



The Current

November 2025

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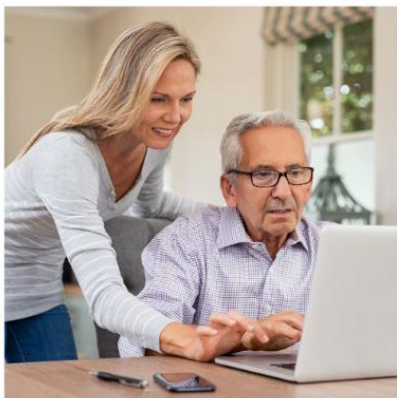
Featured Programs & Events



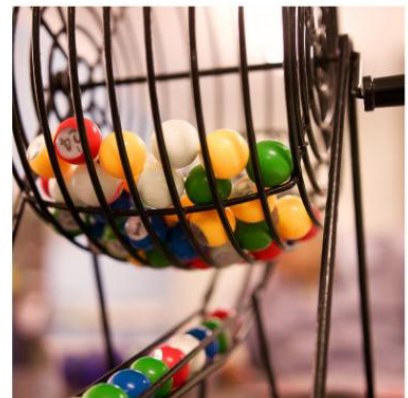
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920.232.5300

www.oshkoshwi.gov/seniorservices/

Welcome to the Oshkosh Seniors Center!

A Note From Senior Services Manager, Dan Braun

November is here, a time that often brings the word "thankful" to mind for many. On behalf of the Oshkosh Seniors Center staff, we want to express our gratitude for all of you—our participants. It is incredibly rewarding to help you learn, grow, connect, and enjoy the activities we offer.

If you're looking for a way to assist others in the community, consider joining the Winnebago County Public Health Department and the ADRC for "Leaf No One Behind" on Sunday, November 9. Oshkosh residents who would like help with fall yard work should contact either organization by October 27 to register.

Another way to give back is by volunteering. The Center is always in need of volunteers to support various programs and projects. If you're interested in helping, please reach out to one of our staff members.

Please note that the Seniors Center will be **closed on Thanksgiving Day**, Thursday, November 27. **On Friday, November 28, the South Building will remain closed; however, the North Building will be open from 7 a.m. to 4 p.m.** for use of the Fox Fitness Center.

See you by the river.

Dan



South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Thanksgiving Feast Word Search

M	G	C	U	M	C	O	R	N	B	R	E	A	D
A	A	R	R	M	A	R	E	S	L	L	O	R	M
S	E	A	H	A	T	H	T	O	S	B	B	N	M
H	E	N	B	I	S	C	U	I	T	S	S	E	A
E	U	B	A	H	M	R	B	E	R	E	O	Y	Q
D	C	E	Y	M	A	S	T	U	R	K	E	Y	A
P	H	R	E	L	O	R	E	S	S	A	C	S	E
O	R	R	R	S	A	K	L	T	S	M	A	Y	I
T	I	Y	I	P	P	Y	S	T	R	I	Y	H	A
A	S	S	L	B	O	R	H	E	S	A	G	S	L
T	E	A	E	E	I	P	N	A	C	E	P	A	C
O	X	O	F	T	M	B	E	C	D	E	E	U	H
E	R	C	N	G	R	A	Y	V	Y	D	M	Q	R
S	M	E	R	S	B	R	E	U	S	R	A	S	S

One of the best things about Thanksgiving is the food! What's your favorite Thanksgiving dish? Search for it in the jumble of letters!

HAM
PECAN PIE
TURKEY
BISCUITS
CRANBERRY SAUCE
MASHED POTATOES
CASSEROLE
YAMS
ROLLS
SQUASH
GRAVY
CORNBREAD



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.

Beginner Stained Glass: Santa Face (S)

Mondays, November 3-17
10:00a to 12:00p

Instructor: Marla Tonn

Cost: R \$15.00/NR \$20.00

Min/Max: 3/6

Register by Friday, October 31

This class is designed for individuals who are new to the art of stained glass. You will learn how to use a pattern, as well as techniques for cutting, grinding, and foiling glass. Finally, you'll discover how to solder your finished piece. The price includes all necessary supplies for the class. *Please note that this class is for beginner students only and is a three-week session.*



Hand Building With Clay (S)

Tuesdays, November 4-25

12:00p to 3:00p

Instructor: Kathi Dittmer

Cost: R \$45.00/NR \$50.00

Min/Max: 3/8

Registration opens on Monday, October 20

This class offers a fun and engaging community environment for exploring the creative world of clay. The fee includes 6 pounds of clay, glazes, and two firings. **Beginners are welcome!**

Please note that class supplies are intended for use during scheduled class time only.

Card Making Class (S)

Wednesday, November 5

9:30a to 11:00a

Instructor: Jenny Baier

Cost: R \$5.00/NR \$6.50

Min/Max: 5/15

Register by Monday, November 3

This class is intended for individuals with some experience in working with stamps and card-making. Participants will choose four cards from a selection of 10 to 14 sample designs. During the class, you will learn coloring techniques, explore different coloring methods, and discover stamping, die-cutting and various assembly techniques for cards. The available card options typically include birthday, sympathy, thank-you, and get-well cards. Upcoming holidays will also be included in the selection.

