



Uptown Social

# ENGAGE SHEBOYGAN

October 2023



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

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

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

CONTACT US AT

(920) 459-3290

[uptownsocial@sheboyganwi.gov](mailto:uptownsocial@sheboyganwi.gov)

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## Contact Staff

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**Dementia  
Friendly**

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.

The Uptown Social Newsletter is sponsored by the Friends of Uptown Social.  
Thank you to our advertisers who help to make this free newsletter possible.

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,

Did you know that our membership system allows you to carry a balance on your account? I do it all the time: Make a payment of \$50, and then use that to pay for my lunches, beverages, etc. until the folks at the front desk kindly tell me I'm running low on funds and it's time for a refill. Anyone can do this!

Why am I bringing it up now? Well, if you participate in our fitness classes, we're phasing out Flex Passes starting October 1st.

For those of you with current Flex Passes, you'll check in for class(es) like normal at the front desk kiosk. Our volunteers will punch your pass for you every time you come, until your pass is exhausted. And when it's about to run out, they'll let you know that it's time to load money onto your prepay account. When your flex pass is gone and you're working off your prepay account, you'll simply be charged the per-class fee each time, which is still \$1.50 for members and \$2 for guests. (But newcomers can always try their first class for free!)

Funds can be deposited into your prepay account at any amount. Have \$5 in your pocket and that's it? That's fine. Want to write a check for \$100 and draw it down for awhile? That's fine too!

We know this is a big change from how things have been done for a long time, but we believe this will be better in the long run for all of us. Thanks for your patience in advance through this transition!

Additionally, I'm pleased to announce that we are now partnering with Renew Active by UnitedHealthcare. For those whose Medicare plans include fitness reimbursement by Renew Active, you'll now be able to enjoy your Uptown Social membership for free! Talk to our staff if you have questions about this program or how to get signed up.

All the best!  
Emily

**PROTECT YOURSELF AND OTHERS FROM INFLUENZA AND COVID-19 THIS FALL**

Vaccines will be provided onsite at:  
Uptown Social  
1817 N. 8th Street  
Sheboygan

Appointments can be made by calling  
**920-459-3290**

*Homebound Visits Available*



Directly from the Director

# 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: Pam Stanford

Pam has done a wonderful job in all exercise classes from flex and stretch to core! Her dedication to her health is truly remarkable. Keep up the amazing work Pam!

Monthly Silver Fitness Award Winners receive one free Flex Pass, a \$36 value for members.

## Exercise of the Month: Wall Pushup

Wall pushups are a great option to build and maintain strength.

1. To do a wall pushup, stand around an arm's length from the wall with your feet hip-width apart.
2. Place your hands on the wall around shoulder-level with your fingers pointed toward the ceiling.
3. Placing your hands by your side, keep your back and neck straight and your chest forward.
4. Slowly bend your elbows and begin to lean your body toward the wall.
5. Keeping your back straight and elbows bending around 45 degree angle.
6. Slowly push back to starting position.
7. You can start out by doing 5-10 wall pushups then taking a break. If you are feeling up for it you can continue doing 1 or 2 more sets of 5-10.



## Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$1.50 each for members and \$2.00 each for non-members. A 10-class Yoga Pass is available for \$50.

# Fitness Programs cont.

## NEW CLASS: Chair Yoga Mondays 1:30 - 2:00 p.m.

There are times in our lives that we need to adjust our habits and lifestyles. Joint pain, achy muscles, fatigue and other common ailments can make exercise more difficult. CHAIR YOGA is for anyone who wants to try yoga without the fear of falling or the straining of getting down onto the floor and up again. Chair yoga is a gentle form of yoga that is done while seated. That makes the practice more accessible to all.

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 \$30 and is payable directly to the teacher. There will be no class on October 23rd.

## Balance Assessments Tuesdays 11:00 a.m. - 12:00 p.m.

Better Life Chiropractic and Wellness will be offering complimentary 10-Minute Balance Assessments for Uptown Social visitors. This quick and valid assessment tool uses research-based technology to determine your fall risk and balance score. In this balance assessment you will learn:

- How your balance and postural sway may impact your risk of falling and balance
- A baseline objective measurement for your balance in comparison to others your age

Better Life Chiropractic & Wellness is Your Partner in Health & Wellness. We are an innovative wellness clinic with doctors that look at health and wellness in relation to your goals. We believe that if we can educate people to obtain Better Movement, Better Nutrition, and Better Self Care that they can achieve a Better Life.

