



Uptown Social

# ENGAGE SHEBOYGAN

September 2022



**Providing opportunities to promote wellness, learning,  
socialization, and recreation for successful aging.**

**PROGRAMMING LOCATED AT**

Kiwanis Park Pavilion  
726 Kiwanis Park Rd  
Sheboygan, WI 53081

**CONTACT US AT**

(920) 459-3290  
[uptownsocial@sheboyganwi.gov](mailto:uptownsocial@sheboyganwi.gov)

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## Contact Staff

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### 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.

**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 Emily by the 10th of the prior month.  
Emily.Rendall-Araujo@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,

Happy September! I don't know about you, but after a warm and humid summer, I'm always thrilled with the return of cooler evenings and fewer bugs.

And now, we're counting down the weeks until we can open our new building! We're busy behind the scenes orchestrating all of the details for a November opening, including ordering all the supplies, organizing all of the items, and even hiring additional staff. All signs continue to point to an opening sometime in November.

In the meantime, programs will continue as usual between Kiwanis Park, City Hall, and the Mead Public Library. Additionally, fitness programs are back on Friday mornings! Join Josh on Fridays again for Allegro at 9 a.m. and Body Basics at 10:15 a.m., both at Kiwanis.

Later this month, maybe you'll consider joining us for the Walk to End Alzheimer's on Saturday, September 24. We have an Uptown Social team, and would love to have you as a part of it! If you'd like to sign up, you can do so online at [alz.org/walk](http://alz.org/walk) or you can contact us to get you signed up.

One more thing: As Uptown Social is getting ready to move into the new facility, the City of Sheboygan Senior Services Commission and staff are interested in determining which programs and activities to prioritize. Please take a few moments to show your interest in each of the programs listed or submit suggestions for new programs.

Have a great month, and see you soon!

Emily  
Director of Senior Services

P.S. Enjoy this image of our new windows going into the cafe!



# Fitness Programs



## Joshua Drossel, Program & Wellness Coordinator

Josh's background includes a bachelor's degree from UW-Milwaukee in Kinesiology and six years of recreation program experience.



## Walking Club

Join Josh for Walking Club on Mondays and Wednesdays from 11:30 am to 12:30 pm. The group will meet at the Deland Park Shelter; close-toed walking shoes are preferred. Dress for the occasion with layers or a jacket. We look forward to seeing you!

## Exercise of the Month: Clamshells

Clamshells strengthen your glute muscles. The importance of your medial glutes can't be overstated, with responsibilities that include hip stabilization, balance, and power. Strong medial glutes guide you through every step, stabilizing you, propelling you, and protecting your knees and lower back from unnecessary strain by taking on much of the workload involved in lower body movement.

1. Lie on your side with your knees slightly bent and with one leg on top of the other.
2. Keep your feet together and lift your top knee until it's parallel with your hip.
3. Lower your knee back to the initial position, repeat, and then switch sides.



## Monthly Silver Fitness Award Winner: Keith Jacks

Keith brings such a positive attitude to every class he attends! He has been trying out multiple classes in anticipation for the new building, and we love seeing him every day. Monthly Silver Fitness Award Winners receive one free Flex Pass, a \$36 value for members.

# Fitness Programs cont.

All classes and programs take place indoors at the Kiwanis Park Pavilion located at 726 Kiwanis Park Road, unless otherwise indicated. Please contact Josh at (920) 459-3282 or [joshua.drossel@sheboyganwi.gov](mailto:joshua.drossel@sheboyganwi.gov) with any questions about programming.

## 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.

## Body Basics

This 45-minute aerobic workout with guide you through cardio, strength, balance, and flexibility training. It meets every Monday, Wednesday, and Friday from 10:15-11:00 a.m. Get a super workout by attending both Allegro and Body Basics!

## Yoga with MaryAnn Dolson

Join yoga to enjoy a great sense of well-being. The 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 the class.

Everyone is welcome and each participant works at his or her own level. First class is FREE! After that, yoga is \$5 per class with payments made directly to MaryAnn. This program takes place every Monday and Wednesday at 11 a.m. at City Hall in 3rd Floor Council Chambers.

## 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.

## 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!

## Flex Passes

Allegro, Body Basics, Line Dancing, and Flex & Stretch are all paid for via Flex Passes. A 24-punch pass can be purchased from Josh for \$36/members or \$48/non-members.



