



The Current

August 2026

Discover the Offerings at the Oshkosh Seniors Center

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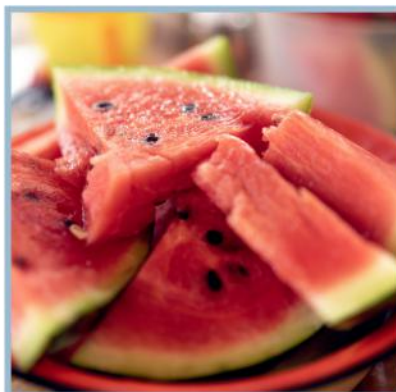
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A FREE MONTHLY PUBLICATION SUPPORTED BY THE FRIENDS OF THE OSHKOSH SENIORS CENTER

920.232.5300

www.oshkoshwi.gov/seniorservices/

Welcome to the Oshkosh Seniors Center

A Note From the Senior Services Manager

Summer fun continues at the Oshkosh Seniors Center. If you're looking for great company and a chance to enjoy the fresh air on the first and third Tuesday mornings, join us for Walking Club. In the mood for music? Check out Karaoke on Tuesday afternoons. Want to stay active and beat the heat? Visit the Fox Fitness Center in the afternoons for a quieter environment. Interested in using the Woodshop? Take the new Safety Training course and get started on your projects.

With September right around the corner, don't forget about Thursday, September 17. The Wellness Fair in the morning and the 40th Anniversary of the Friends of the Seniors Center celebration—including live music and food trucks at the North Building—will make for a great day. Tickets will be required for the music.

No matter what you enjoy, we have something for you at the Oshkosh Seniors Center. Give us a try—we think you'll like it.

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

New Refund & Registration Policy

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

Type 1 Programs

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

Type 2 Programs

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

Type 3 Programs

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

Additional Notes

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

Registration

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

Registration

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

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Prepay Accounts

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

Pass Options

Creative Expression

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

Use this pass for open hour programming.

Stay Social

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

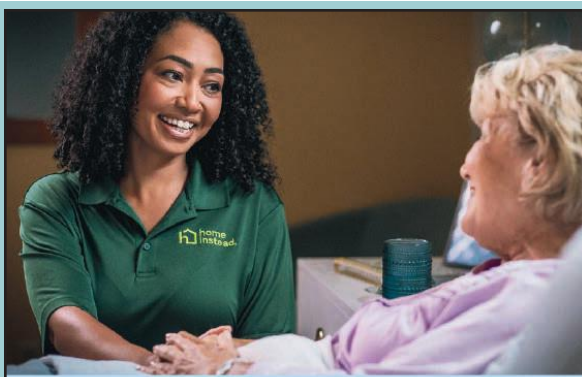
Includes all general use (cards, games, knitting, puzzles, library, socializing, bingo, movies).

Stay Active

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

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

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



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01-0984

Sip and Paint—Type 1 (S)

Wednesday, August 5, 9a to 12p

Cost: \$15.00R/\$20.00NR

Instructor: Kelly Arens and Kerry Wolfe

Min/Max: 3/12

Register by Wednesday, July 29

Join us for a relaxing morning of painting and mocktails. Unwind, socialize, and create your own artwork—no experience needed. All materials are provided.

Stained Glass Guided Hours—Type 3 (S)

Wednesdays, August 5-26, 10a to 12p

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

Instructor: Marla Tonn

Pre-registration recommended

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

Art Expressions—Type 3 (S)

Thursdays & Fridays, Aug. 6-28, 8:30a to 11:30a

Cost: \$1.50R/\$2.25NR

Instructor: Self-led

Min/Max: None

Pre-registration recommended

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

Knitting & Crochet—Type 3 (S)

Thursdays, August 6-27, 8:30a to 11:30a

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

Instructor: Self-led

Pre-registration recommended

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

Wisconsin Warmers—Type 3 (S)

Thursdays, August 6-27, 9a to 3p

Cost: Free

Instructor: Self-led

Min/Max: None

Pre-registration recommended

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

Artfully Yours: Wooden Picture Holder—Type 1 (S)

Thursday, August 13, 1p to 3p

Cost: \$10.00R/\$12.50NR

Instructor: Kelly Arens

Min/Max: 3/10

Register by Thursday, August 6



Make a simple modern picture holder from upcycled wood. Bring a 4x6 photo to personalize it. All materials provided; no experience needed.