Sign up for an appointment at the front desk.



**YOUR COMMUNITY  
PARTNER FOR HEALTH &  
WELLNESS**

**HEALTH CARE THE WAY IT SHOULD BE.**



Dr. John Reitz & Dr. Cooper MocarSKI

BetterLifeCW.com  
920.459.8477

*Workshops starting in  
October at Uptown Social*



# 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 a.m.

## Flex & Stretch

Much of this 45-minute program is spent in a chair. You'll get some great stretches, light strength training, and mild cardio moves. Flex & Stretch meets every Tuesday and Thursday from 10:15- 11:00 a.m. You're welcome to come from Line Dancing and try both!

## Body Basics

This class focuses on medium and low-impact cardio moves while giving you a great aerobic workout. Weights and balance exercises will also be incorporated in body basics. Class is Mondays/Wednesdays from 12:15-1 p.m. in the Activity Room.

## 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.

You will need to purchase a separate tai chi pass for \$36 from the front desk.

## Allegro

This 60-minute fast-paced dance/ cardio program will get your feet moving and your blood pumping. It meets every Monday, Wednesday and Friday from 9-10 a.m.

## Core Class

This low impact floormat class will improve core strength and flexibility. Core meets every Monday, Wednesday and Friday from 10:15 to 10:45 a.m.

## Line Dancing

This 60-minute 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 to 10 a.m.

## Square Dancing

If you've ever been curious about Square Dancing and want to try it out this class is for you. This class is designed to introduce beginners to the basics of square dancing in a fun and welcoming environment. Member Fee \$5 per class. Non-member fee \$7 per class. We will meet Wednesdays from 1:30-3:00 p.m. in the Activity Room. Experienced Square Dancers are more than welcome to come as well! If you are an experienced Square Dancer and want to help out as an angel in the class, contact our Program & Wellness Coordinator Josh Drossel.



# 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.

## 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 is paid to the instructor before or after class. We meet on Fridays at 11:00 a.m. - Noon in the Activity Room.



## 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. The cost is \$5.

## 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. The cost is \$5.

## Elevate Yoga Classes

Elevate Yoga classes on Tuesdays and Thursdays from 2:00-3:00 p.m. in the Activity Room. Participants pay at the front desk; \$5 for members, \$8 for non-members per class. *Sponsored by Sheboygan Senior Community.*



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[www.expSheboygan.com](http://www.expSheboygan.com)



**Announcement! No more Flex Passes starting in October!**

Uptown Social participants have the ability to hold balances in their accounts. These fund balances can be used to pay for things such as programs, lunch or coffee, trips, etc. Starting October 1, we will be phasing out Flex Passes to direct participants to use the prepay system for fitness programs.

**If you have a current Flex Pass:**

September 29 is the final day participants will punch their flex pass for fitness classes.

Starting October 1, check in for class(es) at the front desk kiosk as you would normally. Our volunteers will use remaining punches for you until your pass is exhausted. When 1-2 punches remain, our volunteers will contact you to let you know that you'll need to load money into your prepay account. At this time, the fee charged will be the same as the cost now, \$1.50 per class for members or \$2 per class for guests. You'll be able to see your prepay balance on kiosk at check-in, and are welcome to add funds to your balance at any time.

**When your Flex Pass expires/If you don't have a current Flex Pass:**

Rather than selling you a Flex Pass, we will ask you to make a payment to be applied to your PrePay account. This payment can be made in any amount; fitness class fees will remain at \$1.50 for members and \$2 for guests at this time. Every time you check in for a program, the program fee will be drawn from your prepay balance. You'll be able to see your prepay balance on kiosk at check-in, and are welcome to add funds to your balance at any time.

# Creative Programs

## 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.

## 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.

## 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.

## 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, September 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.



