



Uptown Social

ENGAGE SHEBOYGAN

June 2024



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

FRIDAY 7:30AM TO 2:00PM THRU MAY 24

FRIDAY 7:30 AM TO NOON BEGINNING MAY 31

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.

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,

Summer is here! I hope you all have fun plans to spend these few warm, beautiful months that we have in Wisconsin. And as always, I hope you can plan to spend some time at Uptown Social!

Gymnasium Construction

Pardon our dust and noise! Construction on the gymnasium has begun and is moving right along. We're thrilled to see the progress every day, and our team is working behind the scenes to plan new programming and special events to best use this additional space. We're on track for a fall completion and will get closer to an exact date as the project continues.

LRCAC Construction

Our future neighbors are also breaking ground on their side of the building. Construction is just now beginning for what will be the home of the Lakeshore Regional Child Advocacy Center. The CAC is a 501(c)3

nonprofit organization that provides a trauma-informed environment where partners collaboratively investigate child abuse, families receive support and advocacy, and most importantly, the child's words are always heard. The CAC will have their own secure entrance on the north side of the building as well as a few reserved parking spots. They will not share an indoor space with Uptown Social, but we are thrilled to have them using space that would otherwise be sitting vacant.

Travel

We have some trips coming up that still have a few spaces available! I'll be hosting the group as we head to the Fox Cities Performing Arts Center on June 22 for the incredible live performance of Moulin Rouge. On July 11, we have just a few spots left on the Brewers bus. From August 28-30, only a handful of spots remain for the Galena bus trip. And if Europe is more your style, only a couple spots remain on the Classic Italy by Rail trip in October. You can sign up for any of these trips by calling or visiting the front desk.

Friends of Uptown Social Annual Meeting

The Friends of Uptown Social will hold their annual meeting and potluck on June 26 starting at 4p.m. All are welcome! Sign up at the front desk.

Enjoy the sunshine!
Emily

P.S. As the weather improves and school lets out, we've noticed a lot more young people traveling around the building and parking lot. Please be extra mindful of pedestrians when you're driving in and around the parking lot.

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for over two 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: Sarena Mann

Member of the Month - Congratulations Sarena! You do such a great job in Core and Boom Move! Keep up the amazing work with those flutter kicks!

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

Pricing

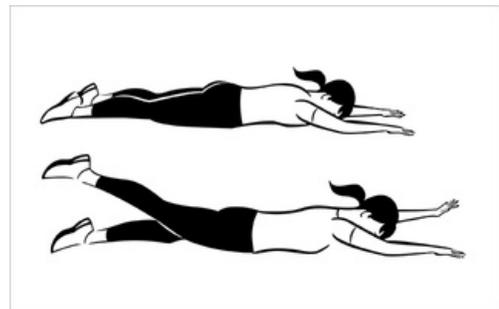
Try any class once for FREE! After that, unless otherwise noted, fitness and Tai Chi classes are \$2.00 each for members and \$3.00 each for non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Prone Alternating Arm & Leg Raise

This exercise is great for core stability.

1. To start, lie on your front side with your head in a neutral position. Extend your arms out in front of you.
2. Simultaneously lift one arm and your opposite leg.
3. Using your glutes and abdominal muscles to maintain stability.
4. Hold for 5-10 seconds then lower your arm and leg back down.
5. Repeat with the opposite arm and leg.

To start you can do this exercise 3-5 times on each side. If you want to progress this exercise hold for a longer period or you can add more sets in.



Walking Club

Walking Club is returning! We will meet every Tuesday and Thursday from 11:30-12:30pm outside the Deland Community Center. The walk is around 2 miles depending on the route. In the event of bad weather walking club will be canceled so make sure to stay up to date on our Facebook page.

Fitness Programs cont.

Chair Yoga-Sponsored by Sheboygan Senior Community Mondays 1:30 - 2:15 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. *(There is not chair yoga the fourth Monday of the month.)*

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.**

Square Dancing

Come dance with friends or friends to be! Every Wednesday 1:30-3:30 p.m. First hour lessons/workshops. Second hour Dance Mainstream.

Beginning in January, New Dancers Introduction to Square Dance dates: January 3, 10 and 17. Starting January 24, 14 weeks of Mainstream-Square Dancing lessons. By April 24, you should be able to dance at any club. If these dates do not work for you, a new set of lessons should start in May or June of 2024. Experienced dancers are always welcome to dances and are encouraged to "Angel" the first hour at lessons. A great way to brush up and help new dancers. **Cost is \$2.00 per lesson for members and \$3.00 for guests.**



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Fitness Programs cont.

A.B.C. Fitness

Improve or maintain balance and cardiovascular health in the Ageless Balance and Cardio class. This 45-minute class meets every Monday, Wednesday, and Friday starting at 8-8:45 a.m.

