



The Current

January 2026

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

920.232.5300

www.oshkoshwi.gov/seniorservices/

Welcome to the Oshkosh Seniors Center

A Note From the Senior Services Manager

Welcome to 2026! Our staff and volunteers are excited to have you visit the Center. We hope you discover something new this year and enjoy coming back to your favorite programs.

This year is also the 40th anniversary of the Friends of the Oshkosh Seniors Center. They are an invaluable partner who supports everything we do. If you are not involved with them, I'd strongly encourage you to do so! If the time is tight for you, consider making a financial or legacy donation to the Center, supporting it for years to come.

We invite you to join us on Wednesday, January 28, 2026, for the Resource Fair at our North Building. Come explore programs, meet our partner organizations, and enjoy learning and having fun. Bring your friends and explore all the options we have for you!

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.

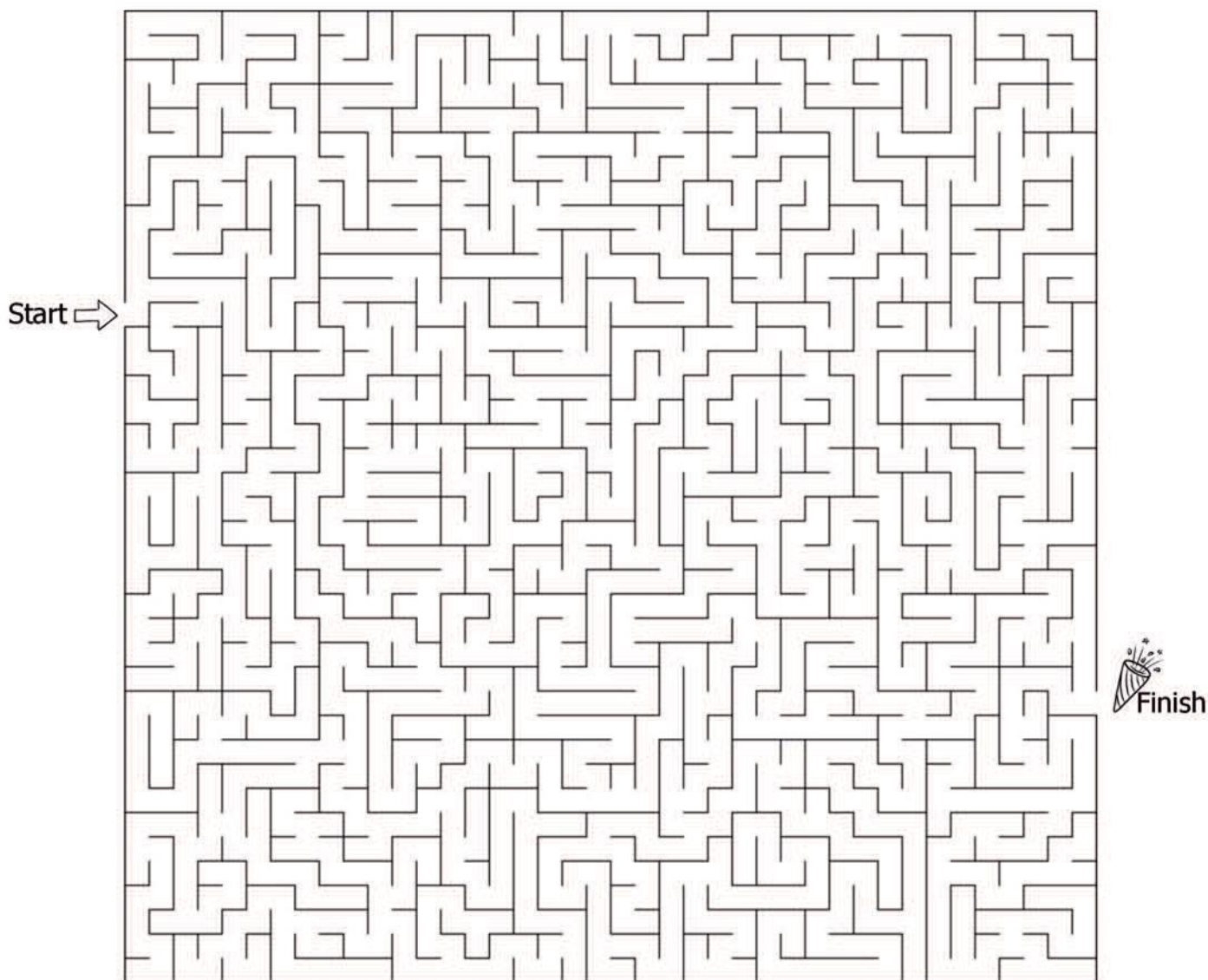
South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Welcome to the Oshkosh Seniors Center

Happy New Year!
Please note that we will be closed
on Thursday, January 1.

