

# The Current

April 2026

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# Welcome to the Oshkosh Seniors Center

## *A Note From the Senior Services Manager*

The weather is warming outside, but great things are happening inside at the Oshkosh Seniors Center in April.

On Thursday, April 9, join us for Pump it for Parkinson's and help the Center reach our 400,000 steps goal! You can participate by joining a Power Hour, bringing a friend to class, or exercising at the Fox Fitness Center. In the afternoon, enjoy Neil Diamond's music performed by Eric Diamond—come for the fun and stay for dancing!

The Center is also seeking people who wish to share their talents to expand our program offerings. If you have a craft or hobby you would like to explore and share or teach to others, please reach out and let's have a conversation. If you have the gift of time and are comfortable with computers and working with people, we would love to hear from you as well.

*See you by the River!*  
*-Dan Braun*



**South Building**  
Monday - Friday  
8 am to 4 pm

**North Building**  
Monday - Friday  
7 am to 4 pm

## Quilting 507: Log Cabin Into Stars (S)

Wednesdays, April 1-29

9:00a to 11:30a

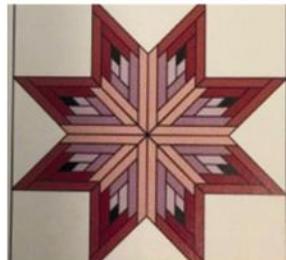
Instructor: Liz Lahm

Cost: \$12.50R/\$15.00NR (5-week session)

Min/Max: 2/6

**Register by Monday, March 30**

We will begin this class by making log cabin hexagons, then move into log cabin triangles. From there, we will construct a 45-degree and 60-degree diamonds so we can make hexagon stars. We will conclude with a pineapple quilt. Participants must bring their own sewing machine in good working order. If you have questions, Liz Lahm (instructor) can be reached at the South Building Desk on Friday mornings.



## Stained Glass Guided Hours (S)

Wednesdays, April 1-29

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!

## Quilting: On Point Illusion (S)

Wednesdays, April 1-29

12:30p to 3:00p

Instructor: Liz Lahm

Cost: \$12.50R/\$15.00NR (5-week session)

Min/Max: 2/6

**Register by Monday, March 30**

This pattern is from the Winter 2026 issue of Love of Quilting. It is a stunning use of complementary colors set in such a way that it appears the blocks are on point. However, the eye deceives you. The pattern is much easier than that. Take the challenge and make yourself a stunning quilt. You can choose different colors if orange isn't your favorite. You can also choose to make a smaller version. Participants must bring their own sewing machine in good working order. If you have questions, Liz Lahm (instructor) can be reached at the South Building Desk on Friday mornings.



## Knitting & Crochet (S)

Thursdays, April 2-30

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, April 2-30****8:30a to 11:30a****Cost: \$1.50 R/\$2.25 NR**

Min/Max: None

**No registration needed**

Join the Art Expressions Lab to collaborate on art and craft projects! Please bring your own supplies, as the Center will not provide materials, and note that kiln firing is not available during this time.

**Wisconsin Warmers (S)****Thursdays, April 2-30****9:00a to 3:00p**

Instructor: Self-led

**Cost: Free**

Min/Max: None

**No registration needed**

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

**Golden Tones Spring Practice (S)****Mondays, April 2-27****1:30p to 3:00p****Registration Closed****Bright Colored Round****Welcome Sign (S)****Monday, April 6****9:30a to 11:30a**

Instructor: Kerry Wolfe

**Cost: \$10.00R/\$12.50NR**

Min/Max: 3/8

**Registration is open through the day of**

We will make a colorful, bright spring welcome sign using a 12-inch wood round with wood-cutout flowers and paint them bright colors. All materials and supplies will be provided for you.

**Hand Building With Clay (S)****Tuesdays, April 7-28****12:00p to 3:00p**

Instructor: Kathi Dittmer

**Cost: \$45.00R/\$50.00NR**

Min/Max: 3/8

**Registration opens March 16.****Register by Friday, March 27**

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

**Artfully Yours: Birdie Bed and Breakfast Houses (S)****Thursday, April 9****1:00p to 3:00p**

Instructor: Kelly Arens

**Cost: \$15.00R/\$20.00NR**

Min/Max: 3/10

**Register by Thursday, April 2**

Enjoy creating these whimsical and decorative bird houses for your home. We will decoupage patterned materials onto DIY birdhouses and assemble. A variety of patterns will be available to choose from. Give as a gift or enjoy your creation this Spring! Similar to the picture shown.



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01-0984

## Power & Hand Tool Carving (N)

**Mondays, April 6-27**

**9:00a to 12:00p**

Instructor: Gene Bengel, Richard Krummick

**Cost: \$20.00R/\$25.00NR**

Min/Max: 4/12

**Register by Friday, April 3**

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

## Guided Wood Burning (S)

**Tuesdays, March April 7-28**

**8:30a to 11:30a**

Instructors: Linda Gomach, Richard Krummick

**Cost: \$20.00R/\$25.00NR**

Min/Max: 3/10

**Register by Friday, April 3**

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

## Woodshop Guided Hours (N)

**Wednesdays, April 1-29**

**9:00a to 12:00p**

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

**No registration needed**

Join us during Guided Woodshop Hours to work on your projects with support from our expert volunteers. Basic Machine Safety Training is required to use our tools; if you're not trained, you can use a bench pass, and monitors will assist. **Please arrive no later than 30 minutes before the scheduled end time to ensure projects are completed.**

## Wooden Perch (N)

**Thursdays, March 5 to April 30**

**9:00a to 12:00p**

**Registration closed**

## May Day Baskets (S)

**Thursday, April 23**

**1:00p to 3:00p**

Instructor: Kelly Arens

**Cost: \$15.00R/\$20.00NR**

Min/Max: 3/10

**Register by Thursday, April 16**

Reviving a cherished tradition of surprising neighbors with a lovely basket of flowers on May 1st! Join us as we craft our baskets of love, similar to the picture shown.



