



Uptown Social

# ENGAGE SHEBOYGAN

February 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](http://www.uptownsocal.org)

CONTACT US AT  
(920) 459-3290  
[uptownsocal@sheboyganwi.gov](mailto:uptownsocal@sheboyganwi.gov)

# Table of Contents

Directly from the Director	3
Fitness Programs	4-7
Creative Programs	8
Recreational & Social Programs	9-10
Special Programs	11-12
Cafe Menu	13
February Activities	14-16
Travel Programs	18-19

## Contact Staff

Emily Rendall-Araujo | Director of Senior Services  
Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

Jane Brill | Engagement Coordinator  
Jane.Brill@sheboyganwi.gov (920)459-3290

Joshua Drossel | Program & Wellness Coordinator  
Joshua.Drossel@sheboyganwi.gov (920) 459-3282

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,

As the final items on the gymnasium and exercise room punch list are checked off one by one, you might not believe that I'm already starting the process to develop Phase III at Uptown Social. With our initial opening in 2022 as Phase I, and the gym as Phase II in 2024, Phase III will likely include a second set of restrooms, flexible meeting /program space, a commercial kitchen, a workshop, and storage space. This will all be located in the furthest south section of our building.

I mention this now with the hope that this helps everyone understand that big projects can take time! Discussions around moving to an entirely new building started in 2019, and Uptown Social opened in late 2022. Construction for the gym and exercise room were planned for the beginning, but it took a few years to complete plans, secure funding, and find a general contractor before things could be completed now.

Last month, I had a kickoff meeting with the architects to begin planning Phase III, and it will likely be two to three years or more before we see that space finished. There were some layouts included with our first iteration of Uptown Social, but changes are coming. I want you to know, when you share feedback with us in a survey, the suggestion box, or by telling a staff member, we are listening!

One of the best reasons for approaching this building project in phases is that we've had the ability to pivot. We know that for many of our participants, it can be a bit of a walk to the bathrooms depending on which room you're in. In our initial plans, the second set of restrooms were slated to go in the southeast corner of the building. Since we heard from so many of you that you'd like to have restrooms closer to the Activity Room and Creative Studio, we are changing those plans to place the restrooms directly across the hall from the Activity Room.

All this is to say, next month, we plan to again ask all of you for feedback. In March, we'll be including a survey in the newsletter and online, so you can tell us how we're doing and what you'd like to see here at Uptown Social. Older adults are a constantly shifting demographic, and we are a constantly shifting organization dedicated to serving you as best as we can.

Thank you for being here with US.

Emily

P.S. Please remember that we will be a polling site for the primary election on February 18th. This time, election activities will be limited to the gym and we'll be able to continue our regular programming outside of that space.

# 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. Additionally, Josh coordinates all of our additional programming, working with volunteer program leads to secure space, time, and supplies needed for their programs.

## Monthly Silver Fitness Award Winner: Pam Thayer

**Member of the Month** - Congratulations Pam! Your effort and progress in class has been so fun to watch. We are fortunate to have you at Uptown Social. Keep up the amazing work!

Monthly Silver Fitness Award Winners receive \$36 deposited into their prepay account.

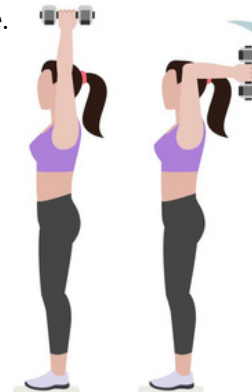
## Workout Room Orientation

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.**

## Exercise of the Month: Overhead Tricep Extension

This movement can be done seated or standing.

1. To start, hold a dumbbell with both hands. Raise the weight overhead until your arms are extended.
2. Bend your elbows slowly, lowering the weight behind your head. Make sure to keep your elbows close to your ears and avoid flaring them outward. Engage your triceps to lift the weight back to the starting position.
3. You can do this exercise for 8-10 reps. Adding more weight, reps, or sets is a good way to progress this exercise.



## 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.

**Emily Matthews, RN**  
920-286-0570  
[ematthews@remax.net](mailto:ematthews@remax.net)  
[www.emilymatthewsREagent.com](http://www.emilymatthewsREagent.com)  
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# Fitness Programs cont.

## Yoga with MaryAnn Dolson

Yoga movements (poses) help to create a better relationship with one's body by increasing strength, stamina, flexibility and balance. Pranayama (breath work) and meditation are integrated into this class. Everyone is welcome and each participant works at his or her own level. 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. A yoga pass may be purchased for \$50 from the instructor.**

## 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.

## Square Dancing

Did you Square Dance previously and want to brush up on your skills? Or perhaps you already Square Dance and just want to dance with us. 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.

