



Uptown Social

ENGAGE SHEBOYGAN

March 2026



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

TUESDAYS 4:00 TO 7:30 PM

FRIDAY 7:30 AM TO 2:00 PM

1817 N. 8TH STREET
SHEBOYGAN, WI 53081
www.uptownsocal.org

CONTACT US AT
(920) 459-3290
uptownsocal@sheboyganwi.gov

Table of Contents

Directly from the Director	3
Fitness Programs	4-6
Creative Programs	7
Recreational & Social Programs	8-9
Special Programs	10-12
Volunteer of the Month	13
Cafe Menu	14
March Activities	15-17
Travel Programs	19

Contact Staff

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Joshua Drossel | Program & Wellness Coordinator
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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,

Big news for Uptown Social this month!

With the hiring of our two new Customer Service Representatives, Mary and Beth, we're now able to expand our hours! Starting this month, our hours are growing to include Tuesday evenings. The new hours are:

- Mondays 7:30 am - 4 pm
- Tuesdays 7:30 am - 7:30 pm
- Wednesdays 7:30 am - 4 pm
- Thursdays 7:30 am - 4 pm
- Fridays 7:30 am - 2 pm

We will have the gym open for social pickleball and other regular programs will continue while we're open, like ping pong, walking track, exercise room, etc. and we plan to add additional scheduled programming as we secure program leads. If you have an idea or a request for a program you'd like to see on Tuesday evenings, please share in the suggestion box at the front desk or speak with anyone from our team.

I also want to quickly draw your attention to our upcoming travel show with Mayflower Cruises and Tours on Tuesday, March 24 at 2 pm. Attendees will hear about our offerings for 2027 including the Galapagos Islands, London & Paris, Northern California, and Iceland.

See you soon,
Emily

A Note from the Friends

With the new year, the Friends of Uptown Social Board added new members, thanked outgoing members, and welcomed several new officers. Thanks and a job well done to both Connie Koenig and Alison Petri, who have served on the Board over the years. Connie served as the Board Treasurer, and Alison as President and Vice President. With that, we welcome new Board members Paul Babcock, Jeff Wagner, and Gina Ziegelbauer. They bring a wealth of experience to the Board and, in turn, to Uptown Social's members.

The officers elected for 2026 are Rich Miesfeld, President; Scott Johnston, Vice President; Laura Gumm, Secretary; and Joanne Wood and Paul Babcock as Co-Treasurers.

The Board continues to update and refine a new set of bylaws, plan events, and fundraise for Uptown Social. Our latest effort was to donate funds to increase staffing at Uptown Social, coming soon.

Even with these changes, support for Uptown Social's staff, members, and participants will remain the same. Each month, we will keep you updated on what is on the horizon for the Friends' support of Uptown Social.

– Rich Miesfeld, 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: David Brotz

Member of the Month - David has done such a fantastic job in the ABC fitness class. He is always up for the challenge as well as sit to stands! Congratulations David.

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

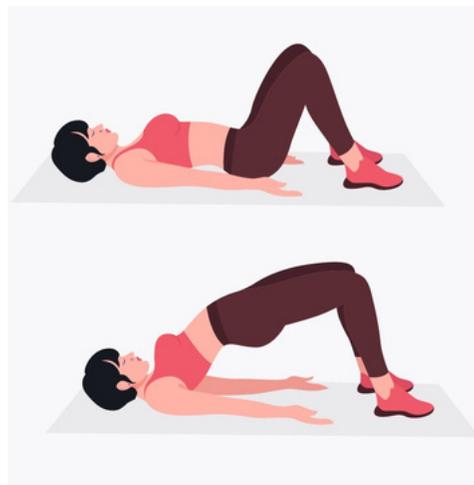
Pricing

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: Bridges

One of my favorite exercises to strengthen the hip muscles.

