



# The Current

June 2026

Discover the Offerings at the Oshkosh Seniors Center

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

920.232.5300

[www.oshkoshwi.gov/seniorservices/](http://www.oshkoshwi.gov/seniorservices/)

# Welcome to the Oshkosh Seniors Center

## *A Note From the Senior Services Manager*

Is it summer yet? We certainly hope so! Whatever the weather or season, the Seniors Center offers something for everyone. We invite you to bring a friend and experience all we have to offer.

June begins with a wonderful Spring Concert by the Golden Tones on the 7th. If you haven't heard them perform, now's your chance—they're sure to impress!

Mark your calendar for June 17th: enjoy the fascinating Wild Orchid Presentation, stay for Bingo, and treat yourself to ice cream courtesy of the Friends of the Seniors Center.

Then, wrap up the month with a delicious Baked Potato Bar during Eat & Greet on the 24th.

And that's just the beginning—join us for cards and games, fitness activities, the woodshop, or explore your creativity in our art and enrichment programs.

Don't forget—2026 marks the 40th Anniversary of the Friends of the Seniors Center, whose generous contributions have helped make everything possible.

Stay tuned for more exciting events in July!

*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

# 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.

## Golden Tones Spring Practice (S)

**Monday June 1**

**1:30p to 3:00p**

**Registration is closed**

Please note: Dress Rehearsal will be on Friday, June 5, and the concert will be on Sunday, June 7. Please see Paula for call times.

## Hand Building With Clay (S)

**Tuesdays, June 2-23**

**12:00p to 3:00p**

Instructor: Kathi Dittmer

**Cost: \$45.00R/\$50.00NR**

Min/Max: 3/8

**Registration opens May 12**

**Register by Friday, May 29**

This class offers a fun, community atmosphere for exploring the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings. Beginners are encouraged to join! Please note that class supplies are for use during scheduled class times only.

## Quilting 509: Partial Seams and Odd Shapes (S)

**Wednesday, June 3-24**

**9:00a to 11:30a**

Instructor: Liz Lahm

**Cost: \$10.00R/\$12.50NR**

Min/Max: 2/6

**Register by Monday, June 1**

In this class, we will build on star blocks and explore more complex designs that are harder to classify. You'll learn how to sew partial seams and work with unusual shapes. We'll cover patterns such as pinwheels and Storm at Sea, as well as blocks based on hexagons and octagons. Some designs won't be stars but will feature triangles and diamonds, broadening your quilting skills. Please bring a sewing machine in good working order. For questions, contact Liz Lahm (instructor) at the South Building Desk on Friday mornings.



## Stained Glass Guided Hours (S)

**Wednesdays, June 3-24**

**10:00a to 12:00p**

Instructor: Marla Tonn

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

**No registration needed**

Do you have stained-glass projects you'd like to finish? An instructor will be available to provide guidance and answer questions. Come in and complete your projects!

## Quilting: Log Cabin Quilt (S)

**Wednesday, June 3-24**

**12:30p to 3:00p**

Instructor: Liz Lahm

**Cost: \$10.00R/\$12.50NR**

Min/Max: 2/6

**Register by Monday, June 1**

Building on your basic skills in measuring, cutting, and sewing accurate seam allowances, we will explore nine-patches and Irish Chains to make one of 2 small quilts. We will also explore types of fabric and how to store your growing stash. Participants must bring their own sewing machine and have a good working knowledge of it. A supply list will be available at the South Building desk when you register. It is recommended that you purchase Quilter's Academy Vol. 1, Harriet & Carrie Hardgrave (available through Amazon). This book will be used for several months.



## Knitting & Crochet (S)

**Thursdays, June 4-25**

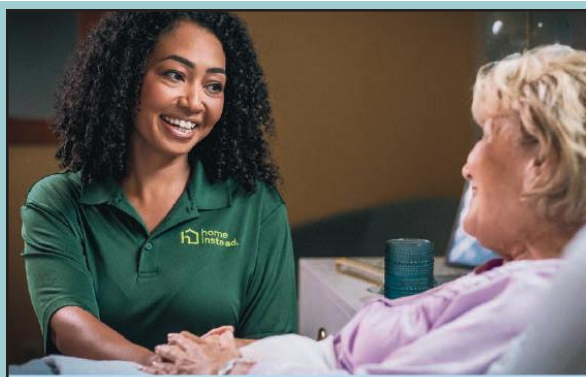
**8:30a to 11:30a**

Instructor: Self-led

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

**No registration needed**

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## Art Expression (S)

Thursdays & Fridays, June 4-26

8:30a to 11:30a

Cost: \$1.50R/\$2.25NR

Min/Max: None

**No registration needed**

Join the Art Expressions Lab to collaborate on art and craft projects! Please bring your own supplies, as the Center will not provide materials, and note that kiln firing is not available during this time.

## Wisconsin Warmers (S)

Thursdays, June 4 to 25

9:00a to 3:00p

Instructor: Self-led

Cost: Free

Min/Max: None

**No registration needed**

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.

## Artfully Yours:

### Star Message Board (S)

Tuesday, June 11

1:00p to 3:00p

**Register by Thursday, June 4**

Instructor: Kelly Arens

Cost: \$10.00R/\$12.50NR

Min/Max: 3/10

Brighten up your wall or fridge with this adorable and a useful star message board. We will have a variety of patterned and patriotic-themed fabric to choose from for your background.



