



Uptown Social

ENGAGE SHEBOYGAN

December 2024



MONDAY-THURSDAY 7:30AM TO 4:00PM
FRIDAY 7:30 AM TO 2:00 PM

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

CONTACT US AT
(920) 459-3290
uptownsocal@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,

Happy December!

As I sit down to write this month's letter to you all, I'm laughing at myself. In last month's address, I confidently reported that the gym would be open for all sorts of new programming in November. I must have jinxed it!

There is a delay on the aluminum framing, glass, and included doors for the gym and exercise room. At this point, I'm cautiously optimistic that the frames and glass will be in by the end of November, however, I'm not completely confident that will be the case. Rather than continuing to bump back program start dates, and have to reschedule everyone who has been so kind to sign up in advance, we've decided to postpone programming in the new gym until after the new year. We're hopeful that will give all of the contractors and subcontractors enough

time to finish the remaining items on the punch list.

In the mean time, we still have lots of fun things going on here! The Holiday Craft Fair and Soup Sale is on Saturday, December 7th from 8:00am to 3:00pm. This is a fundraiser for the Friends of Uptown Social, with all proceeds supporting programming, staffing, and building needs right here. I encourage you to not only attend but invite all of your friends and family to join you; it surely will be a fun day!

On Friday, December 13, we will hold our annual Holiday Party and Potluck starting at 11AM. It will surely be a fantastic event full of merriment and cheer, during what can sometimes be a difficult season for many. Please sign up at the front desk so we know how much ham to prepare!

Even though this might seem very far into the future, we have secured our trips for 2026 with Mayflower Cruises & Tours. From January 16-23, we will travel to Costa Rica. In May, we will host a group to Greece. And in July, travelers will explore the Canadian Rockies (Banff) and Glacier National Park. You can reserve your spots already, but I'd also encourage you to sign up for the Travel Show on January 21st where you can learn more about each of these trips and ask questions of our sales rep.

To each and every one of you, I want to wish you a happy and healthy holiday season. Cheers!

Emily

P.S. Please remember we are closed for the holidays from December 24 to January 2.

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: Jane Jensen

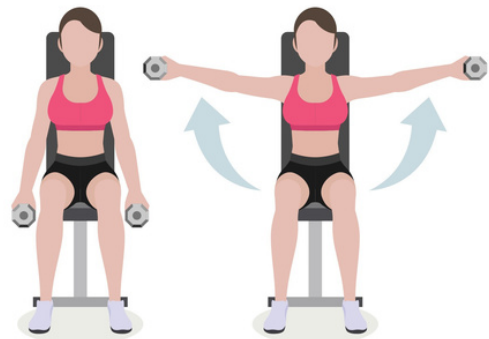
Member of the Month - Jane you do such a great job in Core class! You always bring such a positive attitude and even laugh when Josh attempts to tell jokes in class. Keep up the amazing work! We are lucky to have you as a member.

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

Exercise of the Month: Lateral Shoulder Raises

This exercise is a great way to build shoulder stability and strength.

1. To start you can do this exercise seated or standing. Picking lighter weights to start is a good idea.
2. Begin with the weights by your sides with your arms long.
3. Keeping your arms straight, slowly raise your arms out to the side. Once your arms are shoulder height slowly lower your arms back down to your sides.
4. Repeat this 8 to 10 times. If you want to make the exercise more challenging you can add more sets.



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.

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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.**

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.

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.

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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BetterLifeCW.com

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.

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.

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. Tai Chi for Beginners meets every Tuesday and Thursday from 11:00 a.m. to 11:25 a.m. Intermediate/Advanced Tai Chi meets every Tuesday and Thursday from 11:30 a.m.-Noon.

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.

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. Some of the specific forms (katas) will be taught over time. Cost is \$1.00 for members and \$1.50 for non-members. Class is Tuesdays and Thursdays from Noon to 12:25 p.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 Fridays 12:15 - 1:15 p.m. in the Activity Room. **Classes are \$5 and is paid to the instructor before or after class.**

Fitness Programs cont.

Pickleball Lessons

Fifty-five minute lessons will be provided by Bruce Becker on Friday mornings at 10 and 11 a.m. for \$3.00 per session for Members. Each session is limited to 8 attendees. Payment is due at the time of reservation. Paddles and balls will be provided.

You must register in advance with the front desk.

