



Uptown Social

ENGAGE SHEBOYGAN

February 2026



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

FRIDAY 7:30 AM TO 2:00 PM

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

CONTACT US AT

(920) 459-3290

uptownsocial@sheboyganwi.gov

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Joshua Drossel | Program & Wellness Coordinator
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Vicky Meyer | Cafe Coordinator



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

Media Policy

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

Our Mission

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

Our Values

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

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

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

Directly from the Director



Hello all,

Can you believe we now have more than 2100 members? I speak for everyone at Uptown Social when I say that we had no idea how large our numbers would grow or how quickly!

To respond to this growing population of participants, I'm thrilled to share that our team is growing! Due to the support of the Friends of Uptown Social, and many of your generous donations, we are adding additional part-time employees to the Uptown Social team. These new employees will help manage the front desk during busy times, allow us accommodate more private rentals after hours, and even expand our operating hours. I can't share any more details quite yet, but stay tuned for new staffing announcements and new hours.

You might recall that Vicky Meyer, our wonderful Cafe Coordinator, is currently out on leave. Janet Raye has been filling in temporarily and doing a fantastic job. Last month, we partnered with Fresh Meals on Wheels to prepare lunch each day, and Janet served it.

That's been a fun (and delicious!) experiment but we've decided to give Janet free rein in the cafe. For February, our lunches will be more of what you're used to—take a look at page 14 for this month's menu!

Have a great month and see you soon,

Emily

A Note from the Friends

With the new year, the Friends of Uptown Social Board added new members, thanked outgoing members, and welcomed several new officers. Thanks and a job well done to both Connie Koenig and Alison Petri, who have served on the Board over the years. Connie served as the Board Treasurer, and Alison as President and Vice President. With that, we welcome new Board members Paul Babcock, Jeff Wagner, and Gina Ziegelbauer. They bring a wealth of experience to the Board and, in turn, to Uptown Social's members.

The officers elected for 2026 are Rich Miesfeld, President; Scott Johnston, Vice President; Laura Gumm, Secretary; and Joanne Wood and Paul Babcock as Co-Treasurers. The Board continues to update and refine a new set of bylaws, plan events, and fundraise for Uptown Social. Our latest effort was to donate funds to increase staffing at Uptown Social, coming soon.

Even with these changes, support for Uptown Social's staff, members, and participants will remain the same. Each month, we will keep you updated on what is on the horizon for the Friends' support of Uptown Social.

— Rich Miesfeld, Board President

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for four years. With a bachelor's degree in Kinesiology and more than nine years of fitness and physical therapy experience, Josh would love to have you join him for one of our fitness programs.

Monthly Silver Fitness Award Winner: Gary Lagore

Member of the Month - Congratulations Gary!

We are truly so happy to have you as a member of Uptown Social. Thank you for all the extra work you do around Uptown.

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

Pricing

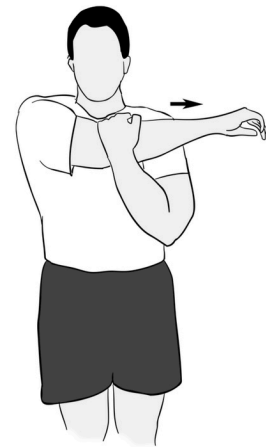
Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$2.00 each for members and \$3.00 each for non-members. Tai Chi and Kung Fu classes are \$1.00 for members and \$1.50 for non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Posterior Capsule Stretch

This stretch is a great way to loosen up the shoulders. Especially for those looking to play some pickleball.

Simply bring one arm across your body and use the opposite hand to gently pull that arm across the body. Hold this position for 10-20 seconds and repeat with the other arm.

You can do this for 3 total sets on each arm.



Workout Room Orientation

Workout Room Orientation is available Tuesdays at 1 p.m. Josh will be in the Workout Room highlighting the equipment. If you have any questions about the equipment Josh will be sure to answer them.

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Do What You Love In Service to Others

Fitness Programs cont.

