



Uptown Social

ENGAGE SHEBOYGAN

April 2025

JOIN US FOR OUR

BRAT FRY



BRATS • BURGERS • BAKED GOODS
BEANS • GERMAN POTATO SALAD

SATURDAY, APRIL 5
10 AM-2 PM

UPTOWN SOCIAL
1817 N. 8TH ST. | SHEBOYGAN



Uptown
Social

MONDAY-THURSDAY 7:30AM TO 4:00PM

FRIDAY 7:30 AM TO 2:00 PM

1817 N. 8TH STREET
SHEBOYGAN, WI 53081
www.uptownsocal.org

CONTACT US AT
(920) 459-3290
uptownsocal@sheboyganwi.gov

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Contact Staff

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Joshua Drossel | Program & Wellness Coordinator
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Vicky Meyer | Cafe Coordinator

Rachel Kerlin | Custodial



We are Dementia-Friendly. This means the staff have been trained to recognize signs of and help those with dementia, in order to help reduce the stigma and increase the inclusion of those with dementia.

Media Policy

Uptown Social has a very active Facebook page. This is a public organization that serves the general public. We are proud of what we do and want more people to know about it! If you do not want to be in the newsletter, website, or Facebook page, please inform the photographer.

Our Mission

Providing opportunities to promote wellness, learning, socialization, and recreation for successful aging.

Our Values

At Uptown Social, we are friendly, respectful, inclusive, enriching, neighborly, diverse, and supportive.

All items for the newsletter need to be submitted to Jane by the 10th of the prior month.
Jane.Brill@sheboyganwi.gov

Uptown Social assumes no responsibility for advertising contents, mistakes, or omissions.
Programs and events are subject to change or cancellation without notice.

Directly from the Director



Hello Friends,

For those of you who typically receive this newsletter through the mail, you might already know that we've had some issues the past few months. To be honest, we've had some issues with delivery for years.

We partner with a local printing agency and a local mail processor and work weeks in advance to get the newsletter into your mailbox on time. The issue, unfortunately, starts when the newsletters get handed over to the postal service. We've learned how and where our newsletters are sent before they come to you, and unfortunately with reductions in USPS staff, it's continuing to take longer than ever to get 1200+ newsletters into 1200+ mailboxes.

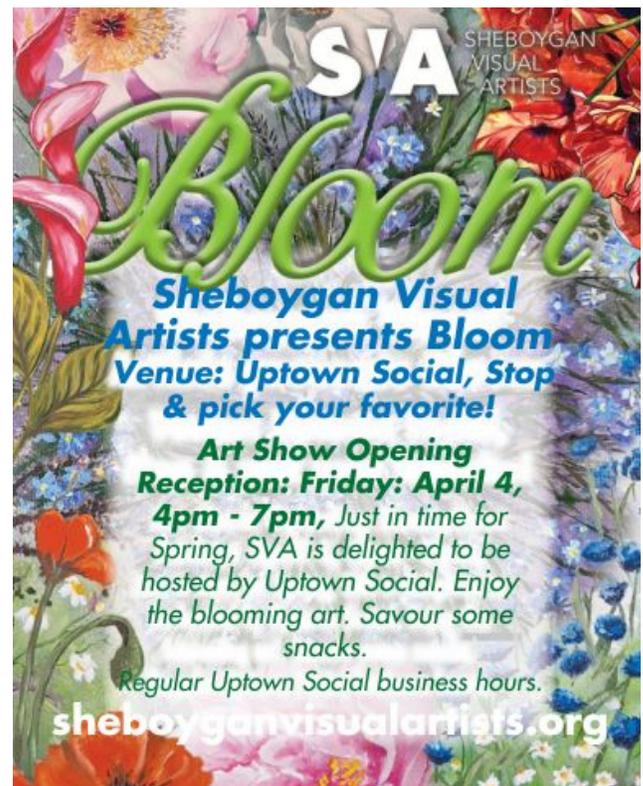
Did you know that after staffing, the printing and mailing of this newsletter is our second highest annual expense? The frustrating reduction in service quality, along with the exorbitant cost of postage each month, has lead us to the tough decision to stop mailing newsletters each month.

