



Uptown Social

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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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.

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.

Directly from the Director



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!



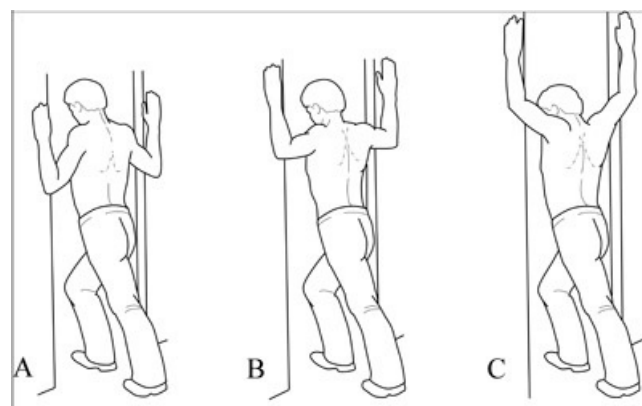
Directly from the Director

Fitness Programs



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.

Fitness Programs cont.

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 floor 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.



CELEBRATING

60

YEARS

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 info@sscnonprofit.org

 sscnonprofit.org

 3505 County Road Y,
Sheboygan

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!

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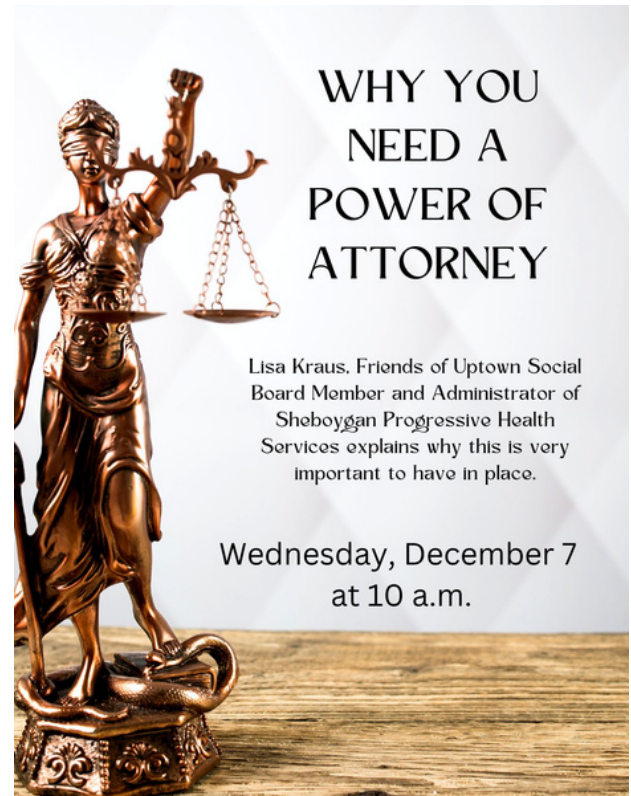


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Ryan F Rabe, Certified Senior Advisor (CSA)®

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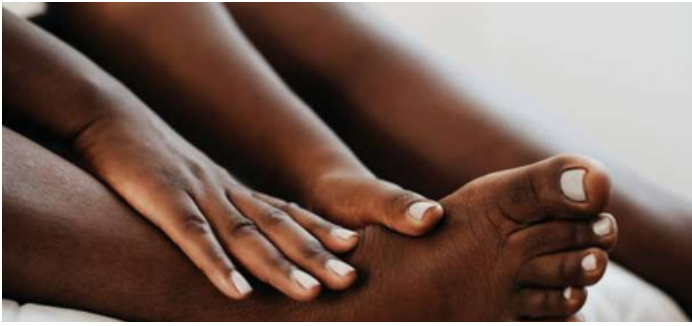
Special Programs



Pine Haven
CHRISTIAN COMMUNITIES
Your Premier Senior Living Community
Independent Living • Assisted Living • Memory Care
pinehaven.org

A collage of six photos showing residents and staff at Pine Haven Christian Communities. The photos are arranged in a grid around a central logo. The logo consists of a stylized heart with a cross inside, followed by the text "Pine Haven" and "CHRISTIAN COMMUNITIES". Below the logo is a dark blue banner with white text: "Your Premier Senior Living Community" and "Independent Living • Assisted Living • Memory Care". At the bottom is a dark blue banner with the website "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.

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Today?

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Starts Here!

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SMPs are grant-funded projects of the federal U.S.
Department of Health and Human Services (HHS), U.S.
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STEFANIE H.

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AT THE WEILL**

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(920) 208-3243
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UPCOMING EVENTS

December

2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey wrap w/side salad	2
5 Creamy tomato soup w/grilled sandwich cheese	6 Chicken salad sandwich w/fruit	7 Rustic veggie soup & crusty bread	8 Hamburger sliders w/cole slaw	9
12 Butternut squash soup w/salad	13 Turkey & gravy on a hard roll w/fruit	14 Fish tacos w/chips	15 Creamy white chicken chili w/bread	16
19 Christmas Potluck 	20 Creamy potato soup w/side salad	21 Tuna & hummus sandwich w/fruit	22 Italian spaghetti & meatballs w/garlic bread	23
26 C	27 L	28 O	29 S	30 ED

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



Uptown Social

SHEBOYGAN'S HUB FOR
ACTIVE SENIORS

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

Level 1 - Low Activity

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
uptownsocal@sheboyganwi.gov



Uptown Social
SHEBOYGAN'S HUB FOR
ACTIVE SENIORS

Travel Programs



Uptown Social

828 Center Avenue
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