Pickleball Open Play

Pickleball Open Play is broken out into two categories: Advanced and Beginners. There are 8 people allowed to register per each 1 hour and 45 minute session. Cost is \$5 per session for Members. Payment is due at the time of reservation. You must bring your own paddles and balls.

You must register in advance with the front desk.

Pickleball Court Reservation

Pickleball Court Reservation is currently for Members only at \$5 per person per session. Reservations are limited to four people per 55 minute session. Payment is due at the time of reservation. You must bring your own paddles and balls. **You must register in advance with the front desk with all players' names.**

Exercise Room

Includes strength and cardiovascular equipment free for members to use. This room is open anytime the center is open. Watch for more information on orientation sessions with Josh.



Cornhole

Cornhole or “bags” is a game where players or teams take turns throwing bean bags at an inclined board with a hole at the top. The goal of the game is to score points by either landing a bag on the board (one point) or putting a bag through the hole (three points). Cornhole will be played the third Monday of the month at 2 p.m.

Advanced registration are appreciated.

Open Basketball

Start a pick up game or just practice shooting. Open basketball will be Mondays and Wednesdays at 11 a.m.

Shuffleboard

Shuffleboard is a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area.

Shuffleboard will be held the third Monday of the month at 2 p.m. **Advanced registration are appreciated**

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 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.

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.**

Intermediate Painting

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!

Ceramics

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

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, November 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.



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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!

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. 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.

Pool

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

Mah Jongg

All players are invited to come and join Mah Jongg Open Play. Open play hours are 10:00 a.m. to 3:45 p.m. on Thursdays. Mah Jongg Lesson are offered by Connie Vandre. For information regarding times and dates of lessons, call Connie at 920-698-0708 or email her at cjvandre@yahoo.com.

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.

December's **Cribbage Tournaments** will be Monday, December 2 & December 16 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.

December: **No Meeting**

January: *The Berry Pickers* by Amanda Peters

February: *The Women* by Kristen Hannah

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.

Recreational/Social Programs

Dining Out

There will be no Dining Out in December. Dining Out will return January 22. 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!

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each 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.

Uptown Singers

Join Uptown Singers on the first and third Thursday of the month at 2:30 p.m. for fellowship through song. As this is a new group, we will start with a few two and three-part pieces to see how we do. Uptown Singers will be led by Director Emily Rendall-Araujo, who moonlights as a professional musician when she's not overseeing Uptown Social. Advanced registration is appreciated, but not required.

No One Dines Alone

Like going out to eat, but not alone? Then this group is for you! No One Dines Alone takes a break in December, but will return on January 9. 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.



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Special Programs

Preparing for the Inevitable: What to Expect AFTER the Funeral

Wednesday, December 4 at 11:00 a.m.

Preparing for the inevitable grief and logistics that accompany loss can seem daunting at best, but knowing what most families find helpful can validate experiences and uphold those coping with loss. Join experts in the field for takeaway checklists and resources while navigating logistics within the first year after a loss. Learn from grief care specialists' helpful self-care tips and how to navigate grief amongst family and friends' circles including how to best support our peers in their loss.

Home Maintenance with Habitat for Humanity: Annual Maintenance

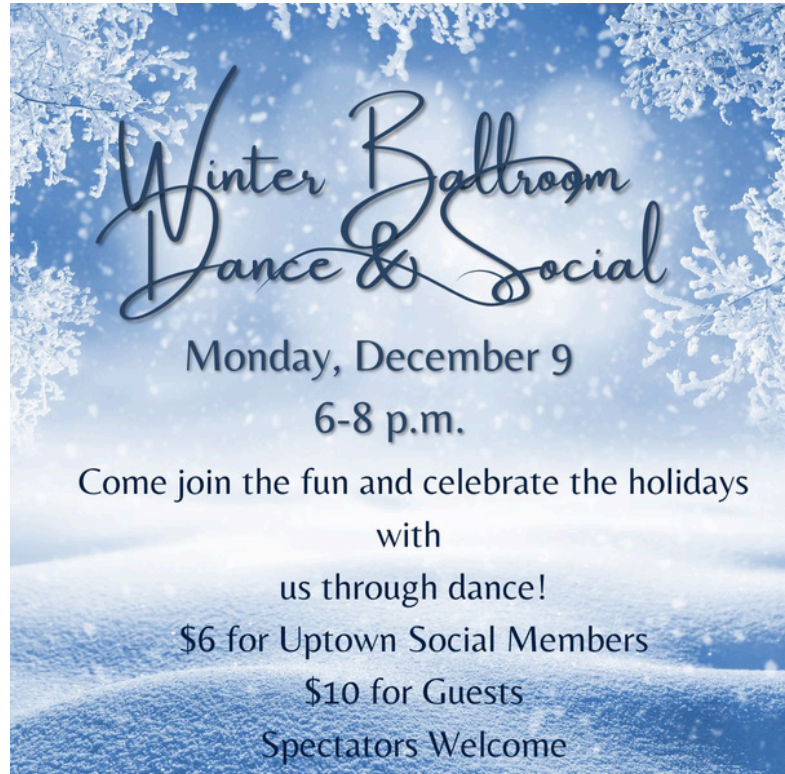
Wednesday, December 4 at 1:00 p.m.