1. To start lay on your back with your feet on the ground. Make sure to have your feet close to your body, creating a bend in your legs.
2. Drive through your feet and lift your hips as high as you can. Slowly lower your hips back down onto the mat.
3. You can do this exercise for 3 sets of 10 reps. If you want to add more reps or sets when comfortable you definitely can!



Workout Room Orientation

Workout Room Orientation is available Tuesdays at 1 p.m. 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 11:00 a.m. Classes are \$5 for members and \$8 for non-members. 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 instructor. Class meets every Monday and Wednesday 12:15 p.m.-1:00 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 from 3:00 - 3:45 p.m. and Fridays 12:30 - 1:30 p.m. Classes are \$5 paid to the instructor before or after class.

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 9:00-9:45 a.m.

Silver Sneakers BOOM Move

Dance-inspired workout with easy-to-follow movement patterns. It meets every Monday, Wednesday and Friday from 9:00-9:45 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 10:00-10:45am. 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 11:00 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 8:00-8:45 a.m.



Mary Werner SRES[®]
Call Anytime: 920.207.0231
Email: marywerner@kw.com
701 N. 8th St. | Sheboygan

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owned and operated.

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 11:00-11:25 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 10:00-10:45 a.m. **NEW for 2026, we are adding a Monday afternoon class at 2 p.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 8:00-8:45 a.m.

Basketball

Basketball is open to play Tu/Wed/Th 1:30-3:30 p.m. Except when a Blood Drive is scheduled. Just shoot around or play a quick pick up game.



We now have a \$30 Pickleball Package (Members) for 20 open play sessions. Visit the front desk to purchase one; it's good for one year.

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.
Tuesday	4:00 - 7:30 p.m.
Friday	11:30 a.m. - 1:30 p.m.

Blocks are capped at 12 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 1:00-3:00 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 1:00-3:00 p.m. and Thursdays from 10:00 a.m.-Noon. All levels of carvers welcomed.

Sewing & Quilting

Sewing/Quilting meets Thursday from 1:00-3:00 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.

Golden Chordaliers

The Golden Chordaliers rehearse at Uptown Social on Monday mornings from 9:00-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic.

Intermediate Painting

Join us Tuesday afternoons from 1:00- 3:00 p.m. Drop in classes are \$2.50 per time. Program Lead Susan Baumgart will be happy to provide guidance, if you need it!

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 second Thursday from 10:00 a.m. to noon.

Crafting Hands

Sponsored by: G. Olivia Anderson Trust

Join us Monday mornings from 9:00 to 11:00 a.m. to enjoy the company of others and work on your current knitting, crocheting, diamond dot, tatting, latch hook or embroidery projects.

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 create beautiful cards. **You must be a member to attend.** Cost is \$2 payable to instructor. **Limit 16 attendees.** Registration begins **March 2.**

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 9:00 a.m. to noon.



Recreational/Social Programs

BINGO

Bingo is held every Tuesday afternoon starting at 1:00 p.m. Bring two singles, wear your lucky socks, and show up!

Bridge

Bridge meets Wednesdays from 12:00-3:30 p.m. Please contact Sharon Ferk at 920-467-2995 or srferk@gmail.com in advance to sign up.

Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. Mondays at 12:30 p.m. 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 1:00 p.m.

Sheepshead

Sheepshead is a trick taking game for three or more players, but ideally five. Join us Monday, Tuesday and Thursday from 8:30-11:30 a.m. or Thursday afternoons from 1:00-4:00 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.

Pool

We have three 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! March's **Cribbage Tournaments** will be Monday, March 2 and 16 beginning at 1:00 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.

March 23 - *Nobody's Fool*, by Richard Russo

April 27-*The Personal Librarian*, by Marie Benedict and Victoria Christopher Murray.

Ping Pong

Any time that we're open, you're welcome to enjoy our tables. There is a group that plays Monday afternoons if you would like to join them.