Compassionate care in Sheboygan and surrounding communities for Your Loved One

-  **Allay's Happy Tails - Pet Therapy**  
Certified Pet Therapy teams visit with patients and families and enrich their lives
-  **Music Therapy**  
Board Certified Music Therapists reduce pain, anxiety and isolation. Music improves mood and assists with positive life review and memories
-  **Volunteer's**  
Offer support, companionship and respite for family members and caregivers.



510 S. 8th Street Sheboygan WI 53081

(920) 547-5360

[www.allayhh.com](http://www.allayhh.com)



# Creative Programs

## 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.

## Wood Carving

Join Ron Feld for 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 and Thursdays from 10 a.m. to Noon in the Creative Studio. For new carvers the fee is \$20 for the month of October.

Experienced carvers are welcome to join as well.

## Raging Grannies

This social parody singing group is open for everyone! Join in the singing or just come to listen. You don't have to be a granny and you don't have to carry a tune, that's what purses are for! This group meets the first and last Mondays of the month at 1:30 p.m.

## Ceramics

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

Where you  
**GOING**  
Today?

Your Trip  
Starts Here!

920.459.3281

SHORELINE  
METRO.COM

## Intermediate Art

Join us Tuesday afternoons from 1 to 3 p.m. for art class. You will use an art punch pass, available for \$25/10 classes per card. Program Lead Susan Baumgart will be happy to provide guidance if you need it!

STEFANIE H.  
**WEILL**  
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MAKE MEMORIES  
AT THE WEILL

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

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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.

## 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!

October's **Cribbage Tournaments** will be Monday, October 2 and 16 beginning at 1 p.m. You must sign up in advance and entry fee is \$20. Limit 20 players.

## Pool

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



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.

## 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.

## Ping Pong

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

## 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 Thursdays at 1:00 p.m. to play a few rounds, or more!

## Book Club

Join us the fourth Monday of the month at 1:30 p.m. for book club. Every month the group reads and discusses a literary piece. They will meet October 23. October's book will be *Downstairs Girl* by Stacy Lee. November's book is *How the Penguin Saves Veronica* by Hazel Prior. The Book Club does not meet in December.

## Chess

Join others for a strategic and tactical game every Monday at 1:00 p.m. in the Hospitality Room.

# Recreational/Social Programs

## Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of each month at 1:00 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.

## Library

Our Library has a variety of books, DVDs and large print options. We also have two reading machines available for use. It is a lending library so please take a book and when you are done return it to the large box in the Library area.

## Dining Out

This month we will Dine Out at Courthouse Pub in Manitowoc on October 18. Diners will start with cocktails at 5 p.m. and dinner to follow at 6 p.m. 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!



*Rumba* *East Coast Swing*

GET YOUR DANCING SHOES ON

### Ballroom Lessons

Susan Alby & Roland Marciniak will be offering dance lessons at Uptown Social this fall.

6 WEEK SESSION: OCTOBER 9, 16, 23, 30 NOV. 6 & 13

Rumba Lessons at 6 p.m.  
East Coast Swing Lessons at 7 p.m.  
(Partner not necessary)

**Cost \$45**



**Uptown Social**  
1817 N. 8th Street | Sheboygan

Call 920.459.3290 to register.



 **Pine Haven**  
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# Special Programs

## Healthy Feet Foot Care Clinic

Dianna Rogers, RN offers toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about any foot concerns you may have. The \$35 fee is paid directly to Dianna. Please bring a towel and clean socks. Upcoming dates include October 5, 12, 19 and 26.

## Savings Success

Wednesday, Oct. 4 at 2 p.m.

Consumer Credit Counseling will present this first installment of a three-part series focusing on improving your overall financial picture.

## Sweet & Spooky: Uncovering the Hidden Dangers of Sugar

Wednesday, Oct. 11 at 11 p.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.

## How to Care for Yourself as a Caregiver

Wednesday, Oct. 11 at 2 p.m.

It is easy to neglect self-care when you are caring for a loved one. Embrace Care Management will provide helpful tips on how to take time to restore your energy and care tips to keep you healthy in mind, body and spirit while caring for others.

## AARP Smart Driver Course

Wednesday, October 18

Noon to 4 p.m.