Preparing for the inevitable grief and logistics that accompany loss can seem daunting at best, but knowing what most families find helpful can validate experiences and uphold those coping with loss.

Tech Help w/Renee

Thursday, December 5 at 2:00 p.m.

Renee Currington has trained hundreds of colleagues and students on computer software for the past 20 years. She is a professional technical writer who develops user instructions for electronic devices. Renee will be providing device help for laptops, phones and tablets. Make sure when you sign up for an appointment you let the volunteer assisting you know what type of device.



Winter Ballroom
Dance & Social

Monday, December 9
6-8 p.m.

Come join the fun and celebrate the holidays
with
us through dance!

\$6 for Uptown Social Members
\$10 for Guests
Spectators Welcome



WEAVING
WITH THE SHEBOYGAN COLLECTIVE

Attendees will explore
weaving with a variety of
materials and entry level
weaving methods

Wednesday, December 11th
at 1:00 PM

\$15 members
\$25 non-members

TSC

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Sleep: The Missing Piece to Your Wellbeing Wednesday, December 11 at 11:00 a.m.

Feeling drained and foggy? Struggling to catch those precious Zzz's? You're not alone! This workshop dives deep into the fascinating world of sleep, empowering you to unlock the secrets to a truly restful night.

Join Dr. John and Dr. Cooper as they unveil:

- The Sleep Connection: Explore the science behind sleep and discover how it impacts your physical and mental health.
- The Perfect Dose: Learn about your sleep needs and the consequences of sleep deprivation.
- Beyond Counting Sheep: Discover practical strategies and techniques to improve your sleep hygiene and create a sleep-supportive environment.
- Sleeping Soundly: Get expert insights into the optimal sleep positions for maximizing comfort and rejuvenation.

By the end of this workshop, you'll be equipped with the knowledge and tools to transform your nights from restless to rejuvenated. Wake up feeling refreshed, energized, and ready to take on the day!

Foot Care Clinic

Dianna Keller does foot care at Uptown Social on Thursdays from 8:30 a.m. to 3:00 p.m. Please contact her directly to set an appointment 920-889-6762. Cost is \$35 cash or check. Please bring clean socks and a clean towel.



Fresh Meals on Wheels

Wednesday, December 18 at 11 a.m.

Do you think you know all there is to know about Fresh Meals on Wheels? Molly Mata from Fresh Meals on Wheels (FMOW) will be presenting what FMOW has to offer the community, volunteer opportunities available and a chance to sample what FMOW has to offer.

Remember!

Please register to attend the programs on this page.

December

2024

Monday

Tuesday

Wednesday

Thursday

Friday

2 Broccoli & Cauliflower Soup w/Fruit	3 Veggie Lasagna & Garlic Bread	4 Vegetable Soup w/Sandwich	5 Hot Ham or Turkey w/Cheese & Salad	6
9 Salisbury Steak w/Potatoes	10 Tacos w/Sides	11 Creme Brulee French Toast w/Fruit	12 Meatloaf w/Potatoes	13
16 Creamy Sausage Pasta w/Salad	17 Italian Spaghetti & Meatballs w/Garlic Bread	18 Smothered Pork Chops w/Potatoes	19 Reuben Rachel Sandwich w/Salad	20
23 Ham & Cheese Sliders w/Salad	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS HOLIDAY	27 CLOSED FOR CHRISTMAS HOLIDAY
30 CLOSED FOR CHRISTMAS HOLIDAY	31 CLOSED FOR NEW YEAR'S EVE			

A CELEBRATION OF WINTER SEASON

DEC. 7
8 A.M. - 3 P.M.