Recreational/Social Programs

Dining Out

Dining Out will be Wednesday, March 18 at Bourbon Street. You must be a member. Contact the Front Desk March 18 or after to sign up at 920.459.3290. Limit 30.

Movies

Movies are back! The second Monday of every month at 1:00 p.m. Bring your own snacks, if you would like. This month's movie is Sarah's Oil. **Please register to attend.**

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1:00-2:00 p.m.

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.

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 Olive Garden on Thursday, March 12. Cocktails begin at 5:00 p.m.. Please register to attend by calling the office at 920.459.3290. **Limit 20.**



TECHNOLOGY HELP

with Lars & Mead Public Library

March 2 from Noon - 3:00 p.m.
March 19 from 2 - 3:00 p.m.

Make your appointment with the Front Desk



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Special Programs

Life Happens...and Change Is Inevitable.

Wednesday, March 4 at 11:00 a.m.

So what occurs when it's time to make a move? The process can be described as a series of phases: Mindset, Preparation, Considering the Market, and more! If you or someone you love are considering a change of address, you'll want to come to this session.

Homebuyer Program Informational Meeting with Habitat for Humanity

Wednesday, March 4 at 1:00 p.m.

Through our Home Buyer Program, Habitat Lakeside offers a simple, decent, affordable home that fits the needs of the family.

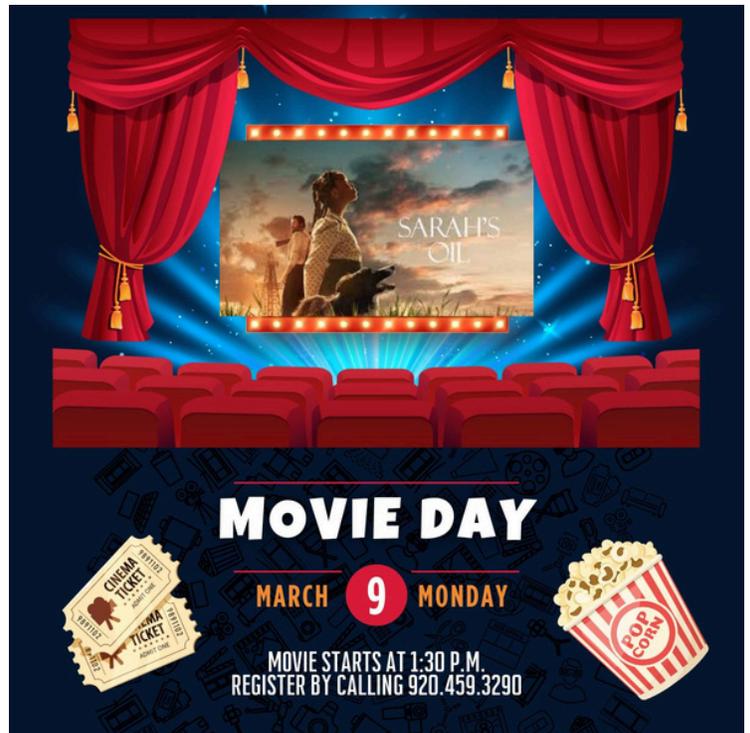
Let's Talk Brain Health! Learn How to Boost Overall Brain Function

Wednesday, March 11 at 11:00 a.m.

We often take our brains for granted. Let's dive into brain power and brain health. This is not just for those that are aging, this is for everyone!

- Maintain Your Brain Health
- Improve Brain Function
- Learn How Balance Can Signify Brain Function
- Learn which Foods Contribute to Healthy Brain Function

During this workshop, you will learn how to maintain your brain health and improve the function of your nervous system. Dr. John Reitz of Better Life Chiropractic and Wellness will discuss the importance of brain health and how you can help to improve your overall brain health.



Please register to attend the programs on this page.

Special Programs cont.

