



The Current

July 2026

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

920.232.5300

www.oshkoshwi.gov/seniorservices/

Welcome to the Oshkosh Seniors Center

A Note From the Senior Services Manager

July is here with its warmer weather, but there's plenty of cool things happening at the Oshkosh Seniors Center! Looking for a new challenge for your fitness goals? Try the Step Aerobics or Kettlebell classes, or give Personal Training a go. Looking for a festive project to try? Check out the Artfully Yours: Summer Ice Cream Cone or the Scrap & Rap Christmas in July Card programs. Hungry? Check out the Mexican Fiesta with our partner Eden Vista or grill out during Eat & Greet at the end of the month. Just looking to escape the heat? Come try a puzzle, play a game, or get a book at the South Building.

If you're looking to make a bigger impact to support a program that speaks to you or meant a lot to a loved one, consider a donation to the Seniors Center. We rely on your support to help make the magic happen. If you really want to help sustain the long-term future of the Center, consider estate or asset planning with the Friends of the Oshkosh Seniors Center as a beneficiary.

Finally, we are always seeking volunteers to help with our Front Desk or to lead various programs. If you have a talent and some time to share, please reach out, and we'll see if we can find a way to help each other.

See you by the River!
-Dan Braun



Oshkosh Seniors Center will be closed on July 3rd.

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.

Beginner Clay Class (S)

Wednesdays, July 1-22

12:00p to 3:00p

Instructor: Kathi Dittmer

Cost: \$45.00R/\$50.00NR

Min/Max: 3/8

Register by Monday, June 29

Ever wonder if clay might be your next hobby, but don't know where to start? This class is meant for those who have never used clay before but are interested in learning how. Each participant will work on creating a project similar to the pictures shown.



Stained Glass Guided Hours (S)

Wednesdays, July 1-29

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!

Knitting & Crochet (S)

Thursdays, July 2-30

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!



Art Expression (S)

Thursdays & Fridays, July 2-31

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, July 2-30

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.

Needle Felting: Mosaic Mug Rug (S)

Monday, July 6

9:30a to 11:30a

Instructor: Kerry Wolfe

Cost: \$10.00R/\$12.50NR

Min/Max: 3/10

Register by Thursday, July 2

Experience the joys of needle felting! Join us as we needle felt a 2D project. All materials are provided - just show up and have fun! The project is similar to the photo shown.



Hand Building With Clay (S)

Tuesdays, July 7 to 28

12:00p to 3:00p

Instructor: Kathi Dittmer

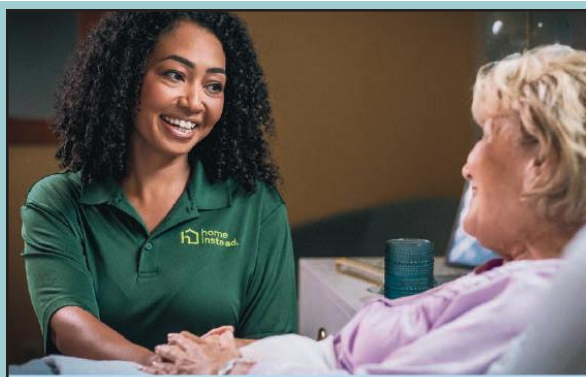
Cost: \$45.00R/\$50.00NR

Min/Max: 3/8

Register by Thursday, July 2

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.

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01-0984

Card Making with Jenny (S)

Wednesday, July 8

9:30a to 11:00a

Instructor: Jenny Baier

Cost: \$10.00R/\$12.50NR

Min/Max: 8/14

Register by Monday, July 6

This class is for those who have some experience working with stamps and card making. Pick four cards out of the 10 to 14 sample cards. Color or learn coloring techniques, stamping, die cutting and learn different techniques to putting the cards together. There's normally birthday, sympathy, thank you, possibly get well cards. if there's a holiday close to be holidays included to pick from.

Artfully Yours: Summer Ice Cream Cone Craft and Ice Cream Social (S)

Thursday, July 9

1:00p to 3:00p

Register by Thursday, July 2

Instructor: Kelly Arens

Cost: \$15.00R/\$20.00NR

Min/Max: 3/10

In this class we will upcycle brown shipping bags into decorative ice cream cones. We will be using hot glue, decorative paper and an easy sewing technique to create the ice cream cone. We will fashion a small wired basket to hold your handmade treat. This will be such a 'sweet' display for Summer in your home! Speaking of Ice cream cones, I heard you scream for one! We will also serve up a well-deserved frozen treat! The project similar to the picture.



