



Uptown Social

# ENGAGE SHEBOYGAN

July 2025



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

FRIDAY 7:30 AM TO 12:00 PM

1817 N. 8TH STREET  
SHEBOYGAN, WI 53081  
[www.uptownsocial.org](http://www.uptownsocial.org)

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

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## Contact Staff

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

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,

Did you know that roughly two thirds of our 1850+ members are participating at Uptown Social through a Medicare reimbursement program like Silver Sneakers, Renew Active/One Pass, or Silver & Fit? For those who are participating through these programs, the way Uptown Social brings in fees is very different.

Reimbursement program members do not pay the annual membership fee (\$40-\$45) and do not pay for fitness classes (\$2 each). Instead, once a month, I send in a report to each program detailing each member check in. For each day that a member visits, we will get a payment of roughly \$2-\$2.50, with a monthly maximum of 10 days per person (\$20-\$25). As you can understand, the more often members come, the more funding is given to Uptown Social, at no extra cost to the members!

The big challenge here though is, we only get paid if folks check in. I know our volunteers and staff can seem a little over-

zealous sometimes regarding check-ins, but it's because it's so important to our sustainability and growth!

To better incentivize regular check-ins, we're starting a new contest. Each month, the individual with the most check-ins will receive a certificate for one free lunch. Additionally, we will have a raffle for another free meal, but this time, each check in is an entry. Check in twice in July? That's two entries. Check in twenty times? You get the idea.

Thank you for this simple way that you can give back to Uptown Social!  
- Emily

## A Note from the Friends

With so many new members at Uptown Social recently, we want to make sure you know about the Friends of Uptown Social. The Friends of Uptown Social is a 501(c)3 nonprofit organization that supports Uptown Social through advocacy, volunteerism, and funding. In the past, the Friends have funded initiatives such as staff positions and major capital projects, including the café at the former Senior Activity Center and, most recently, the furniture at Uptown Social, along with about 50% of the gymnasium and exercise room. Our volunteer board of directors, composed of diverse community members, meets monthly to strategize ways to enhance Uptown Social. When you donate to the Friends, you're making a direct impact on the ongoing operations and long-term improvements at Uptown Social.

- Rich Miesfeld, Friends Board President

# 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: Elizabeth Rich

**Member of the Month** - Congratulations Elizabeth! You do such a great job in every class you attend. Thank you for all the work you put into Uptown Social.

*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: Shoulder Press

Back to the basics! This exercise is a great way to strengthen your shoulders. Make sure you have a good weight for dumbbells. Starting off with a light set of weights may be a good idea.

1. Start with your hands by your shoulders and keep your core tight.
2. Press the weight overhead until your arms are extended, slowly lower the weight back down to the starting position.
3. Three sets of 8 reps is a good starting point. If you want to progress you can add additional sets or reps.



## Workout Room Orientation

On Tuesdays from 11:30 a.m. - 12:30 p.m. or by appointment by calling 920-459-3282. 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.



# Fitness Programs cont.

## Yoga with MaryAnn Dolson

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

## Chair Yoga-Sponsored by Sheboygan Senior Community

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

## Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Tuesday from 3:00 - 3:45 p.m. and Thursdays 1 - 2 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 9-9:45 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 9-9:45 a.m.

## 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 10-10:45am. 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 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 8-8:45 a.m.



# 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 a.m. - 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 10-10:45 a.m.

## Silver Sneakers Stability

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

## Basketball

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



## Kung Fu Forms & Katas

This class consists of teaching forms used in the two styles of martial arts, Moh Pai Kempo and Pai Huh Shih Kung Fu. Jon Doll has been training and instructing for over 25 years. Cost is \$1.00 for Members and \$1.50 for 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.  
**Tu/Wed/Th** 11:30 a.m. - 1:30 p.m.  
1:30 p.m. - 3:30 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 1-3 p.m. We learn together and have fun working with spinning wheels or drop spindles.

## Wood Carving

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

## Sewing & Quilting

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

## Photography

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

## Golden Chordaliers

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

## Crafting Hands

*Sponsored by: G. Olivia Anderson Trust*

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

## Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1 p.m. to create beautiful cards. **You must be a member to attend.** Cost is \$2 payable to instructor. Limit 16 attendees. Registration begins July 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 first Thursday from 10 a.m. to noon.