## Fairy Garden Wand (S)

Monday, June 15

9:30a to 11:30a

Instructor: Kerry Wolfe

Cost: \$10.00R/\$12.50NR

Min/Max: 3/10

**Register by Friday, June 12**

We will be making fairy wands that can be put in planters, gardens, or just for decoration. Made with colorful glass beads and stakes. All materials are provided. Bring your creativity and have fun.

## Diamond Art: 12 Piece Patriotic Magnets (S)

Friday, June 19

1:00p to 3:00p

Instructor: Kelly Arens

Cost: \$15.00R/\$17.50NR

Min/Max: 3/15

**Register by Thursday, June 18**

Join us to create diamond art with patriotic magnets. This project is a 12-piece set. Make a few for you and some to gift! They are great for your refrigerator or even your garage door! No experience necessary, a great way to get social at OSC!



## Shabby Chic Patriotic Flowers (S)

Thursday, June 25

1:00p to 3:00p

Instructor: Kelly Arens

Cost: \$10.00R/\$12.50NR

Min/Max: 3/10

**Register by Thursday, June 18**

Join us for a fun and patriotic craft! Add some new July decor with these beautiful shabby chic rag flowers in mason jars! Similar to the picture shown.



## Mosaic Glass Art (S)

Monday, June 29

9:30a to 12:00p

Instructor: Kerry Wolfe

Cost: \$10.00R/\$12.50NR

Min/Max: 3/10

**Register by Friday, June 26**

Bring your creativity and design a mosaic glass art piece on canvas. We will use different types of glass to create an art piece for you to keep or give as a gift. No experience needed - just an open mind.

Oshkosh Seniors Center Presents

**GOLDEN TONES  
CHORUS CONCERT**

**We Are One:  
A Concert of Community**

**Directed by Paula Steinert**

**Sunday, June 7  
2:00 p.m.**

**Doors open at 1:30 p.m.**

**Adult Tickets: \$8.00**

**Children 16 & Under: Free**

All people must have a ticket  
Advance ticket purchases only

**Tickets on sale from May 11 to June 4**

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## Wooden Charcuterie Board with Burning Design (N)

Thursdays, May 14 to June 18

9:00a to 12:00p

Registration is closed

## Power & Hand Tool Carving (N)

Mondays, June 1-22

9:00a to 12:00p

Instructor: Gene Bengel, Richard Krummick

Cost: \$20.00R/\$25.00NR

Min/Max: 4/12

**Register by Friday, May 29**

Power tool carvers must bring a bench fan and a dust collector and have completed safety training to operate 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.

## Guided Wood Burning (S)

Tuesdays, June 2-23

8:30a to 11:30a

Instructors: Linda Gomach, Richard Krummick

Cost: \$20.00R/\$25.00NR

Min/Max: 3/10

**Register by Friday, May 29**

Here's a chance to work on those woodburning projects! Award-winning instructors will be on hand to offer expert guidance in completing your pieces. Bring your vision to life with dedicated time for wood burning alongside fellow enthusiasts. Instructors will also help individuals with wood-burning portraits as well.

## Woodshop Guided Hours (N)

Wednesdays, June 3-24

9:00a to 12:00p

Cost: \$5.00 R/\$7.50 NR

No registration needed

Join us during Guided Woodshop Hours to work on your projects with support from our expert volunteers. Basic Machine Safety Training is required to use our tools; if you're not trained, you can use a bench pass, and monitors will assist. **Please arrive no later than 30 minutes before the scheduled end time to ensure projects are completed.**

## Wooden Butterfly (N)

Thursdays, June 25 to July 16

9:00a to 12:00p

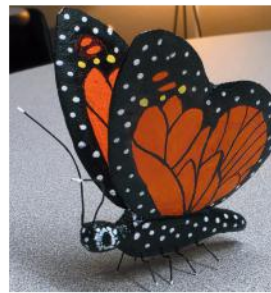
Instructor: Don Schettle and Richard Krummick

Cost: \$25.00R/\$30.00NR

Min/Max: 3/10

**Register by Tuesday, June 23**

Join us to make a beautiful wooden butterfly. Pictures shown are of a Monarch, but butterflies can also be painted to look like a Painted Lady. Either way, the steps to make the butterfly are the same.



*“Creativity is the brain's invisible muscle, that when used and exercised routinely, becomes better and stronger.”*

*- Ashley Ormon*

# 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
9:00	Morning Mobility 9:15-9:45am	Functional Flexibility 9:15-9:45am	Morning Mobility 9:15-9:45am	Functional Flexibility 9:15-9:45am	Everyday Strength 9:15-9:45
10:00	Chair Cardio & Core 10-10:45am	TRX 10-10:45am	Chair Cardio & Core 10-10:45am		Silver Sneakers Well-Balanced 10-10:45am
11:00	Silver Sneakers Classic 11-11:45am	Movement Exercise 11-11:45am	Silver Sneakers Classic 11-11:45am	Movement Exercise 11-11:45am	TRX 11-11:45am
12:00	Advanced Line Dancing 12:15-1:45pm	Advacned 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)**

Mobility Sessions are a fantastic way to release tension, expand your range of motion, and minimize soreness, ultimately enhancing your recovery process. Participants are encouraged to bring their own exercise mat.

