



220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
(877) 886-2372

**STATE OF WI:
BOARD ON AGING & LONG-TERM CARE**



Wisconsin has a premier agency that supports Resident Rights for Long-Term Care residents and helps consumers make informed insurance decisions. The Board on Aging and Long-Term care advocates for residents living in Long Term Care Communities.

This agency supports residents in both Skilled Nursing Homes and Assisted Living communities through the Regional Ombudsman Program and Volunteer Ombudsman Program. They also offer the Medigap Insurance Help Line as part of the State Health Insurance and Assistance Program. Licensed Insurance professionals are available to help with your insurance concerns for no cost.


In 2023 the Board on Aging and Long-Term Care received a grant to develop a Volunteer Advocate Program for Assisted Living Communities. With the increase of Assisted Living Communities in Winnebago County we are recruiting Volunteer Advocates to contribute 1 or 2 hours a week to support residents and families with concerns they may have regarding their rights in Assisted Living Communities.

Listening to residents' voices, we honor their lives, experiences and wisdom and we treat residents with dignity and respect. The Board on Aging and Long Term Care is reaching out to those who might wish to become an advocate for individuals residing in Assisted Living Communities.

If you would like to become a Volunteer Advocate, call our toll-free line at 1-800-815-0015 or Kim at 920-366-4201, email kim.verstegen@wisconsin.gov

or visit longtermcare.wi.gov

Make a difference in your community!

SAVE THE DATE AGING ADVOCACY DAY 2024 Tuesday, May 14, 2024 Madison, WI		
Join us for the 8th annual Aging Advocacy Day! Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin! No experience necessary; training is provided. Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and Afternoon visits with your legislators/key staff members at the Wisconsin State Capitol. We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024. Make a difference. Let your voice be heard.		Contact: Janet Zander 1414 MacArthur Rd. Madison, WI 53714 janet.zander@gvaar.org (608) 228-7253
		#WIAgingAdvocacyDay #WIAAD24

Calendar Contact Information

FVMP Memory Cafe's Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 info@foxvalleymemoryproject.org
Memory Screens at the Senior Centers Virtual Dementia Tour	Alisa Richetti (920) 236-1227 Arichetti@winnebagocountywi.gov
SPARK!	Paine Art Center, Oshkosh (920) 235-6903 Bergstrom Mahler Museum, Neenah (920) 751-4658 The Trout Museum, Appleton (920) 733-4089
Neenah Memory Respite Care	(920) 383-1180 or memorycarerespite@gmail.com
Oshkosh Memory Respite Care	(920) 727-5555 ext. 2217
Winnebago County Human Services Board	jkotajarvi@winnebagocountywi.gov
ADRC Committee Specialized Transportation Committee I Team Meeting	ADRC@winnebagocountywi.gov
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us
Menasha Committee on Aging	khutter@menashawi.gov
Lyrics and Laughter	Valley VNA (920) 727-5555

Alternatives to ACP Program

The Affordable Connectivity Program (ACP) funds are projected to run out in April 2024.

Here are some alternative internet options:



Spectrum Internet Assist is “an affordable, reliable Internet option for low-income households.” Limited bandwidth, 50 megabytes of download (Standard is 300), and 10 of upload. Prices are estimated at \$24.99 if you bring your own Router, or \$32.99 with a Router provided by Spectrum. To qualify for Spectrum Internet Assist, you must be receiving at least one of the following programs:

- National School Lunch Program (NSLP)
- Community Eligibility Provision (CEP) of the NSLP
- Supplemental Security Income (for applications age 65+ only)



[Click here to apply!](#)

Access from AT&T is “a low cost home internet service available to eligible limited income AT&T Internet and AT&T Fiber households”. Access from AT&T has a standard cost of \$30.00 per month, but based on the application you may be approved for a lower price. If you already have ACP, Access from AT&T may be free. To qualify for Access from AT&T, you must be receiving at least one of the following programs*:


- Supplemental Nutrition Assistance Program (SNAP)
- National School Lunch Program (NSLP)
- Have a household income below 200% of federal poverty guidelines.



