



Uptown Social

# ENGAGE SHEBOYGAN

December 2023



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

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

[www.uptownsocal.org](http://www.uptownsocal.org)

CONTACT US AT

(920) 459-3290

[uptownsocal@sheboyganwi.gov](mailto:uptownsocal@sheboyganwi.gov)

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## Contact Staff

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**Dementia  
Friendly**

We are Dementia-Friendly. This means the staff have been trained to recognize signs of and help those with dementia, in order to help reduce the stigma and increase the inclusion of those with dementia.

## Media Policy

Uptown Social has a very active Facebook page. This is a public organization that serves the general public. We are proud of what we do and want more people to know about it! If you do not want to be in the newsletter, website, or Facebook page, please inform the photographer.

The Uptown Social Newsletter is sponsored by the Friends of Uptown Social.  
Thank you to our advertisers who help to make this free newsletter possible.

All items for the newsletter need to be submitted to Jane by the 10th of the prior month.  
Jane.Brill@sheboyganwi.gov

Uptown Social assumes no responsibility for advertising contents, mistakes, or omissions.  
Programs and events are subject to change or cancellation without notice.

# Directly from the Director



## Hello Friends,

As we celebrate one year in our new home and build excitement for the second phase of construction to build our new gymnasium and exercise room, we have a few other changes taking effect.

Hopefully you've already heard that we are now accepting memberships through Renew Active and SilverSneakers. If your Medicare Advantage Plan covers either program, your membership fee and fitness fees (with the exception of Yoga) will be waived. As of the time that I write this, more than 10% of our 1400+ members are utilizing this resource. If you're not sure whether you qualify, check with your Medicare provider. And if you're wondering, you are allowed to have multiple memberships at multiple organizations. For example, you could use your SilverSneakers number to hold memberships at Uptown Social, Generations, AND the Sheboygan County YMCA if you like. There's no limit!

Did you know that one of our biggest expenses (after staffing) is the cost of printing and mailing this very newsletter? We solicit advertisers and use membership fees to cover the cost, but it still is a significant hit to our expenses.

We know many of you prefer having a paper copy of the newsletter to enjoy and hang onto, so it's not going away! But for those who prefer getting their information online or don't mind picking up a copy on-site, we will be offering a \$5 credit to your prepay account annually for members who opt out of receiving the newsletter in the mail starting in January. Please let the front desk know if you'd like to take advantage of this offer and help us cut down on our mailing costs.

Finally, membership rates will be increasing starting in January. Resident memberships will increase to \$40 per person and non-resident rates will be \$45. As a reminder, membership grants you access to members-only events, reduced program fees, early access to register for competitive programs and events, and the monthly newsletter. Save \$5 by opting out of the newsletter mailing as detailed above.

At Uptown Social, we recognize our diverse adult community and aim to ensure that all can participate regardless of ability. We are pleased to share the availability of a modest scholarship fund for those who find the membership fee unaffordable. For more details, please consult a staff member.

Finally, I leave you with the wishes for a joyous holiday season. Merry Christmas, Happy Hanukkah, Happy Kwanzaa, and Merry Everything to all who celebrate this time of year!

Emily

# 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: Becky Schwarzenbart

Becky brings such positive energy to Body Basics and Flex & Stretch. Keep up the amazing work Becky!

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

## Exercise of the Month: Standing Hip Flexor Stretch.

This is a wonderful stretch for anyone with tight hips.

1. To start, take a large step forward with one leg.
2. Slightly bend both knees dropping your body straight down.
3. In this position press your pelvis forward, feeling a stretch through the front of the hip of the leg that is behind.
4. Hold for 10 seconds.
5. Then, repeat with the opposite leg.



## Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$1.50 each for members and \$2.00 each for non-members. Classes instructed by Josh or Tai Chi class fees will be pulled from your prepay account or punches left on your passes. A 10-class Yoga Pass is available for \$50.

# *Art Brightens the Season!*

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Left: A couple shop for accessories and gift items in JMKAC's SHOP.

Right: Visitors experience Emery Blagdon's "The Healing Machine" during the exhibition *An Encounter with Presence: Emery Blagdon + Shannon Stratton*.

# Fitness Programs cont.

## Chair Yoga-Sponsored by Sheboygan Senior Community Mondays 1:30 - 2:00 p.m.

There are times in our lives that we need to adjust our habits and lifestyles. Joint pain, achy muscles, fatigue and other common ailments can make exercise more difficult. CHAIR YOGA is for anyone who wants to try yoga without the fear of falling or the straining of getting down onto the floor and up again. Chair yoga is a gentle form of yoga that is done while seated. That makes the practice more accessible to all.

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 \$30 and is payable directly to the teacher.