*Chair Yoga-Sponsored by Sheboygan Senior Community*  
Monday 1:30 - 2:15 p.m. &  
Wednesday 12:15 - 1:00 p.m.

It is low impact on the joints and it improves flexibility. Chair yoga improves circulation, and contributes to pain management. It also promotes a sense of well-being. A ten class pass is available for \$40 and is payable directly to the teacher.



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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 starting at 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.

## 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 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.

## Tai Chi

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Tai Chi for Beginners meets every Tuesday and Thursday from 11:00 a.m. to 11:25 a.m. Intermediate/Advanced Tai Chi meets every Tuesday and Thursday from 11:30 a.m.-Noon.

## 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.

## 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. Some of the specific forms (katas) will be taught over time. Cost is \$1.00 for members and \$1.50 for non-members. Class is Tuesdays and Thursdays from Noon to 12:25 p.m.

## 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. We focus on areas of concern for each individual and aim to bring about self-awareness through movement. **Classes are \$5 and paid to the instructor before or after class.** We meet on Fridays at 11 a.m. - Noon in the Activity Room.

## 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. Join Kathy Alby, Bob Fleming, and Jokasha Klest every Tuesday from from 3:00 - 3:45 p.m. and Fridays 12:15 - 1:15 p.m. in the Activity Room. **Classes are \$5 and is paid to the instructor before or after class.**

# Fitness Programs cont.

## Pickleball Lessons

Fifty-five minute lessons will be provided on Tuesdays at 2 p.m. and Friday mornings at 11 a.m. and noon for \$3.00 per session for Members. Each session is limited to 4 attendees. Payment is due at the time of reservation. Paddles and balls will be provided.

**You must register in advance with the front desk.**

## Pickleball Open Play

There are 8 people allowed to register per each 1 hour and 45 minute session. Cost is \$2 per session for Members \$4 per session for Guests. Payment is due at the time of reservation. You must bring your own paddles and balls. Open Play times are Mondays at 11 a.m., Tues. at 11:30 a.m., Wed. & Thurs. at 11:30 a.m. and 1:30 p.m.


**You must register in advance with the front desk.**

## Open Basketball

Start a pick up game or just practice shooting. Open basketball will be Mondays at 11 a.m. and Tuesdays, Wednesdays and Thursdays at 1:30 p.m.

## 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. The goal of the game is to score points by either landing a bag on the board (one point) or putting a bag through the hole (three points). Cornhole will be played the first Thursday and third Wednesday at 2 p.m. **Advanced registration is appreciated.**



**SVA SHEBOYGAN VISUAL ARTISTS**

**Escape Art Show**  
**Jan 17-Feb 21**

**Venue: Uptown Social**  
**1817 N 8th Street**

**Art Show Reception:**  
**Friday, Jan 17, 4-7pm**  
SVA is delighted to be hosted by Uptown Social. Stop by, enjoy the art, and check out what this fun venue has to offer. Regular Uptown Social business hours.

## Fitness Room

Includes strength and cardiovascular equipment free for members to use. This room is open anytime the center is open. Orientation will be held Tuesdays 11 a.m. to noon.

## Shuffleboard

Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. Shuffleboard will be held the first Thursday and third Wednesday at 2 p.m. **Advanced registration is appreciated.**

# Creative Programs

## Yarn Makers

Learn the joy of hand spinning from wool, alpaca, silk, bamboo and more on Tuesdays from 1-3 p.m. No experience necessary. 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. to Noon. For new carvers the fee is \$20. All levels of carvers welcomed.

## Sewing & Quilting

Sewing/Quilting meets Thursday afternoons from 1-3 p.m. Bring your own project and materials. Get help with problems or be inspired to try something new. US has 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.

## 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!

## Crafting Hands

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. You must register beginning February 3 at 8 a.m. Registration ends the Friday prior to class.**

## Ceramics

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



## Wood Turning

This new group will have its kick-off meeting on Thursday, February 6 at 10 a.m. If you currently are a wood turner and would like to meet with and share ideas with others, then this group is for you! If this is a skill you are interested in learning, these experienced turners can help you along your journey!

## Tatting

Tatting is a lace-like hand work of knotted loops of thread. It is not like knitting or crocheting. We have a small group creating delicate lace motifs using a shuttle or long needle. If you would like to learn to make these snowflake lace motifs, please join us. We are happy to help you learn this interesting craft.



# 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](mailto: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. Join us Mondays at 12:30 p.m. to play.

