



Uptown Social

# ENGAGE SHEBOYGAN

June 2025



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

FRIDAY 7:30 AM TO 12:00 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	4-6
Creative Programs	7
Recreational & Social Programs	8-9
Special Programs	10-11
Volunteer of the Month	12
Cafe Menu	13
June Activities	14-16
Travel Programs	18

## 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

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 Friends,

Last month, we held our first annual Town Hall Meeting. The bulk of the meeting was spent discussing suggestions we've received and how we are responding to them, along with some high level responses from our annual survey. If you weren't able to attend, I'd like to share some of the highlights with you here.

Some rapid fire statistics:

- Approximately 1850 Members,  $\frac{2}{3}$  of which are Silver Sneakers, Renew Active, or Silver & Fit
- Average Daily Attendance of 250 People
- Overall Satisfaction with Quality of Program Offerings: 95% Very Satisfied or Satisfied
- Overall Satisfaction with Cleanliness & Maintenance of Uptown Social: 99% Excellent or Good
- Overall Satisfaction with Friendliness & Helpfulness of Staff and Volunteers: 98% Very Satisfied or Satisfied
- Likelihood of recommending Uptown Social: 96% rated 8 out of 10 or higher

Now some rapid fire suggestions we've heard and how we're responding:

- Parking - Added additional 'Limited Mobility Signs' in parking lot. Resurfacing east side of parking lot and enhancing crosswalks on N 8<sup>th</sup> St in 2025. Continuing to encourage use of public transit, walking or biking, and carpooling.
- Bathrooms - We will add an additional set of restrooms in the southwest corner of the building during Phase III construction. We hope to include a comfort-height toilet or two.
- Food Sales - We will not offer additional snacks or breakfast items for sale as it's too difficult to ensure freshness/sale before expiration.
- Extended Hours - We would love to consider this when we have more staff to coverage additional open hours.
- More pool tables - I hope to add a third this year if budget allows.
- Lockers - This is too challenging for managing pest control.
- Locker Rooms - Expensive, liability challenges, and we're not trying to reinvent the YMCA
- Additional machines in Fitness Room - Planning to order more this year based on usage.
- Walking track seating - We've added more
- Additional social seating - We replaced one underused ping pong table with additional soft seating
- Furniture Requests - Continually taking note of requests and hoping to order some new furniture this year, given budget availability
- Name Tags for Volunteers - Great suggestion, we added this
- Medical Cot - This was suggested in 2024, and we ordered one to have on hand for emergencies.

and many more than I could address here!  
Thanks all for your continued investment in Uptown Social! - 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.

## Monthly Silver Fitness Award Winner: Haley Burkart

**Member of the Month** - Congratulations on being our June member of the month! Haley is a staple in our ABC Fitness class. You are such a hard worker and your dedication is noticed by us all. Keep up the amazing work!

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

## Pricing

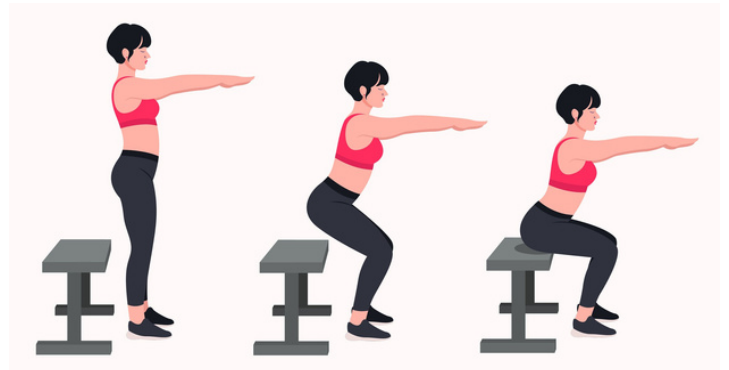
Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$2.00 each for members and \$3.00 each for non-members. Tai Chi and Kung Fu classes are \$1.00 for members and \$1.50 for non-members. A 10-class Yoga Pass is available for \$50.

## Exercise of the Month: Sit to Stand

This exercise is a classic and a great way to increase leg strength.

1. To start you will need a chair. Make sure your feet are planted on the ground.
2. Lean forward slightly, keeping your chest up. Driving through your feet stand up, when you return to the sitting position make sure you are slow and controlled on the way down.
3. Three sets of 10 reps is a good starting range.

If you ever want to make this more challenging you can stagger the feet, one foot closer to chair than the other.



## 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.

## 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.

## Pickleball Lessons

Pickleball Lessons are provided Tuesdays from 2-3 p.m. Cost \$3 Members \$5 Guests. Please register to attend with our Front Desk or by calling 920-459-3290.

## 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.

## Ceramics

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

## Crafting Hands

***Sponsored by: G. Olivia Anderson Trust***

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

## Greeting Card Club

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





# 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.

## 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, 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! June's **Cribbage Tournaments** will be Monday, June 2 & 16 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.

