



Uptown Social

ENGAGE SHEBOYGAN

April 2024

JOIN US FOR OUR



BRATS • BURGERS • BAKED GOODS
BEANS • GERMAN POTATO SALAD

SATURDAY, APRIL 6
10 AM-2 PM

UPTOWN SOCIAL
1817 N. 8TH ST. | SHEBOYGAN



Uptown
Social

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

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

www.uptownsocal.org

CONTACT US AT

(920) 459-3290

uptownsocal@sheboyganwi.gov

Table of Contents

Directly from the Director	3
Fitness Programs	4-6
Creative Programs	7-8
Recreational & Social Programs	9-10
Special Programs	11-12
Cafe Menu	13
April Activities	14-16
Travel Programs	18-19

Contact Staff

Emily Rendall-Araujo | Director of Senior Services
Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

Jane Brill | Engagement Coordinator
Jane.Brill@sheboyganwi.gov (920)459-3290

Joshua Drossel | Program & Wellness Coordinator
Joshua.Drossel@sheboyganwi.gov (920) 459-3282

Vicky Meyer | Cafe Coordinator

Rachel Kerlin | Custodial



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.

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



Hello Friends,

As always, I'm thrilled to share what's going on at Uptown Social. April has no shortage of new things to report.

Gym Construction Update:

Last month, bidding for the gymnasium construction closed, with two contractors submitting bids. The winning bid is making its way through the approval process with the City's Common Council and should hopefully be approved early this month. Once we pass that step in the process, construction can begin!

Brat Fry:

Hopefully you noticed the Brat Fry and Bake Sale flyer on the front of this newsletter. Please plan to join us!

With this beautiful spring we've been having, we just couldn't wait to fire up the grills and enjoy a lovely day together. Please plan on attending, and bring your family and friends!

Walk-a-Thon:

New this year! On May 15, as part of the Sheboygan County Employee Health & Wellness Day, we will hold a Walk-a-Thon. Participants will plan to walk indoors on the walking track (each lap is 1/15 of a mile) or outdoors on a half-mile or full mile loop.

Just like the walk-a-thons you might've participated in in elementary school, you're invited to not only participate, but raise funds to support the Friends of Uptown Social! You can ask friends and family to 'sponsor' you on your walk by pledging a certain amount of money by the amount you walk. For example, maybe your neighbor would pledge \$1 per indoor lap, and you walk 1/3 of a mile (5 laps). That neighbor would contribute \$5 total to support you.

Prizes will be given to those who raise certain amounts, starting at just \$25, and awards will be given through a number of categories.

All are encouraged to participate, whether you plan to walk one lap or ten miles, and whether or not you plan to fundraise. We want to make this a fun day in which we celebrate all the great things our bodies can do!

We'll share more information in the coming weeks, but sign up anytime starting now at the front desk!

See you soon,
Emily

P.S. Please remember that the Wisconsin spring election is April 2. Uptown Social will be a polling location, so we will be **closed on April 2nd.**

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for over two 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. Additionally, Josh coordinates all of our additional programming, working with volunteer program leads to secure space, time, and supplies needed for their programs.

Monthly Silver Fitness Award Winner: Julie Keller

Member of the Month - Congratulations Julie! Julie is one of our many star participants in Core. Keep up the amazing work in class!

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

ATI Injury Screenings

ATI Physical Therapy will be doing free 15 minute injury screenings every other Wednesday starting March 13 from 11 a.m. -1 p.m. in the Consultation Room. If you have any aches or pains and want to see them, please schedule an appointment at the front desk.

Exercise of the Month: Staggered Sit to Stand

This exercise is great for your legs and core muscles. You will need a chair for this exercise.

1. Begin by sitting in a chair with your feet flat on the floor. Have one foot slightly closer to your chair than the other. Lower your torso until you feel a comfortable stretch in your hamstrings. Push your hips forward engaging your glutes to come back to the starting position.
2. Lean forward at the hips and push through your feet standing up. Keep your back straight and chest lifted. It's important to use your leg and core muscles to lift your body, not your arms.
3. Once you've reached the standing position slowly lower back down.
4. Repeat this 10 times and then switch feet so that your other foot is slightly closer to your chair.



Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness and Tai Chi classes are \$2.00 each for members and \$3.00 each for non-members. A 10-class Yoga Pass is available for \$50.



Emily Matthews, 920-286-0570, RealtorEmilyRN@gmail.com
<https://emilymatthews.realtor>
Senior Real Estate Specialist (Plus a Team of Professionals!)
Military Relocation Professional
Homes for Heroes REALTOR Affiliate
RE/MAX Universal Realty, 513 Water St, Sheboygan Falls, WI 53085
"Do what you love in service to others"

Homes for Heroes®

RE/MAX
UNIVERSAL REALTY

Fitness Programs cont.

Chair Yoga-Sponsored by Sheboygan Senior Community Mondays 1:30 - 2:15 p.m.

It is low impact on the joints and it improves flexibility. Chair yoga improves circulation, and contributes to pain management. It also promotes a sense of well-being. A ten class pass is available for \$40 and is payable directly to the teacher. *(There is not chair yoga the fourth Monday of the month.)*

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. **Classes are \$5 for members and \$8 for participants. Fees are paid to the instructor before or after class. A yoga pass may be purchased for \$50 from the instructor.**

Square Dancing

Come dance with friends or friends to be! Every Wednesday 1:30-3:30 p.m. First hour lessons/workshops. Second hour Dance Mainstream.

Beginning in January, New Dancers Introduction to Square Dance dates: January 3, 10 and 17. Starting January 24, 14 weeks of Mainstream-Square Dancing lessons. By April 24, you should be able to dance at any club. If these dates do not work for you, a new set of lessons should start in May or June of 2024. Experienced dancers are always welcome to dances and are encouraged to "Angel" the first hour at lessons. A great way to brush up and help new dancers. **Cost is \$2.00 per lesson for members and \$3.00 for guests.**



**EXPERIENCED
TRUSTED
UNIQUE**

Dr. John Reitz & Dr. Cooper MocarSKI

BetterLifeCW.com
920.459.8477

1517 S. 12th Street
Sheboygan



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 8-8:45 a.m.

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular stretch, 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.

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.

Laughter Wellness

Laughter Wellness combines laughter exercises and games with breathing all in the spirit of child-like playfulness. Life is serious. Death is serious. It's time to take Laughter serious. Join Kathy Alby the second Thursday of every month from 1-2 p.m. in the Activity Room. **Classes are \$5 and 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.

Core Class

This low impact floormat class will improve core strength and flexibility. Core meets every Monday, Wednesday and Friday from 10-10:45 a.m. in the Activity Room.

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.

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

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 every Friday from 12:15-1:15 p.m. in the Activity Room. **Classes are \$5 and is paid to the instructor before or after class.**

Creative Programs

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.

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 participants.

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. Cost is \$2 for materials payable to instructor. Limit 16 attendees. You must call the front desk to register. Registrations start the first of the month and end the Friday prior to class.

Ceramics

Come and try out ceramics class. Supplies and materials provided. This class will be held on Fridays from 9 a.m. to noon.

Life in Writing

Interested in writing different stories and sharing them with others? This program meets once per month on the third Tuesday of the month at 1:00 p.m.

Intermediate Art

Join us Tuesday afternoons from 1 to 3 p.m. for art class. Classes are \$2.50 per time. Program Lead Susan Baumgart will be happy to provide guidance if you need it!

Stay Driven

Affordable | Convenient | Friendly | Safe

METRO CONNECTION
On-Demand • Paratransit Transportation Solutions for Everyone

SHORELINE METRO

Climb aboard today at www.shorelinemetro.com

Creative Programs

Wood Carving

This is an open carve group with experts available for pointers and assistance. An apron is recommended to bring as well as a cut resistant glove. This group meets Tuesdays from 1-3 p.m. and Thursdays from 10 a.m. to Noon. For new carvers the fee is \$20. Experienced carvers are welcome to join as well.

