



Uptown Social

ENGAGE SHEBOYGAN

November 2024



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

Table of Contents

Directly from the Director	3
Fitness Programs	4-7
Creative Programs	8
Recreational & Social Programs	9-10
Special Programs	11-12
Cafe Menu	13
November Activities	14-16
Travel Programs	18-19

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,

The gym and exercise room will officially open to members for use on November 1st. We're so excited to have this additional 5,000 square feet of indoor space for the community to utilize!

These next couple months will see a series of adjustments as we adapt to new program offerings. We have a brand new space to fill and will continue to make changes in the future while we learn how popular certain programs are going to be.

SilverSneakers Classic and Line Dancing will move into the gym, as they are our two biggest fitness classes and have outgrown the Activity Room. Additionally, in January, SilverSneakers BOOM Move and Core will move into the gymnasium to make room for a new singing group in the Activity Room.

We have a few time slots for open play basketball, cornhole, and shuffleboard. If people come and would like to see them offered more often, we can do that! But if they're not popular, they'll probably be moved off of the schedule to make room for other things.

Pickleball is the fastest growing sport in the world, and we know that retirees love playing it and have the time to do so. For those who've never tried, we'll have pickleball lessons on Friday mornings. For those who know how to play, or for the beginners after they've had a couple lessons, we have open play for beginners. For more experienced pickleheads, we have open play for advanced players and slots to reserve courts. Personally, I plan to catch a pickleball lesson in the event I ever need to jump in to fill an open space on the court. Duty calls!

In addition to the gymnasium, the exercise equipment room is open for use on November 1st! We have cardio machines and free weights and Josh will be ready to help you navigate the new equipment. Please watch the schedule for orientation times so you can learn from the expert on how best to use these new features.

Please note that use of the equipment room is reserved as a benefit of membership. Additionally, pickleball programming will be limited to members only for November at least while we get a handle on the schedule and interest levels.

As always, thanks for being here,
Emily

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. 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: Levi Dawn Goins

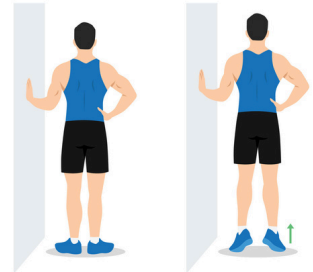
Member of the Month - Levi you do such a great job in every class you attend! We have absolutely enjoyed having you at Uptown Social and the positive attitude you bring. Keep up the amazing work!

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

Exercise of the Month: Calf Raises

This exercise is great for calf strength, improving balance, and ankle stability.

1. To start, have your feet shoulder-width apart with your toes pointed forward.
2. Lift your heels off the ground and slowly lower them back down.
3. Repeat this 10-15 times. You can add extra sets with rest breaks in between. Or you could add more time under tension but staying on your toes a little bit longer before you lower your heels down.



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.

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

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.**

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.

Square Dancing

Did you Square Dance previously and want to brush up on your skills? Or perhaps you already Square Dance and just want to dance with us. 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.

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.



HEALTH CARE THE WAY IT SHOULD BE.



YOUR COMMUNITY PARTNER IN HEALTH & WELLNESS

Our mission is to help people embrace a Chiropractic lifestyle to achieve a Better Life, one we all deserve.

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 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.

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 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

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Tai Chi for Beginners meets every Tuesday and Thursday from 11:00 a.m. to 11:25 a.m. Intermediate/Advanced Tai Chi meets every Tuesday and Thursday from 11:30 a.m.-Noon.

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.

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. Some of the specific forms (katas) will be taught over time. Cost is \$1.00 for members and \$1.50 for non-members. Class is Tuesdays and Thursdays from Noon to 12:25 p.m.

Gentle Yoga with Kathy

This class is a creative blend of feel-good stretches with a variety of breath work and somatic therapies. Classes also include some self-massage techniques and a final relaxation with healing meditations. We focus on areas of concern for each individual and aim to bring about self-awareness through movement. **Classes are \$5 and paid to the instructor before or after class.** We meet on Fridays at 11 a.m. - Noon in the Activity Room.

Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Join Kathy Alby, Bob Fleming, and Jokasha Klest every Tuesday from from 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.**

Fitness Programs cont.

Pickleball Lessons

Fifty-five minute lessons will be provided by Bruce Becker on Friday mornings at 10 and 11 a.m. for \$3.00 per session for Members. Each session is limited to 8 attendees. Payment is due at the time of reservation. Paddles and balls will be provided.

You must register in advance with the front desk.

Pickleball Open Play

Pickleball Open Play is broken out into two categories: Advanced and Beginners. There are 8 people allowed to register per each 1 hour and 45 minute session. Cost is \$5 per session for Members. Payment is due at the time of reservation. You must bring your own paddles and balls.

You must register in advance with the front desk.

Pickleball Court Reservation

Pickleball Court Reservation is currently for Members only at \$5 per person per session. Reservations are limited to four people per 55 minute session. Payment is due at the time of reservation. You must bring your own paddles and balls. **You must register in advance with the front desk with all players' names.**

Exercise Room

Includes strength and cardiovascular equipment free for members to use. This room is open anytime the center is open. Watch for more information on orientation sessions with Josh.



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. The goal of the game is to score points by either landing a bag on the board (one point) or putting a bag through the hole (three points). Cornhole will be played the third Monday of the month at 2 p.m.

Advanced registration are appreciated.

Open Basketball

Start a pick up game or just practice shooting. Open basketball will be Mondays and Wednesdays at 11 a.m.

Shuffleboard

Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area.

Shuffleboard will be held the third Monday of the month at 2 p.m. **Advanced registration are appreciated**

Creative Programs

Yarn Makers

Learn the joy of hand spinning fiber with us on Tuesdays from 1:00-3:00 p.m. We create yarn from wool, alpaca, silk, bamboo and any other fibers into simple yarn or designer yarns. No experience necessary. We learn together and have fun working with spinning wheels or drop spindles.

Wood Carving

This is an open carve group with experts available for pointers and assistance. An apron is recommended to bring as well as a cut resistant glove. This group meets Tuesdays from 1-3 p.m. and Thursdays from 10 a.m. to Noon. For new carvers the fee is \$20. Experienced carvers are welcome to join as well.

Sewing & Quilting

Sewing/Quilting meets Thursday afternoons from 1:00-3:00 p.m. in the Creative Studio. Bring your own project and materials. Get help with problems or be inspired to try something new. US has 4 sewing machines for you to use or bring your own machine.

Photography

Photography 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.

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.**

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!

Ceramics

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

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, November 11 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.



Free in-home consultations!

Care for Every Moment

Specializing in around-the-clock in-home care.

24/7 Care | Dementia Care | Personal Care | More

Home Instead®
To us, it's personal

Home Instead®
Sheboygan 3426 Mill Rd.
920.803.0188
HomeInstead.com/238

Each Home Instead office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company.

Now hiring! Immediate openings in Sheboygan, Manitowoc & Calumet Counties!

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. 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 Monday, Tuesday or Thursday mornings from 8:30-11:30 a.m. or Thursday afternoons from 1:00-4:00 p.m.

Ping Pong

Any time that we're open, you're welcome to enjoy the two tables placed alongside the walking track.

Pool

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

Mah Jongg

All players are invited to come and join Mah Jongg Open Play. Open play hours are 10:00 a.m. to 3:45 p.m. on Thursdays. Mah Jongg Lesson are offered by Connie Vandre. For information regarding times and dates of lessons, call Connie at 920-698-0708 or email her at cjvandre@yahoo.com.

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! We do have boards available if you are interested in playing.

November's Cribbage Tournaments will be **Monday, November 4 beginning at Noon & November 18 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.

