



Uptown Social

ENGAGE SHEBOYGAN

November 2025



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

FRIDAY 7:30 AM TO 2:00 PM

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

CONTACT US AT
(920) 459-3290
uptownsocial@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

Rachel Kerlin | Custodial

Vicky Meyer | Cafe Coordinator



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

Media Policy

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

Our Mission

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

Our Values

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

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

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

Directly from the Director



Hello all,

As we draw closer to the end of the year, I find myself reflecting on what makes Uptown Social so special. Without question, it's you! Whether you've joined us for a trip, attended a class, volunteered your time, or simply shared a coffee and some conversation in the cafe, you are the heartbeat of this place.

Uptown Social thrives because of community support, not just through participation, but also through generosity. Each year, the Friends of Uptown Social, our 501(c)3 nonprofit partner, helps fund many of the extras that make this place vibrant. Recent examples include little things like the food at the Sweetest Day party last month, and big big contributions like half of the gymnasium renovation. Looking toward 2026, the Friends are focusing on what Uptown Social needs now: more staff.

I hope you might consider making a tax-deductible contribution to the Friends of Uptown Social. Each year, many of our

supporters choose to make a Qualified Charitable Distribution (QCD) directly from their IRA (as long as they're over 70.5). A QCD can count toward your required minimum distribution (RMD) while reducing your taxable income. To do this, simply direct your IRA administrator to send the gift to:

The Friends of Uptown Social
Federal EIN: 39-1816535

Every contribution, no matter the size, helps keep Uptown Social welcoming, inclusive, and full of life. Thank you for helping us continue to grow, connect, and celebrate together!

Emily

A Note from the Friends

The Friends of Uptown Social is a 501(c)3 nonprofit organization that supports Uptown Social through advocacy, volunteerism, and funding. In the past, the Friends have funded initiatives such as staff positions and major capital projects, including the furniture at Uptown Social, as well as about 50% of the gymnasium and exercise room. Our volunteer board of directors, composed of diverse community members, meets monthly to strategize ways to enhance Uptown Social. When you donate to the Friends, you're making a direct impact on the ongoing operations and long-term improvements at Uptown Social.

We are in the process of updating our bylaws and planning to sponsor fun events for the members and participants of Uptown Social. We will be reaching out to you to help us with both the planning and organizing of our events. We will keep you posted!

- 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: Barb Juckem

Member of the Month - Barb you do such a great job in our Silver Sneakers Classic class. It's always a pleasure when you and Bob are 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.

Exercise of the Month: Chin Tucks

A go-to stretch, especially in the winter when you get neck pain, chin tucks are a great option. You can do this stretch while seated.

1. To start, tuck your chin in, bring your head back while keeping your upper body still.
2. Hold this position for 5-10 seconds and then relax.
3. You can do this for a minute. This also helps strengthen the front of your neck.



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.

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®

Do What You Love In Service to Others

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 participants. Fees are paid to the instructor before or after class.

Chair Yoga-Sponsored by Sheboygan Senior Community

Chair yoga improves circulation, and contributes to pain management. A ten class pass is available for \$40 and is payable directly to the teacher. Class meets every Monday and Wednesday 12:15 p.m.-1:00 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 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.

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.

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.

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.

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

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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.

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 Tuesdays, W and Th 1:30-3:30 p.m. Except when a Blood Drive is scheduled. Just shoot around or play a quick pick up game.

Pickleball Lessons

Pickleball Lessons resume this fall every Friday from 11:30 a.m. - 12:30 p.m. **Cost is \$3.00 for Members and \$5.00 for Guests. Limit 4.**



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. 1:30 - 3:30 p.m.
Tu/Wed/Th	11:30 a.m. - 1:30 p.m. 1:30 p.m. - 3:30 p.m.
Friday	11:30 a.m. - 1:30 p.m.

Blocks are capped at 16 people with the exception of Mondays and Tu/Wed/Th afternoon times, those have a cap at 8. There are certain dates where social play time and cap is limited so please stay up-to-date on our weekly email and our newsletter.