### **Functional Flexibility (N)**

Relax, restore, and renew your body in this gentle class focused on improving flexibility and range of motion. With guided stretches, mindful breathing, and slow and controlled movements, we'll help release tension, increase mobility, and support better balance and posture. Participants should bring their own exercise mats.

### **Chair Yoga (N)**

A gentle practice in which postures are performed either seated or with the assistance of a chair. This class helps boost strength, flexibility, and mental well-being. No prior experience is required to join.

### **Silver Sneakers® Classic (N)**

A beginner-friendly class designed to increase strength, flexibility, range of motion, and cardiovascular health through a variety of exercises. Participants will use a chair for support and will incorporate dumbbells, resistance tubing, and/or a ball to build muscle.

### **Movement Exercise (N)**

#### **Time change on Fridays!**

Join us for a fun, low-impact aerobics class designed to improve cardiovascular health and build strength and stability. We'll use various resistance tools to enhance muscle tone, balance, and overall fitness. Movements can be done seated or standing, making it adaptable for all ability levels.

### **Chair Cardio & Core (N)**

#### **An additional day has been added!**

Improve your cardiovascular health and strengthen your core with the assistance of a chair. This low-impact class improves endurance, balance, and overall strength. We may include light dumbbells and resistance tubing to keep things different and challenging.

## Beginner Classes Continued

### **NEW! Silver Sneakers® Well-Balanced**

Build confidence and keep doing what you love. In this class, we focus on improving balance and reducing the risk of falls through simple, effective, low-impact exercises.

## Intermediate Classes

### **NEW! Step Aerobics (N)**

Jump into step training with a high-energy cardiovascular workout that involves stepping on and off a raised platform. Designed to increase heart rate, endurance, and burn calories. Join us for a fun and engaging way to strengthen the legs and core while boosting coordination and agility.

### **NEW! Kettleball (N)**

Get ready to sweat, strengthen, and sculpt in this dynamic, full-body workout! This class will combine strength training, cardio, and functional movement using kettlebells of various weights. You'll swing, press, squat, and lift your way through a high-energy session designed to build lean muscle, boost endurance, and improve coordination.

### **Rapid Movement (N)**

Improve your cardio by doing fast bursts of exercise, followed by active recovery. This interval training style helps improve agility, power, coordination, and balance, all key components in helping you stay strong and confident in your everyday activities.

### **Full Body Strength (N)**

Build strength from head to toe in this dynamic class designed to challenge every major muscle group. Using a variety of resistance tools, such as dumbbells, resistance bands, weighted bars, and more, you'll improve muscle tone, stability, and overall functional fitness to keep you enjoying your daily activities.

## Intermediate Continued

### **Cardio Circuit (N)**

#### **New time!**

Strengthen your heart, boost energy, and improve flexibility with our easy-to-follow station routines using strength and cardio equipment. This full-body workout helps you stay strong and confident in everyday movement.

### **NEW! Everyday Strength (N)**

Build the strength you need for everyday life in this functional, full-body class. Using dumbbells, resistance bands, weighted bars, and your own bodyweight, you will challenge your muscles, improve balance, and enhance mobility, helping you to feel confident and stronger in everyday life.

### **TRX (N)**

#### **No Class Friday, June 19**

Build strength, improve flexibility, and challenge your core with TRX suspension training. Using your body weight and adjustable straps, you'll perform a full-body workout that's safe, effective, and adaptable for your fitness level.

**Registration is required due to limited equipment. Tuesday's class will be taking a break for the summer. The last class will be on May 12 and resume September 22.**

## Advanced Classes

### **Advanced Line Dancing (N)**

Kick up your heels and enjoy fun, fast-paced dance routines that challenge your coordination, rhythm, and memory while keeping the atmosphere light and social. Prior line dancing experience is required. Steps are not taught.

# WATER FITNESS



**Mondays, June 22 - August 3  
10 to 10:45 a.m.  
Pollock Community Water Park**

Resident: \$3.00 per class  
Non-resident: \$4.50 per class

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**Registration opens on June 1st. Pre-registration is required for each class. Call 920-236-5080 to register.**



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**OSHKOSH AREA COMMUNITY FOUNDATION**

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For ad info. call 1-800-950-9952 • [www.lpicomunities.com](http://www.lpicomunities.com)

Oshkosh Senior Center, Oshkosh, WI

01-0984

## Walking Club (S)

**Tuesday, June 2 and 16**

**9:15a to 10:15a**

Facilitator: Cierra Boutelle & Kayla Reiter

**Cost: Daily rates apply**

Min/Max: None

Registration is open through the day of Step your way to better health - physically, mentally, and emotionally. 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. Stay consistent through the end of September for a chance to win an Apple Watch! Thank you to Oasis Senior Advisors for sponsoring prizes.

Participants must complete an outdoor waiver 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.

