 2

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 511: Medallion Quilts Taking the Next Step (S)

Wednesdays, October 7 to 28, 9a to 11:30a

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

Instructor: Liz Lahm

Min/Max: 2/6

Register by Monday, October 5

Learn how to choose and size borders that highlight your quilt panel. Bring your sewing machine and manual to each class. A supply list is available at the South Building front desk upon registration.



Enrichment

Building: North (N) South (S)

Stained Glass Guided Hours (S)

Wednesdays, October 7-21, 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 202: Small Zippered Handbag (S)

Wednesdays, October 7 to 28, 12:30p to 3p

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

Instructors: Liz Lahm

Min/Max: 2/6

Register by Monday, October 5



Learn the basics of making a zippered pouch or handbag, including material selection and resizing your design. Bring your sewing machine and manual to each class. A supply list is available at the South Building front desk upon registration.

Diamond Art: Holiday Ornaments (S)

Friday, October 16, 1p to 3p

Cost: \$15.00R/\$17.50NR/Type 1

Instructor: Kelly Arens

Min/Max: 3/15

Register by Friday, October 9

Create a sparkling diamond art centerpiece for the holiday season! No experience is necessary. View a sample at the South Building.



Resin Class: Owl (S)

Monday, October 19, 9:30a to 11:30a OR 12:30p to 2:30p

Cost: \$20.00R/\$25.00NR/Type 1

Instructor: Kerry Wolfe

Min/Max: 3/10

Register by Monday, October 12

Create a charming owl using colorful glass pieces and resin. After designing your project, you'll cover it with resin and allow it to cure for 24 hours before taking it home. Choose one session time when registering—please do not register for both.



SENIOR EXPO

OSHKOSH CONVENTION CENTER

TUESDAY, OCT 6, 2026 9am-1pm

- 450+ Attendees with 80+ Exhibitors of Senior Products & Services
- Free Admission, Health Screenings, Speakers, and Door Prizes



Keynote Address

12:00pm

Former Gov. Martin Schreiber

Author of

"My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver"

Community Partners



Public Health
Prevent. Promote. Protect.
Winnebago County
Health Department

For Seminars, to Locate Exhibitors or Search Products visit: TimeOfYourLifeExpo.com

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.

5 YEAR FIA HIGHLIGHTS

CREDITING STRATEGY S&P 500® INDEX

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

RATES SUBJECT TO CHANGE WITHOUT NOTICE.

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.



**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.

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

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

Call 800.950.9952

Timeless Tribute Memorials LLC

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

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

Call us to clean or raise sinking cemetery memorials



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

Cost: \$40.00R/\$45.00NR/Type 2

Instructors: Gene Bengel & Richard Krummick

Min/Max: 3/10

Register by Tuesday, September 29

Carve a detailed basswood beast from an approximately 8" x 5" x 3" cutout (base not included). Bring hand tools, including a carving knife, plus power tools with dust collection and a pencil. Patterns and reference images are provided, with coloring and finishing discussed near the end of the session. **For intermediate to advanced carvers only.**



Power & Hand Tool Carving (N)

Mondays, October 5 to 26, 9a to 12p

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

Instructor: Gene Bengel, Richard Krummick

Min/Max: 4/12

Register by Thursday, October 1

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, October 6 to 27, 8:30a to 11:30a

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

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 (N)

Wednesdays, October 7 to 28, 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, October 8, 1p to 3p

Cost: Free/Type 2

Instructor: Dan Braun

Min/Max: 2/10

Register by Tuesday, October 6

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.

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.

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



OCTOBER 5-9

MONDAY
→ 10/5

Caramel Apple & Apple Cider Social
10:30 a.m. to 12:30 p.m.
Dress-Up Day: Flannels

TUESDAY
→ 10/6

Move Your Mood
All Day
Dress-Up Day: Green Day

WEDNESDAY
→ 10/7

K & C Bootcamp
1:30 to 2:30 p.m.
Dress-Up Day: Decade Day

THURSDAY
→ 10/8

Artfully Yours: Fall Wood Pumpkins
1 to 3 p.m.
Dress-Up Day: Overalls/Bibs

FRIDAY
→ 10/9

Eating to Stay Active
11 a.m. to 12 p.m.
Dress-Up Day: Freaky Friday (Costumes)



Personalized Care



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

- Med Reminders • Meals • Companionship
- Bathing • Dressing • Transportation



What
matters
to you,
matters
to us.