Creative Programs

Yarn Makers

Learn the joy of hand spinning from wool, alpaca, silk, bamboo and more on Tuesdays from 1:00-3:00 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. For new carvers the fee is \$20. 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.

Photography

Photography will be the 1st Tuesday of the month at 1:00 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 9:00-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic.

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 **November 3** and fills up quickly.

Wood Turning

If you currently are a wood turner and would like to meet with and share ideas with others, then this group is for you! This group meets the second Thursday from 10:00 a.m. to noon.

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!

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.

Ping Pong

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

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! November's **Cribbage Tournament** will be Monday, November 3 and 17 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.

November 24 - *The Art Thief* by Michael Finkel



Recreational/Social Programs

Dining Out

November's Dining Out will be at Roadside Bar & Grill on Wednesday, November 19 at 5:00 p.m. Participation is limited to 30. You **must be a member**. Contact the Front Desk November 3 or after to sign up at 920.459.3290!

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 *Conclave*. **Please register to attend.**

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 Parker John's on Thursday, November 13. Cocktails begin at 5:00 p.m. Please register to attend by calling the office at 920.459.3290.

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.



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Special Programs

The Role of Food & Activity in Managing Diabetes

Wednesday, November 5 at 11 a.m.

Join Aurora for a discussion about lifestyle changes that can help in diabetes and prediabetes treatment and management. Healthy eating tips and recommendations for increasing daily movement!

Legal Consultations w/Stiemle Birschbach

Friday, November 7 at 9 a.m. - Noon

Need legal advice? An attorney with Stiemle Birschbach will spend 30 minutes with you to assist you with any legal questions you may have. You must call or stop by the Front Desk to make an appointment.

Grief Support-A Widow's Perspective

Wednesday, November 5 at 1 p.m.

In the wake of her profound loss, Shirley transformed her grief into purpose. In Randy's honor, she developed empathetic support programs, including a widow's group. These initiatives focus on grief education, navigating grief, and providing meaningful resources to those who are mourning.

Changes to Medicare Plans in 2026

Wednesday, November 5 at 4 p.m.

This session will cover changes in Medicare for the 2026 year, including rising Part B premiums, an increase in the Part D out-of-pocket cap to \$2,100, and the auto-renewal of the Part D Prescription Payment Plan. Some Medicare Advantage plans are scaling back benefits or leaving certain regions due to financial pressures, while certain services will now require prior authorization in specific states. Presented by Wisconsin Preferred Insurance Group.

Memory Screening

A Closer look at Memory Changes

Are you noticing changes?
A memory screen is a wellness tool that helps identify possible changes in memory and cognition.
It creates a baseline of where a person is at so that future changes can be monitored.



WED., NOVEMBER 5, 2025
1-3 pm
Uptown Social
1817 N 8th St, Sheboygan, WI 53081

(Confidential / Screening on First Come, First Serve Basis)
It's **FREE** and takes only 15 minutes!

 Screening administered by the staff of the

Get immediate results
Keep them for future comparison and/or share them with your physician / medical team.

Early detection is important
Just as blood pressure, cancer, diabetes, or stroke screening contribute to prevention and better treatments, so do memory screens.

Questions?
Contact the Aging & Disability Resource Center (ADRC) of Sheboygan County
920-467-4100

**K
A
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K
E**



AFFAIRE
WITH TOM & DAR OTT

FRIDAY, NOVEMBER 7
10:30 AM - 1:30 PM



Remember!

Please register to attend the programs on this page.

Special Programs cont.

Legal Consultations-Atty. Elizabeth Rich

**Wednesdays, November 12 & 26
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.

Understanding Neuropathy & Strategies for Daily Life

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

Do you experience numbness, tingling, or pain in your hands and feet? You may be wondering if it's neuropathy. This interactive workshop will empower you to:

- Gain a clear understanding of neuropathy. Learn about the different types, causes, and symptoms
- Explore treatment options: Discuss conventional and complementary approaches to manage your neuropathy.
- Develop practical strategies for daily living: Discover tools and techniques to improve comfort, mobility, and overall well-being.

Join Dr. John from Better Life Chiropractic and Wellness to learn valuable information and practical strategies to take control of your health and live a fulfilling life.



