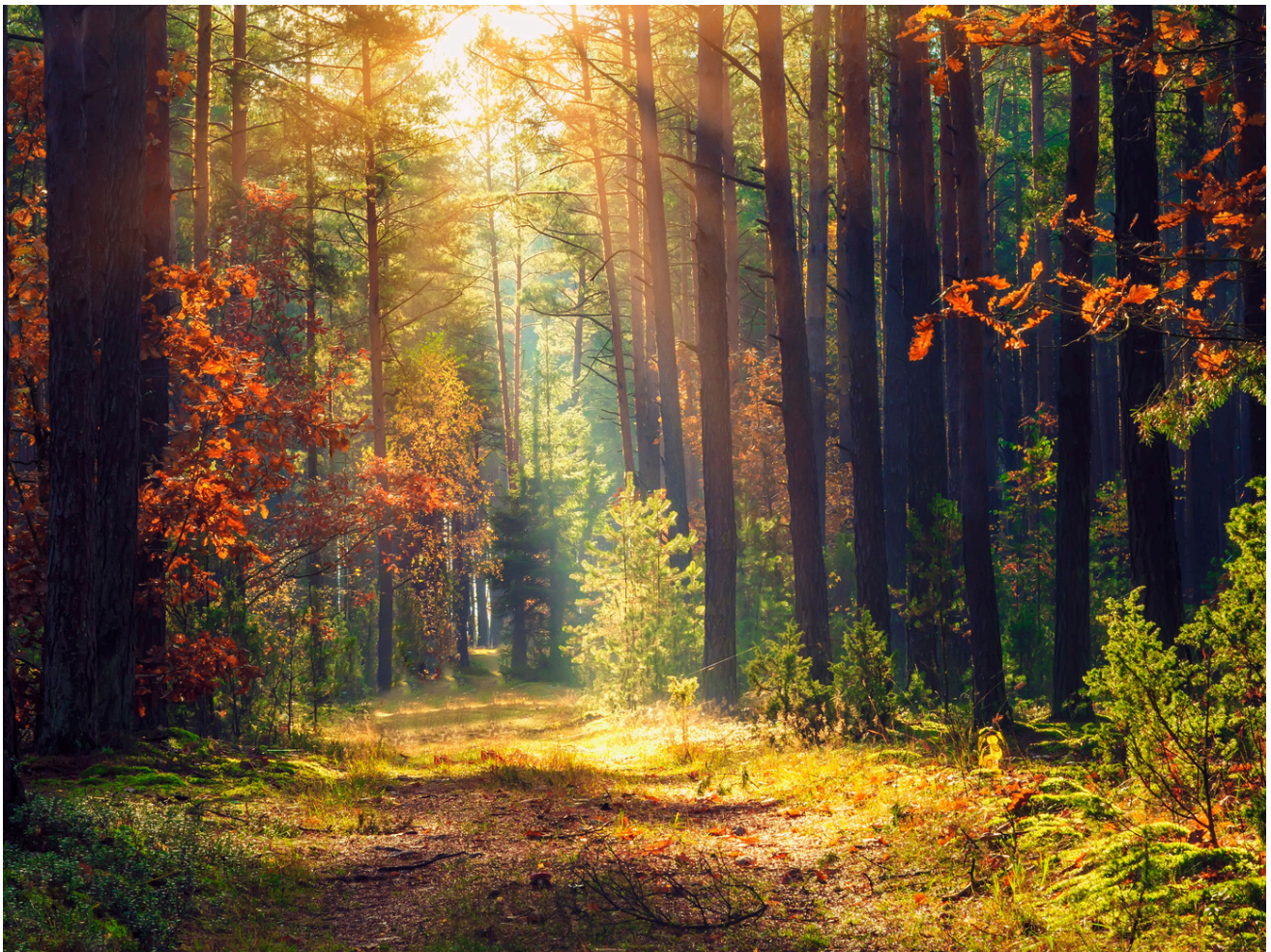




Uptown Social

# ENGAGE SHEBOYGAN

September 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](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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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,

Every week we get closer and closer to seeing our finished gymnasium and exercise room. While we wait out a slight delay on one of the HVAC units, we are eagerly planning for completion in late October, with programming starting in early November.