Call us today to learn more!
(929) 944-8945
interim.com/fox-cities

©2024 Interim HealthCare Inc. Most offices are independently owned and operated.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

Carol's Country Tours

Washington D.C.	04/16-04/22	Waitlist
NYC	06/11-06/17	Waitlist
Maine	08/29-09/06	\$1675
Cape Cod	09/26-10/04	Waitlist
Memphis	10/19-10/24	\$970
Branson	11/29-12/04	\$1185

Carol J. Kaufmann

Ckaufmann@new.rr.com

(920) 216-4668

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



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.lpicomunities.com

Oshkosh Senior Center, Oshkosh, WI

01-0984

CELEBRATE ACTIVE AGING WEEK WITH US!

Caramel Apple and Apple Cider Social (S)

Monday, October 5, 10a to 12p

Cost: Free/Type 2

Facilitator: Kerry Wolfe

Min/Max: 5/25

Register by Friday, October 2

Celebrate Active Aging Week with a different fun activity each day! Kick off the week on Monday from 10 a.m.–12 p.m. with an Caramel Apple and Apple Cider Social. Wear your favorite flannel and join the fun!

1K Walk & Scavenger Hunt (N)

Tuesday, October 6, 9:15a to 10a

Cost: Daily Rates Apply/Type 2

Instructors: Cierra Sewell & Kayla Reiter

Min/Max: None

Register by Monday, October 5

Meet at the OSC North Building main entrance at 9:15 a.m. for a fun 1K scavenger-hunt walk. Get moving, enjoy the outdoors, and see what you can find!

Kickboxing with Dan (S)

Tuesday, October 6, 12p to 12:30p

Cost: Daily Rates Apply/Type 3

Instructor: Dan Braun

Min/Max: 5/40

Register by Friday, October 2

Join Dan for a high-energy kickboxing workout that builds cardio, strength, coordination, and balance. Come ready to move and sweat! **Held in the South Building OASIS Room.**

Movement Lab (S)

Tuesday, October 6, 1p to 2p

Cost: Free/Type 2

Presenters: Kayla Reiter & Cierra Sewell

Min/Max: 5/40

Register by Friday, October 2

Join us in the South Building OASIS Room from 1–2 p.m. for an educational presentation on the benefits of daily movement and its positive impact on mental health.

K & C Bootcamp (N)

Wednesday, October 7, 1:30p to 2:30p

Cost: Free/Type 3

Instructors: Kayla Reiter & Cierra Sewell

Min/Max: 5/40

Pre-Registration Encouraged

Join Kayla and Cierra for a fun, high-energy bootcamp workout featuring cardio, strength, and functional exercises for the whole body.

Artfully Yours: Fall Wooden Pumpkins (S)

Thursday, October 8, 1p to 3p

Cost: \$15.00R/\$20.00NR/Type 1

Instructor: Kelly Arens

Min/Max: 3/10

Register by Monday, October 5



Celebrate Active Aging Week by decorating two wood pumpkins with fabric or other materials. Bring your own fabric or napkins, or choose from the provided designs. Create a cozy fall accent for your porch, hearth, or table! Thank you to the Woodshop for cutting the designs!

Eating to Stay Active (S)

Friday, October 9, 11a to 12:30p

Cost: Free/Type 2

Presenter: Steffi Sabel

Min/Max: 5/40

Register by Wednesday, October 7

Learn how nutrition needs change with age and discover simple, delicious ways to meet them. Steffi Sabel, Dietary Coordinator at Rennes Group, will share practical tips and prepare vegetable pinwheels to sample.