## 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 mornings from 8:30-11:30 a.m. or Thursday afternoons from 1:00-4:00 p.m.

## Ping Pong

Any time that we're open, you're welcome to enjoy the two tables placed alongside the walking track.

## Pool

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

## Mah Jongg

All players are invited to come and join Mah Jongg Open Play. Open play hours are 10:00 a.m. to 3:45 p.m. on Thursdays. Mah Jongg Lesson are offered by Connie Vandre. For information regarding times and dates of lessons, call Connie at 920-698-0708 or email her at [cjvandre@yahoo.com](mailto:cjvandre@yahoo.com).

## 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! We do have boards available if you are interested in playing.

February's **Cribbage Tournaments** will be Monday, February 3 & February 17 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.

February: *The Women* by Kristen Hannah

March: *The Book Woman of Troublesome Creek* by Kim Michele Richardson

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

## 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.

# Recreational/Social Programs

## Dining Out

February's Dining Out will be at Bourbon Street on Wednesday, February 19 at 5:00 p.m. Participation is limited to 30. **You must be a member** and advanced registration is required. 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. Advanced registration is appreciated, but not required.

## Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1-2 p.m. The facilitator is Pam Hertel, MS, LCSW, LPC. The group will be held in the Activity Room of Uptown Social. There is no fee for members. Pre-registration is not required.

## 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 Holler N Hills 5837 S. Business Drive in Sheboygan on February 13. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290. This group meets the second Thursday of every month.



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# Special Programs

## Smart Phone Basics

Wednesday, February 5 at 10:00 a.m.

Take your smartphone use to the next level. Learn to wrangle your apps, navigate your phone quickly, and mind your smartphone manners. Mead Public Library staff will be here to present.

## Pickleball Swing Analysis Workshop

Wednesday, February 12 at 10:00 a.m.

Dr. John Reitz has specific training in movement analysis and will be offering this workshop along with Dr. Cooper Mocarski of Better Life Chiropractic and Wellness. This small group workshop will cover a basic movement and swing analysis that will help to determine what may be holding you back on the pickleball court. In addition, the doctors will cover exercises that will help to keep you moving well to enjoy your time on the court for many years to come.

Space is limited to 15 participants per session, sign up now at the Uptown Social front desk.

## Beyond the Numbers: Understanding Cholesterol and Heart Health for a Vibrant You

Wednesday, February 12 at 11:00 a.m.

Join Dr. John and Dr. Cooper for an eye-opening exploration of heart health and cholesterol. This workshop goes beyond the numbers to reveal:

- The Heart of the Matter: Uncover the crucial role your heart plays in your overall health and well-being.
- Demystifying Cholesterol: Explore the different types of cholesterol and understand their true impact on your body.
- Inflammation: The Hidden Culprit: Learn how inflammation can affect your heart health and how you can manage it
- Cholesterol: Friend or Foe?: Debunk common misconceptions and discover the surprising role cholesterol plays in your body's healing process.

## Legal Consultations-Atty. Elizabeth Rich

Wednesday, February 12 & 26 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.



Remember!

Please register to attend the programs on this page.

# Special Programs cont.

## Will Your Taxes Affect Your Retirement? Wednesday, February 12 at 1:00 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.
- It's hosted by Cesar Lemus, CFP®, ChFC®, FIC.

## Resize Your Life (Even if You Don't Make a Move)

Wednesday, February 26 at 11:00 a.m.


What is resizing? Learn about timelines, practical tips, and varieties of resizing. Emily will be joined by a guest speaker who will explain one facet of resizing. FREE book for each attendee. Emily Matthews of ReMax Realty.

## Marilyn's Cooking Class: Gone Fishing Friday, February 28 at 11 a.m.

Marilyn's Cooking Class for February will take you fishing, as she and guest sous chef Rachel Kerlin prepare delectable delights from our lakes, oceans and Sweden! Members only event. Registration begins the first of the month.  
**Cost is \$8.**

*National*  
**COMFY DAY**  
*Thursday, February 20*

*Let's face it, we all have days we don't want to get out of those snuggly pj's or sweats. Let's celebrate National comfy day by wearing your comfy (but appropriate) clothes! If you want to bring your teddy bear, we won't judge!*



