



Uptown Social

ENGAGE SHEBOYGAN

August 2025



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

FRIDAY 7:30 AM TO 12:00 PM

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

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

Rachel Kerlin | Custodial

Vicky Meyer | Cafe Coordinator



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.

Our Mission

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

Our Values

At Uptown Social, we are friendly, respectful, inclusive, enriching, neighborly, diverse, and supportive.

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 subject to change or cancellation without notice.

Directly from the Director



Hello all,

Thank you to everyone for checking in at the front desk! You might recall that last month, we kicked off our new 'Check-In Champions' initiative to reward our frequent flyers. At the time of this newsletter going to print, the month isn't over yet; we'll be announcing our July winners in early August via the e-newsletter and future print newsletters. If you've forgotten about this, here's the gist: we'll provide a ticket for a complimentary lunch to the individual with the most check-ins for the month (max once per year per person) and another drawing. For the drawing, each check-in is an entry. More check-ins, more entries!

This month, we do have some exciting things coming up. Please note that on Tuesday, August 12, we will have a professional photographer on site to capture action shots of some of our spaces and programs. If you're not comfortable in front of the camera, please let one of the staff know or tell the photographer, Jon, that day.

The photos will be used for our website, newsletter, and potential future outreach initiatives.

Also this month, Vicky is going on a well-deserved vacation! In her absence, we have a line up of 'celebrity' chefs to fill in. Here's the lineup:

- August 13 - Marilyn Montemayor will prepare Liver & Onions
- August 14 - I will prepare Creamy Peruvian Chicken (Aji de Gallina)
- August 18 - Josh will prepare a Taco Bar
- August 19 - Ken King will cook Creamy Sausage Rigatoni & Bread Sticks
- August 20 - Jane will cook your choice of a BLT or Turkey Club with a spinach salad
- August 21 - Alderperson Grazia Perella will cook Pasta alla Crema di Melanzane with Fennel Salad

I hope you'll try some of these dishes!

Have a great month,
Emily

A Note from the Friends

The Friends of Uptown Social is a 501(c)3 nonprofit organization that supports Uptown Social through advocacy, volunteerism, and funding. In the past, the Friends have funded initiatives such as staff positions and major capital projects, including the furniture at Uptown Social, along with about 50% of the gymnasium and exercise room. Our volunteer board of directors, composed of diverse community members, meets monthly to strategize ways to enhance Uptown Social. When you donate to the Friends, you're making a direct impact on the ongoing operations and long-term improvements at Uptown Social.

- Rich Miesfeld, Friends Board President

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for four 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.

Monthly Silver Fitness Award Winner: Ellen Murphy

Member of the Month - Congratulations Ellen!

Your kindness on and off the pickleball court is appreciated by everyone at Uptown Social.

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

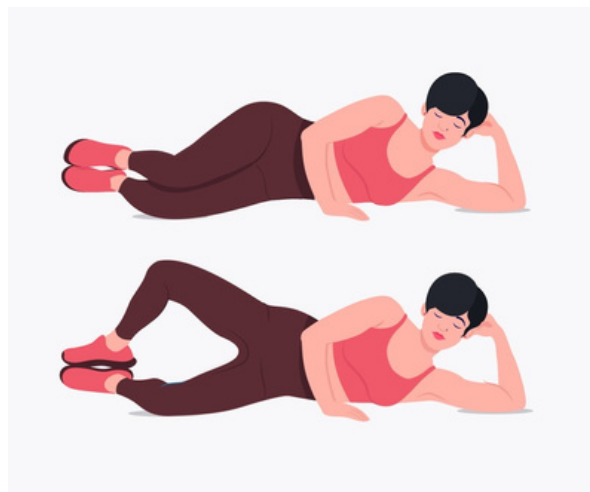
Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$2.00 each for members and \$3.00 each for non-members. Tai Chi and Kung Fu classes are \$1.00 for members and \$1.50 for non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Clamshells

Another classic exercise is clamshells. This exercise is a great way to strengthen your hips and your glute muscles. To do this exercise a soft surface or a yoga mat would be ideal.

1. To start, lie on your side with your legs together and slightly bent with one leg on top of the other.
2. Keep your feet together and slowly lift your top knee until it is parallel with your hip. Slowly lower your knee back down.
3. You can do 8-10 reps of this and then switch sides. If you want to make this more challenging feel free to add more repetitions or include more sets.