Scrap & Rap: Christmas in July Card Making Class (S)

Thursday, July 17

1:00p to 3:00p

Instructor: Kelly Arens

Cost: \$15.00R/\$20.00NR

Min/Max: 3/10

Register by Friday, July 10

In this session of Scrap & Rap, we will focus on card making. Get a jump start on your homemade holiday cards as we celebrate a little Christmas in July! This will be a step-by-step demonstration of how to build a card that is a beautiful piece of art! Check out the South Building Display Case for the specific designs! All supplies will be provided.



Christmas in July: Christmas Wreath (S)

Monday, July 20

9:30a to 11:30a

Instructor: Kerry Wolfe

Cost: \$20.00R/\$25.00NR

Min/Max: 3/10

Register by Thursday, July 16

It's Christmas in July! Get a head start on your holiday decor. All materials will be provided. The project is similar to the photo shown.



New Class: *Scrap & Rap!*

Dates for 2026:

3rd Friday of July, Sept, Nov

1 - 3 p.m.

Cost will vary depending on projects

6

If you love scrapbooking, card-making, or paper crafting, this class is for you. Each session features a new project idea while exploring a variety of tools, embellishments, and die cutters.

WOODSHOP SAFETY TRAINING

2nd Thursday of Each Month

1 to 3 p.m.

FREE

This is the classroom portion of Woodshop Safety Training to learn the rules, guidelines, and safety measures needed to participate in any woodshop programs at Oshkosh Seniors Center. A tour of the woodshop with a woodshop monitor or volunteers must be completed within 30 days of the classroom training.

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Woodshop Guided Hours (N)

Wednesdays, July 1-29

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.**

Power & Hand Tool Carving (N)

Mondays, July 6 to 27

9:00a to 12:00p

Instructor: Gene Bengel, Richard Krummick

Cost: \$20.00R/\$25.00NR

Min/Max: 4/12

Register by Thursday, July 2

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, July 7 to 28

8:30a to 11:30a

Instructors: Linda Gomach, Richard Krummick

Cost: \$20.00R/\$25.00NR

Min/Max: 3/10

Register by Thursday, July 2

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.

Wooden Butterfly (N)

Thursdays, June 25 to July 16

9:00a to 12:00p

Registration is Closed

Woodshop Safety Training (S)

Thursday, July 9

1:00p to 3:00p

Instructors: Dan Braun

Cost: Free

Min/Max: 2/10

Register by Tuesday, July 7

This is the classroom portion to learn the rules, guidelines, and safety measures needed to be able to participate in any woodshop program. A hands on tour of the woodshop with a woodshop monitor or volunteer must be completed within 30 days of classroom training before training is fully complete.



Starting in August, Woodshop Safety Training is required before signing up for any woodshop class, program, or open hours

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		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. **No Class July 2**

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)

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.



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

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Oshkosh Senior Center, Oshkosh, WI

01-0984

Small Group Reiki (S)

Wednesday, July 1

Register by Monday, June 29

Wednesday, July 15

Register by Monday, July 13

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.

Mindfulness Meditation (S)

Thursdays, July 2-30

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.



Walking Club (S)

Tuesday, July 7 and 21

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!



Calming the Fire Within: A Practical Guide to Reducing Inflammation (S)

Tuesday, July 14

1:00p to 2:00p

Presenter: Dr. JJ Allen, Hometown Pharmacy

Cost: Free

Min/Max: 10/40

Register by Friday, July 10

Join Dr. JJ Allen, PharmD and Certified LDN Specialist, for an upcoming presentation on chronic inflammation with a practical deep dive into the often-overlooked medication Low Dose Naltrexone (LDN). Drawing from both traditional and functional medicine, he'll share a clear, real-world approach to navigating lifestyle, supplements, and medications, including a discussion of GLP-1 medications, related supplements, and lifestyle modifications to support your body's own GLP-1 production.