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular stretch, 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.

Tai Chi with Jon Doll

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Jon Doll has studied and practiced martial arts, meditation, mindfulness, and yoga for nearly 50 years. Beginning Tai Chi meets every Tuesday and Thursday from 11:30 a.m. to Noon. Intermediate/Advanced Tai Chi meets every Tuesday and Thursday from 12-12:30 p.m.

Laughter Wellness

Laughter Wellness combines laughter exercises and games with breathing all in the spirit of child-like playfulness. Life is serious. Death is serious. It's time to take Laughter serious. Join Kathy Alby the second Thursday of every month from 1-2 p.m. in the Activity Room. **Classes are \$5 and 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.

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.

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.

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 2:30-3:30 p.m. in the Activity Room. **Classes are \$5 and is paid to the instructor before or after class.**

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 is back! 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.

Intermediate Art

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!

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.**

Ceramics

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

Life in Writing

Interested in writing different stories and sharing them with others? This program meets once per month on the third Tuesday of the month at 1:00 p.m.



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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@charter.net 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 mornings from 8:30-11:30 a.m. or on 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.

Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. - Noon and 1:00 - 4:00 p.m. This program is for experienced players; if you'd like to learn, please contact Connie Vandre for information at 920-698-0708.

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

We have had a lot of interest in Cribbage. Cribbage will play Mondays at 1:00 p.m. in the Hospitality Room. We do have boards available if you are interested in playing any other time, just find a partner!

June's **Cribbage Tournaments** will be **Monday, June 3 and June 17 beginning at 1 p.m.** You must sign up in advance and entry fee is \$20. Limit 20 players.

Book Club

Book Club for June will be on Monday, June 24 at 1:30 p.m. June's Book is *The Red Tent by Anita Diamant* Book Club will continue to meet over the summer.

July: *The Good Earth* by Pearl Buck

August: *The Poisonwood Bible* by Barbara Kingsolver

Recreational/Social Programs

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.

Dining Out

June's Dining Out will be at on Wednesday, June 19 at Roepke's Village Inn in Charlesburg. 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!

No One Dines Alone

Like going out to eat, but not alone? The this group is for you! June 13, we will be dining at Altona in New Holstein. 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.

Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of the 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.

Grief Peer Support Group

This confidential peer support group is for those suffering due to the loss of a loved one. It is facilitated by Dorothy McElroy, certified peer support specialist of Focus Path Peer Support. This group meets from 3:15 - 4:15 p.m. on the third Wednesday of the month. **Please register to attend.**

Pool

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

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June is World Elder Abuse Awareness Month

June 10th 10:00–11:00am: Resource Table and Awareness Banner Signing

Join us as we kick off a week of Elder Abuse Awareness Month activities! Come sign your name or leave a handprint on the banner showing your support to end Elder Abuse.

June 11th 1:00–3:30pm: Elder Abuse Awareness Month BINGO

Join Safe Harbor staff for BINGO. Prizes will be awarded for several BINGO winners!

June 14th 11:30am–1:00pm: Potluck and Elder Abuse Awareness Trivia

Bring a dish to pass and all of your knowledge! You will not want to miss this potluck trivia event and conversation about scams, abuse, prevention, and change making. **Please register to attend.**

Let the music move you!

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FREE Concerts on the City Green
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Special Programs

Special Programs



open air
CLUB

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

JUNE 28 - 21 GUN ROADHOUSE - DE PERE

COLLINS MARSH & NATURE CENTER

Depart Uptown Social 10 a.m.
To register call (920) 459-3290




open air
CLUB

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

JUNE 28:	21 GUN ROADHOUSE - DEPERE
JULY 26:	APPLE TREE - COLUMBUS
AUGUST 23:	NAUTI TURTLE - FREMONT
SEPTEMBER 27:	JOE MAMA'S - COLGATE

Register by Calling (920) 459-3290




Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS




Ballroom Dance Nights

The first Monday of the month from 6-8:00 p.m. will be Ballroom Dance Night at Uptown Social.

The evening will include ballroom dance sets, exhibitions and line dance teach.

Cost \$6 for Members \$10 for Guests

Dates: April 1, May 6, September 9, October 7, November 4 & Christmas Dance December 2

Uptown Social 1817 N. 8th St. Sheboygan




Uptown Social

YOU'RE INVITED TO OUR

FRIENDS OF UPTOWN SOCIAL ANNUAL MEETING

JUNE 26, 2024

4:00 p.m.
Potluck Dinner

Call 920-459-3290 or email uptownsocal@sheboyganwi.gov to register.



Remember!

Please register to attend the programs on this page.

