



Uptown Social

ENGAGE SHEBOYGAN

August 2024



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

FRIDAY 7:30 AM TO NOON BEGINNING MAY 31 - AUG. 30

1817 N. 8TH STREET
SHEBOYGAN, WI 53081
www.uptownsocial.org

CONTACT US AT
(920) 459-3290
uptownsocial@sheboyganwi.gov

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Contact Staff

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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.

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 are subject to change or cancellation without notice.

Directly from the Director



Hello Friends,

We are in such an exciting time here, preparing for the completion of our new gymnasium and multi-purpose room! Construction is still humming along, and if you've visited recently, surely you've been seeing the changes every week.

The timeline for completion is still a bit in flux, but we're very much on track to start using the gym in early fall. Josh, Jane and I are working hard behind the scenes to put together a programming schedule for the new space that accommodates all of the purposes it will serve. Some of our biggest fitness classes will move in there, we'll hold special events in the gym, we'll have a variety of options for pickleball and basketball court time, and we'll be adding movies back into the schedule! And of course, when we're ready to open up the Exercise Room, Josh will help everyone learn how to use the new equipment.

As for special events, we mentioned it last month, but please save the date and spread

the word about our new **Holiday Market** on **Saturday, December 7**. We are ready to accept reservations from vendors now until the spaces are full. If you know someone who might be interested in having a booth at our market, please share page 11 of this newsletter with them.

As for travel, we know everyone is anxious for us to release our 2025 bus trips. Unfortunately, the travel companies that we partner with are experiencing some challenges with pricing volatility of their vendors. We are waiting on final details for one trip before we open up registrations, but I will share that we will be visiting:

- Michigan for the Holland Tulip Festival from May 6-11
- Mount Rushmore and the Badlands from August 24-30
- Beautiful Vermont and Canada from October 4-12

Once we have final pricing confirmed, we will announce all three trips at the same time and start accepting registrations a few weeks later. Just like last year, this will give everyone some time to think about the options and decide ahead of time if they'd like to sign up. As a reminder, these trips often fill up within the first few days that registrations begin, so it's best to have an idea in advance if you'd like to sign up.

One final reminder for August: August 13 is the Wisconsin Partisan Primary Election. Uptown Social will again be a polling location, which means we will be closed to all regular visitors and programming that day. If you're looking for an alternative way to spend your day, the City Clerk's Office is always looking for volunteers. You may reach call them at 920-459-3361 to sign up.

Until next time,
Emily

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for over three 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: Pam Oehldrich

Member of the Month - Pam you always come into class with a smile on your face. You bring such positive energy into the building and we are lucky to have you take care of us with treats from time to time! We are lucky to have you as a member at Uptown Social. Congratulations!

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 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.

Exercise of the Month: Dumbbell Curl to Press

This exercise is great for building upper body strength. To start you need 2 dumbbells. Feel free to start with lighter weights and progress into heavier weights.

1. Holding the dumbbells in each hand, keep your elbows at your side and brace your core.
2. Bend your arms while keeping your elbows at your side. Your hands and the dumbbells will be in front of your shoulders.
3. Extend your arms overhead.
4. Bring your arms back down.
5. Repeat this movement for 8-12 reps.

You can do this exercise for 3 total sets. To make it more difficult you can add more weight, more reps, or add more sets.



Walking Club

Walking Club is back! We will meet every Tuesday and Thursday from 11:30-12:30pm outside the Deland Community Center. The walk is around 2 miles depending on the route. In the event of bad weather walking club will be canceled so make sure to stay up to date on our Facebook page.

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. **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

Did you Square Dance previously and want to brush up on your skills? Or perhaps you already Square Dance and just want to dance with us. 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.

Lessons will be starting back up in September 2024.

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.



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Fitness Programs cont.

A.B.C. Fitness

Improve or maintain balance and cardiovascular health in the Ageless Balance and Cardio class. This 45-minute class meets every Monday, Wednesday, and Friday starting at 8-8:45 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

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. 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 Tuesday from 3:00 - 3:45 p.m. and Thursdays 1:00-2:00 p.m. except for the second Thursday of the month 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.

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.

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.

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.

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!

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 Tuesdays 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.

This is a Paint Brush - Watercolors

Never painted before because you can't draw a stick figure? Your inner-self might be surprised if you give it a try. (No, we won't make you paint a stick figure!) If you never try, you will never know. New class starting Monday, September 9 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.

