



The Current

February 2026

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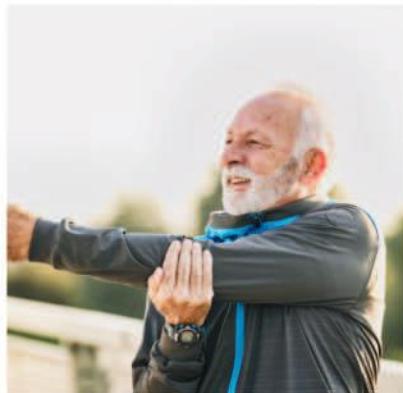
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Welcome to the Oshkosh Seniors Center

A Note From the Senior Services Manager

February is all about the heart, and we have just what you're looking for at the Center this month. Are you interested in maintaining and improving your health? Check out our fitness offerings, like our new Functional Flexibility class, TRX, or give pickleball a try. When you invest in yourself, you win in the end!

Are you interested in sharing some love with friends? Check out the 'Heart Center' at each building. Or join in for some fellowship with your friends in cards, enrichment, or music! Don't forget the revamped Eat & Greet at the end of the month, too. No matter what you decide to try, there's something for everyone.

The Friends of the Oshkosh Seniors Center can use some love, too. There's never a bad time to donate to them, helping secure the Center's future. Gifts that include time and talent are also welcome. If you're interested or have always wondered how you can get involved, please reach out, and I'll be happy to get you connected.

See you by the River!
-Dan Braun

OSC Weather Closure Policy

Our policy for full-day closures follows the lead of the Oshkosh Area School District. If the school district closes for a full day, the Center will also be closed. We do not, however, close early or delay opening due to weather. If the Oshkosh Area School District delays opening, we will still open for the day at regular hours. If they close early, we will remain open for our regular hours. We follow their lead for full-day closures only.

If we are closed due to weather, we will post it on our Facebook page and notify WBAY.

South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Welcome to the Oshkosh Seniors Center

February is Heart Health Month!

Check out this Cardiovascular Word Search to get yourself thinking about your heart.



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

CIRCULATION

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VALVES

VEINS

CAPILLARIES

ARTERIES

BLOOD

AORTA

BEAT

VENTRICLES

atrium

heart

pulmonary

South Building

Monday - Friday
8 am to 4 pm

North Building

Monday - Friday
7 am to 4 pm

GOLDEN TONES OPEN HOUSE

Information for the
Spring Chorus Session

**Monday, February 16th
1:30p-3:00p**

Register by Thursday,
February 12th



Rehearsal starts Monday, March 2nd
1:30p to 3:00p

Season Finale Concert in June



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Stained Glass: Straight Cuts (S)

Mondays, February 2 & 9

10:00a to 1:00p

Instructor: Marla Tonn

Cost: \$15.00 R/\$20.00 NR

Min/Max: 3/6

Register by Thursday, January 29

Learn to operate a straight cutter using simple, easy-to-cut patterns. Prior glass experience is required; this is not suitable for beginners.



Hand Building With Clay (S)

Tuesdays, February 3-24

12:00p to 3:00p

Instructor: Kathi Dittmer

Cost: \$45.00 R/\$50.00 NR

Min/Max: 2/9

Register by Friday, January 30

This class provides a fun community atmosphere to explore the creative world of clay. The fee covers 6 pounds of clay, glazes, and two firings. Beginners are welcome! Please note that class supplies are for use during scheduled class times only.



Quilting 505: Gallery of More Complex Eight Pointed Stars (S)

Wednesday, February 4-25

9:00a to 11:30a

Instructor: Liz Lahm

Cost: \$10.00 R/\$12.50 NR

Min/Max: 2/6

Register by Monday, February 2

In this class, we will gain experience creating more complex eight-pointed stars that you can later use as references or incorporate into a quilt or smaller project, such as the one on page 80 of Book 4. We will learn to draft the blocks on page 60 and to understand the role geometry plays in drafting these eight-pointed stars.

Recommended Book:

Quilter's Academy

Volume 4 – Senior Year

Authors Harriet Hargrave and Carrie Hargrave.

Available through Amazon



Stained Glass Guided Hours (S)

Wednesdays, February 4-25

10:00a to 12:00p

Instructor: Marla Tonn

Cost: \$5.00 R/\$7.50 NR 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!



