



Uptown Social

ENGAGE SHEBOYGAN

October 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

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Contact Staff

Emily Rendall-Araujo | Director of Senior Services
Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

Jane Brill | Engagement Coordinator
Jane.Brill@sheboyganwi.gov (920)459-3290

Joshua Drossel | Program & Wellness Coordinator
Joshua.Drossel@sheboyganwi.gov (920) 459-3282

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,

It's time! We will celebrate the completion of construction on our very own gymnasium and exercise room on **October 29** from 2:00 to 5:00 p.m. We will have a live band, refreshments, and the first chance to experience this brand new space. You will not want to miss it!

This new gymnasium space will come with the addition of a number of new programs, including basketball, movies, cornhole, and of course pickleball. While we explore this new schedule, we will limit programming to members-only for the month of November. Once we are confident in our new offerings, we will open everything to the public with rates for members and non-members. Stay tuned!

Along with the gymnasium, our new exercise equipment room will open at the end of the month or early November for members to utilize. Josh is working very hard to prepare for that space and be ready to

teach members how to use it. The room will include a treadmill, recumbent step machine, recumbent bicycles, an elliptical, a leg press, and some machines for using free weights. Overall, we want this to be a space where our members can feel comfortable exercising in a judgement-free zone. Our staff will be ready to help you utilize this space!

Also this month, we will again be partnering with Sheboygan County Public Health and Lakeshore Community Health Care to offer influenza and Covid-19 vaccines at Uptown Social on a few different dates throughout the month. Your insurance will be billed, but we will also have a limited number of free vaccines available. Please call Lakeshore Community Health Care at 920-395-2981 ext. 149 to schedule your appointment.

For those who are homebound or living in rural communities, Public Health will also be offering a few additional clinics throughout the county, and Glander Prescriptions Plus has the ability to offer vaccinations to the homebound. The phone number for Glander is 920-459-2755.

Finally, I want to remind you ahead of time that Uptown Social will again be a polling location for the November 5 Presidential Election. We will be closed for regular attendance and programming on the 5th to ensure enough parking for all voters. If you are looking for ways to fill your day while we are closed, the Sheboygan City Clerk is always looking for additional poll workers. Call 920-459-3361 for more information on working the polls this fall.

As always, see you soon!
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: Suzanne Riley

Member of the Month - Suzanne you have done such a great job in every class! ABC, Boom Move, and Core back to back is difficult and you have a smiling face at the end of every class. You bring great energy into every class. Your work and effort is admired. Monthly Silver Fitness Award Winners receive \$36 deposited into their prepay account.

Exercise of the Month: Farmer's Carry

This full body exercise is one of my favorites!

1. Start by holding a dumbbell in each hand.
2. Have your arms rest along the sides of your body.
3. Keep your back straight, walk to a pre-determined distance or a certain amount of time. I like to do a 45 second farmer's walk. You can repeat this exercise 2-3 more times.



Walking Club

Walking Club is back! We will meet every Tuesday and Thursday from 11:30-12:30pm outside the Deland Community Center. The walk is around 2 miles depending on the route. In the event of bad weather walking club will be canceled so make sure to stay up to date on our Facebook page.

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, 920-286-0570, RealtorEmilyRN@gmail.com

<https://emilymatthews.realtor>

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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.



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920.459.8477

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2024 - 2025

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Fitness Programs cont.

A.B.C. Fitness

Improve or maintain balance and cardiovascular health in the Ageless Balance and Cardio class. This 45-minute class meets every Monday, Wednesday, and Friday starting at 8-8:45 a.m.

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular stretch, range of motion, and activities of daily living. Great for a beginner or someone with limitations. It meets every Tuesday and Thursday from 10-10:45 a.m.

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.**

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.

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!

Crafting Hands

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current project. Help is always available from our Crafting Hands participants.

Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1:00 p.m. to enjoy time with others and create some beautiful cards. **Cost is \$2 for materials payable to instructor. Limit 16 attendees. You must call the front desk to register. Registrations start the first of the month and end the Friday prior to class.**



Ceramics

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

This is a Paint Brush - Watercolors

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 9 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.

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.

Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. - Noon and 1:00 - 4:00 p.m. This program is for experienced players; if you'd like to learn, please contact Connie Vandre for information at 920-698-0708.

Puzzles

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

Cribbage

Cribbage is available anytime, just grab a partner! We do have boards available if you are interested in playing.

