



Uptown Social

ENGAGE SHEBOYGAN

March 2025



MONDAY-THURSDAY 7:30AM TO 4:00PM
FRIDAY 7:30 AM TO 2:00 PM

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

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

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Contact Staff

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

Vicky Meyer | Cafe Coordinator

Rachel Kerlin | Custodial



We are Dementia-Friendly. This means the staff have been trained to recognize signs of and help those with dementia, in order to help reduce the stigma and increase the inclusion of those with dementia.

Media Policy

Uptown Social has a very active Facebook page. This is a public organization that serves the general public. We are proud of what we do and want more people to know about it! If you do not want to be in the newsletter, website, or Facebook page, please inform the photographer.

Our Mission

Providing opportunities to promote wellness, learning, socialization, and recreation for successful aging.

Our Values

At Uptown Social, we are friendly, respectful, inclusive, enriching, neighborly, diverse, and supportive.

All items for the newsletter need to be submitted to Jane by the 10th of the prior month.
Jane.Brill@sheboyganwi.gov

Uptown Social assumes no responsibility for advertising contents, mistakes, or omissions.
Programs and events are subject to change or cancellation without notice.

Directly from the Director



Hello Friends,

Wow, it has been a busy few months! Membership at Uptown Social continues to swell, nearing 1700. In January, we saw an average daily attendance of more than 260. If you've been in to visit us in 2025, you've probably seen that Uptown Social is hopping and bopping!

With lots of people, unfortunately, comes lots of cars. I bring it up often, but I'm again asking participants to reduce their driving and parking needs if you can. Please consider carpooling when possible, utilizing street parking if able, and patronize our public bus system. Believe it or not, but even in this weather, we see folks traveling to Uptown Social by bicycle!

Once the weather is amenable later this spring, we do plan to resurface the east side of the building so we can maximize parking over there. This will help, but will not fully alleviate the parking challenges associated

with our growing population. Thank you all for helping with this challenge.

Additionally, it's the time of year that we want to hear from you! Last year, we conducted a participant survey which yielded lots of great data. This information helps shape our plans around programming, the building, etc. and helps us when seeking and justifying funding. Please take a few moments to complete our 2025 Engagement Survey to let us know how we're doing and what you'd like to see.

Paper copies are available at the front desk and also online. Open the camera app on your smart phone, scan the QR code below, and tap the link that pops up to complete the survey on your smart phone. Otherwise, watch our e-newsletter for a hyperlink to tap.

Thank you in advance for your feedback! It truly does matter.

Emily

Uptown Social 2025 Survey



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: Evie Grasse

Member of the Month - Congratulations Evie! You bring such a positive attitude to core class. We appreciate how much you love using the blocks in class. 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.

Workout Room

On Tuesdays from 11:00 a.m. - Noon. Josh will be in the Workout Room highlighting the equipment. If you have any questions about the equipment Josh will be sure to answer them. Registration is encouraged but not required.

Exercise of the Month: Cable Curls

This exercise is a great way to build arm strength. You can do this exercise with free weights but if you would like to try out our cable machine at Uptown Social this is a great exercise to try out.

1. To start make sure you have a comfortable weight, a good rule is to start with lighter weight. Make sure to keep your elbows at your side and slowly bend your arms, bringing your hands to armpit height.
2. After that slowly descend the weight back to the starting position with hands by your hips. Maintaining slow and controlled speed the entire time.
3. You can do this exercise 8-10 reps and a total of 3 sets.



Emily Matthews, RN
920-286-0570
ematthews@remax.net
www.emilymatthewsREagent.com
Senior Real Estate Specialist
RE/MAX Universal Realty
513 Water St, Sheboygan Falls, WI



Homes for Heroes®

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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 1:30-2:15 p.m. 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 from 3:00 - 3:45 p.m. and Fridays 12:15 - 1:15 p.m. in the Activity Room. Classes are \$5 and is paid to the instructor before or after class.

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 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.

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.



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Contact Us

920.459.8477

BetterLifeCW.com

Fitness Programs cont.

A.B.C. Fitness

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

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular strength, range of motion, and activities of daily living. Great for a beginner or someone with limitations. It meets every Tuesday and Thursday from 10-10:45 a.m.

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.

