



Uptown Social

# ENGAGE SHEBOYGAN

May 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](http://www.uptownsocal.org)

CONTACT US AT

(920) 459-3290

[uptownsocal@sheboyganwi.gov](mailto: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,

May is no different than any other month at Uptown Social, meaning I have lots of updates to share with you. I'll get right to it!

### **Gymnasium Construction**

We have a signed contract! Last month, Common Council approved the bid from Mike Koenig Construction Co. to complete the renovations to what will be our new gymnasium and exercise equipment room. We are so excited for construction to begin, and expect their crews to show up very soon. We continue to be on track for an early fall completion.

### **Walk-a-Thon**

On May 15, we will hold our first walkathon! Participation is free and sponsorship is encouraged. Ask your friends and family to sponsor you by pledging a certain amount per lap (indoors or outdoors) or by making a

flat donation. All contributions will go to the Friends of Uptown Social, and participants that raise \$25 or more will receive a free prize! Sign up at the front desk.

### **Café Updates**

Vicky does such a great job of preparing delicious lunches every day, and tries her hardest to make enough to serve everyone that's interested. Unfortunately, we've had a few days when it's so busy that she's run out! As we don't want to turn anyone away empty handed, we are **now encouraging diners to reserve their meal in advance**. If you know that you plan to eat at Uptown Social, please let the front desk know 24 hours or more in advance. That way, Vicky can make sure she has enough supplies to feed everyone. Thank you!

### **Summer Hours**

Now that we've had more than one year behind us in our new building, we've seen some trends. As the weather improves, it quiets down around here. And that's great! We know that many of you are spending time in the summer months outdoors, traveling, or volunteering other places. Last summer, things got really quiet at Uptown Social on Friday afternoons. Knowing that, the Senior Services Commission has approved summer hours from the week of Memorial Day to the week before Labor Day in which we will close at 12pm on Fridays. So for this year, we will close at 2pm on May 24, and then at 12pm every Friday until August 30. On September 6, we will again be open until 2pm on Fridays.

See you soon!  
Emily

# 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: Mary Tonti

Member of the Month - Congratulations Mary! Mary has become one of our regulars in ABC, Boom Move, and Core. You do such a great job in every class you attend! 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 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: Bridge

This exercise is a great way to strengthen your glutes, hamstrings, and core.

1. To start lay flat on our back on a comfortable surface. Bend your knees keeping your feet flat on the ground.
2. Engage your core and glutes as you push through your heels, lifting your hips off the ground. Continue to lift your hips until your shoulders, hips and knees form a straight line.
3. Slowly lower your hips back down to the starting position.
4. Repeat this exercise 10-15 times.  
Depending on your fitness level you can do multiple sets.



## Walking Club

Walking Club is returning! Walking club will be returning Tuesday, May 7th. 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.



Emily Matthews, 920-286-0570, [RealtorEmilyRN@gmail.com](mailto:RealtorEmilyRN@gmail.com)

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# 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. The Introduction/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 Friday from 12:15-1:15 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.

## 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.

## 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.

## 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!

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# Creative Programs

## 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.

## 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.

## This is a Paint Brush - Acrylic

Never painted before because you can't draw a stick figure? Your inner-self might be surprised if you give it a try. (No, we won't make you paint a stick figure!) If you never try, you will never know. New class starting Monday, February 19 from 1:00-3:00 p.m. Limit 12 people for this and cost is \$25 for members and \$35 for non-members. Register at the front desk to attend this 8 week class.



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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 T

## 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!

May's Cribbage Tournaments will be **Monday, May 6 and May 20 beginning at 1 p.m.** You must sign up in advance and entry fee is \$20. Limit 20 players.

## Book Club

Book Club for May will be on Monday, May 20 at 1:30 p.m. due to the Memorial Day holiday. May's Book is *West with Giraffes* by Lynda Rutledge. Book Club will meet over the summer.

**June:** *The Red Tent* by Anita Diamant

**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

May's Dining Out will be at on Wednesday, May 15 at Blank's Supper Club 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! May 9, we will be dining at Courthouse Pub in Manitowoc 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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# Special Programs

## Tech Help

Thursday, May 2 at 11 a.m.

Mead staff will be at Uptown Social to offer free one-on-one tech support. Bring your phone, tablet or computer for help with email, navigating your device, setting up online accounts, word processing and other tech questions. Be sure to bring any passwords and cords that your device needs to work. Held 11 a.m.-noon, May 2. Call Uptown Social to schedule your 15 minute time slot, 920-459-3290

## Mr. Rogers' Mondays

Mondays at 9:30 a.m.