**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

**Remember!** Please register to attend the programs on this page.

# February

2025

Monday

Tuesday

Wednesday

Thursday

Friday

				1
3 Kugel w/Salad	4 <b>National Homemade Soup Day</b>	5 Creme Brulee French Toast w/Fruit	6 Salisbury Steak w/Potatoes	7
10 Broccoli & Cauliflower Soup w/Fruit	11 Meatloaf w/Potatoes	12 Liver & Onions w/Potatoes	13 <b>National Cheddar &amp; Tortellini Day</b>	14
17 Creamy Chicken Chili w/Salad	18 Smothered Pork Chops w/Potatoes	19 Italian Spaghetti & Meatballs w/Garlic Bread	20 Rachel Reuben Sandwich w/Fruit	21
24 Quesadillas w/Salad	25 <b>National Clam Chowder Day</b> w/Bread & Salad	26 Beef Lasagna & Garlic Bread	27 <b>National Chili Day</b> Chili & Hot Dogs	28



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 rrabe@carepatrol.com

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# February

2025

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3

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, Floral Watercolor  
Painting, **Cribbage  
Tournament**  
1:30 p.m. Chair Yoga  
6:00 p.m. **Open Ballroom  
Dance**

4

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  
2:00 P.M. Pickleball Lessons  
3:00 p.m. Ecstatic Dance

5

8:00 a.m. ABC Fitness,  
Pickleball Reservation  
9:00 a.m. Silver  
Sneakers BOOM Move  
10:00 a.m. Core, **Smart  
Phone Basics**  
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

6

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,  
Tatting**  
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. **Tech Help  
w/Renee**, Cornhole,  
Shuffleboard  
2:30 p.m. Uptown Singers

7

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, Pickleball  
Lessons  
12:00 p.m. Pickleball  
Lessons  
12:15 p.m. Ecstatic Dance

10

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, Floral Watercolor  
Painting  
1:30 p.m. Chair Yoga  
6:00 p.m. **Ballroom  
Dance Lessons-Cha Cha  
Lessons-Foxtrot**

11

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, Pickleball  
Reservations  
1:00 p.m. Bingo, Open  
Pickleball Beg & Adv  
Intermediate Painting,  
Yarn Makers, Wood  
Carving, Positive Aging  
1:30 p.m. Basketball  
2:00 p.m. Pickleball  
Lessons  
3:00 p.m. Ecstatic  
Dance

12

8:00 a.m. ABC Fitness,  
Pickleball Reservation  
9:00 a.m. Silver  
Sneakers BOOM Move  
10:00 a.m. Core,  
**Pickleball Swing Clinic**  
11:00 a.m. Yoga, **Beyond  
the Numbers:  
Understanding  
Cholesterol & Heart  
Health**  
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, Will  
Taxes Effect Your  
Retirement?**  
1:30 p.m. Square Dance,  
Basketball, Pickleball  
Open Play

13

8:00 a.m. Silver  
Sneakers Stability, **Fireside  
Trip**  
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, Tatting  
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**

14

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, Pickleball  
Lessons  
12:00 p.m. Pickleball  
Lessons  
12:15 p.m. Ecstatic Dance

# February

2025

## Monday

17

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  
11:30 a.m. Lunch  
12:00 p.m. **Election Set  
Up**  
12:30 p.m. Canasta  
1:00 p.m. Scrabble,  
Poker, **Cribbage  
Tournament**, Floral  
Watercolors,  
1:30 Chair Yoga  
6:00 p.m. **Ballroom  
Dance Lessons Cha Cha**  
7:00 p.m. **Ballroom  
Dance Lessons Foxtrot**

## Tuesday

18

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  
12:00 p.m. Kung Fu & Katas  
1:00 p.m. Bingo  
Intermediate Painting, Yarn  
Makers, Wood Carving  
3:00 p.m. Ecstatic Dance

## Wednesday

19

8:00 a.m. ABC Fitness,  
9:00 a.m. Silver  
Sneakers  
BOOM Move  
10:00 a.m. Core  
11:00 a.m. Yoga, **Cuba  
Pre-Trip Meeting**  
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  
2:00 p.m. Cornhole &  
Shuffleboard  
5:00 p.m. **Dining Out-  
Bourbon Street**

## Thursday

20

8:00 a.m. Silver Sneakers  
Stability, Pickleball  
Reservation  
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, Tatting  
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 & Kata,  
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

21

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,  
Pickleball Lessons  
12:00 p.m. Pickleball  
Lessons  
12:15 p.m. Ecstatic Dance

24

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  
1:30 Chair Yoga, Book Club  
6:00 p.m. **Ballroom Dance  
Lessons Cha Cha**  
7:00 p.m. **Ballroom Dance  
Lessons Foxtrot**

25

8:00 a.m. Silver Sneakers  
Stability  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance,  
Veteran Rendezvous,  
Ceramics, **Cuba Entry Form  
Assistance**  
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  
2:00 p.m. Pickleball Lessons  
3:00 p.m. Ecstatic Dance

