



Uptown Social

ENGAGE SHEBOYGAN

December 2025



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

Table of Contents

Directly from the Director	3
Fitness Programs	4-6
Creative Programs	7
Recreational & Social Programs	8-9
Special Programs	10-12
Volunteer of the Month	13
Cafe Menu	14
December Activities	15-17
Travel Programs	19

Contact Staff

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Rachel Kerlin | Custodial

Vicky Meyer | Cafe Coordinator



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 subject to change or cancellation without notice.

Directly from the Director



Hello all,

The holiday season is here, and with it comes one of my favorite parts of the year at Uptown Social—gathering together to celebrate community, creativity, and connection. December is always full of energy and cheer, and this year is no exception!

We'll kick things off with our second annual Holiday Craft Fair on Saturday, December 6. It's one of our biggest events of the year, and we couldn't do it without our incredible volunteers. If you'd like to lend a hand, whether helping before the event or on the big day itself, we'd love to have you. Please stop by the front desk or reach out to Jane if you're able and willing to help. Donated baked goods are also appreciated!

Additionally, we hope everyone will stop by to shop, socialize, and support local makers. For those who like to eat, we'll have a fantastic bake sale and brat fry. Be sure to tell your friends and neighbors, as this is a wonderful way to introduce new faces to Uptown Social!

Next up, our Members-Only Holiday Party on Friday, December 19. We'll provide the ham, and

we invite attendees to bring a dish to pass. It's always a joyful, laughter-filled day, and I can't wait to celebrate with you.

Please note that Uptown Social will be closed December 24, 25, and 26 for the Christmas holiday. However, we're trying something new this year; we'll be open on December 29 and 30 with limited staffing (just me!) and a simpler schedule. There won't be lunch service, fitness, or regular programs, but the gym will be open for pickleball, the walking track will be available, and there will be plenty of games and puzzles to enjoy. Think of it as a cozy, low-key way to connect and keep moving during the quiet week between holidays.

We'll close again on December 31 and January 1, and then return to our regular schedule on January 2, refreshed and ready for a great year ahead.

Wishing you peace, laughter, and plenty of good company this holiday season. Thank you for making Uptown Social such a warm and welcoming community all year long.

Emily

A Note from the Friends

The Friends of Uptown Social is a 501(c)(3) nonprofit that supports Uptown Social through advocacy, volunteerism, and funding. In the past, the Friends have funded staff positions and major capital projects, including furniture, and about 50% of the gymnasium and exercise room. Our volunteer board of directors, made up of community members, meets monthly to find new ways to enhance Uptown Social. When you donate to the Friends, you make a direct impact on both daily operations and long-term improvements.

We're currently updating our bylaws and planning fun events for Uptown Social members and participants—and we'll be reaching out for your help with planning and organizing. Stay tuned!

– Rich Miesfeld, Board President

Directly from the Director

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for four 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: Lisa Krueger

Member of the Month - Lisa is one of our premiere pickleball players. She is such a dedicated player who enjoys playing with all skill levels! We truly appreciate having you as a member Lisa.

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: Farmers Carry

This exercise is a great way to engage multiple muscle groups while improving cardiovascular health and posture. All you need is a set of weights, preferably something heavier than usual but a weight you can manage holding for a minute or two. Simply hold the weights by your side and walk for one to two minutes.

To make this more challenging you can add heavier weight or walk for a longer time. Make sure to have good posture as you do this exercise.



Workout Room Orientation

Workout Room Orientation is available Tuesdays at 1 p.m. 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.

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Fitness Programs cont.

Yoga with MaryAnn Dolson

This program takes place every Monday and Wednesday at 11:00 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 and Wednesday 12:15 p.m.-1:00 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 3:00 - 3:45 p.m. and Fridays 12:30 - 1:30 p.m. Classes are \$5 paid to the instructor before or after class.