## Wine Cork Flowers in Pots (S)

**Monday, April 27**

**9:30a to 11:30a**

Instructor: Kerry Wolfe

**Cost: \$10.00R/\$12.50NR**

Min/Max: 3/8

**Register by Friday, April 24**

Spring is here! Join us as we craft flowers using wine corks in terra cotta pots. Keep your creation or gift it to someone special. Each person will make two flower pots. Come and get creative. All materials and supplies are included.

**ATTENTION  
PLEASE**

**We will be  
closed on  
Friday, April 3<sup>rd</sup>.**

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Monday - Friday  
7 am to 4 pm

*Afternoon*  
**TEA TIME**

**April 22**

**12:30p-1:30p**

**\$5.00**

**Classic Movie**

**1:30p-3:30p**

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## **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.



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# UPDATED GROUP EXERCISE SCHEDULE

TIME	MON	TUE	WED	THU	FRI
7:00					
8:00					
	<b>Rapid Movement</b> 8:30-9am	<b>Full Body Strength</b> 8:30-9am	<b>Rapid Movement</b> 8:30-9am	<b>Full Body Strength</b> 8:30-9am	<b>Cardio Circuit</b> 8:30-9 am
9:00	<b>Morning Mobility</b> 9:15-9:45am	<b>Functional Flexibility</b> 9:15-9:45am	<b>Morning Mobility</b> 9:15-9:45am	<b>Functional Flexibility</b> 9:15-9:45am	<b>Everyday Strength</b> 9:15-9:45
10:00	<b>Chair Cardio &amp; Core</b> 10-10:45am	<b>TRX</b> 10-10:45am	<b>Chair Cardio &amp; Core</b> 10-10:45am		<b>Movement Exercise</b> 10-10:45am
11:00	<b>Silver Sneakers Classic</b> 11-11:45am	<b>Movement Exercise</b> 11-11:45am	<b>Silver Sneakers Classic</b> 11-11:45am	<b>Movement Exercise</b> 11-11:45am	<b>TRX</b> 11-11:45am
12:00	<b>Advanced Line Dancing</b> 12:15-1:45pm	<b>Advacned Line Dancing</b> 12:15-1:45pm			
1:00				<b>Chair Yoga</b> 1-1:45pm	
2:00		<b>Chair Yoga</b> 2:15-3pm			
3:00					

**We've expanded our schedule. Explore our new classes, added days, and updated times! Stay tuned for more!!**

## Beginner Classes

### **Morning Mobility (N)**

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

### **Functional Flexibility (N)**

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

### **Chair Yoga (N)**

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

### **Silver Sneakers® Classic (N)**

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

### **Movement Exercise (N)**

#### **Time change on Fridays!**

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

### **Chair Cardio & Core (N)**

**Additional day added!** Please note there will be **NO class on the first Wednesday of every month!**

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

## Intermediate Classes

### **NEW! Kettleball (N)**

Get ready to sweat, strengthen, and sculpt in this dynamic, full-body workout! This class will combine strength training, cardio, and functional movement using kettlebells of various weights. You'll swing, press, squat, and lift your way through a high-energy session designed to build lean muscle, boost endurance, and improve coordination.

### **Rapid Movement (N)**

Improve your cardio by doing fast bursts of exercise, followed by active recovery. This interval training style helps improve agility, power, coordination, and balance, all key components in helping you stay strong and confident in your everyday activities.

### **Full Body Strength (N)**

Build strength from head to toe in this dynamic class designed to challenge every major muscle group. Using a variety of resistance tools, such as dumbbells, resistance bands, weighted bars, and more, you'll improve muscle tone, stability, and overall functional fitness to keep you enjoying your daily activities.

### **Cardio Circuit (N)**

#### **New time!**

Strengthen your heart, boost energy, and improve flexibility with our easy-to-follow station routines using strength and cardio equipment. This full-body workout helps you stay strong and confident in everyday movement.

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## Intermediate Continued

### **TRX (N)**

#### **Additional day added!**

Build strength, improve flexibility, and challenge your core with TRX suspension training. Using your body weight and adjustable straps, you'll perform a full-body workout that's safe, effective, and adaptable for your fitness level. **Registration is required due to limited equipment.**

### **NEW Everyday Strength (N)**

Build the strength you need for everyday life in this functional, full-body class. Using dumbbells, resistance bands, weighted bars, and your own bodyweight, you will challenge your muscles, improve balance, and enhance mobility, helping you to feel confident and stronger in everyday life.

## 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.

# FOCUS ON your Good HABITS



Kiwanis Hall is located in the North Building and is where the group exercise classes are held.