Stepping Stones—Type 1 (S)

Monday, August 17, 9a to 12p

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 3/10

Register by Monday, August 10

Create a homemade stepping stone for your garden, walkway, or as a special gift. All materials provided; bring mementos if you'd like to personalize.

Diamond Art: Butterfly & Sunflower Window Hanger—Type 1 (S)

Friday, August 21, 1p to 3p

Cost: \$15.00R/\$17.50NR

Instructor: Kelly Arens

Min/Max: 3/15

Register by Friday, August 14



Create a diamond sunflower window hanger for your home.

Resin Craft: Hot Air Balloon—Type 1 (S)

Monday, August 31, 9:30a to 12p

Cost: \$20.00R/\$25.00NR

Instructor: Kerry Wolfe

Min/Max: 5/10

Register by Monday, August 24

Make a hot air balloon with glass and resin. Projects need 24 hours to cure before pickup.



SIP & PAINT

Wednesday, August 5
9 a.m. to 12 p.m.
South Building
R: \$15/NR: \$20
Register by July 29



Join us for a relaxing
morning of painting
and mocktails!

Woodshop Guided Hours—Type 3 (N) Wednesdays, August 5-26, 9a to 12p

Cost: \$5.00 R/\$7.50 NR

No registration needed

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

Power & Hand Tool Carving—Type 2 (N)

Mondays, August 3-24, 9a to 12p

Cost: \$20.00R/\$25.00NR

Instructor: Gene Bengel, Richard Krummick

Min/Max: 4/12

Register by Thursday, July 30

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—Type 2 (S) Tuesdays, August 4-25, 8:30a to 11:30a

Cost: \$20.00R/\$25.00NR

Instructors: Linda Gomach & Richard Krummick

Min/Max: 3/10

Register by Friday, July 31

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

Woodshop Safety Training—Type 2 (S) Thursday, August 13, 1p to 3p

Cost: Free

Instructor: Dan Braun

Min/Max: 2/10

Register by Tuesday, August 11

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

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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		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. **This class is on summer break and 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.

About Donna Janus, Meditation Instructor

Brain science shows that well-being is a skill that can be developed and strengthened at any age. Through mindfulness practice, we learn to calm the mind, reduce stress, improve focus, and approach life's challenges with greater resilience and ease. As an instructor, my passion is helping people develop practical mindfulness skills that support emotional well-being, healthy aging, and a sense of joy in everyday life.

I know firsthand how powerful these tools are because I first turned to mindfulness while struggling through deep misery, trauma, and feelings of worthlessness. The practice gave me the tools to meet life's challenges with confidence. This cleared space now allows me to fully experience the wonder of being alive in the world and the beauty of nature. Ultimately, I teach because I want company in the joys of life!

Experience & Credentials:

- 50 Years of Personal Practice | Began meditation journey in 1975, including 24 years of dedicated Rinzai Zen practice
- 26+ Years of Teaching | Proven track record across schools, clinics, cruise ships, and the Oshkosh Senior Center
- Certified Expertise | Certified Trainer and Coach in the science-backed Unified Mindfulness system (Certified 2023)

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Oshkosh Senior Center, Oshkosh, WI

01-0984

Walking Club—Type 3 (N)

Tuesday, August 4 & 18, 9:15a to 10:15a

Cost: Daily rates apply

Facilitators: Cierra Boutelle & Kayla Reiter

Min/Max: None

Pre-registration recommended

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

Meet at the front doors of the OSC

North Building. Walks may be

canceled due to bad weather.

See page 16 for details.



Small Group Reiki—Type 2 (S)

Wednesday, August 5 & 19, 9a to 10:15a

Instructor: Kim from Open Heart Reiki

Cost: Free

Min/Max: 5/12

Register by August 3 & 17

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.

Wellness Wednesday: Mindfulness in Nature—Type 2 (S)

Wednesday, August 5, 11a to 12p

Cost: \$1.25R/\$1.75NR

Instructor: Donna Janus

Min/Max: 5/50

Register by Monday, August 3

Join us for Wellness Wednesday as we slow down and connect with the present moment through nature. This gentle guided class is open to beginners and experienced meditators. Rain date: Wednesday, August 12, at 11:00 a.m. Outdoor waiver required.

