



Uptown Social

# ENGAGE SHEBOYGAN

October 2025



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

FRIDAY 7:30 AM TO 2:00 PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

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

CONTACT US AT

(920) 459-3290

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

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## Contact Staff

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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,

You have been patiently waiting, and we're finally ready to announce our 2026 overnight bus trips! Things took a little longer to come together this year for a few reasons. We're trying out a new travel partner, Personalized Tours, for two of our trips. Additionally, to be honest, my injury in August set a few projects behind, including bus trip planning.

However, we are thrilled to announce our three overnight bus trips in 2026:

- **April 13-21: The Carolinas**, including the Biltmore Estate in North Carolina; Myrtle Beach, SC; Charleston, SC; and Pigeon Forge, TN. This trip is through Personalized Tours and will be hosted by Josh.
- **September 9-20: Yellowstone & the Grand Tetons**, including stops throughout North Dakota, Wyoming, and South Dakota. This trip is through Personalized Tours and will be hosted by Jane.
- **October 13-21: Boston, Salem, & Cape Ann**, through Diamond Tours, and hosted by me (Emily).

You will find more information about each of these trips starting on Page 19 of this newsletter, on our website at [uptownsocial.org/travel](https://uptownsocial.org/travel), or at Uptown Social. **We will start taking reservations for these trips on October 20 at 7:30AM**, so start talking to your friends now if you're interested! And as for day trips, we're working on those and plan to announce them for 2026 soon.

Before I run out of space here, I want to point out October 17 when we'll host the "Our Members Are the Sweetest Party" with II Cool live. Join us!

- 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: Janet Raye

**Member of the Month** - Congratulations Janet! We are so lucky to have you as a member of Uptown Social. Janet participates in almost everything we have to offer. Not only does she participate in classes but she is always willing to help with anything at Uptown Social.

*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: Shoulder Press

The shoulder press is a great way to increase shoulder strength.

1. To start you will need a set of dumbbells. If you do not have weights you do not need to use weights. This exercise can also be done standing or seated. To
2. To start pick a comfortable weight and have your palms point forward with your hands by your shoulders.
3. Press the weight up overhead and slowly lower the weight back down by your hands. You can do 8-10 reps. To increase intensity you can use heavier weight or you can add additional reps and sets



## 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.



# Fitness Programs cont.

## Yoga with MaryAnn Dolson

This program takes place every Monday and Wednesday at 11 a.m. Classes are \$5 for members and \$8 for participants. Fees are paid to the instructor before or after class.

## Chair Yoga-Sponsored by Sheboygan Senior Community

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

## Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Tuesday from 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 9-9:45 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 9-9:45 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 10-10:45am. 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 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 8-8:45 a.m.



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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 - 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 10-10:45 a.m.

## Silver Sneakers Stability

Primarily a standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. Participants must feel comfortable exercising from a standing position. Classes are held Tuesdays and Thursdays 8-8:45 a.m.

## 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.

<b>Mondays</b>	<b>11 a.m.- 1 p.m.</b>
<b>Tu/Wed/Th</b>	<b>11:30 a.m. - 1:30 p.m.</b> <b>1:30 p.m. - 3:30 p.m.</b>
<b>Friday</b>	<b>11:30 a.m. - 1:30 p.m.</b>

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 1-3 p.m. We learn together and have fun working with spinning wheels or drop spindles.

## Wood Carving

This is an open carve group. An apron is recommended, as well as a cut resistant glove. This group meets Tuesdays from 1-3 p.m. and Thursdays from 10 a.m.-Noon. For new carvers the fee is \$20. All levels of carvers welcomed.

## Sewing & Quilting

Sewing/Quilting meets Thursday from 1-3 p.m. Bring your own project and materials. Get help with problems or be inspired to try something new. We have 4 sewing machines for use or bring your own machine.

## Photography

Photography will be the 4th Tuesday of the month at 1 p.m. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

## Golden Chordaliers

The Golden Chordaliers rehearse at Uptown Social on Monday mornings from 9-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic.



## Crafting Hands

*Sponsored by: G. Olivia Anderson Trust*

Join us Monday mornings from 9 to 11 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 p.m. to create beautiful cards. **You must be a member to attend.** Cost is \$2 payable to instructor. Limit 16 attendees. Registration begins **October 1** 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 a.m. to noon.