THANKSGIVING GRATITUDE

Pick your background and then add puzzle pieces to make this cute 3-D pumpkin. Please bring your glue gun and paper scissors.

Cost \$3 Paid to Instructor Limit 15 Participants



Wednesday, November 19 at 1 p.m.

Sheboygan Development Update Wednesday, November 12 at 12:30 p.m.

Hear the latest and greatest on Sheboygan's development projects from Sheboygan's Director of Development Taylor Zeinert.

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Know Us Before You Need Us

Wednesday, November 12 at 2:00 p.m.

The Sheboygan County Aging Disability Resource Center (ADRC) is one of the most important agencies to be familiar with as we age. This discussion will provide you insight to what services they provide and can assist you with so you are "in the know" before you are in crisis mode and are searching for answers and assistance.

LIVASU Presentation

**Wednesday, November 19
at 11:00 a.m. & 5:15 p.m.**

Livasu is a village being designed and built specifically for those living with dementia and their families by breaking free from traditional ways of providing care, those with dementia are able to "live as usual". Attend to learn more about the only one of its kind in the United States.

Fall Prevention Workshop

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

Fall is here but only the leaves should be falling! According to the CDC falls are the leading cause of injury for adults 65 years and older. Many of these falls are preventable. It's time to be proactive with your health! Join us for tips and tricks to prevent falls. We will take a "room by room" look at home safety and the best strategies to prevent falls from occurring. Questions and answer session to follow presentation along with some tasty treats!

Parkinson's Support Group

Thursday, November 20 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.

PACKER POTLUCK

W/DAVE ROSS

Dave is Back for Another Time of Music & Fun

FRIDAY, NOVEMBER 21

11 A.M. - 1 P.M.



**WEAR YOUR PACKER GEAR & CALL
920-459-3290 TO RESERVE YOUR SPOT!**



Remember!

Please register to attend the programs on this page.

Volunteer of the Month

Susan Baumgart has been sharing her talents with the us since Uptown Social was the Senior Activity Center. For well over a decade, countless members have taken painting lessons from Susan. The striking mural of Kohler Andrae park in our hallway showcases Susan's talents. She continues to selflessly lend her talents and knowledge to those participating in watercolor or acrylic painting classes.

Susan is very active with our Crafting Hands group and travels frequently with Uptown Social. She even has some pretty good dance moves! We are so fortunate to have Susan as a volunteer. She enriches the lives of so many members, expressing the beauty of our world through the brush.



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.

November

2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 National Sandwich Day-Build Your Own Sandwich	4 Sloppy Joes w/Salad	5 Chili w/Salad	6 Tuscan Chicken w/Buttered Noodles	7
10 Creamy Squash Soup w/Grilled Cheese	11 Rachel Reuben Sandwich w/Salad	12 Creme Brulee French Toast & Fruit	13 Salisbury Steak & Potatoes	14
17 Potato Sausage Soup & Salad	18 Pancake Bar	19 Fancy Grilled Cheese w/Salad	20 Meatloaf w/Potatoes	21
24 Salad Bar	25 Polish Sausage, Sauerkraut & Potatoes	26 Creamy Broccoli Soup & Salad	27 CLOSED HAPPY THANKSGIVING	28

This November, be thankful for relief from neuropathy!



ONLY
\$67*

- Examination
- Any needed X-rays

*To be paid at time of service. Offer Ends November 17, 2025



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Federal and Medicare Restrictions May Apply.

November

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, Social
Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Advanced Watercolors-
Floral, Poker, **Cribbage
Tournament**
1:30 p.m. Social
Pickleball

4

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
11:30 a.m. Lunch,
Social Pickleball
1:00 p.m. Bingo,
Intermediate Painting,
Yarn Makers, Wood
Carving, Workout
Room Orientation,
Photography
1:30 p.m. Social
Pickleball, Basketball
3:00 p.m. Ecstatic
Dance

