ENGAGE SHEBOYGAN
December 2022

Happy Holidays!

MONDAY-THURSDAY 7:30AM TO 4:00PM
FRIDAY 7:30AM TO 2:00PM
1817 N. 8TH STREET
SHEBOYGAN, WI 53081

CONTACT US AT
(920) 459-3290
uptownsocial@sheboyganwi.gov
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## Contact Staff

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Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

**Jane Brill | Engagement Coordinator**  
Jane.Brill@sheboyganwi.gov

**Joshua Drossel | Program & Wellness Coordinator**  
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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

SACS 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.

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

All items for the newsletter need to be submitted to Jane by the 10th of the prior month.  
Jane.Brill@sheboyganwi.gov

Uptown Social assumes no responsibility for advertising contents, mistakes, or omissions. Programs and events are subject to change or cancellation without notice.
Dear Friends,

We did it!

More than two and a half years since its inception, we have opened up in our new home at 1817 N. 8th Street!

One of our first events in the new building was a Thanksgiving potluck, and we have so much to be thankful for, and so many people to be grateful to! Most of all, we’re grateful to all of you for sticking with us these past couple of years, and to the many volunteers who’ve helped through the transition, and continue to share their time with Uptown Social as we settle into our new home.

Last month’s Grand Opening & Ribbon Cutting was an overwhelming response, with approximately 800 visitors coming through that day alone! Additionally, our membership numbers have grown rapidly, rebounding to nearly 600 at the time of writing. You might recall, we hovered right around 700 active members pre-pandemic.

As for December, we’re taking some time to catch our breath and celebrate this milestone, before focusing all of our energy on moving the next phase forward: getting that gymnasium built! Stay tuned, as you’ll be hearing a lot more about this in the coming months, and members will receive a mailing in the next few weeks with opportunities on how to get involved.

If there’s anything you can do right now, it’s to help us spread the word! Bring a friend, neighbor, or even a complete stranger along with you to check US out. We all know that January can be tough for many in Wisconsin, and our goal is to be a resource for everyone who needs it. Please shout from the rooftops that we’re open and would love to welcome everyone through our front doors!

Happiest of Holidays to you!
Emily

P.S. We know, and hope you do too, that not everything is done at the new building. If there’s something that would help you enjoy your time at Uptown Social better, please let us know at the front desk. Chances are, it might already be in the works. If not, we might be able to do something about it!

Directly from the Director
Exercise of the Month: Doorway Stretch

1. Stand in an open doorway. Raise each arm up to the side, bent at 90-degree angles with palms forward. Rest your palms on the door frame. If this is too painful, try moving your elbows down slightly.
2. Slowly step forward with one foot. Feel the stretch in your shoulders and chest.
3. Stand upright and don’t lean forward. Hold for 15 seconds, or as instructed. Step back and relax.
4. Repeat 3 times, or as instructed.

Joshua Drossel, Program & Wellness Coordinator
Josh has been with Uptown Social since mid-2021. With a bachelor’s degree in Kinesiology and more than seven 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.

Pricing
Try any class once for FREE! ABC Fitness, Allegro, Flex & Stretch, Line Dancing, and Tai Chi are all paid for via Flex Passes. A 24-punch pass can be purchased at the front desk for $36/members or $48/non-members. A 10-class Yoga pass is available for $50.

Monthly Silver Fitness Award Winner: Linda Bolgert
You can always count on Linda to come into Flex & Stretch with a smile. She also makes certain exercises a ton of fun like our seated marches!

Monthly Silver Fitness Award Winners receive one free Flex Pass, a $36 value for members.
RETURNING! 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 8:00 a.m.

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

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

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

Line Dancing
This 60-minute dance class is so fun, you won’t even know you’re exercising! The dances are easy to pick up. This program meets every Tuesday and Thursday from 9 to 10 a.m.

Tai Chi with Jon Doll
Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Jon Doll has studied and practiced martial arts, meditation, mindfulness, and yoga for nearly 50 years. This class meets every Tuesday and Thursday from 11:30 a.m. to Noon.

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.
Creative Programs

**Crafting Hands**
**sponsored by the Gertrude & Olivia Anderson Memorial**
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 ladies.

**Yarn Makers**
**sponsored by the Gertrude & Olivia Anderson Memorial**
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.

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

**Book Club**
Join us the last Thursday of the month at 1:30 p.m. for book club. Every month the book reads and discusses a literary piece. The book club is taking December off but will reconvene in January.
Creative Programs cont.

Raging Grannies
This social parody singing group is open for everyone! Join in the singing or just come to listen. You don’t have to be a granny and you don’t have to carry a tune, that’s what purses are for! This group meets every Thursday at 12:30 p.m.

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. Greeting Cards will meet on Thursday, December 15.

Ceramics
Anyone interested in working on ceramic projects is invited to join this group and share your hobby with others. This group meets on Mondays at 11:00 a.m.

Writing Group
sponsored by the Gertrude & Olivia Anderson Memorial
Interested in writing different stories and sharing them with others? This program typically meets once per month on the third Thursday of the month at 1:00 p.m., and will resume January 17, 2023.
Recreational/Social Programs

BINGO!
Bingo is held every Tuesday morning starting at 11 a.m. Bring two singles, wear your lucky socks, and show up!