## 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 \$1.50 per lesson.



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Dr. John Reitz & Dr. Cooper MocarSKI

BetterLifeCW.com  
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October at Uptown Social



# 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.

## Allegro

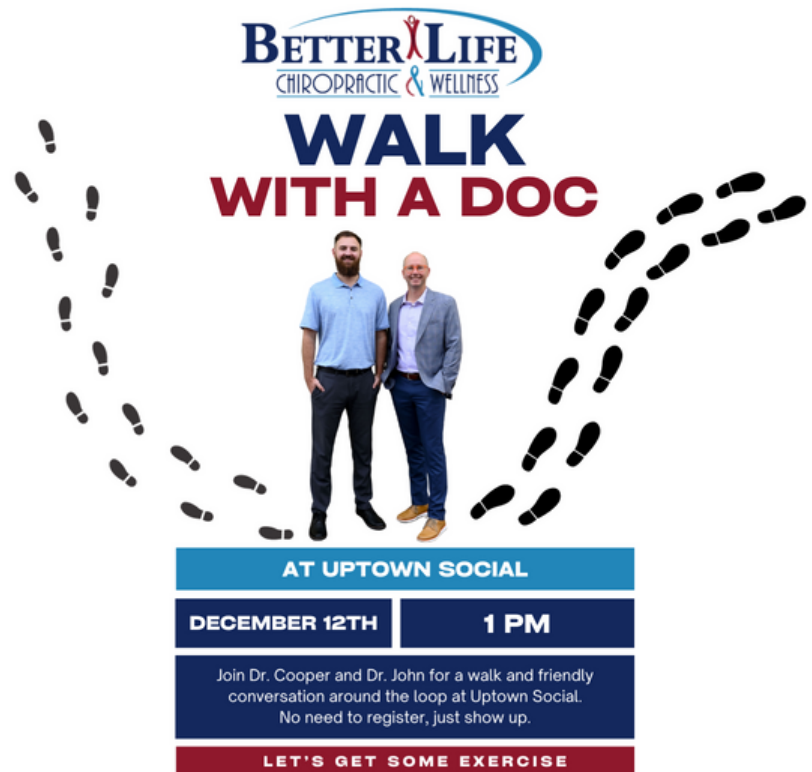
This 60-minute fast-paced dance/ cardio program will get your feet moving and your blood pumping. It meets every Monday, Wednesday and Friday from 9-10 a.m.

## 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.



**BETTER LIFE**  
CHIROPRACTIC & WELLNESS

# WALK WITH A DOC

**AT UPTOWN SOCIAL**

**DECEMBER 12TH** | **1 PM**

Join Dr. Cooper and Dr. John for a walk and friendly conversation around the loop at Uptown Social. No need to register, just show up.

**LET'S GET SOME EXERCISE**

# 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.**

## 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. **Classes are \$5 and is paid to the instructor before or after class.**

## 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. and Tuesday 3-4 p.m. in the Activity Room. **Classes are \$5 and is paid to the instructor before or after class.**



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LORI L. BROOKS, MD



AWAIS SIDDIQUE, MD

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MILWAUKEE:  
262-577-0250

[www.TCVCenters.com](http://www.TCVCenters.com)

W-GC1055411-01

# Creative Programs

## Crafting Hands

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current project. Help is always available from our Crafting Hands 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.

## 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.

## 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.



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510 S. 8th Street Sheboygan WI 53081

(920) 547-5360

[www.allayhh.com](http://www.allayhh.com)



# Creative Programs

## 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.

## 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. Experienced carvers are welcome to join as well.

## Raging Grannies

This social parody singing group is open for everyone! Join in the singing or just come to listen. This group meets the first and last Mondays of the month at 1:30 p.m.

## Ceramics

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



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## 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!



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# Recreational/Social Programs

## BINGO

Bingo is held every Tuesday afternoon starting at 1 p.m. Bring two singles, wear your lucky socks, and show up!

## 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.

## 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.

## Ping Pong

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

## 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.

## Scrabble

Test the mastery of your vocabulary and your spelling by joining our Scrabble group on Monday afternoons at 1 p.m.

## Dominoes

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

## 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!

# Recreational/Social Programs

## 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!

December's **Cribbage Tournaments** will be Monday, December 4 and 18 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. The Book Club does not meet in December. The book for January 22, 2024 is *My Name is Mary Sutter* by Robin Oliveira. February has two books: *Where Are the Children?* and *Where Are the Children Now?* by Mary Higgins Clark.

## Pool

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

## Chess

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



# Recreational/Social Programs

## 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.

## Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of the month a 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.

## Dining Out

There is no Dining Out in December. January's Dining Out will be at Rupp's on Wednesday, January 17. 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!

## 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. Wednesday, December 13.



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# Special Programs

## Healthy Feet Foot Care Clinic

Dianna Rogers, RN offers toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about any foot concerns you may have. The \$35 fee is paid directly to Dianna. Please bring a towel and clean socks. Upcoming dates include December 7, 14 and 21.

