



Uptown Social

ENGAGE SHEBOYGAN

January 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

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Contact Staff

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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,

Happy New Year!

I just love January. While many might think the long month with short days, often cold, can be a slog to get through, I always see January as a fresh opportunity to set our intentions for the new year.

Many retirees set resolutions of some sort to begin in January. Some might decide to take their doctor's advice and find an exercise class to join, or set a goal to use the indoor walking track a certain number of times per week. Others might set a goal to meet some new people, find a new hobby, or even just get out of the house occasionally. Whatever it is you're looking to accomplish in the new year, we'd love to be a part of it.

For those of you who are regulars, I'm asking you now, please be patient and welcoming with the fresh influx of newcomers! Our team has definitely observed a wave of new

faces at Uptown Social in January each year, and I anticipate this 2025 will be no different. I'd like to thank you in advance for being welcoming and helping all the newcomers to become familiar with US.

In other news, as I write this, the final big piece of the gym is being installed: the glass windows! By January, we should FINALLY be up and running for pickleball and all other programs planned for that space. If you haven't yet signed up for a new program, I encourage you to check it out!

I also want to bring to your attention something new out front. Last month, Mary and Rob Grady designed and installed an incredible Free Little Art Gallery. A Free Little Art Gallery — "FLAG" for short — is like a Little Free Library, but for small artworks instead of books. If you see something in the gallery you like, take it home. Or create something you want to share, and leave it for someone else to take away and love. Have fun with it, and spread art!

And finally, please consider visiting Uptown Social on Friday, January 17th from 4:00-7:00PM for the Sheboygan Visual Artists Art Show Reception, kicking off their first show of 2025: Escape. The reception is a free, fun, engaging event to celebrate the local artists who contribute, many of whom are Uptown Social members! Artwork will be on display through February 21.

Happy New Year!
Emily



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. 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: Jean Pittner

Member of the Month - Congratulations Jean! You do such an amazing job in ABC Fitness. We are lucky to have you as a member here. Keep up the work!

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

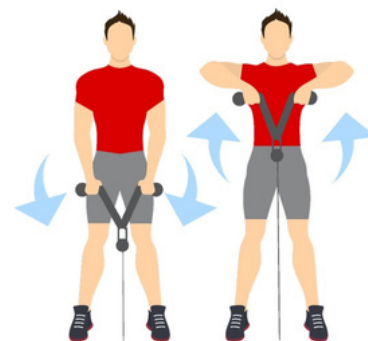
Workout Room Orientation

On Tuesdays and Thursdays from 11:30-am-12:30pm 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: Upright Rows.

This exercise is great for strengthening your shoulders. You can use do this exercise with dumbbells or a cable attachment.

1. To start, pick a weight you feel comfortable with. Something lighter to start may be a good idea
2. Have your arms long and in front of your body, palms facing you.
3. Slowly lift your arms, keeping your hands and weight close to your body. Once your hands are close to your armpits, slowly lower the weight back down.
4. You can repeat this 8-10 times for multiple sets.



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.

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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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BetterLifeCW.com

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 by Bruce Becker on Friday mornings at 10 and 11 a.m. for \$3.00 per session for Members. Each session is limited to 8 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

Pickleball Open Play is broken out into two categories: Advanced and Beginners. There are 8 people allowed to register per each 1 hour and 45 minute session. Cost is \$5 per session for Members. Payment is due at the time of reservation. You must bring your own paddles and balls. Open Play times are Tues. & Thurs. 1 p.m., Wed. Noon and Fri. 8 a.m. & Noon.

You must register in advance with the front desk.

Pickleball Court Reservation

Pickleball Court Reservations are currently for Members only at \$5 per person per session and are available daily.

Reservations are limited to four people per 55 minute session. Payment is due at the time of reservation. You must bring your own paddles and balls. **You must register in advance with the front desk with all players' names.**

Exercise Room

Includes strength and cardiovascular equipment free for members to use. This room is open anytime the center is open. Watch for more information on orientation sessions with Josh.