South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Enrichment

Building: North (N) South (S)

Quilting: Woodland Winter Quilt (S)

Wednesday, February 4-25

12:30p to 3:00p

Instructor: Liz Lahm

Cost: \$10.00 R/\$12.50 NR

Min/Max: 2/6

Register by Monday, February 2

In this class, we will create a small quilt approximately 36 inches square. The design features a fence post block that surrounds a small center square. This center square can be a plain block, a bright color, multiple bright colors, or a print, as shown in this example. The print might include fun characters, flowers, or other patterns. The fabric choices you make will make this quilt uniquely yours. Join me for this enjoyable project. Participants must bring their own sewing machine that is in good working order. If you have questions, Liz can be reached at the South Building Desk on Friday mornings at the South Building Desk on Friday mornings.



Knitting & Crochet (S)

Thursdays, February 5-26

8:30a to 11:30a

Instructor: Self-led

Cost: \$1.00 R/\$1.50 NR 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, February 5-27

8:30a to 11:30a

Cost: \$1.50 R/\$2.25 NR

No registration needed

Join the Art Expressions Lab to connect and work on art and craft projects! Bring your own supplies, as Center supplies won't be available, and note that kiln firing is not offered during this time.

Wisconsin Warmers (S)

Thursdays, February 5-26

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.



Jewelry & Button Art (S)

Monday, February 9

9:30a to 12:00p

Instructor: Kerry Wolfe

Cost: \$10.00 R/\$12.50 NR

Min/Max: 3/8

Register by Friday February 6

Bring your creative mind and create something made of old jewelry and buttons. All supplies and materials are provided for you.

Artfully Yours: Love You to Pieces (S)

Thursday, February 12

1:00p to 3:00p

Instructor: Kelly Arens

Cost: \$15.00 R/\$20.00 NR

Min/Max: 3/15



Register by Thursday, February 5

Join us as we piece together our heart for the LOVE of crafts! We will be painting puzzle pieces and creating a SWEET door or wall decoration for your space.

Alcohol Ink Coasters (S)

Monday, February 23

9:30a to 11:30a

Instructor: Kerry Wolfe

Cost: \$10.00 R/ \$12.50 NR

Min/Max: 4/10

Register by Thursday, February 19

Using Sharpies and alcohol inks with rubbing alcohol, you can create two beautiful decorative tiles. No experience needed.

South Building

Monday - Friday
8 am to 4 pm

North Building

Monday - Friday
7 am to 4 pm

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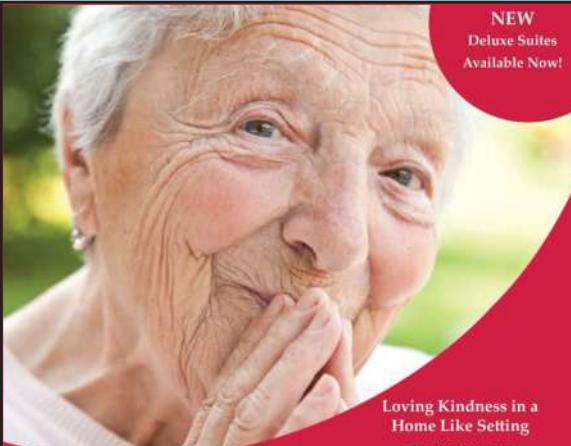
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Oshkosh Senior Center, Oshkosh, WI

B 4C 01-0984

Enrichment

Building: North (N) South (S)

Power & Hand Tool Carving (N)

Mondays, February 2-23

9:00a to 12:00p

Instructor: Gene Bengel, Richard Krummick

Cost: \$20.00 R/\$25.00 NR (4-week session)

Min/Max: 4/12

Register by Friday, January 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, February 3-24

8:30a to 11:30a

Instructors: Linda Gomach, Richard Krummick

Cost: \$20.00 R/\$25.00 NR (4-week session)

Min/Max: 3/10

Register by Friday, January 30

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

Woodshop Guided Hours (N)

Wednesdays, February 4-25

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.**

Share
the
Love!

February 1st - 28th

We will have
hearts set out for
our participants to
write a heartfelt
message about
their LOVE of the
Oshkosh Seniors
Center!

Stop by the 'Heart
Center' in each building
to fill yours out!

Look for the wall display
to see all the LOVE!
These can be done
anonymously!