November: *The Measure* by Nikki Erlick

December: **No Meeting**

January: *The Berry Pickers* by Amanda Peters

February: *The Women* by Kristen Hannah

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.

Recreational/Social Programs

Dining Out

Dining Out will be on Wednesday, November 20 at Roadside Bar & Grill in Plymouth. 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!

Uptown Singers

Join Uptown Singers on the first and third Thursday of the month at 2 p.m. for fellowship through song. As this is a new group, we will start with a few two and three-part pieces to see how we do. Uptown Singers will be led by Director Emily Rendall-Araujo, who moonlights as a professional musician when she's not overseeing Uptown Social. Advanced registration is appreciated, but not required.

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each 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.

No One Dines Alone

Like going out to eat, but not alone? Then this group is for you! November 14, we will be dining at Bourbon Street. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290. This group meets the second Thursday of every month.



Pine Haven
CHRISTIAN COMMUNITIES

Your Premier Senior Living Community
Independent Living • Assisted Living • Memory Care

pinehaven.org

Special Programs

Preparing for the Inevitable: What to Expect DURING the Funeral Wednesday, November 6 at 11:30 a.m.

Preparing for the inevitable loss of a loved one equips us in knowing what to anticipate in the immediate days following a death. Join experts in the field for an interactive discussion covering the elements of a meaningful funeral that not only honors wishes, but helps loved ones heal. In addition, funeral directors will touch on current funeral trends, memorialization options, obituary writing and more.

Grief Through the Holidays Wednesday, November 6 at 2:00 p.m.

Sue Berg-Allay Hospice Bereavement Coordinator, MS, CCLS will help us navigate loss and grief through the holidays. We will take time as a group to share a memory of your loved one during our round table discussion. Senior Helpers and Allay will provide coffee, tea and cookies for this reflective time.

Meditation for Beginners Thursday, November 7 at 10:00 a.m.

In this one-hour session you will learn Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. No experience necessary and this can be done sitting in a chair.



Exercise to Achieve a Healthy Posture & Better Stability at All Ages Wednesday, November 13 at 11:00 a.m.

Aging gracefully can be tough, and often posture and exercise are not a priority. Learn about the science behind exercise and the dangers of an unhealthy posture. We will provide simple, at-home exercises, and share ways to improve your posture.

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

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Understanding Palliative Care
Wednesday, November 13 at 1 p.m.

What is palliative care anyway? Join us to learn more about this type of in-home supportive care that aims to improve the quality of life for people affected by a serious illness. We'll discuss how it can be provided alongside curative treatments, offers supportive benefit to the person and their family, can be integrated at any point in the disease process, and is tailored to fit a person's needs and values.

Marilyn's Cooking Class
Tsubame, Japan
Friday, November 22 at 11 a.m.

Kana Nakano is a Lakeland University student from Japan who will join Marilyn to prepare and share traditional Japanese food. There will also be some cultural items on display and activities to celebrate the City of Sheboygan's partner city relationship with Tsubame, Japan.

You must be a member to attend.
Registration opens November 1.



CARE Patrol
Your Partner In Senior Care Solutions

SENIOR HELPERS

PACKER POTLUCK

FRIDAY, NOVEMBER 15
11:00 A.M. START

PACKERS VS BEARS

SIGN UP AT THE FRONT DESK TO ATTEND OR CALL 920.459.3290.

BRING YOUR FAVORITE PACKER PARTY FOOD TO PASS!

TECHNOLOGY HELP

with Lead Public Library

November 21 from 2-3 p.m.
Make your appointment with the Front Desk

Remember! Please register to attend the programs on this page.

