The Current

October 2025

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

920.232.5300 www.oshkoshwi.gov/seniorservices/

Welcome to the Oshkosh Seniors Center!

A Note From Dan Braun, Senior Services Manager

As the weather cools down, it's a great time to explore the programs available at the Center! We offer a variety of options, including fitness programs, personal training, wellness initiatives, educational and enrichment classes, access to the Woodshop, and Winnebago Senior Tours. There truly is something for everyone!

A convenient way to check in at the Center is to use the Pre-Pay option in our computer system. By maintaining a balance on your account, you can check yourself in, select your program, and be on your way quickly. The monthly pass options are also beneficial for this process! Please visit either building, and our desk volunteers will be happy to assist you in setting this up.

We have welcomed some new team members to support the ongoing growth of our programs. Becca will still be around, checking out programs and meeting everyone. If you haven't met her yet, you will soon! Additionally, you can meet Jacob, our Connect Thru Tech Instructor at South, who will be available from Wednesdays to Fridays. He has a diverse background and is ready to assist you with any questions you may have.

See you by the river!

Dan





South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Registration

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

Prepay Accounts

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

Pass Options

Creative Expression

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

Use this pass for open hour programming.

Stay Social

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

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

Stay Active

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

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

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

Stained Glass: Acid-Etched Bevels (S)
Wednesday, October 1
10:00a to 12:00p
Instructor: Marla Tonn
Cost: R $15/NR $20
Min/Max: 2/6
Register by Friday, September 26
This class will teach you the precision and techniques necessary for safely applying acid etching to beveled glass. Enhance your artistry by creating light-catching designs that will add a sophisticated touch to your stained glass projects. All supplies are provided, and you will have a variety of bevel pieces and sizes to choose from. The featured image showcases a full suncatcher. This class focuses specifically on etching the center bevel. Please attend Stained Glass Guided Hours to transform your bevel into a suncatcher. **Please note that you must have completed a beginner stained glass class to register.**



Make & Take of the Week: Simple Gift Ideas (S)
Wednesdays, October 1 - November 5
4:00p to 5:00p
Instructor: Kelly Arens/Self-led
Max/Min: 3/10
Cost: R $10.00/NR $12.50 per visit
Register by the week before
Join us for a quick hour of gift-making! In this class, participants will learn how to make decor to give as gifts throughout the upcoming holiday season. Check out the display case in the South Building to see what the Make & Take of the Week is! All supplies will be provided. We will do three fall and three holiday-themed sessions.

Art Expression (S)
Thursdays & Fridays, October 2-30
8:30a to 11:30a
Instructor: Self-led
Cost: R $1.50/NR $2.25 per visit
No registration needed
If you're interested in connecting with others and working on art and craft projects, join us in the Art Expressions Lab! Feel free to bring any supplies you need for your projects, as center supplies will not be available during this time. **Please note that kiln firing will not be offered at this time.**

Knitting & Crochet (S)
Thursdays, October 2-30
8:30a to 11:30a
Instructor: Self-led w/ group
Cost: R $1.00/NR $1.50
No registration needed
Work on your own knitting and crochet projects surrounded by others that love the art like you!

Leather Key Chain Make & Take (S)
Thursday, October 7
9:00a to 11:00a
Instructors: Kelly Arens, Randi Smith
Cost: R $15/NR $20
Min/Max 2/6
Register by Tuesday, September 30
This project demonstrates how to use the Cricut die-cutting machine to cut leather and then apply heat transfer vinyl to create a unique accessory. This demo highlights the versatility of Cricut machines in customizing everyday items with a professional finish. **When registering, please put the initial that you would like to have as a key chain, or it will default to your last name.**



Handing Building with Clay (S)
Tuesdays, October 7-28
12:00p to 3:00p
Instructor: Kathi Dittmer
Cost: R $45.00/NR $50.00
Min/Max: 3/8
Registration opens Monday, September 22
This class provides a fun and engaging community environment for exploring the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings. Beginners are welcome! **Please note that class supplies are for use during regularly scheduled class times only. Supplies are not to be used at home.**

Stained Glass Guided Hours (S)
Wednesdays, October 8-29
10:00a to 12:00p
Instructor: Marla Tonn
Cost: R $5/NR $7.50 per visit
No registration needed
NEW! Do you have stained glass projects that you have wanted to finish? An instructor will be on hand to provide guidance and answer some



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Quilting 202: Log Cabin Quilts (S)
Wednesdays, October 8-29
12:30p to 3:00p
Instructor: Liz Lahm
Cost: R $15/NR $16.50
Min/Max: 2/6
Register by Monday, October 6
This course will build on your skills in measuring, cutting, and sewing accurate seam allowances by exploring log cabin and 4-patch quilts, as well as introducing drafting. You'll learn to plan your own quilt or modify an existing pattern. **Participants should have their own sewing machine and have a good working knowledge of it.** A supply list will be available at the South Building desk upon registration.



Quilting 502: Tumbling Blocks (S)
Wednesdays, October 8-29
9:00a to 11:00a
Instructor: Liz Lahm
Cost: R $15.00/NR $16.50
Min/Max: 2/6
Register by Monday, October 6
Tumbling blocks is an engaging pattern that plays with dimension using value and/or color. It features 60-degree diamonds to create the illusion of a cube. By adjusting the light source, you can enhance the perception of depth. In this class, you have the option to create a sampler of individual cubes, make a baby quilt, or work on a more intricate quilt featuring stacked cubes with a nine-patch top made of diamonds. This class is designed for intermediate and experienced quilters/sewers. A supply list will be available at the South Building desk upon registration.



Artfully Yours: Spackle-y Ghosts
Thursday, October 9
1:00p to 3:00p
Instructor: Kelly Arens
Cost: R $10/NR $12.50
Min/Max: 3/10
Registration opens Tuesday, September 30
Dive into the world of textured art with this unique class using spackle to craft hauntingly beautiful ghost figures on a 6x6 canvas. You'll learn to manipulate spackle to depict ethereal shapes, creating three-dimensional ghostly apparitions that stand out artistically.



Light Blub Ornaments (S)
Monday, October 13
9:30a to 11:30a
Instructor: Kerry Wolfe
Cost: R $10/NR $12.50
Min/Max: 3/10
Register by Tuesday, October 7
Do you have old light bulbs? Please don't throw them away; instead, let's transform them into Christmas ornaments: a snowman, reindeer, Santa, and even a penguin. All you need is your creativity. This project is similar to the one shown.