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 non-members. Class is Tuesdays and Thursdays from Noon to 12:25 p.m.

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 11:30a.m.-Noon.

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.



Mary Werner SRES[®]
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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.

Ceramics

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

Crafting Hands

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. Cost is \$2 payable to instructor. Limit 16 attendees. Registration opens March 3 and ends the Friday prior to class.

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 Thursdays 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!



Mister Rogers' Learn and Grow

A program for grandparents and grandchildren ages 2-5
(other caregivers welcome)

Watch episode clips and participate in hands-on activities inspired by the show

Every 4th Tuesday 10am @ Uptown Social
to register call: 920-459-3290

MEAD LIBRARY Uptown Social

Recreational/Social Programs

BINGO

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

Bridge

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

Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. 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 or Thursday from 8:30-11:30 a.m. or Thursday afternoons from 1-4 p.m.

Ping Pong

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

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.

Basketball

Basketball is open to play Mondays at 11 a.m.-1 p.m. and T,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.

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 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! March's **Cribbage Tournaments** will be Monday, March 3 & March 17 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.

March: *The Book Woman of Troublesome Creek* by Kim Michele Richardson

April: *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World*, by Tracy Kidder.

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 *American Underdog*.

Cornhole

Cornhole or "bags" is a game where players or teams take turns throwing bean bags at an inclined board with a hole at the top. We play the first Thursday of the month and third Wednesday of the month at 2 p.m.

Advanced registration is appreciated.

Recreational/Social Programs

Dining Out

March's Dining Out will be at Sways in Howards Grove on Wednesday, March 19 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!

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.

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1-2 p.m. **No March meeting.**

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 Luigi's on March 13. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290.

Pickleball Lessons

Pickleball Lessons are provided Tuesdays from 2-3 p.m. and Fridays 11-11:45 a.m. and Noon -1 p.m. Cost \$3 Members \$5 Guests.

Pickleball-Open Play

Grab a friend or come alone for Open Play every Monday 11 a.m.-1 p.m., T, W, Th 11:30 a.m.-1:30 p.m. W & Th 1:30-3:30 p.m. Except when Cornhole & Shuffleboard are scheduled. Cost \$2 Members /\$4 Guests.

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.**

Karaoke Affair

Tom and Dar Ott will host Karaoke the first Friday of every month from 10:30 a.m. to 1:30 p.m. Exercise those vocal chords and have some fun!



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Special Programs

Cancer Prevention 101

Wednesday, March 5 at 9:30 a.m.

Dr. Evan Wenig's path to oncology is deeply personal. His oldest brother, whom he never got to meet, fought a courageous battle with childhood cancer. Hearing his family share his brother's story sparked Evan's desire to pursue a career in healthcare and, ultimately, into the field of hematology and oncology.

Join Dr. Wenig for this informative presentation on cancer screenings and other ways to reduce cancer risk.

Are Your Ducks in a Row?

Wednesday, March 5 at 11:00 a.m.

Learn all about the importance of cemetery property preplanning to both save money and avoid hard emotional decisions! Most people do not realize that funeral home planning and cemetery planning are two separate activities.

Simple Exercise to Improve Posture, Balance & Stability

Wednesday, March 12 at 11:00 a.m.

Ready to embrace a vibrant and active future? This workshop empowers you to take control of your well-being as you age.

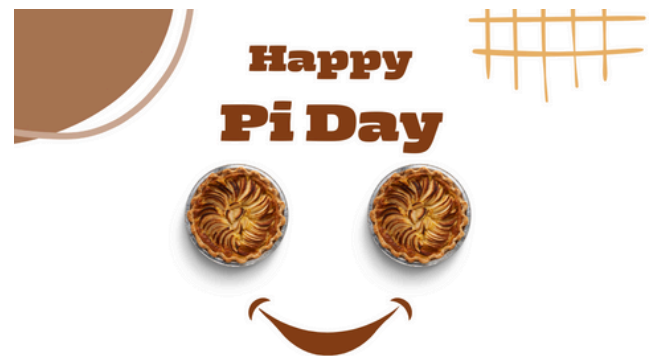
- Join us to discover: The Power of Movement: Learn the science behind exercise and how it can enhance your energy, strength, and independence.
- Posture for Life: Uncover the benefits of good posture for mobility, pain reduction, and overall confidence.
- Busting Exercise Myths: Get rid of misconceptions and discover simple, effective exercises you can do at home.
- Dr. John and Dr. Cooper will guide you through practical strategies to improve your posture, embrace exercise, and invest in your long-term health. This workshop is perfect for anyone who wants to age actively and with confidence.