Quilting 503: Six Pointed Stars (S)

Wednesdays, November 5-19

9:00a to 11:30a

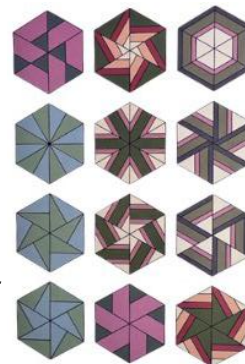
Instructor: Liz Lahm

Cost: R \$15.00/NR \$16.50

Min/Max: 2/6

Register by Tuesday, November 4

In this class, we take 60-degree diamonds and equilateral triangles to make six-pointed star units. Since this is only a three-week class, we will not focus on completing a final project, but rather on gaining experience with a wide variety of stars that you can later incorporate into a quilt or smaller project of your choice.



Recommended Book:

Quilter's Academy Volume 4 – Senior Year by Authors Harriet Hargrave and Carrie Hargrave. Available through Amazon.

Stained Glass Guided Hours (S)

Wednesdays, November 5-19

10:00a to 12:00p

Instructor: Marla Tonn

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

No registration needed

NEW! Do you have stained glass projects that you want to finish? An instructor will be on hand to provide guidance and answer questions. Come in and complete your projects!

Quilting 203: Nine Patches (S)

Wednesdays, November 5-19

12:30p to 3:30p

Instructor: Liz Lahm

Cost: R \$15.00/NR \$16.50

Min/Max: 2/6

Register by Tuesday, November 4

Building on your basic skills of measuring, cutting, and sewing accurate seam allowances, we will explore nine-patches and Irish Chains to create one of two small quilts. We will also examine types of fabric and storage options for your growing stash. A supply list will be at the South Building desk when you register. You will need to purchase the book on your own: *Quilter's Academy Vol. 1, Harriet & Carrie Hardgrave*. This book will be used for several months.





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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

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

Wednesday, November 5
4:00p to 5:00p

Instructor: Kelly Arens

Cost: R \$10.00/NR \$12.50

Min/Max: 3/10

Register by Wednesday, October 29

Join us for a quick hour of gift-making! In this class, participants will learn how to make decor to give as gifts throughout the upcoming holiday season. Check out the display case in the South Building to see what the Make & Take of the Week is! All supplies will be provided.

Knitting and Crochet (S)

Thursdays, November 6-20

8:30a to 11:30a

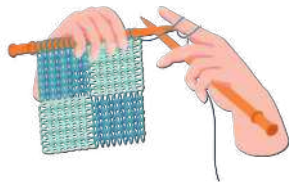
Instructor: Self -Led

Cost: R \$1.00/NR \$2.50

Min/Max: None

No registration needed

Work on your own knitting and crochet projects surrounded by others that love the art like you!



Art Expression (S)

Thursdays & Fridays, November 6-21

8:30a to 11:30a

Cost: R \$1.50/NR \$2.25

No registration needed

If you're interested in connecting with others and working on art and craft projects, join us in the Art Expressions Lab! Feel free to bring any supplies you need for your projects, as center supplies will not be available during this time. *Please note that kiln firing will not be offered at this time.*

Wisconsin Warmers (S)

Thursdays November 6-20, 9:00a to 3:00p

Instructor: Self-led

Cost: Free

Min/Max: None

No registration needed

Join us as we make quilts and other items to donate to schools, hospice programs, group homes, hospitals and other non-profit organizations. No experience necessary.



Artfully Yours: Thanksgiving Books & Pumpkin Décor (S)

Thursday, November 13

1:00p to 3:00p

Instructor: Kelly Arens

Cost: R \$15.00/NR \$20.00

Min/Max: 3/10

Register by Thursday, November 6

Join us to create these charming pumpkin wood slice decorations, perfect bringing a touch of autumn warmth to your home. With step-by-step guidance, you will paint and assemble your own set of decor, making the ideal seasonal accent for any space.



Needle Felting: Christmas Theme (S)

Monday, November 17

9:30a to 12:00p

Instructor: Kerry Wolfe

Cost: R \$10.00/NR \$12.50

Min/Max: 3/8

Register by Tuesday, November 11

Have you ever wanted to learn needle felting? Now is your chance! Join us for a class where you'll create Christmas-themed projects. You can choose to make either a festive ornament or a 2D scene on felt. This class is designed for everyone, whether you are a beginner or an advanced student. All materials will be provided for you.



DIY 2026 Fitness Tracker (S)

Thursday, November 20

1:00p to 2:00p

Instructor: Kelly Arens and Cierra Boutelle

Cost: R \$15.00/NR \$20.00

Min/Max: 3/10

Register by Thursday, November 13

Join us to create your own fitness tracker! All supplies will be provided, including books, paper, and embellishments. In this class, you will set goals and discuss strategies for building successful habits in the new year. This fitness tracker will help keep you motivated, organized, and excited to stay on track for 2026!



Power & Hand Tool Carving (N)

Mondays, November 3-24

8:00a to 12:00p

Instructor: Gene Bengel/Richard Krummick

Cost: R \$40.00/NR \$45.00, 4-week session

Min/Max: 4/12

Register by Thursday, October 30

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.

Guided Wood Burning (S)

Tuesdays, November 4-25

8:30a to 11:30a

Instructors: Linda Gomach, Richard Krummick

Cost: R \$40.00/NR \$45.00, 4-week session

Min/Max: 3/10

Register by Friday, October 31

Here's a chance to work on those woodburning projects! Award-winning instructors will be on hand to offer expert guidance to help you complete your pieces. Bring your vision to life as you enjoy dedicated woodburning time alongside fellow enthusiasts.