What does this mean for you? **We will still order more than enough copies of the newsletter each month for anyone who wishes to have one.** The only difference is that the newsletter will now be available at Uptown Social for pickup, rather than being sent directly to your home. In addition, we will continue to encourage members and participants to read our weekly e-newsletter closely, which always has the most up-to-date information.

Thank you for your understanding as we continue to modernize Uptown Social. We know how much you depend on knowing what's going on here, and we're constantly striving to find the most efficient ways to share that information with you. Thank you!

Emily

P.S. Please remember we will be closed to the public on April 1 for the spring election.



Directly from the Director

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for over three years. With a bachelor's degree in Kinesiology and more than nine years of fitness and physical therapy experience, Josh would love to have you join him for one of our fitness programs.

Monthly Silver Fitness Award Winner: Sherry Fox

Member of the Month - Congratulations Sherry! We are so happy to see you participating in so many activities we have here at Uptown. Keep up the amazing work! Monthly Silver Fitness Award Winners receive \$36 deposited into their prepay account.

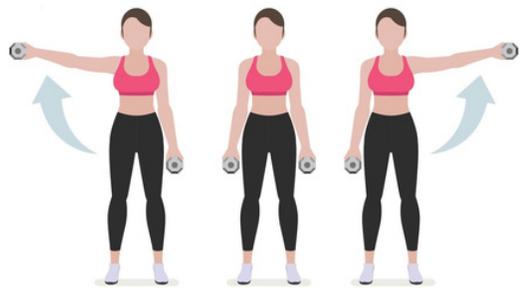
Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$2.00 each for members and \$3.00 each for non-members. Tai Chi and Kung Fu classes are \$1.00 for members and \$1.50 for non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Alternating Lateral Raises

This exercise is a great way to build shoulder strength. You can modify this exercise by raising both arms at the same time.

1. Pick a light weight to start. Keeping your core tight slowly raise your arms out to the side, bringing your arms up to shoulder height.
2. Make sure to keep your arms straight or a slight bend would work as well. Control the weight back down to your side.
3. Repeat this 8-10 times. To make this more difficult feel free to add additional sets.



Workout Room

On Tuesdays from 11:00 a.m. - Noon. Josh will be in the Workout Room highlighting the equipment. If you have any questions about the equipment Josh will be sure to answer them. Registration is encouraged but not required.

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Homes for Heroes®

Do What You Love In Service to Others

Fitness Programs cont.

Yoga with MaryAnn Dolson

This program takes place every Monday and Wednesday at 11 a.m. Classes are \$5 for members and \$8 for participants. Fees are paid to the instructor before or after class.

Chair Yoga-Sponsored by Sheboygan Senior Community

Chair yoga improves circulation, and contributes to pain management. A ten class pass is available for \$40 and is payable directly to the teacher. Class meets every Monday 1:30-2:15 p.m. and Wednesday 12:15 p.m.-1 p.m.

Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Tuesday from from 3:00 - 3:45 p.m. and Fridays 12:15 - 1:15 p.m. Classes are \$5 paid to the instructor before or after class.

Square Dancing

Did you Square Dance previously and want to brush up on your skills? Come to Square Dancing on Wednesdays at 1:30pm in the Activity Room. Cost is \$2.00 for members and \$3.00 for non-members.

Core Class

This low impact floormat class will improve core strength and flexibility. Core meets every Monday, Wednesday and Friday from 10-10:45 a.m. in the Activity Room.

Line Dancing

This dance class is so fun, you won't even know you're exercising! The dances are easy to pick up. This program meets every Tuesday and Thursday from 9-9:45 a.m.

Silver Sneakers BOOM Move

Dance-inspired workout with easy-to-follow movement patterns. . It meets every Monday, Wednesday and Friday from 9-9:45 a.m.



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920.459.8477

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Fitness Programs cont.

A.B.C. Fitness

Improve or maintain balance and cardiovascular health in the Ageless Balance and Cardio class. This 45-minute class meets every Monday, Wednesday, and Friday 8-8:45 a.m.