This special program designed for grandchildren ages 2-5 and their grandparents to learn and grow together. Registration required by calling 920-459-3290.

## Hearing Life - Hearing Screens

Monday, May 6 at 1 - 3 p.m.

Hearing Life will be at Uptown Social providing hearing screens. No appointment is necessary, you can just stop in for your free hearing screen.

## Digestive Health Workshop

Wednesday, May 8 at 11 a.m.

Gut Health has become a buzzword, but what does a healthy gut look like? Join Dr. John and Dr. Cooper to learn about how your digestive system plays a key role in your health. At this workshop, you will learn about stomach acid, important enzymes, and other organs which are often overlooked, like the liver and gallbladder. You'll learn about common triggers that may interrupt gut function and also strategies to improve gut function.



*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

  
**Uptown Social**

Dates: March 4, May 6, June 3, September 9, October 10, November 4 & Christmas Dance December 2  
Uptown Social 1817 N. 8th St.  
Sheboygan

*Remember!*

Please register to attend the programs on this page.

# Special Programs

## Women, Wealth & Wisdom Financial Event

Wednesday, May 8 at 5:30 p.m.

Learn to apply real-world lessons about managing your finances and reaching financial goals. Attend this workshop to hear stories about how you can learn more about your finances and enrich your lives in ways beyond your bank accounts.

## Medication Management w/Glander Prescription Plus Tuesday, May 21 at 11 a.m.

Overwhelmed by your daily medication routine? Learn tips and tools to simplify your medication regimen, reduce adverse effects, and improve your health.

Join Elizabeth Wimmler, pharmacist with Glander Drug as she provides easy solutions for medication management and answers any questions you may have.

## Power or Preparedness: A Tale of Planning vs Procrastination Wednesday, May 22 at 1 p.m.

Attorney Matthew Kaplan from Hildebrand Law Firm will discuss the benefits of Medicaid and why more people are eligible than they realize.

## Healthy Sexual Relationships in Aging

Wednesday, May 29 at 10 a.m.

Stay healthy by being informed of safe sex practices and discussion about healthy relationships. Sheboygan County Department of Health will be providing this session. No registration is required.

## Marilyn's Cooking Class Radishes, Raspberries & Rhubarb

Friday, May 31 at 11 a.m.

Marilyn welcomes City of Sheboygan Police Chief Domagalski as her sous chef for May. Together they will be cooking up rhubarb chili, a delightful radish salad and raspberry dessert.

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Remember!

Please register to attend the programs on this page.

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Vegetable Casserole w/Fruit	2 Liver & Onions w/Potatoes	3
6 Chicken Casserole w/Salad	7 Cuban Sliders w/Salad	8 Tuna Sandwich w/Salad	9 Hot Ham or Turkey & Cheese w/Salad	10
13 Salisbury Steak w/Potatoes	14 Lasagna w/Garlic Bread	15 Potato Sausage Soup & Salad	16 Hot Beef Sandwich w/Salad	17
20 Tomato Soup w/ Grilled Cheese	13 Chicken Fajitas w/Sides	22 Ham & Split Pea Soup w/Fruit	23 Salad Bar	24
27  <b>CLOSED</b>	28 Italian Spaghetti & Meatballs w/Garlic Bread	29 Tacos w/Sides	30 Sloppy Joes w/Sides	31



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# May

2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1 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

**2 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  
11:00 a.m. **Tech Help w/Mead Library**  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

**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, **Legal Consultations w/Stiemle Birschbach**  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga w/Kathy  
12:15 p.m. Ecstatic Dance

**6 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  
9:30 a.m. **Mr. Roger's Mondays**  
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, Hearing Life Hearing Screens**  
1:30 Chair Yoga  
**6:00 Open Ballroom Dance 14**

**7 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 & Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi,  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving  
2:30 p.m. Ecstatic Dance

**8 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, **Digestive Health Workshop**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
1:00 p.m. Dominoes,  
1:30 p.m. Square Dance  
5:30 p.m. **Wine, Women & Wealth Financial Event w/Thrivent**

**9 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 & Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg. Laughter Wellness  
**5:00 p.m. No One Dines Alone**

**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  
10:00 a.m. Core,  
11:00 a.m. Gentle Yoga with Kathy  
12:15 p.m. Ecstatic Dance