**See page 16 for more details!**



## Smart Cycling (S)

**Thursday June 4**

**1:00p to 3:00p**

Presenter: Jacob Klaameyer

**Cost: Free**

Min/Max: 5/40

**Register by Tuesday, June 2**

Learn how to ride your bike safely with us! This is designed to develop a bicycle rider's confidence and competence. You will learn how to choose a bicycle, understand the basic parts of a bike, use essential equipment, and safely and comfortably ride your bike in various traffic conditions, terrain, and climates. Beginner-to-advanced course content is tailored to the needs of the attendees. Classes led by our League of American Bicyclists Certified Instructors include instruction and a community group ride along the river. Let's ride bikes safely this summer! **Please bring your own bicycle & complete the outdoor waiver to participate in the group ride. In the event of bad weather, there will be no group ride.**

## Small Group Reiki (S)

**Wednesday, June 3**

**Register by Monday, June 1**

**Wednesday, June 17**

**Register by Monday, June 15**

**9:00a to 10:15a**

Instructor: Kim from Open Heart Reiki

**Cost: Free**

Min/Max: 5/12

Discover the healing power of Reiki in a peaceful setting, where you'll experience hands-on energy-balancing techniques to melt away stress and tension. Perfect for anyone looking to unwind, recharge, and restore tranquility in their life.

## Blood Pressure Checks (S)

**Wednesdays, June 3-24**

**1:00p to 2:00p**

Instructors: Retired Registered Nurses

**Cost: Free**

**No registration required**

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

## Mindfulness in Nature (S)

**Wednesday June 9**

**10:00a to 11:00a**

Instructor: Donna Janus

**Cost: \$1.25R/\$1.75NR**

Min/Max: None

**Register by Friday, June 5**

This session invites participants to slow down and reconnect with the present moment through the sights, sounds, and textures of the natural world. Practicing mindfulness outdoors has been shown to reduce stress, improve mental clarity, and foster a deep sense of peace. Through gentle guided exercises, we will explore how the simple act of being in nature can anchor us in the "here and now." You'll learn techniques for quieting the mind and for enjoying life! This class is designed for beginners, but experienced meditators will also find fresh value in taking their practice outdoors. **The rain date for this event will be Tuesday, June 16th, at 10:00 a.m.** Participants must fill out an outdoor waiver before participating.

**Understanding the Basics and Benefits of Hospice Care (S)**

**Wednesday June 10**

**1:00p to 2:00p**

Presenter: Kyle Oberstadt from St. Croix

**Cost: Free**

Min/Max: 2/40

**Register by Monday, June 8**

Join Kyle Oberstadt, Care Transition Coordinator at St Croix Hospice, to learn more about the basics of hospice care. You will learn when and why hospice care is appropriate, and how it can support you and your loved one. Hospice myths and facts will also be discussed for a better understanding of hospice care.

**Break the Back Pain Cycle (S)**

**Thursday, June 11**

**1:00p to 2:00p**

Presenter: Dr. Eric Kohler

**Cost: Free**

Min/Max: 2/40

**Register by Tuesday, June 9**

Feeling stiffer or sore now that you're moving more after a long winter? Afraid your back will flare up when you try to walk, golf, garden, or enjoy your favorite outdoor activities? If nothing changes, will back pain keep you from fully enjoying time with the people you love? At this workshop, you will learn:

- The hidden causes of back pain most people are never told about
- The #1 thing keeping you stuck in the cycle of back pain
- How to relieve back pain naturally without surgery, injections, or medications

**Early Detection for a Healthier Tomorrow (S)**

**Thursday, June 18**

**1:00p to 2:00p**

Presenter: Barbie Krohn MSN/ED from Ascension

**Cost: Free**

Min/Max: 2/30

**Register by Tuesday, June 16**

Join us for a friendly, informative talk focused on breast health. Take this simple step to feel more at peace and learn how early detection and preparation can make a difference.

**TIPS FOR PREVENTING FALLS**

**Eliminate Hazards**

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

**Learn Your Risk**

Get a Biodex Balance Assesment at OSC!

**Check Your Vision & Hearing**

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

**Know Your Medications**

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

**Stand Up**

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

**Steady Yourself**

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

**Think Prevention**

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



# 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](mailto:Cboutelle@oshkoshwi.gov) by 4 p.m.
- Earn entries for monthly prize drawings
- Get bonus steps when you walk with us on the 1<sup>st</sup> and 3<sup>rd</sup> 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.

valleyvna.org | 920.727.5555 | Neenah, WI

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Big  
impact.

Advertise here  
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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# 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**

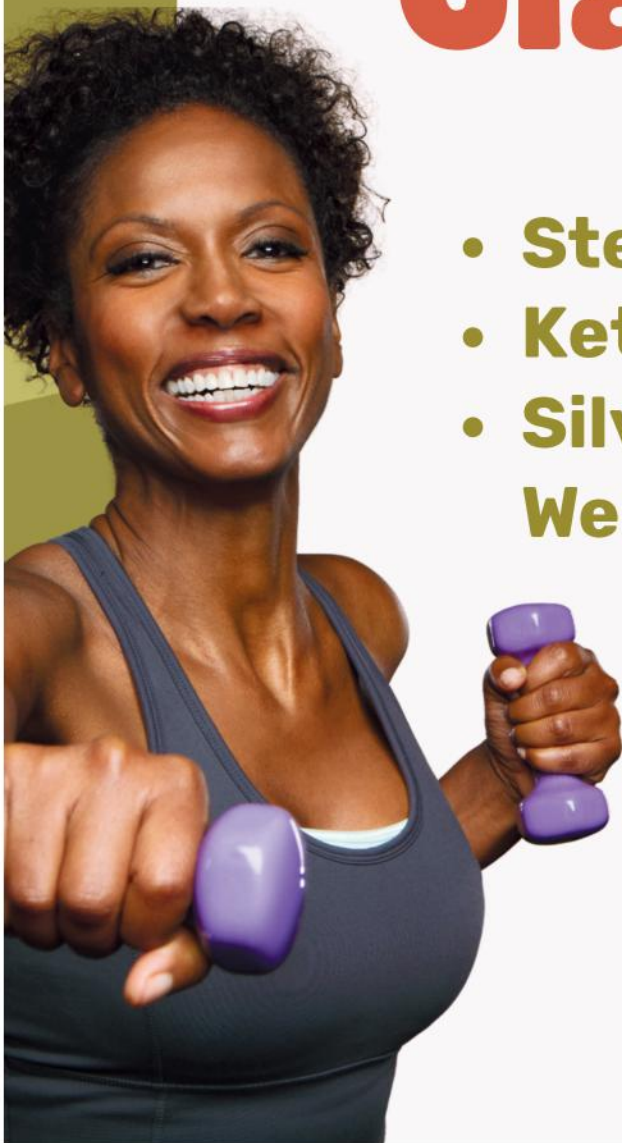
Hi, I'm Hailey. I graduated with a degree in Kinesiology with an emphasis in Exercise Science and recently returned to school to earn my certification as an Occupational Therapy Assistant (OTA). My passion is helping people move better, feel stronger, and live more independently. I have experience designing 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.