Mindfulness Meditation—Type 3 (S)

Thursdays, August 6-27, 11a to 12p

Cost: \$1.25R/\$1.75NR

Instructor: Donna Janus

Min/Max: None

Pre-registration recommended

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

Understanding Shoulder Pain & Your Options for Relief—Type 2 (S)

Tuesday, August 11, 1p to 2p

Cost: Free

Presenter: Physical Achievement Center

Min/Max: 5/50

Register by Friday, August 7

Shoulder pain can interfere with golfing, gardening, travel, and time with grandchildren. Learn why it develops, why it lingers, and the natural, non-surgical options that can help you stay active and independent.

Wellness Wednesday: Chalk Art—Type 2 (S)

Wednesday, August 12, 10a to 11:30a

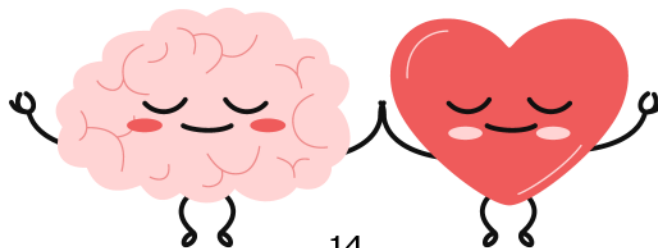
Cost: Daily rates apply

Facilitators: Cierra Boutelle, Kayla Reiter & Kelly Arens

Min/Max: None

Register by Monday, August 10

Spread kindness one drawing at a time at this creative chalk art event featuring colorful designs and uplifting messages. Meet by the fireplace in the Great Room of the South Building. Knee padding provided. Outdoor waiver required.



Strong Bones, Strong Futures—Type 2 (S)

Monday, August 17, 1p to 2p

Cost: Free

Presenters: Haley Reiersen PT, DPT & Pamela Verkuilen, RN, MSN, FNP-BC, APNP from NeuroSpine Center of Wisconsin
Min/Max: 5/40

Register by Thursday, August 13

Join this community seminar to learn about bone health, osteoporosis, and fracture prevention. Topics include screening, risk factors, nutrition, exercise, and physical therapy strategies to improve strength, balance, posture, and fall prevention. Plus, take home simple tips to support stronger bones right away.

Wellness Wednesday: Open Pickleball Play—Type 3 (S)

Wednesday, August 19, 1p to 3p

Cost: Daily rates apply

Facilitators: Cierra Boutelle & Kayla Reiter
Min/Max: None

Pre-registration recommended

Grab your paddle and join us for a fun afternoon of pickleball. Practice skills, play with friends, and enjoy some friendly competition. Instructors will be available, and all skill levels are welcome. Fitness waiver required.

Wellness Wednesday: Yard Games—Type 2 (S)

Wednesday, August 26, 12:30a to 2:30p

Cost: Free

Facilitators: Cierra Boutelle & Kayla Reiter
Min/Max: 5/50

Register by Monday, August 24

Enjoy an afternoon of outdoor fun with yard games, friendly competition, and refreshing lemonade and water on the lawn next to Oasis.

**GET
MOVING!**

Biodex Balance Assessments

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

MAKE AN APPOINTMENT TODAY!

Cost: \$5

Cierra

cboutelle@oshkosh.gov
920-232-5303

Kayla

kreiter@oshkoshwi.gov
920-232-5327

STRONGER EVERY STEP

Join us for...

Walk Club

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

Join us as we walk along the waterfront trails!

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

Normal Daily Rates Apply

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



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



How It Works:

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



Prizes Include:

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



Grand Prize:

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

Let's take steps together - every step counts!

Caring for the community since 1908.

Valley VNA Senior Care

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

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Big
impact.

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Call 800-950-9952

NO NEW MEDICARE CARD Don't fall for the Scam!



Have you been told
you need a new
Medicare card?

STOP! It's a scam



Here's the truth?