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<b>Maine</b>	<b>08/29-09/06</b>	<b>\$1675</b>
<b>Cape Cod</b>	<b>09/26-10/04</b>	<b>Waitlist</b>
<b>Memphis</b>	<b>10/19-10/24</b>	<b>\$970</b>
<b>Branson</b>	<b>11/29-12/04</b>	<b>\$1185</b>

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Oshkosh Senior Center, Oshkosh, WI

01-0984

**Blood Pressure Checks (S)**

**Wednesdays, April 1-29**

**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, April 1**

**Register by Monday, March 30**

**Wednesday, April 15**

**Register by Monday, April 13**

**9:00a to 10:15a**

Instructor: Kim from Open Heart Reiki

**Cost: Free**

Min/Max: 5/12

Discover the healing power of Reiki in a peaceful setting, where you'll experience hands-on energy-balancing techniques to melt away stress and tension. Perfect for anyone looking to unwind, recharge, and restore tranquility in their life.

**Pop Up Class: Step Up For**

**Parkinson's (N)**

**Thursday, April 9**

**7:45a to 8:15a**

Instructor: Cierra Boutelle

**Cost: Free**

**No registration required**

Join us for a fun, upbeat step aerobics class to get your heart pumping and your steps climbing! This energizing workout is easy to follow, adaptable for all levels, and focused on movement, balance, and coordination. Every step counts as we come together to support Parkinson's awareness and make an impact!

**Stronger & Safer with Parkinson's (S)**

**Tuesday, April 14**

**1:00p to 2:00p**

Presenter: Morgan Morack, PT, DPT

**Cost: Free**

Min/Max: 5/40

**Register By: Friday, April 10**

Morgan will talk about how physical therapy and exercise can benefit those with PD, different types of assistive devices and equipment, safety tips for around their home and in the community, etc. Her passionate about helping individuals with this diagnosis is strong and she can't wait to talk with those who need it.



Aurora Health Care  
Now part of ADVOCATEHEALTH

**Hearing Screen and Hearing Aid Cleanings (S)**

**Wednesday, April 15**

**9:00a to 12:00p**

Appointments Available Every 15 Minutes

Provider: Samantha Spannbaauer

**Cost: Free**

**Register By: Monday, April 13**

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



# PUMP IT FOR PARKINSON'S Thursday, April 9<sup>th</sup>

**Help Us Reach Our Center Goal of 400k Steps!**  
Contribute your steps by stopping into the OSC North building or by jumping into one of our activities. Every step counts and we need YOU to make it possible!

**Power Hours: 7am-4pm**

Feeling competitive? Power hours are happening throughout the day! Join an OSC staff member's team and get as many steps as you can in one hour! Register in advance to secure your spot and help your team win!



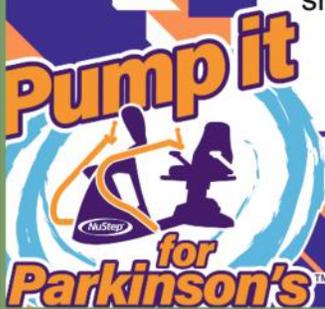
**Featured Classes:**

- 7:45-8:15am: Step-Up for Parkinson's
- 8:30-9am: Pump It for Parkinson's
- 9:15-9:45am: Functional Flexibility
- 11:00-11:45am: Movement Exercise
- 1:00-1:45pm: Chair Yoga



**Snack Bar: 11:45am-12:30pm**

Enjoy healthy, Parkinson-friendly snacks and smoothies - available while supplies last!



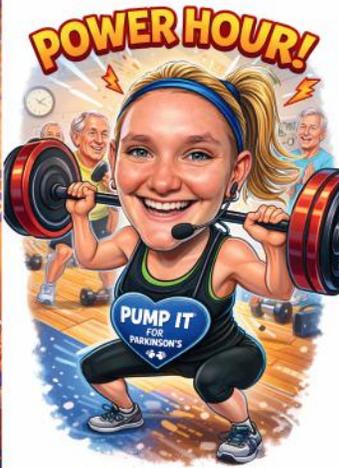
**South Building**  
Monday - Friday  
8 am to 4 pm