Photography

Photography is back! Photography will be the 4th Tuesday of the month at 1:00pm and will meet in the break room. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

This is a Paint Brush - Acrylic

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 Monday, February 19 from 1:00-3:00 p.m. Limit 12 people for this and cost is \$25 for members and \$35 for non-members. Register at the front desk to attend this 8 week class.



CARE Patrol™
Your Partner In Senior Care Solutions

Navigating the Transition to **Senior Care?**

Our Trusted Experts Are Here to Help.

We help families find the right care solution for their loved ones at no cost.

CarePatrol.com
o: 920-530-5085 f: 920-694-6444

Ryan F Rabe, Certified Senior Advisor (CSA)®
rrabe@carepatrol.com

©2023 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.



SAVAGLIO & Co. REAL ESTATE

exp REALTY

PREPARING YOUR HOME TO SELL IS HARD. OUR TEAM MAKES IT EASIER.

PROFESSIONAL CLEANING INCLUDED WHEN YOU LIST WITH US.

MARKUS SAVAGLIO REALTOR & TEAM LEADER

(920)-395-1927

www.expSheboygan.com



TDSFIBER.COM

INTERNET | TV | PHONE

For Home & Business

Internet speeds are "up to" and not guaranteed. Subject to availability. See TDSFiber.com/terms.



STEFANIE H. WEILL CENTER

MAKE MEMORIES AT THE WEILL

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

UPCOMING EVENTS



SENIOR Helpers

Senior Care, Only Better.

Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers. **Let us ease your mind with a complimentary in-home care assessment.**

710 Eastern Ave | Suite 2 | Plymouth, WI 53073
920.400.1336 | seniorhelpers.com/wi/sheboygan

All rights reserved. Senior Helpers locations are independently owned and operated. ©2022 SH Franchising, LLC.

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@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 12:30 p.m. to play.

Dominoes

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

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 T

Ping Pong

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

Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. - Noon and 1:00 - 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.

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

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 Tournaments will be **Monday, April 1 beginning at Noon and the 15th beginning at 1 p.m.** You must sign up in advance and entry fee is \$20. Limit 20 players.

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. April's book is *Killers of the Flower Moon* by David Grann. May's Book is *West with Giraffes* by Lynda Rutledge

Recreational/Social Programs

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.

Dining Out

April's Dining Out will be at on Wednesday, April 17 at Red Cabin at Green Acres in Dotyville. Participation is limited to 30, you **must be a member** and advanced registration is required. Contact the front desk the first of the month or after to sign up!

No One Dines Alone

Like going out to eat, but not alone? The this group is for you! April 11, we will be dining at Antoinette's in Plymouth at 5 p.m. Please register to attend by calling the office at 920.459.3290. This group meets the second Thursday of every month.

Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of the month from 1-2 p.m. 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.

Grief Peer Support Group

This confidential peer support group is for those suffering due to the loss of a loved one. It is facilitated by Dorothy McElroy, certified peer support specialist of Focus Path Peer Support. This group meets from 3:15 - 4:15 p.m. on the third Wednesday of the month. **Please register to attend.**

Pool

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



Pine Haven
CHRISTIAN COMMUNITIES

Your Premier Senior Living Community
Independent Living • Assisted Living • Memory Care

pinehaven.org

Special Programs

Hearing Loss & Dementia

Wednesday, April 3 5 at 10:30 a.m.

What's the connection? Hearing Life will present on the consequences that come with untreated hearing loss and its correlation to dementia.

Skin Cancer...You Can Prevent It!

Wednesday, April 3 at 2 p.m.

Skin Cancer affects more than 4 million people a year. During this presentation Dr. Suzanne McGoey will discuss how to identify skin cancers as well as steps you can take to protect yourself.

