



Uptown Social

ENGAGE SHEBOYGAN

August 2023



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

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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,

Let's eat!

In just a few days we'll have our first Brat Fry and Bake Sale at Uptown Social. Join US on Saturday, August 5 for a delicious lunch and tasty treats. And encourage your family and friends to come along! We know there are many community members that are curious about Uptown Social but can't visit during our regular open hours due to being in the workforce; we'll have volunteer tour guides ready to show them around and show US off!

If you can't join us on the 5th, why not join us for lunch a different time? If you haven't tried Vicky's cooking in the cafe yet, let this be the month that you do! I try to eat lunch at the Uptown Social Cafe every day, and I've never had a bad meal. Some of my favorites on this month's schedule include the creamy white chicken chili, Cuban sliders, fancy grilled cheese, and too many more to list! Lunch is just \$8 for members and \$11 for

guests, and will surely leave you satisfied without feeling overstuffed..

You might have noticed the new signs on the Habitat for Humanity side of the parking lot. We had the City put those in to ensure adequate parking for the ReStore when they are open for business Wednesday through Saturday. Habitat owns half of the parking lot and is very gracious to let us park throughout the whole lot. They only ask that we leave some spaces for their patrons and be kind to their team.

We have plans for additional parking spaces on the east side of the building, but those will not be completed until after the Gymnasium is done so the east entrance/exit can be used for the construction team. Additionally, we will not be converting any more parking spaces to become Handicap Accessible as that would reduce the number of overall spaces in the parking lot. We continue to ask that able-bodied participants consider parking on the street or farther back in the parking lot to leave closer spots for those with limited mobility.

For those wondering about the tile fundraiser, they will be installed in the gymnasium during the construction process. There's still time to order if you're interested!

And finally, we have read the suggestions asking for bathrooms and water fountains closer to the Activity Room. At this time, getting plumbing to that part of the building is cost-prohibitive. We are planning to have grab bars installed in the main bathrooms.

Emily

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.

Monthly Silver Fitness Award Winner: Darci Hellauer

We are delighted to announce Darci as our member of the month at Uptown Social. Darci is an active member both in ABC Fitness and Body Basics. Darci brings the energy and smiles to every class she is in. She also makes sure to say goodbye to everyone at the end of class. Keep up the amazing work Darci!

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

Pricing

Try any class once for FREE! Flex Passes are required for all classes except yoga. A 24-punch pass can be purchased at the front desk for \$36/members or \$48/non-members. Tai Chi has its own 24 class pass for \$36/members and \$48/non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Side Leg Balance with Hip Abduction

This exercise is a great way to improve and maintain balance.

1. To start off have a chair nearby for assistance.
2. Stand on one leg while keeping a hand near the chair in the event you need to grab onto the chair.
3. While standing on one leg move the other leg slightly towards the outside of your body.
4. Hold this for 30 seconds.
5. Repeat on other leg.

To make this exercise more challenging feel free to hold it for 45 seconds to 1 minute. Repeat the whole series 2 more times. These types of exercises are used in our ABC Fitness and Flex & Stretch class. Feel free to stop in and check out some fun exercise classes!



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.

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!

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.

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.

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.

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.

Square Dancing

If you've ever been curious about Square Dancing and want to try it out this class is for you. This class is designed to introduce beginners to the basics of square dancing in a fun and welcoming environment. Member Fee \$5 per class. Non-member fee \$7 per class. We will meet Wednesdays from 1:30-3:00 p.m. in the Activity Room. Experienced Square Dancers are more than welcome to come as well! If you are an experienced Square Dancer and want to help out as an angel in the class, contact our Program & Wellness Coordinator Josh Drossel.



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.

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.



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. The cost is \$5.

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. The cost is \$5.

Elevate Yoga Classes

NEW Elevate Yoga classes on Tuesdays and Thursdays from 2:30-3:30 p.m. in the Activity Room. Participants pay at the front desk; \$5 for members, \$8 for non-members per class. *Sponsored by Sheboygan Senior Community.*

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Creative Programs

Ceramics

Bring your own materials and enjoy the time creating a masterpiece! This class will be held on Fridays from 9 a.m. to noon.

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.

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.

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.**

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, September 11 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.

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!



Creative Programs

Digital Camera Group

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

August 17 the group will be meeting at Christopher Farm & Garden. Carpooling meet here at 1 p.m. or 2 p.m. at Christopher Farm & Garden.

Wood Carving

Join Ron Feld for 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 and Thursdays from 10 a.m. to Noon in the Creative Studio. For new carvers the fee is \$20 for the month of August. Experienced carvers are welcome to join as well.

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.

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.



A promotional graphic for the Weill Center. It features a dark background with a crowd of people in the background. The text reads: "STEFANIE H. WEILL CENTER", "MAKE MEMORIES AT THE WEILL", "826 N 8th St., Sheboygan (920) 208-3243", "weillcenter.com", and "UPCOMING EVENTS". A large QR code is positioned on the right side of the graphic, with the Weill Center logo and "PRIVACY.FLOWCODE.COM" visible within it.

