



The Current

May 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, INC.

920.232.5300

www.oshkoshwi.gov/seniorservices/

Welcome to the Oshkosh Seniors Center



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.

CLOSED MAY 25
IN HONOR OF
MEMORIAL DAY

Congratulations!

Bobbie Jo
2025 Employee of the Year



Cierra

2025 Quarter 4 Employee of the Quarter
2025 Quarter 4 Outstand Service Award



Art Expression (S)

Thursdays & Fridays, May 1-29

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.

Golden Tones Spring Practice (S)

Mondays, May 4-18

1:30p to 3:00p

Registration is closed

Please note: There will be no rehearsal on Monday, May 25. Instead, it will be on Tuesday, May 26.

Hand Building With Clay (S)

Tuesdays, May 5-26

12:00p to 3:00p

Instructor: Kathi Dittmer

Cost: \$45.00R/\$50.00NR

Min/Max: 3/8

Registration opens April 14

Register by Friday, May 1

This class offers a fun community atmosphere to explore 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 508: Whirlgigs (S)

Wednesday, May 6-27

9:30a to 11:30a

Instructor: Liz Lahm

Cost: \$10.00R/\$12.50NR

Min/Max: 2/6

Register by Monday, May 4

Put your log cabin skills to work creating a playful, whimsical quilt — perfect for summer! The blades feature a 45-degree diamond with one side matching the background, allowing them to blend seamlessly. Participants must bring their own sewing machine in good working order. Questions? Reach instructor Liz Lahm at the South Building Desk on Friday mornings.



Stained Glass Guided Hours (S)

Wednesdays, May 6-27

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, May 6-27

12:30p to 3:00p

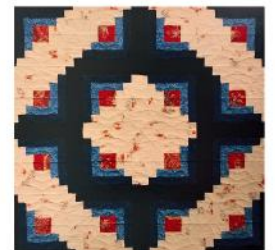
Instructor: Liz Lahm

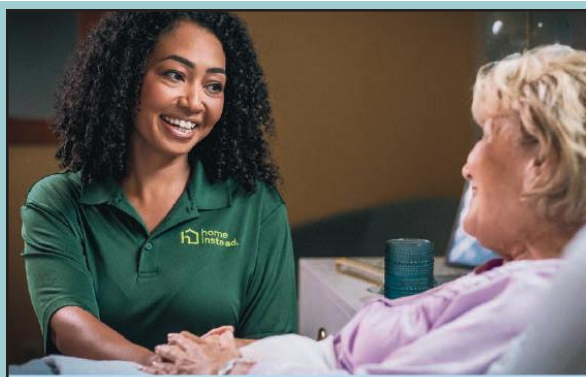
Cost: \$10.00R/\$12.50NR

Min/Max: 2/6

Register by Monday, May 4

Building on basic skills of measuring, cutting, and sewing, we will explore log cabin quilts and their variations, and introduce drafting to help you plan or modify a quilt pattern. Participants must bring their own sewing machine. Questions? Reach instructor Liz Lahm at the South Building Desk on Friday mornings.





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Oshkosh Senior Center, Oshkosh, WI

01-0984

Knitting & Crochet (S)

Thursdays, May 7-28

8:30a to 11:30a

Instructor: Self-led

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

No registration needed

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

Wisconsin Warmers (S)

Thursdays, May 7-28

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.



Congratulations to the Wisconsin Warmers on receiving a Certificate of Achievement from the Governor's Office!



Butterfly Resin Art (S)

Monday, May 11

Registration opens April 15

9:30a to 12:00p

Instructor: Kerry Wolfe

Cost: \$20.00R/\$25.00NR

Min/Max: 3/10

Register by Friday, May 8

Celebrate spring by crafting a stunning hot-glue butterfly! Paint and embellish it with crushed glass, glass rocks, and jewelry, then seal the finished design with a glossy resin pour. Allow 24 hours to cure before taking it home.

Card Making with Jenny (S)

Wednesday, May 13

9:30a to 11:00a

Instructor: Jenny Baier

Cost: \$10.00R/\$12.50NR

Min/Max: 8/14

Register by Monday, May 11

Designed for crafters with some experience in stamping and card-making. Choose four designs from 10 to 14 sample cards, and explore techniques in coloring, stamping, die cutting, and assembly.