Silver Sneakers BOOM Move

Dance-inspired workout with easy-to-follow movement patterns. It meets every Monday, Wednesday and Friday from 9:00-9:45 a.m.

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 9:00-9:45 a.m.

Twice a month we are offering Line Dance Instruction for those new to the class! See calendar for more details.

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 mat class will improve core strength and flexibility through different Pilates type movements. Weights and blocks are provided. Core meets every Monday, Wednesday, and Friday from 10:00-10:45am. in the Activity Room.

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 11:00 a.m. - Noon.

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 8:00-8:45 a.m.



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Fitness Programs cont.

Tai Chi

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Beginners meet every Tuesday and Thursday from 11:00-11:25 a.m. Intermediate/Adv meet from 11:30 a.m.- Noon. Cost is \$1.00 Members and \$1.50 for Guests.

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 10:00-10:45 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 8:00-8:45 a.m.

Basketball

Basketball is open to play Tuesdays, W and Th 1:30-3:30 p.m. Except when a Blood Drive is scheduled. Just shoot around or play a quick pick up game.

Pickleball Lessons

Pickleball Lessons resume this fall every Friday from 11:30 a.m. - 12:30 p.m. **Cost is \$3.00 for Members and \$5.00 for Guests. Limit 4.**

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 Guests. Class is Tuesdays and Thursdays from Noon to 12:25 p.m.

Social Pickleball

Social pickleball brings players from all skill levels together, offering newer participants the opportunity to compete with more seasoned players in a friendly and inclusive atmosphere. These sessions strike a balance between competition and enjoyment, ensuring a fun and engaging experience for everyone. The focus is on fostering connections and building a sense of community. So come prepared to play, connect, and have a fantastic time.

Pre-registration is highly encouraged by calling Uptown Social at 920-459-3290 or stopping by the Front Desk. Paddles and pickleballs are provided. Times are split into two hour blocks. Cost is \$2 for each 2 hour block for Members and \$4 for Guests.

Mondays	11 a.m. - 1 p.m. 1:30 - 3:30 p.m.
Tu/Wed/Th	11:30 a.m. - 1:30 p.m. 1:30 p.m. - 3:30 p.m.
Friday	11:30 a.m. - 1:30 p.m.

Blocks are capped at 16 people with the exception of Mondays and Tu/Wed/Th afternoon times, those have a cap at 8. There are certain dates where social play time and cap is limited so please stay up-to-date on our weekly email and our newsletter.



Creative Programs

Yarn Makers

Learn the joy of hand spinning from wool, alpaca, silk, bamboo and more on Tuesdays from 1:00-3:00 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 1:00-3:00 p.m. and Thursdays from 10:00 a.m.-Noon. For new carvers the fee is \$20. All levels of carvers welcomed.

Sewing & Quilting

Sewing/Quilting meets Thursday from 1:00-3:00 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 1st Tuesday of the month at 1:00 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 9:00-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic.

Crafting Hands

Sponsored by: G. Olivia Anderson Trust

Join us Monday mornings from 9:00 to 11:00 a.m. to enjoy the company of others and work on your current knitting, crocheting, diamond dot, tatting, latch hook or embroidery projects.

Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1:00 p.m. to create beautiful cards. **You must be a member to attend.** Cost is \$2 payable to instructor. **Limit 16 attendees.** Registration begins **December 1** and fills up quickly.

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 second Thursday from 10:00 a.m. to noon.

Intermediate Painting

Join us Tuesday afternoons from 1:00- 3:00 p.m. Drop in classes are \$2.50 per time. Program Lead Susan Baumgart will be happy to provide guidance, if you need it!

Ceramics

Paints, glazes and brushes provided. Some pieces are available for purchase at \$5 or \$8 or you can buy your own pieces online or at a craft supply store. Firing is \$10-15 per piece. Class will be held on Tuesdays from 9:00 a.m. to noon.