South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

OSC GROUP EXERCISE SCHEDULE

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

TIME	MON	TUE	WED	THU	FRI
8:00					
	Rapid Movement	Full Body Strength	Rapid Movement	Full Body Strength	
	8:30-9am	8:30-9am	8:30-9am	8:30-9am	
9:00					
	Morning Mobility	Functional Flexibility	Morning Mobility	Functional Flexibility	Circuit Training
	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45
10:00					
	Chair Cardio	TRX			
	8 Core	10-10:45am			
	10-10:45am				
11:00					
	Silver Sneakers	Movement	Silver Sneakers	Movement	Movement
	Classic	Exercise	Classic	Exercise	Exercise
	11-11:45am	11-11:45am	11-11:45am	11-11:45am	11-11:45am
12:00					
	Advanced	Advanced			
	Line Dancing	Line Dancing			
	12:15-1:45pm	12:15-1:45pm			
1:00					
				Chair	
				Yoga	
				1-1:45pm	
2:00					
		Chair			
		Yoga			
		2:15-3pm			
3:00					

Beginner Classes

Morning Mobility (N)

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

Functional Flexibility (N)

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

Chair Yoga (N)

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

Silver Sneakers® Classic (N)

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

Movement Exercise (N)

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

Chair Cardio & Core (N)

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

Intermediate Classes

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.

Circuit Training (N)

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.

TRX (N)

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.



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.

STAY ACTIVE

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8 am to 4 pm

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Functional Flexibility

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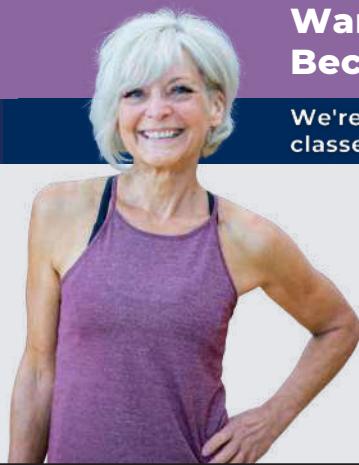
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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Blood Pressure Checks (S)

Wednesdays, February 4-25

1:00p to 2:00p

Instructors: Retired Registered Nurses

Cost: Free

No registration required

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

Small Group Reiki (S)

Wednesday, February 4

Register by Monday, February 2

Wednesday, February 18

Register by Monday, February 16

9:00a to 10:15a

Instructor: Kim from Open Heart Reiki

Cost: Free

Min/Max: 2/12

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.

Compressive Shock and

Stop the Bleed (S)

Thursday, February 5

1:00p to 2:30p

Presenter: Kerry Ahrens

Cost: Free

Min/Max: 5/30

Register by Tuesday, February 3

Sudden cardiac arrest can happen to anyone, anywhere, at any time—affecting 350,000 people outside hospitals each year. The survival rate for sudden cardiac arrest is less than 10% annually. Join us to learn how to perform CPR and use an AED. In addition, this class will teach you how to stop bleeding, so you're prepared for any traumatic situation and can help save a life!



W H E A L T H



TIPS FOR PREVENTING FALLS

Eliminate Hazards

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

Learn Your Risk

Get a Bidex Balance Assessment (see page 16 for details).

Check Your Vision & Hearing

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

Know Your Medications

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

Stand Up

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

Steady Yourself

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

Think Prevention

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

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 | 920-232-5320

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."

KAYLEE BOWE | 920-232-5320

Hello! I'm Kaylee, and I am so excited to be a personal trainer at the OSC! 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 stairs with ease, or gain strength, mobility, or independence, we'll build a plan that has you feeling confident in your body's ability to get through each day.

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 in exercising safely and effectively in a one-on-one setting, ensuring personalized attention and customized workout plans.

Our pricing:**6 sessions for \$78****12 sessions for \$156****18 sessions for \$234**

Invest in your health and wellness today and start your journey towards a healthier, happier you!

Biodex Balance Assessments

Curious about your fall risk?

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

Cost: \$5.00

Make your appointment today!