Hearing Screens and Hearing Aids Cleanings (S)

**Wednesday, July 22
9:00a to 12:00p**

Provider: Samantha Spannbauer

Cost: Free

Min/Max: None

Register by Monday, July 20

Take a proactive step toward better hearing with our free hearing screening! Hearing loss often happens gradually, making it easy to miss the signs. A quick, painless screening can help detect any issues early- before they impact your communication, relationships and quality of life! Already wearing hearing aids? Bring them in for a professional cleaning- at no cost. Regular cleanings help keep your devices working their best, ensuring clear sound and extending their lifespan!

When Small Changes Aren't Small: Recognizing Early Health Decline at Home (S)

**Thursday, July 23
1:00p to 2:00p**

Presenter: Tayler King with Valley VNA

Cost: Free

Min/Max: 10/40

Register by Tuesday, July 21

Many serious health issues don't start with emergencies—they start with small, easy-to-miss changes. In this session, a registered nurse will walk through the early warning signs of health decline in older adults, including changes in mobility, memory, mood, nutrition, and daily routines. Learn what to watch for, when to act, and how early intervention can prevent hospitalizations and support independence at home.



**Healthy Aging with Diabetes (S)
Wednesday, July 29**

1:00p to 2:00p

Presenter: Megan Fritz

Cost: Free

Min/Max: 10/40

Register by Monday, July 27

Join us to learn practical strategies for improving overall health and wellness through prevention, daily management habits, balanced nutrition, and community support. Participants will learn how healthy lifestyle choices can reduce risk factors for chronic disease, improve quality of life, and support long-term independence.



We have a new piece of equipment at the North Building in Campbell Creek Corner – introducing our treatment table! This wonderful table includes an adjustable upper half table to allow for comfortable use while lying on your back. It's perfect to use in place of getting down on the floor for stretching, strength exercises, mobility, and more. We have some guide sheets at the table if you need some ideas or inspiration for what to do, and don't be afraid to ask one of our personal trainers if you have any questions at all!





STRONGER EVERY STEP

Join us for...

Walk Club

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

Join us as we walk along the waterfront trails!

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

Normal Daily Rates Apply

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



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

 **How It Works:**

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

 **Prizes Include:**

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

 **Grand Prize:**

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

Let's take steps together - every step counts!

Caring for the community since 1908.

Valley VNA Senior Care

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

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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.



SAVE THE DATE

Oshkosh Seniors Center's

Annual Wellness Fair:

Pathway to Wellness

September 17, 2026



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.

Fun with A.I. Tools (S)

Thursday, July 21

10:00a to 11:00a

Instructor: Christie Powers

Cost: Free

Min/Max: 5/25

Register by Friday, July 17

Unleash your imagination and discover the playful side of technology. In this lighthearted class, we will explore how to easily generate digital art, edit photos, and create stories, songs, and poems with just a few simple prompts. We will also talk about how AI can be safe and fun at home to help with simple tasks like turning up the volume on the tv or locking the front door.



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, July 2 and 16, 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.**

Mindworks (S)

Thursdays, July 2-30

11:00a to 2:00p

Facilitator: Fox Valley Memory Project

To register, call 920.225.1711 or email

info@foxvalleymemoryproject.org

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

Grief Support (S)

Thursdays, July 2 and 16

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 Specialist (S)

Wednesday, July 8

10:00a to 11:30a

Cost: FREE

No Registration Needed

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

Memory Screens (S)

Wednesday, July 15

10:30a to 12:00p

Provider: Alisa Richetti, ADRC

Cost: FREE

Min/Max: 1/4

Register by Monday, July 13

Reserve your spot now for a free memory screen! Come get your questions answered about topics related to 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, July 23

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, July 23

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.

Ukulele Play Along (S)

Wednesdays, July 1-29

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!

Be a Master of Medicare (S)

Tuesday, July 7

10:00a to 11:00a

Presenter: Amy from Medicare Masters

Cost: Free

Min/Max: 5/24

Register by Thursday, July 2

We're dedicated to empowering seniors with the knowledge and support they need to make informed decisions about their insurance—without pressure or confusion. This presentation will go over the standard details everyone needs to know about Medicare.



