



Uptown Social

# ENGAGE SHEBOYGAN

February 2023



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

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

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

CONTACT US AT

(920) 459-3290

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

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## Contact Staff

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

## Media Policy

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

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

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

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

# Directly from the Director



Dear Friends,

Have you been in to visit US lately? It's been BUSY!

As I write this, we've just surpassed 800 active members, a record for this organization. Pre-pandemic, membership maxed out right around 700 members.

New members are joining every day, and we have no idea at what point this wave of new participants will slow down. What we can say though is this: our team of staff and volunteers are working as hard as we can to keep up with the influx!

How can you help? Please be patient and courteous when at the front desk asking for assistance, and maybe think about volunteering to help out! You know that we only have three full-time staff and Vicky part-time in the café, so we truly depend on many dedicated volunteers to keep this place running. If you're interested, please reach out to Jane.

As we've gotten busier, the parking lot has gotten fuller! If you are able-bodied and capable of doing a little more walking, please consider parking toward the middle of the lot to free up some spaces closer to the building. We are planning on marking a few more spots as handicapped, but can't do so until it warms up and the pavement can be painted.

Additionally, please know that the Habitat for Humanity ReStore is open to the public Wednesdays, Thursdays, and Fridays. Their customers need to be able to get into the store, so please don't take up the spaces right by their building on those days. They've been great neighbors to us, and we'd like to be the same!

These growing pains are certainly a good problem to deal with! Thank you for your patience and understanding as we grow into our new home.

See you soon,  
Emily

P.S. The Friends of Uptown Social and working diligently to get the gymnasium construction underway. Thank you to those of you who have purchased a tile, as that helps us get closer to our funding goal!



Directly from the Director

# Fitness Programs



## Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social since mid-2021. With a bachelor's degree in Kinesiology and more than seven years of fitness and physical therapy experience, Josh would love to have you join him for one of our fitness programs. Additionally, Josh coordinates all of our additional programming, working with volunteer program leads to secure space, time, and supplies needed for their programs.

### Pricing

Try any class once for FREE! ABC Fitness, Allegro, Flex & Stretch, Line Dancing, and Tai Chi are all paid for via Flex Passes. A 24-punch pass can be purchased at the front desk for \$36/members or \$48/non-members. A 10-class Yoga Pass is available for \$50.

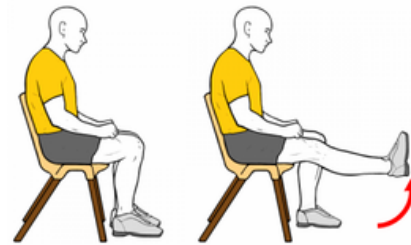
### Monthly Silver Fitness Award Winner: Alice Stevenson

It's been such a joy seeing returning faces at Uptown Social. Alice has been doing a wonderful job learning the new dances in Allegro and Line Dance. Congratulations Alice! Keep up the great work!

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

## Exercise of the Month: Seated Leg Extension

1. Begin seated in a chair, feet flat in front of you.
2. Keeping the left foot planted and upper body still, extend the right leg (bending from the knee) until the leg is parallel with the floor.
3. Hold for 2-3 seconds then return to starting position.
4. Alternate the right and left leg.



## NEW CLASSES BEGINNING THIS MONTH

### 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 the first Friday of every month from 12:15-1:15 p.m. in the Activity Room. The cost is \$5.

### Laughter Yoga

Laughter Yoga combines laughter exercises with Yoga breathing all in the spirit of child-like play fullness. Life is serious. Death is serious. It's time to take laughter serious. Join Kathy Alby the third Friday of every month from 12:15-1:15 p.m. in the Activity Room. The cost is \$5.



# 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.

## 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.

## 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!

## 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.

## 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.

## 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.

## 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. This class meets every Tuesday and Thursday from 11:30 a.m. to Noon. You will need to purchase a separate tai chi pass for \$36 from the front desk.