Sign up now for the AARP Smart Driver class-- the new and enhanced driving refresher course from AARP Driver Safety. The AARP Smart Driver Course teaches:

- Defensive driving techniques, new traffic laws and rules of the road.
- How changes to ourselves, the roads and our vehicles impact our driving

\$20 for AARP Members \$25 Non-member  
You must register with the front desk to attend. Please bring your AARP card when you register.

Remember!

Please register to attend the programs on this page.

# Special Programs

## Packer Potluck w/Accordion Music

Friday, Oct. 20 at 11 a.m.

It is potluck season! We all love sampling everyone's special recipes. Bring your favorite fall or Packer party food to share. Afterwards, we'll enjoy some accordion music sponsored by Senior Helpers. Don't forget to wear your green and gold. Please let the front desk know what you plan on bringing when you register to attend.



## Third Coast Vascular

Wednesday, October 18 at 11 a.m.

Concerned about varicose veins, leg swelling or skin changes? Join Third Coast Vascular as they discuss ways to improve wounds and overall vascular health.

## Technology Basics with Mead Public Library

Wednesday, Oct. 25 at 10 a.m.

Never touched a computer? No idea where to start? Join Mead Public Library as they go through the very basics of operating computers and help put your technology anxiety at ease.

## Marilyn's Cooking Class:

### You're in the Army now

Friday, Oct. 27 at 11 a.m.

Marilyn and sous chef guest Craig Stewart of the Veterans Administration will be cooking up fall classics featuring apples, pumpkins and squash. Registration opens on Monday, October 2. \$8 for members only.

## Bingo with Senior Helpers

Tuesday, October 10 at 11 p.m.

Melissa Parra from Senior Helpers will be our special BINGO caller and will bring scrumptious fall treats for all those playing.



Please register to attend the programs on this page.

## FINANCIAL EDUCATION CLASSES

HOSTED BY UPTOWN SOCIAL (1817 N 8TH STREET)

Presented by:

## Consumer Credit Counseling Service

Topics of each session:

- Savings Success
- Credit Voyage
- Navigating Debt

\*Sessions made possible through a grant provided by Capital One

Attend a session and be registered to win a \$25 Visa Gift card. Raffle off at the end of each session!

JOIN ONE OR JOIN ALL!

Wednesday, October 4 – Savings Success 2:00pm - 3:00pm

Wednesday, Nov. 1 – Credit Voyage 11:00am -12:00pm

Wednesday, Dec. 6 – Navigating Debt 2:00pm - 3:00pm



**Uptown Social**  
SHEBOYGAN'S HUB FOR  
ACTIVE SENIORS

**Register today**

by calling 800-350-CCCS



**Consumer  
Credit  
Counseling  
Service**  
You're not alone.



## 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., Oct. 18, 2023 from 1-4 pm**

Uptown Social, 1817 N 8th St, Sheboygan, WI 53081

OR

**Tues., Oct. 24, 2023 from 10 am - 12 Noon**

Generations, 1500 Douglas Dr., Plymouth, WI 53073

**(Confidential / Screening on First Come, First Serve Basis)**

It's **FREE** and takes only 10 minutes!



Screening administered by the staff of the  
ADRC of Sheboygan County

**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**



Dementia Crisis Care Task Force  
of Sheboygan County



WORKING TOGETHER TO IMPROVE CARE

## Dementia Education for Family Caregivers

Signs of dementia include changes in behavior. At times, these changes can be difficult for family members to understand. This presentation provides basic information about dementia as well as strategies and communication tips for family caregivers when they are providing care for their loved ones living with dementia.

**Uptown Social**

1817 N 8th Street  
Sheboygan, WI 53081

**Wednesday, October 25th, 2023**

**1:00 - 2:30 p.m. OR 5:00 - 6:30 p.m.**

Please select **ONE** of the sessions

RSVP to Lisa Hurley

Aging & Disability Resource Center (ADRC) of Sheboygan County  
920-467-4079 or [Lisa.Hurley@SheboyganCounty.com](mailto:Lisa.Hurley@SheboyganCounty.com)