Mindfulness Meditation (S)

Thursdays, October 1-29, 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.

Small Group Reiki (S)

Wednesday, October 7 & 21, 9a to 10:15a

Instructor: Kim from Open Heart Reiki

Cost: Free/Type 2

Min/Max: 5/12

Register by Monday, October 5/19

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 (S)

Wednesday, October 7 & 21, 12p to 1p

Cost: Free

Provider: Compassus Hospice and Valley VNA

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.

Hearing Screens & Hearing Aid Cleanings (S)

Wednesday, October 14, 9a to 12p

Cost: Free/Type 2

Provider: Samantha Spannbauer

Min/Max: 2/12

Register by Monday, October 12

Take a proactive step toward better hearing with a free, quick, and painless screening. Because hearing loss can develop gradually, early detection helps protect communication, relationships, and quality of life.

Already wear hearing aids? Bring them in for a free professional cleaning to help maintain clear sound and extend their lifespan.

Mobility Support (S)

Monday, October 19, 1p to 2p

Cost: Free/Type 2

Presenter: Briana Custard from ThedaCare

Min/Max: 5/50

Register by Thursday, October 15

Join us to learn how durable medical equipment can support safer, more independent daily living. Explore mobility aids and helpful tools that can help you stay active, confident, and connected to the activities you enjoy. Whether for yourself or someone you care for, this presentation will help you understand your options and choose equipment that supports dignity and quality of life.



ThedaCare®
At Home

Navigating Cancer Panel: Q & A (S)

Tuesday, October 20, 1p to 2:30p

Cost: Free/Type 2

Min/Max: 5/50

Register by Friday, October 16

Whether you are a patient, caregiver, or family member, this session will address common questions and challenges throughout the cancer journey. Learn about treatment options, balancing quality of life with care goals, communicating with health care providers, involving loved ones in decision-making, and accessing supportive resources. Presenters include Tami Morrow, who specializes in lung, head, and neck cancers; Darci Nelson, who specializes in breast, gynecological, and brain cancers; Delaney Haas, who specializes in breast, genitourinary, and esophageal cancers, as well as melanoma; and Carol Wolfgram, who specializes in gastrointestinal cancers, leukemia, and lymphoma.



Coffee With the Chiropractors: Is Inflammation Causing You Pain? (S)

Thursday, October 22, 1p to 2p

Cost: Free/Type 2

Presenter: Dr. Bradley Rahikainen from The Wellness Way

Min/Max: 5/30

Register by Tuesday, October 20

Discover how inflammation can be silently contributing to pain, fatigue, digestive issues, and other long-term health concerns. We'll explore what causes inflammation, its' impacts, and practical strategies to reduce it naturally. Learn how chiropractic care and a health restoration approach can help support the body's healing process, improve function, and promote lasting wellness by addressing underlying causes.

A Healthier You (S)

Monday, October 26, 1p to 2p

Cost: Free/Type 2

Instructor: Dena Mayer of Aurora Health

Min/Max: 10/75

Register by Thursday, October 22

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.

November Sneak Peek

November 4

Healthy Aging with Diabetes

Blood Pressure Checks

November 5

Peptides: Hype, Hope, and What Science Actually Says

November 9

Hospice vs. Palliative Care

November 11

Continuum of Care Panel Pie Event

November 18

Memory Screens

Blood Pressure Checks

K & C BOOTCAMP

Wednesday, October 7th

1:30-2:30 PM

NorthBuilding | Kiwansis Hall

Get ready to move, sweat, and have fun with Kayla and Cierra! This high-energy, one-hour bootcamp combines cardio, strength training, and functional exercises for a full-body workout that will challenge you from start to finish.

DAILY FEES APPLY

Caring for the community since 1908.

Valley VNA Senior Care

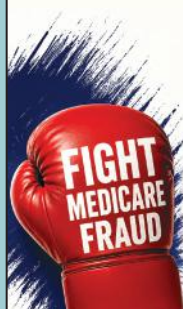
- **In-Home Care** to keep you independent and safe.
- **Independent Senior Apartments** to simplify your life.
- **Assisted Living and Memory Care** for when your needs change.