## Intermediate Painting

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

## 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 a.m. to noon.





# 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. 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 p.m.

## Sheepshead

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

## 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](mailto:cjvandre@yahoo.com).

## Pool

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

## Puzzles

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

## Cribbage

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

## Book Club

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

**July 28:** *Killers of a Certain Age* by Deanna Raybourn

**August 25-** *The Perfect Couple* by Elin Hilderbrand

**September 22** - *Winter Sisters* by Robin Olivera

**October 27** - *The First Ladies* by Marie Benedict and Victoria Christopher Murray

## Ping Pong

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

# Recreational/Social Programs

## Dining Out

July's Dining Out will be at Blanck's Supper Club in Malone on Wednesday, July 16 at 5:00 p.m. Participation is limited to 30. **You must be a member.** Contact the front desk the first of the month or after to sign up!

## Movies

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

## 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 Millhome Supper Club on Thursday, July 10. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290.

## Shuffleboard

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

## Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1-2 p.m. **Positive Aging will be taking a break for summer and resume in September.**

## 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. **Uptown Singers will be taking a break for summer and resume in September.**



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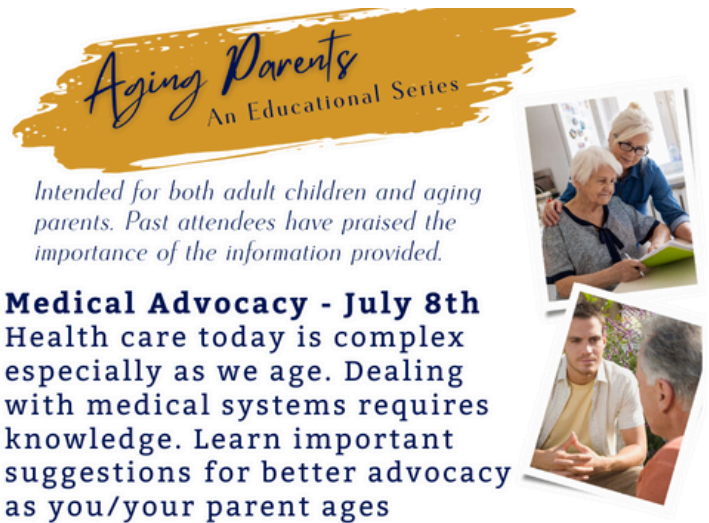
# Special Programs



**TECHNOLOGY HELP with Lars**

May 19 from Noon - 3:30 p.m.  
 June 2 from Noon - 3:30 p.m.  
 June 9 from Noon - 3:30 p.m.  
 June 23 from Noon - 3:30 p.m.  
 July 7 from Noon - 3:30 p.m.  
 July 14 from Noon - 3:30 p.m.

Make your appointment with the Front Desk



*Aging Parents*  
An Educational Series

Intended for both adult children and aging parents. Past attendees have praised the importance of the information provided.

**Medical Advocacy - July 8th**  
 Health care today is complex especially as we age. Dealing with medical systems requires knowledge. Learn important suggestions for better advocacy as you/your parent ages

Each session is 5:15pm - 6:15pm and is hosted in partnership with

UpTown Social 1817 N. 8th St.  
 Sheboygan RSVPs appreciated but not required  
 (920) 459-3290



Mary is a Master Level Social Worker and a Certified Care Manager. She has worked with the aging population for nearly 30 years, the last 17 as owner of Embrace. Mary is Co-Founder of the nonprofit Dementia Innovations. She has presented at many venues including the Alzheimer's Associations' Annual Conference and local colleges including being an Adjunct Professor at UW- Milwaukee



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**UPCOMING EVENTS**

Remember!

Please register to attend the programs on this page.



# Special Programs cont.

## Legal Consultations-Atty. Elizabeth Rich Wednesdays, July 9 & 23 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.

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

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

### Branch Finders

## JULY 24

### 2 PM TO 4 PM

Have you ever wondered when your family first arrived in Sheboygan County? Perhaps you knew your great-grandmother to always be known simply as "Grandma Betty" but have no idea what her maiden name is or anything about her branch in your family tree. Let Branch Finders with Sheboygan County Historical Research Center help answer those lingering questions for you. With our massive collections and determined staff we feel certain we'll be able to help fill in the pieces to the puzzle. Keep an eye out for the sign-up sheet to reserve a time to meet with our researchers.