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular strength, range of motion, and activities of daily living. Great for a beginner or someone with limitations. It meets every Tuesday and Thursday from 10-10:45 a.m.

Silver Sneakers Stability

Primarily a standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. Participants must feel comfortable exercising from a standing position. Classes are held Tuesdays and Thursdays 8-8:45 a.m.

Basketball

Basketball is open to play Mondays at 11 a.m. - 1 p.m. and T,W and Th 1:30-3:30 p.m. Except when Cornhole & Shuffleboard are scheduled. Just shoot around or play a quick pick up game.

Kung Fu Forms & Katas

This class consists of teaching forms used in the two styles of martial arts, Moh Pai Kempo and Pai Huh Shih Kung Fu. Jon Doll has been training and instructing for over 25 years. Cost is \$1.00 for members and \$1.50 for non-members. Class is Tuesdays and Thursdays from Noon to 12:25 p.m.

Tai Chi

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Beginners meet every Tuesday and Thursday from 11 a.m. -11:25 a.m. Intermediate/Adv meet from 11:30a.m.-Noon.

Gentle Yoga with Kathy

This class is a creative blend of feel-good stretches with a variety of breath work and somatic therapies. Classes also include some self-massage techniques and a final relaxation with healing meditations.

Classes are \$5 and paid to the instructor before or after class. We meet on Fridays at 11 a.m. - Noon.

Pickleball-Open Play

Grab a friend or come alone for Open Play every Monday 11 a.m.-1 p.m., T, W, Th 11:30 a.m.-1:30 p.m. W & Th 1:30-3:30 p.m and Fridays 11:30 a.m. - 1:30 p.m. Except when Cornhole & Shuffleboard are scheduled. Cost \$2 Members /\$4 Guests.



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Ryan F Rabe, Certified Senior Advisor (CSA)®
rrabe@carepatrol.com

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Creative Programs

Yarn Makers

Learn the joy of hand spinning from wool, alpaca, silk, bamboo and more on Tuesdays from 1-3 p.m. We learn together and have fun working with spinning wheels or drop spindles.

Wood Carving

This is an open carve group. An apron is recommended, as well as a cut resistant glove. This group meets Tuesdays from 1-3 p.m. and Thursdays from 10 a.m.-Noon. For new carvers the fee is \$20. All levels of carvers welcomed.

Sewing & Quilting

Sewing/Quilting meets Thursday from 1-3 p.m. Bring your own project and materials. Get help with problems or be inspired to try something new. We have 4 sewing machines for use or bring your own machine.

Photography

Photography will be the 4th Tuesday of the month at 1 p.m. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

Golden Chordaliers

The Golden Chordaliers rehearse at Uptown Social on Monday mornings from 9-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic.

Ceramics

Supplies and materials provided. Class will be held on Tuesdays from 9 a.m. to noon.

Crafting Hands

Sponsored by: G. Olivia Anderson Trust

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current project.

Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1 p.m. to create beautiful cards. **Cost is \$2 payable to instructor. Limit 16 attendees. Registration begins April 1 and ends the Friday prior to class.**

Wood Turning

If you currently are a wood turner and would like to meet with and share ideas with others, then this group is for you! This group meets the first Thursday from 10 a.m. to noon.

Intermediate Painting

Join us Tuesday afternoons from 1 to 3 p.m. Classes are \$2.50 per time. Program Lead Susan Baumgart will be happy to provide guidance if you need it!

Floral Watercolor Level 2

Would you like to enhance your watercolor skills while creating a beautiful floral painting? Join us for our Level 2 class that begins April 14th. We will meet every Monday from 1-3pm for 8 weeks.

Prerequisite: that you've attended Level 1 with Susan and Mary. If you couldn't make the Level 1 class but you have a painting background and experience, there's a good chance you could jump in. (An instructor will call you to get your background).

Space is limited to 20. Bring your own supplies. A supply suggestion list can be provided. \$50 for members, \$60 for non-members. One time payment.

Recreational/Social Programs

BINGO

Bingo is held every Tuesday afternoon starting at 1 p.m. Bring two singles, wear your lucky socks, and show up!