Yoga with MaryAnn Dolson

This program takes place every Monday and Wednesday at 11:00 a.m. Classes are \$5 for members and \$8 for non-members. Fees are paid to the instructor before or after class.

Chair Yoga-Sponsored by Sheboygan Senior Community

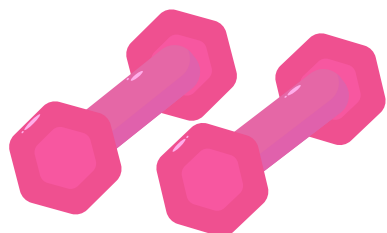
Chair yoga improves circulation, and contributes to pain management. A ten class pass is available for \$40 and is payable directly to the instructor. Class meets every Monday and Wednesday 12:15 p.m.-1:00 p.m.

Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Tuesday from 3:00 - 3:45 p.m. and Fridays 12:30 - 1:30 p.m. Classes are \$5 paid to the instructor before or after class.

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 9:00-9:45 a.m.



Square Dancing

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

Core Class

This mat class will improve core strength and flexibility through different Pilates type movements. Weights and blocks are provided. Core meets every Monday, Wednesday, and Friday from 10:00-10:45am. in the Activity Room.

Gentle Yoga with Kathy

This class is a creative blend of feel-good stretches with a variety of breath work and somatic therapies. Classes also include some self-massage techniques and a final relaxation with healing meditations. Classes are \$5 and paid to the instructor before or after class. We meet on Fridays at 11:00 a.m. - Noon.

A.B.C. Fitness

Improve or maintain balance and cardiovascular health in the Ageless Balance and Cardio class. This 45-minute class meets every Monday, Wednesday, and Friday 8:00-8:45 a.m.

Silver Sneakers BOOM Move

Dance-inspired workout with easy-to-follow movement patterns. It meets every Monday, Wednesday and Friday from 9:00-9:45 a.m.

Fitness Programs cont.

Tai Chi

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Beginners meet every Tuesday and Thursday from 11:00-11:25 a.m. Intermediate/Adv meet from 11:30 a.m.- Noon. Cost is \$1.00 Members and \$1.50 for Guests.

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular strength, range of motion, and activities of daily living. Great for a beginner or someone with limitations. It meets every Tuesday and Thursday from 10:00-10:45 a.m. **NEW for 2026, we are adding a Monday afternoon class at 2 p.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 8:00-8:45 a.m.

Basketball

Basketball is open to play Tu/Wed/Th 1:30-3:30 p.m. Except when a Blood Drive is scheduled. Just shoot around or play a quick pick up game.

NEW

We now have a \$30 Pickleball Package (Members) for 20 open play sessions. Visit the front desk to purchase one; it's good for one year.

Kung Fu Forms & Katas

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

Social Pickleball

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

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

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

Blocks are capped at 12 people with the exception of Mondays and Tu/Wed/Th afternoon times, those have a cap at 8. There are certain dates where social play time and cap is limited so please stay up-to-date on our weekly email and our newsletter.

Creative Programs

Yarn Makers

Learn the joy of hand spinning from wool, alpaca, silk, bamboo and more on Tuesdays from 1:00-3:00 p.m. We learn together and have fun working with spinning wheels or drop spindles.

Wood Carving

This is an open carve group. An apron is recommended, as well as a cut resistant glove. This group meets Tuesdays from 1:00-3:00 p.m. and Thursdays from 10:00 a.m.-Noon. All levels of carvers welcomed.

Sewing & Quilting

Sewing/Quilting meets Thursday from 1:00-3:00 p.m. Bring your own project and materials. Get help with problems or be inspired to try something new. We have 4 sewing machines for use or bring your own machine.

Photography

Photography will be the 1st Tuesday of the month at 1:00 p.m. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

Golden Chordaliers

The Golden Chordaliers rehearse at Uptown Social on Monday mornings from 9:00-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic.

Intermediate Painting

Join us Tuesday afternoons from 1:00- 3:00 p.m. Drop in classes are \$2.50 per time. Program Lead Susan Baumgart will be happy to provide guidance, if you need it!