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December

2024

Monday

2

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers
BOOM Move, Crafting
Hands
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:00 p.m.
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, This is a
Paintbrush, **Cribbage
Tournament**
1:30 Chair Yoga

Tuesday

3

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
12:00 p.m. Kung Fu &
Katas
1:00 p.m. Bingo,
Intermediate Painting,
Yarn Makers, Wood
Carving
3:00 p.m. Ecstatic Dance

Wednesday

4

8:00 a.m. ABC Fitness,
9:00 a.m. Silver
Sneakers BOOM Move
11:00 a.m. Yoga,
**Preparing for the
Inevitable: What to
Expect After the Funeral**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes,
**Home Maintenance with
Habitat for Humanity-
Annual Maintenance**
1:30 p.m. Square Dance
2:00 p.m.

Thursday

5

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
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
2:00 p.m. Tech Help
w/Renee
2:30 p.m. Uptown Singers

Friday

6

7:30 a.m. Walking,
Exercise Room available
all day

Fitness Classes Cancelled

Craft Fair Set Up All Day



9

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, This is a
Paintbrush
1:30 p.m. Chair Yoga
6:00 p.m. **Winter
Ballroom Dance Social**

10

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
12:00 p.m. Kung Fu &
Katas
1:00 p.m. Bingo,
Positive Aging,
Intermediate
Painting,
Yarn Makers, Wood
Carving
3:00 p.m. Ecstatic
Dance

11

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
11:00 a.m. Yoga, **The
Missing Piece to Your
Health & Well-Being**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes,
**Hippy Dippy Crafts,
Sheboygan Collective-
Weaving**
1:30 p.m. Square Dance

12

8:00 a.m. Silver
Sneakers Stability, **Fireside
Trip**
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
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

13

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, **Holiday Potluck**
12:15 p.m. Ecstatic Dance

December

2024

Monday

Tuesday

Wednesday

Thursday

Friday

16

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, **This is a Paintbrush-Acrylic, Cribbage Tournament**
1:30 Chair Yoga

17

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
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving
3:00 p.m. Ecstatic Dance

18

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga, **Fresh Meals on Wheels Presentation**
11:30 a.m. Lunch
12:00 p.m. Bridge
1:00 p.m. Dominoes
1:30 p.m. Square Dance

19

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
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
2:30 p.m. Uptown Singers

20

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,
12:15 p.m. Ecstatic Dance

23

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, This is a Paintbrush-Acrylic,
1:30 Chair Yoga

24

CLOSED

25

CLOSED



26

CLOSED

27

CLOSED

December

2024

Monday

30

CLOSED

Tuesday

31



CLOSED



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Beginner & Intermediate International Cha Cha	Beginner & Intermediate Smooth Foxtrot
6:00 P.M. JANUARY 13, JANUARY 20, JANUARY 27, FEBRUARY 10, FEBRUARY 17, FEBRUARY 24	7:00 P.M. JANUARY 13, JANUARY 20, JANUARY 27, FEBRUARY 10, FEBRUARY 17, FEBRUARY 24

Cost \$45 payable to the instructors.
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Travel with US



Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

PLEASE JOIN US FOR A TRAVEL SHOW
on Tuesday, January 21st at 1:00 p.m.
to learn more about 2026 Trips:

CANADIAN ROCKIES AND GLACIER NATIONAL PARK
Tour Dates: July 19th - 27th, 2026

COSTA RICA
Tour Dates: January 16th - 23rd, 2026

GREECE
Tour Dates: May 1st - 20, 2026

PLEASE R.S.V.P TO RESERVE YOUR SEAT
Uptown Social
920-459-3290
Uptownsocal@sheboyganwi.gov
Travel show savings! Bring copies of Passports.