**Reserve your 15-minute spot today! Sign up with the Uptown Social front desk.**

*Sheboygan County Historical Research Center, a nonprofit organization, is waiving its research fees for this event. Let Branch Finders help research your most pertinent family history question you've often wondered about.*



SHEBOYGAN COUNTY  
HISTORICAL  
RESEARCH  
CENTER

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

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Remember!

Please register to attend the programs on this page.

# Special Programs cont.

PLEASE JOIN US FOR OUR

## GARDEN PARTY FUNDRAISER

thrivent

Explore the Terrace and Garden: Witness the beauty of our garden and terrace in full bloom as created by the Uptown Social Garden Club.

Enjoy a Fun Luncheon with hot dogs, beans, coleslaw, & chips, then finished off with your choice of a blonde or brownie sundae all for only \$8.00 per person.

Take part in one of our contests or just be a judge

### Silly Hat Contest

Wear your most whimsical hat and compete for laughs and prizes.

### Pretty Garden Party Hat Contest

Show off your elegantly festive garden party hat.

### Walking-Cane Contest

Decorate or just show off your favorite walking cane.

**START AT 11:00 AM TUESDAY, JULY 15**  
**Register to attend by calling 920.459.3290**

**MONDAY, JULY 21**

## SUMMER COOKOUT



**JOIN US FOR BRATS, BURGERS AND POTATO SALAD**  
**11:30 A.M. - 12:30 P.M.**

**RESERVE YOUR SPOT BY CALLING 920.459.3290**

## NATIONAL MAC & CHEESE DAY



**MONDAY, JULY 14**

Enjoy our Mac & Cheese Bar! Lunch begins at 11:30 a.m.  
 \$8 Members \$11 Guests  
 Please reserve you spot by calling 920.459.3290

## NATIONAL LASAGNA DAY

**TUESDAY, JULY 29**  
**11:30 A.M. - 12:30 P.M.**



Your choice of veggie or beef.  
 Call 920.459.3290 to reserve your spot!

**Emily Matthews, RN**  
 920-286-0570  
[ematthews@remax.net](mailto:ematthews@remax.net)  
[www.emilymatthewsREagent.com](http://www.emilymatthewsREagent.com)  
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# Volunteer of the Month

Terri Sterzen is at Uptown Social, just about every day. She participates in numerous classes, plays mah jongg, volunteers at the Front Desk, leads Line Dancing Class, helps at every event, bakes for every bake sale (her spritz cookies are divine) and proofreads our newsletter every month with her son Andy!

She always greets you with a smile and jumps in wherever there is a need with her glowing positivity never ceasing! She also adds fun to every staff birthday or special day we have here at our center. It is a true treasure to have someone so committed to lifting others up and being a true servant leader!

Terri loves her time she spends here. "I love it here. This is my happy place!"



## 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](mailto:jane.brill@sheboyganwi.gov) or call her at 920.226.3523. You can also pick up a volunteer application at the Front Desk.



# July

# 2025

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Tuscan Chicken Pasta w/Salad	2 Chicken Caesar Salad w/Fruit	3 Fancy Grilled Cheese w/Fruit	4
7 Salisbury Steak, Potatoes & Green Beans	8 Tacos w/Sides	9 Liver & Onions w/Potatoes	10 Tortellini Pasta Salad	11
14 <b>NATIONAL MAC &amp; CHEESE DAY</b> Mac & Cheese Bar	15 <b>GARDEN PARTY</b> Hot Dogs, Beans, Coleslaw, Chips, Sundaes	16 BLT Sandwich w/Salad	17 Mississippi Pot Roast w/Potatoes & Carrots	18
21 <b>SUMMER COOKOUT</b> Brats, Burgers & Potato Salad	22 Chicken Fajitas w/Sides	23 Club Sandwich w/Salad	24 Meatloaf & Potatoes	25
28 Smothered Chicken w/Potatoes & Vegetable	29 <b>NATIONAL LASAGNA DAY</b> Veggie or Beef Lasagna w/Salad	30 Salad Bar	31 Sloppy Joes & Potato Salad	

## Goodbye Neuropathy! Hello Good Life!



ONLY  
**\$67\***

- Consultation
- Examination
- Any needed X-rays

Offer Ends July 21, 2025

\*To be paid at time of service.



