



Uptown Social

ENGAGE SHEBOYGAN

April 2023

Thank You Volunteers!

Volunteer Appreciation Week April 16-22



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

FRIDAY 7:30AM TO 2:00PM

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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**Dementia
Friendly**

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.

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,

Well, last month I wrote about how spring was on its way. Sorry I jinxed us! March was probably the most wintry month we've had this season. Here's to a hopefully-springy April!

In case you missed it, our membership topped 1000 last month! And now, at the time that I write this message, it's actually gone above 1,050. We're not sure when this growth is going to slow down, but we are doing our best to scale up with our members.

One thing we'll be doing, as soon as it's warm enough to paint, is designating a few more parking spaces for handicapped drivers. Additionally, we'll be painting some parking spots along the east side of the building, to ensure that we're not unintentionally blocking any of our neighbors from reaching their garages.

For those of us who are able-bodied and can walk a little bit farther, I'd encourage you to consider parking along the street and taking a few extra steps, saving closer parking spots for our participants who struggle with walking. And, for those who enjoy bike-riding, I am working on getting us some bike racks!

As for the gymnasium, we're on track to start construction this fall. The architects, Friends of Uptown Social, and Department of Public Works agree that it would be best to hold off on construction until autumn, since many projects are weather-contingent while ours is not. The gymnasium build-out is a great project for contractors and sub-contractors to work on in the off-season, where they won't be affected by rain or cold temperatures. And, hopefully, we might save a little bit of money doing it this way!

The Friends are still actively fundraising for the gymnasium and exercise room build-out. If you haven't already done so, purchasing a personalized tile is a great way to support this effort! I've already submitted the first batch for production, but we can continue accepting tile sales so long as we have walls to install them on. (It'll be a long time before we run out of wall space here!)

As always, thanks for being here, and thanks for being involved with US!

Emily

P.S. We just announced some new trips for 2024, including Peru. If you didn't know, my husband grew up in Peru, and I've visited twice. I'm planning to go along on this trip. If Macchu Picchu or Lake Titicaca has ever been on your bucket list, this would be a great time to go; I'd love to share this beautiful country and culture with you!

Fitness Programs



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.

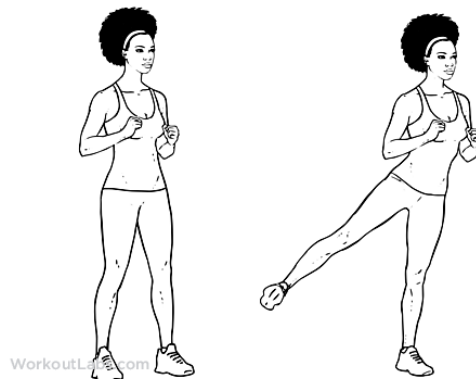
Monthly Silver Fitness Award Winner: Frank Keglovits

Frank is a staple in Flex & Stretch. You can always find Frank in the front row working hard every class. Keep up the amazing work Frank! -The Uptown Social Team

Monthly Silver Fitness Award Winners receive one free Flex Pass, a \$36 value for members.

Exercise of the Month: Standing Leg Abduction

1. To perform this exercise begin by standing upright with your toes facing forward.
2. Lift your right foot off the floor to your right side, keeping your legs straight while doing so. Make sure during this movement that your toes are still facing forward.
3. Lower your right leg back down in starting position.
4. Repeat 10-12 times, then switch to the other leg. For modifications you can stand near a wall or chair for balance. This movement is great for hip strengthening and balance.




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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 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.

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!

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 is paid to the instructor before or after class. We meet on Fridays at 11:00 a.m. - Noon in the Activity Room.

Body Basics

This class focuses on medium and low-impact cardio moves while giving you a great aerobic workout. Weights and balance exercises will also be incorporated in body basics. Class is Mondays/Wednesdays from 12:15-1 p.m. in the Activity Room.

Core Class

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

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. The Introduction/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.

You will need to purchase a separate tai chi pass for \$36 from the front desk.

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 the first, second and fourth Friday of every month from 12:15-1:15 p.m. in the Activity Room. The cost is \$5.

Laughter Yoga

Laughter Yoga combines laughter exercises with Yoga breathing all in the spirit of child-like play fullness. Life is serious. Death is serious. It's time to take laughter serious. Join Kathy Alby the third Friday of every month from 12:15-1:15 p.m. in the Activity Room. The cost is \$5.