Activity Level 4

TRAVEL WITH US

BEAUTIFUL VERMONT/CANADA TOUR

OCTOBER 4 - OCTOBER 12, 2025
9 Days / 8 Nights
14 Meals/Tips Included

HIGHLIGHTS INCLUDE:

- Vermont Maple Farm
- Tour of Ben & Jerry's Ice Cream Factory
- Dinner Cruise on Lake Champlain
- Stowe Village
- Cold Hollow Cider Mill
- Rock of Ages Granite Quarry
- 1000 Islands Skydeck
- Bata Shoe Museum

Wait List

Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

1,000 Double
\$2,264 Single
\$75 Deposit



Activity Level 3

TRAVEL WITH US

TULIP FESTIVAL IN HOLLAND, MICHIGAN

MAY 6 - MAY 11, 2025
6 Days / 5 Nights
12 Meals/Tips Included

HIGHLIGHTS INCLUDE:

- Windmill Island Gardens
- Guided Tour of Holland
- Tulip Immersion Garden
- Nelis' Dutch Village
- Holland Bowl Mill
- Mae Wood's Dune Ride
- Mission Point Light House
- Music House Museum

Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

\$1,436 Double
\$1,776 Single
\$75 Deposit



Activity Level 4

TRAVEL WITH US

MOUNT RUSHMORE, THE BADLANDS & BLACK HILLS OF SOUTH DAKOTA

AUGUST 24 - AUGUST 30, 2025
7 Days / 6 Nights
10 Meals/Tips Included

HIGHLIGHTS INCLUDE:

- Badlands National Park
- Borglum Historical Center
- Mount Rushmore
- Deadwood, South Dakota
- Custer State Park Wildlife Loop
- Black Hills
- Crazy Horse Memorial
- Corn Palace

Uptown Social
SHEBOYGAN'S HUB FOR ACTIVE SENIORS

\$1,150 Double
\$1,425 Single
\$75 Deposit



Visit uptownsocal.org for more information.

Travel with US



IN HONOR OF ELVIS' 90TH BIRTHDAY, THE FIRESIDE AND LEGENDS IN CONCERT KICK OFF THE 2025 SEASON WITH JUMPSUITS, BLACK LEATHER, SWIVELING HIPS, AND LEG-SHAKING, PRESENTING THEIR NEWEST RETROSPECTIVE OF ELVIS' LIFE IN MUSIC TOLD THROUGH THE EYES OF THE WORLD'S BEST TRIBUTE ARTISTS AND A LIVE FOUR-PIECE BAND.

THURSDAY, FEBRUARY 13, 2025



\$155 MEMBERS

\$165 GUESTS

DEPART MEIJER'S 8:15 A.M.
DINE 11:15 A.M.
SHOW BEGINS 1:30 P.M.
RETURN 6:15 P.M.

ENTREE CHOICES:
GRILLED PORK RIBEYE
RAINBOW TROUT
SLICED ROAST BEEF TENDERLOIN
VEGETARIAN PESTO ORECCHITI

CALL 920.459.3290 TO RESERVE YOUR SPOT TODAY!

ONEIDA CASINO TRIP

MARCH 19, 2025

MEIJER PICK UP - 7:30 AM
ONEIDA - 8:30 AM

LUNCH ON YOUR OWN IN THE CASINO

DEPART- 3:00PM

PLEASE
BRING
VALID ID
ON THE
TRIP IN
ORDER TO
RECEIVE
\$10
VOUCHER
TOWARDS
BINGO OR
SLOTS
PLAY

MEMBER
\$60
GUEST
\$70

REGISTER WITH UPTOWN SOCIAL AT 920-459-3290

Siegl's Santa Collection

We are extremely fortunate to have the Siegl Santa Collection on display here for the month of December. These Santas are wood carved and hand-painted by Sheboygan born carver James V. Siegl. Thank you to Christopher Gardens for graciously offering this magnificent collection to be displayed here!



It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share hotdish, bars, and stories from the last 100 years. As the women work in the kitchen, shared memories burst into life through a series of flashbacks. Travel back to 1897 and meet Vivian's grandmother; see Karin as a newlywed cautiously navigating the politics of the kitchen; and be there in 1944 when Mavis first barreled her way through the door. The Centennial Celebration is bittersweet. Times are tough in this small farm community, and hard decisions will have to be made.

\$155 Members \$165 Guests

Thursday, June 5, 2025

Depart Meijer's 8:15 a.m.
Dine 11:15 a.m.
Show begins 1:30 p.m.
return 6:15 p.m.

Entree Choices:
Braised Pork Belly
Supreme Cut Chicken
Thai Grilled Shrimp
Vegetarian Cacciatore.

Call 920.459.3290 to reserve your spot today!



Uptown Social

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