Artfully Yours: Mushroom Fairy Garden House (S)

Thursday, May 14

1:00p to 3:00p

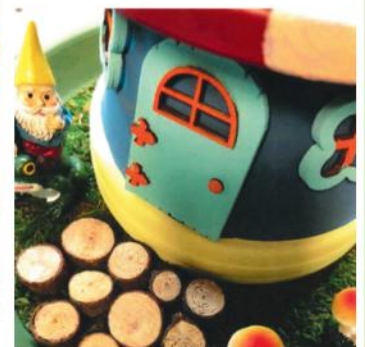
Instructor: Kelly Arens

Cost: \$15.00R/\$17.50NR

Min/Max: 3/10

Register by Thursday, May 7

Paint and assemble terracotta pots into a charming mushroom-shaped fairy garden house — a delightful addition to any outdoor space this summer. See the example in the South Building display case.



Diamond Art-Vase (S)

Friday, May 15

1:00p to 3:00p

Instructor: Kelly Arens

Cost: \$15.00R/\$17.50NR

Min/Max: 3/10

Register by Friday, May 8

Join us for a relaxing diamond painting session! This month's featured design is a stunning 2-sided acrylic tabletop piece shaped like an elegant vase. A gorgeous finishing touch for any home. Dimensions: 7.68 x 3.15 x 7.68 inches



**I CAN'T, I'm
CRAFTING
TODAY**

Check out page 26 for details on the Golden Tones Summer Concert!

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Power & Hand Tool Carving (N)

Mondays, May 4-18

9:00a to 12:00p

Instructor: Gene Bengel, Richard Krummick

Cost: \$15.00R/\$20.00NR

Min/Max: 4/12

Register by Friday, April 3

Power tool carvers are required to bring a bench fan and a dust collector, and they must have completed safety training to use OSC power equipment. Hand carvers should bring their own hand or rotary tools. Instructors will be available to teach, guide, and help with problem-solving. Please note that this class is exclusively for carving projects. **Please note: Due to Memorial Day, class is only 3 weeks this month**

Guided Wood Burning (S)

Tuesdays, May 5-26

8:30a to 11:30a

Instructors: Linda Gomach, Richard Krummick

Cost: \$20.00R/\$25.00NR

Min/Max: 3/10

Register by Friday, May 1

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 as you enjoy dedicated time for wood burning alongside fellow enthusiasts. Instructors will also help individuals with wood-burning portraits as well.

Woodshop Guided Hours (N)

Wednesdays, May 6-27

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 Charcuterie Board with Wood Burning Design (S)

Thursdays, May 14 to June 18

9:00a to 12:00p

Instructors: John Brad and Linda Gomach

Cost: \$50.00R/\$55.00NR

Min/Max: 3/10

Register by Tuesday, May 12

Create your own wooden charcuterie board. Add a wood-burning design to make it your own masterpiece. Boards are similar to the picture below.



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TIME	MON	TUE	WED	THU	FRI
7:00					
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, stability and build strength. 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)

Additional day 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.

Intermediate Classes

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.

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.



Intermediate Continued

TRX (N)

An additional day has been added!

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.



This program is run through Oshkosh Parks Service & Events in partnership with the Oshkosh Seniors Center.



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 Senior Center, Oshkosh, WI

01-0984

Small Group Reiki (S)

Wednesday, May 6

Register by Monday, May 4

Wednesday, May 20

Register by Monday, May 18

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, May 6-27

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.

Feel Better & Worry Less (S)

Thursday, May 7

1:00p to 2:00p

Presenter: Unity Hospice

Cost: Free

Min/Max: 5/30

Register by Tuesday, May 5

Please join us for a discussion on how our Supportive Care Management Program can help you live well during a serious illness:

- Home-Based Visits
- Relief from symptoms and stress
- Education about your illness and medications
- Goals, hopes, and fears
- Assess safety and mobility
- Help navigate the community resources available



Vaccine Clinic with Hometown Pharmacy (S)

Thursday, May 28

9:00a to 11:00a

Facilitator: Dr. JJ Allen

Cost: Free

Min/Max: 5/30

Register by Tuesday, May 26

Vaccines available include:

- COVID (mNexspike)
- Pneumonia (Pneumovax 20)
- Tetanus (Boostrix)
- RSV (mResvia)

COVID Booster Now Available - 65+ Patients
The CDC recommends a second dose of the 2025-2026 COVID vaccine (Moderna mNexspike) for adults 65 and older, 6 months after their first dose. Most seniors had their last dose around flu shot time (September-November), so this will be perfect timing, right as protection is waning off to get another shot. Time slots are available every 15 minutes.