Bridge
Bridge meets Wednesdays from 12:30-3:30 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 1:00 p.m. to play.

Dominos
Dominos is a tile-based game that can be played with 2-4 players. Join us Wednesdays at 1:00 p.m. to play.

NEW! Positive Aging
Positive Aging is a monthly discussion group, offered the second Tuesday of each month, 1:00-2:00 p.m. The discussion will be centered around a fresh topic each month, with introductory comments by the facilitator, followed by voluntary input from participants. 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.

Mah Jongg
Mah Jongg is held every Thursday from 9:00 a.m. to 4:00 p.m. This program is for experienced players; if you’d like to learn, stay tuned for an upcoming class for beginners.

Ping Pong
Ping Pong is back! Any time that we’re open, you’re welcome to enjoy the two tables placed alongside the walking track.

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

Sheepshead
Sheepshead is a trick taking game for three or more players, but ideally five. Join us mornings from 8:30-11:30 a.m. or on Thursdays at 1:00 p.m. to play a few rounds, or more!
Marilyn’s Cooking Class: Resuming in January
Every month, Marilyn Montemayor educates and delights us with a cooking class and meal. With the opening of the new building, we’re taking a break on this class, but it will return in January.

Dining Out
Dining out resumes in January. We will Dine Out at the El Camino in Sheboygan on January 18th. Diners will start with cocktails at 5 p.m. and dinner to follow at 6 p.m. Participation is limited to 30, and advanced registration is required. Contact Jackie Barbeau at 920-458-2729 to sign up!
Special Programs

Please join us for Holiday Potluck

December 19, 2023 at Noon

Seating is limited. Register with the front desk to attend.

Why You Need a Power of Attorney

Lisa Kraus, Friends of Uptown Social Board Member and Administrator of Sheboygan Progressive Health Services explains why this is very important to have in place.

Wednesday, December 7 at 10 a.m.

Pine Haven Christian Communities

Your Premier Senior Living Community

Independent Living • Assisted Living • Memory Care

pinehaven.org
Special Programs

Healthy Feet Foot Care Clinic
Lisa Taylor, RN offers toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about any foot concerns you may have. The $30 fee is paid directly to Lisa. Please bring a towel and clean socks.
Upcoming dates include November 17, December 1, and December 15.
ADVERTISE WITH US!

CALL: 920-459-3290  EMAIL: uptownsocial@sheboyganwi.gov

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Empowering Seniors to Prevent Healthcare Fraud

› PROTECT your personal information
› DETECT suspected fraud, abuse, and errors
› REPORT suspicious claims or activities

Call us with questions about billing errors, scams, and medical identity theft.

SMPs are grant-funded projects of the Federal: U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACF).

STEFANIE H.
WEILL CENTER

MAKE MEMORIES AT THE WEILL

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

UPCOMING EVENTS
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<tr>
<td></td>
<td></td>
<td></td>
<td>Turkey wrap w/side salad</td>
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<tr>
<td>Creamy tomato soup w/grilled sandwich cheese</td>
<td>Chicken salad sandwich w/fruit</td>
<td>Rustic veggie soup &amp; crusty bread</td>
<td>Hamburger sliders w/cole slaw</td>
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<td>Butternut squash soup w/salad</td>
<td>Turkey &amp; gravy on a hard roll w/fruit</td>
<td>Fish tacos w/chips</td>
<td>Creamy white chicken chili w/bread</td>
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<td>Christmas Potluck</td>
<td>Creamy potato soup w/side salad</td>
<td>Tuna &amp; hummus sandwich w/fruit</td>
<td>Italian spaghetti &amp; meatballs w/garlic bread</td>
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December 2022
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.

Wednesday, December 7, 2022
1:00 pm — 4:00 pm
(Confidential / Screening on First Come, First Serve Basis)

Uptown Social
1817 N. 8th Street, Sheboygan, WI 53081

It’s FREE and takes only 10 minutes!

Screening administered by the staff of the ADRC of Sheboygan County

Get immediate results
Keep them for future comparison and/or share them with your physician/medical team.

Early detection is important
Just as blood pressure, cancer, diabetes, or stroke screening contribute to prevention and better treatments, so do memory screens.

Questions?
Contact the Aging & Disability Resource Center (ADRC) of Sheboygan County
920-467-4100
Branson Show Extravaganza!

Queen Esther
Dublin’s Irish Tenors
Neil Diamond Tribute
The Haygoods Show

April 17-22, 2023
6 Days/5 Nights
8 Meals

$875  Double Occupancy
$1055  Single Occupancy

Trip Details
- Motorcoach Transportation
- 5 Nights Lodging including 3 consecutive nights in the Branson area
- Admission to 6 fabulous shows!
- Pickup/Dropoff Sheboygan Meijer Parking Lot
- Uptown Social Staff Host

Sign Up: 920-459-3290
uptownsocial@sheboyganwi.gov

Travel Programs
Powering beyond for stronger communities

Use your energy to power what matters most to you. We'll use ours to create cleaner energy solutions for today and the future. Together, we'll build stronger communities.

Read about our community programs at alliantenergy.com/foundation.