## Intermediate Painting

Join us Tuesday afternoons from 1 to 3 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 a.m. to noon.



# 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](mailto: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 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 1-4 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](mailto:cjvandre@yahoo.com).

## Pool

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

## Puzzles

Uptown Social has puzzles available in the cabinets in the Billiards Room. You are welcome to borrow them, take them home and bring them back.

## Cribbage

Cribbage is available anytime, just grab a partner! October's **Cribbage Tournament** will be Monday, October 6 and 20 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.

**October 27** - *The First Ladies* by Marie Benedict and Victoria Christopher Murray



# Recreational/Social Programs

## Dining Out

October's Dining Out will be at Altona Supper Club in New Holstein on Wednesday, October 15 at 5:00 p.m. Participation is limited to 30. You must be a member. Contact the Front Desk October 1 or after to sign up at 920.459.3290!

## Movies

Movies are back! The second Monday of every month at 1 p.m. Bring your own snacks, if you would like. This month's movie is *Sound of Freedom*. **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 Fudgieknuckles on Thursday, October 9. Cocktails begin at 5 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 1-2 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

## **Don't Get Scammed - Kohler Credit** **Wednesday, October 1 at 1 p.m.**

Are you feeling overwhelmed by suspicious calls, texts, or emails? You're not alone—and we're here to help.

Join us for a free, informative presentation designed to give you tools and tips to identify and avoid common scams, from AI-driven fraud to phishing attempts. We'll uncover the latest tactics scammers use and share practical tips to protect yourself and your loved ones.

## **Pre-Planning As Easy As Pie** **Wednesday, October 1 at 11 a.m.**

Ballhorn Chapels, Wenig Funeral Homes, and Zimmer Westview invite you to join us for an educational seminar hosted by our advance funeral planner, Angela Ring. Join us for some delicious pie and a presentation on how you can plan for your funeral services, relieving the stress and burden on your family at the time of need.

## **Uncovering the Hidden Dangers of Sugar in Our Daily Nutrition** **Wednesday, October 8 at 11:00 a.m.**

Join us to learn the dangers of sugar and how it is hidden in many of the things you consume. Did you know, the average American consumes more than 17 teaspoons of sugar per day. Dr. John will share healthy swaps, things to watch out for, and the dangers lurking behind all those sweet treats.

## **Legal Consultations-Atty. Elizabeth Rich**

### **Wednesdays, October 8 & 22** **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.



*Remember!*

Please register to attend the programs on this page.



# Special Programs cont.

## International Travel-Emergency Readiness

**Wednesday, October 8 at 1:00 p.m.**

While traveling internationally in Croatia, Shirley's husband, Randy, suddenly became critically ill. What began as a vacation turned into a nightmare—a three-week stay in an intensive care unit and, ultimately, a medical air evacuation back to the United States. Throughout this traumatic ordeal, Shirley was alone, making urgent decisions in a foreign country, navigating language barriers, healthcare systems, and emotional exhaustion.

## Introducing New Technology for Hearing Aids-Lace AI Pro

**Wednesday, October 15 at 11:00 a.m.**

Learn about a new cognitive auditory training program called LACE AI Pro, and we're looking to partner with community venues to offer short educational talks about it. LACE AI Pro is a groundbreaking tool that helps individuals "train their brain to listen"—especially helpful for those experiencing difficulty understanding speech in noisy environments, or those looking to enhance their comprehension skills whether or not they use hearing aids.

## Network Health 2026 Medicare Changes


**Thursday, October 16 at 3:00 p.m.**

Representatives from Network Health will discuss changes for the 2026 Network Health Plans. Riesterer Financial will be available to answer questions and schedule appointments to discuss the best plans to meet your needs.

*BOOK SCULPTURE*

Create Book Sculptures with Linda Graves. Please bring your own Exacto knife, hot glue gun and paper scissors. Linda will supply the books.

**Cost \$2    Limit 15 Participants**



**Wednesday, October 15 at 1 p.m.**

**TECHNOLOGY HELP**



with Mead Public Library

**October 16 from 2 - 3:00 p.m.**

Make your appointment with the Front Desk

## We Love Our Members- with II Cool Friday, October 17 at 11:30 a.m. - 1:30 p.m.

Enjoy music from II Cool, dancing, sandwiches, beverages and baked goods. Free for Members and \$10 for Guests.

*Remember!*

Please register to attend the programs on this page.