Community Education Series



**Art Program for Those Living with MCI, Early Stage Alzheimer's or Another Dementia**

MEMORIES IN THE MAKING® is the signature art program of the Alzheimer's Association, introduced in 1988, that allows individuals with Alzheimer's disease and related dementias to express themselves through art, and communicate or share the essence of who they are. Care partners and those living with Mild Cognitive Impairment, early stage Alzheimer's or dementia can join in an art session led by an instructor, in a comfortable social gathering that allows people experiencing memory loss & their loved ones to connect, socialize, and build new support networks. Meeting location rotates each month between Generations, Uptown Social and Plymouth Arts Center (See schedule on back page). **All art supplies are provided.**

**2nd Friday of each month,**

**beginning May 12th, 2023**

**10:00 - 11:30 am**

**Registration is required,  
please call 800.272.3900**

**Join us for this free event!**

**Offered in partnership with:**



[www.alz.org/wi](http://www.alz.org/wi)  
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**ALZHEIMER'S  
ASSOCIATION**  
Wisconsin Chapter

# Piano Bar



Friday, October 13- 11 a.m.

Come hear Tom and Emily from Seven Ages Theatricals entertain you with an hour or two of classics from the American songbook, Broadway, and today. In addition to running Sheboygan's Indie theatre company and producing free Shakespeare in the Park each summer, Tom and Emily are veteran singer-musicians who will gather around the piano on September 15th from 11 a.m. - 1 p.m. for some showtunes, classic rock songs, and a few tunes that may be new to you!



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## TURN YOUR HOME'S EQUITY INTO OPPORTUNITY!

Sheboygan residents! I'm Terry Bivins, your neighborhood experienced professional on Home Equity Conversion Mortgages (HECM). Together, we can leverage the equity in your home for financial flexibility and peace of mind.

- Get decades of mortgage experience at your fingertips.
- Work with a recognized experienced professional and trusted industry leader.
- Ensure a smooth and transparent HECM journey.

CONTACT



### Terry Bivins

HECM Senior Vice President,  
NMLS#217764 T: (920) 459-8929  
D: (312) 871-3050  
tbivins@thefederalsavingsbank.com

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Eligibility requirements apply. HECM Counseling is required. Subject to credit and income approval. You must occupy the residence as your primary home. You must continue to pay for property taxes, insurance payments, homeowners association fee, home maintenance costs, and other fees as required. You must have significant cash available for the down payment. The balance of the loan grows over time and interest is charged on the balance. The loan becomes payable when the last borrower on eligible non-borrowing spouse passes away, sells the home, permanently moves out, defaults on taxes, insurance, or maintenance, or otherwise does not comply with the loan terms.



Uptown  
Social

Celebrate US  
One Year

November 17



# 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)



Preventing Medicare Fraud

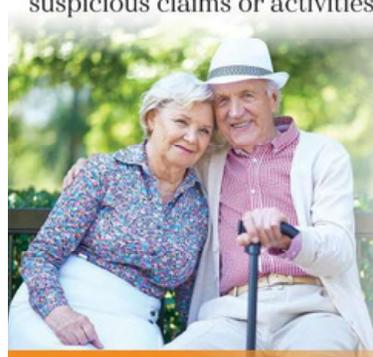
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Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
[www.smpwi.org](http://www.smpwi.org)  
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Empowering Seniors to Prevent Healthcare Fraud

► **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).

# 2024 Day Trips

## Let US know your thoughts!



Uptown Social



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Monday

Tuesday

Wednesday

Thursday

Friday

2 Salisbury Steak w/Sides	3 Veggie Casserole w/Fruit	4 Italian Spaghetti & Meatballs w/Garlic Bread	5 Creamy White Chicken Chili w/Salad	
9 Tuna Casserole w/Fruit	10 Salad Bar	11 Liver & Onions	12 Hamburgers w/ Potato Salad	
16 Chili & Salad	17 Veggie Lasagna w/Garlic Bread	18 Tuna Sandwich w/Salad	19 Turkey Wraps w/Fruit	20 <b>Go Team!</b> <b>Football Potluck</b>
23 Tacos w/Sides	24 Vegetable Barley Soup w/Fruit	25 Chicken Casserole w/Salad	26 Hot Ham or Turkey w/Cheese & Salad	
30 Sloppy Joes w/Salad	31 Harvest Pumpkin Soup w/Fruit			

## STROKE SUPPORT GROUP

FOR SURVIVORS AND CAREGIVERS

**3<sup>rd</sup> THURSDAY** each month of the year

**1:30 - 2:30 P.M.**

**First Congregational Church, UCC**

**310 Bluff Ave., Sheboygan (Room #2-West door)**

- Has a stroke interrupted your life?
- Do you have a strong will to recover?
- Are you looking for support from others?
- Are you a caregiver in need of coping strategies?