## Dave & Friends

Friday, Dec. 1 at 11 a.m.

Musician Dave Ross will get our toes tapping to the Oldies with an opportunity for you to join him and sing a long! There will be opportunities for joke telling and karaoke too!

## Is Reverse Mortgage Right for You?

Wednesday, Dec. 6 at 11 a.m.

Learn the facts about reverse mortgages from Terry Bivins with The Federal Savings Bank .Learn the differences between a reverse mortgage line of credit and traditional Home Equity Lines and conventional mortgages. Learn how a Home Equity Conversion Mortgage may improve the success of your retirement plan.

## Navigating Debt

Wednesday, Dec. 6 at 2 p.m.

Consumer Credit Counseling will present the final installment of a three-part series focusing on improving your overall financial picture.

## Stress-Free Holiday Solutions

Wednesday, Dec. 13 at 11 a.m.

The holiday season can add a lot to our plates! Feeling stressed, depressed, anxious, or unfocused? Attend our December workshop to learn about the hidden ways that stress impacts your health and productivity. Learn strategies to live a more productive, healthy, and happy life. Dr. John and Dr. Cooper will teach you to:

- Identify how your body warns you for signs of stress
- Identify common holiday triggers
- Practice techniques to reduce stress and anxiety
- Learn how exercise, nutrition, and even chiropractic care can reduce your stress, anxiety, and depression and even increase your productivity

A graphic with the word "Remember!" written in a white, cursive font on a black background. The exclamation point is a large, white, 3D-style character.

Please register to attend the programs on this page.

# Special Programs

## Pre-Planning: Understanding Advanced Directives Wednesday, Dec. 13 at 2 p.m.

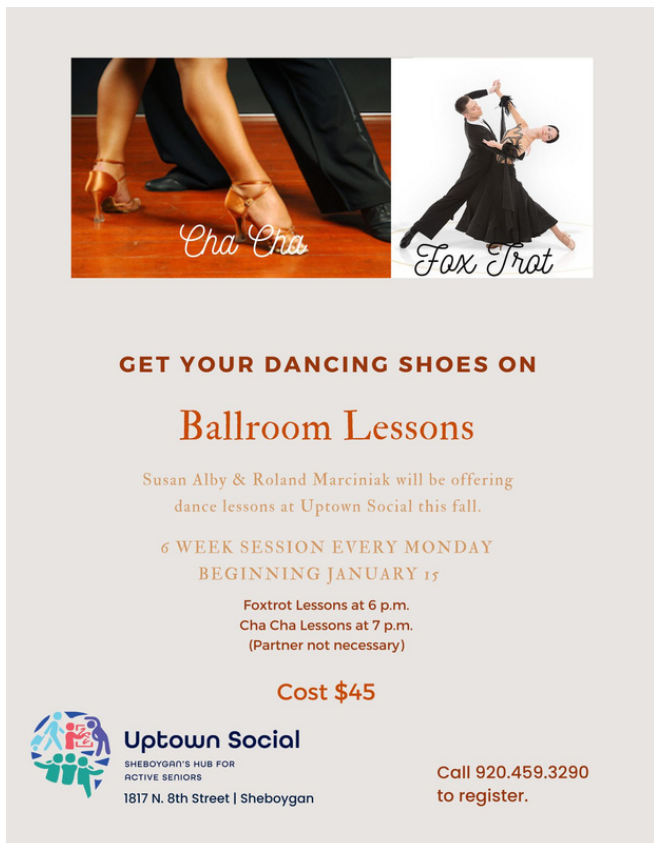
Mary Pitsch, with over 25 years of experience as a Social Worker will help to eliminate the worry and fear surrounding advance care planning.

The goal is to provide peace of mind for you and your family by knowing your wishes have been shared. Everyone over 18 years of age should know this information.

## Holiday Potluck Friday, Dec. 15 at 11 a.m.

What better way to celebrate the holidays than with friends? We will be holding a Holiday Potluck on Dec. 15. SHHHHHH this is also someone's 30th birthday. Can you guess who?

Please register to attend this event and let us know what you would like to bring. We will have ham in addition to your dishes to pass and entertainment!



Cha Cha

Fox Trot

**GET YOUR DANCING SHOES ON**


### Ballroom Lessons

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

6 WEEK SESSION EVERY MONDAY  
BEGINNING JANUARY 15

Foxtrot Lessons at 6 p.m.  
Cha Cha Lessons at 7 p.m.  
(Partner not necessary)

**Cost \$45**



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





# ALL HANDS ON DECK!

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**CONTACT**



**Terry Bivins**  
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 NMLS#217764 T: (920) 459-8929  
 D: (312) 871-3050  
[tbivins@thefederalsavingsbank.com](mailto:tbivins@thefederalsavingsbank.com)

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 Eligibility requirements apply. HECM Counseling is required. Subject to credit and income approval. You must occupy the residence as your primary home. You must continue to pay for property taxes, insurance payments, homeowners association fee, home maintenance costs, and other fees as required. You must have significant cash available for the down payment. The balance of the loan grows over time and interest is charged on the balance. The loan becomes payable when the last borrower on eligible non-borrowing spouse passes away, sells the home, permanently moves out, defaults on taxes, insurance, or maintenance, or otherwise does not comply with the loan terms.