Please save the afternoon of **October 29** for the grand opening! We will have a live band, refreshments, and other surprises to come. You won't want to miss it!

Something else to plan for this autumn: we are again partnering with the Sheboygan County Department of Public Health and Lakeshore Community Health Care to provide on-site vaccinations for influenza and Covid-19 throughout the month of October. Your insurance will be billed, but we will also have a limited number of free vaccines available. Please call Lakeshore Community Health Care at **920-783-6633** to schedule your appointment.

And now, the most exciting news from last month: we have crossed the threshold to have more than 1,500 active members! Pre-pandemic, in our old building, membership topped out at about 700. This is a very big deal! And we're so grateful to each and every member for being here.

Did you know that more than half of those memberships are through SilverSneakers or Renew Active? These are wellness programs for adults 65 and older that are included with some insurance plans. When members sign up at Uptown Social through SilverSneakers or Renew Active, we waive the membership fee and the fees for our regular fitness classes (yoga excluded). Members are allowed to have multiple memberships, so you can be a SilverSneakers member here at Uptown Social, Generations in Plymouth, the Sheboygan County YMCA, etc. There's no limit!

So, how does this work for Uptown Social? Every time you check in at the front desk, we get a small reimbursement from SilverSneakers or Active Renew. That means, the more often you check in, the more support Uptown Social receives! And your insurance company wants you to visit Uptown Social, and wants you to check in, because they know that getting out, staying active, and socializing is a great preventative step for protecting your health.

I'm happy to announce that we have now secured a partnership with Silver&Fit. If your insurance company offers this as a benefit, please see our team at the front desk and we'll get you set up!

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: Konni Harbach

**Member of the Month** - Konni Harbach. You are doing such a great job in all the classes you attend Konni! You bring a smile and positive attitude to every class and we are so fortunate to have you as a member. Keep up the amazing work!

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

## Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness and Tai Chi classes are \$2.00 each for members and \$3.00 each for non-members. A 10-class Yoga Pass is available for \$50.

## Exercise of the Month: Child's Pose

This stretch is great for your back, hips and legs.

1. To begin, kneel with both knees under your hips. Widen your knees to the outside of your mat with your big toes touching.
2. Slowly bring your hips back by your heels. Reaching your arms overhead on the ground in front of you.
3. Pull your shoulders down and back keeping them away from your ears. Hold this position for 30 seconds to a minute.

*Before doing child's pose, make sure you are capable to get down on the floor and stand up from a lying down position. A chair might be helpful to some people for getting down and back up. Pose at your own risk!*



## 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.



# 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.**

## 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.

Lessons will be starting back up in September 2024.

## 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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# 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.



## 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. 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.

## 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.

## 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.

## 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.

## 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 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.

## Life in Writing

**September 17 at 1p.m. will be the last Writing Group. Take time periodically to do some writing, to be saved for future generations. Or just for you to read and enjoy another day.**

## 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@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.

## 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.

September's Cribbage Tournaments will be **Monday, September 16 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.

**September:** *Remarkably Bright Creatures* by Shelby Van Pelt

**October:** *We Begin at the End* by Chris Whitaker

## Pool

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

# Recreational/Social Programs

## 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.

## Dining Out

September's Dining Out will be on Wednesday, September 18 at Altona Supper Club in New Holstein. 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

Love to sing? Many have asked if we have a singing group, so now we will! 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 reservations are appreciated but not required.

## Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of the month from 1-2 p.m. The facilitator is Pam Hertel, MS, LCSW, LPC. The group will be held in the Activity Room of Uptown Social. There is no fee for members. Pre-registration is not required.