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.**



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.



Tuesday, October 6

Move Your Mood Activities

Join us for any of these activities and count them toward our workout goal!

Step Aerobics | 7:45 – 8:15 a.m.

Full Body Strength | 8:30 – 9 a.m.

Functional Flexibility | 9:15 – 9:45 a.m.

1K Walk & Scavenger Hunt | 9:15 – 10 a.m.

Meet at the OSC North Building main entrance at 9:15 a.m. for a fun 1K walk with a scavenger-hunt twist. Enjoy the outdoors, get moving, and see what you can find along the way!

TRX | 10 – 10:45 a.m.

Movement Exercise | 11 – 11:45 a.m.

Kickboxing with Dan | 12 – 12:30 p.m.

South Building, Oasis

Advanced Line Dancing | 12:15 – 12:45 p.m.

Movement Lab | 1 to 2 p.m.

Join us in the South Building's Oasis Room for an engaging presentation on the benefits of daily movement and its positive impact on mental health!

Chair Yoga | 2:15 to 3 p.m.



One-on-One Tech Sessions (S)

Available Tues-Fri 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.

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, October 1 & 15, 9a to 3p

No Appointments Wednesday, October 28

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, October 1 to 29, 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, October 1 & 15, 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, October 22, 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.



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**

Open Medicare Hours (S)

Friday, October 2, 8a to 10a & 11a to 3p

Monday, October 12, 10:30a to 2:30p

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, October 2, 10a to 11a

Cost: Free/Type 2

Presenter: Amy from Medicare Masters

Min/Max: 5/24

Register by Wednesday, September 30

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

Beginner Ukulele Lessons (S)

Fridays, October 2 to 16, 10a to 10:50a

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

Instructor: Joe Wiedenmeier

Min/Max: 5/12

Register by Wednesday, September 30

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, October 2 to 16, 10a-10:50a

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

Instructor: Aaron Baer

Min/Max: 5/12

Register by Wednesday, September 30

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, October 2 to 16, 11a to 11:50a

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

Instructor: Aaron Baer

Min/Max: 5/12

Register by Wednesday, September 30

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

Advanced Ukulele Lessons (S)

Fridays, October 2 to 16, 12p to 12:50p

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

Instructor: Aaron Baer

Min/Max: 5/20

Register by Wednesday, September 30

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

Cookbook Curious: Bowls- Vibrant Recipes with Endless Possibilities (S)

Mondays, October 5 to 19, 10a to 12p

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

Instructor: Lynn Stuart

Min/Max: 6/9

Register by Monday, September 28

Join a group of curious cooks as we dive into Bowls from ATK. With a focus on cooking flavorful whole grains and beans, this book celebrates healthy, low-stress dinners and ways to improve your lunch game. Recipes for weeks 2 and 3 will be chosen by class participants. All experience levels welcome. Active participation and samples are part of every class.

Golden Tones Rehearsals—Type 2 (S)

Mondays, October 5 to 26, 1:30p to 3p

Registration Closed

Fraud Prevention Seminar (S)

Tuesday, October 6, 10a to 11a

Cost: Free/Type 2

Presenter: Melissa Teeter, Security Officer

Min/Max: 5/30

Register by Friday, October 2

Banking scams are on the rise. Join Horicon Bank Security Officer Melissa Teeter for an overview of current fraud trends, real-world examples, and practical tips to spot imposters, protect personal information, and respond to suspicious calls, texts, emails, and social media messages.

Karaoke (S)

Tuesday, October 6 & 20, 1p to 2:15p

Cost: Free/Type 3

Instructor: Lori Schroeder and Kelly Arens

Min/Max: 5/25

Pre-Registration Encouraged

Join us for a fun sing-along featuring favorite hits from the 2000s! Sing your heart out or sit back and enjoy the music—everyone is welcome.