Monday

Tuesday

Wednesday

Thursday

Friday

3 Stuffed Pepper Casserole w/Salad	4 Meatloaf w/Potatoes	5 Creamy Chicken Chili w/Sides	6 Fancy Grilled Cheese w/Salad	7
10 Cuban Sliders w/Salad	11 Liver & Onions w/Baked Potatoes	12 Turkey Wraps w/Fruit	13 Veggie or Beef Lasagna w/Garlic Bread	14 Potluck w/Safe Harbor
17 Quesadillas w/Sides	18 Rachel Reuben w/Salad	19 Chicken Salad Sandwich & Salad	20 Creme Brulee French Toast w/Fruit	21
24 Ground Beef Stroganoff w/Salad	25 Italian Spaghetti & Meatballs w/Garlic Bread	26 Chicken Alfredo w/Salad	27 Chicken Tortilla Soup w/Sides	28



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Signs of emotional and psychological abuse in elders include:

- Appearing depressed, withdrawn, or scared.
- Avoiding eye contact.
- Different eating or sleeping patterns.
- Isolation from friends and family.
- Low self-esteem.
- Mood swings.
- Sudden changes in behavior/personality.

June 15 is National Elder Abuse Awareness Day.

If you suspect someone you know is being abused, please call the **Elder Abuse Hotline at 833-586-0107.**

Would You Like Help in Your Aging Journey?

Embrace offers three unique services:
**Professional Care Management,
 Caregivers & Dementia Coaching**

With a team of compassionate professionals, the right home care can help older adults maintain independence and live a fulfilling life. With over a decade of experience in providing services to older adults, Embrace is the perfect choice to help you/your loved one achieve this goal. The aging journey can feel overwhelming, we are here to help. Start the conversation by calling us 920-451-6228



www.embracecaremanagement.com

June

2024

Monday

3 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

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
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Farkle, Poker, **Cribbage Tournament**
1:30 Chair Yoga
6:00 Open Ballroom Dance

Tuesday

4 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veterans Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg.Tai Chi, Walking Club
12:00 p.m. Adv.Tai Chi,
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving
2:30 p.m. Ecstatic Dance

Wednesday

5 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance

Thursday

6 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg & Line Dance
10:00 a.m. Silver Sneakers Classic, Woodcarving
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

Friday

7 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy

10 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

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, **Kick Off National Elder Abuse Awareness**
11:00 a.m. Yoga
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Farkle, Poker, **Columbia Snake River Trip Meeting**
1:30 Chair Yoga

11 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veterans Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg.Tai Chi, Walking Club
12:00 p.m. Adv.Tai Chi,
1:00 p.m. **Bingo w/Safe Harbor**, Intermediate Painting, Yarn Makers Woodcarving, Positive Aging
2:30 p.m. Ecstatic Dance

12 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga,
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes,
1:30 p.m. Square Dance

13 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg & Line Dance
10:00 a.m. Silver Sneakers Classic, Woodcarving
11:30 a.m. Lunch & Beg.Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg. Laughter Wellness
5:00 p.m. No One Dines Alone

14 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead,
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Memories in the Making**
11:00 a.m. Gentle Yoga with Kathy, **Potluck w/Safe Harbor**

June

2024

Monday

17 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
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
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Farkle, **Cribbage Tournament**

Tuesday

18 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veterans Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Intermediate Painting, Bingo, Yarn Makers, Woodcarving, Writing Group
2:30 p.m. Ecstatic Dance

Wednesday

19 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move,
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance
3:15 p.m. Grief Peer Support Group
5:00 p.m. Dining Out-Roepke's Village Inn

Thursday

20 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg, Line Dance
10:00 a.m. Woodcarving Silver Sneakers Classic
11:30 a.m. Lunch, Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards

Friday

x21 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle Yoga with Kathy

24 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
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
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker
1:30 Chair Yoga, Book Club

25 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Meet-Up, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi,
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Photography
3:00 p.m. Ecstatic Dance

26 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga,
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes,
1:30 p.m. Square Dance
4:00 p.m. **Friends of Uptown Social Annual Meeting**

27 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg, Line Dance
10:00 a.m. Woodcarving Silver Sneakers Classic
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg,

28 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Open Air Club**
11:00 a.m. Gentle Yoga with Kathy



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.

Mary Werner SRES[®]
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Email: marywerner@kw.com
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Six Types of Elder Abuse

- Physical Abuse
- Emotional or Psychological Abuse
- Sexual Abuse
- Neglect or Abandonment by Caregivers
- Financial Exploitation
- Healthcare Fraud & Abuse.