Recreational/Social Programs

BINGO

Bingo is held every Tuesday afternoon starting at 1:00 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. Mondays at 12:30 p.m. 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.

Open Group Scrabble

Test the mastery of your vocabulary and your spelling by starting up a game of Scrabble. Boards are available anytime as well as on Monday afternoons at 1:00 p.m.

Sheepshead

Sheepshead is a trick taking game for three or more players, but ideally five. Join us Monday, Tuesday and Thursday from 8:30-11:30 a.m. or Thursday afternoons from 1:00-4:00 p.m.

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.

Ping Pong

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

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 three 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! November's **Cribbage Tournament** will be Monday, December 1 and 15 beginning at 1:00 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. Book Club does not meet in December.

January 26- *Atonement* by Ian McEwan



Recreational/Social Programs

Dining Out

There is no Dining Out in December. Dining Out will resume Wednesday, January 21 at Al & Al's. Participation is limited to 30. **You must be a member.** Contact the Front Desk January 2 or after to sign up at 920.459.3290!

Movies

Movies are back! The second Monday of every month at 1:00 p.m. Bring your own snacks, if you would like. This month's movie is *The Bells of St. Mary.* **Please register to attend.**

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 Pacifico on Thursday, December 11. Cocktails begin at 5:00 p.m. Please register to attend by calling the office at 920.459.3290.

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1:00-2:00 p.m.

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.



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Special Programs

How to Pick the Best Medicare Plan Wednesday, December 3 at 10 a.m.

Medicare 101 Educational Session. How to Enroll in Medicare. What is new for 2026? What Parts A, B, C and D mean. The cost-sharing and benefits associated with each letter.

Make an Air-Dry Clay Holiday Ornament Wednesday, December 3 at 1 p.m.

Join Linda Graves for our next crafting session and create an air-dry clay holiday ornament, **Cost \$3 for Members \$5 for Guests.**

Winter Fall Prevention Monday, December 10 at 1 p.m.

Winter can be beautiful, but it can also be slippery! Join us for a fun and helpful talk about staying safe on snow and ice. We'll share easy tips for walking confidently in winter weather, choosing the right footwear and keeping your balance when things get slick. Let's make sure you can enjoy the season confidently!



Please register to attend the programs on this page.

Special Programs cont.

Sleep: The Missing Piece to Your Health & Well-Being

**Wednesday, December 10
at 11:00 a.m.**

Feeling drained and foggy? Struggling to catch those precious Zzz's? You're not alone! This workshop dives deep into the fascinating world of sleep, empowering you to unlock the secrets to a truly restful night.

Join Dr. John as he unveils:

- The Sleep Connection: Explore the science behind sleep and discover how it impacts your physical and mental health.
- The Perfect Dose: Learn about your sleep needs and the consequences of sleep deprivation.
- Beyond Counting Sheep: Discover practical strategies and techniques to improve your sleep
- Hygiene and create a sleep-supportive environment.
- Sleeping Soundly: Get expert insights into the optimal sleep positions for maximizing
- Comfort and rejuvenation.

By the end of this workshop, you'll be equipped with the knowledge and tools to transform your nights from restless to rejuvenated. Wake up feeling refreshed, energized, and ready to take on the day!



Legal Consultations- Atty. Elizabeth Rich

Wednesday, December 10 at 1:00 p.m.

This free service is conducted by an attorney licensed to practice law in Wisconsin. Members only 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.

Will Taxes Affect Your Retirement Wednesday, December 10 at 1 p.m.

When you retire, you leave behind many things—the daily grind, the commute to work, and maybe even your previous home. However, one thing that will always remain is a tax bill. In fact, income taxes may very well be your single largest expense in retirement. Additionally, income taxes are different for the various retirement investments you may have. When you understand how investments are taxed and set strategies accordingly, it may help you keep income taxes in check.

- How to be tax-efficient in your current bracket.
- How Social Security is taxed.
- Ways to create tax-free retirement income.