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 third Monday of the month at 2 p.m.

Advanced registration are appreciated.

Open Basketball

Start a pick up game or just practice shooting. Open basketball will be Mondays and Wednesdays at 11 a.m.

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 third Monday of the month at 2 p.m. **Advanced registration are appreciated**

Creative Programs

Yarn Makers

Learn the joy of hand spinning fiber with us on Tuesdays from 1:00-3:00 p.m. We create yarn from wool, alpaca, silk, bamboo and any other fibers into simple yarn or designer yarns. No experience necessary. We learn together and have fun working with spinning wheels or drop spindles.

Wood Carving

This is an open carve group with experts available for pointers and assistance. An apron is recommended to bring 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. Experienced carvers are welcome to join as well.

Sewing & Quilting

Sewing/Quilting meets Thursday afternoons from 1:00-3:00 p.m. in the Creative Studio. Bring your own project and materials. Get help with problems or be inspired to try something new. US has 4 sewing machines for you to use or bring your own machine.

Photography

Photography will be the 4th Tuesday of the month at 1:00pm and will meet in the break room. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

Crafting Hands

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current project. Help is always available from our Crafting Hands participants.

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 enjoy time with others and create some beautiful cards. **Cost is \$2 for materials payable to instructor. Limit 16 attendees. You must call the front desk to register. Registrations start the first of the month and end the Friday prior to class.**

Intermediate Painting

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

Ceramics

Come and try out ceramics class. Supplies and materials provided. This class will be held on Tuesdays from 9 a.m. to noon.

Intermediate Floral Watercolor Class

We invite you to join us for an 8 week watercolor class series. This class is intended for beginners, so we will be learning about color theory, value, supplies and more- then we will apply that knowledge to floral watercolor paintings. All professional supplies will be provided. Mondays from 1:00-3:00 p.m. Limit 12 people for this and cost is \$5/session for members and \$6/session for non-members. **Register at the front desk.**



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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. 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.

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.

January's **Cribbage Tournaments** will be Monday, January 6 & January 20 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.

January: *The Berry Pickers* by Amanda Peters
February: *The Women* by Kristen Hannah

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

January's Dining Out will be at Rupp's Downtown on Wednesday, January 22 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. As this is a new group, we will start with a few two and three-part pieces to see how we do. Uptown Singers will be led by Director Emily Rendall-Araujo, who moonlights as a professional musician when she's not overseeing Uptown Social. 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 Shuff's Last Resort located at 4136 WI-42 in Sheboygan on January 9. 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

Pickleball Swing Analysis Workshop Wednesday, January 8 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 UptownSocial front desk.

Ditch the Diet, Embrace the Lifestyle Wednesday, January 8 at 11:00 a.m.

Nutrition fads are not effective, instead we need to learn how to embrace a healthy lifestyle. This workshop with Dr. John Reitz and Dr. Cooper Mocarski of Better Life Chiropractic and Wellness focuses on building a healthy eating lifestyle for a happier, healthier you.

- The Power of Sustainable Nutrition
- Nourishment, Not Restriction
- Building a Better Plate
- Nutrition for Your Life

Tough on Crime-Chief Domagalski Wednesday, January 8 at 1:00 p.m.

Hear from Police Chief Domagalski on how our City Police Department continues their vigilant fight against crime and tirelessly continue to keep us safe.

Where's the Fire? Chief Montellano Wednesday, January 15 at 1:00 p.m.

Hear from Chief Montellano of the Sheboygan Fire Department. He will provide an update on the new fire station, the current state of the fire department and answer your questions.

Live Music with Jon Doll & January Potluck Friday, January 17 at 11:00 a.m.

Nothing warms the soul more than comfort foods of a potluck on a cold January day! Enjoy the music of recording artist Jon Doll, our very own Tai Chi and Kung Fu instructor!

Mayflower Travel Show Tuesday, January 21 at 1:00 p.m.