Decorative Glass Blocks (S)
Monday, October 27
9:30a to 12:00p
Instructor: Kerry Wolfe
Cost: R $15/NR $20
Min/Max 4/10
Register by Friday, October 17
Transform a simple glass block into a beautiful, personalized piece of décor! You will have the option to choose from three different designs. All materials will be provided, so just bring your creativity. This project will be similar to the one shown below.



Guided Woodshop Hours (N)
Wednesdays, October 1-29
10:00a to 12:00p
Cost: R $5/NR $7.50
Registration not required
Join us during Guided Woodshop Hours to work on your projects with support from our expert volunteers. Remember, **Basic Machine Safety Training is required to use tools**; if you're not trained, you can use a Bench Pass. **Please arrive no later than a half hour before the end of the scheduled time to ensure projects are completed.**

Relief Carving (N)
Thursdays, October 2 - November 20
9:00a to 12:00p
Instructor:
Cost: R $40/NR $45
Min/Max: 3/10
Register by Tuesday, September 30
Learn how to create a relief carving using a piece of basswood sized at 9.5" x 2.5" x 1". Participants will carve the subject on a flat piece of wood, then, using the carving tools, outline and remove wood to bring out the subject. No experience is necessary to participate in this class. Choose to do a scene, building, mammal, bird, or a design of your choice.





Worried Wooden Turkey (N)
Thursdays, October 2-16
1:00p to 3:00p
Instructors: Linda Gomach, Diane Curtis and Morgan Bailey
Cost: R $25/NR $30 (3-week session)
Min/Max: 3/6
Register by Thursday, September 23
This little turkey is worried about Thanksgiving dinner - will it be HIM? In this class, you cut, sand, and paint all seven pieces. Instructors will guide you step-by-step to create this 18" worried bird. The project is similar to the picture. **Basic Safety Training is required to take this class.**



Power & Hand Tool Carving (N)
Mondays, October 6-27
8:00a-12:00p
Instructors: Gene Bengel & Richard Krummick
Cost: R $40/NR $45-4 week session
Min/Max: 4/12
Register by Thursday, September 25
Power tool carvers are required to bring a bench fan and a dust collector, and they must have completed safety training to use OSC power equipment. Hand carvers should bring their own hand or rotary tools. Instructors will be available to teach, guide, and help with problem-solving. Please note that this class is exclusively for carving projects. **Beginners are welcome! Use OSC materials to explore a new hobby before purchasing your own items.**

Guided Wood Burning (S)
Tuesdays October 7-28, 8:30a to 11:30a
Instructors: Linda Gomach & Richard Krummick
Cost: R $40/NR $45– 4 week session
Min/Max: 3/10
Register by Friday, October 3
Here's a chance to work on those woodburning projects! Award-winning instructors will be on hand to offer expert guidance to help you complete your pieces. Bring your vision to life as you enjoy dedicated woodburning time alongside fellow enthusiasts. **Beginners are welcome! Use OSC materials to explore a new hobby before purchasing your own items.**

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OSC GROUP EXERCISE SCHEDULE

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

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

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

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

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

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

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

Chair Cardio & Core (N) NEW
Improve your cardiovascular system and strengthen your core with aid of a chair. The class may use weights and resistance bands to increase the challenge.

Advanced Line Dancing (N)
Kick up your heels, have fun, and impress your friends and family when you show off your line dancing skills! Prior experience preferred.

Beginner Chair Yoga (N)
A gentle practice in which postures are performed either seated or with the aid of a chair. This class helps boost strength, flexibility, and mental well-being. No prior experience is required to join.
Instructors: (Tues, Phyllis) (Thurs, Cathy)

TRX (N)
Limit 8 people
TRX is a full body workout that uses suspension straps to build strength, balance, flexibility, and core stability. By using your own body weight and gravity. TRX allows you to adjust the intensity of each move to fit your fitness level –making it effective and safe for beginners and advanced exercisers alike.

Total Body Fitness (N)
Limit of 12 people
Boost your energy and improve heart health with our endurance workouts. These workouts deliver outstanding results by featuring variable-intensity intervals on treadmills, bikes, and the floor. The varied intensity keeps your body guessing, maximizing calorie burn and enhancing cardiovascular health.

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

Beginner Lessons: Don't know the ropes yet? Enroll in our beginners' lessons every Monday from 2:15-3:15 pm.
Cost: R$5/NR $7.50(Not covered by insurance)

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

Partner Play: Play multiple runds with a partner.

REGISTRATION REQUIRED

PERSONAL TRAINING



ALEC JENSEN | 920.232.5320

Hi, I'm Alec, the Fitness and Wellness Coordinator at the OSC. I hold a Bachelor of Science in Exercise Science - Sports Performance. With over 9 years of experience, I specialize in designing personalized programs that cater to your unique fitness and wellness needs and goals. Whether you're aiming to build strength, improve balance, lose weight, or recover post-rehab, I'm here to support you every step of the way. I have successfully guided hundreds of individuals on their fitness journeys, from beginners to seasoned athletes. Let's work together to achieve your best self and make your wellness goals a reality!



CIERRA BOUTELLE | 920.232.5303

Hello, I'm Cierra, the Healthy Lifestyles Coordinator at the OSC. I hold a Bachelor's Degree in Exercise Science with an emphasis in Strength and Conditioning and Psychology, along with a Master's Degree in Athletic Training. My experience includes working with individuals from diverse backgrounds, creating personalized programs that focus 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.

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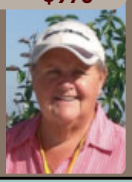

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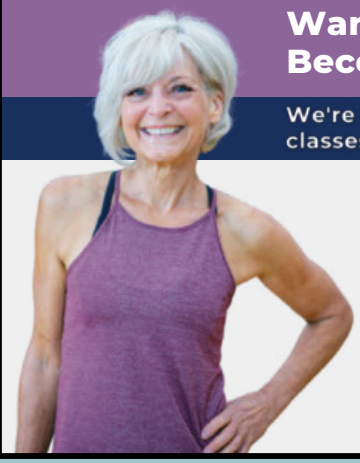

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Easy Ways to Improve Your Heart Health (S)
Monday, October 6
10:00a to 11:00a
Instructor: Alec Jensen
Cost: Free
Min/Max: 5/30
Register by Friday, October 3
Join us for an informative presentation on easy and practical ways to improve your heart health! Whether you're walking, jogging, or engaging in more vigorous activities, maintaining a healthy heart is crucial. Learn about simple lifestyle changes, such as incorporating heart-friendly foods, managing stress, and staying active.