## 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.

*We have had an overwhelming response to our Monday and Wednesday yoga sessions. Currently, the Monday and Wednesday classes are filled. We are looking to add yoga classes, but encourage you to try our Friday yoga class with Kathy.*

# 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 ladies.

## Yarn Makers

Learn the joy of hand spinning fiber with us on Tuesdays from 1:00-3:00 p.m. We create yarn from wool, alpaca, silk, bamboo and any other fibers into simple yarn or designer yarns. No experience necessary. We learn together and have fun working with spinning wheels or drop spindles.

## Sewing & Quilting

Sewing/Quilting meets Thursday afternoons from 1:00-3:00 p.m. in the Creative Studio. Bring your own project and materials. Get help with problems or be inspired to try something new. US has 4 sewing machines for you to use or bring your own machine.

## Digital Camera Group

This group is geared to anyone interested in improving their photo skills. We meet the 3rd Thursday of every month starting February 16th from 1-3 p.m. in the Activity Room. There is no fee for this class.

## Wood Carving

Join Ron Feld for Wood Carving. This is an open carve group with experts available for pointers and assistance. Members of Kettle Carvers are invited to join these sessions. An apron is recommended to bring as well as a cut resistant glove. This group meets Tuesdays and Thursdays at 10 a.m.

## Intermediate Art

Join us Tuesday afternoons from 1 to 3 p.m. for art class. You will use an art punch pass, available for \$25/10 classes per card. Program Lead Susan Baumgart will be happy to provide guidance if you need it!

## 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 February 6 from 1:00-3:00 p.m. Limit 12 people.

Purchase an Art Pass for \$25 members and \$35 non-members and sign up for the class at the front desk. Instructor: Susan Baumgart



# Creative Programs cont.

## Raging Grannies

This social parody singing group is open for everyone! Join in the singing or just come to listen. You don't have to be a granny and you don't have to carry a tune, that's what purses are for! This group meets the first and last Mondays of the month at 1:30 p.m.



## 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. Greeting Cards will meet on Thursday, February 16.

## Life in Writing

Interested in writing different stories and sharing them with others? This program typically meets once per month on the third Tuesday of the month at 1:00 p.m. The next meeting is Tuesday, February 21st.

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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 12:30-3:30 p.m. Please contact Sharon Ferk at 920-467-2995 or [srferk@charter.net](mailto: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 1:00 p.m. to play.

## Dominoes

Dominoes is a tile-based game that can be played with 2-4 players. Join us Wednesdays at 1:00 p.m. to play.

## Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of each month, 1:00-2:00 p.m. February 14th's discussion will be *Intimacy as We Age: Communication, Touch & Sexuality* with introductory comments by the facilitator, followed by voluntary input from participants. 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.

## Pool

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

## Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. to 4:00 p.m. This program is for experienced players; if you'd like to learn, stay tuned for an upcoming class for beginners.

## Ping Pong

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

## Scrabble

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

## Sheepshead

Sheepshead is a trick taking game for three or more players, but ideally five. Join us mornings from 8:30-11:30 a.m. or on Thursdays at 1:00 p.m. to play a few rounds, or more!

## Book Club

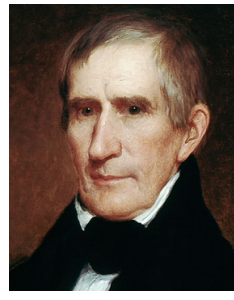
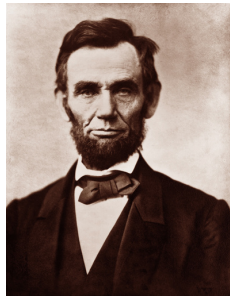
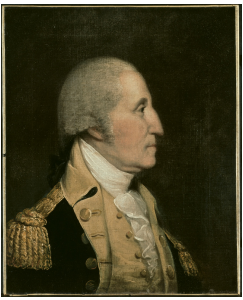
Join us the fourth Monday of the month at 1:30 p.m. for book club. Every month the group reads and discusses a literary piece. They will meet February 27 and the book is *The Curious Incident of the Dog in the Night-Time* by Mark Haddon.