# New Group Exercise Classes!

- **Step Aerobics**
- **Kettle Bell**
- **Silver Sneakers  
Well-Balanced**

**Did you check out  
our new class  
options? Turn back  
to page 11 for more  
information!**



### **One-On-One Tech Sessions (S)**

**Available Tues-Thurs by appointment only**

Instructor: Christie Powers

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

**Registration required**

This program is designed to improve your digital literacy. All levels of expertise are welcome. 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, 9:00a-1:00p**

Instructor: Sandy Toland

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

**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.

### **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 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, 9:00a to 3:30p**

**Thursday, June 4 and 18, 9:00a to 3:00p**

Facilitator: Foot Care Nurse

**Cost: \$40.00 per visit**

**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. **Call 920.232.5301 to schedule.**

### **Mindfulness Meditation (S)**

**Thursdays, June 4-25**

**11:00a to 12:00p**

Instructor: Donna Janus

**Cost: \$1.25R/\$1.75NR**

Min/Max: None

**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 deepen their practice. All levels learn why and how mindfulness and meditation work to increase well-being.



### **Mindworks (S)**

**Thursdays, June 4-25**

**11:00a to 2:00p**

Facilitator: Fox Valley Memory Project

**To register, call 920.225.1711 or email [info@foxvalleymemoryproject.org](mailto:info@foxvalleymemoryproject.org)**

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

### **Grief Support (S)**

**Thursdays, June 4 and 18**

**1:30p to 3:00p**

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: FREE**

Min/Max: 2/12

**Registration is open through the 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.

### **Memory Link Resource Hour (S)**

**Thursday, June 25**

**11:30a to 12:30p**

Facilitator: Kristy Millar

**Cost: Free**

**Registration is open through the day of**

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 (S)**

**Thursday, June 25**

**12:30p to 2:00p**

Facilitator: Fox Valley Memory Project

**Cost: Free**

**Registration is open through the day of**

This support group offers a safe, supportive environment to share, interact, listen to, and learn from other caregivers and care partners of people with a memory loss disability. This group is specific to dementia caregivers.

## 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. You can also visit their website at [www.co.winnebago.wi.us/adrc](http://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.



**Beginner Ukulele Lessons (S)**

**Fridays, June 5-26**

**10:00a to 10:50a**

Instructor: Joe Wiedenmeier

**Cost: \$40.00R/\$45.00NR**

Min/Max: 5/12

**Register by Wednesday, April 29**

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

**Beginner 2 Ukulele Lessons (S)**

**Fridays, June 5-26**

**10:00a to 10:50a**

Instructor: Aaron Baer

**Cost: \$40.00R/\$45.00NR**

Min/Max: 5/12

**Register by Wednesday, June 3**

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

**Intermediate Ukulele Lessons (S)**

**Fridays, June 5-26**

**11:00a to 11:50a**

Instructor: Aaron Baer

**Cost: \$40.00R/\$45.00NR**

Min/Max: 5/12

**Register by Wednesday, June 3**

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

**Advanced Ukulele Lessons (S)**

**Fridays, June 5-26**

**12:00p to 12:50p**

Instructor: Aaron Baer

**Cost: \$40.00R/\$45.00NR**

Min/Max: 5/20

**Register by Wednesday, June 3**

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

**Ukulele Play Along (S)**

**Wednesdays, June 3-24**

**10:30a to 12p**

Instructor: Dave Hable

**Cost: \$ \$2.00R/\$2.50NR**

Min/Max: 3/20

**Registration is open through day of**

Looking to play your ukulele with others? If you know 3-4 chords, you can join in our weekly sessions! We play a variety of music selected by a volunteer. We use our own iPads, smartphones, and/or tablets to view the songs via wi-fi. We can get you connected!



**FUN FACT**

Did you know Neil Armstrong (the first man to walk on the moon) played the ukulele in his free time?

### **Karaoke (S)**

**Tuesday, June 16 (no class June 2)**

**1:00p to 2:15p**

**Registration is open through the day of**

Instructor: Lori Schroeder and Kelly Arens

**Cost: Free**

Min/Max: 5/25

The theme this month is 60's Summer Time Tunes! Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers are welcome!