Neuropathy Relief and Hope (S)
Thursday, October 9
10:00a to 11:00a
Instructor: Physical Achievement Center
Cost: Free
Register by Tuesday, October 7
Do you or a loved one struggle with numbness, sensitivity to touch or temperature, painful tingling, or burning in your feet or hands? Discover the different types of neuropathy, the key factors for recovery and regeneration, why it develops, and what you can do to reverse this degenerative nerve condition.

Relax, Stretch, & Breathe (N)
Friday, October 10
10:00a to 10:30a
Instructor: Cierra Boutelle
Cost: Free
Min/Max: 5/30
Register by Thursday, September 9
Unwind and restore balance with our gentle relax, stretch, and breathe program. Designed for all levels, this calming session combines slow, mindful stretches with deep breathing techniques to release tension, improve flexibility, and quiet the mind with positive affirmations. This is a perfect way to unwind from a busy week and start the weekend feeling refreshed. We will be mostly sitting in a chair but may also be standing some.



How Sleep Affects the Body (S)
Monday, October 13
10:00a to 11:00a
Instructor: Alec Jensen
Cost: Free
Register by Friday, October 11
Join Alec Jensen as he discusses the science of sleep and how it affects our bodies. We will learn how our sleep habits can significantly impact our daily thinking and memory, and what we can do to get the rest we need to stay sharp and focused.



Essential Oils: Fall Room Sprays Make & Take (S)
Tuesday, October 14
10:00a to 11:00a
Instructor: Jeanne Gehrke
Cost: $8
Min/Max: 3/10
Register by Friday, October 10
Join us for a cozy fall room sprays workshop and bring the scents of the season into your home! You'll get to create your own all-natural room sprays with warm, inviting autumn blends—think crisp apples, spiced oranges, and cozy vanilla. Not only will you leave with personalized sprays to freshen up any space, but you'll also learn simple tips for using essential oils to create a welcoming, toxin-free environment. Grab a friend and enjoy a fun, hands-on workshop that's sure to spark your creativity and fill your home with autumn vibes!

Small Group Reiki (S)
Wednesday, October 15
Wednesday, October 29
9:00a to 10:15a
Instructor: Open Heart Reiki
Cost: Free
Register by Monday, October 27
Discover the healing power of Reiki in a peaceful setting where you'll experience hands-on energy balancing techniques to melt away stress and tension. This is perfect for anyone looking to unwind, recharge and restore tranquility in their life.



Active Aging Week 2025

Featured Events

Mon. Oct. 6 — 10-11am

Easy Ways to Improve your Heart Health (S)

Join us for an informative presentation on easy and practical ways that you can improve your heart health for any activity level!
Register at a front desk or by calling 920-232-5300.

Tues.Oct. 7 — 1-3:30pm

Free Biodex Balance Screens (N)

Get your balance and coordination checked for free!
Make an appointment on Tuesday, October 7th, from 1-3:30pm.
All Appointments take 15 minutes. Call 920-232-5300 to register.

Wed. Oct. 8 — 4-5:00pm

Make & Take of the Week: Simple Gift Ideas (S)

In this class, participants will learn to craft decorations that make perfect gifts for the upcoming holiday season. All materials will be supplied. We will host three sessions focused on fall themes and three centered around holiday themes. **Please register in advance at the desk for this program. Cost R $10/NR $12.50.**

Thurs. Oct. 9 — 10-11am

Neuropathy Relief & Hope (S)

Do you or a loved one struggle with numbness, sensitivity to touch or temperature, painful tingling, or burning in your feet or hands? Discover the different types of neuropathy, the key factors for recovery and regeneration, why it develops, and what you can do to reverse this degenerative nerve condition. **Register by calling 920-232-5300.**

Fri. Oct. 10 — 10-10:30am

Relax Stretch & Breathe (N)

Unwind and restore balance with our gentle relax, stretch, and breathe program. Designed for all levels, this calming session combines slow, mindful stretches with deep breathing techniques to release tension, improve flexibility, and quiet the mind with positive affirmations. This is a perfect way to unwind from a busy week and start the weekend feeling refreshed. We will be mostly sitting in a chair, but may also be standing some. **No registration needed!**

Mon.Oct. 13 — 10-11am

How Sleep Affects the Body (S)

Join Alec Jensen as he discusses the science of sleep and how it affects our bodies. We will learn how our sleep habits can significantly impact our daily thinking and memory, and what we can do to get the rest we need to stay sharp and focused. Monday October 11, 10-11am **Register by calling 920-232-5300.**

Tues. Oct 14 — 10-11am

Fall Room Sprays Make & Take (S)

Join us for a cozy Fall Room Sprays Make 'n Take Workshop and bring the scents of the season into your home! You'll get to create your own all-natural room sprays with warm, inviting autumn blends. Not only will you leave with personalized sprays to freshen up any space, but you'll also learn simple tips for using essential oils to create a welcoming, toxin-free environment. **Cost: $8. Register at a front desk.**

Safe & Strong at Home:
Tips For Living Independently (S)

Thursday, October 9th
1 to 2pm
Cost: Free
Register by Tuesday, September 30th

Valley VNA Senior Care

Many older adults prefer to remain in their own homes for as long as possible. This presentation provides practical strategies to support that goal, covering common home risks, fall prevention, safe medication management, and emergency preparedness. We'll also discuss daily habits like exercise, nutrition, and sleep, as well as building strong support systems with family and community services. Additionally, we'll explore helpful technology and planning to reduce stress and maintain control over your future. This interactive session aims to equip you with tools to stay safe, independent, and thriving at home.

Hearing Screens (S)

Wednesday, October 15th
9am to 12pm
Cost: Free
Register by Monday, October 13th

Are you turning up the volume on devices, or do people's voices seem too soft or mumbled? Do you have a constant ringing or buzzing in your ears? Get your hearing checked. This will be the last hearing check of the year! Free hearing screens are provided by Hearing Life. Book your appointment today at the front desk.