Legal Consultations- Atty. Elizabeth Rich

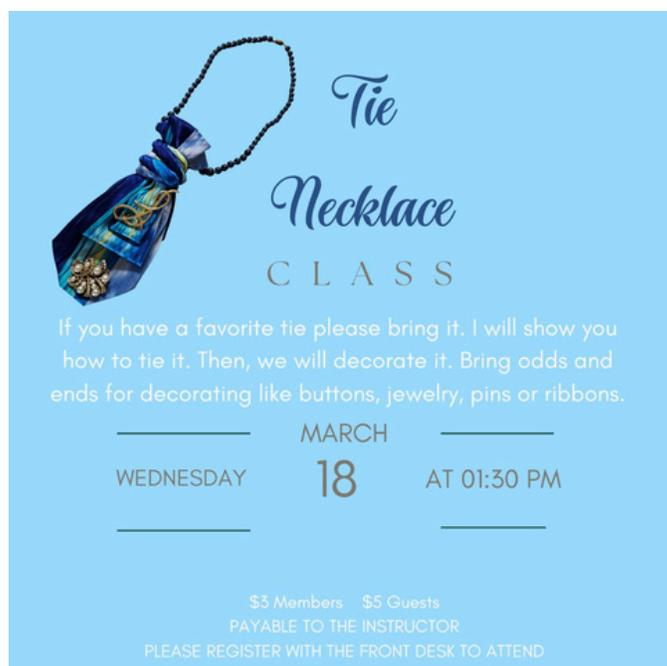
Wednesday, March 11 & 25 at
1:00 p.m.

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.

Mayflower Cruises and Tour Travel Show

Tuesday, March 24 at 2:00 p.m.

Learn a little more about our 2027 trips from our Mayflower representative Judy O'Brien. Maybe you have signed up or maybe you are on the fence. You will learn more details and see captivating photos of our future trips to Ecuador/Galapagos Island, Iceland, London & Paris and Rails, Sails & Redwoods.



Tie
Necklace
CLASS

If you have a favorite tie please bring it. I will show you how to tie it. Then, we will decorate it. Bring odds and ends for decorating like buttons, jewelry, pins or ribbons.

————— MARCH —————
WEDNESDAY 18 AT 01:30 PM

\$5 Members \$5 Guests
PAYABLE TO THE INSTRUCTOR
PLEASE REGISTER WITH THE FRONT DESK TO ATTEND

Savory & Smart: New Dietary Guidelines for Seniors

Wednesday, March 25 at 10:30 a.m.

In this session, learn the importance of eating real food based on the new dietary guidelines, including variety, what are macronutrients and what do they do, as well as fiber recommendations.

Low Vision Support Group

Wednesday, March 25 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.

Parkinson's Support Group

Thursday, March 19 at 1:00 p.m.

Our open support group meets the third Thursday of every month from 1:00-2:00 p.m. to provide encouragement, support and education for caregivers and those living with Parkinson's.

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Tim's Food Court-Benvenuto a Bella Sicilia

Friday, March 27 at 11 a.m.

Tim welcomes a dear friend from Sicily. Together they will prepare a Sicilian Lunch.

- Sunday Sugo-tomato sauce with mixed meats over pasta
- Caponata-eggplant and pepper side dish
- Sesame bread
- Cassata alla Siciliane-Ricotta-filled cake

Cost is \$8. Members only event and you must pre-register.



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SATURDAY, APRIL 11 10 AM-2 PM

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Spring Break Specials

 **March 23:** Intergenerational Pickleball
1:30-3:30 p.m.

March 24: Bingo Cost \$2
1-3 p.m.

March 25: Intergenerational Pickleball & Basketball
1:30-3:30 p.m.

March 26: Open Game Play
1:30-3 p.m.
Sheboygan Dog Club
3-4 p.m.



Remember!

Please register to attend the programs on this page.

Volunteer of the Month

These volunteers are focused!

Jon Doll and Jane Lang are well-known throughout Sheboygan as tai chi instructors. They provide tai chi classes here at Uptown Social, Mead Public Library and have also held them on the City Green.