Where is Uptown traveling to in 2026? Join Judy O'Brien of Mayflower Cruises & Tours. for an in depth look at our 2026 destinations of Greece, Costa Rica and Glacier National Park and the Canadian Rockies.



TECHNOLOGY HELP

with, Renee Lars & Mead Public Library

January 2 from 2 - 3 p.m.
January 6 from Noon- 3 p.m.
January 16 from 2 - 3 p.m.
January 20 from Noon - 3 p.m.

Make your appointment with the Front Desk

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Artificial Intelligence (AI) w/Mead Public Library

Wednesday, January 22 at 11:00 a.m.

Learn about AI, image generators and chatbots - including practical uses and dangers - along with ways to identify AI-generated stories and images.

Savory & Smart: Sweet Connections Sponsored by Sartori Cheese

Wednesday, January 22 at 1:00 p.m.

This class explores making healthier choices during social situations, like dining out or on-the-go. Enjoy healthy treat recipes and meaningful connections with others.

Objectives:

1. Getting to know your neighbor (in the room)
2. Share nutrition tips when dining out or traveling
3. Provide recipes for easy to make healthy treats that require no baking
4. Provide tips and tricks to increase connectedness

Basic Plumbing with Habitat for Humanity

Wednesday, January 29 at 1:00 p.m.

This drips, leaks, and clogs presentation will focus on remedies for normal household plumbing issues including:

- best practices
- maintenance
- remedies/repairs
- faucets
- drains
- toilets
- sewer back-ups
- when to call a plumber.

Marilyn's Cooking Class: Indian Cuisine Friday, January 31 at 11 a.m.

Marilyn's Cooking Class for January will feature Jesse Warascis. Jesse and Marilyn will be preparing Indian cuisine from the Punjab region of Northern India. Members only event. Registration begins the first of the month (January 2).



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



Let's Brainstorm!
If you have educational programming ideas, please share them with us!

Remember!

Please register to attend the programs on this page.

January

2025

Monday

Tuesday

Wednesday

Thursday

Friday

		1 CLOSED FOR NEW YEAR'S DAY	2 Smothered Pork Chops w/Potatoes	3
6 Potato Sausage Soup w/Fruit	7 Chicken Fajitas w/Sides	8 Tuscan Chicken Pasta w/Salad	9 Sloppy Joes w/Potato Salad	10
13 Chicken Alfredo w/Soup	14 Fancy Grilled Cheese w/Tomato Soup	15 Liver & Onions w/Potatoes	16 Scalloped Potatoes & Ham & Hearty Bread	17
20 Split Pea & Ham Soup w/Salad	21 Italian Spaghetti & Meatballs w/Garlic Bread	22 Pulled Pork Sandwich w/Salad	23 Chicken Stir Fry	24
27 Veggie Casserole w/Fruit	28 Veggie Lasagna & Garlic Bread	29 Chicken Tortilla Soup w/Salad	30 Hot Beef Sandwich w/Salad	31



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January

2025

Monday

Tuesday

Wednesday

Thursday

Friday

1

**CLOSED
FOR NEW
YEAR'S DAY**

**HAPPY
NEW YEAR**

2

8:00 a.m. Silver Sneakers Stability, Pickleball Reservation
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
11:00 a.m. Tai Chi for Beginners, Pickleball Reservation
11:30 a.m. Lunch & Adv. Tai Chi Workout Room Orientation
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Open Pickleball Beg. & Adv.
2:00 p.m. **Tech Help w/Renee**
2:30 p.m. Uptown Singers
3:00 Pickleball Reservation

3

8:00 a.m. ABC Fitness, Open Pickleball Beg & Adv
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, Pickleball Reservation
11:00 a.m. Gentle Yoga w/Kathy, Pickleball Reservation
12:00 p.m. Open Pickleball Beg & Adv
12:15 p.m. Ecstatic Dance