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.

We have had an overwhelming response to our Monday and Wednesday yoga sessions. Currently, the Monday and Wednesday classes are filled. We will be adding additional yoga classes in May, but encourage you to try our Friday yoga class with Kathy.



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- Gain tools to help put your plans into action.



Event details

Wednesday, April 5, 2023
1:00 p.m. - 2:00 p.m.
Uptown Social
1817 N 8th St
Sheboygan, WI



Reserve your place today

Please call Lisa Herber at 920-783-6339 or email lisa.herber@thrivent.com by April 3, 2023.



Scan to RSVP.



Your host

This session is hosted by Cesar Lemus, CFP®, ChFC®, FIC.

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Creative Programs



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 ladies.

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.

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.

Digital Camera Group

This group is geared to anyone interested in improving their photo skills. We meet the 3rd Thursday of every month, but there will be no meeting in April. There is no fee for this class.

Wood Carving

Join Ron Feld for Wood Carving. This is an open carve group with experts available for pointers and assistance. Members of Kettle Karvers are invited to join these sessions. An apron is recommended to bring as well as a cut resistant glove. This group meets Tuesdays and Thursdays at 10 a.m.

Intermediate Art

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!

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 April 10 from 1:00-3:00 p.m. Limit 12 people.

Purchase an Art Pass for \$25 members and \$35 non-members and sign up for the class at the front desk. Instructor: Susan Baumgart

Life in Writing

Interested in writing different stories and sharing them with others? This program typically meets once per month on the third Tuesday of the month at 1:00 p.m. The next meeting is Tuesday, April 18th.



Creative Programs cont.

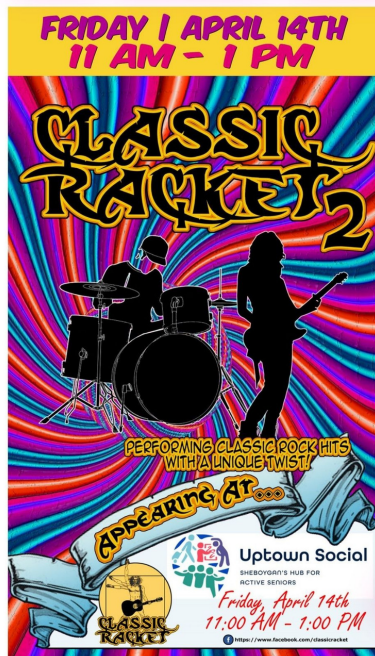
Raging Grannies

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 the first and last Mondays of the month at 1:30 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, April 20.

1000 MEMBER CELEBRATION



FOOD
Courtesy of:
SSC Sheboygan Senior Community
— Est. 1962 —
Short Term Rehab · Assisted Living · Skilled Nursing Care

Register to attend by calling 920.459.3290 or stopping at the front desk.

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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 12:30-3:30 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.

Dominoes

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

Cribbage

We have had a lot of interest in Cribbage. Cribbage will play Mondays at 1:00 p.m. in the Hospitality Room. We do have boards available if you are interested in playing any other time, just find a partner!

April's Cribbage Tournament will be Monday, April 3 beginning at 1 p.m. You must sign up in advance and entry fee is \$15. Limit 20 players.

Pool

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

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, please contact Connie Vandre for information at 920.698.0708.

Ping Pong

Any time that we're open, you're welcome to enjoy the two tables placed alongside the walking track.

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 mornings from 8:30-11:30 a.m. or on Thursdays at 1:00 p.m. to play a few rounds, or more!

Book Club

Join us the fourth Monday of the month at 1:30 p.m. for book club. Every month the group reads and discusses a literary piece. They will meet April 24 and the book is *Every Now & Then* by Leslie Kagen. The book for May is *West with the Night* by Beryl Markham.

Chess

Join others for a strategic and tactical game every Monday at 1:00 p.m. in the Hospitality Room.

Recreational/Social Programs

Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of each month, 1:00-2:00 p.m. April 11th's discussion will be *Open Discussion* 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.