October's Cribbage Tournaments will be **Monday, October 7 & 21 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: *We Begin at the End* by Chris Whitaker

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.

Pool

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

Recreational/Social Programs

Dining Out

Dining Out will be on Wednesday, October 16 at Five Pillars Supper Club in Random Lake. 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, in October it will be offered **Tuesday, October 15 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! October 10, we will be dining at Roepke's Village Inn in Charlesburg. 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.



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Special Programs

Are Your Ducks in a Row

Wednesday, October 2 at 11:00 a.m.

Learn all about the importance of cemetery property preplanning to both save money and avoid hard emotional decisions! Most people do not realize that funeral home planning and cemetery planning are two separate activities. This program will educate participants on cemetery and burial options and the importance of pre-planning so they can choose the path that is best for them ahead of time to save loved ones the traumatic experience of facing it when a loved one passes.



Ballroom Dance Nights

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

Learn a new line dance.

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



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

Wed., October 2, 2024

2:00 - 3:30 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

Community Education Series

Understanding Neuropathy & Strategies for Daily Life

Wednesday, October 9 at 11:00 a.m.

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

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

Join Dr. John 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.



Please register to attend the programs on this page.

Hippy Dippy Crafts-Trick or Treat Collection Bags

Wednesday, October 9 at 1 p.m.

Add fall fashion flair to a plain canvas tote bag using fresh autumn leaves, flowers, and a hammer. Use it to collect your, or the grandchildren's, trick or treat candy. I see another knitting project bag in my future.

What we will provide: the canvas tote bag and some extra embellishments, a few hammers, and materials to create the flower pounding.

What you need to provide: bring your own hammer (dead blow works the best or a small sledge hammer) and your imagination. The day of the craft we will start with a short hike in the neighborhood to collect media for the project.

**Class limit: 15. Cost: \$8 members
Guests \$11**

Preparing for the Inevitable: What to Expect BEFORE the Funeral

Wednesday, October 16 at 10 a.m.

When it comes to death and dying, most of us don't take five minutes to discuss our wishes and options for ourselves or loved one, but preparing for the inevitable not only equips us to make the most suitable decisions needed, it brings tremendous peace of mind. Join experts in the field for a hands-on workshop covering elements of funeral preplanning and answering questions around final disposition, funeral options, final resting place, Medicaid spend down, prefunding your funeral and more.

Navigating the Confusing World of Senior Care

Wednesday, October 16 at 1 p.m.

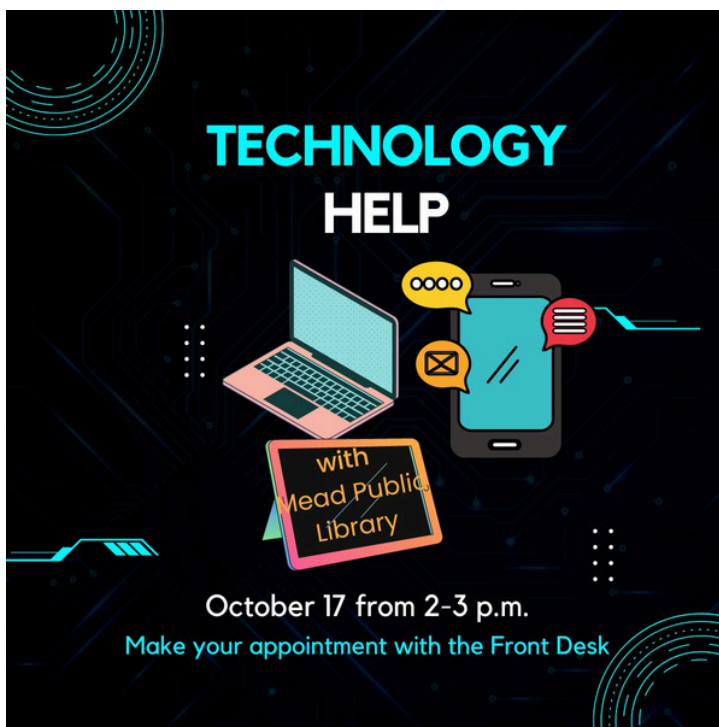
We will help you navigate the confusing world of senior care and planning. Steimle Birschbach, LLC will present on topics such as estate planning, asset protection, and elder law. CarePatrol will navigate senior living options and Allay Hospice will discuss "myths versus facts" of hospice care.