Tech Help

Thursday, April 4 at 11 a.m.

Mead staff will be at Uptown Social to offer free one-on-one tech support. Bring your phone, tablet or computer for help with email, navigating your device, setting up online accounts, word processing and other tech questions. Be sure to bring any passwords and cords that your device needs to work. Held 11 a.m.-noon, first Thursdays: April 4 & May 2. Call Uptown Social to schedule your 15 minute time slot, 920-459-3290

Simple Exercises to Improve Balance

Wednesday, April 10 at 11 a.m.

During this workshop, you will learn simple exercises to improve balance for hiking and stability at all ages. Join Dr. John and Dr. Cooper for an engaging health workshop.

Financial Wellness Classes for Older Adults

Wednesday, April 10 at 1 p.m.

Money Smart Week brings 3 sessions to US. Funeral Pre-Planning, Retirement, Planning and Personal Finance Greatest Hits.

Dave & Friends

Friday, April 12 at 11 a.m.

We had such a fun time with Dave Ross, we are bringing him back for a sing-a-long, karaoke, toe-tapping and joke telling!

The Moment in Front of You

Wednesday, April 17 at 1 p.m.

One of the most amazing things you will ever realize is that the moment in front of you is not bothering you- you are bothering yourself about the moments in front of you! Join Aubree-Lynn Maugeri for this discussion.

Don't Let Vascular Issues Impact Your Quality of Life

Wednesday, April 17 at 2 p.m.

Join Third Coast Vascular as they present options available for leg issues caused by aging, diabetes or other artery and vascular diseases.



Please register to attend the programs on this page.

Special Programs

Empty Mind

Wednesday, April 24 at 1 p.m.

Buddhists talk about 'empty mind'. In purest sense, that is what we are referring to when we use the term mind. This is the starting point to empty-like a computer with no software on it. Join Aubree-Lynn Maugeri for this discussion.

Marilyn's Cooking Class

Mother Knows Best

Friday, April 26 at 11 a.m.

Deidre Martinez, CEO of the Sheboygan County Chamber of Commerce will be Marilyn's sous chef for April. The menu will take you back to dishes your mother or grandmother may have made!

Active Shooter Training

Monday, April 29 at 1 p.m.

It is a frightening reality which we hear about much too often in the news. The Sheboygan Police Department will be presenting this ALICE training. Join US and learn how to protect yourself!

Memories in the Making
Creative Social Engagement Session

m Memories in the Making®
ALZHEIMER'S ASSOCIATION

Signature Art Program for Those Living with Memory Loss and Their Care Partners

Memories in the Making® is the signature art program of the Alzheimer's Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor, in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Meeting location rotates each month between Uptown Social, Generations and the Plymouth Art Center (See schedule on the back page). **All art supplies are provided.** Sharing Joyful Laughter, Stories and Creativity!

Second Friday of each month 10:00-11:30 a.m.

RSVP: Registration is recommended to attend individual sessions.

Contact Uptown Social 920-459-3290 for April.



Ballroom Dance Lessons

Susan Alby & Roland Marciniak will be offering dance lessons at Uptown Social this fall.

6 WEEK SESSION EVERY MONDAY
BEGINNING APRIL 8

Waltz Lessons at 6 p.m.
Nightclub Two-Step Lessons at 7 p.m.
(Partner not necessary)

Cost \$45
Cash or check only. Must be paid prior to first night.
Limit 25 students

Call 920.459.3290 to register.



ALZHEIMER'S ASSOCIATION
Wisconsin Chapter

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

Remember! Please register to attend the programs on this page.