CELEBRATE
St. Patrick's Day

Uptown Social is serving up Reubens & Irish Potatoes on Monday, March 17
11:00 a.m. to 1:00 p.m.
\$12 Member/\$15 General Public

Purchase your tickets at Uptown Social. Orders must be placed & paid for by March 7.



Happy
Pi Day



Enjoy a piece of pie for \$2 a slice.

Friday 3.14
from 10 a.m. to 1 p.m.



Remember!

Please register to attend the programs on this page.

Special Programs cont.

Estate Planning Workshop w/Hildebrand Law Firm

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

Don't think you need Estate Planning? You do. Join us at this no-cost workshop to learn who benefits from Estate Planning, why it's so important and an overview of the basics! Learn which legal documents everyone needs; How to control and protect your assets while you are alive, if you become disabled, and even after you pass away; And so much more! We promise this won't be another boring lecture, we challenge ourselves to bring you the most accurate information in a fun and memorable way.

All Ages Haiku Workshop with Poet Laureate Lisa Vihos

Wednesday, March 26 at 10:00 a.m.

Join Sheboygan's poet laureate, Lisa Vihos, for a fun and easy haiku-writing session. Lisa has found this ancient Japanese form is a great way to observe and document the natural world, the things around you, your dreams and wishes. The workshop is free and she'll bring copies of her latest book, "5-7-5: a daily haiku journal" for optional purchase. Younger generations welcome as long as they can read and write without your assistance.

Springtime Home Maintenance w/Habitat for Humanity Lakeside

Wednesday, March 26 at 1:00 p.m.

Exterior

- Visual Roof inspection
- Gutters and downspouts
- Foundation and grading
- Decks, stairs and railings
- Gas meter
- Hose bib
- Intake vents
- Silicone at penetrations

Interior

- Change furnace Filter
- Furnace condensate lines
- Sump pump (Prior to Snow Melt)
- Windows and Screens

Marilyn's Cooking Class: Viva el Mexico

Friday, March 28 at 11 a.m.

Marilyn's Cooking Class for March promises to put the Ole! in your day! Marilyn welcomes the retired Sheboygan Judge Timothy Van Akkeren. Members only event. Registration begins the first of the month. **Cost is \$8.**

Legal Consultations-Atty. Elizabeth Rich

Wednesday, March 12 & 26 at 1:00 p.m.

This free service is conducted by an attorney licensed to practice law in Wisconsin. Members 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.

Remember!

Please register to attend the programs on this page.

March

2025

Monday

Tuesday

Wednesday

Thursday

Friday

3	National Cold Cut Day Sub Sandwich w/Vegetable Soup	4	Hot Ham & Cheese w/Oven Roasted Potatoes	5	Tuna Noodle Casserole w/Salad	6	Chicken Piccata w/Potatoes	7	
10	Split Pea Soup w/Salad	11	Northwestern House Broasted Chicken w/Potatoes & Coleslaw	12	Hot Beef Sandwiches w/Salad	13	Tuscan Chicken Pasta w/Salad	14	
17	Reubens Sandwiches w/Potatoes	18	National Sloppy Joe Day w/Salad	19	Homemade Pizzas w/Cheesy Garlic Bread	20	National Ravioli Day w/Salad	21	
24	Italian Wedding w/Salad	25	Fancy Grilled Cheese w/Tomato Soup	26	Chicken Stroganoff over Creamy Potatoes	27	Italian Spaghetti & Meatballs w/Garlic Bread	28	
31	Tacos w/Sides								

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Federal and Medicare Restrictions May Apply.