Workout Room Orientation

Workout Room Orientation is available by appointment by calling 920-459-3282. Josh will be in the Workout Room highlighting the equipment. If you have any questions about the equipment Josh will be sure to answer them.

Fitness Programs cont.

Yoga with MaryAnn Dolson

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.

Chair Yoga-Sponsored by Sheboygan Senior Community

Chair yoga improves circulation, and contributes to pain management. A ten class pass is available for \$40 and is payable directly to the teacher. Class meets every Monday and Wednesday 12:15 p.m.-1 p.m.

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. Tuesday from 3:00 - 3:45 p.m. and Thursdays 1 - 2 p.m. Classes are \$5 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.

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.

Square Dancing

Did you Square Dance previously and want to brush up on your skills? Come to Square Dancing on Wednesdays at 1:30pm in the Activity Room. Cost is \$2.00 for members and \$3.00 for non-members.

Core Class

This mat class will improve core strength and flexibility through different Pilates type movements. Weights and blocks are provided. Core meets every Monday, Wednesday, and Friday from 10-10:45am. in the Activity Room.

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.

Classes are \$5 and paid to the instructor before or after class. We meet on Fridays at 11 a.m. - Noon.

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 8-8:45 a.m.



Fitness Programs cont.

Tai Chi

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Beginners meet every Tuesday and Thursday from 11 a.m. - 11:25 a.m. Intermediate/Adv meet from 11:30 a.m.- Noon. Cost is \$1.00 Members and \$1.50 for Guests.

Silver Sneakers Classic

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

Basketball

Basketball is open to play Mondays at 11 a.m. - 1 p.m., T, W and Th 1:30-3:30 p.m. Except when a movie or Blood Drive are scheduled. Just shoot around or play a quick pick up game.



Kung Fu Forms & Katas

This class consists of teaching forms used in the two styles of martial arts, Moh Pai Kempo and Pai Huh Shih Kung Fu. Jon Doll has been training and instructing for over 25 years. Cost is \$1.00 for Members and \$1.50 for Guests. Class is Tuesdays and Thursdays from Noon to 12:25 p.m.

Social Pickleball

Social pickleball brings players from all skill levels together, offering newer participants the opportunity to compete with more seasoned players in a friendly and inclusive atmosphere. These sessions strike a balance between competition and enjoyment, ensuring a fun and engaging experience for everyone. The focus is on fostering connections and building a sense of community. So come prepared to play, connect, and have a fantastic time.

Pre-registration is highly encouraged by calling Uptown Social at 920-459-3290 or stopping by the Front Desk. Paddles and pickleballs are provided. Times are split into two hour blocks. Cost is \$2 for each 2 hour block for Members and \$4 for Guests.

Mondays 11 a.m.- 1 p.m.
Tu/Wed/Th 11:30 a.m. - 1:30 p.m.
1:30 p.m. - 3:30 p.m.

Blocks are capped at 16 people with the exception of Mondays and Tu/Wed/Th afternoon times, those have a cap at 8. There are certain dates where Social play time and cap is limited so please stay up-to-date on our weekly email and our newsletter.

Creative Programs

Yarn Makers

Learn the joy of hand spinning from wool, alpaca, silk, bamboo and more on Tuesdays from 1-3 p.m. We learn together and have fun working with spinning wheels or drop spindles.

Wood Carving

This is an open carve group. An apron is recommended, as well as a cut resistant glove. This group meets Tuesdays from 1-3 p.m. and Thursdays from 10 a.m.-Noon. For new carvers the fee is \$20. All levels of carvers welcomed.

Sewing & Quilting

Sewing/Quilting meets Thursday from 1-3 p.m. Bring your own project and materials. Get help with problems or be inspired to try something new. We have 4 sewing machines for use or bring your own machine.

Photography

Photography will be the 4th Tuesday of the month at 1 p.m. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

Golden Chordaliers

The Golden Chordaliers rehearse at Uptown Social on Monday mornings from 9-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic. They are on break until September.



Crafting Hands

Sponsored by: G. Olivia Anderson Trust

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current knitting, crocheting, diamond dot, tatting, latch hook or embroidery projects.

Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1 p.m. to create beautiful cards. **You must be a member to attend.** Cost is \$2 payable to instructor. Limit 16 attendees. Registration begins **August 4** and fills up quickly.

Wood Turning

If you currently are a wood turner and would like to meet with and share ideas with others, then this group is for you! This group meets the second Thursday from 10 a.m. to noon.

Intermediate Painting

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

Ceramics

Paints, glazes and brushes provided. Some pieces are available for purchase at \$5 or \$8 or you can buy your own pieces online or at a craft supply store. Firing is \$10-15 per piece. Class will be held on Tuesdays from 9 a.m. to noon.

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@gmail.com 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. Mondays at 12:30 p.m. Contact Jane at 920-226-3523, if you are interested

Dominoes

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

Open Group Scrabble

Test the mastery of your vocabulary and your spelling by starting up a game of Scrabble. Boards are available anytime as well as on Monday afternoons at 1 p.m.

Sheepshead

Sheepshead is a trick taking game for three or more players, but ideally five. Join us Monday, Tuesday, Wednesday and Thursday from 8:30-11:30 a.m. or Thursday afternoons from 1-4 p.m.

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.

Mah Jongg

All players are invited to join Mah Jongg Thursdays 10 a.m. - 3:45 p.m. For information regarding lessons, call Connie Vandre at 920-698-0708 or email her at cjvandre@yahoo.com.

Pool

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

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

Cribbage is available anytime, just grab a partner! August's **Cribbage Tournaments** will be Monday, August 4 & 18 beginning at 1 p.m. You must sign up in advance and entry fee is \$20. Limit 20 players.

Book Club

Book Club is held on the fourth Monday of the month at 1:30 p.m.

August 25- *The Perfect Couple* by Elin Hilderbrand

September 22 - *Winter Sisters* by Robin Olivera
October 27 - *The First Ladies* by Marie Benedict and Victoria Christopher Murray

Ping Pong

Any time that we're open, you're welcome to enjoy our table.

Recreational/Social Programs

Dining Out

August's Dining Out will be at Roepke's in Charlesburg on Wednesday, August 20 at 5:00 p.m. Participation is limited to 30. You must be a member. Contact the front desk **Monday, August 4** or after to sign up!



Movies

Movies are back! The second Monday of every month at 1 p.m. Bring your own snacks, if you would like. This month's movie is *Top Gun Maverick*.

No One Dines Alone

Like going out to eat, but not alone? Then this group is for you! No One Dines Alone will be dining at City Club Tavern and Grill in Plymouth on Thursday, August 14. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290.

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1-2 p.m. **Positive Aging will be taking a break for summer and resume in September.**

Uptown Singers

Join Uptown Singers on the first and third Thursday of the month at 2:30 p.m. for fellowship through song, led by Director Emily Rendall-Araujo. **Uptown Singers will be taking a break for summer and resume in September.**



 **Pine Haven**
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Special Programs



TECHNOLOGY HELP

August 4 from Noon - 3:30 p.m.
August 11 from Noon - 3:30 p.m.

Make your appointment with the Front Desk

Dr. Matt Willsey Orthopedic Surgery – Upper Extremity

Aurora Orthopedics
3400 Union Ave 2nd Floor
Sheboygan, WI 53081
Office: 920-828-2530

Aurora Orthopedics
2600 Kiley Way
Plymouth, WI 53073
Office: 920-449-7100
Clinical Expertise



- Shoulder- Replacement and Rotator Cuff
- Elbow- Nerve Entrapment and Sports Injuries
- Hand- Carpal Tunnel, Trigger Finger, Dupuytren's, Arthritis

Education

Medical Education: Arizona College of Osteopathic Medicine/Midwestern University
Residency: Pinnacle Health System, Orthopedic Surgery
Fellowship: Upstate Medical University, Orthopedic Hand Surgery

Board Certifications

American Osteopathic Board of Orthopedic Surgery, Hand Surgery
American Osteopathic Board of Orthopedic Surgery

Monday, August 11 at Noon

Call 920-459-3290 to register to attend.

Visit aurorahealthcare.org to learn more.



Aurora Health Care

Created: July 2025

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"Are you Ready to Retire?"