Maze Puzzle



South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm



Registration

To register for paid programs, stop by the front desk at either building or give us a call at 920.232.5300 (unless otherwise noted). You can pay with cash, check, or your prepay account. Some free programs allow online registration, but if an appointment is needed, you must call or visit one of our front desks. Programs that require advance registrations also require payment upon registration.

.....

Prepay Accounts

We encourage you to utilize your prepay account! You can put any dollar amount on your prepay account and use it to pay for classes or activities. Bring cash or a check to the front desk and have the volunteer deposit it into your prepay account. Then, you can select your prepay account as your payment method when you register for programs or check in at the Center.

Pass Options

Creative Expression

	R	NR
Daily	\$1.50	\$2.25
Monthly	\$6.50	\$9.75
Yearly	\$78.00	\$117.00

Use this pass for open hour programming.

Stay Social

	R	NR
Daily	\$1.00	\$1.50
Monthly	\$6.00	\$9.00
Yearly	\$60.00	\$90.00

Includes all general use (cards, games, knitting, puzzles, library, socializing, bingo, movies).

Stay Active

	R	NR
Daily	\$3.00	\$4.50
Monthly	\$20.00	\$30.00
Yearly	\$200.00	\$300.00

You can use this pass for OSC instructor led classes and the Fox Fitness Center.

All passes are available throughout the year. Prepay is encouraged! Please inquire at the front desk. You may purchase multiple monthly passes.



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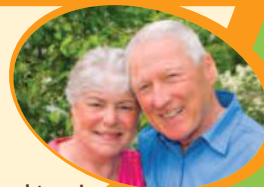
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Oshkosh Senior Center, Oshkosh, WI

A 4C 01-0984

Hand Building with Clay (S)

Tuesdays, January 6-27

12:00p to 3:00p

Instructor: Kathi Dittmer

Cost: \$45.00 R/\$50.00 NR (4-week session)

Min/Max: 2/9

Register by Friday, January 2

This class offers a fun community environment to explore 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 for use during regularly scheduled class times only.



Quilting: Easy Irish Chains (S)

Wednesday, January 7-28

9:00a to 11:30a

Instructor: Liz Lahm

Cost: \$10.00 R/\$12.50 NR

Min/Max: 2/6

Register by Monday, January 5

In this class, we will gear up for St. Patrick's Day by making an easy Irish chain quilt. It's made of 9-patch blocks strategically placed to yield the chain design. The sewing skills that we will focus on are accurate cutting, precise seaming, and precision joining of blocks so the points meet perfectly. Participants must bring their own sewing machine and have a good working knowledge of it. A supply list will be available at the South Building desk when you register.

Stained Glass Guided Hours (S)

Wednesdays, January 7-30

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 want to finish? An instructor will be available to offer guidance and answer questions. Come in and complete your projects!

Quilting 504: Eight Pointed Stars (S)

Wednesday, January 7-28

12:30p to 3:00p

Instructor: Liz Lahm

Cost: \$10.00 R/\$12.50 NR

Min/Max: 2/6

Register by Monday, January 5

In this class, we will spend time drafting eight-pointed stars to understand how they are constructed before we commit our designs to fabric. The stars are based on 45-degree diamonds, making it more challenging to get the points to meet, but we will apply what we learned with our 60-degree diamonds. We will work towards creating a table topper or table runner.

Recommended Book: Quilter's Academy Volume 4 – Senior Year by Harriet and Carrie Hargrave.

Knitting & Crochet (S)

Thursdays, January 8-29

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, January 8-30

8:30a to 11:30a

Cost: \$1.50 R/\$2.25 NR

No registration needed

If you're interested in connecting with others and working on art and craft projects, join us for 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 also note that kiln firing will not be offered at this time.



South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Wisconsin Warmers (S)

Thursdays, January 8-29

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: Oh Snow!

Snowman Meltdown (S)

Thursday, January 8

1:00p to 3:00p

Instructor: Kelly Arens

Cost: \$15.00 R/\$20.00 NR

Min/Max: 3/8

Register by Friday, January 2

This charming ~12" wood slab craft captures the whimsical moment a snowman begins to 'meltdown', bringing a touch of rustic winter cheer to any home decor. The instructor will guide you step-by-step in creating this punny craft!