New Developments in the City of Sheboygan

Wednesday, October 16 at 2:30 p.m.

Are you interested in current development projects in the City? What is on the horizon? City Administrator Casey Bradley will provide US with the latest and greatest.

Please register for this event as updates from our local officials always fill up quickly.



Remember!

Please register to attend the programs on this page.

Special Programs cont.

**Savory & Smart Series:
Meal Prep for 1 or 2
Wednesday, October 23 at 11 a.m.**

This session is the first in a nutritional series sponsored by Sartori Cheese.

Join dietitian Emily Werner for tips on creating balanced dishes and exploring quick recipes to fit your lifestyle and dietary needs.



**Economic Update with
Thrivent's Sheboygan County
Team-Cesar Lemus
Wednesday, October 23 at 1 p.m.**

Wondering how your financial situation relates to what's happening on Wall Street? At Economic Update learn Thrivent's perspective on the markets and economy. If you're curious about market fluctuations, interest rates and economic uncertainty, this event can help you invest with greater confidence.

**SASD Referendum - Ask and Be
Answered
Wednesday, October 23 at 2:30 p.m.**

New Sheboygan Area School District Superintendent Jacob Konrath will be sharing information about the referendum question on the November ballot to rebuild and remodel Farnsworth and Urban Middle Schools on their current sites. If a majority of voters support the \$121 million referendum, the property tax mill rate would increase by \$0.20 per \$1,000 of property value, meaning an annual tax increase of \$20 for every \$100,000 of a home's value. Attend to learn more about the projects, how these changes would affect students, and the cost to taxpayers.

**Marilyn's Cooking Class
Indian Cuisine of the Punjab Region
Friday, October 25 at 11 a.m.**

Immerse yourself in the delectable cuisine from the Punjab Region of India with Marilyn's guest sous chef Jesse Warasics.

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

Remember!

Please register to attend the programs on this page.

Easing Caregiver Stress: Calgon Take Me Away Wednesday, October 30 at 11 a.m.

Caregiving can be rewarding, challenging, and even overwhelming. Most will agree that stress and caregiving go hand in hand. Each person has warning signs of stress that vary depending on their life experiences and the diverse relationship they have and have had with the care recipient.

Join us as we explore managing caregiver stress and pioneer hope by integrating practical selfcare practices and techniques. Discover how, when a person authentically cares for themselves, they return to wholeness and can, in turn, provide even better care. Presented By: Connie Thimmig, MSOLC

Legal Consultations with Stiemle Birschbach Friday, November 1 9 a.m.- Noon

A Stiemle Birschbach attorney will be onsite providing free 30 minute legal consultations. You MUST make an appointment with our Front Desk.




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. 16, 2024 from 1-4 pm
Uptown Social
1817 N 8th St, Sheboygan, WI 53081

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



Screening administered by the staff of the
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

Memories in the Making

Creative Social Engagement Session



Signature Art Program for Those Living with Memory Loss and Their Care Partners

Memories in the Making® is the signature art program of the Alzheimer's Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor, in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Meeting location rotates each month between Uptown Social, Generations and the Plymouth Art Center (See schedule on the back page). **All art supplies are provided.** Sharing Joyful Laughter, Stories and Creativity!

Second Friday of each month 10:00-11:30 a.m.
RSVP: Registration is recommended to attend individual sessions.
Contact Uptown Social 920-459-3290 for October.



AGING & DISABILITY RESOURCE CENTER
OF SHEBOYGAN COUNTY



UPTOWN SOCIAL
SHEBOYGAN'S HUB FOR
ACTIVE SENIORS



GENERATIONS
SHEBOYGAN'S HUB FOR
ACTIVE SENIORS



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ALZHEIMER'S ASSOCIATION®
Wisconsin Chapter



Please register to attend the programs on this page.

Postcards from the Trash at Uptown Social October 30 at 1 p.m.

Tickets: \$25 for non members of Uptown Social, \$15 for members of Uptown Social

About the Workshop: Inspired by a young person's joy of receiving her first world globe and marking it with postcards from around the world, this workshop invites you to be a part of this heartwarming tradition. Whether you want to send a postcard to a friend or simply enjoy the creative process, you'll leave with a beautiful, handmade piece of art.