## Chess

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







## Marilyn's Cooking Class: Favorite Food of Presidents Born in February w/Deidre Martinez

Marilyn will be joined by Sheboygan County Chamber Director Deidre Martinez for February's Presidential cooking class. Class is \$8 for Members and \$10 for Non-Members. **Payment is due upon sign-up.** This class fills up quickly and is limited to 40 so sign up early!

## 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!

## Dining Out

This month we will Dine Out at Riverdale on February 15th. Diners will start with cocktails at 5 p.m. and dinner to follow at 6 p.m. Participation is limited to 30, and advanced registration is required. Contact the front desk to sign up!

## Poker

We have a small group of individuals interested in playing poker. Join us Mondays at 1:00 p.m. in the Hospitality Room. Good luck!

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# Special Programs

## Legal Consultations

Judge Natasha Torry will be holding free legal consultations on Friday, February 3, from Noon - 2 p.m. in the consultation room. Contact the front desk to sign up for your 15 minute appointment.

## Balance & Falls-ATI

Feb. 7 at 2 p.m.

Join Physical Therapist Sarah Reis as she talks about balance and falls prevention. As well as exercises to improve your balance. This presentation will be held Tuesday, February 7th from 2-3 p.m. in the Activity Room. There is no fee for this program.

## What is a Municipal Court?

Feb. 8 at 10 a.m.

Join Judge Natasha Torry as she explains Municipal Court and the benefits of having this in the City of Sheboygan.

## Decluttering Our Surroundings Feb. 8 at 2 p.m.

Decluttering is about minimizing the "stuff" around you that can be taking your time and attention from what truly is important in your life.

Mary Pitsch, Founder of Embrace Care Management with over 25 years of experience as a social worker, will discuss how to take a step-by-step approach to downsizing the "stuff" we have collected over the years. This seemingly overwhelming task, once conquered, can have a positive impact on living a healthy life and aging well. This will be the second installment of a six-part aging series.



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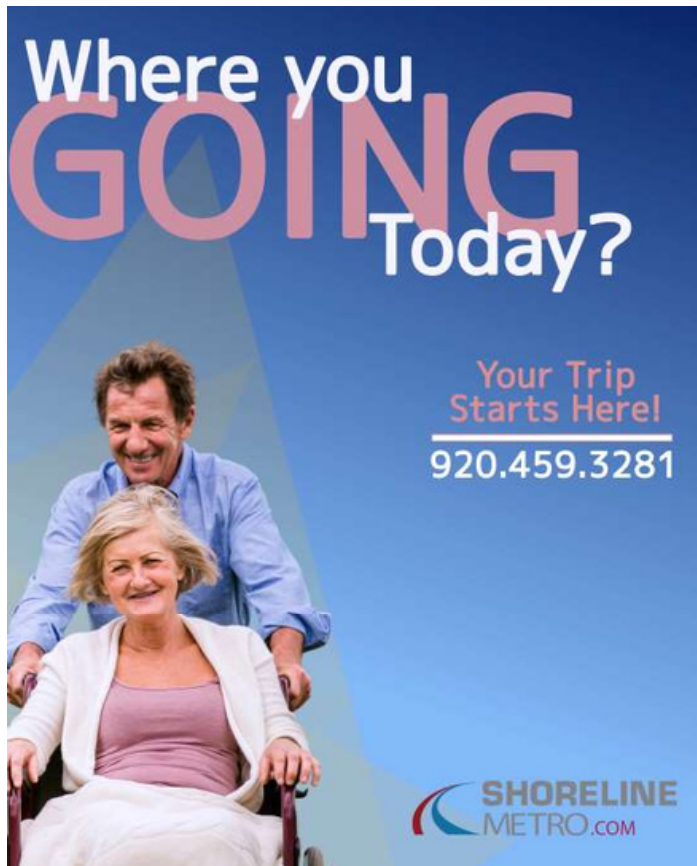




# Special Programs

## Healthy Feet Foot Care Clinic

Lisa Taylor, RN offers toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about any foot concerns you may have. The \$30 fee is paid directly to Lisa. Please bring a towel and clean socks. Upcoming dates include February 2, 9, 16 and 23.