# 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.

## **Wool Spinning** sponsored by the Gertrude & Olivia Anderson Memorial

Join us on Tuesdays at 1 p.m. for spinning wool. No experience required! Come along to learn and visit. There will be no program on April 5.



## **Beginner & Intermediate Art** sponsored by the Kohler Foundation

Join us Tuesday afternoons from 1 to 3 p.m. for intermediate art. 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! Please let us know in advance that you're coming and bring your own supplies. There will be no program on April 5.



# 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 program meets every Thursday at 11 a.m. at the Mead Public Library.

## Greeting Card Club

Are you interested in making greeting cards? Join us this month on Thursday, September 15 from 1 to 3 p.m. in Room 305 of City Hall, 828 Center Avenue.

## Ceramics

Bring your own materials and enjoy the day creating a masterpiece! This class will be held on Mondays starting at 11 a.m. at the Kiwanis Park Fieldhouse.

## Writing Group sponsored by the Gertrude & Olivia Anderson Memorial

Interested in writing different stories and sharing them with others? This class will meet on Tuesday, September 20 from 1 to 3 p.m. in Room 305 of City Hall, 828 Center Avenue.



# 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. in the Mead Public Library Rocca Room. Please contact Sharon Ferk at 920-467-2995 or [srferk@charter.net](mailto:srferk@charter.net) to register.

## Mah Jongg

Mah Jongg is held every Thursday afternoon starting at 1 p.m. at the Mead Public Library in the Rocca Room on the first floor. New this month, card playing is coming back! Join us every week to play sheephead, canasta, or any other game you like!

## Sheepshead

We have a few regulars who like to play Sheepshead on Thursdays at 1:00 p.m. at the Mead Public Library in the Rocca Room. Join us!





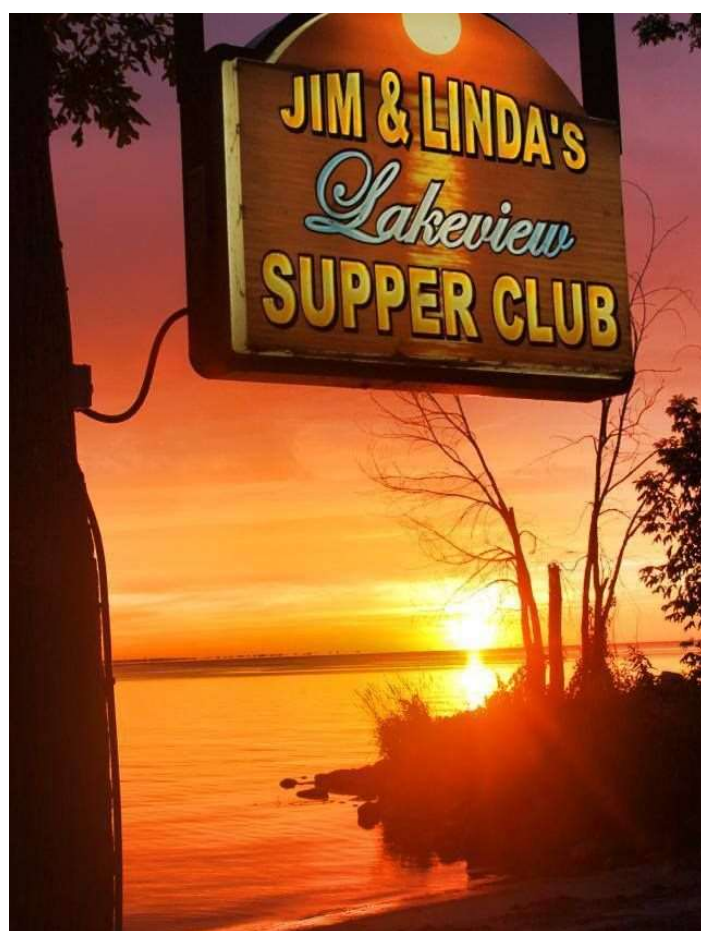
## Marilyn's Cooking Class: September 30

On Friday, September 30, Marilyn will surprise and delight us with another cooking presentation. Starting promptly at 11:00 a.m., attendees will learn how to prepare some delectable dishes and then enjoy them!