Bridge

Bridge meets Wednesdays from 12:00-3:30 p.m. Please contact Sharon Ferk at 920-467-2995 or srferk@gmail.com in advance to sign up.

Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. Contact Jane at 920.226-3523, if you are interested

Dominoes

Dominoes is a tile-based game that can be played with several players. Join us Wednesdays at 1:00 p.m. to play.

Scrabble

Test the mastery of your vocabulary and your spelling by joining our Scrabble group on Monday afternoons at 1 p.m.

Sheepshead

Sheepshead is a trick taking game for three or more players, but ideally five. Join us Monday, Tuesday or Thursday from 8:30-11:30 a.m. or Thursday afternoons from 1-4 p.m.

Ping Pong

Any time that we're open, you're welcome to enjoy our two tables.

Library

Our Library has a variety of books, DVDs and large print options. It is a lending library so please take a book and when you are done return it.

Mah Jongg

All players are invited to join Mah Jongg Thursdays 10 a.m. - 3:45 p.m. For information regarding lessons, call Connie Vandre at 920-698-0708 or email her at cjvandre@yahoo.com.

Pool

We have two pool tables ready and waiting for you to play on! Pool is open whenever the building is.

Puzzles

Uptown Social has puzzles available in the cabinets in the Billiards Room. You are welcome to borrow them, take them home and bring them back.

Cribbage

Cribbage is available anytime, just grab a partner! April's **Cribbage Tournaments** will be Monday, April 7 & April 21 beginning at 1 p.m. You must sign up in advance and entry fee is \$20. Limit 20 players.

Book Club

Book Club is held on the fourth Monday of the month at 1:30 p.m.

April: *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World*, by Tracy Kidder.

Movies

Movies are back! The second Monday of every month at 1 p.m. Bring your own snacks, if you would like. This month's movie is *Elvis*.

Cornhole

Cornhole or "bags" is a game where players or teams take turns throwing bean bags at an inclined board with a hole at the top. We play the first Thursday of the month and third Wednesday of the month at 2 p.m.

Advanced registration is appreciated.

Recreational/Social Programs

Dining Out

April's Dining Out will be at The Waterfront Wine Bar in Manitowoc on Wednesday, April 16 at 5:00 p.m. Participation is limited to 30. You must be a member. Contact the front desk the first of the month or after to sign up!

Uptown Singers

Join Uptown Singers on the first and third Thursday of the month at 2:30 p.m. for fellowship through song, led by Director Emily Rendall-Araujo.

No One Dines Alone

Like going out to eat, but not alone? Then this group is for you! No One Dines Alone will be dining at Sways in Howards Grove on April 10. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290.

Shuffleboard

Shuffleboard is a game in which players use cues to push weighted discs into a marked scoring area. We play the first Thursday of the month and third Wednesday of the month at 2 p.m. **Advanced registration is appreciated.**

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1-2 p.m.

Karaoke Affair

Tom and Dar Ott will host Karaoke the first Friday of every month from 10:30 a.m. to 1:30 p.m. Exercise those vocal chords and have some fun!



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Special Programs

AARP Driving Class

Wednesday, April 2 at 12:30-4:30 p.m.

Taking the AARP Smart Driver Course could reduce your overall maintenance and car insurance costs. \$20 for AARP Members and \$25 for non-members. AARP Card must be shown upon registration and payment.

Stories from the Holocaust: The Story of Fela Warschau Told by Marilyn Montemayor

Friday, April 4 at 10:30 a.m.

The number of Holocaust survivors who yet walk among us are few. Their stories need to be kept alive so these atrocities do not repeat. Fela Warschau's tragic and moving story will be told by her dear friend Marilyn Montemayor.

Coffee with a Cop

Wednesday, April 9 at 9:00-11:00 a.m.

As part of Crime Victims Rights Week, visit with staff from the Sheboygan Police Department. Enjoy complimentary coffee and bakery, learn about victims rights, and ask any questions you like.

Legal Consultations-Atty. Elizabeth Rich

Wednesday, April 9 & 23 at 1:00 p.m.

This free service is conducted by an attorney licensed to practice law in Wisconsin. Members may sign up in advance for a 15-minute session to discuss their legal questions. The clinic is offered on the second and fourth Wednesdays of each month from 1:00-2:00 PM.