HearingLife

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Valley VNA Senior Care

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

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- Meals
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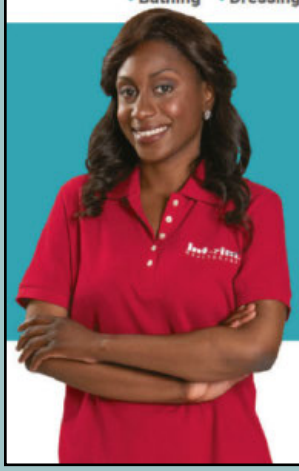
- Bathing
- Dressing
- Transportation



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

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Nail Care (S)
Tuesdays & Wednesdays, 9:00a to 3:30p
3rd & 4th Fridays, 9:00a to 3:00p
Facilitator: Foot Care Nurse
Cost: $40 per visit
Call 920.232.5301 to schedule an appointment
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 2-30
11:00a to 2:00p
Facilitator: Fox Valley Memory Project
To register call 920.225.1711 or email info@foxvalleymemoryproject.org
Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. Each class provides care partners three hours of free time while their loved one attends class. **Lunch included for participants!**

Mindfulness Meditation (S)
Thursdays, October 2-30
11:00a to 12:00p
Cost: R $1.25/NR $1.75
No registration needed
This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how mindfulness and meditation work to increase well-being.



Grief Support (S)
Thursdays, October 2 & 16
1:00p to 2:30p
Facilitator: Meredith Schluter, Compassus Hospice
Cost: FREE
Max: 12 per session
Registration open through day of
For any adults grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith will facilitate group conversations around how we grieve. This group is a safe space for support.

Medicare 101: Understanding Open Enrollment (S)
Thursday, October 9
12:00p to 1:00p
Instructor: Jim Strey, 64 Insurance Group
Cost: Free
Min/Max: 3/12
Register by Tuesday, October 7
Open Enrollment is right around the corner! For many, this time comes with questions and uncertainties. Join Jim as he helps lay those fears to rest. Even if you are already on a Medicare Insurance Plan, it never hurts to shop around. A box soup and sandwich lunch will be provided for registered participants.

Elder Benefit Specialists (S)
Wednesday, October 15
10:00a to 11:30a
Cost: Free
No registration necessary
Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance for an array of topics and issues to anyone 60+. EBS Services are completely free. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and providing assistance with denials and appeals. Oshkosh EBS can be reached toll free at 877-886-2372.

Memory Screening (S)
Wednesday, October 15
10:30a to 12:00p
Facilitator Alisa Richetti from the ADRC
Cost: Free
Call 920.232.5301 to make an appointment
Have a free, confidential memory screen completed and learn about normal brain changes as you age. Alisa will answer your questions related to memory loss, dementia and prevention of cognitive decline. Appointments take 15 minutes.

Rep. Palmeri Office Hours (S)
Friday, October 17
10:00am to 12:00p
Cost: Free
Register by Wednesday, October 15
State Representative Lori Palmeri represents the 54th Assembly District since January 2023. Come meet Lori and share what's on your mind.

Memory Link Resource Hours (S)
Thursday, October 23
11:00a to 1:00p
Facilitator: Fox Valley Memory Care Project
Cost: Free
No registration necessary
Do you have questions about memory loss? Kristy Millar, CDP, CADDCT will be here to answer any questions you may have.

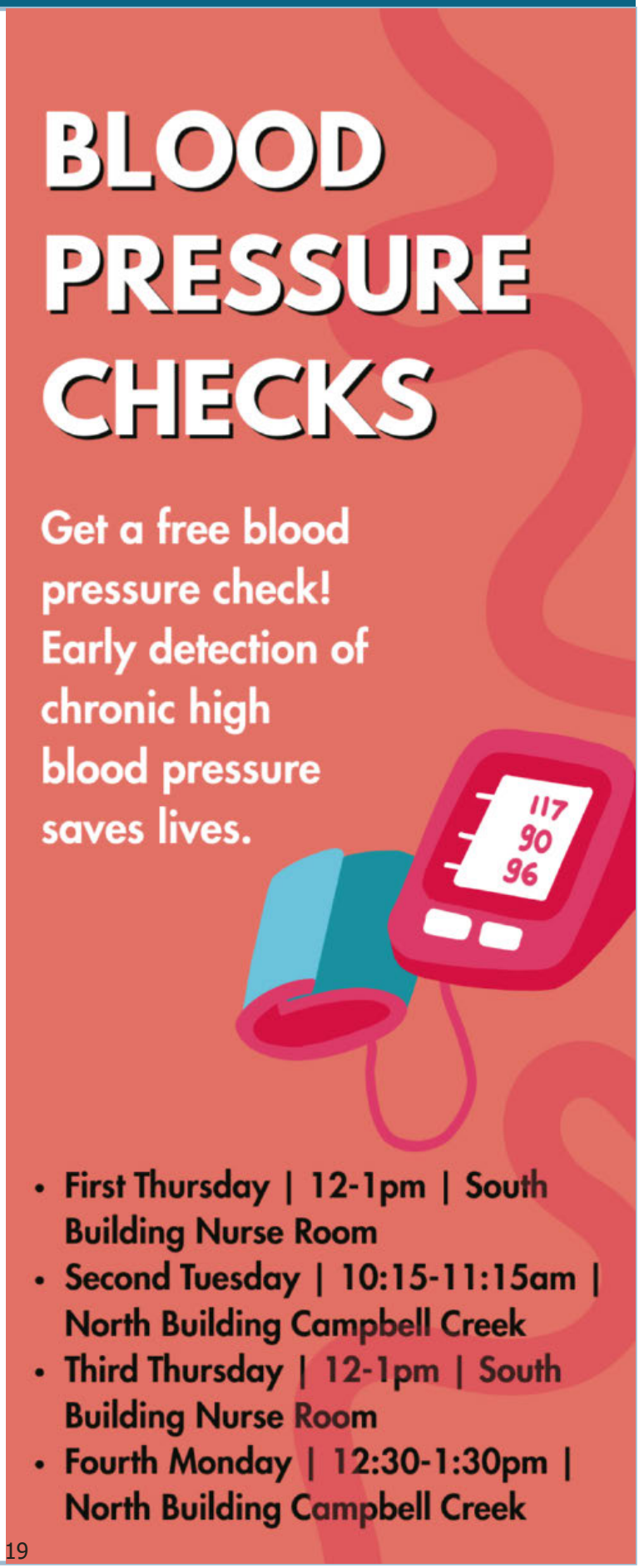
Tender Loving Care Support Group (S)
Thursday, October 23
1:00p to 2:00p
Facilitator: Fox Valley Memory Project
Cost: Free
To register call 920.225.1711 or email info@foxvalleymemoryproject.org
This support group offers a supportive and safe environment to share, interact, listen, and learn with other caregivers and care partners of those with a memory loss disability. This group is specific to dementia caregivers.