Monday

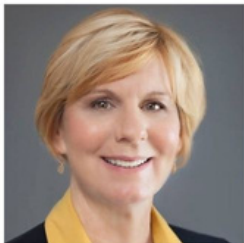
Tuesday

Wednesday

Thursday

Friday

1 Tuna Casserole w/Salad	2 CLOSED	3 Meatloaf & Potatoes	4 Liver & Onions	5
8 Mushroom Soup w/Fruit	9 Tomato Soup w/ Fancy Grilled Cheese	10 Chicken Tortilla Soup w/Sides	11 Creme Brulee French Toast w/Fruit	12
15 Vegetable Soup w/Fruit	16 Turkey Wraps w/Fruit	17 Chicken Salad Sandwich w/Salad	18 Sloppy Joes w/Sides	19
22 Salad Bar	23 Italian Spaghetti & Meatballs w/Garlic Bread	24 Chicken Soup & Salad	25 Veggie Lasagna w/Garlic Bread	26
29 Ham & Split Pea Soup w/Fruit	30 Meatloaf & Potatoes			



Client Focused. Results Driven

My approach to real estate is simple. It's about providing the best service and advice by listening to you and understanding your needs. If you are considering a move, just give me a call. It all starts with a simple conversation.

Mary Werner SRES[®]
 Call Anytime: 920.207.0231
 Email: marywerner@kw.com
 701 N. 8th St. | Sheboygan



Would You Like Help in Your Aging Journey?

Embrace offers three unique services:
**Professional Care Management,
 Caregivers & Dementia Coaching**

With a team of compassionate professionals, the right home care can help older adults maintain independence and live a fulfilling life. With over a decade of experience in providing services to older adults, Embrace is the perfect choice to help you/your loved one achieve this goal. The aging journey can feel overwhelming, we are here to help. Start the conversation by calling us 920-451-6228



www.embracecaremanagement.com

Now Hiring

Apply today to become a Care Professional:

920.803.0188
 HomeInstead.com/238

Retired? This is a great way to give back to your community while earning extra income — we'll work with your schedule!



Care *Your* Way

Your lifestyle is unique to you. That's why we tailor our care plans to meet the specific needs of every family we serve.

And as your needs change over time, we can adjust right along with you to ensure you get the care you need, when you need it.



24/7 Care | Dementia Care | Personal Care | More

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company.

April

2024

Monday

1 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 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
 11:30 a.m. Lunch
 12:00 p.m. **Cribbage Tournament**
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, **This is a Paintbrush-Acrylic**
 1:30 Chair Yoga, Raging Grannies

Closing at 3

Tuesday

2

CLOSED FOR ELECTION

Wednesday

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. Silver Sneakers BOOM Move
 10:00 a.m. Core
 10:30 **Dementia & Hearing Loss**
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 1:00 p.m. Dominoes
 1:30 p.m. Square Dance
 2:00 p.m. **Skin Cancer-You Can Prevent It**

Thursday

4 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead, Foot Care Clinic
 9:00 a.m. Mah Jongg & Line Dance
 10:00 a.m. Silver Sneakers Classic, Woodcarving
 11:00 a.m. **Tech Help w/Mead Library**
 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

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. Silver Sneakers BOOM Move, Ceramics
 10:00 a.m. Core
 11:00 a.m. Gentle Yoga w/Kathy
 12:15 p.m. Ecstatic Dance

8 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 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
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker
 1:30 Chair Yoga
6:00 Waltz Lessons
7:00 p.m. Night Club Two Step Lessons

9 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance, Veteran Meet-Up
 10:00 a.m. Silver Sneakers Classic
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi,
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Positive Aging
 2:30 p.m. Ecstatic Dance

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. Silver Sneakers BOOM Move
 10:00 a.m. Core
 11:00 a.m. Yoga, **ATI PT Injury Screenings, Simple Exercises to Improve Balance**
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 1:00 p.m. Dominoes, **Money Smart Week**
 1:30 p.m. Square Dance

11 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead, Foot Care Clinic
 9:00 a.m. Mah Jongg & Line Dance
 10:00 a.m. Silver Sneakers Classic, Woodcarving
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg. Laughter Wellness
5:00 p.m. No One Dines Alone