Walking Club (S)

Tuesday, May 5 & 19

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 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.

See page 15 for more details!





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!

NATIONAL SENIOR HEALTH & FITNESS DAY

MAY 27, 2026

PRESENTED BY



SCHEDULE OF EVENTS:

Free Presentation

Topic, Time & Location TBD

Free Piggly Wiggly Boxed Lunch

Sponsored by Bella Vista & Eden Vista
11:30 a.m. in Oasis (South Building)



Eric Diamond Concert

2:00 p.m.

Kiwanis Hall (North Building)

Doors Open at 1:30 p.m.

Tickets: \$5

**ALL EVENTS REQUIRE SEPARATE REGISTRATIONS.
REGISTER BETWEEN MAY 1 & 22.**

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Start Training Today!



Cierra - 920.232.5303

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



Kayla - 920.232.5327

Hi! I'm Kayla, the Healthy Lifestyles Coordinator at the OSC. I graduated with a Bachelor's degree in Health Promotion & Wellness and hold a certification in personal training through the National Academy of Sports Medicine (NASM). I have experience with creating personalized programs for those who are looking to gain strength, mobility, independence, and preventing 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 to a better lifestyle.

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 went back 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 in designing personalized training programs that are 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.



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 safer, 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



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

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Curious about your fall risk?
With our quick and easy Biodex Balance Screen, you can get a clear picture of your stability and balance. Through a series of short, guided tests, the system measures how well you maintain control and categorize your fall risk to low, medium or high. It's a simple, effective way to take control of your health and stay confident on your feet!

Cost: \$5.00

Make Your Appointment Today!

Cierra: cboutelle@oshkosh.gov / 920-232-5303

Kayla: kreiter@oshkoshwi.gov / 920-232-5327

One-On-One Tech Sessions (S)

Available M-F by appointment only

Instructor: Christie Powers

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

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, 9:15a, 10:30a, 11:45a, & 1:00p

Instructor: Sandy Toland

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

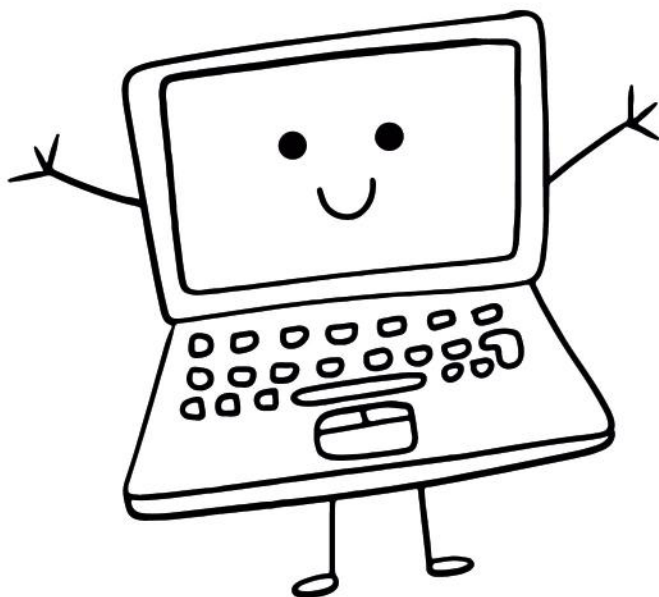
Registration required

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

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 AVAILABLE 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, May 7 & 21, 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, May 7-28

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, May 7-28

11:00a to 2:00p

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email info@foxvalleymemoryproject.org

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

Grief Support (S)

Thursdays, May 7 & May 21

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.

Elder Benefit Specialists (S)

Wednesday, May 13

10:00a to 11:30a

Cost: Free

No registration needed

Winnebago County Elder Benefit Specialists (EBS) will provide confidential assistance on a range of topics and issues to anyone 60+. EBS can help with understanding Medicare and the insurance options that go with it, public benefit programs, and provide assistance with denials and appeals. Oshkosh EBS can be reached toll-free at 877-886-2372.

Memory Screens (S)

Wednesday, May 20

10:30a to 12:00p

Facilitator: Alisa Richetti from the ADRC

Cost: Free

Register by Monday, May 18

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

Memory Link Resource Hour (S)

Thursday, May 28

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, May 28

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.