LIR: Cryptocurrency Scams (S)

Wednesday, October 7, 10a to 11:30a

Cost: Free/Type 2

Presenter: Jeff Kersten, Agency Liaison at Division

of Trade & Consumer Protection Wisconsin

Department of Agriculture

Min/Max: 5/30

Register by Monday, October 5

Learn the basics of cryptocurrency, Bitcoin, and blockchain technology—and the risks that come with investing. The Wisconsin Bureau of Consumer Protection will cover common crypto scams, warning signs, and practical steps to help protect your money.

Ukulele Play Along (S)

Wednesdays, October 7-28, 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.

Medicare 101: Understanding Open Enrollment (S)

Monday, October 12, 2:30p to 3:30p

Cost: Free/Type 2

Presenters: Jim Strey and Kyle Radke

Min/Max: 5/24

Register by Thursday, October 8

Open Enrollment is approaching! Join Jim and Kyle for clear, helpful guidance to navigate your Medicare options with confidence. Even if you already have a Medicare plan, it's always worth reviewing your coverage and comparing available options.

Chat N Chop (S)

Tuesday, October 13, 9:45a to 11:45a

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 2/10

Register by Monday, October 5

In this episode of Chat 'n Chop, we're making stuffed pepper soup, baked spaghetti, and chicken noodle casserole. Grab your apron and join us for a delicious afternoon of cooking!

Cooking with Jenny From Eden Vista (S)

Wednesday, October 14, 12p to 1p

Cost: \$5.00/Type 1

Facilitator: Jenny, Eden Vista Cook

Min/Max: 5/20

Register by Wednesday, October 7

Join Jenny from Eden Vista for a tasty cooking demonstration featuring maple-glazed salmon, butternut squash ravioli, and garlic green beans. Enjoy helpful tips, delicious samples, and a sweet treat to finish!

Should I Stay or Should I Move? (S)

Thursday, October 15, 1p to 2:30p

Cost: Free/Type 2

Presenter: Care Patrol

Min/Max: 5/24

Register by Tuesday, October 13

Wondering whether your home can continue to meet your needs? This practical class explores aging in place—from simple home modifications to care options to consider before a crisis. Learn to recognize changing needs, plan ahead for support, and make confident decisions for the future.

ORD: Fall at the Horicon (S)

Wednesday, October 21, 10a to 12p

Cost: Free/Type 3

Instructor: Rob Zimmer

Min/Max: 10/80

Pre-Registration Encouraged

Experience fall at Horicon, when waterfowl, cranes, pelicans, migrating monarchs, and vibrant wildflowers fill the landscape. Take a virtual tour and enjoy the season's spectacular sights.

Bingo (S)

Wednesday, October 21, 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 **Oasis Senior Advisors!**

Power of Attorney Workshop (S)

Friday, October 23, 10a to 11a

Cost: Free/Type 2

Presenter: Jo McCleer of McCleer Law Offices

Min/Max: 5/50

Register by Wednesday, October 21

Planning ahead can help protect you and your family if you are ever unable to make decisions for yourself. Join Joe McCleer of McCleer Law Office to learn why Powers of Attorney for Health Care and Finances are essential, along with practical tips for completing them. Free Wisconsin statutory Power of Attorney forms will be available for attendees who wish to complete their documents during the session.

Book Talk (S)

Thursday, October 29, 9:30a to 11a

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

Instructor: Kerry Wolfe

Min/Max: 2/20

Register by Thursday, September 24

Love to read? Join Book Talk to connect with fellow readers and discuss *The Wright Brothers* by David McCullough. Library copies are available to borrow.

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

October **CHAT N CHOP**

**Tuesday, October 13
9:45 to 11:45 a.m.**

Cost

Residents: \$10

Non-Residents: \$12.50

Register by Monday, October 5th

In this episode of Chat 'n Chop, we're making stuffed pepper soup, baked spaghetti, and chicken noodle casserole. Grab your apron and join us for a delicious afternoon of cooking!



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!