Karaoke (S)

Tuesday, July 7

Tuesday, July 21

1:00p to 2:15p

Registration is open through the day of

Instructor: Lori Schroeder and Kelly Arens

Cost: Free

Min/Max: 5/25

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. We will be exploring the 1970's Era for the month of July! All music lovers are welcome!

Chat N Chop (S)

Tuesday, July 14

9:45a to 11:45a

Instructor: Kerry Wolfe

Cost: \$10.00R/\$12.50NR

Min/Max: 2/10

Register by Tuesday, July 7

Payment is due upon registration

In this episode of Chat N Chop, we will be making cowboy stew, waffle nachos, cracker jack & pretzel treats, and mini cherry cheesecakes. Sound Good? Grab your aprons and join us.

ORD: Pollinator Paradise (S)

Wednesday, June 15

10:00a to 12:00p

Instructor: Rob Zimmer

Cost: Free

Min/Max: 10/80

Register by Monday, July 13

July is peak pollinator season! Get great suggestions for the best plants to attract pollinators, as well as other things we can do in our gardens and landscapes to benefit pollinating insects, birds and more.

Bingo (S)

Wednesday, July 15

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

Instructor: Kelly Arens

Cost: Free

Min/Max: 10/80

Registration opens Wednesday, July 1

Register by Tuesday, July 14

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, Oasis Senior Advisors!



POA Days (S)

Wednesdays, July 15 and 22

2:00p to 3:00p

Instructor: Nicole from the ADRC

Cost: Free

Min/Max: 5/24

Register by Monday, July 13

Power of Attorney documents are an important part of aging. The aging and disability resource center (ADRC) of Winnebago County wants assist in this process by teaching you why they are important, and how they can affect your life on July 15. On July 22, the ADRC will be back to help physically fill out the paperwork to get your POA in place.

A Healthier You (S)

Monday, July 27

1:00p to 2:00p

Instructor: Dena Mayer from Aurora Health

Cost: Free

Min/Max: 10/75

Registration Opens July 1

Register by Thursday, July 23

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.

Navigating the Complex System of Aging (S)

Tuesday, July 28

1:00p to 2:00p

Instructor: Sheila Canter

Cost: Free

Min/Max: 10/24

Register by Friday, July 24

Shelia Canter, from Ripon Senior Living, will talk about the various avenues that aging presents us when it comes to living arrangements. Topics include independent living, assisted living, nursing homes, ombudsman program, ADRC, homecare vs home health and long term care policies.

Eat and Greet (S)

Wednesday, July 29

11:30a to 12:30p

Instructor: Becca Bays

Cost: \$10.00

Min/Max: 10/50

Register by Wednesday, July 22

Summertime is meant for the grill! Let's fire it up and throw on some cheeseburgers. Paired with a strawberry pecan spinach salad and Jell-o cake for a delicious summer meal. Tickets on sale from June 24 to July 22. Registration and ticket required.

Book Talk (S)

Thursday, July 30

9:30a to 11:00a

Instructor: Kerry Wolfe

Cost: \$1.25R/\$1.75NR

Min/Max: 2/20

Register by Thursday, May 28

Are you looking for something new to read? Do you want to meet new people who enjoy reading? Join Book Talk at the Seniors Center. This month, we will be reading **Northern Spy** by Flynn Berry. The books are provided by Oshkosh Public Library for you to read and return. Books are handed out at the previous month's Book Talk session.



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

Easy Ways to Stay Social



Join a club



Take a class
at OSC



Ask an old
friend to
coffee



Schedule
regular
phone calls
with family
or friends



Volunteer
for a cause
you care
about

JULY EAT & GREET

Wednesday, July 29
11:30 a.m. to 12:30 p.m.
South Building
Cost: \$10



Menu:

- Cheeseburgers
- Strawberry Pecan Spinach Salad
- Jell-O Cake



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



Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S
 W D C S E M A G N S U O S H S K O O B C
 F A O I C E C R E A M T O V E P I J Z I
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August
 barbecue
 beach
 biking
 bonfires
 books
 camping

canoeing
 cottage
 family
 friends
 games
 hammock
 hiking

holidays
 ice cream
 July
 lake
 lemonade
 memories
 picnics

pool
 popsicles
 puzzles
 reading
 relax
 road trips
 sports

sprinkler
 strawberries
 summer camp
 swimming
 traveling
 vacation
 watermelon

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!