## Uptown Social



# ADVERTISE WITH US!

**CALL: 920-459-3290**

**EMAIL: [uptownsocal@sheboyganwi.gov](mailto:uptownsocal@sheboyganwi.gov)**

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
				1
5 Tuna Salad Sandwich & Salad	6 Sloppy Joes w/Salad	7 Liver & Onions	8 Heart Vegetable Soup w/Crusty Bread	9
11 Creamy Butternut Squash Soup & Salad	12 Crème Brulee French Toast	13 Hamburgers & Potato Salad	14 Tuna Casserole & Salad	15
18 Hot Ham/Turkey with Cheese Sandwich w/Salad	19 Chicken Tortilla Soup w/Sides	20 Chicken Salad Sandwich w/Salad	21 Spaghetti & Meatballs w/Garlic Bread	22 <b>CLOSED</b>
25	26 <b>CLOSED</b>	27 <b>CLOSED</b>	28 <b>CLOSED</b>	29 <b>CLOSED</b>

## STROKE SUPPORT GROUP

FOR SURVIVORS AND CAREGIVERS

**3<sup>rd</sup> THURSDAY** each month of the year

**1:30 - 2:30 P.M.**

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**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**



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# December

2023

Monday

Tuesday

Wednesday

Thursday

Friday

**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. Allegro, Ceramics  
10:15 a.m. Core  
11:00 a.m. **Dave Ross Karaoke & Sing-A-Long** & Gentle Yoga w/Kathy  
12:15 p.m. Ecstatic Dance

**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 & 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**, This Is a Paintbrush  
1:30 Chair Yoga, Raging Grannies

**5 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, **Better Life Posture Assessment**  
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers  
3:00 p.m. Ecstatic Dance

**6 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, **Is Reverse Mortgage Right for You?**  
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  
2:00 p.m. **Navigating Debt w/CCCS**

**7 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
7:45 a.m. **Fireside Trip**  
8:30 a.m. Sheepshead, Foot Care Clinic  
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

**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. 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

# December

2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

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 & 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, This Is a Paintbrush  
1:30 p.m. Chair Yoga

12

**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, **Better Life Posture Assessments**  
1:00 p.m. Intermediate Painting, Bingo, Yarn Makers, **Positive Aging**  
3:00 p.m. Ecstatic Dance

13

**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; **Stress-Free Holiday Solutions**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
12:15 p.m. Body Basics  
1:00 p.m. Dominoes, **Walk with a Doc**  
1:30 p.m. Square Dance  
2:00 p.m. **Have We Done the Right Pre-Planning**  
2:30 Veterans for Peace  
3:15 p.m. **Grief Peer Support Group**

14

**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 & Intro to Tai Chi  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Laughter Wellness, Mah Jongg

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. Allegro, Ceramics  
10:15 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy, **Holiday Potluck**  
12:15 p.m. Ecstatic Dance

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 & 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, This Is a Paintbrush, **Cribbage Tournament**  
1:30 p.m. Chair Yoga

19

**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 & Intro to Tai Chi  
12:00 p.m. Tai Chi, **Better Life Posture Assessment**  
1:00 p.m. Bingo, Intermediate Painting, Writing Group, Yarn Makers  
3:00 p.m. Ecstatic Dance

20

**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

21

**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 & Intro to Tai Chi  
12:00 p.m. Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards

22

CLOSED

# December

2023

Monday

25

CLOSED

Tuesday

26

CLOSED

Wednesday

27

CLOSED

Thursday

28

CLOSED

Friday

29

CLOSED



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# Travel with US

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**JANUARY 3, 2024**

<p><b>PACKAGE INCLUSION</b></p> <ul style="list-style-type: none"> <li>BEYOND KING TUT ADMISSION</li> <li>MILWAUKEE PUBLIC MUSEUM ADMISSION</li> <li>MOTORCOACH TRANSPORTATION</li> <li>BUS DRIVER TIP</li> </ul>	<p><b>TRAVEL HIGHLIGHTS</b></p> <ul style="list-style-type: none"> <li>DEPART SHEBOYGAN MEIJER 9:45AM</li> <li>RETURN 6:00PM</li> <li>LUNCH ON YOUR OWN AT THE MILWAUKEE PUBLIC MARKET</li> </ul>
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