What Should We Do About the Money? (S)
Friday, October 24
10:00a to 11:00a
Instructor: Josh Koon & Joe McCleer
Cost: Free
Register by Wednesday, October 22
Min/Max: 5/50
Josh Koon of Northwestern Mutual and Joe McCleer of McCleer Law Office will discuss what you should know about your finances when it comes to estate planning and long-term care planning. Topics discussed will include trusts, re-

RESOURCES

Aging and Disability Resource Center
If you need help for a variety of reasons related to aging and disabilities in Winnebago County, call this agency at 1.877.886.2372 for assistance or visit their website. **www.co.winnebago.wi.us/adrc**

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



One-On-One Tech Sessions (S)
Available M-F by appointment only
Instructors: Stephanie & Christie
Cost: R $2/NR $2.75 per class
Call 920.232.5301 to schedule
This program is designed to improve your digital literacy. Stephanie and Christie welcome all levels of expertise. Meet with an instructor one-on-one to tackle any technology problem you may be experiencing. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro!

One-On-One with Sandy Toland (S)
Mondays
9:15 am, 10:30 am, 11:45 am, 1 pm
Instructor: Sandy Toland
Cost: R $2/NR $2.75 per class
Call 920.232.5301 to schedule
Sandy is from the Oshkosh Public Library and can not only answer questions about the library online services, but any other technology challenges you are experiencing.

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



TECHNOLOGY DROP-IN HOURS

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

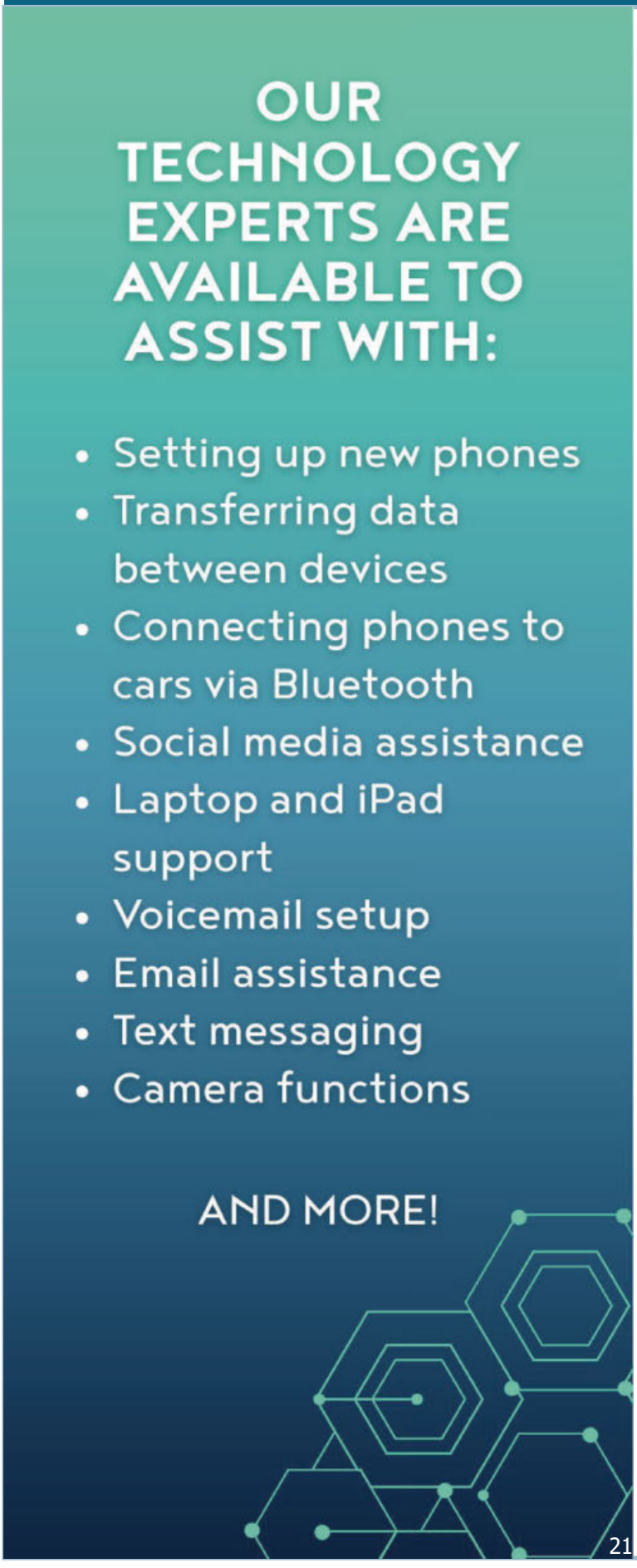
DROP-IN HOURS

Tuesdays 11 am - 12 pm

Thursdays 11 am - 12 pm

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

This is a free service, but donations are accepted.



We have a new technology expert on our team - Jacob Bedroske!

"Hello all, my name is Jacob Bedroske, and I'm the newest Technology Assistant on staff here at the Oshkosh Seniors Center. Prior to my employment here, I've had nearly a decade of professional experience in IT and computer services, working at Computer Corner and the Winnebago Mental Health Institute in Oshkosh. I'm of a rare breed of "computer nerd" that is also a people-person, and take pride in providing prompt, personable, and sympathetic service to those who need it.

I'm also an avid enjoyer and performer of music of many kinds, and have received a Bachelor's of Music Performance from Lawrence University in Appleton on the cello, which I've played since the age of five. I also picked up the bass guitar in high school and have been on my own unique musical journey ever since, performing in outfits of all sorts of genres ranging from classical to jazz, funk, heavy metal, and even music from video games, which I enjoy playing with friends.