Marilyn's Cooking Class: Kentucky Derby with Grazia Perrella

Marilyn will be joined by Alderperson Grazia Perrella. Class is \$8 for Members. Enjoy Kentucky Browns and chocolate pecan pie. **Payment is due upon sign-up and you can sign up beginning April 3.** This class fills up quickly and is limited to 40 so sign up early! Marilyn's Cooking Class is always the last Friday of the month. Don't forget your hats!

Dining Out

This month we will Dine Out at Chissy's on April 13th. Diners will start with cocktails at 5 p.m. and dinner to follow at 6 p.m. Participation is limited to 30, **you must be a member** and advanced registration is required. Contact the front desk April 1 or after to sign up!



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Special Programs

HearingLife

Hearing Life will be providing free hearing screenings on Tuesday, April 11 from 1:30-4:00 p.m. They will be providing a light lunch to those who get screened.

Prepare for Conversations with Health Care Providers

April 12 at 2 p.m.

Have you gone to a doctor's appointment and left frustrated? Or gotten home and realized you were too overwhelmed and do not recall the details of the appointment?

Mary Pitsch, Founder of Embrace Care Management with over 25 years of experience as a social worker, will discuss how to take steps to plan for your care as you age. This will be the third installment of a six-part aging series.

Tech Help-Bring Your Device

April 20 at 1 p.m.

Bring your device from home and your questions for Mead Public Library as they provide technology help for our members.

****NEW**** Open Game Play

April 10 at 1 p.m.

Barb Kerr leads several open game plays throughout the City and will now hold open game play the second Monday of every month. Whether it is Farkle, Sequence Tenzi, Uno, join us to play a favorite game or learn a new one! Please call or stop at the front desk and register to attend.

Don't Fall for Scams

April 19 at 1 p.m.

Join the Better Business Bureau as they bring US up-to-date on the most current scams and how to protect yourself from them. It is easy to fall prey, learn how to stay safe.

Big Brothers Big Sisters

April 10 at 1:30 p.m.

Big Brothers Big Sisters WI Shoreline will explain how you can make a difference in a child's life. Want to change the world, you can do it one child at a time!

Human Trafficking & Its Impact on Our Community April 4 at 2 p.m.

Human Trafficking is a growing problem that is occurring in our community. Join Freedom Cry as they present on types of human trafficking, knowing the signs that something is not right and what you can do to help.

Navigating the Confusing World of Senior Care April 26 at 2:00 p.m.

Senior care planning can be overwhelming! We will help you navigate the confusing world of senior care. Attorney Gina Ziegelbauer will present on topics such as estate planning, asset protection and elder law. Care Patrol will navigate senior living options and Allay hospice will discuss "myths versus facts" of hospice care.

Special Programs

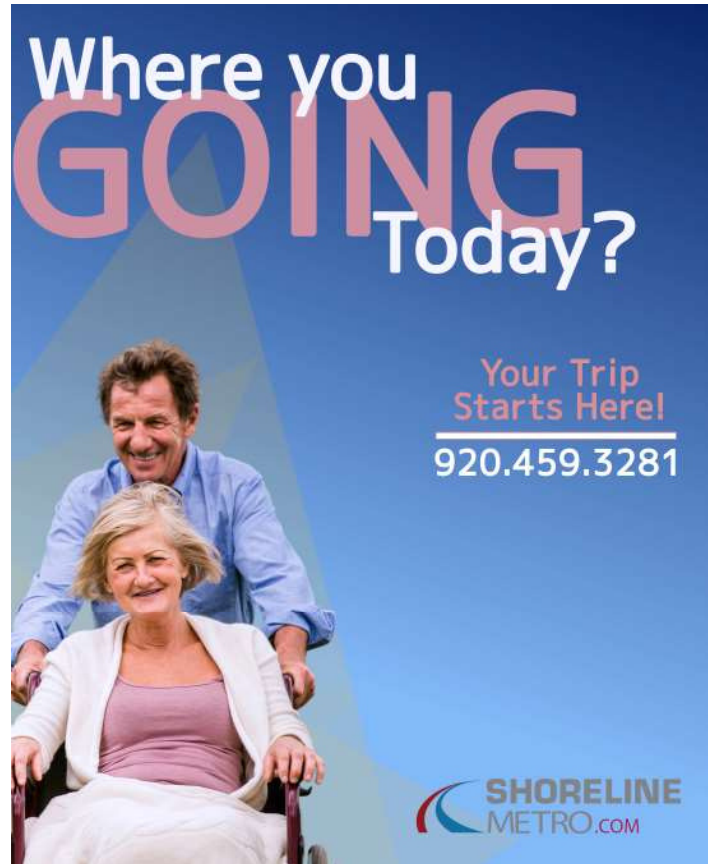
Healthy Feet Foot Care Clinic

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 March 2 and 16.