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Federal and Medicare Restrictions May Apply

# July

## 2025

Monday

Tuesday

Wednesday

Thursday

Friday

1

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, Fitness Room Orientation  
12:00 p.m. Kung Fu & Katas  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving  
1:30 p.m. Social Pickleball  
3:00 p.m. Ecstatic Dance

2

8:00 a.m. ABC Fitness, Sheepshead  
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, This Is a Paintbrush-Watercolor  
1:30 p.m. Square Dance, Basketball, Social Pickleball

3

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

4

**CLOSED IN  
OBSERVANCE  
OF  
INDEPENDENCE  
DAY**

7

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

8

8:00 a.m. Silver Sneakers Stability  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics  
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1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving  
1:30 p.m. Social Pickleball, Basketball  
3:00 p.m. Ecstatic Dance  
5:15 p.m. **Medical Advocacy**

9

8:00 a.m. ABC Fitness, Sheepshead  
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, **Legal Consultations**  
**Atty. Elizabeth Rich**, This Is a Paintbrush-Watercolor  
1:30 p.m. Square Dance, Basketball, Social Pickleball

10

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

11

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-**Cancelled**



# July

## 2025

Monday

Tuesday

Wednesday

Thursday

Friday

14

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  
11:00 a.m. Yoga, Social Pickleball  
11:30 a.m. Lunch  
12:00 p.m. **Tech Help with Lars**  
12:15 p.m. Chair Yoga  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker, Movie-**The Boys in the Boat**

15

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

16

8:00 a.m. ABC Fitness, Sheepshead  
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, This Is a Paintbrush-Watercolor  
1:30 p.m. Square Dance, Basketball  
2:00 p.m. Shuffleboard  
5:00 **Dining Out-Blanck's Supper Club -Malone**

17

8:00 a.m. Silver Sneakers Stability  
8:30 a.m. Sheepshead, Foot Care Clinic  
9:00 a.m. Line Dance  
9:25 a.m. **Meditation for Beginners-Cancelled**  
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg  
11:00 a.m. Tai Chi for Beginners  
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball  
12:00 p.m. Kung Fu & Katas  
1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards, Ecstatic Dance  
1:30 p.m. Basketball, Social Pickleball

18

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

21

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  
11:00 a.m. Yoga, Basketball, 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**

22

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

23

8:00 a.m. ABC Fitness, Sheepshead  
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, **Legal Consultations w/Elizabeth Rich, Low Vision Support Group**  
1:30 p.m. Square Dance, Social Pickleball, Basketball

24

8:00 a.m. Silver Sneakers Stability  
8:30 a.m. Sheepshead, Foot Care Clinic  
9:00 a.m. Line Dance  
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg  
11:00 a.m. Tai Chi for Beginners  
11:30 a.m. Lunch, Adv. Tai Chi  
12:00 p.m. Kung Fu & Katas  
1:00 p.m. Sewing & Quilting, Sheepshead, Ecstatic Dance  
1:30 p.m. Basketball, Social Pickleball  
2:00 p.m. **Sheboygan County Historical Research Center**

25

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move, **Open Air Club-Sloppy Joes-Hubertus**  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga w/Kathy

16



# July

# 2025

## Monday

28

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  
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 Book Club

## Tuesday

29

8:00 a.m. Silver  
Sneakers Stability  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance,  
Veteran Rendezvous,  
Ceramics  
10:00 a.m. Silver  
Sneakers Classic  
11:00 a.m. Tai Chi for  
Beginners  
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  
1:30 p.m. Social Pickleball,  
Basketball  
3:00 p.m. Ecstatic Dance

## Wednesday

30

8:00 a.m. ABC Fitness,  
Sheepshead  
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, This Is  
a Paintbrush-Watercolor  
1:30 p.m. Square Dance,  
Basketball, Social Pickleball

## Thursday

31

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, Mah Jongg,  
Wood Turning, Wood Carving  
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,  
Ecstatic Dance, Sheepshead  
1:30 p.m. Basketball, Social  
Pickleball

## Friday

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