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<b>Messiah Returns</b>	<b>Dec. 10, 2022</b>	<b>7:30 PM</b>
<b>Family Concert</b>	<b>Feb. 18, 2023</b>	<b>3:00 PM</b>
<b>A Lyrical Evening</b>	<b>Mar. 11, 2023</b>	<b>7:30 PM</b>
<b>Remembering the Holocaust</b>	<b>Apr. 16, 2023</b>	<b>2:00 PM</b>
<b>Cause for Celebration</b>	<b>May 20, 2023</b>	<b>7:30 PM</b>

For more information, visit [www.sheboygansymphony.org](http://www.sheboygansymphony.org)

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Ryan F Rabe, Certified Senior Advisor (CSA)®

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# February

Tuesday

2023

Monday		Wednesday	Thursday	Friday
		1 Carrot/Ginger Soup w/Fruit	2 Creamy Chicken Chili w/Bread	3
6 Chicken Tacos/Chips	7 Ham & Split Pea Soup w/Salad	8 Veggie Burgers w/Salad	9 Chicken Stir Fry w/Fruit	10
13 Roasted Red Pepper Soup w/Fruit	14 Italian Spaghetti w/Meatballs & Garlic Bread	15 Roasted Vegetables w/Fruit	16 Potato Sausage Soup w/Salad	17
20 Veggie Lasagna w/Garlic Bread	21 Black Bean Chili w/Bread	22 Quesadillas w/Salad	23 Crème Brulee French Toast w/Sausage	24
27 Creamy Cauliflower Soup w/Fruit	28 Vegetable Casserole			



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# February

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  
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. Bridge  
1:00 p.m. Dominoes  
2:30 p.m. Veterans for Peace

**2 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. Foot Care Clinic  
8:30 a.m. Sheepshead  
9:00 a.m. Mah Jongg & Line Dance  
10:00 a.m. Wood Carving  
10:15 a.m. Flex & Stretch  
11:30 a.m. Lunch & Tai Chi  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

**3 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. Gentle Yoga with Kathy  
12:00 p.m. Legal Consultations with Judge Natasha Torry  
12:15 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 & Crafting Hands  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess, This Is A Paint Brush  
1:30 p.m. Raging Grannies

**7 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. Sheepshead  
9:00 a.m. Line Dance  
10:00 a.m. Wood Carving  
10:15 a.m. Flex & Stretch  
11:30 a.m. Lunch & Tai Chi  
1:00 p.m. Bingo, Intermediate Painting  
Yarn Makers  
2:00 p.m. ATI Presentation: Balance & Falls

**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  
10:00 a.m. :What Is a Municipal Court?" Judge Natasha Torry  
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. Bridge  
1:00 p.m. Dominoes  
2:00 p.m. Embrace Presentation: Decluttering Our Surroundings

**9 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. Wood Carving  
10:15 a.m. Flex & Stretch  
11:30 a.m. Lunch & Tai Chi  
12:30 p.m. Raging Grannies  
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

**10 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  
10:00 a.m. We Love Our Members! Ice Cream & Root Beer Floats  
10:15 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy

# February

2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>13 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness 8:30 a.m. Sheepshead 9:00 a.m. Allegro &amp; Crafting Hands 10:15 a.m. Core 11:00 a.m. Yoga 11:30 a.m. Lunch 12:15 p.m. Body Basics 1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess This is a Paint Brush-Acrylic</p>	<p><b>14 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:30 a.m. Sheepshead 9:00 a.m. Line Dance 10:00 a.m. Wood Carving 10:15 a.m. Flex &amp; Stretch 11:30 a.m. Lunch &amp; Tai Chi 1:00 p.m. Intermediate Painting Bingo, Yarn Makers, Positive Aging</p>	<p><b>15 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness 8:30 a.m. Sheepshead 9:00 a.m. Allegro 10:15 a.m. Core 11:00 a.m. Yoga 11:30 a.m. Lunch 12:15 p.m. Body Basics 12:30 p.m. Bridge 1:00 p.m. Dominoes</p>	<p><b>16 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. Foot Care Clinic 8:30 a.m. Sheepshead 9:00 a.m. Mah Jongg &amp; Line Dance 10:15 a.m. Flex &amp; Stretch 11:30 a.m. Lunch &amp; Tai Chi 1:00 p.m. Sewing &amp; Quilting, Sheepshead, Mah Jongg, Photography &amp; Greeting Cards</p>	<p><b>17 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>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. Gentle Yoga with Kathy 12:15 p.m. Laughter Yoga</p>
<p><b>20 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness 8:30 a.m. Sheepshead 9:00 a.m. Allegro &amp; Crafting Hands 10:15 a.m. Core 11:00 a.m. Yoga 11:30 a.m. Lunch 12:15 p.m. Body Basics 1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess, This is a Paint Brush-Acrylic</p>	<p><b>21 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:30 a.m. Sheepshead 9:00 a.m. Line Dance 10:15 a.m. Flex &amp; Stretch 11:30 a.m. Lunch &amp; Tai Chi 1:00 p.m. Intermediate Painting Bingo, Yarn Makers, Writing Group</p>	<p><b>22 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness 8:30 a.m. Sheepshead 9:00 a.m. Allegro 10:15 a.m. Core 11:00 a.m. Yoga 11:30 a.m. Lunch 12:15 p.m. Body Basics 12:30 p.m. Bridge 1:00 p.m. Dominoes</p>	<p><b>23 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:30 a.m. Sheepshead, Foot Care Clinic 9:00 a.m. Mah Jongg &amp; Line Dance 10:15 a.m. Flex &amp; Stretch 11:30 a.m. Lunch &amp; Tai Chi 12:30 p.m. Raging Grannies 1:00 p.m. Sewing &amp; Quilting, Sheepshead, Mah Jongg</p>	<p><b>24 All Day:</b> Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>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. Gentle Yoga with Kathy &amp; Marilyn's Cooking Class</p>



# February

2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**27 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  
1:00 p.m. Canasta,  
Scrabble, Poker,  
Cribbage, Chess,  
This is a Paint Brush  
1:30 p.m. Book Club,  
Raging Grannies

**28 All Day:** Walking,  
Hang out, Puzzles,  
Pool, Ping Pong

8:30 a.m. Sheepshead  
9:00 a.m. Line Dance  
10:15 a.m. Flex &  
Stretch  
11:30 a.m. Lunch &  
Tai Chi  
1:00 p.m.  
Intermediate Painting  
Bingo, Yarn Makers

*We Love Our Members*



**FRIDAY, FEBRUARY 10  
10 A.M. - 1 P.M.**

Have a sundae or  
root beer float on US!