Beginner Ukulele Lessons (S)

Fridays, May 1-22

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, May 1-22

10:00a to 10:50a

Instructor: Aaron Baer

Cost: \$40.00R/\$45.00NR

Min/Max: 5/12

Register by Wednesday, April 29

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, May 1-22

11:00a to 11:50a

Instructor: Aaron Baer

Cost: \$40.00R/\$45.00NR

Min/Max: 5/12

Register by Wednesday, April 29

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, May 1-22

12:00p to 12:50p

Instructor: Aaron Baer

Cost: \$40.00R/\$45.00NR

Min/Max: 5/20

Register by Wednesday, April 29

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, May 6-27

10:30a to 12p

Instructor: Dave Hable

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

Min/Max: 3/20

Registration 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 under the guidance of a volunteer. We use our own iPads, smart phones, and/or tablets to view the songs via wi-fi. We can get you connected!



Save the Date

Hammered
Dulcimer
Concert

June 10th, 2p-3p

Charlene Luebke

Karaoke (S)

Tuesday, May 5 & 19

1:00p to 2:15p

Registration Open Till Time of Event

Instructor: Lori Schroeder and Kelly Arens

Cost: Free

Min/Max: 5/25

Join us to sing your favorite classic songs, or relax and enjoy listening to others sing. Bring your silly song requests for an April Fool's kind of fun! All music lovers are welcome!

Right-Size Your Life for Spring (S)

Wednesday, May 6

1:00p to 2:00p

Instructor: Breeze Skorupski, Caring Transitions

Cost: Free

Min/Max: 5/40

Register by Monday, May 4

Spring Cleaning can be overwhelming. Are you stuck and not sure where to start or what to do next? Breeze Skorupski, owner of Caring Transitions ECW, will share practical strategies for decluttering based on her work helping clients with downsizing and estate cleanouts. Please join us to learn helpful tips for decluttering and getting yourself organized, whether for an upcoming move or simply to transform your current space.

Chat N Chop (S)

Tuesday, May 12

9:45a to 11:45a

Instructor: Kerry Wolfe

Cost: \$10.00R/\$12.50NR

Min/Max: 2/8

Register by Tuesday, May 5

Payment is due upon registration

In this episode of Chat N Chop, we will be making Egg Fried Rice in a Mug, Microwave Mug Chili, and 15-Minute Meat Loaf. Sound Good? Grab your aprons and come join us!



Essential Oils: Get Ready for Summer Sun and Pests (S)

Tuesday, May 12

10:00a to 11:00a

Instructors: Jeanne Gehrke

Cost: Free

Min/Max: 3/10

Register by Friday, May 8

Join us for an enlightening and interactive educational class focused on embracing the summer sun while keeping your environment pest-free. Whether you're looking to enjoy the outdoors without worrying about bugs or seeking natural ways to protect your space, this session will equip you with practical knowledge and eco-friendly solutions for a healthy, vibrant summer experience. You will receive a recipe handout and be entered into a FREE drawing!

Weathering the Storm: Severe Weather Preparedness (S)

Thursday, May 14

1:00p to 2:00p

Presenter: Winnebago County Emergency Management

Cost: Free

Min/Max: 3/40

Register by Tuesday, May 12

Severe weather can strike anywhere, anytime. Prepare for the unexpected with Winnebago County Emergency Management, which shares tips on how older adults can protect themselves before, during, and after a severe weather event. The presentation will focus on severe weather safety, followed by a workshop on preparing a family emergency communication plan. Please come prepared with the names and telephone numbers of your emergency contacts, healthcare providers, and insurance companies.

Rep. Palmeri Office Hours (S)

Friday, May 15

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.

ORD: Magnificent Monarch (S)

Wednesday, May 20

10:00a to 12:00p

Instructor: Rob Zimmer

Cost: Free

Min/Max: 10/80

Register by Monday, May 18

Learn about monarchs and other butterflies of Wisconsin including host plants to plant at home and the best nectar sources

Bingo (S)

Wednesday, May 20

1:30p to 3:00p New Time!

Instructor: Kelly Arens

Cost: Free

Min/Max: 10/80

Registration opens Wednesday, May 6

Register by Tuesday, May 19

Join us for a fun afternoon of Bingo! Doors open at 1:30p. 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!