[Click here to apply!](#)



April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Memory Care Respite Neenah 1:30-3:30pm</p> <p>Winnebago County Human Services Board Meeting 3pm</p>	<p>2</p> <p>World Autism Awareness Day</p>  <p>FOOD+ DIVERSITY+ COMMUNITY * Downtown YMCA, Oshkosh 11am</p>	<p>3</p> <p>FVMP Oshkosh YMCA Memory Cafe 1:30pm</p> <p>Lyrics and Laughter Valley VNA 1:30pm-2:30pm</p>		<p>5</p> <p>Lunch Bunch The Mineshaft Oshkosh 11:00am</p>	<p>6</p> <p>Oshkosh Farmer's Market Oshkosh Convention Center 9am-12:30pm</p>
7	<p>8</p> <p>SPARK! Trout Art Museum 1pm</p> <p>Memory Care Respite Neenah 1:30-3:30pm</p> <p>BEAMING INC. Memory Cafe 1:30pm</p> <p>ADRC Committee Meeting 3pm</p>	<p>9</p> <p>"Welcome to Medicare" Presentation * Neenah Human Services 10am</p> <p>SPARK! Bergstrom Mahler Museum 10:30am</p> <p>Virtual Dementia Tour Parkview Health Care Center 1:30-4:30pm Registration required</p>	<p>10</p> <p>Lyrics and Laughter Valley VNA 1:30pm-2:30pm</p>	11	<p>12</p> <p>Menasha Committee on Aging 1:30pm</p>	13
14	<p>15</p> <p>Fair Housing: Do You Know The Law? * Oshkosh Library 3pm-5pm</p>	<p>16</p> <p>Memory Screening Menasha Senior Center 8:30am-10:00am</p>	<p>17</p> <p>FVMP Oshkosh Traveling Memory Cafe 1:30pm Planet Purrk Cat Room</p> <p>Pizza & Movie: Rio Bravo * Neenah/Menasha YMCA 1pm</p>	<p>18</p> <p>Neenah Committee on Aging 9am</p> <p>Memory Screening Oshkosh Senior Center 10:30am-Noon</p>	19	<p>20</p> <p>Oshkosh Farmer's Market Oshkosh Arena 9am-12:30pm</p>
21	<p>22</p> <p>FVMP Memory Cafe Neenah Library 1:30pm</p>	<p>23</p> <p>Memory Care Respite Oshkosh 1:30-3:30pm</p> <p>FVMP Memory Cafe Menasha Senior Center 1:30pm</p>	<p>24</p> <p>Pole Walking Workshop * Downtown YMCA, Oshkosh 9:30am-10:30am</p> <p>SPARK! The Paine Art Center 1pm</p>	25	26	27
28	29	<p>30</p> <p>Pickleball Safety Workshop * 20th Ave YMCA, Oshkosh 1pm-1:30pm</p>	<p>1</p> <p>State St Center Craft Fair * 206 State St, Oshkosh 11am-2pm</p>			

*An asterisk indicates there is more to read about this event in this newsletter.

CONNECTING COMMUNITY THROUGH FOOD

Join us on April 2nd
 for a meat lollipop!
 This is a pork belly
 wrapped around
 bacon and onion.



Food often reflects our cultures and ethnicities. By sharing food and our culture with one another, we connect as humans and learn more about one another's experiences. Sharing of food provides us greater opportunities to hold space for all to explore and share at the table.

JOIN US every month with a new special guest to learn more about a culture and their traditions, customs, and recipes! Come with an appetite and open mind and leave educated and with a new cultural recipe.

IN PARTNERSHIP WITH:



OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
 Downtown • 236-3380 • 324 Washington Avenue

DIVERSITY + FOOD + COMMUNITY

THE FIRST TUESDAY OF EVERY MONTH

Downtown Y • Teaching Kitchen • 11 a.m.-12:00 p.m.

- January 9
- February 6
- March 5
- April 2
- May 7
- June 4
- July 2

FREE AND OPEN TO ALL! Stop in any time to sample a dish from a different country.

Email Lindsey McMullin at lindseymcmullin@oshkoshymca.org to find out what is on the menu or to present and share a cultural dish or meal of your own!

Pre-registration is required. Sign up at the Front Desk of either location, call 920-236-3380, or register ONLINE!

World Autism Awareness Month

The Autism Society of Greater Wisconsin's Annual Conference is being held April 25th-27th. This is the biggest Autism-related conference in Wisconsin. Their conference brings the Autism community together to learn, connect, and belong. It's a place where adults with Autism, parents and family members, and professionals come to share experiences and learn together.

Registration deadline is **APRIL 3rd**.

Visit this website to learn more about the event :

autismgreaterwi.org/2024-annual-conference

To learn more about Autism and the Autism Society of WI, visit:

autismgreaterwi.org



No Bake Energy Bites

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

1. Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled.
3. Roll into balls. Roll into mixture into 1-inch balls.
4. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

*If you have trouble getting the energy balls to hold together, add more peanut butter to make the mixture a bit more sticky.