A promotional graphic for Senior Helpers. It features a purple and white color scheme. The logo consists of a house icon with a purple roof and the text "SENIOR Helpers" in blue. Below the logo is the tagline "Senior Care, Only Better." The text continues: "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." At the bottom, it provides the address "710 Eastern Ave | Suite 2 | Plymouth, WI 53073", the phone number "920.400.1336", and the website "seniorhelpers.com/wi/sheboygan". A small disclaimer at the very bottom reads: "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.

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!

August's **Cribbage Tournaments** will be Monday, August 21 beginning at 1 p.m. You must sign up in advance and entry fee is \$20. 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. - 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.

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 August 28. August's book is *Another Woman's Husband* by Gill Paul. The book for September will be a choice of two books from Amor Towles- *Lincoln Highway* or *Gentleman in Moscow*.

October's book will be *Downstairs Girl* by Stacy Lee.

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. 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.

Positive Aging will not meet in August.

Library

Our Library has a variety of books, DVDs and large print options. We also have two reading machines available for use. It is a lending library so please take a book and when you are done return it to the large box in the Library area.

Marilyn's Cooking Class: Corn for in August

The last Friday in August, Marilyn will be joined by Sheboygan County Administrator Alayne Krause. Class sign up begins August 1 and if you attended in July, you must wait two weeks to sign up for August. You must be a member to attend. Limit 40.

Dining Out

This month we will Dine Out at Roepke's Village Inn in Charlesburg on August 16. 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 August 1 or after to sign up!



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 August 3, 10, 17 and 24.

Sheboygan Dog Training Club Monday, August 14 at 1 p.m.

Join us as we welcome the Sheboygan Dog Training Club. Bring the grandkids and enjoy these furry pups while watching their demonstrations on obedience, scenting, tricks and agility. Please register to attend. This will be outside so bring a blanket or lawn chair.

Tech Talk

Tuesday, August 15

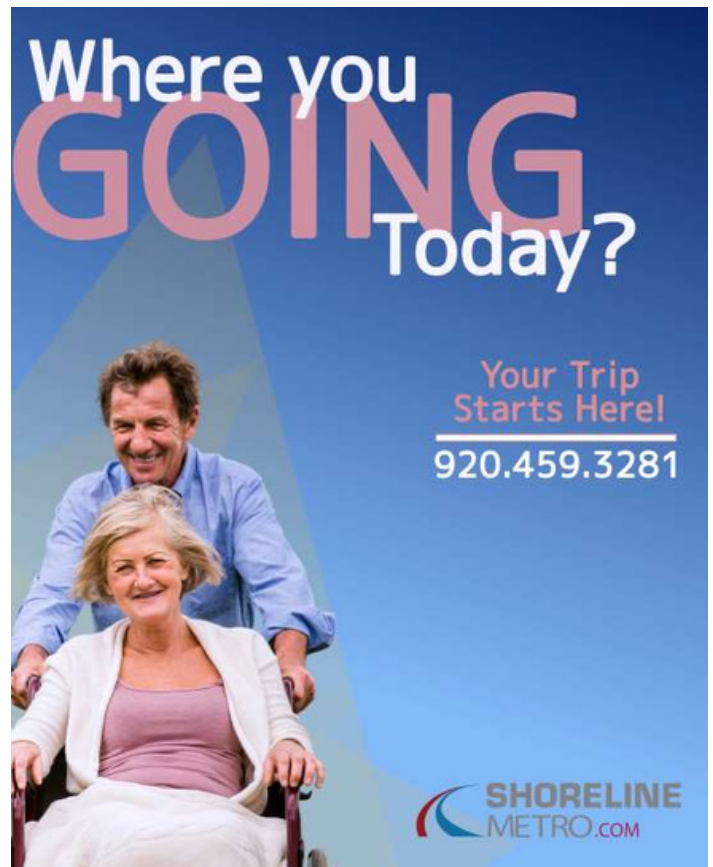
8 a.m. to Noon

Questions on your device? Please sign up by contacting the office for a 30 minute appointment slot. We have a volunteer who will be assisting with laptop, phone and tablet questions.

Mayflower Travel Meeting

Thursday, August 17 at 10 a.m.

Still debating Peru, Portugal or the Columbia and Snake River tours in 2024? Join Judy from Mayflower as she answers questions and provides the highlights and why you should consider one of the fabulous trips for 2024!



We ask you to please register for any of the Special Programs that Uptown Social offers.



ALL HANDS ON DECK!

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

Contact us today to get started!

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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).



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!

AUGUST 18 - REVERE'S WELLS STREET TAVERN IN DELAFIELD AND WISCONSIN

VETERAN'S MEMORIAL RIVERWALK

Depart Uptown Social 9:00 a.m.

Depart Generations 9:30 a.m.

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



Uptown Social



ADVERTISE WITH US!