**We are celebrating YOU  
today!**

◀—❤—▶ ▶—❤—▶

## STROKE SUPPORT GROUP

*FOR SURVIVORS AND CAREGIVERS*

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

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

**First Congregational Church, UCC**

**310 Bluff Ave., Sheboygan (Room #2-West door)**

- *Has a stroke interrupted your life?*
- *Do you have a strong will to recover?*
- *Are you looking for support from others?*
- *Are you a caregiver in need of coping strategies?*

*Group members will share information from reliable sources & offer support to help you move forward with renewed hope.*

**\*Established in 2017\***

**Edwin Steffes BS, OMC Stroke Survivor- 920-207-6341**

**Diana Kirschbaum BS, MVS Caregiver- 920-207-3641**

**OR [mandala4me@gmail.com](mailto:mandala4me@gmail.com)**



# TRAVEL WITH

UKS

## CHICAGO BAY BUS TOUR

**AUGUST 23 - 25**

3 Days / 2 Nights  
5 Meals/Tips Included  
Bay Bus Coach Bus Service

### HIGHLIGHTS INCLUDE:

- Architecture Boat Cruise and Gangster Tour
- Shedd Aquarium, Adler Planetarium or Field Museum - Blue Man Group
- Willis Tour
- Chicago Botanical Gardens

\$850 Double / \$1,150 Single  
\$284/\$383 per day!

**Uptown Social**

SHEBOYGAN'S HUB FOR  
ACTIVE SENIORS





### **Wednesday, August 23 (L,D)**

Depart Sheboygan

Boat Cruise with Lunch (11 a.m. -1:30 p.m.)

Gangster Tour (2-4 p.m.)

Happy Hour at Hotel 5:30-7:00 p.m. with complimentary hors d'oeuvres

Included Dinner at Giordano's 7 p.m.

### **Thursday, August 24 (B,L)**

Included Breakfast at Hotel

Museum Park Drop-Off. Choose one:

- Field Museum
- Shedd Aquarium
- Adler Planetarium
- None

Included Lunch at Kroll's

Free time on Michigan Avenue

Rest Time at Hotel

Happy Hour at Hotel 5:30-7:00 p.m. / Dinner on Your Own

Blue Man Group 8:00 p.m.

### **Friday, August 25 (B)**

Included Breakfast at Hotel

Willis Tower Observation Deck

Chicago Botanical Garden

Lunch en Route



# More Details Coming...



Chicago August 23-25  
with Bay Bus



Eastern Fall Foliage Tour  
September 28 - October 7  
with Bay Bus



Iceland – Land of Fire and Ice  
July 26, 2023 with Mayflower  
Cruises & Tours



Sedona's Red Rocks & The Grand  
Canyon September 17, 2023 with  
Mayflower Cruises & Tours



Christmas Markets Cruise on the  
Danube River  
November 30, 2023  
with Mayflower Cruises & Tours

A promotional poster for a Potawatomi Casino Day Trip. The background is red with a white polka-dot pattern. The text "POTAWATOMI CASINO DAY TRIP" is written in a large, white, curved font. Below it, the date "MARCH 29TH, 2023" is displayed. The poster features images of playing cards (Ace of Spades, Ace of Hearts, Ace of Clubs) and a slot machine showing "777". A list of instructions and details is provided: "PLEASE BRING VALID ID ON THE TRIP IN ORDER TO RECEIVE \$10 VOUCHER FOR LUNCH AND \$10 VOUCHER FOR REWARD PLAY", "MEIJER PICK UP- 8:00 AM", "GENERATIONS PICK UP- 8:15 AM", "ARRIVE @ POTAWATOMI- 9:15 AM", "LUNCH ON YOUR OWN IN THE CASINO", "LEAVE FOR HOME- 3:00PM". The Potawatomi Casino Hotel Milwaukee logo is at the bottom. A small circular graphic on the right shows membership fees: "MEMBER \$45", "NON MEMBER \$50". At the bottom, it says "RSVP TO GENERATIONS AT 920-892-4858" and "RSVP TO UPTOWN SOCIAL AT 920-459-3290".





## Uptown Social

1817 N. 8th Street  
Sheboygan, WI 53081

## Powering beyond for stronger communities

Use your energy to power what matters most to you. We'll use ours to create cleaner energy solutions for today and the future. Together, we'll build stronger communities.

Read about our community programs at  
[alliantenergy.com/foundation](https://alliantenergy.com/foundation).