## No One Dines Alone

Like going out to eat, but not alone? The this group is for you! September 12, we will be dining at Log Cabin in Howards Grove. 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

## AARP Smart Driving Wednesday, September 4 at 12:30 - 4:30 p.m.

Taking the AARP Smart Driver Course could reduce your overall maintenance and car insurance costs. \$20 for AARP Members and \$25 for non-members. AARP Card must be shown upon registration and payment.

## Eye Health w/Dr. Gupta Wednesday, September 11 at 10 a.m.

Join Dr. Ajay Gupta, Ophthalmologist with Prevea for discussion of the effects of aging on our eyes and how to best care for your eyes.

## Fall Prevention with Senior Helpers Wednesday, September 11 at 11 a.m.

Take a safe step forward as we head into Autumn. Has someone you known had a fall or you yourself? Join us as we will take a closer look at safety around the home, and medication management. This presentation is helpful and beneficial to everyone. We welcome everyone to attend. Let's look out for our neighbors. Glander Prescription Plus and Senior Helpers sponsoring.

## Oktoberfest Potluck w/Senior Helpers Friday, September 20 at 11 a.m.

Pumpkin and Fall inspired favorite dishes. Let's get in the groove for a mini Oktoberfest.



**Ballroom Dance Nights**

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

Learn a new line dance.

**Uptown Social**

Cost \$6 for Members \$10 for Guests

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

Uptown Social 1817 N. 8th St. Sheboygan



**Ballroom Dance Lessons**

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

6 WEEK SESSION EVERY MONDAY SEPT. 16, 23, 30, OCT. 14, 28, NOV. 18

**Rumba Lessons at 6 p.m.**  
**Jitterbug Lessons at 7 p.m.**  
**(Partner not necessary)**

**Cost \$45**

Cash or check only. Must be paid prior to first night.  
Limit 25 students  
Call 920.459.3290 to register.

Remember!

Please register to attend the programs on this page.



# Special Programs cont.

## Beware of Senior Scams Wednesday, September 18 at 11 a.m.

Did you know that 75% of adults aged 50-80 reported experiencing a scam attempt? An estimated \$28.3 billion is lost to elder fraud scams every year. And, every day, scams become more sophisticated with twists and turns to fool victims out of hundreds, sometimes even thousands, of dollars. In addition, scammers continue to use opportunities in which to steal identities by obtaining valuable personal information. Lisa Schiller with the Wisconsin Better Business Bureau will be here to speak about this important topic, so join us and learn about the common scams targeting Older Americans, how to spot them - and report them.

## Medicare 101 w/Next Step Insurance Wednesday, September 18 & 25 at 1 p.m.

Do you have questions regarding Medicare enrollment? Having a hard time deciphering all the commercials you see on television? Join Next Step Insurance for answers to these questions and many more regarding Medicare Open Enrollment.

## Your Legacy: Your Ethical Will! The Celebration of Your Life! Wednesday, September 25 at 11 a.m.

An ethical will is a way to share your beliefs, life's lessons, hopes for the future, love, and forgiveness. It just may be the most cherished and meaningful gift you can give your family. All participants will receive a worksheet to complete as we explore common life themes from your past, present and future. Presented By: Tracy Cinealis, CSA, CHSP

## Are You Ready to Retire? Wednesday, September 25 at 5:00 - 7:00 p.m. @ Uptown Social

Learn about Retirement and Medicare resources available to Sheboygan County. Join Sheboygan County ADRC's Elder Benefit Specialist Mary Kempf for an unbiased 101 Medicare Class. Social Security benefits, Medicare enrollment, Medicare basics, your coverage choices, SeniorCare, assistance for those with limited income and words of caution.

## Marilyn's Cooking Class Autumn Fest Friday, September 27 at 11 a.m.

Welcome fall with Marilyn's Autumn Fest featuring sauteed brussel sprouts with bacon and raisins, winter squash and some of Marilyn's special culinary surprises!