Wooden Reindeer Class (N)

Tuesdays, November 4-18

9:00a to 12:00p

Instructor: Don Scheuttl

Cost: R \$35.00/NR \$40.00, 4-week session

Min/Max: 3/6

Register by Tuesday, October 28

In this class, you will cut, sand, and wither stain or paint wooden pieces to create a reindeer that stands 24 inches tall and 12 inches wide. You will receive guidance from an award winning instructor. Basic safety training is recommended. If you have not completed this training, a woodshop volunteer will supervise you during any cuts made in the shop.



Woodshop Guided Hours (N)

Wednesdays, November 5-26

9a to 12p

Cost: R \$5.00/NR \$7.50

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 tools; if you're not trained, you can use a bench pass and monitors will assist.

Please arrive no later than a half hour before the end of the scheduled time to ensure projects are completed.



Thank you to our woodshop volunteers for demonstrating woodburning and carving at our Brain Health & Fitness Fair!

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Oshkosh Senior Center, Oshkosh, WI

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OSC GROUP EXERCISE SCHEDULE

EXERCISES CLASSES ARE HELD AT OUR NORTH BUILDING
234N CAMPBELL RD. OSHKOSH, WI 54902

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

Rapid Movement (N)

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

Life Fitness (N)

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

Morning Mobility (N)

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

Tai Chi (N)

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

Silver Sneakers® Classic (N)

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

Movement Exercise (N)

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

Chair Cardio & Core (N) NEW

Improve your cardiovascular system and strengthen your core with aid of a chair. The class may use weights and resistance bands to increase the challenge.

Advanced Line Dancing (N)

Kick up your heels, have fun, and impress your friends and family when you show off your line dancing skills! Prior experience preferred.

Beginner Chair Yoga (N)

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

TRX (N)

Limit 8 people 

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

Total Body Fitness (N)

Limit of 12 people 

Boost your energy and improve heart health with our endurance workouts. These workouts deliver outstanding results by featuring variable-intensity intervals on treadmills, bikes, and the floor. The varied intensity keeps your body guessing, maximizing calorie burn and enhancing cardiovascular health.

Mini Pickleball (N)

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

Beginner Lessons: Don't know the ropes yet? Enroll in our beginners' lessons every 

Monday from 2:15-3:15 pm.

Cost: R\$5/NR \$7.50(Not covered by insurance)

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

Partner Play: Play multiple rounds with a partner. 



REGISTRATION REQUIRED

PERSONAL TRAINING

**CIERRA BOUTELLE 920-232-5303**

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

**HAILEY HOLM 920-232-5311**

Hi, I'm Hailey, and I'm excited to be part of the OSC as a personal trainer! 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."

VALUE

With our certified trainers, you take your first steps towards controlling your overall health and wellness. Each session lasts 30 minutes and specifically meets your individual fitness goals. You will have direct access to a trainer who guides you on how to exercise safely and effectively in a one-on-one setting, ensuring personalized attention and customized workout plans.

We designed our pricing options to suit your needs:

6 sessions for \$78

12 sessions for \$156

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For more information:



Scan the QR code or visit wchd.pub/wellnessplus

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Oshkosh Senior Center, Oshkosh, WI

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Blood Pressure Checks

Thursday, November 6 12:00p to 1:00p (S)

Tuesday, November 11 10:15a to 11:15a (N)

Thursday, November 20 12:00p to 1:00p (S)

Monday, November 24, 12:30p to 1:30p (N)

Cost: Free

No reservations required

Join us for a free blood pressure check. Early detection of chronic high blood pressure saves lives!



Vaccine Clinic With Hometown Pharmacy (S)

Thursday, November 6

9:00a to 11:00a

Facilitator: JJ Allen

Cost: Free with insurance (no Blue Cross Blue Shield)

Min/Max: 5/30

Register by Tuesday, November 4

If you need to update your annual vaccinations, this event is an ideal opportunity to do so. Dr. JJ Allen will facilitate a vaccine clinic providing Flu, COVID, and RSV vaccines. Participants must register for an appointment in advance, as walk-ins are not permitted. Each appointment is approximately 5 minutes.



Arthritis and Joint Health (S)

Thursday, November 6

1:00p to 2:00p

Presenter: Dr. Rutherford, MD

Cost: Free

Min/Max: 5/50

Register by Tuesday, November 4

Join us for an insightful discussion focused on understanding joint health, arthritis, and treatment options. Dr. Rutherford will cover the basics of joint diagnosis, common symptoms to watch for, and the latest advancements in non-operative treatments. Whether you're managing joint discomfort or considering surgery, this discussion will offer valuable information to help you make informed decisions about your health.

**TRUE WELLNESS IS NOT A DESTINATION,
BUT A JOURNEY OF NOURISHING THE
MIND, BODY, AND SOUL.**

LIR: Mental Wellbeing (S)

Monday, November 10

10:00a to 11:30a

Facilitator: Samaritan Counseling Team Member

Cost: Free

Min/Max: 5/35

Register by Friday, November 7

Discover effective strategies to promote mental wellness, including mindfulness, establishing a support network, and incorporating simple daily practices. This session will provide space for each participant to reflect on their well-being and choose one or two techniques to incorporate into their daily routine.