Multi-Media Painting Class (S)

Monday, January 12

9:30a to 12:00p

Instructor: Kerry Wolfe

Cost: \$10.00 R/\$12.50 NR

Min/Max: 3/10

Register by Friday, January 9

Are you feeling stressed and want to relax or learn something new? Paint a picture with watercolor paint, pencils, and mica powders. All materials are supplied for you, just bring an open mind and your creativity. Open to all experience levels.



Card Making with Jenny (S)

Wednesday, January 14

9:30a to 11:00a

Instructor: Jenny Baier

Cost: \$10.00 R/\$12.50 NR

Min/Max: 8/14

Register by Monday, January 12

This is for those who have some experience working with stamps and card-making. Pick four cards out of 10-14 sample cards. Learn coloring techniques, stamping, die-cutting, and different approaches to putting the cards together. There are usually birthday, sympathy, thank-you, and get-well cards. If a holiday is coming up, it will be included as well.

Diamond Art Caddy Box (S)

Friday, January 16

1:00p to 3:00p

Instructor: Kelly Arens

Cost: \$15.00 R/\$20.00 NR

Register by Wednesday, January 7

Decorate an organizer caddy to keep your diamond art supplies in order! Spend time with fellow crafters sharing talent, fun, and art! When registering, please choose an option.

Option 1:



Option 2:



I CAN'T, I'M
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TODAY

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Monday - Friday

8 am to 4 pm

North Building

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7 am to 4 pm

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Oshkosh Senior Center, Oshkosh, WI

B 4C 01-0984

Power & Hand Tool Carving (N)

Mondays, January 5-26

8:00a to 12:00p

Instructor: Gene Bengel, Richard Krummick

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

Min/Max: 4/12

Register by Friday, January 2

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 January 6-27

8:30a to 11:30a

Instructors: Linda Gomach, Richard Krummick

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

Min/Max: 3/10

Register by Friday, January 2

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

Woodshop Guided Hours (N)

Wednesdays, January 7-30

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.**

WE'RE LOOKING FOR:

Collections or special items to be used in our display case!



- Collections
- Rare Finds
- Art Pieces
- Travel Finds

Contact Kelly Arens

karens@oshkoshwi.gov
920-232-5310

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			
	& 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	Advacned			
	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 must 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.

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.

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 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 suitable for all ability levels.

Chair Cardio & Core (N)

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

Intermediate Classes

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, 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)

Registration is required due to limited equipment. 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.

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 recommended.

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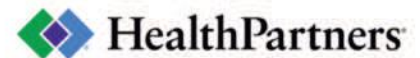
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7 am to 4 pm



Oshkosh Seniors Center accepts insurance for fitness reimbursement!

Please bring updated insurance cards to the front desk at the North Building.



Note: For Network Health, if you see the **Zero Plan** on your card, call your insurance to get a fitness reimbursement code.

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Oshkosh Senior Center, Oshkosh, WI

C 4C 01-0984

Blood Pressure Checks (S)

Wednesdays, January 7-28

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, January 7

Register by Monday, January 5

Wednesday, January 21

Register by Monday, January 19

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.

Hearing Screens & Hearing Aid Cleanings (S)

Wednesday, January 14

9:00a to 12:00p

Instructor: Samantha Spannbauer

Cost: Free

Register by Monday, January 12

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

DID YOU KNOW



We offer fitness equipment orientation!

Don't know how to use a piece of equipment? We can help with that. Sign up at the front desk for a quick lesson.

Time slots are available every 30 minutes based on trainer availability.



**Group Exercise
Classes resume on
Monday, January 5.**

South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

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

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valleyvna.org | 920.727.5555 | Neenah, WI

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Cosmetologist
920-419-5593
1861 Oregon St, Oshkosh, WI

NO NEW MEDICARE CARD Don't fall for the Scam!



Have you been told
you need a new
Medicare card?

STOP! It's a scam



Here's the truth?

- Medicare is NOT issuing plastic cards
- You do NOT need to "update" your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself:

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to Senior Medicare Patrol

Wisconsin Senior Medicare Patrol
1-888-818-2611
www.smpwi.org

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matters
to you,
matters
to us.

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Invaluable Impact:

Volunteers like you have a tremendous daily impact on the lives of our patients & visitors.

Wellness Benefits:

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Apply by: Logging into www.aurorahealthcare.org/volunteer
or scanning the QR Code



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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, January 15, 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, January 8-29

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, January 8-29

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, January 15

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.

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.

RESOURCES

Aging & 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.



South Building
Monday - Friday
8 am to 4 pm

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 & Jacob

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.

Do you have hard-copy pictures you would like to put on a flash drive? We can help you do that! Make an appointment with Christie and she will help you preserve those memories.