Ask the ADRC....

Do you have a question that you would like answered in the newsletter? If so, please email us at adrc@winnebagoctywi.gov and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

Dear ADRC,

Are there any programs to have meals delivered to my apartment? I live alone. I am 79 years young. It's getting hard to leave my apartment now that I've had a fall trying to get out of my front door. I'm not good at doing anything on the computer either. I'm on a fixed income.

Signed,

Hungry Harold

This question will be answered by an ADRC Specialist.



Dear Hungry Harold,

There are some meal delivery options available for you. There are agencies that can deliver hot, prepared meals if you meet their eligibility criteria as well as companies that deliver frozen or refrigerated meals that are easy to heat up in the microwave.

Advocap is an agency in Winnebago County that provides older adults with the opportunity to receive lunchtime meals delivered right to their door if they meet eligibility criteria. Meals are delivered during lunchtime - Monday through Friday

Criteria for eligibility includes:

- The individual must live in Winnebago County.
- Must be 60 years of age or older who is frail and essentially homebound by reason of illness, disability, or isolation.
- Are unable to participate in the congregate meals program because of physical or emotional limitations.
- Are an underage, disabled individual who resides in elderly or disabled housing where meals are provided.
- Are the spouse or domestic partner of a person eligible for home delivered meals and his/her participation is in the best interest of the homebound older individual.
- Are an underage, disabled individual who resides at home with an eligible older individual participating in the program.

You can contact Advocap at 920-725-2791. The assessment for eligibility for meal delivery can be done over the phone or in person.

For those that live within the city limits of Neenah and Menasha (with a few exceptions), the Valley VNA-Meal Delivery program also delivers mid-day meals. There is a small cost for the meal that is under \$6.00 a meal. They may be able to accommodate special diets such as low sodium, renal friendly, diabetic etc. Meals are delivered during lunchtime - Monday through Friday. You can call to check if there is meal delivery availability in your area at 920-727-5555.

Another option might be getting prepared frozen or refrigerated meals delivered that can then be heated up. Check with your health insurance company to see if these types of meals are covered by your health insurance plan. Some companies that deliver frozen or refrigerated meals are Homestyle Direct, Mom's Meals, Eat Flavorly, Magic Kitchen and several others. There is a delivery charge for these agencies for the delivery.

*Homestyle Direct-\$9.95 each. Can microwave or cook the meals in the oven to heat. Have cancer support meals, diabetes specialized, gluten restricted, heart healthy and renal friendly options. 1-866-735-0921

*Mom's Meals- \$7.99-8.99 each. Discount for auto ship orders. Can remain for 14 days in the refrigerator. Can deliver 14 meals every other week. 1-866-971-6667

Signed,

ADRC of Winnebago County

IMPROVE STABILITY, BALANCE & CONFIDENCE!



MONTHLY POLE WALKING WORKSHOPS • ATTEND ONE OR ATTEND THEM ALL

WEDNESDAYS • 9:30-10:30 a.m.

Join us for our NEW walking workshops to discover the benefits of this low impact exercise! Andrea Van Dyn Hoven from Care Patrol is experienced in fitting poles and leading dynamic pole walking sessions! If you're looking to increase your cardiovascular activity, want to improve walking posture or improve stability, balance and confidence this workshop is for you.



POLE WALKING WORKSHOPS
20th Ave Y Garden Area
Downtown YMCA Multi-Purpose Room

FREE FOR MEMBERS!

\$5/Workshop for Non-Members
Please sign up at the Front Desk of either location!

WORKSHOP LEADER:
Andrea Van Dyn Hoven

- April 24 | Downtown
- May 29 | 20th Ave
- June 26 | Downtown
- July 31 | 20th Ave
- August 21 | 20th Ave

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown • 920-236-3380 • 324 Washington Avenue
20th Avenue • 920-230-8439 • 3303 W. 20th Avenue



**LIFELONG
LEARNING
EVENT**
FOR AGES 55+

STAY AGILE, PLAY SMART!

PREVENTING COMMON
PICKLEBALL INJURIES!



Join Dr. Bryan Royce, Orthopedic Surgeon at OSMS as he discusses the most common pickleball injuries. Learn practical strategies to prevent strains, sprains and overuse injuries. Empower yourself with knowledge to stay active and injury free on the pickleball court.

ENJOY & PLAY PICKLEBALL – SAFELY!

Pickleball is one of the fastest growing sports currently. It is easy to learn and fun to play, but requires balance and agility. Join us and make sure you are on top of your pickleball game!