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

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- Medicare will NEVER call or text you asking for your Medicare number

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Wisconsin Senior Medicare Patrol

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Oshkosh Senior Center, Oshkosh, WI

D 4C 01-0984

Support Services

Building: North (N) South (S)

Nail Care (S)

Tuesdays & Wednesdays, 9:00a to 3:30p
Thursday, February 5 & 19, 9:00a to 3:00p

Facilitator: Foot Care Nurse

Cost: \$40.00 per visit

Appointment required

Nail care services are provided by a nurse. To ensure you get the appointment date you want, please call 5-6 weeks in advance. Appointments fill quickly. **Call 920.232.5301 to schedule.**

Mindfulness Meditation (S)

Thursdays, February 5-26
11:00a to 12:00p

Instructor: Donna Janus

Cost: \$1.25 R/\$1.75 NR

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.



Mindworks (S)

Thursdays, February 5-26
11:00a to 2:00p

Facilitator: Fox Valley Memory Project

To register call 920.225.1711 or email
info@foxvalleymemoryproject.org

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

Grief Support (S)

Thursdays, February 5 & 19
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.

Elder Benefit Specialists (S)

Wednesday, February 11
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 Screening (S)

Wednesday, January 21
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.



We are here to support you!

South Building

Monday - Friday
8 am to 4 pm

18

North Building

Monday - Friday
7 am to 4 pm

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: Christie Powers

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

Registration required

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

One-On-One with Sandy Toland (S)

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

Instructor: Sandy Toland

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

Registration required

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

Wi-Fi Access (S)

Cost: Free

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

TECHNOLOGY EXPERTS ARE AVAILABLE TO ASSIST WITH:

- Setting up new phones
- Transferring data between devices
- Connecting phones to cars via Bluetooth
- Social media assistance
- Laptop and iPad support
- Voicemail setup
- Email assistance
- Text messaging
- Camera functions
- And more!

South Building

Monday - Friday
8 am to 4 pm

20

North Building

Monday - Friday
7 am to 4 pm



Oshkosh Seniors Center Presents:

IRISH FUN

Tuesday, March 10th
5:00p to 7:00p

Doors open at 4:45p

Traditional Irish Dinner
Entertainment by:
Sheamus Fitzpatrick & the
McNally Boys

Tickets: \$25.00
On sale from February 2nd to March 3rd





EAT & GREET

*February 25th
Serving at 11:30a
Tickets: \$10.00*

*February is the month of love, plus who doesn't
love a good lasagna!*

*Join us for a classic Italian dish of lasagna, tossed
salad, a breadstick, and cheesecake with
strawberry topping.*

*TICKETS AVAILABLE:
JANUARY 28TH TO FEBRUARY 18TH*



Beginner Ukulele Lessons (S)

Fridays, February 6-27

10:00a to 10:50a

Instructor: Joe Wiedenmeier

Cost: \$40.00 R/\$45.00 NR

Min/Max: 5/12

Register by Wednesday, February 4

Want to keep your brain healthy and strong?

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

Beginner 2 Ukulele Lessons (S)

Fridays, February 6-27

10:00a to 10:50a

Instructor: Aaron Baer

Cost: \$40.00 R/\$45.00 NR

Min/Max: 5/12

Register by Wednesday, December 31

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

Intermediate Ukulele Lessons (S)

Fridays, February 6-27

11:00a to 11:50a

Instructor: Aaron Baer

Cost: \$40.00 R/\$45.00 NR

Min/Max: 5/12

Register by Wednesday, February 4

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

Advanced Ukulele Lessons (S)

Fridays, February 6-27

12:00p to 12:50p

Instructor: Aaron Baer

Cost: \$40.00 R/\$45.00 NR

Min/Max: 5/20

Register by Wednesday, February 4

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

Ukulele Play Along (S)

Wednesdays, February 4-25

10:30a to 12p

Instructor: Dave Hable

Cost: \$2.00 R/\$2.50 NR

Min/Max: 3/20

Registration open through day of

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



Do you want to participate in lessons but don't have a ukulele? We have a ukuleles available for rent! Stop at a front desk for more information.



South Building

Monday - Friday
8 am to 4 pm

North Building

Monday - Friday
7 am to 4 pm

Karaoke (S)

Tuesday, February 3

Register by Monday, February 2

Tuesday, February 17

Register by Monday, January 16

1:00p to 2:15p

Instructor: Lori Schroeder and Kelly Arens

Cost: Free

Min/Max: 5/25

Join us to sing your favorite classic songs, or relax and enjoy listening to others sing. All music lovers are welcome!