6

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core, Pickleball Reservation,
11:00 a.m. Yoga, Basketball, Pickleball Reservation
11:30 a.m. Lunch
12:00 p.m. Pickleball Reservation, **Tech Help w/Lars**
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This is a Paintbrush, Cribbage Tournament
1:30 p.m. Chair Yoga
6:00 p.m. **Open Ballroom Dance**

7

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

8

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, **Ditch the Diet, Embrace the Lifestyle**, Basketball
11:30 a.m. Lunch
12:00 p.m. Bridge, Open Pickleball Beg & Adv
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Tough on Crime, Police Chief Domagalski**
1:30 p.m. Square Dance
2:00 p.m. Pickleball Reservation
3:00 p.m. Pickleball Reservation

9

8:00 a.m. Silver Sneakers Stability, Pickleball Reservation
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
9:30 a.m. **Lion King**
10:00 a.m. Silver Sneakers Classic
Wood Carving, Mah Jongg
11:00 a.m. Tai Chi for Beginners
Pickleball Reservation
11:30 a.m. Lunch & Adv. Tai Chi, Workout Room Orientation
12:00 p.m. Kung Fu & Katas, Pickleball Reservation
1:00 p.m. Sewing & Quilting, Sheepshead, Open Pickleball Beg & Adv
3:00 p.m. Pickleball Reservation
5:00 p.m. **No One Dines Alone**

10

8:00 a.m. ABC Fitness, Open Pickleball Adv & Beg
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, Pickleball Reservation, Pickleball Lessons
11:00 a.m. Gentle Yoga w/Kathy, Pickleball Reservation, Pickleball Lessons
12:00 p.m. Open Pickleball Adv & Beg
12:15 p.m. Ecstatic Dance

January

2025

Monday

Tuesday

Wednesday

Thursday

Friday

13

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers
BOOM Move, Crafting
Hands
10:00 a.m. Core,
Pickleball Reservation
11:00 a.m. Yoga,
Basketball, Pickleball
Reservation
11:30 a.m. Lunch
12:00 p.m. Pickleball
Reservation
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker
1:30 Chair Yoga
6:00 p.m. **Ballroom
Dance Lessons Cha Cha**
7:00 p.m. **Ballroom
Dance Lessons Foxtrot**

14

8:00 a.m. Silver
Sneakers Stability, Pickleball
Reservation
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, **Blood Pressure
Screenings**, Pickleball
Reservation
11:30 a.m. Lunch & Adv.
Tai Chi, Workout Room
Orientation
12:00 p.m. Kung Fu &
Katas, Pickleball Reservation
1:00 p.m. Bingo, Open
Pickleball Beg & Adv
Intermediate Painting,
Yarn Makers, Wood
Carving, **Positive Aging**
3:00 p.m. Ecstatic Dance,
Pickleball Reservation

15

8:00 a.m. ABC Fitness,
Pickleball Reservation
9:00 a.m. Silver Sneakers
BOOM Move
10:00 a.m. Core, **Red Cross
Blood Drive**
11:00 a.m. Yoga,
11:30 a.m. Lunch
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
**Where's the Fire-Fire Chief
Montellano**
1:30 p.m. Square Dance

16

8:00 a.m. Silver Sneakers Stability,
Pickleball Reservation
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
11:00 a.m. Tai Chi for Beginners,
Pickleball Reservation
11:30 a.m. Lunch & Adv. Tai Chi,
Workout Room Orientation
12:00 p.m. Kung Fu & Kata,
Pickleball Reservations
1:00 p.m. Sewing & Quilting,
Sheepshead, Greeting Cards, Open
Pickleball Beg & Adv
2:00 p.m. **Tech Help with
Mead Public Library**
2:30 p.m. Uptown Singers
3:00 p.m. Pickleball Reservation

17

8:00 a.m. ABC Fitness,
Open Pickleball Beg &
Adv
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core,
Pickleball Reservation,
Pickleball Lessons
11:00 a.m. Gentle
Yoga w/Kathy,
Pickleball Reservation,
Pickleball Lessons,
**Live Music with Jon
Doll & January Potluck**
12:00 p.m. Open
Pickleball Beg & Adv
12:15 p.m. Ecstatic Dance