During this session, we'll also explore how strategic charitable giving can enhance your overall financial plan.



Remember!

Please register to attend the programs on this page.

Special Programs cont.

Make Your Own Mozzarella Wednesday, December 17 at 2:00 p.m.

Attention Cheeseheads! Do you love stretchy, melty mozzarella cheese? If you haven't made your own, you haven't yet experienced how truly delicious it can be! Join us for an instructive presentation that will include a discussion of the different types of milk that can be used and how they impact the finished product; an explanation of the pasta filata cheese-making method; and a step-by-step demonstration of how to acidify the milk, set the curd, cut the curd, heat the curd, and stretch the curd to make delectable, authentic mozzarella! No microwaves or cheese stick molds here—this is the real deal. **\$5 Members \$8 Guests**

Parkinson's Support Group Thursday, December 18 at 1:00 p.m.

Our open support group meets the third Thursday of every month from 1:00-2:00 p.m. to provide encouragement, support and education for caregivers and those living with Parkinson's.



Remember!

Please register to attend the programs on this page.

Volunteer of the Month

You see her everywhere at Uptown Social! Janet Raye defines “active”. You may know her from fitness classes, ceramics or most likely helping out Vicky or another staff member in the kitchen. Janet can be seen at any event or fundraiser serving up food from the wee hours of the morning to after everyone has gone home.

Janet is our go-to volunteer! She has made more runs for last minute Cafe items than anyone else. She volunteers to deep clean our Cafe on Fridays and always pitches in wherever she sees a need. Janet is one-in-a-million and we are incredibly grateful for the time and talent she selflessly gives to US!



Interested in volunteering?

Volunteers are the heart of Uptown Social. If you are interested in a fun, meaningful way to spend your time and meet new people, consider volunteering with US! We are always looking for volunteers to help with the Front Desk, Programs, Special Event, Gardening or Technology.

If you would like to discuss volunteer opportunities, please email Jane at jane.brill@sheboyganwi.gov or call her at 920.226.3523. You can also pick up a volunteer application at the Front Desk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chili w/Salad	2 Salad Bar	3 Tacos w/Sides	4 Sloppy Joes w/Salad	5
8 Liver & Onions	9 Pork Chops w/Potatoes	10 Spaghetti & Meatballs w/Garlic Bread	11 Hot Ham & Cheese w/Salad	12
15 Split Pea & Ham Soup & Salad	16 Hot Beef Sandwiches & Salad	17 Creamy Potato Soup & Salad	18 Chicken Alfredo & Garlic Bread	19
22 Grilled Cheese & Tomato Soup	23 Broccoli Cheese Soup & Pasta Salad	24 CLOSED Christmas Eve 	25 CLOSED Merry Christmas 	26 CLOSED
29	30	31 CLOSED New Year's Eve 	1 CLOSED Happy New Year 	2

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Federal and Medicare Restrictions May Apply.

December

2025

Monday

1

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, Social
Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, **Cribbage
Tournament**
1:30 p.m. Social
Pickleball

8

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, Social
Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, **Movie-The Bells
of St. Mary, Winter Fall
Prevention with the
ADRC**

Tuesday

2

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

9

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
11:30 a.m. Lunch,
Social Pickleball
1:00 p.m. Bingo,
Intermediate Painting,
Yarn Makers, Wood
Carving, Workout
Room Orientation,
Positive Aging
1:30 p.m. Social
Pickleball, Basketball
3:00 p.m. Ecstatic
Dance

Wednesday

3

8:00 a.m. ABC Fitness,
Fireside Trip
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core, **How to
Pick the Best Medicare
Plan 2026**
11:00 a.m. Yoga,
11:30 a.m. Lunch, Social
Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Air
Dry Clay Ornament
Class**
1:30 p.m. Square Dance,
Basketball, Social
Pickleball