March

2025

Monday

Tuesday

Wednesday

Thursday

Friday

3

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, Basketball, Pickleball Open Play
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, Floral Watercolor Painting, **Cribbage Tournament**
 1:30 p.m. Chair Yoga
 6:00 p.m. **Ballroom Dance Lessons-Night Club Two Step**
 7:00 p.m. **Ballroom Dance Lessons-Tango**

4

8:00 a.m. SS Stability
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
 10:00 a.m. SS Classic
 11:00 a.m. Tai Chi for Beginners, Fitness Room Orientation
 11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
 12:00 p.m. Kung Fu & Katas
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving
 1:30 p.m. Basketball
 2:00 P.M. Pickleball Lessons
 3:00 p.m. Ecstatic Dance

5

8:00 a.m. ABC Fitness
 9:00 a.m. Silver Sneakers BOOM Move
 9:30 a.m. **Cancer Prevention 101**
 10:00 a.m. Core
 11:00 a.m. **Are Your Ducks in a Row?**
 11:00 a.m. Yoga
 11:30 a.m. Lunch, Pickleball Open Play
 12:00 p.m. Bridge
 12:15 p.m. Chair Yoga
 1:00 p.m. Dominoes
 1:30 p.m. Square Dance, Basketball, Pickleball Open Play

6

8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead, Foot Care Clinic
 9:00 a.m. Line Dance
 10:00 a.m. Silver Sneakers Classic, Wood Carving Mah Jongg, Wood Turning
 11:00 a.m. Tai Chi for Beginners
 11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
 12:00 p.m. Kung Fu & Katas
 1:00 p.m. Sewing & Quilting, Sheepshead
 2:00 p.m. **Tech Help w/Renee**, Cornhole, Shuffleboard
 2:30 p.m. Uptown Singers

7

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, Pickleball Lessons
 12:00 p.m. Pickleball Lessons
 12:15 p.m. Ecstatic Dance

10

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, Basketball, Pickleball Open Play
 11:30 a.m. Lunch
 12:00 p.m. **Tech Help w/Lars**
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, Floral Watercolor Painting, Movie: *American Underdog*
 1:30 p.m. Chair Yoga
 6:00 p.m. **Ballroom Dance Lessons-Night Club Two Step**
 7:00 p.m. **Ballroom Dance Lessons-Tango**

11

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, Fitness Room Orientation
 11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
 12:00 p.m. Kung Fu & Katas
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving
 1:30 p.m. Basketball
 2:00 p.m. Pickleball Lessons
 3:00 p.m. Ecstatic Dance

12

8:00 a.m. ABC Fitness
 9:00 a.m. Silver Sneakers BOOM Move
 10:00 a.m. Core
 11:00 a.m. Yoga, **Simple Exercises to Improve Posture, Balance & Stability**
 11:30 a.m. Lunch, Pickleball Open Play
 12:00 p.m. Bridge
 12:15 p.m. Chair Yoga
 1:00 p.m. Dominoes, **Legal Consultations**
 1:30 p.m. Square Dance, Basketball, Pickleball Open Play

13

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, Wood Turning
 11:00 a.m. Tai Chi for Beginners
 11:30 a.m. Lunch & Adv. Tai Chi, Pickleball Open Play
 12:00 p.m. Kung Fu & Katas
 1:00 p.m. Sewing & Quilting, Sheepshead
 1:30 p.m. Basketball, Pickleball Open Play
 5:00 p.m. **No One Dines Alone**

14

8:00 a.m. ABC Fitness
 9:00 a.m. Silver Sneakers BOOM Move
 10:00 a.m. Core, **PI Day**
 11:00 a.m. Gentle Yoga w/Kathy, Pickleball Lessons
 12:00 p.m. Pickleball Lessons
 12:15 p.m. Ecstatic Dance

March

2025

Monday

Tuesday

Wednesday

Thursday

Friday

17

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, **Reubens**
Reubens, Reubens,
Basketball, Pickleball
Open Play
11:30 a.m. Lunch
12:30 p.m. Canasta, **Meet**
& Greet w/Mayoral
Candidate John Belanger
1:00 p.m. Scrabble,
Poker, **Cribbage**
Tournament
1:30 Chair Yoga
6:00 p.m. **Ballroom**
Dance Lessons Night
Club Two Step
7:00 p.m. **Ballroom**
Dance Lessons Tango

18

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, Fitness Room
Orientation
11:30 a.m. Lunch & Adv.
Tai Chi, Pickleball Open
Play
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo
Intermediate Painting, Yarn
Makers, Wood Carving
1:30 p.m. Basketball
2:00 p.m. Pickleball
Lessons
3:00 p.m. Ecstatic Dance