Mediterranean Cooking 1 (S)

Mondays, February 9, 16, 23

10:00a to 12:00p

Instructor: Lynn Stuart

Cost: \$30.00 R/\$36.00 NR

Min/Max: 2/9

Register by Monday, February 2

It seems like everyone is telling us to eat the "Mediterranean diet." Learn what Mediterranean food is and how to prepare a few recipes that use its core ingredients: vegetables, whole grains, and legumes. Demonstrations, participation, and samples are part of every class.

Chat N Chop (S)

Tuesday, February 10

9:45a to 11:45a

Instructor: Kerry Wolfe

Cost: \$10.00 R/\$12.50 NR

Min/Max: 2/8

Register by Tuesday, February 3

In this episode of Chat n Chop, we will be making tater tot casserole, sticky buns, and cheesy sausage dip. Sound good? Grab your apron and join us!



Essential Oils: All Natural Glo

Face Serum (S)

Tuesday, February 10

10:00a to 11:00a

Instructors: Jeanne Gehrke

Cost: \$8.00 R/\$10.00 NR

Min/Max: 2/10

Register by Friday, February 6

Create your own radiance boosting face serum using pure, all natural ingredients. In this quick, hands-on class, you'll blend nourishing botanical oils and essential oils to craft a custom glo serum that hydrates, brightens, and leaves skin feeling silky and refreshed. Recipe included. This is perfect for all skin types and makes a great self-care treat or gift. Take home your handcrafted bottle—ready to glow!

Popcorn and a Movie

Tuesday, February 17

10:00a to 12:00p

Instructor: Kerry Wolfe

Cost: Free

Min/Max: 2/20

Register up to day of event



Enjoy a movie and popcorn with friends! MPLC regulations prohibit us from disclosing the titles of movies in this publication, so please ask at the front desk for more details on the movie.

ORD: What's New in Gardening for 2026 (S)

Wednesday, February 18

10:00a to 12:00p

Instructor: Rob Zimmer

Cost: Free

Min/Max: 10/80



Register by Monday, February 16

New plants, plant of the year, and the latest garden trends for 2026 will all be covered during this program. If you love gardening and enjoy discovering spectacular new varieties, you won't want to miss it.

South Building

Monday - Friday
8 am to 4 pm

North Building

Monday - Friday
7 am to 4 pm

Bingo (S)

Wednesday, February 18

2:00p to 3:30p

Instructor: Kelly Arens

Cost: Free

Min/Max: 10/80

Registration opens Wednesday, February 4

Register by Tuesday, February 17

Join us for a fun afternoon of Bingo! Doors open at 1:30p. Donations should be dropped off before Bingo begins. If you have items to contribute to the prize tables, please consult a staff member first. Thank you to our sponsor, Oasis Senior Advisors!



A Healthier You (S)

Monday, February 23

1:00p to 2:00p

Instructors: Dena Mayer from Aurora Health

Cost: Free

Min/Max: 10/50

Register by Thursday, February 19

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.

LIR: Astronaut Frank Borman and His Legacy (S)

Tuesday, February 24

10:00a to 11:30a

Instructors: Chris Henry, EAA Museum Manager

Cost: Free

Min/Max: 5/35

Register by Friday, February 20

Chris Henry will share the life and legacy of Frank Borman, one of America's most daring astronauts. Known for commanding Apollo 8, the first mission to orbit the Moon, Borman also influenced the future of aviation and space exploration. Discover how his leadership, bravery, and curiosity made a lasting impact on history.

South Building
Monday - Friday
8 am to 4 pm

Eat and Greet (S)

Wednesday, February 25

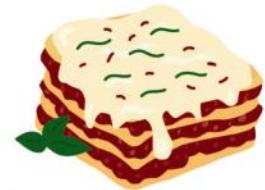
11:30a to 12:30p

Instructor: Becca Bays

Cost: \$10.00

Min/Max: 10/50

Register by Wednesday February 18



February is the month of love, and who doesn't love a good lasagna? Join us for a classic Italian dish of lasagna, tossed salad, a breadstick, and cheesecake with strawberry topping. Tickets are on sale from January 28 to February 18.