Join in a **Free & Unbiased** 101 Medicare Class

August 6, 2025

Wednesday,

Session at 5:00pm to 7:30pm

(Meeting has limited space/Call to R.S.V.P.)

Join your local Elder Benefit Specialist Mary Kempf at

Uptown Social

1817 North 8th Street
Sheboygan, WI 53081

RSVP helpful before Monday, 08/04/2025

Call Uptown Social at (920) 459-3290

Learn about the Retirement & Medicare resources available to
Sheboygan County residents age 60+.

- ✓ Social Security Retirement Benefits
- ✓ Enrollment in Medicare
- ✓ Medicare Basics
- ✓ Your Coverage Choices
- ✓ SeniorCare
- ✓ Help for People with Limited Income
- ✓ Words of Caution



Aging Parents An Educational Series

Intended for both adult children and aging parents. Past attendees have praised the importance of the information provided.

- **Where Do We Start on this Aging Journey - August 12th**
It can be overwhelming to navigate through aging. What are the resources? Where do we even begin? How are services paid for? Learn how to move forward with a plan. Additional presenter - Ryan Bostwick of ClearTrack

Each session is 5:15pm - 6:15pm
and is hosted in partnership with

UpTown Social 1817 N. 8th St.
Sheboygan RSVPs appreciated
but not required
(920) 459-3290



Mary is a Master Level Social Worker and a Certified Care Manager. She has worked with the aging population for nearly 30 years, the last 17 as owner of Embrace. Mary is Co-Founder of the nonprofit Dementia Innovations. She has presented at many venues including the Alzheimer's Association's Annual Conference and local colleges including being an Adjunct Professor at UW- Milwaukee

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Legal Consultations-Atty. Elizabeth Rich Wednesdays, August 13 & 27 at 1:00 p.m.

This free service is conducted by an attorney licensed to practice law in Wisconsin. Members only may sign up in advance for a 15-minute session to discuss their legal questions. The clinic is offered on the second and fourth Wednesdays of each month from 1:00-2:00 PM.

Low Vision Support Group Wednesday, August 27 at 1:00 p.m.

The Sheboygan Low Vision Support Group is moving its location to Uptown Social! You are welcome to attend this meeting if you have any form or degree of vision loss or are a friend or family member of someone that has vision loss. This group meets on the fourth Wednesday of the month from 1:00-2:30 (except for November and December). Topics and speakers change monthly.

Emily Matthews, RN
920-286-0570
ematthews@remax.net
www.emilymatthewsREagent.com
Senior Real Estate Specialist
RE/MAX Universal Realty
513 Water St, Sheboygan Falls, WI



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rrabe@carepatrol.com

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Remember!

Please register to attend the programs on this page.

Special Programs cont.



CELEBRITY

CHEFS

August 13 Liver & Onions prepared by
Marilyn Montemayor

August 14 Peruvian Chicken prepared by
Emily

August 18 Taco Bar prepared by Josh

August 19 Creamy Sausage Rigatoni
w/Breadsticks prepared by
Ken King

August 20 Bacon Day-BLT or Turkey Club
w/Spinach Salad prepared by
Jane

August 21 Pasta w/Eggplant Sauce,
Fennel Salad with
Alderwoman Grazia Perrella

Volunteer of the Month

Jackie Barbeau continues to be our welcoming face behind the desk three days a week. She manned the Front Desk at the former Center and helped us to get the Front Desk Volunteer Program up and running again once our new location opened.

Jackie is also the leader of our very successful Dining Out Program. Each month she coordinates different restaurants for our very large group of diners to enjoy!

Jackie has also served as a member of our Friends of the Senior Activity Center of Sheboygan where she organized and assisted with more bake sales than she can probably count! Jackie has selflessly given an exceptional amount of her time and energy to our Center and our members throughout her years of volunteering! We are incredibly grateful for Jackie and all she does for us!!



Interested in volunteering?

Volunteers are the heart of Uptown Social. If you are interested in a fun, meaningful way to spend your time and meet new people, consider volunteering with US! We are always looking for volunteers to help with the Front Desk, Programs, Special Event, Gardening or Technology.

If you would like to discuss volunteer opportunities, please email Jane at jane.brill@sheboyganwi.gov or call her at 920.226.3523. You can also pick up a volunteer application at the Front Desk.