Advanced registration is required and attendance is limited to 40 participants. Your \$8 member/\$10 guest fee pays for your food. Contact us to sign up!

## Dining Out

This month, we will Dine Out at Jim and Linda's Lakeview Supper Club in Malone, on the shores of Lake Winnebago. 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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Ryan F Rabe, Certified Senior Advisor (CSA)®

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# Building Updates



Cosmetic changes are happening so quickly at this point, these images are already outdated! Last month, interior painting, cabinet installation, electrical work, air conditioning installation, plumbing installation, fire suppression system installation, window installation, tile work, and ceiling grids wrapped up. We are in the final stages now of finish work.

A collage of images showing staff interacting with residents. In the top left, a staff member in blue scrubs and a mask is talking to an elderly woman in a floral shirt. In the top right, a staff member in a black shirt and mask is talking to an elderly woman in a purple shirt. In the bottom left, two staff members in red and blue scrubs and masks are talking to an elderly woman. In the bottom right, an elderly man in a grey shirt is smiling. The Pine Haven Christian Communities logo is in the center, featuring a heart with a cross and the text "Pine Haven CHRISTIAN COMMUNITIES". Below the logo, it says "Your Premier Senior Living Community" and "Independent Living • Assisted Living • Memory Care". At the bottom, there is a small image of three staff members in masks and 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 October 6, October 20, November 3, and November 17. Appointments can be made by calling 920-459-3290.

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SMPs are grant-funded projects of the federal U.S.  
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**UPCOMING EVENTS**



**Uptown Social**

SHEBOYGAN'S HUB FOR  
ACTIVE SENIORS

## Program Interest Survey

I am a: \_\_\_\_\_Current Member \_\_\_\_\_Past Member \_\_\_\_\_Non-member

Select one from each row:

### Current Programs

	No Interest	Slight Interest	Strong Interest	Currently Attending
Allegro				
Bingo				
Body Basics				
Bridge				
Ceramics				
Dining Out				
Flex & Stretch				
Greeting Cards				
Knitting				
Line Dancing				
Mah Jongg				
Marilyn's Cooking Class				
Open Air Club				
Painting				
Pickleball				
Sheephead				
Travel – Day Trips				
Travel – Overnight Trips				
Walking Club				
Wool Spinning				
Writing Club				
Yoga				

Survey continues on next page.



## Uptown Social

SHEBOYGAN'S HUB FOR  
ACTIVE SENIORS

### Past Programs

	No Interest	Slight Interest	Strong Interest	Currently Attending
ABC Fitness				
Bocce Ball				
Canasta				
Cribbage				
Movies				
Photography				
Ping Pong				
Pool/Billiards				
Reading/Book Club				
Scrabble				
Sewing/Quilting				
Snowshoeing				
Tai Chi				
Wii Sports				
Wood Carving				

### Potential New Programs

	No Interest	Slight Interest	Strong Interest	Currently Attending
Birdwatching				
Core Training				
Cross-Country Skiing				
Kayaking				
Reading				
Scrapbooking				
Strength Training				

Other Suggestions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please return completed survey to: Uptown Social, 828 Center Avenue, Sheboygan, WI 53081

Activity Level: 3  
Participants must be able to walk 3/4 mile.

GENERATIONS &  
UPTOWN SOCIAL  
PRESENT:  
**CHINA LIGHTS &  
MITCHELL DOMES  
BUS TRIP**



**OCTOBER  
13, 2022**

.....  
\$80 MEMBERS/  
\$90 GUESTS



*1:15 p.m. Depart Generations  
1:30 p.m. Depart Sheboygan Meijer  
2:30 p.m. Mitchell Park Domes  
4:00 p.m. Dinner at Portillo's  
5:30 p.m. China Lights Exhibit at  
Boerner Botanical Gardens  
9:00 p.m. Approximate Return Time*

Fee Includes:  
Coach Bus Transportation  
Bus Driver Tip  
Milwaukee Domes Admission  
China Lights Admission

**REGISTER BY CALLING:**

GENERATIONS: 920-892-4858

UPTOWN SOCIAL: 920-459-3290

Travel Programs



## Uptown Social

828 Center Avenue  
Sheboygan, WI 53081

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