Book Talk (S)

Thursday, February 26

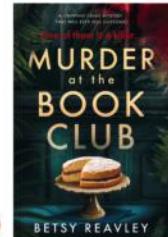
9:30a to 11:00a

Instructor: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

Min/Max: 2/20

Register by Thursday, January 29



This month's book is "Murder at the Book Club" by Betsy Reavley. The body of a woman is found on a Cambridge common, and the police are called to investigate. The motive behind the crime isn't clear, but it all points back to a book club. Sound interesting? Want to find out how it ends? Join Book Talk.

Avoiding Probate: How to Do It, and Why You (Maybe) Shouldn't (S)

Friday, February 27

10:00a to 11:00a

Presenter: Joe McCleer

Cost: Free

Min/Max: 5/35

Register by Wednesday, February 25

Probate can last up to a year or longer in Wisconsin. Attorney Joe McCleer of McCleer Law Office will explain various methods to ensure your estate passes to your family without going through probate. He will also discuss common issues families face when trying to avoid probate and why having an estate plan that accounts for probate is often better than one that tries to bypass it.

North Building
Monday - Friday
7 am to 4 pm

Representative Palmeri

Office Hours (S)

Friday, February 27

10:00a to 11:30a

Presenter: Rep. Lori Palmeri

Cost: Free

No registration required

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

Cards & Games (S)

Various Days and Times

Cost: R \$1/NR \$1.50

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

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

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

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

South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

LOVE YOURSELF MORE PAMPER DAY

Wednesday, February 11th

Register by Wednesday, February 4th

- 9:30am: Gentle Stretching Class
- 10:00am: Benefits of Chocolate Talk & Hot Chocolate Social
- 10:30am: The Heart of Crafting Make & Take
- 11:00am: Satin Hands Pampering

Schedule is tentative & subject to change.



P.S. Stop in to leave your love note for the Seniors Center at each of the front desks from February 1-28. Look for them displayed on the walls throughout the month!

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**

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.

Any age is welcome to travel with us
(under 18 require adult supervision).

See flyers for more detailed trip information at the WST Display Racks

Sign up now — don't delay!

Hamilton

The Performing Arts Center—Appleton
Date: Thursday, February 5
Cost: \$210 (\$25 non-refundable deposit)
Depart: 6pm—Return: after show

HAMILTON is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, HAMILTON has had a profound impact on culture, politics, and education. HAMILTON features book, music, and lyrics by Lin-Manuel Miranda. Price includes: ticket, yellow express bus, and driver gratuity. Tour Mgr: Cindy Paffenroth



2026 Upcoming Trips:

Other Side of the Lake – 5/13/26

Brewer Game – June TBD

Mystery Trip – June TBD

State Fair – August TBD

Door County – August TBD

Disney's Frozen – 8/26/26

A Christmas Story – 12/17/26

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

Sign up now, trips fill up quickly!

Check the rotating rack!

Beehive

The Fireside Theatre—Fort Atkinson

Date: Thursday, February 19, 2026

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

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

Everybody loves the '60s –

the fashions, the movies, the moon landing, and, of course, the music! It was the greatest decade for popular music.

BEEHIVE celebrates the powerful female voices of the 1960s, featuring songs by everyone from Lesley Gore to Janis Joplin, The Shirelles to

The Supremes, Aretha Franklin to Tina Turner, and so many more! The show is a nostalgic journey through the decade, told from the perspective of six young women coming of age and accompanied by a live band. Price includes: ticket, coach bus, driver gratuity and lunch. See flyer for featured menu. Tour Mgr: Cathy Koch



Fort Lauderdale, Miami and Key West

Dates: February 20—March 2, 2026

Cost: \$1699 Per person, double occupancy (\$75.00 Non-refundable deposit)

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 guided tour of Miami, the exciting South Beach area is sure to give you the feel of what this famous city is all about. Visit the Coral Castle (built in 1923) where you will be amazed to see just what man can do. Walk the beautiful Hollywood Beach Boardwalk. Cruise on the "Venice of America" in Fort Lauderdale Fort Lauderdale's New River, sailing through Millionaire's Row with homes of the Rich and Famous, spectacular Mega Yachts, and sights beyond belief. Enjoy the Southernmost City in the continental, U.S. Key West, is just a short and picturesque drive from Miami. Key West offers a tropical blend of azure waters, tropical foliage, along with a history of notorious and notable figures. This 11 day, 10 night trip includes 10 breakfasts and 7 dinners. See flyer for additional highlights and descriptions. Price Includes: motorcoach transportation, driver gratuity, lodging, & attractions. Tour Mgr: Cathy Koch