Mayflower Travel Show

Mayflower will be here on Thursday, April 20 at 11 a.m. to elaborate on our 2023 trips and also unveil our 2024 trips. You won't want to miss this!

We have a new River Cruise promotion for NEW bookings made by April 30th of \$150.00 off p/p plus Free Airfare!



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Today?

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



Ward Headstone Repair

Does your loved ones' headstone resemble or honor their life? We can restore the headstone to its original beauty. Call today to book your appointment for Spring of 2023. Free estimates!

Let us help make sure your loved one receives the memorial they deserve. While there is no way to replace a loved one, you can honor them and display your love with one of our many services:

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- Headstone repair;
- Headstone leveling;
- Headstone relocation;
- General gravesite landscaping;
- Mausoleum repair.

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Give the Gift of Music!

Give the gift of entertainment this holiday season with Sheboygan Symphony Orchestra concert tickets!

Messiah Returns	Dec. 10, 2022	7:30 PM
Family Concert	Feb. 18, 2023	3:00 PM
A Lyrical Evening	Mar. 11, 2023	7:30 PM
Remembering the Holocaust	Apr. 16, 2023	2:00 PM
Cause for Celebration	May 20, 2023	7:30 PM

For more information, visit www.sheboygansymphony.org

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Glow Ball Golf Benefit!

DUSK to GLOW

A benefit for Fresh Meals On Wheels of Sheboygan County

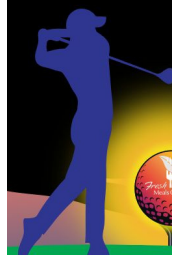
Friday May 19, 2023

7 PM Registration
8 PM Shotgun start
10 PM Awards followed by open golf

At Crystal Lake Golf Course
W6603 Cty Rd C
Plymouth, WI 53073

Single Golfer \$75 • Foursome \$280
Spectator \$30

Questions? call 920-451-7011



To register, visit FreshMealsOnWheels.org/events

Monday

Tuesday

Wednesday

Thursday

Friday

Creamy White Chicken Chili w/Salad ³	Sloppy Joes w/ Salad ⁴	Vegetable Soup w/Fruit Salad ⁵	Chicken Baked Dish w/Salad ⁶	⁷
Spaghetti & Meatballs w/Garlic Bread ¹⁰	Fancy Grilled Cheese w/Tomato Soup ¹¹	Hot Ham & Cheese w/Salad ¹²	Turkey Sub w/Chips ¹³	¹⁴
Cheesy Vegetable Casserole w/Fruit Salad ¹⁷	Liver & Onions w/Salad ¹⁸	Farmhouse Vegetable & Barley Soup w/Salad ¹⁹	Turkey & Gravy on Hard Rolls w/Fruit Salad ²⁰	²¹
Chicken Salad Sandwich w/Salad ²⁴	Sliders w/German Potato Salad ²⁵	Vegetable Lasagna w/Garlic Bread ²⁶	Crème Brulee French Toast w/Sausage ²⁷	²⁸

STROKE SUPPORT GROUP

FOR SURVIVORS AND CAREGIVERS

3rd THURSDAY each month of the year

1:30 - 2:30 P.M.

First Congregational Church, UCC

310 Bluff Ave., Sheboygan (Room #2-West door)

- Has a stroke interrupted your life?
- Do you have a strong will to recover?
- Are you looking for support from others?
- Are you a caregiver in need of coping strategies?

Group members will share information from reliable sources & offer support to help you move forward with renewed hope.

Established in 2017

Edwin Steffes BS, OMC Stroke Survivor- 920-207-6341

Diana Kirschbaum BS, MVS Caregiver- 920-207-3641

OR mandala4me@gmail.com



embrace
care management &
managed home care

627 N. 8th Street
Sheboygan, WI 53081
Office 920-451-6228

Would you like help in your aging journey?