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

North Building
Monday - Friday
7 am to 4 pm



OSHKOSH SENIORS CENTER WINTER RESOURCE FAIR

Join us to discover local resources and services available to
you and your family in our community!

Wednesday, January 28th
9 am to 12 pm
OSC North Building

Lunch & Learn:
Process of Finding Long-Term Placement
11:30 am to 12:30 pm

Food and presentation are sponsored by BellaVista.

Spots are limited. Tickets are available 1/5-1/23 at the OSC South Building. Tickets are
for the Lunch & Learn portion only; the Resource Fair itself does not require tickets.



Wisconsin Cities Word Search

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

RHINELANDER
 MEQUON
 RACINE
 BARABOO
 WAUKESHA
 DE PERE
 EAU CLAIRE
 CHIPPEWA FALLS
 OCONOMOWOC
 APPLETON
 NEENAH
 ONALASKA
 KENOSHA
 GREEN BAY
 KAUKAUNA
 MADISON
 LA CROSSE
 OSHKOSH
 SHAWANO

Learn new
things

Play games
and puzzles

Read
and
write

TIPS FOR KEEPING YOUR MIND SHARP

Spend
time with
others

Exercise
regularly

Get
enough
sleep

Beginner Ukulele Lessons (S)

Fridays, January 2, 9, 16, and 30

10:00a to 10:50a

Instructor: Joe Wiedenmeier

Cost: \$40.00 R/\$45.00 NR

Min/Max: 5/12

Register by Wednesday, December 31

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, January 2, 9, 16, and 30

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, January 2, 9, 16, and 30

11:00a to 11:50a

Instructor: Aaron Baer

Cost: \$40.00 R/\$45.00 NR

Min/Max: 5/12

Register by Wednesday, December 31

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, January 2, 9, 16, and 30

12:00p to 12:50p

Instructor: Aaron Baer

Cost: \$40.00 R/\$45.00 NR

Min/Max: 5/12

Register by Wednesday, December 31

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, January 7-28

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 the ukulele with others? If you know 2-3 strum patterns and 8-10 chords, you can join in! We play a variety of music under the guidance of a volunteer. Bring your own sheet music, or a music packet will be provided.



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, January 6

Register by Monday, January 5

Tuesday, January 20

Register by Monday, January 19

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!

Joint Pain Solutions (S)

Tuesday, January 6

1:00p to 2:00p

Presenter: Dr. Stephen Nystrom

Cost: Free

Min/Max: 10/50

Register by Friday, January 2

Join Dr. Stephen Nystrom, an orthopedic surgeon at Aurora Health Care, to learn about and discuss surgical and non-surgical options for joint pain. He will also talk about robotic joint surgery using Mako SmartRobotics technology. Come learn how the Mako robot delivers better outcomes for joint replacement patients.



Chat N Chop (S)

Tuesday, January 13

9:45a to 11:45a

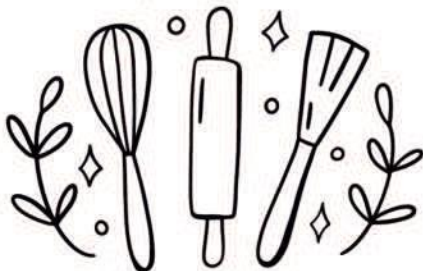
Instructor: Kerry Wolfe

Cost: \$10.00 R/\$12.50 NR

Min/Max: 2/8

Register by Tuesday, January 6

In this episode of Chat N Chop we will be making Lowcountry chowder, an apple-walnut cream cheese sandwich, and cheeseburger nachos. Sound good? Grab your aprons and come join us!



Essential Oils:

Detox from the Holidays(S)

Tuesday, January 13

10:00a to 11:00a

Instructors: Jeanne Gehrke

Cost: \$8.00 R/\$10.00 NR

Min/Max: 2/10

Register by Friday, January 9

Feeling sluggish after the holidays? Join us for a refreshing, all-natural reset to support your body, mind, and mood using doTERRA essential oils and wellness products. In this class, you'll learn how to gently support your body's natural detox processes, simple daily habits to reset your energy and digestion, which essential oils and supplements promote cleansing and renewal, and easy diffuser blends to uplift and refresh your home atmosphere.



Relieve Knee Pain While Reclaiming Your Life (S)

Thursday, January 15

1:00p to 2:00p

Instructors: Dr. Eric

Cost: Free

Min/Max: 3/35

Register by Tuesday, January 13

Join us as Dr. Eric from the Physical Achievement Center provides 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.