November

2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Farmhouse Vegetable Soup w/Salad	5 Closed for Election	6 National Nachos Day	7 Smothered Pork Chops w/Potatoes	8
11 Bacon, Lettuce & Tomato Sandwich w/Soup	12 National Chicken Noodle Soup Day w/Sandwich	13 Reuben Rachel Sandwich w/Salad	14 Italian Spaghetti & Meatballs w/Garlic Bread	15
18 Fettuccine Alfredo w/Fruit	19 Salad Bar	20 Creamy White Chicken Chili w/Salad	21 Hot Beef Sandwich w/Salad	22
25 Chili w/Salad	26 Fancy Grilled Cheese & Tomato Soup	27 Pancakes w/Bacon	28 CLOSED FOR THANKSGIVING HOLIDAY	29 CLOSED FOR THANKSGIVING HOLIDAY

A CELEBRATION OF WINTER SEASON

DEC. 7
8 A.M. - 3 P.M.

HOLIDAY CRAFT FAIR

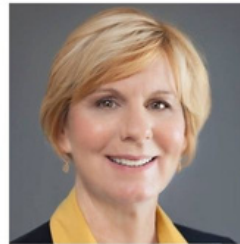
- SOUPS • DRINKS • BAKE SALE •
- FESTIVE RAFFLE •

SUGGESTED \$2 DONATION FOR ENTRY



Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

1817 N. 8TH STREET SHEBOYGAN



Client Focused. Results Driven

My approach to real estate is simple. It's about providing the best service and advice by listening to you and understanding your needs. If you are considering a move, just give me a call. It all starts with a simple conversation.

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

kwEMPOWER
KELLERWILLIAMS.
All offices are independently owned and operated.



Senior Care, Only Better.

Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers. **Let us ease your mind with a complimentary in-home care assessment.**

710 Eastern Ave | Suite 2 | Plymouth, WI 53073
920.400.1336 | seniorhelpers.com/wi/sheboygan
All rights reserved. Senior Helpers locations are independently owned and operated. ©2022 SH Franchising, LLC.

November

2024

Monday

Tuesday

Wednesday

Thursday

Friday

1

8:00 a.m. ABC Fitness,
Open Pickleball-Adv,
Open Pickleball-Beg
9:00 a.m. Silver
Sneakers BOOM Move,
**Legal Consultations
w/Stiemle Birschbach**
10:00 a.m. Core,
Pickleball Lessons
11:00 a.m. Gentle Yoga
w/Kathy, Pickleball
Lessons
12:00 p.m. Open
Pickleball-Adv, Open
Pickleball-Beg
12:15 p.m. Ecstatic Dance

4

8:00 a.m. ABC Fitness,
Open Pickleball-Beg,
Open Pickleball-Adv
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers
BOOM Move, Crafting
Hands
10:00 a.m. Core,
Pickleball Reservation,
11:00 a.m. Yoga,
Basketball Open Play,
Pickleball Reservation
11:30 a.m. Lunch
12:00 p.m. **Cribbage
Tournament**
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, This is a
Paintbrush, **Hearing
Screens**
1:30 Chair Yoga
3:00 p.m. CLOSED

5

**CLOSED
FOR
ELECTION**

6

8:00 a.m. ABC Fitness,
Pickleball Lessons
9:00 a.m. Silver
Sneakers BOOM Move
10:45 a.m. Open
Pickleball
11:00 a.m. Yoga
11:30 a.m. Lunch,
**Preparing for the
Inevitable: What to
Expect DURING the
Funeral**
12:00 p.m. Bridge, Open
Pickleball-Beg, Open
Pickleball-Adv
1:00 p.m. Dominoes,
1:30 p.m. Square Dance
2:00 p.m. **Grief Through
the Holidays**, Pickleball
Reservation
3:00 p.m. Pickleball
Reservation

7

8:00 a.m. Silver
Sneakers Stability,
Pickleball Reservation
8:30 a.m. Sheepshead, Foot
Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver
Sneakers Classic,
Meditation for Beginners
Wood Carving, Mah Jongg
11:00 a.m. Tai Chi for
Beginners, Pickleball
Reservation
11:30 a.m. Lunch & Adv. Tai
Chi
12:00 p.m. Kung Fu & Katas,
Pickleball Reservation
1:00 p.m. Sewing &
Quilting, Sheepshead,
Open Pickleball-Adv, Open
Pickleball-Beg
3:00 p.m. Pickleball
Reservation