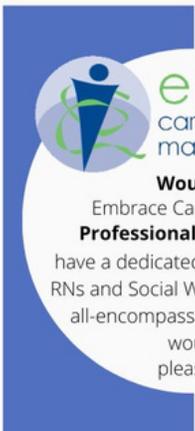
*Group members will share information from reliable sources & offer support to help you move forward with renewed hope.*

**\*Established in 2017\***

**Edwin Steffes BS, OMC Stroke Survivor- 920-207-6341**

**Diana Kirschbaum BS, MVS Caregiver- 920-207-3641**

**OR mandala4me@gmail.com**



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# October

2023

## Monday

**2 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness, Vaccine Clinic  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro & Crafting Hands  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker, Chess,  
**Cribbage Tournament**  
This Is a Paintbrush  
1:30 p.m. Raging Grannies & Chair Yoga

## Tuesday

**3 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance  
10:00 a.m. Open Carving  
10:15 a.m. Flex & Stretch  
11 a.m. **Balance Assessments**  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi, Vaccine Clinic  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers  
2:00 p.m. Elevate Yoga

## Wednesday

**4 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
12:15 p.m. Body Basics  
1:00 p.m. Dominoes  
1:30 p.m. Square Dance  
2:00 p.m. **Saving Success**

## Thursday

**5 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead, Foot Care Clinic  
9:00 a.m. Mah Jongg & Line Dance  
10:00 a.m. Open Carving  
10:15 a.m. Flex & Stretch  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg  
2:00 p.m. Elevate Yoga

## Friday

**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. Allegro, Ceramics  
10:15 a.m. Core  
11:00 a.m. Gentle Yoga w/Kathy  
12:15 p.m. Ecstatic Dance

**9 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness, Vaccine Clinic  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro & Crafting Hands  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker, Chess, Cribbage  
This Is a Paintbrush  
1:30 Chair Yoga  
6:00 p.m. Rumba  
7:00 p.m. East Coast Swing

**10 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance,  
**Lake Geneva Trip**  
10:00 a.m. Open Carving  
10:15 a.m. Flex & Stretch  
11:00 a.m. Balance Assessments  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi, Vaccine Clinic  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers,  
**Positive Aging**  
2:00 p.m. Elevate Yoga

**11 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro  
10:15 a.m. Core  
11:00 a.m. Yoga,  
**Danger of Sugar**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
12:15 p.m. Body Basics  
1:00 p.m. Dominoes,  
1:30 p.m. Square Dance  
2:00 p.m. **Caring for Yourself as a Caregiver**  
2:30 p.m. Veterans for Peace

**12 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead, Foot Care Clinic  
9:00 a.m. Mah Jongg & Line Dance  
10:00 a.m. Open Carving  
10:15 a.m. Flex & Stretch  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Laughter Wellness  
2:00 p.m. Elevate Yoga

**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. Allegro, Ceramics  
10:00 a.m. **Memories in the Making**  
10:15 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy &  
**Piano Bar**  
12:15 p.m. Ecstatic Dance

# October

2023

## Monday

**16 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness, Vaccine Clinic  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro & Crafting Hands  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker, Chess, **Cribbage Tournament** This Is a Paintbrush  
1:30 p.m. Chair Yoga  
6:00 p.m. Rumba  
7:00 p.m. East Coast Swing

## Tuesday

**17 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance  
10:00 a.m. Open Carving  
10:15 a.m. Flex & Stretch  
11:00 a.m. Balance Assessments  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi, Vaccine Clinic  
1:00 p.m. Intermediate Painting, Bingo, Yarn Makers, Writing Group  
2:00 p.m. Elevate Yoga