**June 23:** *American Wife* by Curtiss Sittenfeld

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

## Ping Pong

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

# Recreational/Social Programs

## Dining Out

June's Dining Out will be at Branch Station Bar & Grill in Whitelaw on Wednesday, June 18 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 *80 for Brady*.

## 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 Fork & Field in Manitowoc on June. 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.**



 **Pine Haven**  
CHRISTIAN COMMUNITIES

**Your Premier Senior Living Community**  
Independent Living • Assisted Living • Memory Care

[pinehaven.org](http://pinehaven.org)

# 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

### Legal Consultations-Atty. Elizabeth Rich Wednesdays, June 11 & 25 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, May 28 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.



**CAREPatrol™**  
Your Partner In Senior Care Solutions

Navigating the Transition  
to **Senior Care?**

**Our Trusted Experts Are Here to Help.**

We help families find  
the right care solution  
for their loved ones  
at no cost.



**CarePatrol.com**

**o: 920-530-5085 f: 920-694-6444**

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

©2023 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.

Remember!

Please register to attend the programs on this page.



# Special Programs cont.



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

JUNE 27:  
THE BOAT HOUSE - FOX LAKE  
& HORICON MARSH EDUCATION & VISITOR CENTER

Register by Calling  
(920) 459-3290



Uptown  
Social  
SHEBOYGAN'S HUB FOR  
ACTIVE SENIORS



Mary Werner SRES<sup>®</sup>  
Call Anytime: 920.207.0231  
Email: marywerner@kw.com  
701 N. 8th St. | Sheboygan

## *Client Focused. Results Driven*

My approach to real estate is simple. It's about providing the best service and advice by listening to you and understanding your needs. If you are considering a move, just give me a call. It all starts with a simple conversation.

**kw**EMPOWER  
KELLERWILLIAMS.  
*All offices are independently  
owned and operated.*



Uptown Social

YOU'RE INVITED TO OUR

# FRIENDS OF UPTOWN SOCIAL ANNUAL MEETING

JUNE 18, 2025

4:00 p.m.  
Potluck Dinner  
Call 920-459-3290 or email  
uptownsocial@sheboyganwi.gov to register.



Remember!

Please register to attend the programs on this page.

# Volunteer of the Month

Marilyn Montemayor has been active with the Sheboygan Senior Center and local government for as long as we can remember. She has served as an Alderman, County Board Supervisor and a board member of the Friends of the Senior Activity Center/Uptown Social for well over a decade.

For 35 years, Marilyn catered many of the most elite parties in Sheboygan County. In addition to her catering business, she also led cooking classes at JMKAC and the library. She also was the cook for many years at the Synagogue. Her reputation as one of the best cooks in Sheboygan County spread as quickly as her contagious smile.

Marilyn grew up in Chippewa Falls, WI with her parents and two sisters. She worked as a flight attendant for Pan Am for five years while living in New York. She lived for a short while in Texas where she met her husband Lee. They moved to Sheboygan with the encouraging of Lee's sister. The rest is history and we are so fortunate! Marilyn has three children and three grandchildren. Every Sunday her entire family gathers at her house for a formal, fun family dinner.

Marilyn has more stories than this entire newsletter could hold. She was presented with the United Way's Spirit of Sheboygan County Volunteer Award in 2022. Besides her involvement here, her favorite volunteer role was driving Fela Warschau around the state to share her Holocaust experience.

Her perfect recipe for life, "Care for your fellow man, accept everyone."





# June

# 2025

Monday

Tuesday

Wednesday

Thursday

Friday

2 Veggie Casserole & Fruit	3 Salad Bar	4 Sloppy Joes & Salad	5 Lemon Pepper Chicken & Potatoes	6
9 Mississippi Pot Roast w/Potatoes & Carrots	10 Hot Ham & Cheese w/Salad	11 Quesadillas w/Sides	12 Veggie or Beef Lasagna w/Salad	13
16 Clam Chowder & Salad	17 Spaghetti & Meatballs w/Garlic Bread	18 Sub Sandwich w/Salad	19 Chicken Stir Fry	20
23 Italian Pasta Salad w/Sandwich	24 Tacos w/Sides	25 Pork Chops & Potatoes	26 Hot Beef on a Hard Roll & Salad	27
30 Swedish Meatballs w/Potatoes				

## Goodbye Neuropathy Hello Good Life



ONLY  
**\$67\***

- Consultation
- Examination
- Any needed X-rays

Offer Ends June 16, 2025  
\*To be paid at time of service.

Heinen Chiropractic • 1539 North 33rd Place, Suite B • Sheboygan  
**www.heinenchiro.com • Call Today 920-451-9960**

Federal and Medicare Restrictions May Apply.