### **Chat N Chop (S)**

**Tuesday, June 9**

**9:45a to 11:45a**

Instructor: Kerry Wolfe

**Cost: \$10.00R/\$12.50NR**

Min/Max: 2/10

**Register by Tuesday, June 2**

**Payment is due upon registration**

In this episode of Chat N Chop, we will make a strawberry arugula salad, a grilled chicken & strawberry wrap, and strawberry & goat cheese crostini. Sound good? Grab your aprons and come join us.

### **Essential Oils: Help for Tired and Aching Muscles (S)**

**Tuesday, June 9**

**10:00a to 11:00a**

Instructors: Jeanne Gehrke

**Cost: Free**

Min/Max: 3/10

**Register by Friday, June 5**

Harness the science of natural solutions for Inflammation Support. Chronic inflammation is increasingly recognized as a root cause of many modern health issues—from joint pain and skin irritation to more systemic concerns such as cardiovascular and autoimmune conditions. While conventional treatments play a critical role, a growing body of research suggests that certain supplements possess powerful anti-inflammatory properties that may offer complementary support. We will share supplements that contain active compounds such as terpenes, sesquiterpenes, and phenolic derivatives that can modulate inflammatory pathways. These natural constituents interact with biochemical markers known to drive the inflammatory response in the body.

### **Hammered Dulcimer Summer Concert with Charlene Luebke (S)**

**Thursday, June 10**

**2:00p to 3:00p**

**Instructor: Kelly Arens**

**Cost: Free**

Min/Max: 10/40

**Register by Tuesday, June 9**

Join us for beautiful music on the Hammered Dulcimer. The concert features Dulcimer Artist Charlene Luebke. The concert is free, but we ask that you register and let us know you're coming. This program will be held in the Great Room at the South Building.

## Hammered Dulcimer Concert

June 10

2 to 3 p.m.

Great Room (S)



Concert is free but registration is required. Please register by Tuesday, June 9.

## **AARP Smart Driver Course (S)**

**Tuesday, June 16**

**9:00a to 1:00p, please arrive by 8:45a**

Instructor: Mark Holzhauer

**Cost: \$20.00 for AARP Members/\$25.00 for Non-AARP Members**

Min/Max: 10/25

**Register by Tuesday, June 9**

**Read below for payment instructions**

Refresh your driving skills with the AARP Smart Driver Refresher Course. You will learn defensive driving techniques, new traffic laws and rules of the road, how to deal with aggressive drivers, how to safely navigate adverse weather conditions, useful information on automobile technology, and more. Upon completion, you may be eligible to save money on your car insurance. Contact your local insurance agent for details. Bring your AARP membership and driver's license to class. **The cost is covered on the day of class with cash or a check payable to AARP.** Please arrive at least 15 minutes before 9 a.m. to complete the class paperwork.

## **ORD: Wild Orchids of Summer (S)**

**Wednesday, June 17**

**10:00a to 12:00p**

Instructor: Rob Zimmer

**Cost: Free**

Min/Max: 10/80

**Register by Monday, June 15**

Wisconsin is home to up to 50 varieties of native wild orchids. Join Rob for a look at many of them as he takes us along on his adventures seeking out the wild orchids of summer.

## **Bingo (S)**

**Wednesday, June 17**

**NEW TIME: 1:30p to 3:00p**

Instructor: Kelly Arens

**Cost: Free**

Min/Max: 10/80

**Registration opens Wednesday, June 3**

**Register by Tuesday, June 16**

Join us for a fun afternoon of Bingo! Doors open at 1:00p. 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, Bella Vista!



## **Rep. Palmeri Office Hours (S)**

**Friday, June 19**

**10:00a to 11:30a**

Presenter: Rep. Lori Palmeri

**Cost: Free**

**No registration required**

State Representative Lori Palmeri has represented the 54th Assembly District since January 2023. Come meet Lori, bring your issues, and share with Representative Palmeri what's on your mind.

## **A Healthier You (S)**

**Registration Opens June 1**

**Monday, June 22**

**1:00p to 2:00p**

Instructor: Dena Mayer from Aurora Health

**Cost: Free**

Min/Max: 10/50

**Register by Thursday, June 18**

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.

## **Writing Your Next Chapter: Fearless Over 50 (S)**

**Tuesday, June 23**

**1:00p to 2:00p**

Presenter: Author Karen Cutler Drecktrah

**Cost: Free**

Min/Max: 5/24

**Register by Friday, June 19**

There is no age limit on starting your journey as an author. In this program, author Karen Cutler Drecktrah shares her experiences becoming a first-time author after the age of 50 and tells you why you shouldn't let fear keep you from beginning your next chapter.

# June

## EAT & GREET

---

**Wednesday, June 24**

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

**South Building**

**Cost: \$10**

Let's hang out at the BAR...  
minus the alcohol.

We will serve:

- **Baked Potato BAR**
- **Salad BAR**
- **Dessert BAR**

Registration and a ticket  
are required. Tickets on  
sale from May 27 to June 17.



### **Eat and Greet (S)**

**Wednesday, June 24**

**11:30a to 12:30p**

Instructor: Becca Bays

**Cost: \$10.00**

Min/Max: 10/50

**Register by Wednesday, June 17**

Let's hang out at the BAR, minus the alcohol! We will be having a baked potato BAR, a salad BAR, and a dessert BAR. Tickets on sale from May 27 to June 17. Registration and ticket required.