5

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, **The
Role of Food & Activity
in Managing Diabetes**
11:30 a.m. Lunch, Social
Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
**Grief Support-A Widow's
Perspective, Memory
Screens**
1:30 p.m. Square Dance,
Basketball, Social
Pickleball
4:00 p.m. **Changes
Coming to Medicare
Plans in 2026**

6

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
11:30 a.m. Lunch, Social
Pickleball
1:00 p.m. Sewing &
Quilting, Sheepshead,
1:30 p.m. Basketball
2:00 p.m. Shuffleboard
2:30 p.m. Uptown Singers

7

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move.
**Legal Consultations
w/Stiemle Birschbach**
10:00 a.m. Core, This is
a Paintbrush -
Watercolors
10:30 a.m. **Karaoke
Affair with Tom &
Dar Ott**
11:00 a.m. Gentle Yoga
w/Kathy
11:30 Pickleball
Lessons, Social
Pickleball
12:30 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, Social
Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, **Movie-Conclave**

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
11:30 a.m. Lunch,
Social Pickleball
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

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,
**Understanding
Neuropathy & Strategies
for Daily Life**
11:30 a.m. Lunch, Social
Pickleball
12:00 p.m. Bridge
12:30 p.m. **Sheboygan
Development Update**
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
**Legal Consultations
w/Atty. Elizabeth Rich,**
1:30 p.m. Square Dance,
Basketball, Social
Pickleball
2:00 p.m. **Know Us
Before You Need Us-
Sheb. Cty. ADRC**

13

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-Parker John's**

14

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core, This Is
a Paintbrush-
Watercolor
11:00 a.m. Gentle
Yoga w/Kathy
11:30 a.m. Social
Pickleball, Pickleball
Lessons
12:30 p.m. Ecstatic
Dance

November

2025

Monday

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, 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**
1:30 p.m. Social Pickleball

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, 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. Book Club, Social Pickleball

Tuesday

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
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

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
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, Photography
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

Wednesday

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, **LIVASU Presentation**
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Thanksgiving Gratitude Craft, Fall Prevention Workshop**
1:30 p.m. Square Dance, Basketball
2:00 p.m. Shuffleboard
5:00 p.m. **Dining Out-Roadside Bar & Grill**
5:15 p.m. **LIVASU Presentation**

26

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
Legal Consultations Atty. Elizabeth Rich
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday

20

8:00 a.m. Silver Sneakers Stability, Foot Care Clinic
8:30 a.m. Sheepshead
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, 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/Me ad Public Library**
2:30 p.m. Uptown Singers

27

**HAPPY
THANKSGIVING!
WE ARE
GRATEFUL FOR
YOU!!**

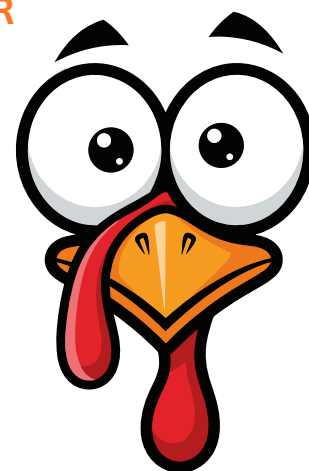
Friday

21

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, This is a Paintbrush
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. **Dance, Sing & Cheer on the Packers Potluck w/Dave Ross**, Social Pickleball, Pickleball Lessons
12:30 p.m. Ecstatic Dance

28

**CLOSED FOR
THANKSGIVING
HOLIDAY**



December

2025

Monday

1

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**
1:30 p.m. Social Pickleball

Tuesday

2

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, Workout Room Orientation, Yarn Makers, Wood Carving. Photography
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

Wednesday

3

8:00 a.m. ABC Fitness, **Fireside Trip**
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, **Air Dry Ornament Class**
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday

4

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, Mah Jongg, Wood Turning, Wood Carving
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Ecstatic Dance, Sheepshead
1:30 p.m. Basketball
2:00 p.m. Shuffleboard
2:30 p.m. Uptown Singers

Friday

5

Classes & Pickleball Cancelled for the Day

Craft Show Set Up

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SHEBOYGAN COUNTY



VOLUNTEERS NEEDED

HOLIDAY MEMORIES 2025

November 28
through
December 30, 2025

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