# May

2024

## Monday

**13 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  
9:30 a.m. **Mr. Roger's Mondays**  
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, Farkle, **Mackinac Island Pre-Trip Meeting**  
1:30 p.m. Chair Yoga  
**6:00 p.m. Waltz Lessons**  
**7:00 p.m. Night Club Two Step Lessons**

## Tuesday

**14 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 & Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi  
1:00 p.m. Intermediate Painting, Bingo, Yarn Makers, Woodcarving, Positive Aging  
2:30 p.m. Ecstatic Dance

## Wednesday

**15 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
**UPTOWN SOCIAL WALK-A-THON**  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead, Casino Trip  
9:00 a.m. Silver Sneakers BOOM Move,  
10:00 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch, **ATI PT Injury Screenings**  
12:00 p.m. Bridge  
1:00 p.m. Dominoes, **Living Life with a Healthy Heart**  
1:30 p.m. Square Dance  
**3:15 p.m. Grief Peer Support Group**  
**5:00 p.m. Dining Out-Blank's Supper Club**

## Thursday

**16 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, Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards

## Friday

**17 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
**6:30 A.M. Taliesin & Mount Horeb**  
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,  
12:15 p.m. Ecstatic Dance

**20 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  
9:30 a.m. **Mr. Roger's Mondays**  
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  
**Cribbage Tournament**  
1:30 Chair Yoga, Book Club  
**6:00 p.m. Waltz Lessons**  
**7:00 p.m. Night Club Two Step Lessons**

**21 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  
11:00 a.m. **Medication Management**  
11:30 a.m. Lunch & Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi,  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Writing Group  
3:00 p.m. Ecstatic Dance

**22 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, **Power or Preparedness A Tale of Procrastination**  
1:30 p.m. Square Dance

**23 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 & Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg,

**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  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy,  
12:15 p.m. Ecstatic Dance

# May

2024

## Monday

27

**MEMORIAL DAY**

**CLOSED**

**THANK YOU  
VETERANS!**

## Wednesday

29

**28 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 Rendevous, Ceramics  
10:00 a.m. Silver Sneakers Classic  
11:30 a.m. Lunch & Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi,  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Photography  
3:00 p.m. Ecstatic Dance

## Thursday

30

**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 & Intro to Tai Chi, Walking Club  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

## Friday

31

**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,  
**Marilyn's Cooking Class:**  
12:15 p.m. Ecstatic Dance



Short Term Rehab · Assisted Living · Skilled Nursing Care  
[sscnonprofit.org](http://sscnonprofit.org) (920) 458-2137 x819





# EXPLORE TALIESIN

& Mount Horeb

Friday, May 17



## Taliesin

Frank Lloyd Wright's home in Spring Green. Taliesin embodies Wright's ideas of organic architecture. It offers incredible views of the valley he loved.

## Mount Horeb

Mount Horeb is the Troll Capital of the World. Search for the trolls, shop the unique shops, enjoy the delectable dining options and maybe even the Grumpy Troll Microbrewery. Immerse yourself in their Norwegian folklore.

**\$115** Member

**\$125** Guest

- Depart Meijer 6:30 a.m.
- Tour Taliesin
- Lunch on your own in Mount Horeb
- Return 6 p.m.

Register by calling 920.459.3290

Activity Level 4



Preventing Medicare Fraud

Toll-free Helpline:

888-818-2611

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

[www.smpwi.org](http://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).



\$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.

## 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!

# Travel with US



**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.



## 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](mailto:volunteers@freshmealsonwheels.org)



## 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



### WALK-A-THON Fundraiser

»»»»

Indoor Lap = 1/15 Mile  
 Outdoor Track = 1/2 Mile  
 Outdoor Track = 1 Mile

**May 15, 2024**

**Uptown Social**  
7:30am-4:00pm

**FREE!**  
Participants set walking goal and secure pledges from family and friends.

To Register, Call 920-459-3290



**HEALTHY SHEBOYGAN COUNTY**

# Travel with US

**Mayflower Travel Show Wednesday, March 20 at 1 p.m.**



A travel poster for Galena II, August 28-29, 2024. The poster features a main image of a street scene in Galena, Illinois, with several smaller inset photos: a trolley tour, the U.S. Grant Museum, and a group of people on a horseback riding trip. The text includes the phone number 920-459-3290, the website UPTOWNSOCIAL.ORG, and the logo for Uptown Social.

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 [uptownsocial.org](http://uptownsocial.org) for more information.*



## Uptown Social

1817 N. 8th Street  
Sheboygan, WI 53081

## Powering beyond for stronger communities

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

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