CALL: 920-459-3290

EMAIL: uptownsocal@sheboyganwi.gov

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Chicken Casserole & Salad	2 Swiss Steak w/Salad	3 Creamy White Chicken Chili w/Sides	
7 Hot Beef Sandwiches w/Sides	8 Sloppy Joes w/Sides	9 Hot Ham & Cheese w/Salad	10 Chicken Fajitas w/Sides	
14 Chicken Salad Sandwich w/Fruit	15 Hearty Ham & Split Pea Soup w/Fruit	16 French Toast, Eggs & Fruit	17 Turkey Wraps & Salad	
21 Quesadillas w/Sides	22 Italian Spaghetti & Meatballs w/Garlic Bread	23 Cuban Sliders w/Salad	24 Fancy Grilled Cheese & Tomato Soup	
28 Turkey Subs w/Salad	29 Tacos w/Sides	30 Veggie Casserole w/Sides	31 Hamburger Sliders w/Potato Salad	



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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

August

2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 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
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers
2:30 p.m. Elevate Yoga

2 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:00 a.m. **Chicago Pre-Trip Meeting**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance
2:30 p.m. Veterans for Peace

3 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 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
2:30 p.m. Elevate Yoga

4 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, Ceramics
10:15 a.m. Core
12:15 p.m. Ecstatic Dance

7 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
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Cribbage Chess
1:30 p.m. Raging Grannies

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

8:00 a.m. **Green Bay Thrift Shopping Trip**
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
2:30 p.m. Elevate Yoga

9 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
12:00 p.m. Bridge
12:15 p.m. Body Basics
1:00 p.m. Dominoes
1:30 p.m. Square Dance

10 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 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. Laughter Wellness
2:30 p.m. Elevate Yoga

11 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, Ceramics
10:00 a.m. **Memories in the Making**
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy &
12:15 p.m. Ecstatic Dance

August

2023

Monday

Tuesday

Wednesday

Thursday

Friday

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 & Crafting Hands
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. Canasta
1:00 p.m. Scrabble, Poker, Chess,
Sheboygan Dog Training Club

15 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, Writing Group,
2:30 p.m. Elevate Yoga

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

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:00 p.m. Bridge
12:15 p.m. Body Basics
1:00 p.m. Dominoes
1:30 p.m. Square Dance
5:00 p.m. **Dining Out - Roepke's Village Inn**

17 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, **Mayflower Travel Show**
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, Greeting Cards,
Photography-Christopher Farm & Garden, Mah Jongg
2:30 p.m. Elevate Yoga

18 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, Ceramics, **Open Air Club Delafield**
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:15 p.m. Ecstatic Dance

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 & Crafting Hands
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. Canasta
1:00 p.m. Scrabble, Poker, Chess,
Cribbage Tournament

22 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
2:30 p.m. Elevate Yoga

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

8:00 a.m. **Chicago Tour Departs**
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
12:00 p.m. Bridge
12:15 p.m. Body Basics
1:00 p.m. Dominoes
1:30 p.m. Square Dance

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

8:30 a.m. Sheepshead, Foot Care Clinic
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
2:30 p.m. Elevate Yoga

25 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, Ceramics
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
Marilyn's Cooking Class "Fair Foods"
12:15 p.m. Ecstatic Dance

August

2023

Monday

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. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Cribbage, Chess
1:30 p.m. Book Club Raging Grannies

Tuesday

29 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
2:30 p.m. Elevate Yoga

Wednesday

30 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
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance

Thursday

31 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:30 a.m. Foot Care Clinic, Sheepshead
9:00 a.m. Line Dance, Mah Jongg
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. Sheepshead, Sewing & Quilting, Mah Jongg
2:30 p.m. Elevate Yoga

Friday



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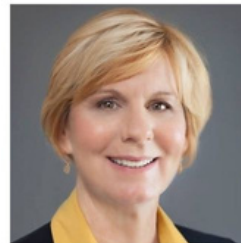
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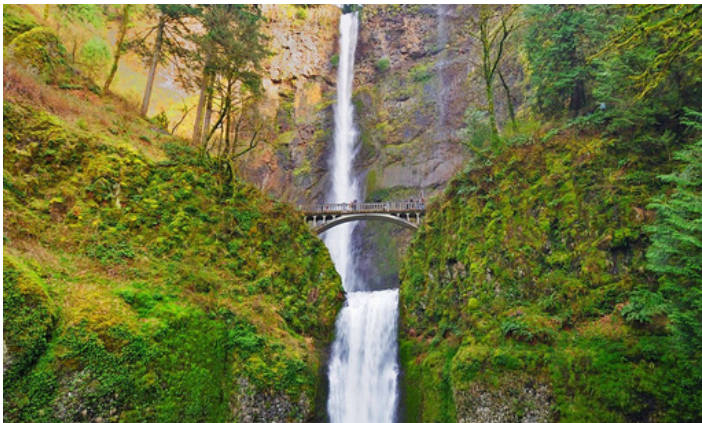
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