Embrace Care Management LLC provides two unique services:
Professional Care Management & Managed Home Care. We

have a dedicated, caring team that consists of Care Managers, who are RNs and Social Workers along with our caregivers who together provide all-encompassing care for you or your aging family members. If you

would like to learn more about our services, please call our Care Managers at 920-451-6228



www.embracecaremanagement.com

April

2023

Monday

3 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro & Crafting Hands
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:15 p.m. Body Basics
 1:00 p.m. Canasta, Scrabble, Poker, Chess, Cribbage Tournament
 1:30 p.m. Raging Grannies

Tuesday

4 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance
 10:00 a.m. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Bingo, Intermediate Painting
 Yarn Makers
 2:00 p.m. **Human Trafficking Presentation**

Wednesday

5 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro, Easter Cookie Class
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:15 p.m. Body Basics
 12:30 p.m. Bridge
 1:00 p.m. Dominoes,
Estate Planning
 2:30 p.m. Veterans for Peace

Thursday

6 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Foot Care Clinic
 8:30 a.m. Sheepshead
 9:00 a.m. Mah Jongg, Line Dance, Easter Cookie
 10:00 a.m. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

Friday

7
**C
 L
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10 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro & Crafting Hands
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:15 p.m. Body Basics
 1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess, This Is A Paint Brush;
 Open Board Game Play
 1:30 p.m. **Big Brothers Big Sisters Presentation**

11 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance
 10:00 a.m. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Positive Aging, Bingo, Intermediate Painting
 Yarn Makers
 1:30 p.m. Hearing Screens

12 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:15 p.m. Body Basics
 12:30 p.m. Bridge
 1:00 p.m. Dominoes
 2:00 p.m. **Embrace Presentation: Preparing for Conversations with Health Care Providers**

13 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Sheepshead & Line Dance
 9:00 a.m. Mah Jongg & Line Dance
 10:00 a.m. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg
 5:00 p.m. Dining Out

14 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro
 10:15 a.m. Core
 11:00 a.m. Gentle Yoga with Kathy & **1000 Member Celebration with Classic Racket**
 12:15 p.m. Ecstatic Dance

April

2023

Monday

17 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
Branson Trip Departs
8:30 a.m. Sheepshead
9:00 a.m. Allegro & Crafting Hands
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess
This is a Paint Brush-Acrylic

Tuesday

18 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Open Carving
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Intermediate Painting
Bingo, Yarn Makers

Wednesday

19 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Dominoes,
Don't Fall for Scams by BBB

Thursday

20 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. Foot Care Clinic
8:30 a.m. Sheepshead
9:00 a.m. Mah Jongg & Line Dance
10:00 a.m. Open Carve
10:15 a.m. Flex & Stretch
11:00 a.m. **Mayflower Travel Show**
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards,
Tech Help

Friday

21 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:00 a.m. **Volunteer Appreciation Brunch**
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:15 p.m. Laughter Yoga

24 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro & Crafting Hands
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess,
This is a Paint Brush-Acrylic
1:30 p.m. Book Club, Raging Grannies

25 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Open Carve
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Tai Chi
1:00 p.m. Intermediate Painting
Bingo, Yarn Makers,

26 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Dominoes
2:00 p.m. Navigating the Confusing World of Senior Care

27 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:30 a.m. Sheepshead,
9:00 a.m. Mah Jongg & Line Dance
10:00 a.m. Open Carve
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

28 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:15 p.m. Ecstatic Dance



Explore New Glarus

Friday, September 15

Activity
Level
High

Known as America's Little Switzerland, New Glarus is home to unique artisan shops, one-of-a-kind butcher shop and bakery.

Explore downtown New Glarus, lunch and tasting of six wines (included) at Bailey's Run Winery with our last stop at New Glarus Brewery.

7:30 a.m. Depart Meijer's \$80 for Members
7:45 a.m. Depart Generations \$90 for Non-Members
6:30 p.m. Return



Call Generations 920-892-4858 or Uptown Social at 920-459-3290 to register.



GENERATIONS AND UPTOWN SOCIAL
PRESENT THE:

open air

CLUB

Hop on your motorcycle or convertible to join us for a day on the road and under the sun!