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 Monday, Tuesday or Thursday mornings from 8:30-11:30 a.m. or Thursday afternoons from 1:00-4:00 p.m.

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

Cribbage is available anytime, just grab a partner! We do have boards available if you are interested in playing.

August's Cribbage Tournaments will be **Monday, August 5 and August 19 beginning at 1 p.m.** You must sign up in advance and entry fee is \$20. Limit 20 players.

Book Club

Book Club for August will be on Monday, August 26 at 1:30 p.m.

August: *The Poisonwood Bible* by Barbara Kingsolver

September: *Remarkably Bright Creatures* by Shelby Van Pelt



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

August's Dining Out will be on Wednesday, August 21 at Lighthouse Inn in Two Rivers. 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! August 8, we will be dining at Chris & Sue's. Cocktails begin 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. **There will be no Positive Aging in August.**

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.



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"FORTY AND FABULOUS" QUILT SHOW

Saturday, Sept 14, 2024
9 AM TO 4 PM

Sheboygan Christian School Campus
929 Greenfield Avenue
Sheboygan



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Ballroom Dance Nights

Dance Night at Uptown
Social 6:00-8:00 p.m.

Learn a new line dance.

Cost \$6 for Members
\$10 for Guests



**Uptown
Social**

Dates: June 3, September 9, October 7, November 11
& Christmas Dance December 2
Uptown Social 1817 N. 8th St.
Sheboygan



Holiday Market Vendor Form



Uptown Social
SHEBOYGAN'S HUB FOR
ACTIVE SENIORS

Business Name	<input type="text"/>		
First Name	<input type="text"/>	Last Name	<input type="text"/>
Address	<input type="text"/>		
City/State	<input type="text"/>	Zipcode	<input type="text"/>
Phone	<input type="text"/>	Email	<input type="text"/>

Craft/Booth Description

We reserve the right to deny participation of any vendor at the discretion of Uptown Social staff. No Direct Sales or MLM.

Uptown Social Holiday Market will be held on Saturday, December 7, 2024 from 8:00 a.m. to 3:00 p.m.
(10x10 Vendor Space includes one 8' table and two chairs. You will need to provide your own table coverings.)

Registration Fee: \$45.00 (Please note there is a \$30 returned check fee)

Number of Booths:

Electrical \$5.00: Yes ☐
(Limited Available)

No ☐

Extra 8' Tables \$5.00: # of Tables

Payable in full upon registration. Checks should be made payable to: Friends of Uptown Social
Coffee/Water & cup of soup provided to each Vendor. Additional items available for purchase.

We do ask that all vendors donate a small gift from their booth as a door prize for drawings throughout the event.

Signature _____ **Date** _____

Please submit a jpg or png photo of the products you will be selling along with this completed form to jane.brill@sheboyganwi.gov. Application deadline is November 15, 2024 or until space fills up.

Payment Received Date _____ **Booth Number** _____

Special Programs

August

2024

Monday

Tuesday

Wednesday

Thursday

Friday

			1 Cuban Sliders w/Salad	2
5 Creamy Mushroom Pasta w/Salad	6 Tacos w/Sides	7 Veggie Lasagna w/Garlic Bread	8 California BLT w/Salad	9
12 Meatballs & Gravy w/Mashed Potatoes	13 CLOSED	14 Chicken Tortilla Soup w/Sides	15 Liver & Onions	16
19 National Potato Day Baked Potato Bar	20 Meatloaf & Potatoes	21 Salad Bar	22 Salisbury Steak w/Potatoes	23
26 Tuna Sandwich w/Salad & Chips	27 Sloppy Joes w/Salad	28 Ground Beef Pasta w/Salad	29 Quesadillas w/Sides	30

Memories in the Making

Creative Social Engagement Session



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 August.



www.alz.org/wi
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*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

August

2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 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,
Wood Carving
11:30 a.m. Lunch &
Beg.Tai Chi,
Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing &
Quilting, Sheepshead,
Mah Jongg. Ecstatic
Dance

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

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,
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, Hearing
Screens
1:30 Chair Yoga