August

2025

Monday

Tuesday

Wednesday

Thursday

Friday

				1
	Tuscan Chicken Pasta w/Salad	Chicken Caesar Salad w/Fruit	Fancy Grilled Cheese w/Fruit	
4 Rachel Reuben w/Salad	5 French Dip Sliders w/Salad	6 Linguine & Shrimp Salad & Fruit	7 Creamy Garlic Chicken, Potatoes & Green Beans	8
11 SUMMER COOKOUT Brats, Burgers & Potato Salad	12 Turkey Wraps & Salad	13 Liver & Onions w/Marilyn	14 Peruvian Chicken w/Emily	15
18 Taco Bar w/Josh	19 Creamy Sausage Rigatoni & Bread Sticks w/Ken King	20 BLT or Turkey Club & Spinach Salad w/Jane	21 Pasta w/Eggplant Sauce & Fennel Salad w/Alderwoman Grazia Perella	22
25 Stuffed Pepper Casserole w/Fruit	26 Spaghetti & Meatballs w/Garlic Bread	27 Tuna Salad w/Fruit	28 Swedish Meatballs & Potatoes	29

Goodbye Neuropathy! Hello Good Life!



ONLY
\$67*

- Consultation
 - Examination
 - Any needed X-rays
- Offer Ends August 18, 2025
*To be paid at time of service.



Heinen Chiropractic • 1539 North 33rd Place, Suite B • Sheboygan
www.heinchiro.com • Call Today 920-451-9960

Federal and Medicare Restrictions May Apply.

August

2025

Monday

Tuesday

Wednesday

Thursday

Friday

1

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy

4

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, Basketball, Social Pickleball
11:30 a.m. Lunch
12:00 p.m. **Tech Help with Lars**
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, **Cribbage Tournament**
Poker

5

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

6

8:00 a.m. ABC Fitness, Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, This Is a Paintbrush-Watercolor
1:30 p.m. Square Dance, Basketball, Social Pickleball
5:00 p.m. **Medicare 101: Are You Ready?**

7

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 Wood Carving, Mah Jongg
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Ecstatic Dance
1:30 p.m. Basketball
2:00 p.m. Shuffleboard

8

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Memories in the Making**
11:00 a.m. Gentle Yoga w/Kathy

August

2025

Monday

Tuesday

Wednesday

Thursday

Friday

11

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, Social Pickleball
11:30 a.m. Lunch
12:00 p.m. **Tech Help with Lars, Emerging Technology in Orthopedics**
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, **Movie-Top Gun Maverick**

12

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo Intermediate Painting, Yarn Makers, Wood Carving
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance
5:00 p.m. **Where Do We Start on This Aging Journey**

13

8:00 a.m. ABC Fitness, Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, This Is a Paintbrush-Watercolor, **Legal Consultations Atty. Elizabeth Rich**
1:30 p.m. Square Dance, Basketball, Social Pickleball

14

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg, Wood Turning
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Ecstatic Dance
1:30 p.m. Basketball, Social Pickleball
5:00 p.m. **No One Dines Alone-**

15

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy

18

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, Basketball, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, **Cribbage Tournament**

19

6:30 a.m. **Lake Geneva Trip**
8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

20

8:00 a.m. ABC Fitness, Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga,
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes
1:30 p.m. Square Dance, Basketball
2:00 p.m. Shuffleboard
5:00 **Dining Out-Roepke's in Charlesburg**

21

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg, **Blood Drive**
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch, Adv. Tai Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Ecstatic Dance, Greeting Cards
1:30 p.m. **Basketball, Social Pickleball -Cancelled**

22

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
9:30 a.m. Open Air Club-21 Guns Roadhouse-Green Bay
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy

August

2025

Monday 25

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, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker
1:30 Book Club

Tuesday 26

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Photography
Yarn Makers, Wood Carving
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

Wednesday 27

8:00 a.m. ABC Fitness, Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, This Is a Paintbrush-Watercolor, **Legal Consultations w/Elizabeth Rich, Low Vision Support Group**
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday 28

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic, Mah Jongg, Wood Turning, Wood Carving
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Ecstatic Dance, Sheepshead
1:30 p.m. Basketball, Social Pickleball

Friday 29

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy

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