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

Protect Yourself:

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

Wisconsin Senior Medicare Patrol
1-888-818-2611
www.smpwi.org

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Oshkosh Senior Center, Oshkosh, WI

01-0984

Personal Training

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

Our Pricing:

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

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



Start Training Today!



Cierra - 920.232.5303

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



Kayla - 920.232.5327

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

Kaylee - 920.232.5320

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



Hailey - 920.232.5320

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



Pathway to Wellness

Oshkosh Seniors Center Wellness Fair

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

Oshkosh Seniors Center

South Building, Oasis

September 17

9 a.m. to 12 p.m.

Presentations to be held in Willows



One-on-One Tech Sessions (S)

Available Tues-Thurs by appointment only

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

Instructor: Christie Powers

Registration required

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

One-on-One with Sandy Toland (S)

Mondays, 9a to 1p

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

Instructor: Sandy Toland

Registration required

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



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, August 6 & 20, 9a to 3p

Cost: \$40.00 per visit

Facilitator: Foot Care Nurse

Appointment required

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

Mindworks (S)

Thursdays, August 6-27, 11a to 2p

Facilitator: Fox Valley Memory Project

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

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. Each class provides care partners with three hours of free time while their loved one attends class. Lunch is included for participants.

Grief Support—Type 3 (S)

Thursdays, August 6 & 20, 1:30p to 3p

Cost: Free

Facilitator: Meredith Schluter, Compassus Hospice

Min/Max: 2/12

Pre-registration recommended

For any adults grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith will facilitate group conversations around grief.

Memory Link Resource Hour—Type 3 (S)

Thursday, August 27, 11:30a to 12:30p

Cost: Free

Facilitator: Kristy Millar

Pre-registration recommended

Do you have questions about Memory Loss? Kristy Millar, Resource Navigator for the Memory Link Program of the Fox Valley Memory Project, is available to answer your questions regarding memory loss and dementia.

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

Thursday, August 27, 12:30p to 2p

Cost: Free

Facilitator: Fox Valley Memory Project

Pre-registration recommended

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



Golden Tones Open House—Type 3 (S) **Monday, August 3, 1:30p to 3p**

Cost: Free

Instructor: Paula Steinert

Min/Max: None

Pre-registration recommended

Learn more about the Oshkosh Seniors Center chorus, the Golden Tones, and meet others who love to sing.

Be a Master of Medicare—Type 2 (S) **Tuesday, August 4, 10a to 11a**

Cost: Free

Presenter: Amy from Medicare Masters

Min/Max: 5/24

Register by Friday, July 31



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

Karaoke—Type 3 (S) **Tuesday, August 4 & 18, 1p to 2:15p**

Cost: Free

Instructor: Lori Schroeder and Kelly Arens

Min/Max: 5/25

Pre-registration recommended

Sing your favorite classic songs or enjoy listening to others as we celebrate 80s hits this month. All music lovers are welcome.

Ukulele Play Along—Type 3 (S) **Wednesdays, August 5-26, 10:30a to 12p**

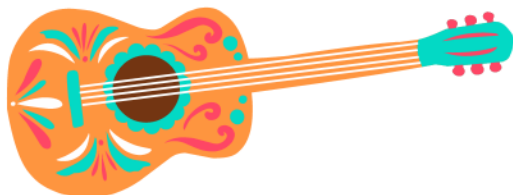
Cost: \$2.00R/\$2.50NR

Instructor: Dave Hable

Min/Max: 3/20

Pre-registration recommended

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



Golden Tones Rehearsals—Type 2 (S) **Mondays, August 17-31, 1:30p to 3p**

Cost: \$40.00R/\$45.00NR

Instructor: Paula Steinert

Min/Max: 25/55

Register by Thursday, August 6

Sing with the Golden Tones Chorus on Monday afternoons and work toward a December concert. Runs August–December.

Chat N Chop—Type 1 (S) **Tuesday, August 18, 9:45a to 11:45a**

Cost: \$10.00R/\$12.50NR

Instructor: Kerry Wolfe

Min/Max: 2/10

Register by Tuesday, August 11

In this episode of Chat N Chop, participants will prepare Bacon-Sausage Quiche Tarts, Cheddar-Veggie Appetizer Torte, and No-Bake Cheesecake. Join us for a hands-on session featuring a variety of savory and sweet recipes.