# June

## 2025

### Monday

2

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, Intermediate Floral Watercolor Class  
Poker, **Cribbage Tournament**

### Tuesday

3

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

### Wednesday

4

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

5

8:00 a.m. Silver Sneakers Stability, **Fireside-The Last Potluck**  
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. Social Pickleball  
2:00 p.m. Shuffleboard

### Friday

6

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

9

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, Intermediate Floral Watercolor Class  
Poker, **Movie-80 for Brady**

10

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  
2:00 p.m. Pickleball Lessons  
3:00 p.m. Ecstatic Dance  
5:15 p.m. **Role Shift: Aging Parents & Adult Children**

11

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

12

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-Fork & Field in Manitowoc**

13

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

# June

# 2025

## Monday

16

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, **Cribbage Tournament**

## Tuesday

17

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, **Lakeshore Regional CAC Open House**  
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  
2:00 p.m. Pickleball Lessons  
3:00 p.m. Ecstatic Dance

## Wednesday

18

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; Social Pickleball  
2:00 p.m. Shuffleboard  
4:00 **Friends of Uptown Social Annual Meeting/Potluck**  
5:00 **Dining Out-Branch Station Bar & Grill-Whitelaw**

## Thursday

19

8:00 a.m. Silver Sneakers Stability  
8:30 a.m. Sheepshead, Foot Care Clinic  
9:00 a.m. Line Dance  
9:25 a.m. **Meditation for Beginners**  
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg  
11:00 a.m. Tai Chi for Beginners  
11:30 a.m. Lunch & Adv. Tai Chi, 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

## Friday

20

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

23

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 w/Lars**  
12:15 p.m. Chair Yoga  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker  
1:30 Book Club

24

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

25

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,  
2:00 p.m. Cornhole, Shuffleboard

26

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

27

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move, **Open Air Club-Boat House -Fox Lake**  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga w/Kathy



# June

# 2025

Monday

30

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

Tuesday

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  
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

Wednesday

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

Thursday

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, 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  
2:00 p.m. Shuffleboard

Friday

4

**CLOSED IN  
OBSERVANCE  
OF  
INDEPENDENCE  
DAY**

## Stay Driven

Affordable | Convenient | Friendly | Safe

**METRO CONNECTION**  
On-Demand • Paratransit Transportation Solutions for Everyone

**SHORELINE  
METRO**



Climb aboard today at  
[www.shorelinemetro.com](http://www.shorelinemetro.com)



Preventing Medicare Fraud

**Toll-free Helpline:**  
**888-818-2611**  
Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
[www.smpwl.org](http://www.smpwl.org)  
Wisconsin Senior Medicare Patrol

Empowering Seniors to Prevent Healthcare Fraud

► **PROTECT**  
your personal information

► **DETECT**  
suspected fraud, abuse, and errors

► **REPORT**  
suspicious claims or activities



Call us with questions about  
billing errors, scams and  
medical identity theft

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).





## YOUR COMMUNITY PARTNER IN HEALTH & WELLNESS

Experienced. Trusted. Unique.  
Start Living your Better Life!



HEALTH CARE THE WAY IT SHOULD BE.

Contact Us

920.459.8477

BetterLifeCW.com



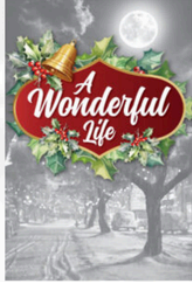
Short Term Rehab · Assisted Living · Skilled Nursing Care  
sscnonprofit.org (920) 458-2137 x819





# Travel with US





## *Fireside*





### THEATER MATINEE TRIP

WEDNESDAY, DECEMBER 3

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

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

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



Visit [uptownsocal.org](http://uptownsocal.org) for more information.

# F.L.A.G. – Free Little Art Gallery

Last Winter two of our members installed a F.L.A.G. in front of Uptown Social. Now that the weather is much nicer, we'd like our community to fill it up!

The FLAG is a heART project for our community. It is there to encourage people to create and share art. If you see something in the FLAG that you like, take it home. Or create something you want to share and leave it for someone else to take away and love.

This movement supports the idea that everyone can create art, and anyone can own art. You don't need a degree or lots of money, just a desire to create something of beauty or meaning – or to bring a big smile to someone's face. We are looking for a variety of artistic things to be shared.

Do you create? If so, please create a few things to share in the Free Little Art Gallery. We want to support creativity and make the world more colorful and beautiful! If you have questions about the project, please email Mary at [latebloomerpaintings@gmail.com](mailto:latebloomerpaintings@gmail.com).



**Emily Matthews, RN**  
920-286-0570  
[ematthews@remax.net](mailto:ematthews@remax.net)  
[www.emilymatthewsREagent.com](http://www.emilymatthewsREagent.com)  
**Senior Real Estate Specialist**  
RE/MAX Universal Realty  
513 Water St, Sheboygan Falls, WI



**Homes for Heroes®**

**Do What You Love In Service to Others**





## Uptown Social

1817 N. 8th Street  
Sheboygan, WI 53081

## Powering beyond for stronger communities

Use your energy to power what matters most to you. We'll use ours to create cleaner energy solutions for today and the future. Together, we'll build stronger communities.

Read about our community programs at  
[alliantenergy.com/foundation](https://alliantenergy.com/foundation).