I look forward to being of assistance on the team here at the OSC and meeting all of you!"

Ukulele Play Along (S)
Wednesdays, October 1-29
10:30a to 12:00p
Instructor: Dave Hable
Cost: R $2/NR $2.50 per visit
Min/Max: 3/20
Registration open through day of
Are you interested in playing the ukulele with others? If you know 2-3 strumming patterns and 8-10 chords, you're welcome to join us! We play a variety of music under the guidance of a volunteer. Feel free to bring your own sheet music, or you can use a music packet that will be provided for you.

Beginner Ukulele Lessons (S)
Fridays, October 3-24
10:00a to 10:50a
Instructor: Joe Wiedenmeier
Cost: R $40/NR $45 (4-week session)
Min/Max: 5/12
Register by Wednesday, October 1
If you want to maintain a healthy and strong brain, research indicates that learning something new is one of the best ways to enhance brain health. Learning to play the ukulele is both easy and enjoyable! You don't need to know how to read music to start playing the ukulele.

Beginner 2 Ukulele Lessons (S)
Fridays, October 3-24
10:00a to 10:50a
Instructor: Aaron Baer
Cost: R $40/NR $45 (4-week session)
Min/Max: 10/20
Register by Wednesday, October 1
This class is for individuals who have completed Beginner Ukulele Lessons, know 2-3 basic chords, and are ready to take the next step. The focus will be on chords, strumming, and playing songs. Join the fun!



Intermediate Ukulele Lessons (S)
Fridays, October 3-24
11:00a to 11:50a
Instructor: Aaron Baer
Cost: R $40/NR $45 (4-week session)
Min/Max: 10/20
Register by Wednesday, October 1
This class is for individuals who know 8-10 chords and various strumming patterns. You should be able to confidently transition between chords and learn simple songs fairly quickly before joining this class.

Advanced Ukulele Lessons (S)
Fridays, October 3-24
12:00p to 10:50p
Instructor: Aaron Baer
Cost: R $40/NR $45 for the 4 week session
Min/Max: 10/20
Register by Wednesday, October 1
Intended for advanced players, this class delves into song structure, complex chords, and various chord formations. It also covers fingerpicking, melody playing, and intricate strumming patterns.

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



Wisconsin Warmers (S)
Thursdays, October 2-30
10:00a to 11:30a
Instructor: Self-led w/ group
Cost: Free
No registration required
Join us as we make quilts and other items to donate to schools, hospice programs, group homes, hospitals and other non-profit organizations. No experience necessary.

JOT Cooking: Mediterranean Cooking (S)
Mondays, October 6-27
10:00a to 12:00p
Instructor: Lynn Stuart
Cost: R $40.00/NR $45.00 (3-week class)
Min/Max: 4/9
Register by Friday, October 3
It seems like everyone is recommending the "Mediterranean Diet." Discover what Mediterranean cuisine entails and how to prepare a few recipes featuring its essential ingredients, such as vegetables, whole grains, and beans. Each class includes demonstrations, participation, and samples.

Karaoke (S)
Tuesday, October 7, 1:00p to 2:15p
Register by Monday, October 6
Tuesday, October 21, 1:00p to 2:15p
Register by Monday, October 20
Instructor: Lori Schroeder & Kelly Arens
Cost: Free
Min/Max: 5/25
Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers are welcome! This program is made possible through the generosity of an anonymous donor.



Benefits of Socialization for Seniors

- Delays cognitive decline
- Sharpens memory skills
- Improves mental health and self-esteem
- Lowers stress levels
- Reduces the risk of chronic illnesses
- Gives a sense of purpose and belonging

LIR: Turning Around a City Downtown (S)
Tuesday, October 7
10:00a to 11:30a
Instructor: Craig Tebon
Cost: Free
Min/Max 5/35
Register by Friday, October 3
In 2007, Ripon entered into an agreement with Boca Grande to revitalize its downtown area. Although that initial effort failed, downtown Ripon has since transformed into a thriving destination for residents and visitors from across east-central Wisconsin. Craig Tebon, Executive Director of Ripon Main Street Inc., will discuss the actions that contributed to this remarkable turnaround and outline future plans for the area.

Cooking with Alec: Food From the Shire (S)
Friday, October 10
1:00p to 2:00p
Instructor: Alec Jensen
Cost: R $10/NR $12.50
Min/Max: 5/15
Register by Wednesday, October 8
Let us journey to the Shire, to the cozy comforts of a hobbit hole for this hearty, creamy pot pie topped with fluffy biscuits. Chicken pot pie is the ultimate comfort food and the perfect meal for a cool autumn evening. A rich sauce is packed with tender roast chicken and plenty of that most favourite of hobbit foods – mushrooms! The filling is then topped with thick buttermilk biscuits flavoured with fresh sage and sharp cheddar cheese and baked until golden brown. Enjoy this hearty chicken and mushroom dish at your next harvest meal.



Chat n Chop (S)
Tuesday October 14, 9:45a to 11:45a
Instructor: Kerry Wolfe
Cost: R $10.00/NR $12.50
Min/Max: 3/8
Register by Friday, October 3
Welcome to Mystery Chat n Chop! Recipes were submitted by you and chosen by staff. All recipes were favorites from previous participants who have attended Chat n Chop If you're up for a surprise, then grab your aprons and sign up today!

ORD: The Colorful Ducks of Wisconsin (S)

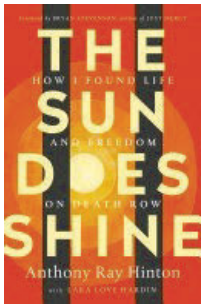
Wednesday October 15, 10:00a to 12:00p
Instructor: Rob Zimmer
Cost: Free
Min/Max: 2/60
Register by Monday, October 13
Fall is one of the best times to enjoy the beauty of Wisconsin's many species of wild ducks in full breeding plumage. Learn about them all, as well as great places to see them.

Bingo (S)

Wednesday, October 15
2:00p to 3:30p
Instructor: Staff
Cost: Free
Min/Max: 10/80
Register opens Wednesday, October 1
Register by Tuesday, October 14
Join us for a fun afternoon of Bingo! Doors open at 1:30 PM. Please note the new registration process: You can register by calling 920.232.5300, visiting us in person, or registering online. Donations should be dropped off before Bingo begins. If you have items to contribute to the prize tables, please consult a staff member first.
Thank you to our sponsor this month, Humana!