12 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead, **Spring Shop Hop**
 9:00 a.m. Silver Sneakers BOOM Move, Ceramics
 10:00 a.m. Core, **Memories in the Making**
 11:00 a.m. Gentle Yoga with Kathy, **Dave Ross Karaoke & Sing-A-Long**
 12:15 p.m. Ecstatic Dance

April

2024

Monday

Tuesday

Wednesday

Thursday

Friday

15 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 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
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, **Cribbage Tournament**
 This is a Paintbrush
 1:30 p.m. Chair Yoga
6:00 p.m. Waltz Lessons
7:00 p.m. Night Club Two Step Lessons

16 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance, Veteran Meet-Up
 10:00 a.m. Silver Sneakers Classic
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Intermediate Painting, Bingo, Yarn Makers, Woodcarving, Writing Group

17 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead, Casino Trip
 9:00 a.m. Silver Sneakers BOOM Move,
 10:00 a.m. Core
 11:00 a.m. Yoga
 12:00 p.m. Bridge
 1:00 p.m. Dominoes, **The Moment in Front of You**
 1:30 p.m. Square Dance
 2:00 p.m. **Don't Allow Vascular Problems to Limit Quality of Life**
3:15 p.m. Grief Peer Support Group
5:00 p.m. Dining Out- Red Cabin at Green Acres

18 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead, Foot Care Clinic
 9:00 a.m. Mah Jongg, Line Dance
 10:00 a.m. Woodcarving Silver Sneakers Classic & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards

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. Silver Sneakers BOOM Move, Ceramics
 10:00 a.m. Core
 11:00 a.m. Gentle Yoga with Kathy,
 12:15 p.m. Ecstatic Dance

22 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 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
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, **Peru Pre-Trip Meeting**
Cribbage Tournament
 1:30 Book Club
6:00 p.m. Waltz Lessons
7:00 p.m. Night Club Two Step Lessons

23 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance, Veteran Meet-Up
 10:00 a.m. Silver Sneakers Classic
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi,
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Photography

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. Silver Sneakers BOOM Move
 10:00 a.m. Core
 11:00 a.m. Yoga, **ATI PT Injury Screens**
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 1:00 p.m. Dominoes, **Empty Mind**
 1:30 p.m. Square Dance

25 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead, Foot Care Clinic
 9:00 a.m. Mah Jongg, Line Dance
 10:00 a.m. Woodcarving Silver Sneakers Classic
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg,

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. Silver Sneakers BOOM Move, Ceramics
 10:00 a.m. Core
 11:00 a.m. Gentle Yoga with Kathy,
Marilyn's Cooking Class: Mother Knows Best
 12:15 p.m. Ecstatic Dance

April

2024

Monday

29 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness,
 8:30 a.m. Sheepshead
 9:00 a.m. SilverSneakers BOOM Move, Crafting Hands
 10:00 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker Cribbage, **ALICE Training**
 1:30 p.m. Chair Yoga, Raging Grannies
6:00 p.m. Waltz Lessons
7:00 p.m. Night Club Two Step Lessons

Tuesday

30 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. Silver Sneakers Stability
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance
 10:00 a.m. Silver Sneakers Classic
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi,
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving
 2:30 p.m. Ecstatic Dance

Wednesday

Thursday

Friday



Short Term Rehab · Assisted Living · Skilled Nursing Care
sscnonprofit.org (920) 458-2137 x819



BAS LURMANN'S
REVOLUTIONARY FILM COMES TO LIFE

TRUTH | BEAUTY | FREEDOM | LOVE

MOULIN ROUGE!

THE MUSICAL

\$170 Members
\$180 Guests

Saturday, June 22, 2024
Depart Meijer's 9:30 a.m.
Show 2:00 p.m.
Return Meijer's 6:30 p.m.

FOX VALLEY PAC- APPLETON

PRICE INCLUDES:

- Coach bus transportation
- Driver tip
- Admission to show

Lunch on your own in downtown Appleton.