20

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers
BOOM Move, Crafting
Hands
10:00 a.m. Core,
Pickleball Reservation
11:00 a.m. Yoga,
Basketball, Pickleball
Reservation
11:30 a.m. Lunch
12:00 p.m. Pickleball
Reservation, **Tech Help
w/Lars**
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, **Cribbage
Tournament**,
**Intermediate Floral
Watercolors**
1:30 Chair Yoga
2:00 p.m. Cornhole,
Shuffleboard
6:00 p.m. **Ballroom Dance
Lessons Cha Cha**
7:00 p.m. **Ballroom Dance
Lessons Foxtrot**

21

8:00 a.m. Silver
Sneakers Stability, Pickleball
Reservation
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, Pickleball
Reservation
11:30 a.m. Lunch & Adv.
Tai Chi, Workout Room
Orientation
12:00 p.m. Kung Fu &
Katas, Pickleball Reservation
1:00 p.m. Bingo,
Intermediate Painting,
Yarn Makers, Wood
Carving, **Mayflower Travel
Show**
3:00 p.m. Ecstatic Dance,
Pickleball Reservation

22

8:00 a.m. ABC Fitness,
Pickleball Reservation
9:00 a.m. Silver Sneakers
BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, Basketball,
AI w/Mead Public Library
11:30 a.m. Lunch
12:00 p.m. Bridge, Open
Pickleball Beg & Adv
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Savory
& Smart A Nutrition Series**
1:30 p.m. Square Dance
2:00 p.m. Pickleball
Reservation
3:00 p.m. Pickleball
Reservation
5:00 p.m. **Dining Out-Rupps**

23

8:00 a.m. Silver Sneakers
Stability, Pickleball
Reservation
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
11:00 a.m. Tai Chi for
Beginners, Pickleball
Reservation
11:30 a.m. Lunch & Adv. Tai
Chi, Workout Room
Orientation
12:00 p.m. Kung Fu & Kata,
Pickleball Reservations
1:00 p.m. Sewing &
Quilting, Sheepshead,
Greeting Cards, Open
Pickleball Beg & Adv
3:00 p.m. Pickleball
Reservation

24

8:00 a.m. ABC Fitness,
Open Pickleball Beg &
Adv
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core,
Pickleball Reservation,
Pickleball Lessons
11:00 a.m. Gentle
Yoga w/Kathy,
Pickleball Reservation,
Pickleball Lessons,
12:00 p.m. Open
Pickleball Beg & Adv
12:15 p.m. Ecstatic Dance

January

2025

Monday

27

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers
BOOM Move, Crafting
Hands
10:00 a.m. Core, Pickleball
Reservation
11:00 a.m. Yoga,
Basketball, Pickleball
Reservation
11:30 a.m. Lunch
12:00 p.m. Pickleball
Reservation
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, **Intermediate Flora
Watercolors**
1:30 Chair Yoga, Book Club
6:00 p.m. **Ballroom Dance
Lessons Cha Cha**
7:00 p.m. **Ballroom Dance
Lessons Foxtrot**

Tuesday

28

8:00 a.m. Silver
Sneakers Stability, Pickleball
Reservation
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, Pickleball
Reservation
11:30 a.m. Lunch & Adv.
Tai Chi, Workout Room
Orientation
12:00 p.m. Kung Fu &
Katas, Pickleball Reservation
1:00 p.m. Bingo,
Intermediate Painting,
Yarn Makers, Wood
Carving, Open Pickleball Beg &
Adv, Photography
3:00 p.m. Ecstatic Dance,
Pickleball Reservation

Wednesday

29

8:00 a.m. ABC Fitness,
Pickleball Reservation
9:00 a.m. SilverSneakers
BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, Basketball,
11:30 a.m. Lunch
12:00 p.m. Bridge, Open
Pickleball Beg & Adv
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Basic
Plumbing w/Habitat for
Humanity**
1:30 p.m. Square Dance
2:00 p.m. Pickleball
Reservation
3:00 p.m. Pickleball
Reservation