Book Talk (S)

Thursday, October 30
9:30a to 11:00a
Instructor: Kerry Wolfe
Cost: R $1.25/NR 1.75
Min/Max: 1/20
Register by Thursday, October 2
"The Sun Does Shine" by Anthony Ray Hinton is a powerful and revealing memoir that tells the story of hope, love, and justice experienced by a man who spent thirty years on death row for a crime he didn't commit. This book chronicles his journey throughout those three decades, highlighting how, while you can take away a man's freedom, you cannot take away his imagination, humor, or joy. Does this sound intriguing? Join us for Book Talk!



LIR: Oshkosh Ghost Stories (S)

Friday, October 31
10:00a to 11:30a
Instructor: Debra Daubert
Cost: Free
Min/Max 1/35
Register by Wednesday, October 29
Debra Daubert, retired curator from the Oshkosh Public Museum, will share stories from 19th century newspapers about possible ghostly activity in Oshkosh.

Popcorn and a Movie (S)

Wednesday, October 29
12:45p to 2:45p
Instructor: Kerry Wolfe
Cost: Free (donations accepted)
Min/Max: 2/20
Register up to day of event
Enjoy a movie with friends and some delicious popcorn. Please ask at the front desk for details about the movie. **Note: MPLC regulations prohibit us from disclosing the titles of upcoming movies.**

A Healthier You! (S)

Monday, October 27
1:00p to 2:00p
Instructor: Dena
Cost: Free
Min/Max: 5/50
Register by Friday, October 24
Are you interested in learning more about nutrition and developing healthy lifestyle habits? Join Dena for her engaging presentation, where she will provide you with the latest tips on staying healthy. Her classes include informative content, handouts, and time for your questions.

Identity Theft & Scams (S)

Thursday, October 30
1:00p to 2:00p
Instructor: Tracy Dieckman, Business Development Officer at Associated Bank
Cost: Free
Min/Max 5/30
Register by Tuesday, October 28
Take time to educate yourself about identity theft, current scams we face, tips for avoiding them, and what steps to take if you or a loved one become a victim. Tracy, a banking professional with a passion for helping others, will share tips on how to protect yourself. There will be a Q&A session after the presentation.

EAT & GREET

Wednesday, October 29

Serving at 11:30am

COST: $10

Fall is looming. Join us for cozy fall comfort foods like stuffed acorn squash, autumn salad with apple cider vinaigrette, dessert, and coffee!

TICKETS AVAILABLE
SEPTEMBER 24TH - OCTOBER 20TH



Cards & Games (S)

Various Days and Times
Cost: R $1/NR $1.50
Need a spot to play with friends? Pick a time to meet and come play. Check in at the front desk as daily fees apply.

Cribbage
Beginners welcome
Mondays & Fridays
8:30a to 11:30a

Mexican Train, Mahjongg
Tuesdays
12:30p to 3:30p



Bid Euchre, Rummikub
Wednesdays
12:30p to 3:30p

Knitting & Crochet
Thursdays
8:30a to 11:30a

Sheepshead
Thursdays
12:30p to 3:30p

Open Bridge
Fridays
12:30p to 3:30p

All cards and games are for use at the South Building ONLY.

Golden Tones Chorus (S)

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

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

Director: Paula Steinert
Accompaniment: Sheri Tipton
Cost: R $40/NR $45



ADVENTURES IN INVESTING

WITH FINANCIAL EDUCATOR JEFF KEMP

Wednesdays, Oct. 1 - Nov. 5

6 to 8 pm

FREE!

Register by Tuesday, September 30

DONATIONS APPRECIATED

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

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



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

Tours Sign-up Options

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



Detailed flyers available at the Seniors Center South

Sign up now — don't delay!

When sending payments in the mail include:

Name:_____

Address:_____

City: _____State:___ Zip Code:_____

Home Phone:_____

Cell Phone:_____

Email Address:_____

Name of Trip:_____

Amount Enclosed:_____

If applicable:

Food Choice:_____

Traveling with:_____

For an overnight trip, please select one:

Single/Double/Suite (Circle One)

Travel Show Information
Wednesday, October 8
Katie from Collette

12:30—Hawaii Departure meeting
2:00—Travel Show featuring the Pacific Northwest, Canadian Rockies, Sunny Portugal and Finland.

Beauty and the Beast
The Performing Arts Center—Appleton
Date: Tuesday, October 21
COST: $140 ($25 non-refundable deposit)
Departs: 6 pm—Returns: after show
Be Our Guest at Disney's 30th Anniversary production of BEAUTY AND THE BEAST, the beloved breathtaking musical filled with the romance and grandeur audiences know and love. This enchanting and timeless tale has been brought to life like never before, with spectacular new sets and dazzling costumes.
Tour Mgr: Cheryl Freiberg

Witches & Brews
Date: Thursday, October 23
Cost: $115 ($25 non-refundable deposit)
Depart: 8am—Return: Approx. 5:15pm
Welcome to a little brewing, Root Beer brewing that is. The Museum of Root Beer includes a special flight of four of their unique, on-tap, draft root beers, a guided tour, a special souvenir and theater presentation! Lunch on your own at The Grateful Shed, where only the best food trucks are allowed. YUM! Enjoy a 2-hour Upper Dells Boat ride with stops to Witches Gulch and Standing Rock. At Witches Gulch you will walk the narrow paths and enjoy the beautiful rock formations that will leave you feeling enchanted. Price includes: Coach Bus, Driver Gratuity, Museum and Upper Dells Boat tickets.
Tour Mgr: Alice Himmler



Important Info Regarding Trip Sign-Ups

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

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



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

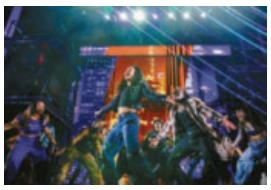
The Book of Mormon
The Performing Arts Center—Appleton
Date: Thursday, November 20
Cost: $125 ($25 non-refundable deposit)
Depart: 6pm—Return: after show
The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." It's **The Book of Mormon**, the nine-time Tony Award ® -winning Best Musical. Contains explicit language. Price includes: Ticket, Yellow Express Bus, Driver Gratuity.
Tour Mgr: Cheryl Freiberg

Holiday Folk Fair International
Date: Saturday, November 22
Cost: $75 ($25 non-refundable deposit)
Depart: 8am— Return: Approx. 5:30pm
The Holiday Folk Fair International, celebrates the cultural heritage of the people living in southeastern Wisconsin. Designed to entertain and educate, the dance routines feature traditional clothing and music, with a traditional story often told through the dancers' movements. Join us for the music, dance, and especially the food. There is shopping where you will find cultural artifacts not found anywhere else. Local chefs will be preparing traditional cuisine. Price includes Coach Bus, Driver Gratuity and admission to the festival.
Lunch is on your own.