What to Expect:

Experiment with a variety of materials and techniques to create one-of-a-kind postcards. Learn from Erin, the talented owner of Bite Size Studio, who will guide you through the creative process. All materials will be provided, and you will be using recycled materials to craft your postcards, promoting sustainability and creativity.

Why Attend:

Connect with your inner artist and explore new creative techniques. Enjoy a fun and engaging evening with fellow creatives and community members. Take home a tangible piece of art that tells a story and can be shared with loved ones. Don't miss this opportunity to join Erin and other like-minded individuals in a workshop that combines creativity, sustainability, and storytelling. We look forward to seeing you there!

Register by calling 920-459-3290 to attend.



PROTECT YOURSELF AND OTHERS FROM COVID-19 AND INFLUENZA

Protect yourself, family & friends

Travel or attend large events safely

Prevent serious illness or long term conditions



Uptown Social, in partnership with Lakeshore Community Health Care and Sheboygan County Public Health will be offering COVID-19 and influenza vaccinations this fall. Appointments can be made by calling Lakeshore Community Health Clinic at 920-395-2981 ext. 149.

Vaccines will be provided onsite at:

Uptown Social
1817 N. 8th St.
Sheboygan

Homebound visits are available. Call 920-459-2755 for more information.



GYMNASIUM RIBBON CUTTING

TUESDAY, OCTOBER 29
2 - 5 PM

MUSIC BY: II COOL
REFRESHMENTS, DANCING, FRIENDS & FUN

REGISTER TO ATTEND BY CALLING
920.459.3290



Uptown Social
SHEBOYGAN'S HUB FOR
ACTIVE SENIORS

Remember

Please register to attend the programs on this page.

October

2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tacos w/Sides	2 Vegetable Soup w/Salad	3 Chicken Fajitas w/Sides	4
7 Creamy White Chicken Chili w/Salad	8 Veggie Lasagna w/Garlic Bread	9 Salisbury Steak w/Potatoes	10 Crème Brulee French Toast w/Fruit	11
14 Potato Bar	15 National Cheese Curd Day	16 Broccoli & Cauliflower Soup w/Fruit	17 National Pasta Day-Pasta Bar	18
21 National Apple Day Turkey, White Cheddar w/Apples & Apple Dishes	22 Rachel Sandwich w/Salad	23 Liver & Onions w/Potatoes	24 Grilled Cheese & Tomato Soup	25
28 Chicken Soup w/Salad	29 Spaghetti & Meatballs w/Garlic Bread	30 Chicken Tetrazzini	31 Meatloaf w/Potatoes	



October 15: National
Cheese Curd Day



October 17: National
Pasta Day



October 21: National
Apple Day



October

2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability, **Vaccine Clinic**
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veterans 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, Walking Club
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo Intermediate Painting, Yarn Makers, Wood Carving,
Classic Italy Trip Meeting
3:00 p.m. Ecstatic Dance

2 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Betterlife Balance Assessments**
11:00 a.m. Yoga, **Are Your Ducks in a Row?**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance
2:00 p.m. **Dementia Family Caregiver Training**
5:00 p.m. **Dementia Family Caregiver Training**

3 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
7:30 a.m. **Door County Trolley Trip**
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg & Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Walking Club. Adv. Tai Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg
2:00 p.m. Uptown Singers

4 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
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, **Dave Ross -Elvis & More**
12:15 a.m. Ecstatic Dance

7 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This is a Paintbrush, **Cribbage Tournament**
1:30 Chair Yoga
6:00 p.m. **Open Dance Night**

8 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability, **Vaccine Clinic**
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veterans 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, Walking Club
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo Intermediate Painting, Yarn Makers, Wood Carving
3:00 p.m. Ecstatic Dance

9 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
11:00 a.m. Yoga, **Understanding Neuropathy & Strategies for Daily Life**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes, **Hippy Dippy Crafts**
1:30 p.m. Square Dance

10 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Mah Jongg & Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Walking Club
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg
5:00 p.m. No One Dines Alone-

11 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Memories in the Making**
11:00 a.m. Gentle Yoga with Kathy
12:15 a.m. Ecstatic Dance

October

2024

Monday

14 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
Yarn Dying
10:00 a.m. Core
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This is a Paintbrush
6:00 p.m. Dance Lessons-Rumba
7:00 p.m. Dance Lessons-Jitterbug

Tuesday

15 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Meet-Up, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Walking Club
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, **Positive Aging**, Wood Carving
3:00 p.m. Ecstatic Dance