Vision Loss and Ways to Adjust (S)

Monday, November 10, 10:00a to 11:30a

Facilitator: Jean Kenevan

Cost: Free

Min/Max: 5/30

Register by Friday November 7

Do you experience vision loss due to macular degeneration, glaucoma or another eye condition? Join Jean Kenevan from the Office for the Blind and Visually Impaired to talk about vision loss and ways to adapt to it. Discover resources such as audiobooks, talking clocks, magnifiers and more. Learn how to use your smartphone effectively and understand the benefits of white canes. Find out how to successfully navigate life with vision loss.

Winter Lip Balm With Essential Oils Make & Take Workshop (S)

Tuesday, November 11

10:00a to 11:00a

Presenter: Jeanne Gehrke

Cost: R/NR \$6.00

Min/Max: 2/10

Register by Friday, November 7

Learn how to naturally protect and nourish your lips during the cold winter months while also making your own lip balm. We'll cover the basics of winter lip care, safe essential oils for use on lips, and the ingredients that go into an all-natural lip balm. You'll also learn which essential oils to avoid and how to properly dilute them for safe application.



Exercise Form Check (N)

Wednesday, November 12

10:00a to 11:00a

Presenter: Cierra Boutelle

Cost: Free

Min/Max: None

Register by Monday, November 10

Not sure if you're doing an exercise the right way? Make a quick 10-minute appointment for a free form check! Whether you have a question about your technique, want to make sure you're moving safely, or just need a little extra guidance, this is your chance to get personalized feedback. We'll help you correct your form, answer your questions, and give you tips so you can feel confident and get the most out of your workout.



Relieve Joint Pain While Reclaiming Your Life (S)

Thursday, November 13

1:00p to 2:00p

Presenter: Eric Koehler

Cost: Free

Min/Max: 5/35

Register by Thursday, November 11

Join us for an informative presentation where you'll discover safe, effective, non-surgical, solutions to overcome knee pain and weakness without downtime! Learn unique, clinically proven methods to strengthen your knees and regain confidence in your mobility, even with arthritis or "bone on bone" conditions.



A Healthier You (S)

Monday, November 24

1:00p to 2:00p

Presenter: Dena Mayer of Aurora Health

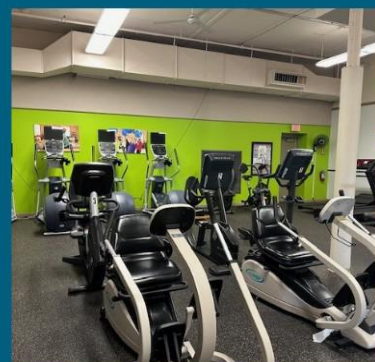
Cost: Free

Min/Max: 5/35

Register by Wednesday, November 19

Are you interested in learning more about nutrition and how to develop healthy lifestyle habits? Join in on Dena's engaging and fun presentation. She'll educate you about the latest tips and how to stay healthy. Her classes include information, handouts, and a Q&A session.

Fox Fitness Center



Open M - F
7 a.m. to 4 p.m.
Located in the North Building

BLOOD PRESSURE CHECKS

Get a free blood pressure check! Early detection of chronic high blood pressure saves lives.

**No appointment
necessary!**



Thursday, November 6, 12 pm to 1 pm (S)

Tuesday, November 11, 10:15 am to 11:15 am (N)

Thursday, November 20 12 pm to 1 pm (S)

Monday, November 24, 12:30 pm to 1:30 pm (N)

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Nail Care (S)

Tuesdays & Wednesdays, 9:00a to 3:30p

Friday, November 14, 9:00a to 3:00p

Facilitator: Foot Care Nurse

Cost: \$40 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 an appointment.

Mindworks (S)

Thursdays, November 6-20

11:00a to 2:00p

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email info@foxvalleymemoryproject.org

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

Mindfulness Meditation (S)

Thursdays, November 6-20

11:00a to 12:00p

Instructor: Donna Janus

Cost: R \$1.25/NR \$1.75

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



Grief Support (S)

Thursdays, October 2 & 16

1:00p to 2:30p

Facilitator: Meredith Schluter, Compassus Hospice

Cost: FREE

Max: 12 per session

Registration open through day of program

For any adults grieving the death of a loved one, this is an opportunity to come together and work with a specialist. Meredith will facilitate group conversations around how we grieve. This group is a safe space for support.

Elder Benefit Specialists (S)

Wednesday, October 15

10:00a to 11:30a

Cost: Free

No registration necessary

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

Memory Screening (S)

Wednesday, October 15

10:30a to 12:00p

Facilitator Alisa Richetti from the ADRC

Cost: Free

Call 920.232.5301 to make an appointment
Have a free, confidential memory screen completed and learn about normal brain changes as you age. Alisa will answer your questions related to memory loss, dementia and prevention of cognitive decline. Appointments take approximately 20 minutes.

RESOURCES

[Aging and Disability Resource Center](#)

If you need help for a variety of reasons related to aging and disabilities in Winnebago County, call this agency at 1.877.886.2372 for assistance or visit their website.

www.co.winnebago.wi.us/adrc

[Bus Passes & Dial-a-Ride](#)

If you need a bus pass or want to sign up for the dial-a-ride program, call GO Transit at 920.232.5340.

ALMEDA FISK GALLUP TRUST FUND

The Oshkosh Seniors Center is honored to receive funding from the Almeda Fisk Gallup Foundation. This funding plays a vital role in helping us support the senior residents of the City of Oshkosh by providing assistance with vision, hearing, and dental needs.