TUESDAY, APRIL 30 • Noon-1:30 p.m.
20th Avenue • Multi-Purpose Rooms 1 & 2
FREE FOR MEMBERS! \$5 for Non-Members



PRESENTER:
Dr. Bryan Royce,
Orthopedic Surgeon

THANK YOU TO OUR LUNCH SPONSOR:



OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
20TH AVE YMCA • 920-230-8439 • 3303 W 20th Ave

Health & Wellness Corner



Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls. Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

Menasha Senior Center

#920-967-3530

https://www.menashawi.gov/departments/senior_center/index.php

Oshkosh Senior Center

#920-232-5300

www.ci.oshkosh.wi.us/seniorservices

Neenah-Menasha YMCA

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

Oshkosh YMCAs

#920-230-8916

www.oshkoshymca.org/programs/senior-programs/index.html

Winnebago County Health Department – Wellness Plus

#920-232-3000

www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes

Omro Community Center

Please call #920-685-0380 for current activities.

State Street Center's Spring Craft Fair

Where: 206 State Street Oshkosh WI 54901

When: Wednesday May 1st 2024

Time: 11am – 2pm

Members will be selling their homemade crafts & gifts.

Cash Only Please



Some of our ADRC staff starting off a Friday right with morning muffins!



Welcome to Medicare

Presented by Winnebago County Elder Benefit Specialists

The Aging and Disability Resource Center of Winnebago County invites you to attend a 'Welcome to Medicare' presentation. Current or future Medicare beneficiaries and their loved ones are invited to join us to learn more about Medicare options and benefits.

Oshkosh

May 16th - 10:00 am
July 9th - 2:00 pm
September 10th - 10:00 am

Neenah

April 9th - 10:00 am
June 11th - 2:00 pm
August 13th - 10:00 am



To RSVP Call 1-877-886-2372 or email us at adrc@winnebagoountywi.gov



FAIR HOUSING:

Do you know the law?

You're invited to attend a **FREE training seminar** for owners and managers of rental housing in **Oshkosh:**

Monday, April 15, 2024, 3 - 5 p.m.
Oshkosh Public Library, Meeting Rooms A & B
106 Washington Avenue

Seminar topics include:

- Local, state and federal fair housing laws
- Advertising units in compliance with fair housing law
- Non-discriminatory negotiation with prospective tenants
- Interacting with current tenants in a fair and legal manner
- Reasonable accommodations and modifications for tenants with disabilities

Visit <https://tinyurl.com/OshkoshFHTraining2024> or call 414-278-1240 to register.



This material presented during this seminar is intended for general information purposes only and does not constitute legal advice. Recording of seminars is not permitted.

The Fair Housing Center of Northeast Wisconsin is a satellite office of the Metropolitan Milwaukee Fair Housing Council. This seminar is supported by funding from the City of Oshkosh Community Development Block Grant Program. If you need materials in alternate formats or other accommodations to access our services, call 414-278-1240.



MOVIE TIME

Wednesday, April 17
1:00 PM in the Keller Room
NEENAH-MENASHA YMCA

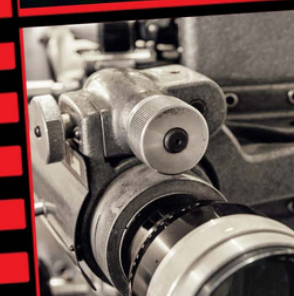
Join us for this film series, "Hollywood Master Directors" presented by Walt Ulbricht. The next film is based on the short story "Rio Bravo" by B. H. McCampbell, the film stars John Wayne

JOIN US FOR THIS FREE MOVIE

Pizza compliments of Sammy's Pizza: Neenah

YMCA Members: Free
General Public: \$5 per movie

For more information contact:
Janice O'Connell, ForeverWell/Membership Specialist
920.702.2319
joconnell@ymcaofcities.org



Hospice Care Myths

By the GWAAR Legal Services Team

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up.

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place.

Fact: Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications.

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back.

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

Myth: You can only be on hospice for a limited amount of time.

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed.

For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit:

leadingage.org/common-myths-of-hospice-care-debunked

npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life



**EVENT FOR COMMUNITY PROFESSIONALS
PASSIONATE ABOUT DEMENTIA CARE:**



DEMENTIA AND SAFETY PROGRAMS IN THE FOX VALLEY

Presented by:
Dementia Awareness Work Group
and
Sergeant Carrie Peters, Appleton Police Department

Discussing topics such as:

- Police Dementia Response
- Project Safe Response
- Purple Tube Project
- Programs to promote dementia education and social engagement

May 7
1:30 - 3:00pm

James P. Coughlin Center
625 E. County Road Y
Oshkosh, WI 54901



St. Paul Elder Services, Inc.