19

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,
Pickleball Open Play
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
Estate Planning
Workshop
1:30 p.m. Square
Dance
2:00 p.m. Cornhole &
Shuffleboard
5:00 p.m. **Dining Out-**

20

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, Wood Turning
11:00 a.m. Tai Chi for
Beginners
11:30 a.m. Lunch & Adv. Tai
Chi, Pickleball Open Play
12:00 p.m. Kung Fu & Katas,
1:00 p.m. Sewing & Quilting,
Sheepshead, Greeting Cards
1:30 p.m. Basketball, Pickleball
Open Play
2:00 p.m. **Tech Help with**
Mead Public Library
2:30 p.m. Uptown Singers

21

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,
Pickleball Lessons
12:00 p.m. Pickleball
Lessons
12:15 p.m. Ecstatic Dance

24

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,
Basketball, Pickleball Open
Play
11:30 a.m. Lunch
12:00 p.m. **Tech Help**
w/Lars
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker Intermediate Flora
Watercolors
1:30 Chair Yoga, Book Club
6:00 p.m. **Ballroom Dance**
Lessons Night Club Two
Step
7:00 p.m. **Ballroom Dance**
Lessons Tango

25

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, **Mr. Rogers Learn &**
Grow
11:00 a.m. Tai Chi for
Beginners, Fitness Room
Orientation
11:30 a.m. Lunch & Adv.
Tai Chi, Pickleball Open Play
12:00 p.m. Kung Fu &
Katas
1:00 p.m. Bingo,
Intermediate Painting,
Yarn Makers, Wood
Carving, Photography
1:30 p.m. Basketball
2:00 p.m. Pickleball Lessons
3:00 p.m. Ecstatic Dance

26

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers
BOOM Move
10:00 a.m. Core, **Haiku**
Workshop
11:00 a.m. Yoga,
11:30 a.m. Lunch, Pickleball
Open Play
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
Habitat Presentation, Legal
Consultations
1:30 p.m. Square Dance,
Basketball, Pickleball Open
Play

27

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

28

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,
Pickleball Lessons
Marilyn's Cooking
Class
12:00 p.m. Pickleball
Lessons
12:15 p.m. Ecstatic Dance

14

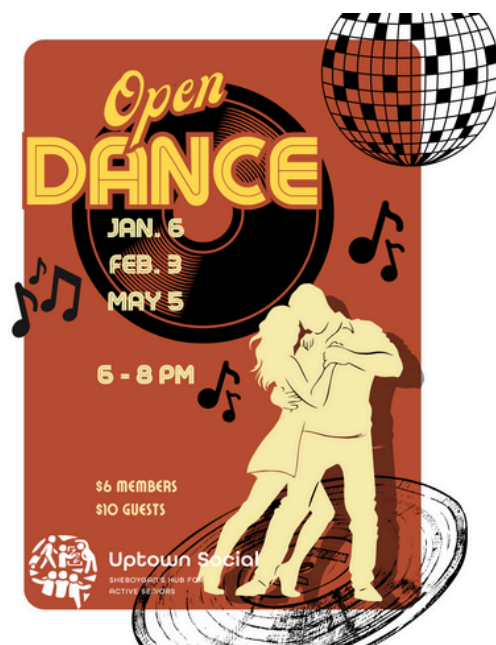
March

2025

31

Monday

- 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, Basketball, Pickleball Open Play
- 11:30 a.m. Lunch
- 12:30 p.m. Canasta
- 1:00 p.m. Scrabble, Poker
- 1:30 p.m. Chair Yoga
- 6:00 p.m. **Ballroom Dance Lessons - Night Club Two Step**
- 7:00 p.m. **Ballroom Dance Lessons- Tango**



GET YOUR DANCING SHOES ON
Ballroom Dance Lessons

<p>Beginner & Intermediate NIGHT CLUB TWO STEP</p> <p>6:00 P.M. MARCH 3, 10, 17, 24 & 31 APRIL 7</p>	<p>Beginner & Intermediate TANGO</p> <p>7:00 P.M. MARCH 3, 10, 17, 24 & 31 APRIL 7</p>
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Cost \$45 payable to the instructors.
 Please register by calling 920.459.3290