8

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

November

2024

Monday

11

8:00 a.m. ABC Fitness, Open Pickleball-Beg, Open Pickleball-Adv
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core, Pickleball Reservation
11:00 a.m. Yoga, Basketball Open Play, Pickleball Reservation
11:30 a.m. Lunch
12:00 p.m. Pickleball Reservation
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, **This is a Paintbrush-Acrylic**
1:30 Chair Yoga
6:00 p.m. **Open Dance**

Tuesday

12

8:00 a.m. Silver Sneakers Stability, Pickleball Reservation
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, Pickleball Reservation
11:30 a.m. Lunch & Adv. Tai Chi
12:00 p.m. Kung Fu & Katas, Pickleball Reservation
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, **Positive Aging**, Wood Carving, Open Pickleball-Beg, Open Pickleball-Adv.
3:00 p.m. Ecstatic Dance, Pickleball Reservation

Wednesday

13

7:30 a.m. **Shopping Trip**
8:00 a.m. ABC Fitness, Pickleball Reservation
9:00 a.m. SilverSneakers BOOM Move, Open Pickleball-Adv, Open Pickleball-Beg
10:00 a.m. Core
11:00 a.m. Yoga, **Exercise to Achieve Healthy Posture & Stability**, Basketball Open Play
11:30 a.m. Lunch
12:00 p.m. Bridge, Open Pickleball-Adv, Open Pickleball-Beg
1:00 p.m. Dominoes **Understanding Palliative Care**
1:30 p.m. Square Dance
2:00 p.m. Pickleball Reservation
3:00 p.m. Pickleball Reservation

Thursday

14

8:00 a.m. Silver Sneakers Stability, Pickleball Reservation
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
11:00 a.m. Tai Chi for Beginners, Pickleball Reservation
11:30 a.m. Lunch & Adv. Tai Chi
12:00 p.m. Kung Fu & Katas, Pickleball Reservation
1:00 p.m. Sewing & Quilting, Sheepshead, Open Pickleball-Adv, Open Pickleball-Beg
3:00 p.m. Pickleball Reservation
5:00 p.m. No One Dines Alone-

Friday

15

8:00 a.m. ABC Fitness, Open Pickleball-Adv, Open Pickleball-Beg
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, Pickleball Lessons
11:00 a.m. Gentle Yoga w/Kathy, Pickleball Lessons, **Packer Potluck**
12:00 p.m. Open Pickleball-Adv, Open Pickleball-Beg
12:15 p.m. Ecstatic Dance

18

8:00 a.m. ABC Fitness, Open Pickleball-Beg, Open Pickleball-Adv
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core, Pickleball Reservation, Pickleball Lesson
11:00 a.m. Yoga, Basketball Open Play, Pickleball Reservation
11:30 a.m. Lunch
12:00 p.m. Pickleball Reservation
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This is a Paintbrush-Acrylic, **Cribbage Tournament**
1:30 Chair Yoga, Cornhole, Shuffleboard
6:00 p.m. **Dance Lessons-Rumba**
7:00 p.m. **Dance Lessons-Jitterbug**

19

8:00 a.m. Silver Sneakers Stability, Pickleball Reservation
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, Pickleball Reservation
11:30 a.m. Lunch & Adv. Tai Chi
12:00 p.m. Kung Fu & Katas, Pickleball Reservation
1:00 p.m. Bingo, Photography Intermediate Painting, Yarn Makers, Wood Carving, Open Pickleball-Beg, Open Pickleball-Adv.
3:00 p.m. Ecstatic Dance, Pickleball Reservation