**North Building**  
Monday - Friday  
7 am to 4 pm

# Who's Your Power Hour Leader? Sign up by April 9



Bobbie Jo  
7:00a to 8:00a



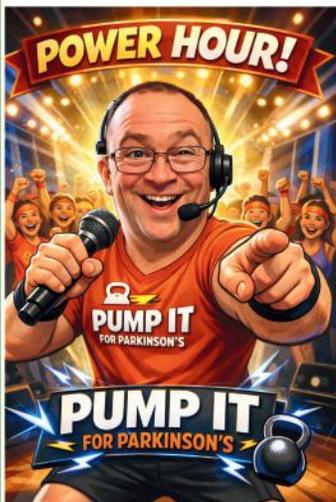
Kaylee  
8:00a to 9:00a



Kerry  
9:00a to 10:00a



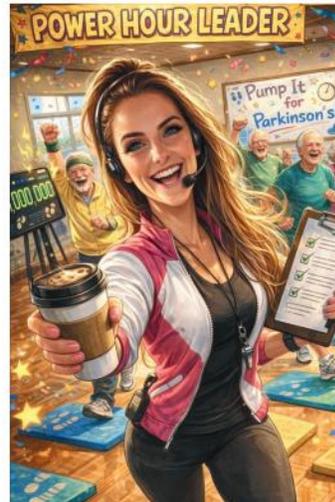
Kelly  
10:00a to 11:00a



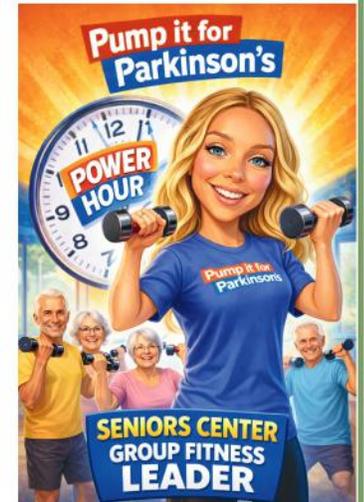
Dan  
11:00a to 12:00p



Becca  
12:00p to 1:00p



Cierra  
1:00p to 2:00p



Kayla  
2:00p to 3:00p

**South Building**  
Monday - Friday  
8 am to 4 pm

**North Building**  
Monday - Friday  
7 am to 4 pm

*Caring for the community since 1908.*

# Valley VNA Senior Care

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

valleyvna.org | 920.727.5555 | Neenah, WI

Little  
space.  
Big  
impact.

Advertise here  
Call 800-950-9952

## 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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# Start Training Today!



**Cierra - 920.232.5303**

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



**Kayla - 920.232.5327**

Hi! I'm Kayla, the Healthy Lifestyles Coordinator at the OSC. I graduated with a Bachelor's degree in Health Promotion & Wellness and hold a certification in personal training through the National Academy of Sports Medicine (NASM). I have experience with creating personalized programs for those who are looking to gain strength, mobility, independence, and preventing injuries. My goal is to help you achieve your best self! We will build a plan that focuses on you and your specific goals helping you feel confident, strong, and independent. Wellness is a lifestyle and together, I will help you along on your journey to a better lifestyle.

**Kaylee - 920.232.5320**

Hello! I'm Kaylee, I graduated with my Bachelor's Degree in Kinesiology with an emphasis in Rehabilitation Science, and I hold a certification in Practitioner-Assisted Stretching. My passion is helping my clients move better and feel great while they do it! Whether your goals are to have a pain-free golf game, go up and down the stairs with ease, or just to gain strength, mobility, or independence; we'll build a plan that has you feeling confident in your body's capability to get through each day.



**Hailey - 920.232.5320**

Hi, I'm Hailey, I graduated with a degree in Kinesiology with an emphasis in Exercise Science and recently went back to school to earn my certification as an Occupational Therapy Assistant (OTA). My passion is helping people move better, feel stronger, and live more independently. I have experience in designing personalized training programs that are tailored to your unique goals, fitness level, and health needs. Whether you're working on balance, strength, flexibility, or just staying active, I'm here to guide you every step of the way. You'll find that I work hard to make your time in the gym safe, effective, and empowering. Together, we'll support your health, strength, and independence.



# Personal Training

With our certified trainers you'll get focused one-on-one coaching tailored to your goals. Each 30-minute session is personalized to help you move safer, get stronger, and feel more confident in your daily life. Your trainer will teach proper technique, adapt workouts to your needs, and create a plan that fits your schedule

## Our Pricing:

- 6 Sessions - \$78
- 12 Sessions - \$156
- 18 Sessions - \$234

Start Your Journey Today!  
Invest In Your Health &  
Wellness Now!



## Nail Care (S)

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

**Thursday, April 2 and 16, 9:00a to 3:00p**

Facilitator: Foot Care Nurse

**Cost: \$40.00 per visit**

**Appointment required**

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

## Mindfulness Meditation (S)

**Thursdays, April 2-30**

**11:00a to 12:00p**

Instructor: Donna Janus

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

Min/Max: None

**No registration needed**

This secular and supportive group is for beginners and experienced meditators. Classes include: guided instruction, time for discussion, and Q&A. Beginners learn how to meditate while experienced meditators learn how to deepen their practice. All levels learn why and how mindfulness and meditation work to increase well-being.



## Mindworks (S)

**Thursdays, April 2-30**

**11:00a to 2:00p**

Facilitator: Fox Valley Memory Project

**To register call 920.225.1711 or email**

**info@foxvalleymemoryproject.org**

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

## Grief Support (S)

**Thursdays, April 2 & 16**

**1:00p to 2:30p**

Facilitator: Meredith Schluter, Compassus Hospice

**Cost: FREE**

Min/Max: 2/12

**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, April 8**

**10:00a to 11:30a**

**Cost: Free**

**No registration needed**

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



**We are here to support you!**

**South Building**  
Monday - Friday  
8 am to 4 pm

**North Building**  
Monday - Friday  
7 am to 4 pm

**Memory Link Resource Hour (S)**

Thursday, April 23

11:30a to 12:30p

Facilitator: Kristy Millar

Cost: Free

**Registration Open Through Day Of**

Do you have questions about Memory Loss? Kristy Millar, Resource Navigator for the Memory Link Program of the Fox Valley Memory Project, is available to answer your questions regarding memory loss and dementia.