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 chimney of rock, to the public. Over the years, Alex expanded his vision beyond the House and collected and built on a massive scale. What began as a lofty retreat with an awe-inspiring view has become a spectacular attraction known as The House on the Rock. We will tour Section 1: Asian Garden, Alex Jordan Center, Gate House, Original House, and Infinity Room. Section 2: 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. They offer a wonderful selection of unique items for all. See the flyer for more detailed information.

Tour Guide: Cindy Paffenroth



Come from Away

The Fireside Theatre—Fort Atkinson

Date: Thursday, October 15

Sold Out; Wait List Available

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 the ultimate gaming destination at Ho-Chunk Gaming Black River Falls! The casino boasts an impressive selection of more than 700 reel and video slot machines, thrilling blackjack tables, and a massive 480-seat bingo hall. After a big win, relax in style at the conveniently attached hotel, completely renovated for your comfort. Savor delicious bites at the casual bistro, perfect for a quick treat. You will receive \$15 in Rewards Play each day. When signing up, you **MUST** provide:

1. Name as it appears on your driver's license, address, ZIP code, phone number, and email
2. Full date of birth
3. Rewards Club number (if you have one)

If you are signing up others, this information is needed for them at sign-up.

See flyer for more detailed information.

Tour Guide: Patti Houston

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 Guide: Cheryl Freiberg



*****Sign up for trips as soon as possible,
many fill up quickly!*****

BUDDY: The Buddy Holly Story

The Fireside Theatre—Fort Atkinson

Date: Thursday, February 4th, 2027

Cost: \$160 (\$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 the classic songs "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 our way there. See the flyer for more detailed information.

Tour Guide: Cindy Paffenroth (920.379.0997)

Pretty Woman The Musical

The Fireside Theatre—Fort Atkinson

Date: Thursday, March 18th, 2027

Cost: \$160 (\$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 Guide: Cheryl Freiberg

**PRETTY
WOMAN** THE MUSICAL

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 Guide: Cheryl Freiberg (920.379.8128)



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

Winnebago Senior Tours

Building: North (N) South (S)

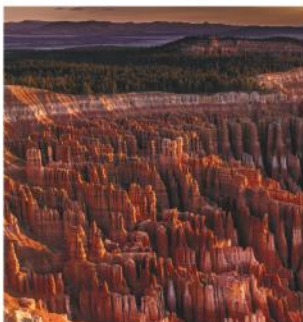
Discover Canyon Country

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





THANK YOU to our sponsors!

Culmulus Broadcasting

West Pointe Bank

Konrad-Behlman Funeral Home

Joe McCleer Law Office
Landscape Solutions
Valley VNA

UAW Local 578
Anne Marie Kosek
Gartman Mechanical Services

Lee Beverage
Menasha Corporation
Mineshaft

Oshkosh Herald
State Farm - Shawn Dockry
Pick 'n Save



Thank You for Celebrating 40 Years With Us!

40

Will You Help Us Continue the Next 40 Years?

The Friends of the Oshkosh Seniors Center Board extends our heartfelt gratitude to everyone who joined us to celebrate our 40th Anniversary. Seeing so many community members, volunteers, donors, past and present board members, and Seniors Center supporters come together made this milestone truly special.

For the past four decades, the Friends have been dedicated to enhancing the lives of older adults by funding programs, activities, equipment, educational opportunities, and special events that help make the Oshkosh Seniors Center a vibrant place to connect, learn, and thrive. Your presence at our anniversary celebration was a wonderful reminder of the incredible community that has made this mission possible.

As we celebrate our history, we are also looking ahead. The needs of our older adults continue to grow, and your support helps ensure that the Friends can continue providing meaningful enhancements that are not funded through the City budget.

Will you help us continue the next 40 years?

Every gift—large or small—makes a difference. Your donation directly supports programs and improvements that enrich the lives of the thousands of seniors who utilize the Oshkosh Seniors Center each year.



If you would like to make a tax-deductible donation, contributions can be made to:

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

Together, we can continue creating opportunities for friendship, lifelong learning, wellness, and community for generations to come.

***Thank you for your continued support of the
Friends of the Oshkosh Senior 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
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.