6 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,
Veterans Rendezvous,
Ceramics
10:00 a.m. Silver
Sneakers Classic
11:30 a.m. Lunch &
Beg.Tai Chi,
Walking Club
12:00 p.m. Adv.Tai Chi,
1:00 p.m. Bingo
Intermediate Painting,
Yarn Makers,
Wood Carving
3:00 p.m. Ecstatic Dance

7 All Day: Walking,
Hang out, Puzzles,
Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core
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

8 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,
Wood Carving
11:30 a.m. Lunch &
Beg.Tai Chi,
Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing &
Quilting, Sheepshead,
Mah Jongg. Laughter
Wellness
5:00 p.m. No One Dines
Alone-Chris & Sue's

9 All Day: Walking,
Hang out, Puzzles,
Pool, Ping Pong
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 with Kathy,

August

2024

Monday

Tuesday

Wednesday

Thursday

Friday

12 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker

CLOSING AT 3 P.M.

CLOSED FOR ELECTION

14 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move,
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes, **Hippy Dippy Crafts**
1:30 p.m. Square Dance

15 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. Wood Carving Silver Sneakers Classic,
11:30 a.m. Lunch, Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards, Ecstatic Dance

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

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
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**
1:30 Chair Yoga,

20 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, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi,
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Writing Group
3:00 p.m. Ecstatic Dance

21 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
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
3:15 p.m. **Grief Peer Support Group**
5:00 p.m. **Dining Out- Light House Inn**

22 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. Wood Carving Silver Sneakers Classic,
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Ecstatic Dance

23 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Open Air Club**
11:00 a.m. Gentle Yoga with Kathy

August

2024

Monday

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
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, Book Club

Tuesday

27 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, Veterans Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi,
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Photography
3:00 p.m. Ecstatic Dance

Wednesday

28 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
7:00 a.m. **Galena IL Trip**
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
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance

Thursday

29 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. Wood Carving
Silver Sneakers Classic,
11:30 a.m. Lunch & Beg. Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Ecstatic Dance

Friday

30 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
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 with Kathy



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

AUGUST 23 - NAUTI TURTLE- FREMONT

CRUISE HOME ALONG LAKE WINNEBAGO

Depart Uptown Social 9 a.m.

To register call (920) 459-3290



Ballroom Dance Lessons

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

6 WEEK SESSION EVERY MONDAY SEPT. 16, 23, 30, OCT. 14, 28, NOV. 11

Rumba Lessons at 6 p.m.

Jitterbug 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.

Remember!

Please register to attend Open Air Club and Dance Lessons .

Hippy Dippy Crafts A Make and Take Craft Experience

Let the Shine In.
Here Comes the Sun.
Sunshine of Your Love.
Sunshine on My
Shoulders.
Good Day Sunshine.



The 70's songs about sunshine inspired this month's craft—a glittering Sun Catcher dripping with "love" beads. All materials and tools will be provided, but if you have extra "glittery" beads, jewelry tools especially wire turning pliers, chain nose pliers, wire cutting pliers, bring them along. Watch for the sample at Uptown Social sending sunshine and smiles to our windows.

Project class on **Wednesday, August 14, 1-3 pm.** \$8 fee for members. \$11 for nonmembers. Please register so we know material and tool needs. Hand-eye coordination and hand strength for this craft.

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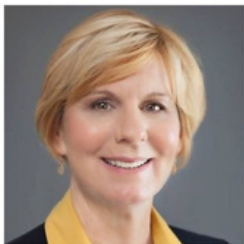
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Activity Level 4

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.

Call 920-459-3290 to reserve your spot

Shopping
Trip!!

Wednesday, November 13

Do you miss shopping malls?
Would you like to do a little early holiday shopping?

Join Uptown Social for a trip to Woodfield Mall in Schaumburg, IL Shop for others or shop for yourself, but be prepared to SHOP!

Depart Meijer's 7:30 a.m. Return 7:30 p.m.



Call Uptown Social at 920-459-3290 to reserve your spot!

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



TRAVEL WITH US

HOLLAND, MICHIGAN
MAY 6 - MAY 11, 2025

MOUNT RUSHMORE, THE BADLANDS & BLACK HILLS OF SOUTH DAKOTA
AUGUST 24 - AUGUST 30, 2025

VERMONT & CANADA
OCTOBER 4 - OCTOBER 12, 2025

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with Mayflower Cruises & Tours



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



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September 4- 15, 2025
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Visit uptownsocial.org for more information.



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