Let's Talk Brain Health

Wednesday, April 9 at 11:00 a.m.

Welcome to our Brain Health Workshop! We would like to take this opportunity to talk to you about your critical brain health. This is not just for those that are aging, this is for everyone!

- Maintain Your Brain Health
- Improve Brain Function
- Learn How Balance Can Signify Brain Function
- Learn which Foods Contribute to Healthy Brain Function

During this workshop, you will learn how to maintain your brain health and improve the function of your nervous system. Dr. John and Dr. Cooper will discuss the importance of brain health and how you can help to improve your overall brain health through chiropractic, nutrition, stress reduction, and living an overall healthier lifestyle. We will provide tips on how to adopt a healthier lifestyle, including proper nutrition and regular exercise.

Springtime Home Maintenance w/Habitat for Humanity Lakeside

Wednesday, April 9 at 1:00 p.m.

Exterior

- Visual Roof inspection
- Gutters and downspouts
- Foundation and grading
- Decks, stairs and railings
- Gas meter
- Hose bib
- Intake vents
- Silicone at penetrations

Interior

- Change furnace Filter
- Furnace condensate lines
- Sump pump (Prior to Snow Melt)
- Windows and Screens

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Preventing Probate Workshop w/Hildebrand Law Firm Wednesday, April 16 at 1:00 p.m.

Losing a loved one is hard enough, don't let probate make it harder. In this no-cost workshop, meet with members of our team to learn what probate actually means and how it can affect you even after you pass away. We will talk with you about the risks of probate and the best way to prevent probate from happening to your family.

Why You Should Do Regular Home Inspections & What to Look For Wednesday, April 23 at 11:00 a.m.

Would you like to take some of the surprises out of home maintenance and improvement? If so, this session is for you! Jeff from The DOers will highlight how to be proactive with home inspections and to minimize "surprises" by catching issues before they become catastrophes.

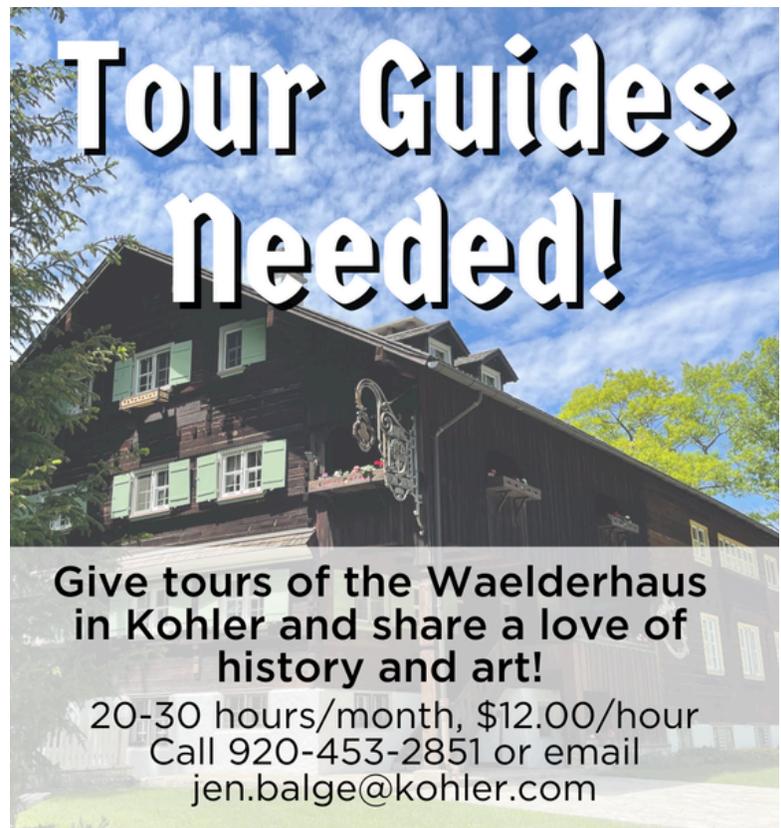
Savory & Smart: Managing the "Hype" & the "Tension" Wednesday, April 23 at 1 p.m.