If you or someone you know needs assistance with vision, hearing, or dental care, please contact Bobbie Jo Nagler at the Oshkosh Seniors Center. She will be happy to guide you through the application process for available funding.

Please note that specific eligibility criteria must be met.

PLEASE CALL 920-232-5301 TO APPLY



One-On-One Tech Sessions (S)**Available M-F by appointment only**

Instructors: Stephanie, Jacob & Christie

Cost: R \$2/NR \$2.75 per class**Registration required**

This program is designed to improve your digital literacy. Stephanie and Christie welcome all levels of expertise. Meet with an instructor one-on-one to tackle any technology problem you may be experiencing. Keep in mind it's not always a "one and done" appointment but we will work with you until you are a pro!

One-On-One with Sandy Toland (S)**Mondays****9:15 am, 10:30 am, 11:45 am, 1 pm**

Instructor: Sandy Toland

Cost: R \$2/NR \$2.75 per class**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.

Wi-Fi Access (S)**Cost: Free**

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



TECHNOLOGY DROP-IN HOURS

Connect Through Tech is offering **drop-in hours**

for people who need simple answers or help with "quick fix" issues.

Time slots are 15 minutes max. If issues cannot be resolved in 15 minutes, a one-on-one session should be booked.

DROP-IN HOURS**Tuesdays 11 am - 12 pm****Thursdays 11 am - 12 pm**

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

This is a free service, but donations are accepted.

OUR 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!

JOT Cooking: Indian Cooking (S)

Mondays, November 3-24

10:00a to 12:00p

Facilitator: Lynn Stuart

Cost: R \$40.00/ NR \$45.00

Min/Max: 4/9

Register by Friday, October 31

Do not be afraid, the Indian dishes we will make are not spicy. This set of classes will focus on techniques for cooking traditional Indian dishes such as curries and pakoras in a US kitchen. Demonstrations, participation, and samples are part of every class.



Karaoke (S)

Tuesday, November 4, 1:00p to 2:15p

Register by Monday, November 3

Tuesday November 18, 1:00p to 2:15p

Register by Monday, November 17

Facilitator: Lori Schroeder/Kelly Arens

Cost: Free

Min/Max: 5/25

Join us to sing some of your favorite classic songs, or sit back and enjoy hearing others sing. All music lovers are welcome! This program is made possible through the generosity of an anonymous donor.



Wisconsin POW Camps (S)

Tuesday, November 4th

1:30p to 3:00p

Facilitator: Bob Block

Cost: Free

Min/Max: 5/50

Register by Friday, October 31

Most people are unaware that Wisconsin had POW (prisoner of war) camps during WWII. People are surprised to learn that there were 38 of them having a total of 20,000 prisoners. This presentation tells interesting stories of those who have lived in a community that once had a POW camp, those who worked side by side with POWs and those who were once prisoners. Join us for this informative and educational experience.

Online Delivery Services Seminar (S)

Friday, November 7

10:00a to 11:30a

Instructor: Jacob Bedroske

Cost: Free

Min/Max: 10/35

Register by Friday, October 31

Winter is coming! Sometimes conditions may make it difficult to get the items you need when you need them. Together we'll go over the basics of ordering food, groceries, and virtually any various goods online from popular courier companies like DoorDash and EatStreet to grocery-getters like Instacart, Walmart Plus and more. Whether using an internet browser on your computer or an app on your smartphone, we'll learn how to savvily stock up on all sorts of stuff!



Chat 'n Chop (S)

Tuesday, November 11

9:45a to 11:45 a

Instructor: Kerry Wolfe

Cost: R \$10.00/NR \$12.50

Min/Max: 3/10

Register by Tuesday, November 4

In this episode of Chat 'n Chop we will be making Cheesy Taco Pasta, Cherry Pretzel Dessert, Basted Prosciutto and Brie with Apple Butter, and Apple-Bacon Toast. Sound good? Grab your aprons and come join us!



ORD: Leave the Leaves (S)

Wednesday, November 19

10:00a to 12:00p

Presenter: Rob Zimmer

Sponsored by: Oshkosh Recreation Department

Cost: Free

Min/Max: 5/50

Register by Tuesday, November 18

To clean up, or not clean up? That is the question. More and more gardening organizations and nature groups are encouraging people to avoid fall garden cleanup. Leave the leaves. We will learn all about the creatures that benefit from these practices and why you should put off garden clean up until at least spring.



You're never too old to learn something new!

Bingo (S)

Wednesday, November 19

2:00p to 3:30p

Cost: Free

Min/Max: 10/80

Registration opens November 5

Register by Tuesday, November 18

Join us for a fun afternoon of Bingo! You can register by calling 920.232.5300, visiting us in person, or registering online.

Donations should be dropped off before Bingo begins. If you have items to contribute to the prize tables, please consult a staff member first.

Doors open at 1:30 pm.

Thank you to our sponsor this month, Edenbrook



EDENBROOK
OSHKOSH

Book Talk (S)

Murder of the Book Club by Betsy Reavley

Thursday, November 20

9:30a to 11:00a

Facilitator: Kerry Wolfe

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

Min/Max: 2/20

Register by Thursday, October 30

Imagine nine women meeting together to share their love of books. They are friends, trust each other, and it's a happy gathering. Then the body of a woman is discovered, and the police are called. The motive isn't clear, but it all leads back to the book club. Sound interesting? Join Book Talk!



