



Uptown Social

ENGAGE SHEBOYGAN

September 2025



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

FRIDAY 7:30 AM TO 2:00 PM

1817 N. 8TH STREET
SHEBOYGAN, WI 53081
www.uptownsocial.org

CONTACT US AT

(920) 459-3290

uptownsocial@sheboyganwi.gov

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Contact Staff

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Joshua Drossel | Program & Wellness Coordinator
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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,

If you typically read the Uptown Social newsletter cover to cover, including my monthly address, this month's letter might surprise you a bit.

Our newsletter typically goes to print about two weeks before you read it. As I write today on August 14, I'm writing from the first floor of my home.

You might have heard that I was involved in the multi-car accident on Hwy 23 on August 7th. My children were with me in the car on our way into Sheboygan for the day when we were caught in the accident. All three of us were taken by Orange Cross to the Emergency Department where we were examined. Fortunately, my children did not sustain serious injuries and were released later that day. As for me, my driving foot was broken and dislocated in multiple locations. I underwent surgery the following day and was released from the hospital the following Monday, August 11. Hopefully by the time you're reading this, I'm back in person at

Uptown Social zipping around on my scooter.

Over the past week, I've been thinking a lot about community. I have felt the support of community in my personal life, as many friends and family jumped in to help me with meals, childcare, and transportation. Many of our Uptown Social members have reached out with words of support and kind offers of assistance.

In thinking about all of this, I think this is the special ingredient that makes Uptown Social so exceptional. We as a team talk a lot about how different Uptown Social is from typical 'senior centers,' and community is the reason. Whether you're visiting us once a year for a live band, once a week for a regular program, or once a day to use the walking track, I hope you feel a sense of community at Uptown Social. And if you've been too nervous to visit us for the first time, I hope this letter gives you the push to try it.

See you soon,
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, along with 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.

- Rich Miesfeld, Friends 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: Yalin Chen

Member of the Month - Yalin you have done such a great job in every activity you have participated in at Uptown! You bring such a positive attitude into class. Congratulations and we are lucky to have you as a member!

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

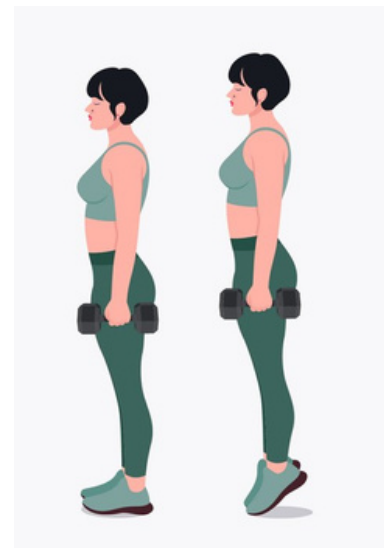
Pricing

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: Calf Raises

A go-to exercise for strengthening your calves. This exercise can be done seated, standing, with or without weights. We will go over the standing variation.

1. To start, make sure your feet are underneath you shoulder-width apart with your toes pointing forward.
2. Shift your weight onto your toes and bring your heels off the ground. Slowly lower your heels back down onto the ground.
3. You can do 10-15 reps and 2-3 sets in total. To progress this exercise you can hold weight as you do this or increase your reps and sets.



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.**

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 Thursdays 1 - 2 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.



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 Mondays at 11 a.m. - 1 p.m., T, W and Th 1:30-3:30 p.m. Except when a movie or Blood Drive are scheduled. Just shoot around or play a quick pick up game.



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.

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

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 **September 2** 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. 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 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.

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! September's **Cribbage Tournament** will be Monday, September 15 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 22 - *Winter Sisters* by Robin Olivera

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



Recreational/Social Programs

Dining Out

September's Dining Out will be at Chissy's Pub & Grill on Wednesday, September 17 at 5:00 p.m. Participation is limited to 30. You must be a member. Contact the front desk **Tuesday, September 2** or after to sign up!

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 *Twisters*.