**Tender Loving Care (TLC)**

**Support Group (S)**

Thursday, April 23

12:30p to 2:00p

Facilitator: Fox Valley Memory Project

Cost: Free

**Registration open through day of**

This support group offers a safe, supportive environment to share, interact, listen to, and learn from other caregivers and care partners of people with a memory loss disability. This group is specific to dementia caregivers.



# Pay City Bills Hassle Free with InvoiceCloud and AquaHawk

Seminar Dates:

Tuesday April 14th

10:00 am - Noon

Friday April 17th

1:00 pm - 3:00 pm

Items to Bring:

- \* Bill Account Number
- \* Checking Account & Routing Numbers **OR** Credit Card Information
- \* Email Address

\* Open to the public \*

Oshkosh Seniors Center \* 200 N. Campbell Road



**South Building**

Monday - Friday

8 am to 4 pm

**North Building**

Monday - Friday

7 am to 4 pm



# EAT AND GREET

CINCO DE MAYO IS RIGHT AROUND THE CORNER! LET'S GET IN THE FESTIVE SPIRIT WITH HAND MADE CHICKEN ENCHILADAS.

**APRIL 29TH**

**DOORS OPEN AT 11:15A**

**FOOD SERVED AT 11:30A**

NO CARRY OUTS OR REFUNDS

TICKETS ON SALE FROM MARCH 26 TO APRIL 22



## Beginner Ukulele Lessons (S)

**Fridays, April 10-24**

**10:00a to 10:50a**

Instructor: Joe Wiedenmeier

**Cost: \$30.00R/\$35.00NR (3-week session)**

Min/Max: 5/12

**Register by Wednesday, April 8**

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, April 10-24**

**10:00a to 10:50a**

Instructor: Aaron Baer

**Cost: \$30.00R/\$35.00NR (3-week session)**

Min/Max: 5/12

**Register by Wednesday, April 8**

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, April 10-24**

**11:00a to 11:50a**

Instructor: Aaron Baer

**Cost: \$30.00R/\$35.00NR (3-week session)**

Min/Max: 5/12

**Register by Wednesday, April 8**

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, April 10-24**

**12:00p to 12:50p**

Instructor: Aaron Baer

**Cost: \$30.00R/\$35.00NR (3-week session)**

Min/Max: 5/20

**Register by Wednesday, April 8**

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, April 1-29**

**10:30a to 12p**

Instructor: Dave Hable

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

Min/Max: 3/20

**Registration open through day of**

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



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

## Exploring 3 Topics in Healthy Cooking (S)

**Mondays, April 6, 13, 20**

**10:00a to 12:00p**

Instructor: Lynn Stuart

**Cost: \$30.00R/\$36.00NR**

Min/Max: 3/9

**Register by Monday, March 30**

Each week, we will learn about one of three topics: whole wheat, salmon, and creating interesting salads. Demonstrations, participation, and samples are part of every class.



## Karaoke (S)

**Tuesday, April 7 & 21**

**1:00p to 2:15p**

**Registration Open Till Time of Event**

Instructor: Lori Schroeder and Kelly Arens

**Cost: Free**

Min/Max: 5/25

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

## Medicare 101 (S)

**Tuesday, April 7**

**2:30p to 3:30p**

Presenter: Jim Strey

**Cost: Free**

Min/Max: 3/15

**Register by Thursday, April 2**

Medicare is one of those things we hear all about do we really know what it means? Join Jim as he explains just what Medicare is and how it is beneficial for you.



## Zoo Friends: Meet the Chinchilla (S)

**Wednesday, April 8**

**10:00a to 11:00a**

Instructor: Oshkosh Zoo Staff

**Cost: Free**

**Registration Open Through Day Of**

Chinchillas are adorable little furballs! Don't believe us? Come see for yourself as the Zoo Friend Series continues.

## LIR: Titanic: The Wisconsin Connection (S)

**Friday, April 10**

**10:00a to 11:30a**

Presenter: Deb Daubert

**Cost: Free**

Min/Max: 10/40

**Register by Wednesday, April 8**

As we approach the 114th anniversary of the sinking of the Titanic, former Oshkosh Public Museum Curator Deb Daubert shares her research on the possibility of passengers onboard having ties to Wisconsin. She will discuss what she discovered while the Oshkosh Public Museum hosted two Titanic exhibitions. Spoiler alert: The second exhibition, created by Premier Exhibitions/RMS Titanic Inc., used Ms. Daubert's research to develop Titanic: The Wisconsin Connection.

## Chat N Chop (S)

**Tuesday, April 14**

**9:45a to 11:45a**

Instructor: Kerry Wolfe

**Cost: \$10.00R/\$12.50NR**

Min/Max: 3/10

**Register by Tuesday, April 7**

In this episode of Chat N Chop, we will feature making an Egg Roll Bowl, Apple Sausage Sheet Pan Pancakes, and Apple Pie Bites. Sound good? Grab your aprons and join us.

## Essential Oils: Spring Make & Take (S)

Tuesday, April 14

10:00a to 11:00a

Instructors: Jeanne Gehrke

Cost: \$8.00R/\$10.00NR

Min/Max: 3/10

Register by Friday, April 10

Freshen up your space and your mood at our Spring Make & Take. Celebrate the warmer weather with fresh, uplifting spring scents and take home your own personalized spray.