Remember!

Please register to attend the programs on this page.

# September

2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>CLOSED</b>	3 Rachel Sandwich w/Salad	4 Tuscan Chicken Pasta w/Salad	5 Smothered Pork Chops w/Potatoes	6
9 Turkey Wraps w/Fruit	10 Spaghetti & Meatballs w/Garlic Bread	11 Liver & Onions w/Potatoes	12 Turkey & Gravy on Hard Rolls w/Salad	13
16 Hot Dogs, Beans & Chips	17 BBQ Beef Sandwich w/Salad	18 <b>National Cheeseburger Day</b>	19 Sloppy Joes w/Salad	20 <b>Oktoberfest Potluck</b>
23 Fancy Grilled Cheese w/Fruit	24 Hot Turkey or Ham w/Cheese & Salad	25 <b>National Quesadilla Day</b>	26 <b>National Pancake Day</b>	27
30 Chicken Stir Fry				



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



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 for October clinics by calling Lakeshore Community Health Clinic at 920-783-6633. Vaccines will be provided onsite at Uptown Social.



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# September

2024

## Monday

2

**CLOSED  
LABOR DAY**

## Tuesday

**3 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, Veterans Rendezvous, Ceramics  
10:00 a.m. Silver Sneakers Classic  
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Bingo Intermediate Painting, Yarn Makers, Wood Carving  
3:00 p.m. Ecstatic Dance

## Wednesday

**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. Yoga,  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
12:30 P.M. **AARP Smart Driving**  
1:00 p.m. Dominoes  
1:30 p.m. Square Dance

## Thursday

**5 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. Silver Sneakers Classic, Wood Carving  
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg  
2:00 p.m. Uptown Singers

## Friday

**6 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  
12:15 a.m. Ecstatic Dance

**9 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 Chair Yoga  
6:00 p.m. **Open Dance Night**

**10 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, Veterans Rendezvous, Ceramics  
10:00 a.m. Silver Sneakers Classic  
10:30 a.m. **Balance & Fall Screenings**  
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Bingo Intermediate Painting, Yarn Makers, **Positive Aging**, Wood Carving  
3:00 p.m. Ecstatic Dance

**11 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
**7:30 a.m. 2025 Bus Trip Registration Opens for Members**  
8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move  
10:00 a.m. Core, **Eye Health w/Dr. Gupta**  
11:00 a.m. Yoga, **Fall Prevention**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
1:00 p.m. Dominoes,  
1:30 p.m. Square Dance

**12 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. Mah Jongg & Line Dance  
10:00 a.m. Silver Sneakers Classic, Wood Carving  
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg  
**5:00 p.m. No One Dines Alone-**

**13 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



# September

2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**16 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  
11:30 a.m. Lunch  
12:30 p.m. Canasta  
1:00 p.m. Scrabble, Poker, **Cribbage Tournament, This is a Paintbrush**  
**6:00 p.m. Dance Lessons-Rumba**  
**7:00 p.m. Dance Lessons-Jitterbug**

**17 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  
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Writing Group  
3:00 p.m. Ecstatic Dance

**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. Yoga, **Senior Scams**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
1:00 p.m. Dominoes, **Medicare 101-Next Step**  
1:30 p.m. Square Dance  
5:00 p.m. **Dining Out-**

**19 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,  
11:30 a.m. Lunch, Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards,  
**2:00 p.m. Tech Help, Uptown Singers**

**20 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,  
**Oktoberfest Potluck w/Senior Helpers**  
12:15 a.m. Ecstatic Dance

**23 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 Chair Yoga, Book Club  
**6:00 p.m. Dance Lessons-Rumba**  
**7:00 p.m. Dance Lessons-Jitterbug**

**24 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  
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Photography  
3:00 p.m. Ecstatic Dance