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 Holidays Pub & Grill on Thursday, September 11. 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. **This group is off until October.**



Mary Werner SRES[®]
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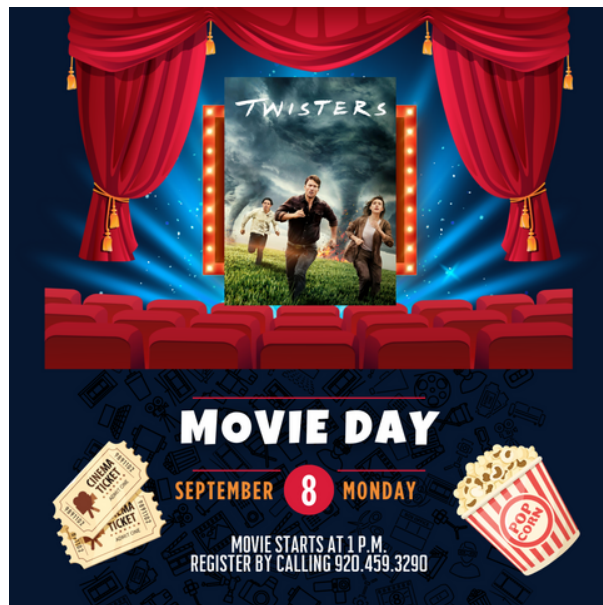
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Special Programs

What If My Parent Has Dementia? - Tuesday, September 9 at 5:15 p.m.

Aging brings challenges, but even more so when changes in thinking are happening too. Learn how to determine if you/your parent has dementia vs typical age-related changes and to best communicate with a loved one with dementia.



Tim's Food Court-Harvest Home Friday, September 12 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.

September's class will be Harvest Home-Food from the Sheboygan Farmers' Market. Menu will be: pulled pork sandwiches, Ratatouille, coleslaw, apple brownies and apple cider.

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

Energy Assistance & Weatherization - Wednesday, September 17 at 11:00 a.m.

Join Partners for Community Development as they explain and answer questions regarding Energy Assistance and Weatherization programs, applications and qualifications.



Remember!

Please register to attend the programs on this page.

Special Programs cont.

Legal Consultations-Atty. Elizabeth Rich Wednesdays, September 10 & 24 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.

What You Should Know About Open Enrollment Wednesday, September 24 at 4:00 p.m.

Join Mary Kempf of the Aging Disability Resource Center as she explains why an annual review of your Medicare Part D medication plan and health advantage plan is so important.

Low Vision Support Group Wednesday, September 24 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.



ANNUAL QUILT SHOW "Splashes of Color"

Saturday, September 27, 2025 | 9AM-4PM

NEW LOCATION:

Sheboygan Lutheran High School 3323 University Drive,
Sheboygan

Admission \$7 | Children 12 and under FREE



Scan the QR Code with your smart phone to visit
sheboyganquiltersguild.org/show
to learn more and add the event to your calendar!

sheboyganquiltersguild.org

60s Party with Dave Ross Music, Fun, Retro Clothes, Beatles/Doors /Byrds/Buffalo Springfield and So Much More!

FRIDAY, SEPTEMBER 19
11 A.M. - 1 P.M.



CALL 920-459-3290 TO RESERVE YOUR SPOT!

Remember!

Please register to attend the programs on this page.

Special Programs cont.

LAKEHOUSE
SENIOR LIVING

Join Us for
**Free Blood Pressure
Check Event!**



Sept. 9th, 2025
11:00AM-1:00PM
Uptown Social



**HEARING
SCREENINGS**

Learn more about your hearing health

OUR SERVICE:

- ✓ Quick, simple, and painless — takes just a few minutes
- ✓ Screenings performed by licensed professionals
- ✓ Receive a results summary and recommendations
- ✓ No obligation — just come in and get checked!

FREE

SEPTEMBER 10TH
9AM-12PM

Please call our office
today to Sign-Up
920-458-3277



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Ryan F Rabe, Certified Senior Advisor (CSA)®
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513 Water St, Sheboygan Falls, WI



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Do What You Love In Service to Others

Volunteer of the Month

Bonnie Feld has been a Program Leader Volunteer here at Uptown Social and the Senior Activity Center almost since inception. At the nudging of her husband Ron, she began our knitting group while she was still working. This group has grown from four attendees to over 15. Crafting Hands incorporates all types of handwork including crocheting, tatting, needlepoint and knitting and meets Monday mornings.

Bonnie has taught tatting classes, held dye clinics and led the spinning group at the old center. She now also leads a Yarn Making group on Tuesday afternoons in addition to Crafting Hands. Currently, she is very proud of her new project which is a cardigan she is knitting from yarn she spun with her drop spindle and dyed. Bonnie is such a gift to our center. Her favorite part of the groups she leads is the fellowship and friendships created as well as how they problem-solve together on each other's projects. Thank you, Bonnie!



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 or call her at 920.226.3523. You can also pick up a volunteer application at the Front Desk.