## ORD: Walking with Wildflowers (S)

Wednesday, April 15

10:00a to 12:00p

Instructor: Rob Zimmer

Cost: Free

Min/Max: 10/80

Register by Monday, April 13

The spring ephemerals are beginning to bloom and you'll enjoy a virtual walk through the spring forest, captivated by the beauty and variety of spring wildflowers of all types.

## Bingo (S)

Wednesday, April 15

2:00p to 3:30p

Instructor: Kelly Arens

Cost: Free

Min/Max: 10/80

Registration opens Wednesday, April 1

Register by Tuesday, April 14

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!



## Understanding Red Light for Pain & Healing (S)

Thursday, April 16

1:00p to 2:00p

Presenter: Dr. Eric from Physical Achievement Center

Cost: Free

Min/Max: 5/40

Register by Tuesday, April 14

As we age, our bodies don't recover as quickly. Inflammation increases, circulation slows, and healing takes longer. In this workshop, you'll learn:

- Why chronic pain and stiffness develop
- The role of inflammation in aging
- How red light therapy supports cellular energy and tissue repair
- Which conditions may benefit
- What to expect from treatment

This event is designed to educate you and help you understand your options before considering more invasive procedures.

## Preplanning Cemetery and Funeral Arrangements (S)

Friday, April 17

10:00a to 11:00a

Presenter: Gin Radtke

Cost: Free

Min/Max: 5/24

Register by Wednesday, April 15

Death is tough. Gin and her team at Lakeview Memorial Park want to help make it easier. Join us as she explains how to set your funeral expectations to give your family one less thing to worry about.

**Compressive Shock Education (S)**

**Tuesday, April 21**

**1:00p to 2:30p**

Presenter: Kerry Ahrens with the Oshkosh Fire Department

**Cost: Free**

Min/Max: 5/30

**Register by Friday, April 17**

Sudden cardiac arrest can happen to anyone anywhere, at any time—affecting 350,000 people outside the hospital setting every year. Sudden cardiac arrest survival is less than 10% every year. Please join us in learning how to do CPR and use an AED. This class will be half a presentation and half hands on.

**Zoo Friends: Meet the Russian Tortoise (S)**

**Wednesday, April 22**

**10:00a to 11:00a**

Instructor: Oshkosh Zoo Staff

**Cost: Free**

**Registration Open Through Day Of**

Join us for our last day of the Zoo Friends Series by hanging out with a Russian Tortoise!



**Afternoon Tea Time (S)**

**Wednesday, April 22**

**12:30p to 1:30p Tea, Snacks, and Craft**

**1:30p to 3:30p Classic Movie**

Instructor: Kelly Arens and Becca Bays

**Cost: \$5.00**

Min/Max: 5/35

**Register by Wednesday April 15\***

Join us for a classic afternoon tea party! Finger foods, tea and a craft will be provided. Stay for the movie for a full tea party experience.

**\*Please note, registration is for the tea and craft. Registration is not required for the movie.**

**Rep. Palmeri Office Hours (S)**

**Friday, April 24**

**10:00a to 11:30a**

Presenter: Rep. Lori Palmeri

**Cost: Free**

**No Registration Required**

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

# Easter Egg Hunt

*Help us find all of our eggs! Look through the public rooms in both buildings to find special eggs for prizes! If you find an egg, you can turn it into Christie in Tech Room 2 Mon-Thur from 9-3 to collect your prize!*

*\*One prize per person*

*Monday 4/6 - Thursday 4/9*

*North and South Buildings*

**South Building**  
Monday - Friday  
8 am to 4 pm

**North Building**  
Monday - Friday  
7 am to 4 pm

## Power of Attorney Workshop (S)

Friday, April 24

10:00a to 11:00a

Instructor: Joe McCleer

Cost: Free

Min/Max: 5/50

**Register by Wednesday, April 22**

Failing to have your Powers of Attorney for both Health Care and Finances in place will put you and your family in a serious bind should you ever lose capacity. Joe McCleer from McCleer Law Office will talk about the importance of these documents, give tips and strategies for completing them, and provide free statutory Power of Attorney forms to attendees who wish to complete their Powers of Attorney on the spot.

## A Healthier You (S)

Monday, April 27

1:00p to 2:00p

Instructors: Dena Mayer from Aurora Health

Cost: Free

Min/Max: 10/75

**Register by Thursday, April 23**

Ready to feel your best? Join Dena Mayer from Aurora Health for an engaging and informative session on nutrition and healthy lifestyle habits. Learn simple, practical tips to boost your well-being and maintain a healthy lifestyle. The class includes helpful handouts, the latest health information and time for Q&A.

## Eat and Greet (S)

Wednesday, April 29

11:15a to 12:30p

Instructor: Becca Bays

Cost: \$10.00

Min/Max: 10/50

**Register by Wednesday, April 22**

Cinco De Mayo is right around the corner! Let's get in the festive spirit with hand made chicken enchiladas. Tickets on sale from March 26 to April 22. Registration and ticket required.



## Book Talk (S)

Thursday, April 30

9:30a to 11:00a

Instructor: Kerry Wolfe

Cost: \$1.25 R/\$1.75 NR

Min/Max: 2/20

**Register by Thursday, April 3**

Do you like to read? Looking for something new to read? Want to meet new people who enjoy reading and books? Come and join Book Talk at the Seniors Center. Books are provided by the library for you to read and return. Books handed out at previous month book talk.