In this session, we'll cover heart-healthy fats, hydration, and strategies to manage high blood pressure. Whether or not you have high blood pressure, these tips can help reduce stress and boost your overall health. *Sponsored by:*



Low Vision Support Group Wednesday, April 23 at 1:00 p.m.

The Sheboygan Low Vision Support Group is moving its location to Uptown Social! You are welcome to attend this meeting if you have any form or degree of vision loss or are a friend or family member of someone that has vision loss. This group meets on the fourth Wednesday of the month from 1:00-2:30 (except for November and December). Topics and speakers change monthly.



Tour Guides Needed!

Give tours of the Waelderhaus in Kohler and share a love of history and art!

20-30 hours/month, \$12.00/hour
Call 920-453-2851 or email jen.balge@kohler.com



Waelderhaus

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Marilyn's Cooking Class: Uptown Circus Friday, April 25 at 11 a.m.

It quite often is a circus here at Uptown Social, but Marilyn's Cooking Class for April celebrates the Sheboygan circus. Marilyn welcomes Beth Sommerfeldt past circus performer. Members only event.

Registration begins the first of the month.

Cost is \$8.

TECHNOLOGY HELP

with
Lars & Mead Public Library

April 7 from Noon - 3 p.m.
April 17 from 2 - 3 p.m.
April 21 from Noon - 3 p.m.

Make your appointment with the Front Desk

Mister Rogers' Learn and Grow

A program for grandparents and grandchildren ages 2-5 (other caregivers welcome)

Watch episode clips and participate in hands-on activities inspired by the show

Every 4th Tuesday 10am @ Uptown Social
to register call: 920-459-3290

MEAD LIBRARY Uptown Social

Memories in the Making Creative Social Engagement Session



Signature Art Program for Those Living with Memory Loss and Their Care Partners

Memories in the Making® is the signature art program of the Alzheimer's Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor, in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Meeting location rotates each month between Uptown Social, Generations and the Plymouth Art Center (See schedule on the back page). **All art supplies are provided.** Sharing Joyful Laughter, Stories and Creativity!

Second Friday of each month 10:00-11:30 a.m.

RSVP: Registration is recommended to attend individual sessions.

Contact Uptown Social 920-459-3290 for April.



Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS



PLYMOUTH ARTS CENTER



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Wisconsin Chapter

open air CLUB

Hop on your motorcycle or convertible to join us for a day on the road and under the sun!

JUNE 27:	THE BOAT HOUSE - FOX LAKE
JULY 25:	SLOPPY JOES - HUBERTUS
AUGUST 22:	21 GUNS ROADHOUSE - GREEN BAY
SEPTEMBER 26:	CHEESE RUN - SCHMITTY'S

Register by Calling (920) 459-3290

Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

April

2025

Monday

Tuesday

Wednesday

Thursday

Friday

	1 CLOSED FOR ELECTION	2 Chili w/Salad	3 Patty Melts w/Salad	4
7 Split Pea & Ham Soup w/Salad	8 Hot Turkey Sandwiches & Salad	9 Crème Brulee French Toast w/Fruit	10 Swedish Meatballs Over Mashed Potatoes	11
14 Kugel & Salad	15 Minestrone w/Salad	16 Liver & Onions w/Potatoes	17 Chicken Tortilla Soup w/Salad	18
21 Sausage & Potato Soup w/Salad	22 Enchiladas w/Sides	23 Creamy Broccoli & Cauliflower Soup & Salad	24 Cuban Sliders w/Vegetable Soup	25
28 Cream of Mushroom Soup w/Salad	29 Chicken Fajitas w/Sides	30 Chicken A La King over Egg Noodles		

Goodbye Neuropathy Hello Good Life



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- Examination
- Any needed X-rays

Offer Ends April 22, 2025

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Federal and Medicare Restrictions May Apply.