Wednesday

16 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move,
10:00 a.m. Core, **Betterlife Balance Assessments**
11:00 a.m. Yoga, **What to Expect BEFORE the Funeral**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
Memory Screens w/ADRC, Navigating the Confusing World of Senior Care
1:30 p.m. Square Dance
2:30 p.m. **New Developments in the City of Sheboygan**
5:00 p.m. **Dining Out-5 Pillars**

Thursday

17 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg, Line Dance
10:00 a.m. Wood Carving Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch, Adv. Tai Chi, Walking Club
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards,
2:00 p.m. Tech Help
Uptown Singers

Friday

18 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
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 with Kathy
12:15 a.m. Ecstatic Dance

21 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
Crafting Hands
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This is a Paintbrush, **Cribbage Tournament**
1:30 Chair Yoga
6:00 p.m. Dance Lessons-Rumba
7:00 p.m. Dance Lessons-Jitterbug

22 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
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
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Walking Club
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Photography
3:00 p.m. Ecstatic Dance

23 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Betterlife Balance Assessments**
11:00 a.m. Yoga, **Savory & Smart-Meal Prep for 1 or 2**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes,
Economic Update
1:30 p.m. Square Dance
2:30 p.m. **SASD Referendum Ask & Be Answered**

24 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Mah Jongg, Line Dance
10:00 a.m. Wood Carving
Silver Sneakers Classic
11:00 a.m. Beginning Tai Chi
11:30 a.m. Lunch & Adv. Tai Chi, Walking Club
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

25 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
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 with Kathy,
Marilyn's Cooking Class-Indian Cuisine
12:15 a.m. Ecstatic Dance

October

2024

Monday

28 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Silver Sneakers BOOM Move
 Crafting Hands
 10:00 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, This is a Paintbrush
 1:30 p.m. Book Club
6:00 p.m. Dance Lessons-Rumba
7:00 p.m. Dance Lessons-Jitterbug

Tuesday

29 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability,
Vaccine Clinic
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance, Veterans 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, Walking Club
 12:00 p.m. Kung Fu & Katas
 1:00 p.m. Bingo
 Intermediate Painting, Yarn Makers, Wood Carving
 2:00 p.m. **Gymnasium Grand Opening**
 3:00 p.m. Ecstatic Dance

Wednesday

30 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 9:00 a.m. Silver Sneakers BOOM Move,
 10:00 a.m. Core,
Betterlife Balance Assessments
 11:00 a.m. Yoga, **Calgon Take Me away: Tips to Ease Caregiver Stress**
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 1:00 p.m. Dominoes,
Postcards from the Trash
 1:30 p.m. Square Dance

Thursday

31 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead, Foot Care Clinic
 9:00 a.m. Mah Jongg, Line Dance
 10:00 a.m. Wood Carving
 Silver Sneakers Classic
 11:00 a.m. Tai Chi for Beginners
 11:30 a.m. Lunch, Adv. Tai Chi, Walking Club
 12:00 p.m. Kung Fu & Katas
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

Elvis is in the House!

FRIDAY, OCTOBER 4

11 A.M. - 1 P.M.

Get out your blue suede shoes and get ready to be all shook up with musician Dave Ross for some toe-topping pop tunes and a surprise visit from the King himself!



GUARANTEED GOOD TIME



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**World
Smile Day**
October 4

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.



JOIN US FOR THE THIRD LONGEST RUNNING BROADWAY MUSICAL!

THURSDAY, JANUARY 9, 2025

1 P.M. FOX CITIES PERFORMING ARTS CENTER



DEPART MEIJER'S 9:30 A.M.

LUNCH INCLUDED AT GOOD COMPANY

SHOW 1 P.M. - GRAND TIER TICKETS

RETURN 6 P.M.

RESERVE YOUR SPOT BY CALLING

920-459-3290

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

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

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SHEBOYGAN'S HUB FOR ACTIVE SENIORS

Travel with US



British Isles: Castles, Countryside & Capitals

British Isles

September 4- 15, 2025

with Mayflower Cruises & Tours



SOLD OUT - WAIT LIST

Cultural Cuba Experience

Cultural Cuba February 27-March 5, 2025

with Mayflower Cruises & Tours



SOLD OUT - WAIT LIST

National Parks of the Southwest

June 22- 30, 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 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.



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