## 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!

### Mahjonn

1<sup>st</sup> and 3<sup>rd</sup> Mondays

9:30a to 11:30a

Tuesdays

12:30p-3:30p

### Mexican Train

Tuesdays

12:30p to 3:30p

### Bid Euchre, Rummikub

Wednesdays

12:30p to 3:30p

### Sheepshead

Thursdays

12:30p to 3:30p

### Open Bridge

Fridays

12:30p to 3:30p

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

## Tours Sign-up Options

The registration desk is available at  
OSC South Building, **200 N. Campbell Rd.**  
**MONDAY—THURSDAY 9:00am—1:00pm**  
**Call: 920.232.5312**

Winnebago Senior Tours (WST) accepts **CHECKS  
AND EXACT CASH ONLY**

When desk is closed, place payment  
in the drop box located next to the  
WST Desk **OR** Mail your check to:

**WST**

**P. O. Box 1851**

**Oshkosh WI 54903-1851**

**Write the trip name on the check memo line.**

Any age is welcome to travel with us

\*\* (under 18 require adult supervision). \*\*

**See flyers for more detailed trip information  
in the display rack**

**Sign up now — don't delay!**



## Other Side of the Lake

**Date: Wednesday, May 13**

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

**Depart: 7:30am**

We are planning an active day that begins in  
Green Bay. Thinking of Green Bay, the Packers  
are the TOP of our List! What better than time at  
the Packer Hall of Fame at

Lambeau Field? Experience the legacy  
of the greatest story in sports through  
dynamic displays and interactive exhibits.

Next, lunch! We will be heading to the Altona  
Supper Club for their wonderful buffet and then  
to "Honeymoon Acres"! We may have a few  
surprises along the way! Our FINAL stop will be  
an ice cream cone from Kelley's Country  
Creamery. Price includes: coach bus, Hall of Fame  
Ticket, lunch, all gratuities, and a cone.

Tour Mgrs: Cheryl Freiberg and Pat Heyer



## Hairspray

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, May 14**

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

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

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

Tour Mgr: Cindy Paffenroth



## & 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!" Price includes: ticket,

yellow express bus, and driver gratuity.

Tour Mgr: Cheryl Freiberg



## Brewers vs Giants Baseball Game

**American Family Stadium—Milwaukee**

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

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

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

Our seats are in Section 319 on the First Base

Side. There will be NO STOP on our way

to the game! Please feel free to bring a

personal cooler with refreshments! See

Flyer with additional information on

permitted items. Price includes: coach bus, Game

Ticket with \$12 Brewer Bucks and gratuities.

Tour Mgrs: Cheryl Freiberg and Cathy Koch



## Savannah Bananas

**Date: Sunday, June 7**

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

**Game Time: 3:10pm**

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

The inaugural season of the Banana Ball

Championship League swings through

Milwaukee, taking over American Family Field.

The tour will bring the Savannah Party Animals

and the Loco Beach Coconuts to town for pure

entertainment. See flyer for full

buffet description. Price includes:

coach bus, tour, lunch and

gratuities.

Tour Mgrs: Cheryl Freiberg and Cathy Koch



## Lake Geneva Sundae Social Cruise

**Date: Thursday, June 18**

**Sold out - Waitlist is available**

## Million \$\$\$ Quartet

The Fireside Theatre—Fort Atkinson

Date: Thursday, July 9

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

Depart: 8:30am—Return: Approx. 6:30pm

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions of all time. MILLION DOLLAR QUARTET relives 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 menu.

Tour Mgr: Cheryl Freiberg

## Wollersheim Winery/Circus World

Date: Wednesday, July 15

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

Depart: 7:30am—Return: Approx. 6:00pm

Come along as we explore & visit two Historical Sites in the beautiful driftless area of Central Wisconsin, **Circus World** and **Wollersheim Winery & Distillery**. Circus World offers an incredible history of the American Circus, showcasing the largest collection of restored circus wagons, 7 buildings of thousands of circus treasures and a circus performance. Next we travel to the  Wollersheim Winery & Distillery, which sits on a scenic hillside across the Wisconsin River. Wollersheim is a leader in the Midwestern Wine Industry, winning numerous awards throughout its prestiged history. We will enjoy lunch, and tour the winery with tastings. Price includes: coach bus, tour costs, lunch and all gratuities.

Tour Mgr: Cathy Koch

## SC Johnson Building Tour

Date: Thursday, July 23

Cost: \$100 (\$25 non-refundable deposit)

Depart: 7:30am—Return: Approx. 5:30pm

From the Frank Lloyd Wright-designed administration building, award-winning films and historical displays, there's a lot to see. Guests should be comfortable standing, walking and climbing stairs, including both indoor and outdoor spaces. Following our tour we will have lunch at the Reefpoint Brew House. See lunch options in the flyer. On our way home we will stop and shop in Slinger at Held's Meat Market. Price includes: coach bus, tour, lunch and gratuities.