June 15 is National Elder Abuse Awareness Day. If you suspect someone you know is being abused, please call the **Elder Abuse Hotline at 833-586-0107.**

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UPCOMING EVENTS



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— Est. 1962 —

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



Travel with US

Door County Wine, Spirits & Brew

Thursday, October 3

Activity Level 3

\$165 Member
\$175 Guests



Taste your way through Door County's unique beverage scene. This tour will take you on a tasting adventure through Door County to experience the local wine, spirits, and beer. You'll visit a winery, distillery, and microbrewery for private tastings and indulge in a delicious lunch with dessert! Plus a stop at Renard's Cheese on the way home.

Tour Includes:

- Private Wine, Distillery & Microbrewery Tour
- Driver Tips
- Coach Bus & Trolley Transportation
- Lunch

Departs Meijer's 7:30 a.m. Returns 6:30 p.m.

Register with Uptown Social by calling 920.459.3290

Shopping Trip!!

Wednesday, November 13

Do you miss shopping malls?
Would you like to do a little early holiday shopping?

Join Uptown Social for a trip to Woodfield Mall in Schaumburg, IL Shop for others or shop for yourself, but be prepared to SHOP!

Depart Meijer's 7:30 a.m. Return 7:30 p.m.



\$75 Members
\$85 Guests

Call Uptown Social at 920-459-3290 to reserve your spot!



ALL HANDS ON DECK!

Your neighbors need you.

Fresh Meals On Wheels seeks kind-hearted volunteers to deliver food to people in our community.

Contact us today to get started!

920-451-7011

volunteers@freshmealsonwheels.org



Fireside

THEATER MATINEE TRIP

THURSDAY, DECEMBER 12

Based on the beloved Christmas movie, MIRACLE ON 34TH STREET is a big brassy Broadway musical with a heart. Macy's Thanksgiving Day Parade needs a new Santa. Enter Kris Kringle - a sweet and jolly old man who claims that he is the real Santa Claus. Thus begins this funny, warm, tuneful, and inspirational musical as Kris has to prove his claim in court and teach his cynical neighbor and her daughter to believe in the goodness and love that is Christmas. Written by Meredith Willson, the creator of THE MUSIC MAN, this is an unforgettable musical version of a classic Christmas tale.

Entree Choices:

- Chicken and Ribs
- Steak Diane
- Seared Duck
- Vegetarian

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.



\$160
Guests

\$150
Members



Travel with US



Trolley Tour & Belvedere Mansion

U.S. Grant Museum

Hoof It Treks

Galena II

August 28-29, 2024

920-459-3290
UPTOWNSOCIAL.ORG

 Uptown Social



Classic Italy by Rail October 14 - 23, 2024
with Mayflower Cruises & Tours



Cultural Cuba February 27-March 5, 2025
with Mayflower Cruises & Tours



National Parks of the Southwest
June 22- 30, 2025
with Mayflower Cruises & Tours



British Isles
September 4- 15, 2025
with Mayflower Cruises & Tours

Visit uptownsocal.org for more information.

BAS LURMANN'S
REVOLUTIONARY FILM COMES TO LIFE
TRUTH | BEAUTY | FREEDOM | LOVE
MOULIN ROUGE!
THE MUSICAL

\$170 Members
\$180 Guests

Saturday, June 22, 2024
Depart Meijer's 9:30 a.m.
Show 2:00 p.m.
Return Meijer's 6:30 p.m.

FOX VALLEY PAC- APPLETON

PRICE INCLUDES:

- Coach bus transportation
- Driver tip
- Admission to show

Lunch on your own in downtown Appleton.

RESERVE YOUR SPOT BY CALLING UPTOWN
SOCIAL AT 920-459-3290.



Preventing Medicare Fraud

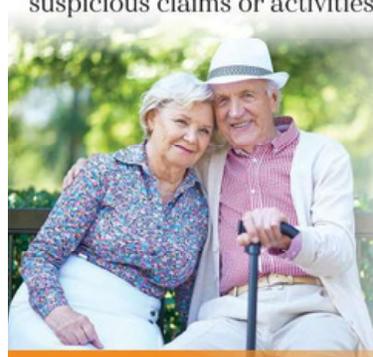
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888-818-2611
Email: smp-wi@gvaar.org
www.smpwi.org
WisconsinSeniorMedicarePatrol

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).

BREWER BUS TRIP



VS



THURSDAY, JULY 11

1:10 P.M.

MEIJER PICK-UP 9:30 A.M.
RETURN 6 P.M.

\$90 MEMBERS
\$100 NON-MEMBERS



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!



Activity Level 4



CRANBERRY FESTIVAL

September 27, 2024

\$60 for Members \$70 Non-Members

Depart Meijer's 5:45 a.m.
Arrive at Cranberry Festival 9:30 a.m.
Depart for Home 5:00 p.m. Sharp
Arrive at Meijer's 9:00 p.m.

Call 920-459-3290 to reserve your spot



Uptown Social

1817 N. 8th Street
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