Book Talk (S)

Thursday, May 28

9:30a to 11:00a

Instructor: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

Min/Max: 2/20

Register by Thursday, April 30

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. May's book: The Heaven and Earth Grocery Store by James McBride. (subject to change based on availability)

Donuts & Elder Law: Trusts 101 (S)

Friday, May 29

10:00a to 11:00a

Presenter: Joe McCleer of McCleer Law Offices

Cost: Free

Min/Max: 5/50

Register by Wednesday, May 27

Joe McCleer of McCleer Law Office details how you can use trusts to create ease for your family in your estate plan, protect your most cherished assets from long-term care costs, and help up your family for better financial stability in the future. Free donuts and coffee.

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

1st and 3rd 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



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

**234 N Campbell Road, Oshkosh
920.232.5300**

Springtime

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 C S L D G J C H I C K S R E W O L F O C G A S G

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|-------------|-----------|-----------|----------|----------|----------|----------|
| springbreak | chocolate | butterfly | umbrella | sunshine | daffodil | crawfish |
| vibrant | showers | rainbow | pastels | ladybug | holiday | goodies |
| flowers | buzzing | blossom | tulips | spring | rabbit | puddle |
| picnic | easter | carrot | bubble | bonnet | basket | seeds |
| peeps | march | lilac | grass | chick | candy | bunny |
| bloom | birds | april | rain | nest | lily | lamb |
| kite | hunt | eggs | duck | bees | new | may |

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!



Other Side of the Lake

Date: Wednesday, May 13

Cost: \$115 (\$25 non-refundable deposit)

Depart: 7:30am

We're planning an active day starting in Green Bay, with the Packers at the top of our list. Visiting the Packer Hall of Fame at Lambeau Field to experience the legacy through exhibits will be great. For lunch, we'll go to the Altona Supper Club for their buffet, then visit Honeymoon Acres. There might be some surprises along the way! Our last stop will be Kelley's Country Creamery for an ice cream cone. The price includes the coach bus, Hall of Fame ticket, lunch, gratuities, and a cone.

Tour Mgrs: Cheryl Freiberg and Pat Heyer

Hairspray

The Fireside Theatre—Fort Atkinson

Date: Thursday, May 14

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

Depart: 8:30am—Return: Approx. 6:30pm

It's 1962, and in the city of Baltimore, young Tracy Turnblad, a lovable girl with big hair and an even bigger heart, has only one passion — to dance. When she wins a spot on a popular TV dance show, she is transformed from outsider to teen celebrity. Price includes: ticket, coach bus, driver gratuity, and lunch. See flyer for menu.

Tour Mgr: Cindy Paffenroth



Brewers vs Giants Baseball Game

American Family Stadium—Milwaukee

Date: Thursday, June 4 Game Time: 1:10pm

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

Depart: 10:00am—Return: After the game

Our seats are in Section 319 on the First Base Side. There will be NO STOP on our way to the game! Please feel free to bring a personal cooler with refreshments! See flyer for more detailed information.

Tour Mgrs: Cheryl Freiberg and Cathy Koch



Savannah Bananas

Date: Sunday, June 7

Cost: \$190 (Full payment at Sign Up)

Game Time: 3:10pm

Depart: 11:30am—Return: After the Game

The inaugural season of the Banana Ball Championship League swings through Milwaukee, taking over American Family Field. The tour will bring the Savannah Party Animals and the Loco Beach Coconuts to town for pure entertainment. See flyer for more detailed information. Tour Mgrs: Cheryl Freiberg and Cathy Koch

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 a visit to Lake Geneva's downtown shops. The day will end with combined sweet treats, fun stories, and a little relaxation for an unforgettable outing on the Grand Benne Ice Cream Social Cruise. Learn about Lake Geneva's opulent estates and Chicago's Gilded Age. See flyer for more detailed information. Tour Mgr: Cindy Paffenroth

Million \$\$\$ Quartet

The Fireside Theatre—Fort Atkinson

Date: Thursday, July 9

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

Depart: 8:30am—Return: Approx. 6:30pm

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions of all time. See flyer for more detailed information. Tour Mgr: Cheryl