April

2025

Monday

Tuesday

Wednesday

Thursday

Friday

1

**CLOSED
FOR
ELECTION**

2

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch, Pickleball Open Play
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
12:30 p.m. **AARP Driving Class**
1:00 p.m. Dominoes
1:30 p.m. Square Dance, Basketball, Pickleball Open Play

3

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving Mah Jongg, Wood Turning
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead
2:00 p.m. Cornhole, Shuffleboard
2:30 p.m. Uptown Singers

4

8:00 a.m. ABC Fitness, 9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
10:30 a.m. **Karaoke Affair with Tom & Dar Ott, Stories from the Holocaust**
11:00 a.m. Gentle Yoga w/Kathy
11:30 a.m. Pickleball Open Play
12:15 p.m. Ecstatic Dance

7

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Basketball, Pickleball Open Play
11:30 a.m. Lunch
12:00 p.m. **Tech Help w/Lars**
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, **Cribbage Tournament**
1:30 p.m. Chair Yoga
6:00 p.m. **Ballroom Dance Lessons-Night Club Two Step**
7:00 p.m. **Ballroom Dance Lessons-Tango**

8

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners, Fitness Room Orientation
11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, **Positive Aging**
1:30 p.m. Basketball, Pickleball Open Play
3:00 p.m. Ecstatic Dance

9

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move, **Coffee with a Cop**
10:00 a.m. Core
11:00 a.m. Yoga, **Let's Talk Brain Health! Learn How to Boost Your Overall Brain Function**
11:30 a.m. Lunch, Pickleball Open Play
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Legal Consultations, Springtime Home Maintenance Checklist**
1:30 p.m. Square Dance, Basketball, Pickleball Open Play

10

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic Wood Carving, Mah Jongg
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead
1:30 p.m. Basketball, Pickleball Open Play
5:00 p.m. **No One Dines Alone-Swaps**

11

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Memories in the Making**
11:00 a.m. Gentle Yoga w/Kathy
11:30 a.m. Pickleball Open Play
12:15 p.m. Ecstatic Dance

April

2025

Monday

14

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Basketball, Pickleball Open Play
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Intermediate Floral Watercolor Painting Class-Level Two, **Movie-The Six Triple Eight**
1:30 Chair Yoga

Tuesday

15

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners, Fitness Room Orientation
11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo Intermediate Painting, Yarn Makers, Wood Carving
1:30 p.m. Basketball, Pickleball Open Play
3:00 p.m. Ecstatic Dance

Wednesday

16

8:00 a.m. ABC Fitness,
9:00 a.m. Silver Sneakers
BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch, Pickleball Open Play
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Preventing Probate Workshop**
1:30 p.m. Square Dance
2:00 p.m. Cornhole & Shuffleboard
5:00 p.m. **Dining Out-Waterfront Wine Bar**

Thursday

17

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
9:25 a.m. **Meditation for Beginners**
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
12:00 p.m. Kung Fu & Katas,
1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards
1:30 p.m. Basketball, Pickleball Open Play
2:00 p.m. **Tech Help with Mead Public Library**
2:30 p.m. Uptown Singers

Friday

CLOSED FOR GOOD FRIDAY

21

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Basketball, Pickleball Open Play
11:30 a.m. Lunch
12:00 p.m. **Tech Help w/Lars**
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker Intermediate Floral Watercolors, **Cribbage Tournament**
1:30 Chair Yoga

22

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic, **Mr. Rogers Learn & Grow**
11:00 a.m. Tai Chi for Beginners, Fitness Room Orientation
11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Photography
1:30 p.m. Basketball, Pickleball Open Play
3:00 p.m. Ecstatic Dance

23

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. **Why You Should Do Regular Home Inspections**
11:00 a.m. Yoga,
11:30 a.m. Lunch, Pickleball Open Play
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Savory & Smart-Hypertension, Legal Consultations, Low Vision Support Group**
1:30 p.m. Square Dance, Basketball, Pickleball Open Play

24

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg, **Red Cross Blood Drive**
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch, Adv. Tai Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead,

25

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy **Marilyn's Cooking Class**
11:30 a.m. Pickleball Open Play
12:15 p.m. Ecstatic Dance

April

2025

Monday

28

8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
 10:00 a.m. Core
 11:00 a.m. Yoga, Basketball, Pickleball Open Play
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, Poker
 Intermediate Floral Watercolors
 1:30 p.m. Chair Yoga, Book Club