Power of Attorney Workshop (S)

Friday, November 21

10:00a to 11:00a

Instructor: Joe McCleer

Cost: Free

Min/Max: 5/35

Register by Wednesday, November 19

If you don't have your Powers of Attorney for both healthcare and finances established, you could create significant challenges for yourself and your family if you ever lose capacity. Joe McCleer from McCleer Law Office will discuss the importance of these documents, offer tips and strategies for completing them, and provide free statutory Power of Attorney forms to attendees who wish to fill them out during the event.

Popcorn and a Movie (S)

Wednesday, November 26

12:45p to 2:00p

Instructor: Kerry Wolfe

Cost: Free (donations accepted)

Min/Max: 2/20

Register up to day of event

Enjoy a movie with friends and some delicious popcorn. Please ask at the front desk for details about the movie. *Note: MPLC regulations prohibit us from disclosing the titles of upcoming movies.*



UKULELE HOLIDAY CONCERT

Thursday, December 11, 2025

6 pm - 7 pm

South Building

Register by December 8th

FREE (donations appreciated)



Open to all ukulele players and those who love music and singing. Join us for a casual evening of playing and singing holiday tunes with friends and family. Call 920.232.5300 to register.



Ukulele Play Along (S)

Wednesdays, November 5-26

10:30a to 12:00p

Instructor: Dave Hable

Cost: R \$2/NR \$2.50 per visit

Min/Max: 3/20

Registration open through day of

Are you interested in playing the ukulele with others? If you know 2-3 strumming patterns and 8-10 chords, you're welcome to join us! We play a variety of music under the guidance of a volunteer. Feel free to bring your own sheet music, or you can use a music packet that will be provided for you.

Beginner Ukulele Lessons (S)

Fridays, November 7-21

10:00a to 10:50a

Instructor: Joe Wiedenmeier

Cost: R \$30/NR \$35 (3-week session)

Min/Max: 5/12

Register by Wednesday, November 5

If you want to maintain a healthy and strong brain, research indicates that learning something new is one of the best ways to enhance brain health. Learning to play the ukulele is both easy and enjoyable! You don't need to know how to read music to start playing the ukulele.

Beginner 2 Ukulele Lessons (S)

Fridays, November 7-21

10:00a to 10:50a

Instructor: Aaron Baer

Cost: R \$30/NR \$35 (3-week session)

Min/Max: 10/20

Register by Wednesday, November 5

This class is for individuals who have completed Beginner Ukulele Lessons, know 2-3 basic chords, and are ready to take the next step. The focus will be on chords, strumming, and playing songs. Join the fun!



Intermediate Ukulele Lessons (S)

Fridays, November 7-21

11:00a to 11:50a

Instructor: Aaron Baer

Cost: R \$30/NR \$35 (3-week session)

Min/Max: 10/20

Register by Wednesday, November 5

This class is for individuals who know 8-10 chords and various strumming patterns. You should be able to confidently transition between chords and learn simple songs fairly quickly before joining this class.

Advanced Ukulele Lessons (S)

Fridays, November 7-21

12:00p to 12:50p

Instructor: Aaron Baer

Cost: R \$30/NR \$35 (3-week session)

Min/Max: 10/20

Register by Wednesday, November 5

Intended for advanced players, this class delves into song structure, complex chords, and various chord formations. It also covers fingerpicking, melody playing, and intricate strumming patterns.

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



OSHKOSH SENIORS CENTER INVITES YOU TO THE:

Winter White Dinner Event



TUESDAY, DECEMBER 9, 2025

5:00 PM TO 6:30 PM

DOORS OPEN AT 4:45

DINNER PREPARED BY THE ROXY

**BEEF TENDERLOIN TIPS,
MASHED POTATOES & GRAVY,
ROASTED CHICKEN & A VEGETABLE**

**DESSERT AND SERVICE PROVIDED BY
BELLA VISTA AND LAKESHORE MANOR**

TICKETS: \$25

**AVAILABLE AT BOTH FRONT DESKS
NOVEMBER 10 TO DECEMBER 2**

ENTERTAINMENT PROVIDED BY:

Oshkosh North Madrigal Singers



 **BELLA VISTA**
— A SENIOR LIVING COMMUNITY —

 **LAKESHORE MANOR**
— A MEMORY CARE COMMUNITY —



Cards & Games (S)
Various Days and Times
Cost: R \$1/NR \$1.50

Need a spot to play with friends? Pick a time to meet and come play. Check in at the front desk as daily fees apply.

Cribbage

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

Mexican Train, Mahjongg

Tuesdays
 12:30p to 3:30p

Bid Euchre, Rummikub

Wednesdays
 12:30p to 3:30p

Sheepshead

Thursdays
 12:30p to 3:30p

Open Bridge

Fridays
 12:30p to 3:30p

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



**Don't forget to set
 your clock back an
 hour on Sunday,
 November 2nd.**

Dulcimer Concert

Featuring Charlene Luebke



*December 3, 2025
 2 pm to 3 pm
 Great Room, South Building
 Register by 12/2/25*



THE GOLDEN TONES CHORUS: **OUR FAVORITE CAROLS**

Directed by Paula Steinert
Accompanied by Sheri Tipton

Oshkosh Seniors Center North Building
Sunday, December 14, 2025
2 pm to 3 pm
Doors open at 1:30 pm
\$5 per ticket

ADVANCE TICKETS ONLY!