Be A Savvy Consumer in the World of Financial Services—Type 2 (S)

Tuesday, August 18, 10a to 11:30a

Cost: Free

Instructor: Jeremy Burri of Smith Securities

Min/Max: 5/40

Register by Friday, August 14

This class will help you make informed financial decisions and feel more confident asking your financial professional the right questions to support your goals.

ORD: Amazing Insects of August—Type 3 (S)

Wednesday, August 19, 10a to 12p

Cost: Free

Instructor: Rob Zimmer

Min/Max: 10/80

Pre-registration recommended

August is a great time to see dragonflies, katydids, cicadas, walking sticks, crickets, orb weaver spiders, and many other interesting creatures. This program will take a closer look at them.

Bingo—Type 3 (S)

Wednesday, August 19, 1:30p to 3p

Cost: Free

Instructor: Kelly Arens

Min/Max: 10/80

Pre-registration recommended



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

A Healthier You—Type 2 (S)

Monday, August 24, 1p to 2p

Cost: Free

Instructor: Dena Mayer of Aurora Health

Min/Max: 10/75

Register by Thursday, August 20

Ready to feel your best? Join Dena Mayer from Aurora Health for an engaging and informative session on nutrition and healthy lifestyle habits. Learn simple, practical tips to boost your well-being and maintain a healthy lifestyle. The class includes helpful handouts, the latest health information and time for Q&A.

Eat & Greet—Type 1 (S)

Wednesday, August 26, 11:30a to 12:30p

Cost: \$10.00

Instructor: Becca Bays

Min/Max: 10/50

Register by Wednesday, August 19

BBQ pulled pork sandwiches with coleslaw and watermelon—a great end-of-summer meal. Tickets are on sale July 20 through August 19. Registration and a ticket are required.

Book Talk—Type 2 (S)

Thursday, August 27, 9:30a to 11a

Cost: \$1.25R/\$1.75NR

Instructor: Kerry Wolfe

Min/Max: 2/20

Register by Thursday, July 30

Enjoy reading and looking for something new? Join Book Talk to connect with others who share an interest in books. The library provides copies to borrow and return, with books distributed at the previous month's discussion. August selection: Northern Spy by Flynn Berry, subject to change based on availability.

Cribbage—Type 3 (S)

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

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Mahjongg—Type 3 (S)

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

Tuesdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Mexican Train—Type 3 (S)

Tuesdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Bid Euchre & Rummikub—Type 3 (S)

Wednesdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Sheepshead—Type 3 (S)

Thursdays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

Pre-registration recommended

Open Bridge—Type 3 (S)

Fridays, 12:30p to 3:30p

Cost: Daily fees apply

Facilitator: Self-led

Min/Max: None

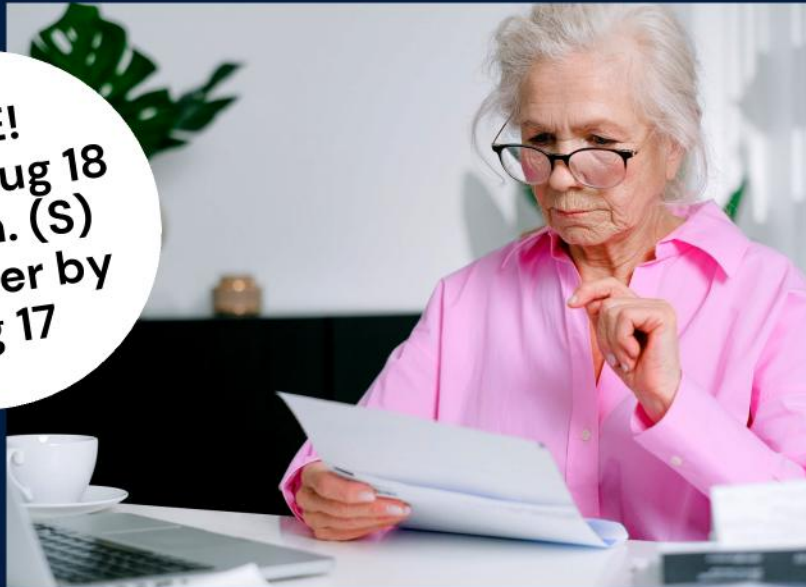
Pre-registration recommended



Join Jeremy Burri,
Investor Coach from
SMITH SECURITIES
for an information session about:

**Being a Savvy Consumer in the World of Financial Services:
It's More than Fraud Prevention**

FREE!
Tues, Aug 18
10 a.m. (S)
Register by
Aug 17



The world of financial services can seem confusing and mysterious to an outsider. It is not only fraudsters and con artists to watch for. You also have to be aware of financial products that are legal-- but could have adverse effects on your financial life.