26

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers  
BOOM Move  
10:00 a.m. Core  
11:00 a.m. Yoga,  
**Resize Your Life (Even If  
You Don't Make a Move)**  
11:30 a.m. Lunch, Pickleball  
Open Play  
12:00 p.m. Bridge  
12:15 p.m. Chair Yoga  
1:00 p.m. Dominoes,  
**Habitat Presentation, Legal  
Consultations**  
1:30 p.m. Square Dance,  
Basketball, Pickleball Open  
Play

27

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, Tatting  
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. Pickleball Open  
Play, Basketball

28

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,  
Pickleball Lessons  
**Marilyn's Cooking  
Class**  
12:00 p.m. Pickleball  
Lessons  
12:15 p.m. Ecstatic Dance

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- Any needed X-rays

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## Open DANCE

JAN. 6

FEB. 3

MAR. 3

APR. 7

MAY 5

6 - 8 PM

\$6 MEMBERS

\$10 GUESTS



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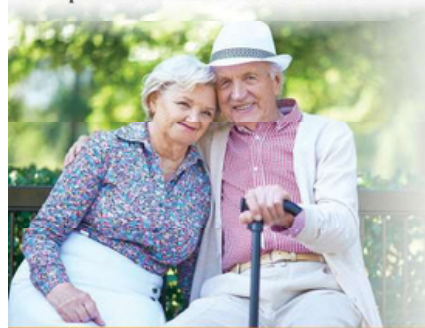
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# Travel with US



January 16–23, 2026

**Costa Rica**  
 Tour Dates: January 16<sup>th</sup> – 23<sup>rd</sup>, 2026




May 11–20, 2026

**Greece**  
 featuring Athens, Mykonos and Santorini  
 Tour Dates: May 11<sup>th</sup> – 20<sup>th</sup>, 2026




July 19–27, 2026

**Canadian Rockies and  
 Glacier National Park**  
 2026 Departure Dates: July 19<sup>th</sup> – 27<sup>th</sup>, 2026



Activity Level 3

**TRAVEL WITH US**

**TULIP FESTIVAL  
 IN HOLLAND,  
 MICHIGAN**

**MAY 6 - MAY 11, 2025**

6 Days / 5 Nights  
 12 Meals/Tips Included

**HIGHLIGHTS INCLUDE:**

- Windmill Island Gardens
- Guided Tour of Holland
- Tulip Immersion Garden
- Nelis' Dutch Village
- Holland Bowl Mill
- Mac Wood's Dune Ride
- Mission Point Light House
- Music House Museum

\$1,436 Double  
 \$1,776 Single  
 \$75 Deposit




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# Travel with US

*Uptown Social's 3rd Annual*

## THRIFT STORE SHOPPING TRIP

**WEDNESDAY, APRIL 30**

MEIJER'S PICK-UP 7:30 A.M.  
LUNCH AT CULVERS ON YOUR OWN  
RETURN 5:30 P.M.

Stores we will visit:

- St. Vincent De Paul 818 W Sunset Dr. Waukesha
- Waukesha Service Club Gift Club 144 S. West Ave. Unit A Waukesha
- Culver's 2600 N Grandview Blvd Waukesha
- Goodwill Store 2015 Meadow Lane Pewaukee
- Wooden Hanger Consignment 169 Main St. Pewaukee
- Design Xchange 175 Main St. Pewaukee
- St. Vincent De Paul 601 Ryan St. Pewaukee

Activity Level 4

## TRAVEL WITH US

### MOUNT RUSHMORE, THE BADLANDS & BLACK HILLS OF SOUTH DAKOTA

**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

Uptown Social  
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

## BREWER BUS TRIP

**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!

*The Church Basement Ladies in The Last (Potluck) Supper*

It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share hotdish, bars, and stories from the last 100 years. As the women work in the kitchen, shared memories burst into life through a series of flashbacks. Travel back to 1897 and meet Vivian's grandmother; see Karin as a newlywed cautiously navigating the politics of the kitchen; and be there in 1944 when Mavis first barreled her way through the door. The Centennial Celebration is bittersweet. Times are tough in this small farm community, and hard decisions will have to be made.

**The FireSide** \$155 Members \$165 Guests

**Thursday, June 5, 2025**

Depart Meijer's 8:15 a.m.  
Dine 11:15 a.m.  
Show begins 1:30 p.m.  
return 6:15 p.m.

Entree Choices:  
Braised Pork Belly  
Supreme Cut Chicken  
Thai Grilled Shrimp  
Vegetarian Cacciatore.

Call 920.459.3290 to reserve your spot today!



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