Addams Family

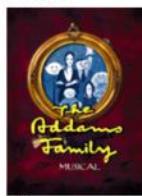
The Fireside Theatre—Fort Atkinson

Date: Thursday, April 2, 2026

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

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

A comical feast that embraces the wackiness in every family, THE ADDAMS FAMILY Musical features an original story and a dilemma that's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents. Price includes: ticket, coach bus, driver gratuity and lunch. See flyer for featured menu. Tour Mgr: Alice Himmler



The Great Gatsby

The Performing Arts Center—Appleton

Date: Wednesday, April 15

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

Depart: 6pm—Return: after show

The Great Gatsby is a "Broadway extravaganza that explodes with life and energy" (Entertainment Weekly). Based on the classic American novel by F. Scott Fitzgerald, the Tony Award®-winning new musical is an unforgettable journey of love, wealth and tragedy that brings the Roaring Twenties to life on stage. Price includes: ticket, yellow express bus, driver gratuity. Tour Mgr: Cathy Koch



Chicago

Dates: May 5—May 7, 2026

**Cost: \$525 Per person, double occupancy
(\$75.00 Non-refundable deposit)**

Enjoy 3 days and 2 nights in exciting Chicago! Highlights include visiting the World Famous **360 Chicago** (formerly the John Hancock Observatory) with breathtaking views of the city's skyline and lakefront, enjoying a relaxing **Skyline Cruise** on Lake Michigan, exploring attractions and shops at **Navy Pier**, wandering through an underwater adventure at **Shedd Aquarium**, and immersing yourself in amazing experiences and exhibits at the **Museum of Science and Industry** - named one of the "Top 15 Museums of the World". Tour Mgr: Cathy Koch

Hairspray

The Fireside Theatre—Fort Atkinson

Date: Thursday, May 14, 2026

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

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

It's 1962 and in the city of Baltimore young Tracy Turnblad, a lovable girl with big hair and an even bigger heart, has only one passion – to dance. When she wins a spot on a popular TV dance show she is transformed from outsider to teen celebrity. She must use her newfound power to defeat the evil plans of teen princess Amber Van Tussle, win the affections of heartthrob Link Larkin, and integrate a TV network. HAIRSPRAY is a story about acceptance and inclusion. It's a story of equality told with humor and heart, '60's rock and roll, and spectacular high-energy dancing. Price includes: ticket, coach bus, driver gratuity and lunch. See flyer for featured menu. Tour Mgr: Cindy Paffenroth



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)

Sold Out—Waitlist Available

& Juliet

The Performing Arts Center—Appleton

Date: Wednesday, June 3

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

Depart: 6pm—Return: after show

This hilarious new musical flips the script on the greatest love story ever told. **& Juliet** asks: what would happen next if Juliet didn't end it all over Romeo? Get whisked away on a fabulous journey as she ditches her famous ending for a fresh beginning and a second chance at life and love—her way. Juliet's new story bursts to life through a playlist of pop anthems as iconic as her name, including "Since U Been Gone," "Roar," "Baby One More Time," "Larger Than Life," "That's The Way It Is," and "Can't Stop the Feeling!" Break free of the balcony scene and get into this romantic comedy that proves there's life after Romeo. The only thing tragic would be missing it. Price includes: ticket, yellow express bus, driver gratuity.

Tour Mgr: Cheryl Freiberg



Lake Geneva Sundae Social Boat Cruise

Date: Thursday, June 18, 2026

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

Depart: 8am—Return: 5:00-5:30

Our day will begin with the opportunity to visit Lake Geneva's downtown shops. Such as "The Market of Lake Geneva," and "Delaney Street Mercantile." We will then enjoy a delicious lunch at Popeye's on Lake Geneva (not the restaurant chain). The day will end with combined sweet treats, fun stories, and a little relaxation for an unforgettable outing on the Grand Benne Ice Cream Social Cruise. The friendly staff serves up classic ice cream sundaes with your choice of toppings while you learn about Lake Geneva's opulent estates and fascinating history. Price includes: coach transportation, driver gratuity, lunch and cruise. Tour Mgr: Cindy Paffenroth