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UPCOMING EVENTS




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Travel with US



January 16–23, 2026

Costa Rica
Tour Dates: January 16th – 23rd, 2026




May 11–20, 2026

Greece
featuring Athens, Mykonos and Santorini
Tour Dates: May 11th – 20th, 2026




July 19–27, 2026

**Canadian Rockies and
Glacier National Park**
2026 Departure Dates: July 19th – 27th, 2026



Activity Level 4

TRAVEL WITH
US

**MOUNT
RUSHMORE, THE
BADLANDS &
BLACK HILLS OF
SOUTH DAKOTA**

AUGUST 24 - AUGUST 30, 2025
7 Days / 6 Nights
10 Meals/Tips Included

HIGHLIGHTS INCLUDE:

- Badlands National Park
- Borglum Historical Center
- Mount Rushmore
- Deadwood, South Dakota
- Custer State Park Wildlife Loop
- Black Hills
- Crazy Horse Memorial
- Corn Palace

\$1,150 Double
\$1,425 Single
\$75 Deposit




Visit uptownsocal.org for more information.

Travel with US

Uptown Social's 3rd Annual

THRIFT STORE SHOPPING TRIP

WEDNESDAY, APRIL 30

MEIJER'S PICK-UP 7:30 A.M.
LUNCH AT CULVERS ON YOUR OWN
RETURN 5:30 P.M.

Stores we will visit:

St. Vincent De Paul 818 W Sunset Dr. Waukesha
Waukesha Service Club Gift Club 144 S. West Ave. Unit A Waukesha
Culver's 2600 N Grandview Blvd Waukesha
Goodwill Store 2015 Meadow Lane Pewaukee
Wooden Hanger Consignment 169 Main St. Pewaukee
Design Xchange 175 Main St. Pewaukee
St. Vincent De Paul 601 Ryan St. Pewaukee



BREWER BUS TRIP



VS



WEDNESDAY, MAY 21
12:10 P.M.

MEIJER PICK-UP 9:30 A.M.
RETURN 4:30 P.M.



\$100 MEMBERS
\$110 GUESTS

Includes:
Coach Bus
Driver Tip
Game Ticket

Lunch on your own inside the ballpark.
Call Uptown Social at 920.459.3290 to reserve your spot!

Activity Level 3



Door County Fall Cruise

THURSDAY, OCTOBER 2

Depart Meijer's 7:30 a.m.
Wood Orchard Market
Lunch at the famous Al Johnson's Swedish Restaurant in Sister Bay
Daddy D's Fall Musical Cruise 1 p.m.
Return to Meijer's 5 p.m.

LUNCH:
Swedish Meatballs, Mashed Potatoes, Salad, Cherry
Pecan Bread Pudding
Dietary Restrictions:
Please let us know to provide other options

BOOK NOW
920-459-3290

\$145 MEMBER
\$155 GUEST

Lake Geneva

MAIL CALL TO STARS

Members \$185
Guests \$195

Tuesday, August 19



TRIP INCLUDES

- Coach Bus
- Mail Boat Tour
- Yerkes Observatory Tour
- Light Breakfast, Box Lunch
- Gratuities

ABOUT THE TOUR

With over 100 years of mail service, the mailboat still delivers mail to about 75 homes around the lake on a daily basis from June 15 - September 15. Enjoy this unique tour of beautiful Lake Geneva and the fun of watching this delightful tradition.

Yerkes remains unsurpassed as the world's largest refracting telescope and the home of astrophysics. Many great scientific minds were hosted here from Einstein to Sagan.

BOOK NOW
CALL 920-459-3290

Activity Level 4

Depart Meijer's 6:30 a.m. Return 6:00 p.m.

Travel with US




Watch for 3 day trip announcement to the National Balloon Classic July 30–August 1



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
JULY 25:	SLOPPY JOES - HUBERTUS
AUGUST 22:	21 GUNS ROADHOUSE - GREEN BAY
SEPTEMBER 26:	CHEESE RUN -SCHMITTY'S

Register by Calling (920) 459-3290



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

\$165 Guests

\$155 Members

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.





Uptown Social

1817 N. 8th Street
Sheboygan, WI 53081

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