### **Book Talk (S)**

**Thursday, June 25**

**9:30a to 11:00a**

Instructor: Kerry Wolfe

**Cost: \$1.25R/\$1.75NR**

Min/Max: 2/20

**Register by Thursday, May 28**

Do you like to read? Looking for something new to read? Want to meet new people who enjoy reading and books? Come and join Book Talk at the Seniors Center. Books are provided by the library for you to read and return. Books handed out at previous month book talk.

### **Family Cottage Estate Planning (S)**

**Friday, June 26**

**10:00a to 11:00a**

Instructor: Joe McCleer

**Cost: Free**

Min/Max: 5/50

**Register by Wednesday, June 24**

For folks who have a special spot on the lake Up North, or hunting grounds used by the whole family, or a quiet cabin they visit on weekends with their grandchildren, estate planning for that special place may not be so cut-and-dry.

Attorney Joseph McCleer of McCleer Law Office will discuss the particular considerations to take into account when drafting one's estate plan for a second property.

### **Cards & Games (S)**

**Various Days and Times**

**Cost: \$1.00R/\$1.50NR**

Need a spot to play with friends? Check in at the front desk as daily fees apply.

#### **Cribbage**

Mondays & Fridays

8:30a to 11:30a

Beginners welcome!

#### **Mahjongg**

1<sup>st</sup> and 3<sup>rd</sup> Mondays

9:30a to 11:30a

Tuesdays

12:30p-3:30p

#### **Mexican Train**

Tuesdays

12:30p to 3:30p

#### **Bid Euchre, Rummikub**

Wednesdays

12:30p to 3:30p

#### **Sheepshead**

Thursdays

12:30p to 3:30p

#### **Open Bridge**

Fridays

12:30p to 3:30p



## 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!**

## Savannah Bananas

**Date: Sunday, June 7**

Sold out - Waitlist available.

## Lake Geneva Sundae Social Cruise

**Date: Thursday, June 18**

Sold out - Second Date Added, See Below

## Lake Geneva Sundae Social Cruise

**Date: Monday, June 22**

**Cost: \$135 (\$25 non-refundable deposit)**

**Depart: 8am—Return: 5:00pm-5:30pm**

Our day will begin with the opportunity to visit Lake Geneva's downtown shops, the Market of Lake Geneva and Delaney Street Mercantile. After lunch, the day will end with combined sweet treats, fun stories, and a little relaxation for an unforgettable outing on the Grand Belle Ice Cream Social Cruise. The friendly staff will serve up classic ice cream sundaes with your choice of toppings. Learn about Lake Geneva's opulent estates and fascinating history. Enjoy stories about the lake's connection to Chicago's Gilded Age. See flyer for more detailed information. Tour Mgr: Cindy Paffenroth



## Wollersheim Winery/Circus World

**Date: Wednesday, July 15**

**Cost: \$130 (\$25 non-refundable deposit)**

**Depart: 7:30am—Return: Approx. 6:00pm**

Experience the amazing Circus World, an incredible 64 acres showcasing the magnificent history of the American Circus. This National Historical Landmark is the site where five Ringling brothers began a little show that grew into the largest outdoor entertainment the world has ever seen. Explore 7 buildings of colorful exhibits, dazzling collections of ornate wood-carved circus wagons, and take in a live circus performance. Then, we'll visit a recognized National Historical Site and one of the oldest wineries in Wisconsin, Wollersheim Winery, located on a scenic hillside. It has become a leader in the Midwest wine industry, earning numerous local and international awards and recognition. The Distillery, built in 2015, has on-site fermentation and distillation of handcrafted spirits. An all-Wisconsin-inspired Cognac, their Coquard Brandy is an award-winner. See flyer for more detailed information. Tour Mgr: Cathy Koch



## SC Johnson Building Tour

**Date: Thursday, July 23**

**Cost: \$100 (\$25 non-refundable deposit)**

**Depart: 7:30am—Return: Approx. 5:30pm**

In 1936, third-generation SC Johnson leader H.F. Johnson, Jr. sought out the architect Frank Lloyd Wright for a more modern approach. And he wanted it enough to scrap the old plans and take a risk on the innovative Wright. From the Frank Lloyd Wright-designed Administration Building and Research Tower, award-winning films and historical displays, there's a lot to see. Guests should be comfortable standing, walking, and climbing stairs, including both indoor and outdoor spaces. Following our tour, we will have lunch at the Reefpoint Brew House. On our way home, we will stop and shop in Slinger at Held's Meat Market. See flyer for more detailed information. Tour Mgr: Cindy Paffenroth



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

## **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 flyer for more detailed information. Tour Mgr: Cathy Koch



## **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. This includes the Royal Thai Pavilion and Garden, as well as specialty gardens such as the Perennial, Sunken, and Herb. The Bolz Conservatory is 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, including its historic architecture, art, and political spaces. Tours start on the ground floor of the Capitol Rotunda. The tour covers up to six areas of the Capitol: the Rotunda, Assembly, Senate, North Hearing Room, Governor's Conference Room, and the Supreme Court. See flyer for more detailed information. Tour Mgr: 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: delicious food, picturesque beauty, live entertainment, and more! Highlights include: visiting an Amish homestead, touring the scenic and beautiful countryside, riding on a wagon through a bison ranch, enjoying an authentic Amish dinner, strolling downtown Shipshewana, learning about Amish and Mennonite history. You'll have an opportunity to experience an expedition to visit an Amish craftsman at work, such as a Furniture Maker, a Rug Weaver, or a Leather Smith. This trip will be full of charm, tradition, and hospitality. See flyer for more detailed information. Tour Mgr: Cathy Koch