Million \$\$\$ Quartet

The Fireside Theatre—Fort Atkinson

Date: Thursday, July 9, 2026

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

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

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions of all time. MILLION DOLLAR QUARTET brings that legendary December night to life with an irresistible tale of broken promises, secrets, betrayal, and celebrations that is both poignant and funny. Relive the era with the smash-hit sensation featuring an incredible score of rock 'n' roll, gospel, R&B, and country hits all performed live. Price includes: ticket, coach bus, driver gratuity and lunch. See flyer for featured menu. Tour Mgr: Cheryl Freiberg

Brewers vs Pirates Baseball Game

American Family Stadium—Milwaukee

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

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

Depart: 3:30pm -Return: After the game

Experience Brewers Baseball like a VIP! Located in the Casamigo's Patio Left Field on third base side. Full buffet features Johnsonville brats, hotdogs, grilled burgers, chicken tenders, salads, mac and cheese, chips and cookies with unlimited soft drinks. Price includes: game ticket, full buffet, two complimentary beers or Casamigo's drink, coach bus and driver gratuity. Tour Mgrs: Cheryl Freiberg and Cathy Koch

Shipshewana, Indiana Countryside Amish Adventure

Dates: September 14 - September 17, 2026

Cost: \$705 per person/double Occupancy,

\$934/Single (\$75.00 Non-refundable deposit)

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 the Amish and Mennonite history, visiting nationally recognized shops (one of the top flea markets in the US, Eash Sales, E & S Foods, and Shipshewana Trading Place). This trip will be full of charm, tradition and hospitality. 4 days, 3 nights - includes 3 breakfasts and 3 dinners. Price includes: coach transportation, driver gratuity, lodging, and attractions. Tour Mgr: Cathy Koch

Canadian Rockies

Dates: September 16-23, 2026

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

Sold Out—Waitlist Available

Sunny Portugal with Porto

Dates: November 9-21, 2026

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

Enjoy this 12 day trip from the northern city of Porto, through the Portuguese capital, Lisbon, to the sunny cliffs of the Algarve and Portuguese Riviera, along Portugal's stunning shoreline. Encounter picturesque towns, winding cobblestone streets, oceanfront promenades, and quaint villages. Experience ancient castles and Roman ruins, groves of orange and almond trees, quiet whitewashed villages and welcoming locals. Highlights include Porto, Stock Exchange Palace, Porto Wine Cellars, Fatima, Portuguese Riviera, Cascais, Obidos, Sintra, Cork Factory, Evora, Alentejo, Lagos, Algarve, Picnic Lunch in Monchique, Lisbon, Belem and UNESCO World Heritage Sites. See flyer for additional highlights and descriptions. Overall activity level is level 3. A passport is required. Tour Mgr: Cheryl Freiberg





\$1,000,000+

The Friends of the Oshkosh Seniors Center is celebrating a significant milestone. 2026 marks **40 years** of unwavering support for the Oshkosh Seniors Center. It all began with our initial goal of raising funds to construct the current, beautiful facility. Over the past four decades, we have contributed over **\$1 million** to enhance programs, activities, and services to seniors in our community, and we couldn't have done so without the generous support of **people like you**.

This celebration is not just about our past; it's also about the ongoing journey we share in supporting an environment where seniors can thrive. Donations from members of our community are essential to ensuring that the Oshkosh Seniors Center remains a hub of activity for seniors for years to come.

As we embark on the next decade, **please consider donating in honor of our 40 years of commitment to the Oshkosh Seniors Center**. Your donation could support a variety of items, including remodeling projects, equipment purchases, meal program support, program supplies, and much more.

Let's continue to build on that \$1 million together.

Thank you for being part of our story.

Sincerely,

Friends of The Oshkosh Seniors Center Board of Directors

We are volunteer community members dedicated to supporting the Oshkosh Seniors Center and those who use its programs and services.

Friends of the Oshkosh Seniors Center | PO Box 3423 | Oshkosh, WI 54903
friendsofoshkoshseniorscenter@gmail.com

Center dedicated



OSHKOSH SENIORS CENTER volunteer Walter Evanson presents Mayor Richard Wollangk with Gov. Tommy Thompson's special award to the city for recognizing its senior citizens. The presentation was made at Saturday's center dedication ceremony.



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, Mktg/Fund Dev.

Activity Coordinators:

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

Friends Board

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

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.