20

8:00 a.m. ABC Fitness, Pickleball Reservation
9:00 a.m. SilverSneakers BOOM Move, Open Pickleball-Adv, Open Pickleball-Beg
10:00 a.m. Core
11:00 a.m. Yoga, Basketball Open Play
11:30 a.m. Lunch
12:00 p.m. Bridge, Open Pickleball-Adv, Open Pickleball-Beg
1:00 p.m. Dominoes
1:30 p.m. Square Dance
2:00 p.m. Pickleball Reservation
3:00 p.m. Pickleball Reservation
5:00 p.m. **Dining Out-Roadside Bar & Grill**

21

8:00 a.m. Silver Sneakers Stability, Pickleball Reservation
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
11:00 a.m. Tai Chi for Beginners, Pickleball Reservation
11:30 a.m. Lunch & Adv. Tai Chi
12:00 p.m. Kung Fu & Katas, Pickleball Reservation
1:00 p.m. Sewing & Quilting, Sheepshead, Open Pickleball-Adv, Open Pickleball-Beg, Greeting Cards
2:00 p.m. **Tech Help w/Mead Library**
3:00 p.m. Pickleball Reservation

22

8:00 a.m. ABC Fitness, Open Pickleball-Adv, Open Pickleball-Beg
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, Pickleball Lessons
11:00 a.m. Gentle Yoga w/Kathy, Pickleball Lessons, **Marilyn's Cooking Class-Tsubame Sister City Celebration**
12:00 p.m. Open Pickleball-Adv, Open Pickleball-Beg
12:15 p.m. Ecstatic Dance

November

2024

Monday

25

8:00 a.m. ABC Fitness, Open Pickleball-Beg, Open Pickleball-Adv
 8:30 a.m. Sheepshead
 9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
 10:00 a.m. Core, Pickleball Reservation
 11:00 a.m. Yoga, Basketball Open Play, Pickleball Reservation
 11:30 a.m. Lunch
 12:00 p.m. Pickleball Reservation
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, This is a Paintbrush-Acrylic
 1:30 Chair Yoga, Book Club

Tuesday

26

8:00 a.m. Silver Sneakers Stability, Pickleball Reservation
 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, Pickleball Reservation
 11:30 a.m. Lunch & Adv. Tai Chi
 12:00 p.m. Kung Fu & Katas, Pickleball Reservation
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Open Pickleball-Beg, Open Pickleball-Adv.
 3:00 p.m. Ecstatic Dance, Pickleball Reservation

Wednesday

27

8:00 a.m. ABC Fitness, Pickleball Reservation
 9:00 a.m. Silver Sneakers BOOM Move, Open Pickleball-Adv, Open Pickleball-Beg
 10:00 a.m. Core
 11:00 a.m. Yoga, Basketball Open Play
 11:30 a.m. Lunch
 12:00 p.m. Bridge, Open Pickleball-Adv, Open Pickleball-Beg
 1:00 p.m. Dominoes
 1:30 p.m. Square Dance
 2:00 p.m. Pickleball Reservation
 3:00 p.m. Pickleball Reservation

Thursday

28

**HAPPY
THANKSGIVING**

CLOSED

Friday

29

CLOSED



Navigating the Transition to **Senior Care?**

Our Trusted Experts Are Here to Help.

We help families find the right care solution for their loved ones at no cost.



CarePatrol.com
o: 920-530-5085 f: 920-694-6444

Ryan F Rabe, Certified Senior Advisor (CSA)[®]
 rabe@carepatrol.com

©2023 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.



Preventing Medicare Fraud

Toll-free Helpline:
888-818-2611
 Email: smp-wi@gwaar.org
www.smpwl.org
Wisconsin Senior Medicare Patrol

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).

Stay Driven

Affordable | Convenient | Friendly | Safe

METRO CONNECTION
On Demand • Paratransit Transportation Solutions for Everyone.

SHORELINE METRO



Climb aboard today at www.shorelinemetro.com

Would You Like Help in Your Aging Journey?