## **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, Alex expanded his vision beyond the house and, on a massive scale, collected and built. What began as a lofty retreat with an awe-inspiring view has become a spectacular attraction known as The House on the Rock. We will t Section 1: Asian Garden, Alex Jordan Center, Gate House, Original House and Infinity Room. Section 2: Mill House, Streets of Yesterday, Heritage of the Sea, Tribute to Nostalgia, Music of Yesterday, Spirit of Aviation, and Carousel Room. Lunch will be at the Riverside Restaurant. After lunch, we will have the opportunity to shop at the Spring Green General Store, which offers a wonderful selection of unique items for everyone. See 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: 8:00am—Return: Approx. 5:30pm

In the remarkable true story of COME FROM AWAY, what started as an average 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 globe were diverted to their airstrip. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar, and the recognition that we're all part of a global family. See flyer for more detailed information.

Tour Mgr: Cathy Koch



## 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 Rewards Play each day.

When signing up, you MUST provide:

1. Name as appears on your driver's license, Address, Zip Code, Phone Number & Email
2. Full DOB
3. Rewards Club #(if you have one)

\*\* If you are signing up others, please collect this information from them at sign-up. See flyer for more detailed information. Tour Mgr: Cathy Koch

## 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 trip from the northern city of Porto, through the Portuguese capital, Lisbon, to the sunny cliffs of the Algarve and Portuguese Riviera, along Portugal's stunning shoreline. Encounter picturesque towns, winding cobblestone streets, oceanfront promenades, quaint villages, ancient castles, and Roman ruins. Highlights include Porto, Stock Exchange Palace, Porto Wine Cellars, Fatima, Portuguese Riviera, Cascais, Obidos, Sintra, Cork Factory, Evora, Alentejo, Lagos, Algarve, Picnic Lunch in Monchique, Lisbon, Belem, and UNESCO World Heritage Sites. See flyer for additional highlights and descriptions. Overall activity level is level 3. A passport is required. Tour Mgr: Cheryl Freiberg

## A Christmas Story

The Fireside Theatre—Fort Atkinson

Date: Thursday, December 17

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

Depart: 8:00am—Return: Approx. 6:30pm

Ralphie wants only one thing for Christmas: An Official Red Ryder Carbine-Action 200-shot Range Model Air Rifle. A Christmas Story The Musical is the hilarious account of Ralphie's desperate quest to ensure that this most perfect gift ends up under his tree. See flyer for more detailed information. Tour Mgr: Cheryl Freiberg



## Tropical Costa Rica

Dates: January 12-22, 2027

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

Enjoy this active trip that starts in San Jose. Unique experiences and destinations include: Monteverde Cloud Forest (one of only 4 in the world); Arenal Volcano (A majestic natural landmark); Farm-to-Table Experience (a sustainability-focused farm tour with hands-on activities and a traditional lunch). You will have leisure time or can sign up for activities such as the longest zip-lining, dolphin watching, kayaking, and snorkeling. This is a level 3 for activity level. A passport is required. See flyer for more detailed information. Tour Mgr: Cheryl Freiberg



## Iceland's Midnight Sun

Dates: June 13-22, 2007

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

Join us for the "Iceland's Midnight Sun: Glaciers, Geysers, and the Golden Circle" tour. Highlights of the tour include visits to Reykjavik, the Golden Circle, Thingvellir National Park, Akranes, Breidafjörður Bay for whale watching, Lava Exhibition Center, Vík, Jökulsárlón Glacial Lagoon, and Sky Lagoon. Participants learn about Icelandic traditions, such as wool dyeing and greenhouse farming using geothermal energy. Visits to historical sites like turf-built houses and the Skógar Museum provide insights into Iceland's heritage. This is a level 3 for activity level. A passport is required. See flyer for more detailed information. Tour Mgr: Cheryl Freiberg



# Here's the Scoop

## Ice Cream Social

June 17<sup>th</sup> from 1p-3p

Come enjoy:

- Delicious ice cream
- Great company
- A fun, relaxed summer atmosphere

We are hopeful for beautiful weather so we can gather outdoors, but a backup indoor plan is in place if needed. Stay tuned for final confirmation!



### 👉 Friends of the Oshkosh Seniors Center

The Friends of the Oshkosh Senior Center play a vital role in supporting programs, events, and enhancements that make our center such a special place.

**Through fundraising efforts and community involvement, the Friends group helps:**

- Support social events like the Ice Cream Social
- Enhance programming and activities
- Provide resources that benefit all members

If you're looking for a way to get more involved, meet new people, and give back, consider joining the Friends group!

### ☀️ Stay Connected This Summer

As we move into the summer months, the Senior Center continues to be a place to:

- Stay active
- Build friendships
- Participate in engaging programs

Be sure to check the front desk or weekly schedule for:

- Ongoing activities
- Special events
- New opportunities to get involved





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**

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

## **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.