Wollersheim Winery/Circus World

Date: Wednesday, July 15

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

Depart: 7:30am—Return: Approx. 6:00pm

Experience 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 amusement 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.



A recognized National Historical Site, and one of the oldest established wineries in Wisconsin, Wollersheim Winery is located on a scenic hillside. It has developed into a leader in the midwestern wine industry, earning numerous local and international awards and recognition. The Distillery, built in 2015, has on-site fermenting and distilling of hand-crafted 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. Johnson wanted to build the best office building in the world. 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. See flyer for lunch choices. 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

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



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

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 and specialty gardens such as the Perennial, Sunken and Herb. The Bolz Conservatory, a sunny 50-foot-high glass pyramid, which houses a diverse collection of tropical plants, 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 at the ground floor 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 chimney of rock to the public. Over the years, Alex expanded his vision beyond the House and collected and built on a massive scale. What began as a lofty retreat with an awe-inspiring view, has become a spectacular attraction known as The House on the Rock. We will tour Section 1: Asian Garden, Alex 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. Lunch will be at the Riverside Restaurant. After lunch we will have an opportunity to shop at the Spring Green General Store, They offer a wonderful selection of unique items for all.



See flyer for more detailed information.

Tour Mgr: Cindy Paffnroth

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 are 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 - this information is needed for 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, and quaint villages, ancient castles and Roman ruins.

Highlights include Porto, Stock Exchange Palace, Porto Wine Cellars, 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 14-22, 2027

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

Enjoy this active trip that starts 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), wildlife safaris, nature walks, farm tours, lake cruises, and cultural visits. You will have leisure time or sign up for optional activities that include the longest canopy zip lines, hanging bridges and mangrove kayaking or dolphin/snorkel tours. 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 a journey full of dramatic contrasts. Come to know Iceland; a place where steaming lava fields reflect a volcanic nature and massive glaciers sculpt mountains and valleys, leaving behind thundering waterfalls and plunging fjords. This includes the "Iceland's Midnight Sun: Glaciers, Geysers, and the Golden Circle" tour.

Highlights of the tour include visits to Reykjavík, 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. At a family-run greenhouse, learn how they are able to harness the natural warmth from the ground's geothermic waters and use it to create a year-round Mediterranean climate. 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





FRIENDS OF THE OSHKOSH SENIOR CENTER

CELEBRATING COMMUNITY, CONNECTION & GENERATIONS

As America celebrates its 250th Anniversary in 2026, we are reminded of the generations of individuals who built our communities, supported one another, and created places where people can belong. The Friends of the Oshkosh Senior Center continues that tradition by supporting programs, activities, and opportunities that help older adults in Oshkosh remain active, connected, and engaged. Your donations help supplement the City of Oshkosh's Senior Center budget and provide additional opportunities that enrich the lives of local seniors.

Your Support Helps Provide:

- Educational and wellness programs
- Social events and entertainment
- Community activities and special celebrations
- Program enhancements and equipment
- Opportunities that reduce isolation and promote healthy aging
- Supportive resources that foster connection and lifelong learning

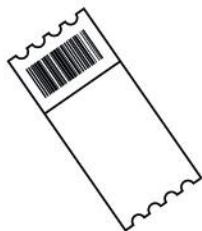
Why Give?

Community Impact:

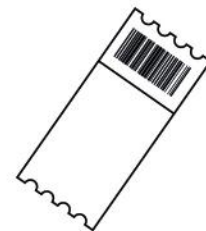
Your generosity directly supports older adults in our community and helps maintain meaningful programs and services for years to come.

Honoring Generations:

In this historic 250th anniversary year, donations are a meaningful way to recognize and celebrate the generations who helped shape Oshkosh and our nation.



DONATIONS MAY BE DIRECTED TO:
Friends of the Oshkosh Senior Center
PO Box 3423
Oshkosh, WI 54903-3423



SAVE THE DATE!
40TH ANNIVERSARY CELEBRATION - SEPTEMBER 17, 2026



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

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

REGISTERING FOR PROGRAMS

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

Some free programs allow online registration, but if an appointment is needed, you must call or visit one of our front desks.

Programs that require advance registration also require payment upon registration.