In this course, we will look at steps you can take to protect yourself from fraud and share knowledge so you are empowered to ask meaningful and impactful questions of any financial professional. Questions that could help you stay clear of future problems.



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Social & Educational

Building: North (N) South (S)

AUGUST

EAT & GREET

**Wednesday, August 26
11:30 a.m. to 12:30 p.m.**

South Building

Cost: \$10

MENU:

**BBQ Pulled Pork Sandwiches
Coleslaw
Watermelon**

Registration and a ticket are required. Tickets on sale from July 20 to August 19.



Golden Tones Open House

**MONDAY, AUGUST 3
1:30 TO 3 P.M.
SOUTH BUILDING**

**Learn more about the Oshkosh Seniors Center chorus,
the Golden Tones, and meet others who love to sing!**

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!

Brewers vs Pirates Baseball Game

Date: Tuesday, Aug. 4 Game Time: 6:40pm

Sold out - Waitlist available

Charming Door County

Date: Thursday, August 6

Sold out - Waitlist available.

Wisconsin State Fair

Date: Tuesday, August 11

Cost: \$85.00 (\$25 non-refundable deposit)

Depart: 8:30am—Returns approx. 6:30pm

Join us as we visit the State Fair for a day of
endless fun: cream puffs, music, food, rides,
animals, exhibits, and more! The Fair has it all!
See the flyer for more detailed information.

Tour Manager: Cindy Paffenroth

Collette Presentation

1:00 p.m.

Thursday, August 27th

Madison Olbrich Botanical Gardens and Capitol Tour

Date: Thursday, September 10

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

Depart: 8:00am—Return: Approx. 6:00pm

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

Tour Manager: Cindy Paffenroth



Shipshewana, Indiana Countryside Amish Adventure

Dates: September 14—September 17

**Cost: \$705 per person/double occupancy,
\$934/single (\$75.00 Non-refund. deposit)
4 days, 3 nights**

Take a drive into Amish family culture with
delicious food, picturesque scenery, live
entertainment, and more. Highlights include
visiting an Amish homestead, touring the scenic
countryside, riding on a wagon through a bison
ranch, enjoying an authentic Amish dinner,
strolling through downtown Shipshewana, and
learning about Amish and Mennonite history. You
will also have the opportunity to visit an Amish
craftsman at work, such as a furniture maker, rug
weaver, or leather smith. This trip will be full of
charm, tradition, and hospitality.

Winnebago Senior Tours

Building: North (N) South (S)

Canadian Rockies

September 16—23

Sold out - Waitlist available.

House on the Rock, Spring Green

Date: Thursday, October 1

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

Depart: 7:00am—Return: Approx. 6:00pm

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

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

Tour Mgr: Cindy Paffenroth



Come from Away

The Fireside Theatre—Fort Atkinson

Date: Thursday, October 15

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

Depart: 8:30am—Return: Approx. 5:30pm

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

Tour Mgr: Cheryl Freiberg

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

Ho-Chunk Casino Trip

Black River Falls

Date: November 3-4

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

Depart: 9:00am—Return: Approx. 3:30pm

You will receive \$15 in Rewards Play each day.

When signing up, you must provide:

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

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

Sunny Portugal with Porto

Dates: November 9—21

Cost: Double \$4,799 per person; Single \$5,599 (\$698 per person deposit)

Enjoy this 12-day journey along Portugal's stunning shoreline, traveling from the northern city of Porto through the capital city of Lisbon to the sunny cliffs of the Algarve and the Portuguese Riviera. Along the way, encounter picturesque towns, winding cobblestone streets, oceanfront promenades, quaint villages, ancient castles, and Roman ruins. Trip highlights include Porto, the Stock Exchange Palace, Porto Wine Cellars, the Portuguese Riviera, Cascais, Obidos, Sintra, a cork factory, Evora, the Alentejo region, Lagos, the Algarve, a picnic lunch in Monchique, Lisbon, Belém, and UNESCO World Heritage Sites. See the flyer for additional highlights and descriptions. A passport is required.