## Wednesday

**18 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead  
10:15 a.m. Core  
11:00 a.m. Yoga; **Third Coast Vascular**  
11:30 a.m. Lunch  
12:00 p.m. Bridge; **AARP Smart Driving Program**  
12:15 p.m. Body Basics  
1:00 p.m. Dominoes, **Memory Screenings**  
1:30 p.m. Square Dance  
5:00 p.m. **Dining Out-Courthouse Pub**

## Thursday

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead, Foot Care Clinic  
9:00 a.m. Mah Jongg, Line Dance  
10:00 a.m. Open Carve  
10:15 a.m. Flex & Stretch  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards, Mah Jongg  
2:00 p.m. Elevate Yoga

## Friday

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

**23 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness, Vaccine Clinic  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro & Crafting Hands  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker, Chess, This Is a Paintbrush  
1:30 p.m. Book Club  
6:00 p.m. Rumba  
7:00 p.m. East Coast Swing

**24 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance  
10:00 a.m. Open Carve  
10:15 a.m. Flex & Stretch  
11:00 a.m. Balance Assessments  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi, Vaccine Clinic  
1:00 p.m. Bingo, Intermediate Painting  
Yarn Makers  
2:00 p.m. Elevate Yoga

**25 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro  
10:00 a.m. **Technology Basics**  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
12:15 p.m. Body Basics  
1:00 p.m. Dominoes, **Dementia Training**  
1:30 p.m. Square Dance  
5:00 p.m. **Dementia Training**

**26 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead, Foot Care Clinic  
9:00 a.m. Mah Jongg & Line Dance  
10:00 a.m. Open Carve  
10:15 a.m. Flex & Stretch  
11:30 a.m. Lunch & Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg  
2:00 p.m. Elevate Yoga

**27 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro, Ceramics  
10:15 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy  
**Marilyn's Cooking Class**  
12:15 p.m. Ecstatic Dance

# October

2023

## Monday

**30 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness, Vaccine Clinc  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker, Cribbage, Chess, This is a Paintbrush  
1:30 p.m. Raging Grannies, Chair Yoga  
6:00 p.m. Rumba  
7:00 p.m. East Coast Swing

## Tuesday

**31 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance  
10:00 a.m. Open Carving  
10:15 a.m. Flex & Stretch  
11:00 a.m. Balance Assessment  
11:30 a.m. Lunch & Intro to Tai Chi  
12:00 p.m. Tai Chi, Vaccine Clinic  
1:00 p.m. Intermediate Painting  
Bingo, Yarn Makers  
2:00 p.m. Elevate Yoga

## Wednesday

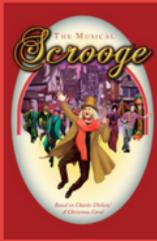
## Thursday

## Friday



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## Fireside Theater Matinee Trip

December 7th, 2023  
7:45am Pick Up @ Meijers  
8:00am Pick Up @ Generations  
Return Approx. 7:00pm

\$120 Members \$130 Non-Members includes Coach Bus, Dinner and Show!

Include your dinner choice with your reservation!

- Grilled Atlantic Salmon
- Sliced Beef Tenderloin
- Supreme Cut Chicken
- Vegetarian

Join us for this merry, sparkling, tuneful, boisterous Broadway musical version of the world's most beloved Christmas story - Dickens' A CHRISTMAS CAROL. Based on the popular musical movie starring Albert Finney, SCROOGE THE MUSICAL tells this time honored tale of redemption and love as only The Fireside can - with a beautiful and rousing musical score (including the well-known "Thank You Very Much"), breath-taking dancing, beautiful period costumes, uproarious comedy, and heart-warming drama. If you have to choose only one Christmas show this season you must come see SCROOGE THE MUSICAL at The Fireside.

To sign up call:  
Generations @ 920-892-4858  
Uptown Social @ 920-459-3290  
\*Low Activity Level



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1. Travelers will be at the departure location at least 15 minutes early on the date of travel.
2. Travelers are entitled to a full refund on cancellations made more than fourteen days before the trip date as long as we can fill the vacated spot.
3. Payment for trip in full must be received seven days from registration for trip.
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## Uptown Social

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