**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. Yoga, **Your Legacy Letters: The Celebration of Your Life**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
1:00 p.m. Dominoes, **Medicare 101-Next Step**  
1:30 p.m. Square Dance  
5:00 p.m. **Are You Ready to Retire-Medicare 101 with ADRC**

**26 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,  
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club  
12:00 p.m. Adv. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

**27 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
5:45 a.m. **Cranberry Festival**  
8:00 a.m. ABC Fitness  
9:00 a.m. Silver Sneakers BOOM Move,  
9:30 a.m. **Open Air Club**  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy,  
**Marilyn's Cooking Class-Autumn Fest**  
12:15 a.m. Ecstatic Dance

# September

# 2024

## Monday

- 30 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**
- 6:00 p.m. Dance Lessons-Rumba**
- 7:00 p.m. Dance Lessons-Jitterbug**



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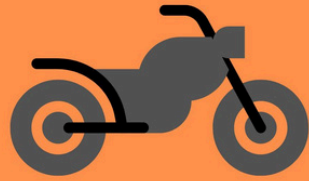
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CRUISE THRU HOLY HILL & LAKE COUNTRY

Depart Uptown Social 9:30 a.m.

To register call (920) 459-3290



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Stand Tall!

Visit Our Falls Prevention Education Booth!

Come and learn about "Aging Safely at Home", the benefits of in the home therapy services, while taking advantage of a Free Balance and Falls Screening!

Date: Tuesday, September 10th, 2024  
Time: 10:30 AM - 12:30 PM  
Location: Uptown Social 1817 N. 8th St. Sheboygan, WI 53081

- Assess your risk of falls.
- Learn exercises to improve balance and stability.
- Receive recommendations to help support your safety at home.

Don't miss this opportunity to learn more about how therapy services can benefit you and to take a PROACTIVE step towards better health and safety!

For more information, please contact Michelle Stregge at 262-409-8585.

We look forward to seeing you there!



TRAVEL WITH US  
HOLLAND, MICHIGAN  
MAY 6 - MAY 11, 2025



MOUNT RUSHMORE,  
THE BADLANDS &  
BLACK HILLS OF  
SOUTH DAKOTA  
AUGUST 24 - AUGUST 30, 2025



VERMONT &  
CANADA  
OCTOBER 4 - OCTOBER 12, 2025

MEMBERS CAN  
SIGN UP  
BEGINNING  
SEPTEMBER 11





# Travel with US

**Activity Level 4**

SEPTEMBER 27-29, 2024  
51ST ANNUAL WARRENS CRANBERRY FESTIVAL  
WARRENS, WI... THE FUN "TART'S" HERE!

## CRANBERRY FESTIVAL

### September 27, 2024

\$60 for Members    \$70 Non-Members

Depart Meijer's 5:45 a.m.  
 Arrive at Cranberry Festival 9:30 a.m.  
 Depart for Home 5:00 p.m. Sharp  
 Arrive at Meijer's 9:00 p.m.

Call 920-459-3290 to reserve your spot

## Shopping Trip!!

Wednesday, November 13

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

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

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



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

## Door County Wine, Spirits & Brew

Thursday, October 3

Activity Level 3

\$165 Member  
\$175 Guests



Taste your way through Door County's unique beverage scene. This tour will take you on a tasting adventure through Door County to experience the local wine, spirits, and beer. You'll visit a winery, distillery, and microbrewery for private tastings and indulge in a delicious lunch with dessert! Plus a stop at Renard's Cheese on the way home.

### Tour Includes:

- Private Wine, Distillery & Microbrewery Tour
- Driver Tips
- Coach Bus & Trolley Transportation
- Lunch

Departs Meijer's 7:30 a.m.    Returns 6:30 p.m.

Register with Uptown Social by calling 920.459.3290

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





# Travel with US



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



Cultural Cuba February 27-March 5, 2025  
with Mayflower Cruises & Tours



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](http://uptownsocal.org) for more information.





## Uptown Social

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