September

2025

Monday

Tuesday

Wednesday

Thursday

Friday

1 CLOSED LABOR DAY	2 Fancy Grilled Cheese w/Sides	3 Quesadillas w/Sides	4 BBQ Sandwich w/Salad	5
8 Meatloaf w/Potatoes & Carrots	9 Chicken Salad Sandwich w/Tuscan Mac & Cheese	10 Smoothered Pork Chops w/Potatoes	11 Beef or Veggie Lasagna w/Garlic Bread	8
15 SUMMER COOKOUT Brats, Burgers & Potato Salad	16 Creamy Ranch Chicken & Baked Potatoes	17 Liver & Onions w/Potatoes	18 Tuscan Chicken w/Buttered Noodles	19
22 Salisbury Steak w/Potatoes	23 Sloppy Joes w/Salad	24 Spaghetti & Meatballs w/Garlic Bread	25 French Dip Sliders w/Salad	26
29 Mississippi Pot Roast w/Potatoes & Carrots	30 Hot Ham & Cheese w/Salad			

Goodbye Neuropathy! Hello Good Life!



ONLY
\$67*

- Consultation
- Examination
- Any needed X-rays

Offer Ends September 15th, 2025

*To be paid at time of service.



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Federal and Medicare Restrictions May Apply.

September

2025

Monday

Tuesday

Wednesday

Thursday

Friday

1

**CLOSED
FOR
LABOR DAY**

2

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

3

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

4

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, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead,
1:30 p.m. Basketball
2:00 p.m. Shuffleboard

5

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

8

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, **Basketball-Cancelled**, Social Pickleball
11:30 a.m. Lunch
12:00 p.m. **Tech Help with Lars**
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Movie: Twisters
Poker

9

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, **Blood Pressure Readings**
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, **Positive Aging**, Workout Room Orientation
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance
5:15 p.m. **What If My Parent Has Dementia**

10

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move, **Hearing Screens**
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, **Legal Consultations w/Atty. Elizabeth Rich, Thrivent Presentation**
1:30 p.m. Square Dance, Basketball, Social Pickleball

11

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, Ecstatic Dance
1:30 p.m. Basketball, Social Pickleball
5:00 p.m. **No One Dines Alone-Holidays Pub & Grill**

12

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-Harvest Home**
11:30 a.m. Social Pickleball, Pickleball Lessons
12:30 p.m. Ecstatic Dance

September

2025

Monday

15

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-Cancelled**, Social Pickleball
11:30 a.m. Lunch
12:00 p.m. **Tech Help with Lars**
12:15 p.m. **Chair Yoga-Cancelled**
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, **Cribbage Tournament, Advanced Watercolors-Floral**

Tuesday

16

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, **Parkinson's Support Group**
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

Wednesday

17

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**, Energy Assistance & Weatherization
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. **Chair Yoga-Cancelled**
1:00 p.m. Dominoes
1:30 p.m. Square Dance, Basketball
2:00 p.m. Shuffleboard
5:00 p.m. **Dining Out-Chissys**

Thursday

18

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
1:30 p.m. Basketball, Social Pickleball
2:00 p.m. **Tech Help w/Mead Public Library**

Friday

19

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, **Fabulous 60's w/Dave Ross**
11:30 p.m. Pickleball Lessons, Social Pickleball
12:30 p.m. Ecstatic Dance

22

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**, Basketball, Social Pickleball
11:30 a.m. Lunch
12:00 p.m. **Tech Help w/Lars**
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

23

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, Photography
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

24

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**
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
4:00 p.m. **What You Should Know About Open Enrollment**

25

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

26

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
9:30 a.m. **Open Air Club-Cheese Run & Schmitt's**
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. Social Pickleball, Pickleball Lessons
12:30 p.m. Ecstatic Dance

September

2025

Monday

29

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

Tuesday

30

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
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

Wednesday

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

Thursday

2

7:30 a.m. **Door County 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, 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
2:00 p.m. Shuffleboard
2:30 p.m. Uptown Singers

Friday

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 w/Tom & Dar Ott**
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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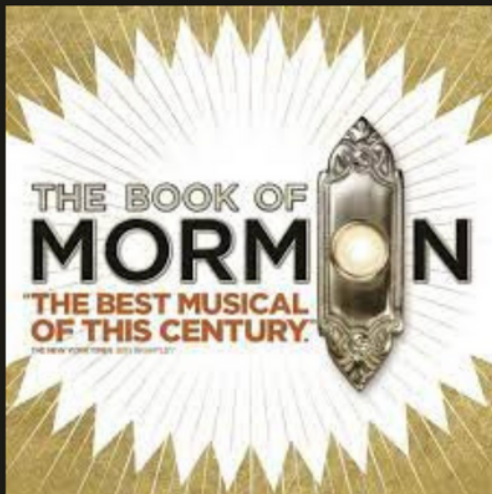


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