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

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



www.embracecaremanagement.com

STEFANIE H.
WEILL
CENTER

**MAKE MEMORIES
AT THE WEILL**

826 N 8th St., Sheboygan
(920) 208-3243
weillcenter.com

UPCOMING EVENTS




SSC Sheboygan Senior Community
— Est. 1962 —

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



Travel with US

Shopping Trip!!

Wednesday, November 13

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

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

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



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

Ballroom Dance Nights

Dance Night at Uptown Social 6:00-8:00 p.m.

Learn a new line dance.

Uptown Social

Cost \$6 for Members \$10 for Guests

Dates: September 9, October 7, November 11 & Christmas Dance December 2

Uptown Social 1817 N. 8th St. Sheboygan



IN HONOR OF ELVIS' 90TH BIRTHDAY, THE FIRESIDE AND LEGENDS IN CONCERT KICK OFF THE 2025 SEASON WITH JUMPSUITS, BLACK LEATHER, SWIVELING HIPS, AND LEG-SHAKING, PRESENTING THEIR NEWEST RETROSPECTIVE OF ELVIS' LIFE IN MUSIC TOLD THROUGH THE EYES OF THE WORLD'S BEST TRIBUTE ARTISTS AND A LIVE FOUR-PIECE BAND.

THURSDAY, FEBRUARY 13, 2025



\$155 MEMBERS \$165 GUESTS

DEPART MEIJER'S 8:15 A.M.
DINE 11:15 A.M.
SHOW BEGINS 1:30 P.M.
RETURN 6:15 P.M.

ENTREE CHOICES:
GRILLED PORK RIBEYE
RAINBOW TROUT
SLICED ROAST BEEF TENDERLOIN
VEGETARIAN PESTO ORECCHITTI

CALL 920.459.3290 TO RESERVE YOUR SPOT TODAY!

It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share hotdish, bars, and stories from the last 100 years. As the women work in the kitchen, shared memories burst into life through a series of flashbacks. Travel back to 1897 and meet Vivian's grandmother; see Karin as a newlywed cautiously navigating the politics of the kitchen; and be there in 1944 when Mavis first barreled her way through the door. The Centennial Celebration is bittersweet. Times are tough in this small farm community, and hard decisions will have to be made.

The FireSide

\$155 Members \$165 Guests

Thursday, June 5, 2025

Depart Meijer's 8:15 a.m.
Dine 11:15 a.m.
Show begins 1:30 p.m.
return 6:15 p.m.

Entree Choices:
Braised Pork Belly
Supreme Cut Chicken
Thai Grilled Shrimp
Vegetarian Cacciatore.

Call 920.459.3290 to reserve your spot today!

Travel with US



British Isles: Castles,
Countryside & Capitals

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

Activity Level 4

TRAVEL WITH US

BEAUTIFUL VERMONT/ CANADA TOUR

OCTOBER 4 - OCTOBER 12, 2025
9 Days / 8 Nights
14 Meals/Tips Included

HIGHLIGHTS INCLUDE:

- Vermont Maple Farm
- Tour of Ben & Jerry's Ice Cream Factory
- Dinner Cruise on Lake Champlain
- Stowe Village
- Cold Hollow Cider Mill
- Rock of Ages Granite Quarry
- 1000 Islands Skydeck
- Bata Shoe Museum

\$1,685 Double
\$2,264 Single
\$75 Deposit

Activity Level 3

TRAVEL WITH US

TULIP FESTIVAL IN HOLLAND, MICHIGAN

MAY 6 - MAY 11, 2025
6 Days / 5 Nights
12 Meals/Tips Included

HIGHLIGHTS INCLUDE:

- Windmill Island Gardens
- Guided Tour of Holland
- Tulip Immersion Garden
- Nelis' Dutch Village
- Holland Bowl Mill
- Mac Wood's Dune Ride
- Mission Point Light House
- Music House Museum

\$1,436 Double
\$1,776 Single
\$75 Deposit

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.



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.