Ageless Grace® is an evidence-based seated exercise class that uses 21 simple and playful tools to address primary factors that cause aging in the body, all while stimulating & utilizing the 5 main functions of the brain. It is preventative, restorative AND developmental! Take a class and feel the difference in YOUR life.

Fox Valley Ageless Grace® Class Schedule



Mondays (2nd + 4th of the month) 1-2PM
Ageless Grace® FVTC Riverside Campus, Room 158
150 N. Campbell Rd
Oshkosh, WI 54902
Cost: FREE



Wednesdays (EVERY week) 11:15-Noon
Ageless Grace LIGHT
Menasha Senior Center
116 Main Street
Menasha, WI 54952
Cost: \$3



Thursdays (1st + 3rd of the month) 1-2PM
Ageless Grace®
Goodwill-Menasha
1800 Appleton Rd.
Menasha, WI 54952
Cost: FREE



Fridays (EVERY week) 10-10:40AM
Ageless Grace®
Menasha Senior Center
116 Main Street
Menasha, WI 54952
Cost: \$3



Powerful Tools FOR Caregivers

A FREE 6 WEEK EVIDENCE-BASED WORKSHOP THAT CAN HELP CAREGIVERS:



- Reduce stress
- Improve self-confidence
- Set goals and problem solve
- Make tough decisions
- Communicate effectively with family, doctors, and paid caregivers

Respite is available!

6 week class held every Monday
May 13th through June 24th
(no class held on Memorial Day)

12:30 - 2:00 pm

Goodwill Community Campus
1800 Appleton Road, Menasha



For Registration and Questions: Alisa Richetti | 920.236.1227
arichetti@winnebagoountywi.gov

Oshkosh Traveling Memory Cafe



The "I am fabulous" class, focuses on emotional well-being. Demonstration on applying oils to Chakra energy points throughout the body.

Areas of focus: overwhelmed, self-esteem, clarity & vision, and projection.

Jeanne Gehrke

Owner | Dreams of Jeanne LLC ~ Wellness Advocate

**PLANET PERK COFFEE HOUSE
IN THE PLANET PURRRK CLUB
APRIL 17TH @ 1:30PM**

**100 CITY CENTER C
OSHKOSH WI**

ALLERGY Note: This location has cats for customers to love



April Memory Cafe's



Memory Cafe's welcome people experiencing memory loss, along with family and friends who love and care for them. Participants get involved in activities, learning, music, conversation, laughter, fun and refreshments. For more information and other cafe' locations throughout the Fox Valley contact the Fox Valley Memory Project at www.foxvalleymemoryproject.org

Menasha

Menasha Senior Center, 116 Main Street, Menasha- Tuesday, April 23rd - 1:30pm-3pm

Laughter Yoga - Come laugh with us! Laughter yoga is a modern exercise that involves prolonged laughter. This technique brings more oxygen to the body and brain and makes us more energetic, reduces stress and blood pressure!

Neenah

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, April 8th - 1:30pm-3pm

Ageless Grace with Stacy Parish. She will show us fun ways to move our bodies.

Oshkosh

Traveling Oshkosh Memory Cafe - We will have a different location each month to experience many of the fun things to do in Oshkosh.

Planet Purrkk Cat Room - 100 City Center C, Oshkosh- Wednesday, April 17th - 1:30pm-3pm

The 'I Am Fabulous' class, focuses on emotional well being. Demonstration on applying oils to Chakra energy points throughout the body. Areas of focus: overwhelmed, self-esteem, clarity & vision and projections.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, April 3rd - 1:30pm -3pm

Classic Television Theme Songs - Join us for a walk down memory lane! What were some of your favorite television shows and commercials? We'll share about our favorite shows and commercials, play TV theme song Bingo and enjoy some retro snacks.

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, April 8th - 1:30pm-3pm

Equine-assisted memory cafe's for seniors with memory loss and their caregivers to enjoy the horses and other interactive activities. To register call 920-851-6160 or email incbeaming@gmail.com

Contact Us!

220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
Email: adrc@winnebagocountywi.gov

Hours:
Monday - Friday- 8am-4:30pm
(after hour appts available upon request)



Like us on Facebook!
Phone: 877-886-2372
www.co.winnebago.wi.us/adrc