Since Uptown Social opened its doors, Jon and Jane have led Beginning Tai Chi, Intermediate/Advanced Tai Chi and within the last year began a King Fu and Katas class. Their classes continue growing in participants!

We are very grateful for Jon and Jane. Their commitment and time greatly enhances the wellness of many of our members!



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 or call her at 920.226.3523. You can also pick up a volunteer application at the Front Desk.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Taco Casserole w/Toppings	3 Ring Bologna, Roasted Vegetables & Salad	4 Wisconsin Beer Cheese Soup w/Garlic Bread	5 Monte Cristo Sandwich Bake w/Fruit	6
9 Orange Chicken w/Jasmine Rice & Salad	10 Smokes Sausage, Beans & Rice w/Salad	11 Broccoli Cauliflowers Soup w/Salad	12 Liver & Onions w/Potatoes	13
16 Hamburger Casserole w/Waldorf Salad	17 Reubens, Reubens, Reubens	18 Lasagna (Beef & Veggie) w/Garlic Bread	19 Chicken Tortellini Soup w/Salad	20
23 Spaghetti & Meat Sauce w/Garlic Bread	24 Chicken Stir Fry w/Rice	25 Tomato Soup, Grilled Cheese & Salad	26 Swedish Meatballs w/Noodles	27
30 Meatloaf, Red Potatoes & Veggies	31 Baked Potato Bar w/Toppings			

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NO NEW MEDICARE CARD

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**STOP!
It's a scam**

- Here's the truth
- Medicare is NOT issuing plastic cards
 - You do NOT need to 'update' your Medicare Card
 - Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP

Wisconsin Senior Medicare Patrol
888-818-26
www.smpwi.org

Preventing Medicare Fraud

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

March

2026

Monday

2 8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, 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, **This is a Paintbrush-Watercolors-Cancelled**, Poker, **Cribbage Tournament, Tech Help w/Lars**
2:00 p.m. SilverSneakers Classic

9 8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, 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 p.m. **Movie: Sarah's Oil**
2:00 p.m. SilverSneakers Classic

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, Social Pickleball, Adv. Tai Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation,
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance
4:00 P.M. Social Pickleball

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, Social Pickleball, Adv. Tai Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation, **Positive Aging**
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance
4:00 P.M. Social Pickleball

Wednesday

4 8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, **Life Happens...and Change Is Inevitable**
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Homebuyer Informational Program w/Habitat for Humanity**
1:30 p.m. Square Dance, Basketball, Social Pickleball

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11:00 a.m. **Let's Talk Brain Health! Learn How to Boost Overall Brain Function**
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 with Atty. Elizabeth Rich**
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday

5 8:00 a.m. Silver Sneakers Stability, **Foot Care Clinic-Cancelled**
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
1:30 p.m. Basketball, Social Pickleball
2:30 p.m. Uptown Singers

12 8:00 a.m. Silver Sneakers Stability, Foot Care Clinic
8:30 a.m. Sheepshead
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
1:30 p.m. Basketball, Social Pickleball
5:00 p.m. **No One Dines Alone-Olive Garden**

Friday

6 8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core,
10:30 a.m. **Karaoke Affair with Tom & Dar Ott**
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

13 8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move, **Rooms of Bloom Trip**
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

March

2026

Monday

16

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, 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**
2:00 p.m. SilverSneakers Classic

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
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, Workout Room Orientation,
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance
4:00 P.M. Social Pickleball

Wednesday

18

8:00 a.m. ABC Fitness
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
1:30 p.m. Square Dance, Basketball, Social Pickleball,
Creative Class-Tie Necklace
5:00 p.m. **Dining Out - Bourbon Street**

Thursday

19

8:00 a.m. Silver Sneakers Stability, Foot Care Clinic
8:30 a.m. Sheepshead
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, Greeting Cards,
Parkinson's Support Group
1:30 p.m. Basketball, Social Pickleball
2:00 p.m. **Tech Help w/Mead Public Library**
2:30 p.m. Uptown Singers