Wollersheim Winery/Circus World

Date: Wednesday, July 15

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

Depart: 7:30am—Return: Approx. 6:00pm

Come along as we explore & visit two Historical Sites in the beautiful driftless area of Central Wisconsin, **Circus World** and **Wollersheim Winery & Distillery**. Circus World offers an incredible history of the American Circus, showcasing the largest collection of restored circus wagons, 7 buildings of thousands of circus treasures and a circus performance. Next we travel to the Wollersheim Winery & Distillery, which sits on a scenic hillside across the Wisconsin River. Wollersheim is a leader in the Midwestern Wine Industry, winning numerous awards. 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

From the Frank Lloyd Wright-designed administration building, 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

Brewers vs Pirates Baseball Game

American Family Stadium—Milwaukee

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

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

Depart: 3:30pm—Return: After the game

Experience Brewers Baseball like a VIP! Located in the Casamigo's Patio, Left Field on the third base side. Full buffet features Johnsonville brats, hot dogs, grilled burgers, chicken tenders, salads, mac and cheese, chips, and cookies with unlimited soft drinks. See the flyer for more detailed information.



Tour Mgrs: Cheryl Freiberg and Cathy Koch

Charming Door County

Date: Thursday, August 6

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

Depart: 8am—Return: Approx. 8:30pm

Experience the unparalleled charm of Door County from the best vantage point—The Water. Departing from the quaint fishing village of Gills Rock, our tour will take you through the storied waters of Porte des Morts, commonly known as Death's Door, a legendary passage known for its dramatic shipwreck history and stunning natural beauty. As you cruise the crystal-clear waters of Lake Michigan, you'll learn about the maritime history, rich ecology, and fascinating folklore that make this area a favorite destination for adventurers and history buffs alike. Time allows for shopping. Dinner will be at the beautiful Log Den just south of Egg Harbor. See flyer for more detailed information.



Tour Manager: Cheryl Freiberg

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. From food, rides, animals, music and entertainment, the Fair has it all. See flyer for more detailed information.



Tour Mgr: Cathy Koch

Disney's Frozen

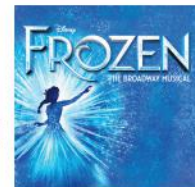
The Fireside Theatre—Fort Atkinson

Date: Wednesday, August 26

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

Depart: 8:30am—Return: Approx. 6:30pm

FROZEN tells the story of sisters Anna and Elsa. When Elsa uses her magical powers to trap their kingdom in perpetual winter, Anna joins forces with mountaineer Kristoff and his reindeer sidekick to find Elsa and break her icy spell. FROZEN captured the hearts of theatre-goers from all corners of the world, playing to sold-out houses with its touching story of family and love. See flyer for more detailed information.



Tour Mgr: Cindy Paffenroth

Coming December 17 - A Christmas Story the Musical

Madison Olbrich Botanical Gardens and Capitol

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 and specialty gardens. The Bolz Conservatory, a sunny 50-foot-high glass pyramid, which houses a diverse collection of tropical plants, a rushing waterfall, free-flying birds, and blooming orchids. The Wisconsin State Capitol guided tours include its historic architecture, art, and political spaces. 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, and learning about Amish and Mennonite history. 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

What began as a lofty retreat has become a spectacular attraction known as House on the Rock. Section 1: Asian Garden, Alex Jorddan 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. 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

Sunny Portugal with Porto

Dates: November 9—21

Cost: \$4,799 per person Double; \$5,599 per person Single (\$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, and quaint villages. Experience ancient castles and Roman ruins, groves of orange and almond trees, quiet whitewashed villages, and welcoming locals. 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.

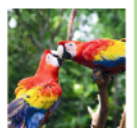
Tour Mgr: Cheryl Freiberg

Tropical Costa Rica

Dates: January 12-22, 2027

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

Enjoy this active trip (Level 3) that starts in San Jose. You will travel through the countryside, visit plantations and farms, take river cruises, taste exotic fruits, and see local wildlife. You will have leisure time, or you can sign up for activities such as the longest zip-lining. A passport is required. See flyer for more detailed information. Tour Mgr: Cheryl Freiberg



FOSC is offering a **FREE**

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 16, 2026

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



- Stay safely in your car and drive right through.
- Personal (not business) shredding only, please.
- Limit of FIVE full paper bags/person.
- What can be shred?
 - All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.
- What cannot be shred?
 - Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.
- **CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays**
 - If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

**Make a monetary donation to
The Friends of the Oshkosh Seniors Center
or bring a canned good for a local food bank!**



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

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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

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Bobbie Jo Nagler, Office Assistant
Sadie Ingenthron, Marketing Coordinator

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

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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.