Children 16 & under are free but must have a ticket.
Tickets are on sale from November 3rd to December 11th.



Tours Sign-up Options

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

Detailed flyers available at the Seniors Center South

Sign up now — don't delay!

Murder Mystery Dinner Theatre

Date: Sunday, November 16

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

Depart: 10am —Return: Approx. 5:30pm

Join us at the Memories Dinner Theatre in Port Washington for a thrilling whodunit. Detectives Goodman and Badham are on the case after a body is discovered in a U-Move-It truck. As the investigation unfolds across multiple cities, the mystery deepens with a cast of eccentric characters. Federal Agents Muledeer and Sullen join the search, raising suspicions of alien involvement and government cover-ups, which keeps everyone guessing in this comedic mystery. Each table will have the opportunity to interrogate suspects and gather clues to solve the case. Prizes will be awarded to both the table that successfully cracks the mystery and the table that doesn't get close. The menu includes: Angus Steak Sandwich, Parmesan Garlic Potato Chips, Calico Beans, Creamy Coleslaw, and Fluff. Vegetarian options: Cheese Tortellini; Vegan options: Pasta Primavera and Steamed Vegetable Blend. Dessert: Salted Caramel Cake. The price includes coach bus transportation, dinner, the show, and all gratuities. Tour Mgr: Cathy Koch.

The Book of Mormon

The Performing Arts Center—Appleton

Date: Thursday, November 20

Cost: \$125 (\$25 non-refundable deposit)

Depart: 6pm—Return: after show

This outrageous musical comedy follows the adventures of an unlikely pair of missionaries sent halfway across the world to spread the good word. Entertainment Weekly describes it as "Grade A: the funniest musical of all time." It's The Book of Mormon, the nine-time Tony Award-winning Best Musical. Please note that it contains explicit language. The price includes a ticket, yellow express bus transportation, and driver gratuity. Tour Mgr: Cheryl Freiberg



2026 UPCOMING TRIPS:

Hairspray—Fireside—5/2/26
The Million Dollar Quartet—Fireside—7/9/26
Frozen —Fireside—8/26/26

UPCOMING COLLETTE TRIPS:

Northern Lights of Finland – 1/14-1/21/27

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

When sending payments in the mail include:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Name of Trip: _____

Amount Enclosed: _____

If applicable:

Food Choice: _____

Traveling with: _____

For an overnight trip, please select one:

Single/Double/Suite (Circle One)

Holiday Folk Fair International

Date: Saturday, November 22

Cost: \$75 (\$25 non-refundable deposit)

Depart: 8am—Return: Approx. 5:30pm

The Holiday Folk Fair International celebrates the rich cultural heritage of the people living in south-eastern Wisconsin. Designed to both entertain and educate, the festival features dance routines showcasing traditional clothing and music, often accompanied by stories conveyed through the dancers' movements. Join us for the music, dance, and especially the delicious food. You'll find shopping opportunities for unique cultural artifacts that aren't available elsewhere. Local chefs will prepare traditional cuisine for you to enjoy. The price of the event includes a coach bus, driver gratuity, and admission to the festival. Please note that lunch will be on your own. Tour Mgr: Cindy Paffenroth

A Wonderful Life

The Fireside Theatre—Fort Atkinson

Date: Thursday, December 11

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

Depart: 7:30am—Return: Approx. 6:15pm

The story of George Bailey and his extraordinary life in Bedford Falls has inspired countless hearts, celebrating the goodness within all of us. "A Wonderful Life" captures the magic of the film and embodies the spirit of Christmas. The Fireside is proud to present this stunning live stage adaptation of Frank Capra's beloved movie. The price includes a ticket, coach bus transportation, driver gratuity, and lunch. Please refer to the flyer for the featured menu. Tour Mgr: Cheryl Freiberg

Hell's Kitchen

The Performing Arts Center—Appleton

Date: Thursday, December 18

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

Depart: 6pm—Return: after show

Your journey begins with Ali, a 17-year-old girl who is passionate and full of determination, seeking freedom and her place in the world. Along the way, you will encounter a life-changing musical mentor, her vibrant family, and a supportive neighborhood that helps her grow. This relatable, authentic, and enjoyable story celebrates the journey of self-discovery, finding purpose, and connecting with the people who uplift you. It portrays the life of Alicia Keys, featuring a blend of new and classic songs along with choreography. The price includes a ticket, round-trip yellow express bus transportation, and driver gratuity. Tour Mgr: Cheryl Freiberg



Piano Men

The Fireside Theatre—Fort Atkinson

Date: Sunday, January 11

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

Depart: noon—Return: Approx. 9:30pm

Terry and Nick, a father-son duo, share a deep love for the music of Billy Joel and Elton John, which reflects in their genuine, spontaneous, and moving performances. Terry is the seasoned musician, while Nick brings fresh energy, charisma, and powerful vocals to the stage. Their on-stage chemistry is both authentic and captivating, often humorous and always magnetic. Accompanied by an electrifying ensemble of elite musicians, their show is a high-octane musical experience. The ticket price includes transportation by coach bus, driver gratuity, and a buffet dinner. Tour Mgr: Cheryl Freiberg



HAMILTON

The Performing Arts Center—Appleton

Date: Thursday, February 5

Cost: \$210 (\$25 non-refundable deposit)