RESERVE YOUR SPOT BY CALLING UPTOWN
SOCIAL AT 920-459-3290.



Preventing Medicare Fraud

Toll-free Helpline:
888-818-2611
Email: smp-w@gwaar.org
www.smpwi.org
f WisconsinSeniorMedicarePatrol

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 (ACL).

BREWER BUS TRIP



VS



THURSDAY, JULY 11

1:10 P.M.

MEIJER PICK-UP 9:30 A.M.
RETURN 6 P.M.

\$90 MEMBERS
\$100 NON-MEMBERS



Includes:
Coach Bus
Driver Tip
Game Ticket

Lunch on your own inside the ballpark.
Call Uptown Social at 920.459.3290 to reserve your spot!

EXPLORE TALIESIN

& Mount Horeb

Friday, May 17



Taliesin

Frank Lloyd Wright's home in Spring Green. Taliesin embodies Wright's ideas or organic architecture. It offers incredible views of the valley he loved.

Mount Horeb

Mount Horeb is the Troll Capital of the World. Search for the trolls, shop the unique shops, enjoy the delectable dining options and maybe even the Grumpy Troll Microbrewery. Immerse yourself in their Norwegian folklore.

\$115 Member

\$125 Guest

- Depart Meijer 6:30 a.m.
- Tour Taliesin
- Lunch on your own in Mount Horeb
- Return 6 p.m.

Register by calling 920.459.3290

Activity Level 4

Travel with US



CRANBERRY FESTIVAL

September 27, 2024

\$60 for Members \$70 Non-Members

Depart Meijer's 5:45 a.m.
Arrive at Cranberry Festival 9:30 a.m.
Depart for Home 5:00 p.m. Sharp
Arrive at Meijer's 9:00 p.m.



Fresh Meals On Wheels seeks kind-hearted volunteers to deliver food to people in our community.

Contact us today to get started!

920-451-7011

volunteers@freshmealsonwheels.org



Door County Wine, Spirits & Brew

Thursday, October 3

Activity Level 3

\$165 Member
\$175 Guests



Taste your way through Door County's unique beverage scene. This tour will take you on a tasting adventure through Door County to experience the local wine, spirits, and beer. You'll visit a winery, distillery, and microbrewery for private tastings and indulge in a delicious lunch with dessert! Plus a stop at Renard's Cheese on the way home.

Tour Includes:

- Private Wine, Distillery & Microbrewery Tour
- Driver Tips
- Coach Bus & Trolley Transportation
- Lunch

Departs Meijer's 7:30 a.m. Returns 6:30 p.m.

Register with Uptown Social by calling 920.459.3290



WALK-A-THON Fundraiser

Indoor Lap = 1/15 Mile
Outdoor Track = 1/2 Mile
Outdoor Track = 1 Mile

May 15, 2024

Uptown Social
7:30am-4:00pm

FREE!
Participants set walking goal and secure pledges from family and friends.

To Register, Call
920-459-3290

Travel with US

Mayflower Travel Show Wednesday, March 20 at 1 p.m.



A travel poster for 'Galena II' featuring a main image of a street scene in Galena, Illinois, and three smaller photos: a trolley tour, the U.S. Grant Museum, and a group of people on a horseback ride. The text includes the date 'August 28-29, 2024', a phone number '920-459-3290', and the website 'UPTOWNSOCIAL.ORG'.

Trolley Tour & Belvedere Mansion

U.S. Grant Museum

Hoof It Treks

Galena II

August 28-29, 2024

920-459-3290
UPTOWNSOCIAL.ORG

Uptown Social



Classic Italy by Rail October 14 - 23, 2024
with Mayflower Cruises & Tours



Cultural Cuba February 27-March 5, 2025
with Mayflower Cruises & Tours



National Parks of the Southwest
June 22- 30, 2025
with Mayflower Cruises & Tours



British Isles
September 4- 15, 2025
with Mayflower Cruises & Tours

Visit uptownsocal.org for more information.



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.