# Special Programs cont.

## Savory & Smart: Say “BOO” to Dehydration

**Wednesday, October 22 at 11:00 a.m.**

Learn the importance of hydration and your health, tips to stay well hydrated, and we will share some healthier beverage recommendations that are still fun and low calories

*Sponsored by:*



## Low Vision Support Group

**Wednesday, October 22 at 1:00 p.m.**

The Sheboygan Low Vision Support Group is moving its location to Uptown Social! You are welcome to attend this meeting if you have any form or degree of vision loss or are a friend or family member of someone that has vision loss. This group meets on the fourth Wednesday of the month from 1:00-2:30 (except for November and December). Topics and speakers change monthly.

## Tim's Food Court-Oktoberfest Friday, October 24 at 11:00 a.m.

We are incredibly excited and welcome former Judge Tim Van Akkeren to carry on Marilyn's cooking class legacy! Due to a scheduling conflict this class is being held earlier in the month, but will resume the fourth Friday of the month going forward unless conflicts arise.

October's class will be Oktoberfest. Our menu will be: Sauerbraten with gravy, Kartoffelkloesse (Potato Dumplings), Rotkohl (Sweet-Sour Red Cabbage) and Apfelkuchen (German Apple Cake) with Oktoberfest Bier.

**Cost is \$8. Members only event and you must pre-register.**

## Dementia Caregivers Training

**Wednesday, October 29**

**at 2:00 p.m. & 5:00 p.m.**

Signs of dementia often 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.

**Emily Matthews, RN**

920-286-0570

[ematthews@remax.net](mailto:ematthews@remax.net)

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

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# Volunteer of the Month

Joanne Salas has been greeting our members since 2014. She began volunteering while we were still the Senior Activity Center of Sheboygan.

Joanne plays an instrumental role at our Front Desk. She regularly trains our new Front Desk volunteers. Joanne is always willing to help in any way and will cover open shifts because she truly understands the crucial role our Front Desk volunteers play in the success of Uptown Social.

Recently, Joanne took on the role of implementing and planning our “No One Dines Alone” program which takes place the second Thursday of the month. Thank you, Joanne for your 11 years of outstanding service!



## 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](mailto:jane.brill@sheboyganwi.gov) or call her at 920.226.3523. You can also pick up a volunteer application at the Front Desk.



# October

# 2025

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Reuben Rachel Sandwich w/Salad	2 Smothered Pork Chops w/Potatoes & Green Beans	3
6 Split Pea & Ham Soup w/Salad	7 Meatloaf w/Potatoes & Veggies	8 Liver & Onions w/Potatoes	9 Club Sandwich w/Salad	10
13 Tacos w/Sides	14 Spaghetti & Meatballs w/Garlic Bread	15 Creamy Chicken Chili w/Salad	16 Hot Beef Sandwich w/Salad	17
20 Italian Wedding Soup w/Salad	21 Beef or Veggie Lasagna w/Garlic Bread	22 Tuna Noodle Casserole & Fruit	23 Chicken Stir Fry	24
27 Chicken Divan w/Rice & Salad	28 Swedish Meatballs w/Potatoes & Veggie	29 BLT w/Salad	30 Mushroom Pork Chops w/Potato & Veggies	31

## Goodbye Neuropathy! Hello Good Life!



ONLY  
**\$67\***

- Consultation
- Examination
- Any needed X-rays

Offer Ends October 13th, 2025

\*To be paid at time of service.



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Federal and Medicare Restrictions May Apply.

# October

2025

Monday

Tuesday

Wednesday

Thursday

Friday

Call 920.395.2981  
x 149  
to schedule your  
flu or COVID  
vaccine.

1

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move  
10:00 a.m. Core  
11:00 a.m. Yoga, **Don't Get Scammed**  
11:30 a.m. Lunch, Social Pickleball  
12:00 p.m. Bridge  
12:15 p.m. Chair Yoga  
1:00 p.m. Dominoes, **Pre-Planning As Easy As Pie**  
1:30 p.m. Square Dance, Basketball, Social Pickleball

2

7:30 a.m. **Door County Fall Color Cruise**  
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

3

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move  
10:00 a.m. Core  
10:30 a.m. **Karaoke Affair with Tom & Dar Ott**  
11:00 a.m. Gentle Yoga w/Kathy  
11:30 Pickleball Lessons, Social Pickleball  
12:30 p.m. Ecstatic Dance