10

8:00 a.m. ABC Fitness,
Foot Care Clinic
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, **Sleep:
The Missing Piece to
Your Health & Well-
Being**
11:30 a.m. Lunch, Social
Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
**Legal Consultations
w/Atty. Elizabeth Rich,
Will Taxes Impact Your
Retirement?**
1:30 p.m. Square Dance,
Basketball, Social
Pickleball

Thursday

4

8:00 a.m. Silver Sneakers
Stability, Foot Care Clinic
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-Cancelled**
11:30 a.m. Lunch, **Social
Pickleball-Cancelled**
**Intermediate/Adv Tai Chi-
Cancelled**
12:00 p.m. **Kung Fu & Katas-
Cancelled**
1:00 p.m. Sewing &
Quilting, Sheepshead,
1:30 p.m. **Basketball-
Cancelled**
2:30 p.m. Uptown Singers

11

8:00 a.m. Silver
Sneakers Stability, Foot
Care Clinic
8:30 a.m. Sheepshead
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, Social Pickleball
12:00 p.m. Kung Fu &
Katas
1:00 p.m. Sewing &
Quilting, Sheepshead
1:30 p.m. Basketball,
Social Pickleball
5:00 p.m. **No One Dines
Alone-Pacifico**

Friday

5

**Classes &
Pickleball
Cancelled for
the Day**

Craft Show Set Up

10:30 a.m. **Karaoke
Affair with Tom &
Dar Ott**

12

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core, This
is a Paintbrush-
Watercolor, **Memories
in the Making**
11:00 a.m. Gentle
Yoga w/Kathy
11:30 p.m. Social
Pickleball Pickleball
Lessons
12:30 p.m. Ecstatic
Dance

December

2025

Monday

15

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, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, **Cribbage Tournament**
1:30 p.m. Social Pickleball

22

8:00 a.m. ABC Fitness, Stability
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, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker
1:30 p.m. **Book Club-Cancelled**, Social Pickleball

Tuesday

16

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

23

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
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

Wednesday

17

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, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
1:30 p.m. Square Dance, Basketball
2:00 p.m. **Make Your Own Mozzarella!**

24

CLOSED

Christmas Eve



Thursday

18

8:00 a.m. Silver Sneakers Stability, Foot Care Clinic
8:30 a.m. Sheepshead
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, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards, **Parkinson's Support Group**
1:30 p.m. Basketball, Social Pickleball
2:30 p.m. Uptown Singers

25

CLOSED



Friday

19

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, This is a Paintbrush-Watercolor
11:00 a.m. Gentle Yoga w/Kathy, **Member Only Holiday Party**
11:30 p.m. **Social Pickleball-Cancelled, Pickleball Lessons-Cancelled**
12:30 p.m. Ecstatic Dance

26

CLOSED



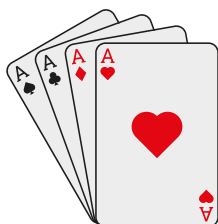
December

2025

Monday

29

All day Walking, Pool,
Social Pickleball,
Sheepshead, Games,
Work Out Room



Tuesday

30

All day Walking, Pool,
Social Pickleball,
Sheepshead, Games,,
Work Out Room



Wednesday

31

CLOSED

*New
Year's
Eve*

Thursday

1

CLOSED

*Happy
New Year*

Friday

2

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core, This Is
a Paintbrush-
Watercolor
11:00 a.m. Gentle
Yoga w/Kathy
11:30 a.m. Social
Pickleball, Pickleball
Lessons
12:30 p.m. Ecstatic
Dance

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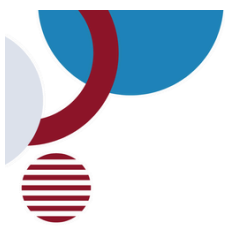
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Dinner on your own at Milwaukee Public Market
Concert begins 6:30 p.m.
Return 8:30 p.m.*

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