Tour Mgr: Cindy Paffenroth

## Brewers vs Pirates Baseball Game

American Family Stadium—Milwaukee

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

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

Depart: 3:30pm—Return: After the game

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



Tour Mgrs: Cheryl Freiberg and Cathy Koch

## Charming Door County

Date: Thursday, August 6

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

Depart: 8am—Return: Approx. 8:30pm

Experience the unparalleled charm of Door County from the best vantage point—The Water. Departing from the quaint fishing village of Gills Rock, our tour will take you through the storied waters of Porte des Morts, or commonly known as Death's Door, a legendary passage known for its dramatic shipwreck history and stunning natural beauty. As you cruise the crystal-clear waters of Lake Michigan, you'll learn about the maritime history, rich ecology, and fascinating folklore that make this area a favorite destination for adventurers and history buffs alike. Time allows for shopping. Dinner will be at the beautiful Log Den just south of Egg Harbor. We'll be able to watch them prepare our traditional fish boil outdoors in their beautiful gardens. Included with our buffet will be the traditional fish boil, roasted chicken, boiled potatoes, vegetables and of course... cherry  pie! Price includes: coach bus, cruise tickets, dinner and gratuities.

Tour Manager: Cheryl Freiberg

## Wisconsin State Fair

Date: Tuesday, August 11

Cost: \$85.00 (\$25 non-refundable deposit)

Depart: 8:30am—Returns approx. 6:30pm

Join us as we visit the State Fair for a day of endless fun. From food, rides, animals, music and entertainment, the Fair has it all. Price includes: admission, cream puff or giant brownie, coach bus and driver gratuity.

Tour Mgr: Cathy Koch



## Disney's Frozen

**The Fireside Theatre—Fort Atkinson**

**Date: Wednesday, August 26**

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

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

FROZEN tells the story of sisters Anna and Elsa. When Elsa uses her magical powers to trap their kingdom in perpetual winter, Anna joins forces with mountaineer Kristoff and his reindeer sidekick to find Elsa and break her icy spell. FROZEN captured the hearts of theatre-goers from all corners of the world, playing to sold out houses with its touching story of family and love. Price includes: ticket, coach bus, driver gratuity and lunch. See flyer for menu.  
Tour Mgr: Cindy Paffenroth



## Madison Olbrich Botanical Gardens and Capitol

**Date: Thursday, September 10**

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

**Depart: 8:00am—Return: Approx. 6:00pm**

We will stroll through the outdoor display gardens and an indoor, tropical conservatory. This includes the Royal Thai Pavilion and Garden and specialty gardens. The Bolz Conservatory, a sunny 50-foot-high glass pyramid, houses a diverse collection of tropical plants, rushing waterfall, free-flying birds, and blooming orchids. The Wisconsin State Capitol guided tours include its historic architecture, art, and political spaces. Price includes: attraction tickets, coach bus, driver gratuity and lunch. See flyer for menu.  
Tour Mgr: Cindy Paffenroth



## Shipshewana, Indiana Countryside Amish Adventure

**Dates: September 14—September 17**

**Cost: \$705 per person/double occupancy, \$934/single (\$75.00 Non-refund. deposit)**

**4 days, 3 nights**

Take a drive into Amish family culture: delicious food, picturesque beauty, live entertainment and more! Highlights include: visiting an Amish homestead, touring the scenic and beautiful countryside, riding on a wagon through a bison ranch, enjoying an authentic Amish dinner, strolling downtown Shipshewana, learning about Amish and Mennonite history. This trip will be full of charm, tradition and hospitality. Price includes: 3 breakfasts and 3 dinners, coach bus, driver gratuity, lodging and attractions.  
Tour Mgr: Cathy Koch

## Canadian Rockies

**Dates: September 16—23**

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

Sold Out— Waitlist Available

## Come from Away

**The Fireside Theatre—Fort Atkinson**

**Date: Thursday, October 15**

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

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

In the remarkable true story of COME FROM AWAY, what started as an average morning on September 11, 2001, in the small town of Gander, Newfoundland turned into an international sleepover, when 38 planes carrying 7,000 people from around the globe were diverted to their airstrip. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar, and the recognition that we're all part of a global family. Price includes: ticket, coach bus, driver gratuity and lunch. See flyer for menu.  
Tour Mgr: Cathy Koch



## Sunny Portugal with Porto

**Dates: November 9—21**

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

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

**Coming October 1: House on the Rock**



# Growing Together

## Supporting the Friends of the Oshkosh Seniors Center



### Welcome Spring!

Let's embrace the sunshine and fresh beginnings  
As spring arrives and Oshkosh begins to bloom, it's a perfect time to reflect on the ways our community grows stronger when we support one another. The Friends of the Oshkosh Seniors Center are proud to play a part in helping the Oshkosh Seniors Center remain a vibrant place where older adults can stay active, connected, and engaged

### Looking Ahead

Next year will mark an exciting milestone – the Friends of the Oshkosh Seniors Center will celebrate 40 years of supporting the Center and our community's seniors. This incredible legacy is possible because of the generosity and commitment of people like you.

### Donations may be sent to:

Friends of the Oshkosh  
Seniors Center  
PO Box 3423  
Oshkosh, WI 54903

### How You Can Help

Your support helps ensure the Oshkosh Seniors Center remains a place where friendships grow, knowledge expands, and older adults can continue to thrive.

Consider supporting the Friends through a donation or by getting involved. Every contribution helps strengthen the programs and services that make such a meaningful difference in the lives of our community's seniors.



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  
Kayla Reiter, 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  
Judy Brewer  
Andrea Bowers

## **REGISTERING FOR PROGRAMS**

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

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

Programs that require advance registration also require payment upon registration.