Tuesday

29

8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
 10:00 a.m. Silver Sneakers Classic
 11:00 a.m. Tai Chi for Beginners, Fitness Room Orientation
 11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
 12:00 p.m. Kung Fu & Katas
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving
 1:30 p.m. Basketball, Pickleball Open Play
 3:00 p.m. Ecstatic Dance

Wednesday

30

7:30 a.m. **Thrift Store Shopping Trip**
 8:00 a.m. ABC Fitness
 9:00 a.m. Silver Sneakers BOOM Move
 10:00 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch, Pickleball Open Play
 12:00 p.m. Bridge
 12:15 p.m. Chair Yoga
 1:00 p.m. Dominoes
 1:30 p.m. Square Dance, Basketball, Pickleball Open Play

Open DANCE
 JAN. 6
 FEB. 3
 MAY 5
 6 - 8 PM
 \$6 MEMBERS
 \$10 GUESTS
 Uptown Social
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Activity Level 4

TRAVEL WITH US

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AUGUST 24 - AUGUST 30, 2025
7 Days / 6 Nights
10 Meals/Tips Included

HIGHLIGHTS INCLUDE:

- Badlands National Park
- Borglum Historical Center
- Mount Rushmore
- Deadwood, South Dakota
- Custer State Park Wildlife Loop
- Black Hills
- Crazy Horse Memorial
- Corn Palace

\$1,150 Double
\$1,425 Single
\$75 Deposit

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BREWER BUS TRIP



VS



WEDNESDAY, MAY 21
12:10 P.M.
MEIJER PICK-UP 9:30 A.M.
RETURN 4:30 P.M.

\$100 MEMBERS
\$110 GUESTS

Includes:
Coach Bus
Driver Tip
Game Ticket

Lunch on your own inside the ballpark.
Call Uptown Social at 920.459.3290 to reserve your spot!

Lake Geneva

MAIL CALL TO STARS

Members \$185
Guests \$195

Tuesday, August 19



TRIP INCLUDES

- Coach Bus
- Mail Boat Tour
- Yerkes Observatory Tour
- Light Breakfast, Box Lunch
- Gratuities

ABOUT THE TOUR

With over 100 years of mail service, the mailboat still delivers mail to about 75 homes around the lake on a daily basis from June 15 – September 15. Enjoy this unique tour of beautiful Lake Geneva and the fun of watching this delightful tradition.

Yerkes remains unsurpassed as the world's largest refracting telescope and the home of astrophysics. Many great scientific minds were hosted here from Einstein to Sagan.

BOOK NOW
CALL 920-459-3290

Activity Level 4

Depart Meijer's 6:30 a.m. Return 6:00 p.m.

Activity Level 3




Door County Fall Cruise

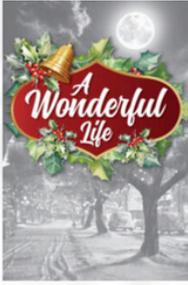
THURSDAY, OCTOBER 2

Depart Meijer's 7:30 a.m.
Wood Orchard Market
Lunch at the famous Al Johnson's Swedish Restaurant in Sister Bay
Daddy D's Fall Musical Cruise 1 p.m.
Return to Meijer's 5 p.m.

LUNCH:
Swedish Meatballs, Mashed Potatoes, Salad, Cherry Pecan Bread Pudding
Dietary Restrictions:
Please let us know to provide other options

BOOK NOW
920-459-3290

\$145 MEMBER
\$155 GUEST



Fireside

THEATER MATINEE TRIP

WEDNESDAY, DECEMBER 3

The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. The Fireside is proud to bring you this stunning, live stage version of Frank Capra's beloved film.

Entree Choices:
Chicken Monterey
Grilled Salmon
Sliced Beef Tenderloin
Vegetarian Tofu Skewers

\$165
Guests

\$155
Members

Pick up at Meijer's 8:00 a.m.
Return approximately 6:30 p.m.
Activity Level 2
Call Uptown Social at 920-459-3290 to register.



Uptown Social

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