6

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**

7

8:00 a.m. Silver Sneakers Stability, **Vaccine Clinic**  
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  
1:30 p.m. Social Pickleball, Basketball  
3:00 p.m. Ecstatic Dance

8

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move  
10:00 a.m. Core  
11:00 a.m. Yoga, **Nutrition Workshop-Hidden Dangers of Sugar**  
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 w/Atty. Elizabeth Rich, International Travel-Emergency Readiness**  
1:30 p.m. Square Dance, Basketball, Social Pickleball

9

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-Fudgieknuckles**

10

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move  
10:00 a.m. Core, **Memories of the Making**  
11:00 a.m. Gentle Yoga w/Kathy  
11:30 a.m. Social Pickleball, Pickleball Lessons  
12:30 p.m. Ecstatic Dance



# October

# 2025

## Monday

13

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, Advanced Watercolors-Floral, **Movie-Sound of Freedom**

## Tuesday

14

8:00 a.m. Silver Sneakers Stability, **Vaccine Clinics**  
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, **Positive Aging**  
1:30 p.m. Social Pickleball, Basketball  
3:00 p.m. Ecstatic Dance

## Wednesday

15

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers  
BOOM Move  
10:00 a.m. Core  
11:00 a.m. Yoga, **Introducing New Technology for Hearing Aids-Lace AI Pro**  
11:30 a.m. Lunch, Social Pickleball  
12:00 p.m. Bridge  
12:15 p.m. Chair Yoga  
1:00 p.m. Dominoes, **Book Sculpture Class**  
1:30 p.m. Square Dance, Basketball  
2:00 p.m. Shuffleboard  
5:00 p.m. **Dining Out-Altona**

## Thursday

16

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  
3:00 p.m. **Network Health 2026 Medicare Changes**

## Friday

17

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. Our **Members Are the Sweetest Party w/II Cool, Pickleball Lessons-Cancelled, Social Pickleball-Cancelled**  
12:30 p.m. Ecstatic Dance

20

7:30 a.m. **2026 Bus Trip Bookings Open**  
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, Advanced Watercolors-Floral, **Cribbage Tournament**

21

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

22

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move  
10:00 a.m. Core  
11:00 a.m. **Yoga-Cancelled, Savory & Smart-A Nutrition Series**  
11:30 a.m. Lunch, Social Pickleball  
12:00 p.m. Bridge  
12:15 p.m. **Chair Yoga-Cancelled**  
1:00 p.m. Dominoes, Low Vision Support Group, **Legal Consultations Atty. Elizabeth Rich**  
1:30 p.m. Square Dance, Basketball, Social Pickleball

23

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  
11:00 a.m. Tai Chi for Beginners  
11:30 a.m. Lunch, Adv. Tai Chi  
12:00 p.m. Kung Fu & Katas  
1:00 p.m. Sewing & Quilting, Sheepshead  
1:30 p.m. Basketball, Social Pickleball

24

8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga w/Kathy, **Tim's Food Court-Oktoberfest**  
11:30 p.m. Social Pickleball, Pickleball Lessons  
12:30 p.m. Ecstatic Dance



# October

# 2025

## Monday

27

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

## Tuesday

28

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

29

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  
1:30 p.m. Square Dance, Basketball, Social Pickleball  
2:00 p.m. **Dementia Caregivers Training**  
5:00 p.m. **Dementia Caregivers Training**

## Thursday

30

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, Social Pickleball

## Friday

31

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 a.m. Pickleball Lessons, Social Pickleball  
12:30 p.m. Ecstatic Dance

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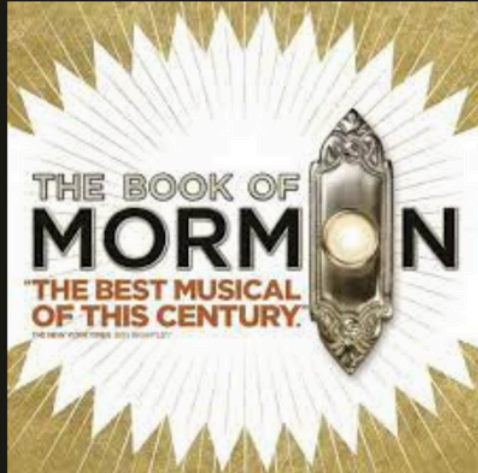


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