Overall activity level: 3. Tour Mgr: Cheryl Freiberg



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 tale of Ralphie's desperate quest to make sure this perfect gift ends up under his tree. See the flyer for more detailed information. Tour Mgr: Cheryl Freiberg

Tropical Costa Rica

Dates: January 14-22, 2027

Cost: Double \$3,899 per person; Single \$4,499; Triple \$3,869 (\$698 per person deposit)

Enjoy this active trip beginning in San José. Unique experiences and destinations include the Monteverde Cloud Forest, one of only four in the world; Arenal Volcano, a majestic natural landmark; and a farm-to-table experience featuring a sustainability-focused farm tour with hands-on activities and a traditional lunch. Additional highlights include wildlife safaris, nature walks, farm tours, lake cruises, and cultural visits. You will also have leisure time or the option to sign up for activities such as the longest canopy zip lines, hanging bridges, mangrove kayaking, or dolphin and snorkeling tours. This trip has an activity level of 3. A passport is required. See the flyer for more detailed information.

Tour Mgr: Cheryl Freiberg

Iceland's Midnight Sun

Dates: June 13-22, 2027

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

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

Tour Mgr: Cheryl Freiberg



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, where you will experience the South Rim and have time to explore the park's breathtaking vistas and geological formations. At Bryce Canyon National Park, you will see the famous hoodoos—unique rock spires in vibrant orange and red hues. The tour also includes a scenic tram ride through Zion Canyon and time for independent exploration. Additional unique experiences include a visit to Sedona, an 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, where you will embark on a guided scenic rafting adventure to Horseshoe Bend and enjoy a lake cruise with views of Glen Canyon Dam. The trip also features an authentic Navajo Meal and Show, a cultural evening in Page, Arizona, with traditional Navajo cuisine and entertainment. This tour is rated Activity Level 2. A Real ID-compliant form of identification is required. Please see the flyer for more detailed information.

Tour Mgr: Cheryl Freiberg



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)

This trip begins in New Orleans, where travelers will explore jazz, the French Quarter, and local cuisine. Travelers will then visit Oxford, Mississippi, before continuing to Memphis to see Graceland and important Civil Rights sites. The journey continues to Nashville, with highlights including the Ryman Auditorium, the Grand Ole Opry, and the Country Music Hall of Fame. Enjoy a chocolate-making lesson at the iconic Goo Goo Candy Shop. The itinerary also includes cultural tours, live music experiences, and optional activities such as a jazz brunch and a backstage tour of the Opry. Travelers may also embark on a cozy horse-drawn carriage ride or take in the resort's beautiful lights and décor on a relaxing river cruise. This tour is rated Activity Level 2. A Real ID-compliant form of identification is required. Please see the flyer for more detailed information.

Tour Mgr: Cheryl Freiberg



you're invited

FRIENDS OF THE *Oshkosh Seniors Center*

40th
ANNIVERSARY
Celebration

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

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

Join us as we celebrate this incredible milestone!



Date:
September 17th,
2026

Tickets:
\$5
On Sale Aug 10th



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



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



Enjoy:
Food Trucks
Performances
Conversation
Raffles & Fun!



May Shred Event:
143 Attendees
\$615.00 in Donations
3 Laundry baskets of Food for Father Carr's



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



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

HERE'S TO THE NEXT CHAPTER TOGETHER!



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

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

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

Oshkosh Seniors Center

200 North Campbell Rd
Oshkosh, WI 54902
920.232.5300

South Building Hours:

Mon - Fri 8am to 4pm

North Building Hours:

Mon - Fri 7am to 4pm

OSC Staff

Dan Braun, Senior Services Mgr.
Rebecca Bays, Program Supervisor
Bobbie Jo Nagler, Office Assistant
Sadie Ingenthron, Marketing Coordinator

Activity Coordinators:

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

Friends Board

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

REGISTERING FOR PROGRAMS

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