A Wonderful Life
The Fireside Theatre—Fort Atkinson
Date: Thursday, December 11
Cost: $150 ($25 non-refundable deposit)
Depart: 8am —Return: Approx. 6:15pm
The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. A Wonderful Life captures all the magic of the film as it shines with the spirit of Christmas. Price includes: Ticket, Coach Bus, Driver Gratuity and Lunch with your choice of Chicken Monterey, Grilled Atlantic Salmon, Sliced Beef Tenderloin or Vegetarian Skewers with Tofu. Dessert: Bailey's Irish Cream Cheesecake.
Tour Mgr: Cheryl Freiberg

Hell's Kitchen
The Performing Arts Center—Appleton
Date: Thursday, December 18
Cost: $140 ($25 non-refundable deposit)
Depart: 6pm—Return: after show
Your journey begins with Ali, a 17-year-old girl full of fire, searching for freedom, passion, and her place in the world. Along the way, you'll meet the musical mentor who changes her life, her dynamic family, and the neighborhood that helps her grow. Relatable, raw, and refreshingly fun, it's a celebration of finding yourself, your purpose, and the people who lift you up. This is a story of Alicia Keys, with a mix of new and classic songs and choreography. Price includes: Ticket, Yellow Express Bus, Driver Gratuity.
Tour Mgr: Cheryl Freiberg



Piano Men
The Fireside Theatre—Fort Atkinson
Date: Sunday, January 11
Cost: $145 ($25 non-refundable deposit)
Depart: noon—Return: Approx. 9:30pm
Terry and Nick, father and son, bonded by a deep love for the music of Billy Joel and Elton John, provide genuine, spontaneous and moving music. Terry is the seasoned musician, Nick has the fresh energy, charisma and powerhouse vocals. Their on-stage chemistry is genuine, spontaneous, and moving—sometimes funny, always magnetic. Combined with an electrifying ensemble of elite musicians, the show is an high-octane musical. Price includes: Ticket, Coach Bus, Driver Gratuity and buffet dinner.
Tour Mgr: Cheryl Freiberg

HAMILTON

The Performing Arts Center—Appleton
Date: Thursday, February 5
Cost: $210 ($25 non-refundable deposit)
Depart: 6pm—Return: after show

HAMILTON is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, HAMILTON has had a profound impact on culture, politics, and education. HAMILTON features book, music, and lyrics by Lin-Manuel Miranda. Ticket, Yellow Express Bus, Driver Gratuity.



Tour Mgr: Cindy Paffenroth

Diamond Tours: Fort Lauderdale, Miami and Key West

Dates: February 20—March 2, 2026
Cost: $1699 Per person, double occupancy

Are you looking to escape Wisconsin for 11 days in February? Join us on a winter get-away to Florida with Diamond Tours. Highlights include: a tour of Miami; visit to the Coral Castle (built in 1923); enjoy the Southernmost City in the continental U.S., Key West; walk the beautiful Hollywood Beach Boardwalk; cruise on the Venice of America in Fort Lauderdale, and more. This 11 day, 10 night trip includes 10 breakfasts and 7 dinners. Price Includes: Motorcoach transportation, Driver Gratuity, Lodging, & Attractions.



Tour Mgr: Cathy Koch

2026 UPCOMING TRIPS:

Beehive—Fireside—2/19/26
Addam's Family—Fireside—4/2/26
Hairspray—Fireside—5/2/26
The Million Dollar Quartet—Fireside—7/9/26
Frozen —Fireside—8/26/26

UPCOMING COLLETTE TRIPS:

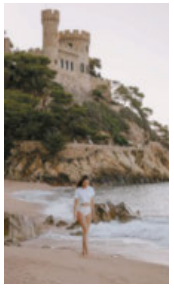
Canadian Rockies – 9/16-9/23/26
Sunny Portugal with Porta – 11/9-21/26
Northern Lights of Finland – 1/14-1/21/27

Check the Rotating Rack at the Tour Desk regularly for new trips!!

Mediterranean Coastal Journey

Dates: April 11-26, 2026
Cost: $7,099 per person Double; $8,399 per person Single ($698 per person deposit)

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



Tour Mgr: Cheryl Freiberg

Pacific Northwest & California

Dates: May 24-June 1, 2026
Cost: $4,284 per person Double; $5,269 per person Single; $4,224 Triple ($698 per person deposit)

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



Tour Mgr: Cheryl Freiberg

RMDs in a Nutshell



What are RMDs?

Once you reach age 73, the IRS requires you to take yearly withdrawals from your retirement accounts—called Required Minimum Distributions (RMDs). Think of it as Uncle Sam's way of making sure your nest egg doesn't just gather dust!



Make your RMD work double duty

Turn your Required Minimum Distribution into joy! Donate directly to Friends of the Oshkosh Seniors Center, reduce your taxable income, and support programs that keep the Oshkosh Seniors Center community thriving.

Friends of the OSHKOSH Seniors Center
Stay active. Stay social. Stay informed.

Simple Giving, Big Impact

It's easy—have your IRA custodian send your RMD to the Friends of the Oshkosh Seniors Center. You meet IRS rules while fueling classes, activities, and friendships.

Friends of the Oshkosh Seniors Center Mission Statement

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

Talk with your financial advisor or visit IRS.gov/RMD for more info.

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

Friends of the Oshkosh Seniors Center
200 N Campbell Rd
PO Box 3423
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The Oshkosh Seniors Center is working to enrich the quality of life for adults 50 and over.

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

Oshkosh Seniors Center
200 North Campbell Rd
Oshkosh, WI 54902
920.232.5300
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Mon - Fri 8am to 4pm
North Building Hours:
Mon - Fri 7am to 4pm

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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.