JUNE 16 - MONTELO
JULY 12 - DOOR COUNTY
AUGUST 18 - DELAFIELD
SEPTEMBER 8 - CHEESE RUN

Generations Members - Call (920) 892-4858
Uptown Social Members - Call (920) 459-3290



FALL POLICY INFORMATION FOR MEMBERS

If anyone in our building or parking lot falls and CANNOT get up on their own, we will be calling 911. It is our duty to ensure your safety, and there are too many risks involved in helping someone stand up after a fall. We ask that members do not help other members who have fallen, but instead notify the front desk. Once the Fire Department arrives, it is your decision whether to go with them or stay at Uptown Social. If your injury is severe and you go with the ambulance, we will notify your emergency contact.

A staff member or volunteer will be completing an incident report to be filed with Uptown Social. The Fire Department will provide fall assistance/first aid for no charge the first time, but if one individual person requires fall assistance/first aid more than once a year, there will be a charge.

Please understand that our first priority is your safety, and this is why we need to call the professionals to help you in case of a fall or injury. This policy applies to everyone including staff, if you have any questions, please contact our office.



FEE INCLUDES:

- 6:30 a.m. Generations Pick-Up
- 6:50 a.m. Meijer Pick-Up
- 10:15 a.m. Ferry to Washington Island
- 11:00 a.m. Fragrant Isle Lavender Tour
- 12:30 p.m. Lunch Schoolhouse Beach
- 2:00 p.m. Stavkirke
- 4:00 p.m. Door Peninsula Winery & Coffee
- 7:00 p.m. Arrive Home
- Admission to Fragrant Isle
- Box Lunch & Beverages
- Coach Bus & Ferry Transportation
- Bus Driver Tip

Register by calling:
Generations 920.892.4858

Uptown Social 920.459.3290

Activity Level 3

TRAVEL WITH

UKS

CHICAGO BAY
BUS TOUR

10 SPOTS
LEFT

AUGUST 23 - 25

3 Days / 2 Nights
5 Meals/Tips Included
Bay Bus Coach Bus Service

HIGHLIGHTS INCLUDE:

- Architecture Boat Cruise and Gangster Tour
- Shedd Aquarium, Adler Planetarium or Field Museum
- Blue Man Group
- Willis Tour
- Chicago Botanical Gardens

\$850 Double / \$1,150 Single
\$284/\$383 per day!

Uptown Social

SHEBOYGAN'S HUB FOR
ACTIVE SENIORS



Travel with US

Visit US for more information.



SPOTS AVAILABLE ON ANOTHER
TOUR SAME DATES OR WAIT LIST

Iceland – Land of Fire and Ice
July 26, 2023 with Mayflower
Cruises & Tours



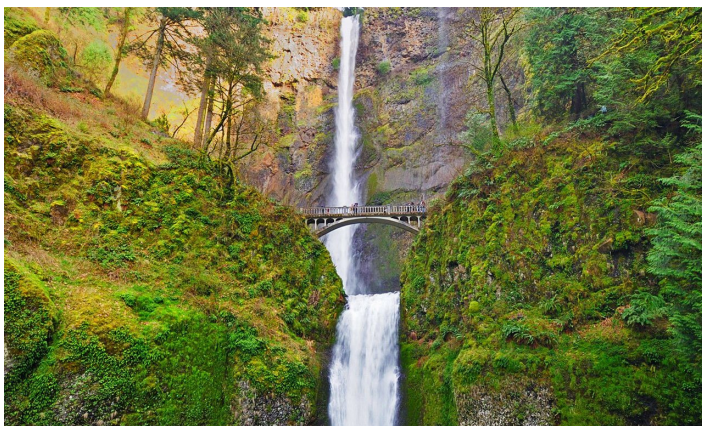
Sedona's Red Rocks & The Grand
Canyon September 17, 2023 with
Mayflower Cruises & Tours



Christmas Markets Cruise on the
Danube River November 30, 2023
with Mayflower Cruises & Tours



Mystical Peru April 30-May 8, 2024
with Mayflower Cruises & Tours



Columbia & Snake Rivers
June 16-23, 2024
with Mayflower Cruises & Tours



Portugal & Douro River Cruise
August 28-September 7, 2024
with Mayflower Cruises & Tours



Uptown Social

1817 N. 8th Street
Sheboygan, WI 53081

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.