Friday

20

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move,
Girl Scout Troop 8494 Cookie Sale
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

23

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This Is a Paintbrush-Watercolors
1:30 p.m. Book Club,
Intergenerational Pickleball
2:00 p.m. SilverSneakers Classic

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
12:00 p.m. Kung Fu & Katas
1:00 p.m. Workout Room Orientation, Yarn Makers
Intergenerational Bingo, Intermediate Painting, Wood Carving
1:30 p.m. Social Pickleball, Basketball
2:00 p.m. **Mayflower Cruises & Tours Travel Show**
3:00 p.m. Ecstatic Dance
4:00 P.M. Social Pickleball

25

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
10:30 a.m. **Savory & Smart-Intro to Nutrition Eating Real Food**
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, Low Vision Support Group
1:30 p.m. Square Dance,
Intergenerational Basketball, Intergenerational Social Pickleball

26

8:00 a.m. Silver Sneakers Stability, Foot Care Clinic
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
1:30 p.m. Basketball, Social Pickleball
1:30 p.m. **Open Game Play**
3:00 p.m. **Sheboygan Dog Club**

27

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, **Tim's Food Court**
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

March

2026

30

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker
2:00 p.m. SilverSneakers Classic

31

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
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1:00 p.m. Bingo Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation,
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance
4:00 P.M. Social Pickleball

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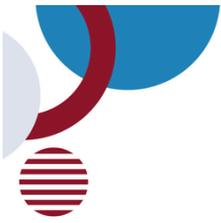


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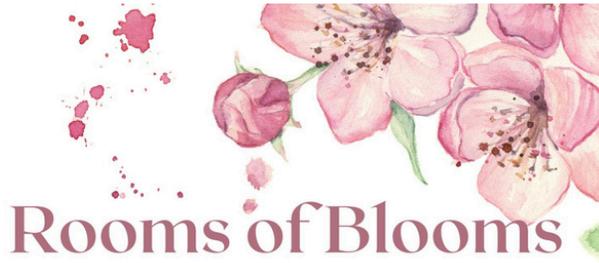
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Travel with US

Watch for more information.



Friday, March 13, 2026

Depart from Meijer's at 9:00 a.m.
 Lite Breakfast
 Hughes Chocolates 10:00 a.m.
 Paine Art Museum Rooms of Blooms Exhibit 11:30 a.m.
 Tea at the Paine Conservatory
 House of Flowers - Build Your own Arrangement 2:00 p.m.
 Return to Meijer's 4:30 p.m.



Members \$145
 Guests \$155

Please call
 920-459-3290
 to register.



Friday, September 25

The Fireside is proud to bring you the exhilarating Tony Award-winning musical that was born out of the tragedy of September 11, 2001. In the remarkable true story of COME FROM AWAY, what started as an average morning in the small town of Gander, Newfoundland turned into an international sleepover, when 38 planes carrying 7,000 people from around the globe were diverted to their airstrip. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar, and the recognition that we're all part of a global family. Experience this joyous story with a dynamic score and a vibrant, fast-paced narrative as both hosts and visitors form friendships that will stay with them forever.

Menu Options:
 Chicken Picatta
 Pork Tenderloin
 Halibut
 Vegetarian Penne Alfredo

\$155 Members
\$165 Guests

Please provide Menu Choice when registering for this trip.

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.

2027 TRAVEL SHOW

Cruising Ecuador's Galapagos Islands
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Rails, Sails & Redwoods of the Sierra Nevada
 July 17-25, 2027

Join US
 Tuesday, March 24
 at 2 p.m. and
 learn more about
 our 2027 trips.

Please register
 to attend
 with the Front Desk.



London & Paris Discovery
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Iceland - Land of Fire & Ice
 October 20-26, 2027

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