ORD: Eagles & Owls of Wisconsin Winter (S)

Wednesday, January 21

10:00a to 12:00p

Instructor: Rob Zimmer

Cost: Free

Register by Monday, January 19

Enjoy this program on bald eagles and many species of owls during the winter, the peak time to enjoy these birds of prey.



South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Social & Educational

Building: North (N) South (S)

Bingo (S)

Wednesday, January 21
2:00p to 3:30p

Instructor: Kelly Arens

Cost: Free

Min/Max: 10/80

Registration opens Wednesday, January 7
Register by Tuesday, January 20

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



DIY 2026 Wellness Journal (S)

Thursday, January 22
1:00p to 3:00p

Instructors: Kelly Arens & Cierra Boutelle

Cost: \$15.00 R/\$20.00 NR

Min/Max: 3/10

Register by Thursday, January 15

Come join us to design your own wellness tracker. All supplies including the book, pre-designed page inserts, and embellishments will be provided. In this class, we will set goals and discuss how to build successful wellness habits for the new year. This wellness tracker will keep you motivated, organized and excited to stay on track for 2026!



A Healthier You (S)

Monday, January 26
1:00p to 2:00p

Instructors: Dena Mayer from Aurora Health

Cost: Free

Min/Max: 3/10

Register by Thursday, January 22

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.



Book Talk (S)

Thursday, January 29
9:30a to 11:00a

Instructor: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

Min/Max: 2/20

Register by Wednesday, December 31

This month's book is The Book Woman of Troublesome Creek by Kim Michele Richardson. In 1936, tucked deep into the woods of Troublesome Creek, Kentucky, lives blue-skinned 19-year-old Cussy Carter, the last living female of the rare Blue People ancestry. She joins the historic Pack Horse Library Project of Kentucky and becomes a librarian, riding the countryside to deliver books to impoverished people. Sound interesting? Want to know how it ends? Join Book Talk.



South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

Social & Educational

Building: North (N) South (S)

Preparing for Long-Term Care Costs (S)

Friday, January 30

10:00a to 11:00a

Presenter: Joe McCleer and Nick Bauer

Cost: Free

Min/Max: 5/35

Register by Wednesday, January 28

Are you feeling worried about the high costs of long-term care? There are options! Joe McCleer of McCleer Law Office and Nick Bauer of Edward Jones will discuss preparing for long-term care costs with insurance and trust-based planning.

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!

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.



South Building
Monday - Friday
8 am to 4 pm

North Building
Monday - Friday
7 am to 4 pm

The background of the entire page is decorated with various shades of pink. At the top and bottom, there are stylized clouds. Numerous hearts of different sizes are scattered throughout, some hanging from the top as if by strings. On the left and right sides, there are decorative swirls or ribbons.

SAVE THE DATE

LOVE YOURSELF MORE PAMPER DAY

Wednesday, February 11th

- Gentle Stretching Class
- Benefits of Chocolate Talk
- Pampering Opportunities
- Hot Chocolate Social
- Gourmet Chocolate Samples

**REGISTRATION WILL BE REQUIRED. MORE
DETAILS TO COME IN THE FEBRUARY
EDITION OF THE CURRENT.**

Winnebago Senior Tours

Building: North (N) South (S)

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). ****

**Detailed flyers available at the OSC South
Building**

Sign up now — don't delay!

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: _____

Room: Single/Double/Suite (Circle One)

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, father and son, bonded by a deep love for the music of Billy Joel and Elton John, provide genuine, spontaneous and moving music. Terry is the seasoned musician, Nick has the fresh energy, charisma and powerhouse vocals. Their on-stage chemistry is genuine, spontaneous, and moving—sometimes funny, always magnetic. Price includes: ticket, coach bus, driver gratuity and 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 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



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 Manager: Cathy Koch

Winnebago Senior Tours

Building: North (N) South (S)

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, and 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. If that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now Gomez Addams must do something he's never done before – keep a secret from his beloved wife, Morticia. 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

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



2026 UPCOMING TRIPS

Other Side of the Lake - 5/7/26

Juliet - 6/3/26

Brewer Game - June 2026 TBD

Mystery Trip - June 2026 TBD

State Fair - August 2026 TBD

Door County - August 2026 TBD

Disney's Frozen - 8/26/26

A Christmas Story - 12/17/26

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

Sign up now, trips fill quickly! Check the rotating rack for details!

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: \$125 (\$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+

SUNDAY MORNING, JANUARY 16, 1994

PUBLISHED IN OSHKOSH, WIS.

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.

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



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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

Colleen Harvot, Vice President
Chris Kniep, Treasurer
Julie Hoyt, Secretary
Judy Hebert
Jeff Schettl
Jean Wollerman

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.