Thursday

30

8:00 a.m. Silver Sneakers
Stability, Pickleball
Reservation
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
11:00 a.m. Tai Chi for
Beginners, Pickleball
Reservation
11:30 a.m. Lunch & Adv. Tai
Chi, Workout Room
Orientation
12:00 p.m. Kung Fu & Kata,
Pickleball Reservations
1:00 p.m. Sewing & Quilting,
Sheepshead, Open Pickleball
Beg & Adv
2:30 p.m. Uptown Singers
3:00 p.m. Pickleball
Reservation

Friday

31

8:00 a.m. ABC Fitness,
Open Pickleball Beg &
Adv
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core,
Pickleball Reservation,
Pickleball Lessons
11:00 a.m. Gentle
Yoga w/Kathy,
Pickleball Reservation,
Pickleball Lessons,
Marilyn's Cooking
Class-Indian Cuisine
12:00 p.m. Open
Pickleball Beg & Adv
12:15 p.m. Ecstatic Dance

GET YOUR DANCING SHOES ON
Ballroom Dance Lessons

**Beginner & Intermediate
International Cha Cha**

6:00 P.M.
JANUARY 13, JANUARY 20,
JANUARY 27, FEBRUARY 10,
FEBRUARY 17, FEBRUARY 24

**Beginner & Intermediate
Smooth Foxtrot**

7:00 P.M.
JANUARY 13, JANUARY 20,
JANUARY 27, FEBRUARY 10,
FEBRUARY 17, FEBRUARY 24

Cost \$45 payable to the instructors.
Please register by calling 920.459.3290



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Travel with US

Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

PLEASE JOIN US FOR A TRAVEL SHOW
on Tuesday, January 21st at 1:00 p.m.
to learn more about 2026 Trips:

CANADIAN ROCKIES AND GLACIER NATIONAL PARK
Tour Dates: July 19th - 27th, 2026

COSTA RICA
Tour Dates: January 16th - 23rd, 2026

GREECE
Tour Dates: May 1st - 20, 2026

PLEASE R.S.V.P. TO RESERVE YOUR SEAT
Uptown Social
920-459-3290
Uptownsocal@sheboyganwi.gov
Travel show savings! Bring copies of Passports.

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.

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

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

Visit uptownsocal.org for more information.

Travel with US



IN HONOR OF ELVIS' 90TH BIRTHDAY, THE FIRESIDE AND LEGENDS IN CONCERT KICK OFF THE 2025 SEASON WITH JUMPSUITS, BLACK LEATHER, SWIVELING HIPS, AND LEG-SHAKING, PRESENTING THEIR NEWEST RETROSPECTIVE OF ELVIS' LIFE IN MUSIC TOLD THROUGH THE EYES OF THE WORLD'S BEST TRIBUTE ARTISTS AND A LIVE FOUR-PIECE BAND.

THURSDAY, FEBRUARY 13, 2025



\$155 MEMBERS \$165 GUESTS

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:
GRILLED PORK RIBEYE
RAINBOW TROUT
SLICED ROAST BEEF TENDERLOIN
VEGETARIAN PESTO ORECCHITTI

CALL 920.459.3290 TO RESERVE YOUR SPOT TODAY!

ONEIDA CASINO TRIP

MARCH 19, 2025

PLEASE BRING VALID ID ON THE TRIP IN ORDER TO RECEIVE \$10 VOUCHER TOWARDS BINGO OR SLOTS PLAY

MEIJER PICK UP - 7:30 AM
ONEIDA - 8:30 AM

LUNCH ON YOUR OWN IN THE CASINO

DEPART- 3:00PM

MEMBER \$60
GUEST \$70

REGISTER WITH UPTOWN SOCIAL AT 920-459-3290

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!

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.

\$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!



Uptown Social

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