Depart: 6pm—Return: after show

HAMILTON is an epic saga that chronicles the rise of Founding Father Alexander Hamilton as he strives for honor, love, and a legacy that would influence the course of a nation. Based on Ron Chernow's acclaimed biography and set to a dynamic score that combines hip-hop, jazz, R&B, and Broadway, HAMILTON has made a significant impact on culture, politics, and education. The production features a book, music, and lyrics by Lin-Manuel Miranda. The price includes a ticket, yellow express bus transportation, and driver gratuity. Tour Mgr: Cindy Paffenroth

Beehive

The Fireside Theatre—Fort Atkinson

Date: Thursday, February 19, 2026

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

Depart: 8:30am—Return: Approx. 6:30pm

Step back into the vibrant '60s with BEEHIVE, a celebration of the powerful female voices of the decade! Featuring iconic hits from legends like Lesley Gore, Janis Joplin, The Shirelles, The Supremes, Aretha Franklin, and Tina Turner, this nostalgic journey follows six young women coming of age, accompanied by a live band. Join us for unforgettable songs like "My Boyfriend's Back," "Be My Baby," and "Me and Bobby McGee." The price includes a ticket, coach bus, driver gratuity, and lunch. Check the flyer for the featured menu! Tour Mgr: Cathy Koch

Fort Lauderdale, Miami and Key West

Dates: February 20—March 2, 2026

Cost: \$1699 Per person, double occupancy

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



Addams Family

The Fireside Theatre—Fort Atkinson

Date: Thursday, April 2, 2026

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

Depart: 8:30am —Return: Approx. 6:30pm

Join us for a delightful romp at THE ADDAMS FAMILY Musical, where the ultimate princess of darkness, Wednesday, falls for a sweet young man from a respectable family—whom her parents have never met! In a twist, she asks her father, Gomez, to keep this love a secret from Morticia. As they prepare for a dinner with Wednesday's "normal" boyfriend and his parents, chaos ensues. With catchy tunes, dance, and humor, this show promises a night of laughter! Price includes ticket, coach bus, driver gratuity, and lunch. Check the flyer for the featured menu.

Tour Mgr: Alice Himmler

Pacific Northwest & California

Dates: May 24-June 1, 2026

Cost: \$4,284 per person Double; \$5,269 per person Single; \$4,224 Triple (\$698 per person deposit)

Embark on a 9-day journey from Seattle, WA, to San Francisco, CA. Discover Seattle's waterfront and historic Pioneer Square with a local guide. Experience the vibrant Pike Place Market, then take a scenic Washington State Ferry to Bremerton for stunning views of the skyline. Travel through the picturesque Willamette Valley, known for its exceptional wines, before exploring the Oregon coast's breathtaking Beach Loop. Enjoy a cruise along the Rogue River, then venture into California's majestic redwood country in Redwood National Park. Conclude your adventure by crossing the iconic Golden Gate Bridge into San Francisco. For airline travel, a REAL ID or passport is required. Tour Mgr: Cheryl Freiberg

Canadian Rockies

Dates: September 16-23, 2026

Cost: \$8,099 per person Double; \$9,699 per person Single (\$698 per person deposit)

This eight-day tour of the Canadian Rockies begins in Vancouver, where you'll explore key attractions such as Grouse Mountain, Stanley Park, and Granville Island Public Market. Onboard the Rocky Mountaineer, you will embark on a breathtaking rail journey through some of the most stunning scenery in the world. From your sparkling glass window, you'll enjoy views of lush coastal forests, roaring river canyons, and majestic, snow-capped mountain peaks. Next, you'll travel to the spectacular Canadian Rocky Mountains, including a visit to Lake Louise and the Fairmont Chateau. You'll have the opportunity to meet a local ammolite specialist to learn about this rare gemstone that can only be found in Alberta. The tour continues along Banff's Icefields Parkway, where you'll visit the Athabasca Glacier. For more information on highlights and detailed descriptions of the tour, please refer to the flyer. The overall activity level for the tour is rated as level 2, and a passport is required for participation. Tour Mgr: Cheryl Freiberg

Sunny Portugal With Porto

Dates: November 9-21, 2026

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

Embark on a memorable 12-day journey through Portugal, starting in the northern city of Porto and traveling to the capital, Lisbon, then on to the sun-soaked cliffs of the Algarve and the beautiful Portuguese Riviera. Along the way, you'll discover charming towns, winding cobblestone streets, oceanfront promenades, and quaint villages. Experience the rich history and culture as you visit ancient castles, Roman ruins, and scenic groves of orange and almond trees. You'll also find peaceful whitewashed villages and meet friendly locals. Key highlights of this trip include Porto, the Stock Exchange Palace, Porto Wine Cellars, Fatima, the Portuguese Riviera, Cascais, Obidos, Sintra, the Cork Factory, Evora, Alentejo, Lagos, the Algarve, a Picnic Lunch in Monchique, Lisbon, Belem, and UNESCO World Heritage Sites. Please refer to the flyer for additional highlights and detailed descriptions. This trip has an overall activity level of 3, and a passport is required for participation. Tour Mgr: Cheryl Freiberg



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Oshkosh WI 54903-3423

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We are volunteer community members
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200 North Campbell Rd
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South Building Hours:

Mon - Fri 8am to 4pm

North Building Hours:

Mon - Fri 7am to 4pm

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Rebecca Bays, Program Supervisor
Bobbie Jo Nagler, Office Assistant
Sadie Ingenthron, Mktg/Fund Dev.

Activity Coordinators:

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

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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.