Crafting Hands

Sponsored by: G. Olivia Anderson Trust

Join us Monday mornings from 9:00 to 11:00 a.m. to enjoy the company of others and work on your current knitting, crocheting, diamond dot, tatting, latch hook or embroidery projects.

Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1:00 p.m. to create beautiful cards. **You must be a member to attend.** Cost is \$2 payable to instructor. **Limit 16 attendees.** Registration begins **February 2** and fills up quickly.

Our wonderful Greeting Card group raised \$913 in greeting card sales which they generously donate back to Uptown Social.

Wood Turning

If you currently are a wood turner and would like to meet with and share ideas with others, then this group is for you! This group meets the second Thursday from 10:00 a.m. to noon.

Ceramics

Paints, glazes and brushes provided. Some pieces are available for purchase at \$5 or \$8 or you can buy your own pieces online or at a craft supply store. Firing is \$10-15 per piece. Class will be held on Tuesdays from 9:00 a.m. to noon.

Recreational/Social Programs

BINGO

Bingo is held every Tuesday afternoon starting at 1:00 p.m. Bring two singles, wear your lucky socks, and show up!

Bridge

Bridge meets Wednesdays from 12:00-3:30 p.m. Please contact Sharon Ferk at 920-467-2995 or srferk@gmail.com in advance to sign up.

Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. Mondays at 12:30 p.m. Contact Jane at 920-226-3523, if you are interested

Dominoes

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

Open Group Scrabble

Test the mastery of your vocabulary and your spelling by starting up a game of Scrabble. Boards are available anytime as well as on Monday afternoons at 1:00 p.m.

Sheepshead

Sheepshead is a trick taking game for three or more players, but ideally five. Join us Monday, Tuesday and Thursday from 8:30-11:30 a.m. or Thursday afternoons from 1:00-4:00 p.m.

Library

Our Library has a variety of books, DVDs and large print options. It is a lending library so please take a book and when you are done return it.

Ping Pong

Any time that we're open, you're welcome to enjoy our tables. There is a group that plays Monday afternoons if you would like to join them.

Mah Jongg

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

Pool

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

Puzzles

Uptown Social has puzzles available in the cabinets in the Billiards Room. You are welcome to borrow them, take them home and bring them back.

Cribbage

Cribbage is available anytime, just grab a partner! February's **Cribbage Tournaments** will be Monday, February 2 and 16 beginning at 1:00 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.

February 23- *Ask Again, Yes* by Mary Beth Keane

March 23 - *Nobody's Fool*, by Richard Russo



Recreational/Social Programs

Dining Out

Dining Out will be Wednesday, February 18 at El Rancho Viejo. **You must be a member.** Contact the Front Desk February 2 or after to sign up at 920.459.3290. Limit 30.

Movies

Movies are back! The second Monday of every month at 1:00 p.m. Bring your own snacks, if you would like. This month's movie is A Complete Unknown. **Please register to attend.**

No One Dines Alone

Like going out to eat, but not alone? Then this group is for you! No One Dines Alone will be dining at Northwestern House on Thursday, February 12. Cocktails begin at 5:00 p.m. **Northwestern House is CASH only.** Please register to attend by calling the office at 920.459.3290. **Limit 20.**

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1:00-2:00 p.m.

Uptown Singers

Join Uptown Singers on the first and third Thursday of the month at 2:30 p.m. for fellowship through song, led by Director Emily Rendall-Araujo.



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Special Programs

Beyond the Numbers: Understanding Cholesterol & Heart Health for a Vibrant you!

Wednesday, February 11 at 11:00 a.m.

Join Dr. John for an eye-opening exploration of heart health and cholesterol. This workshop goes beyond the numbers to reveal:

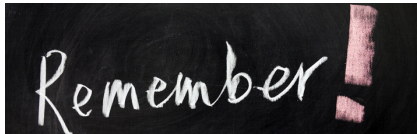
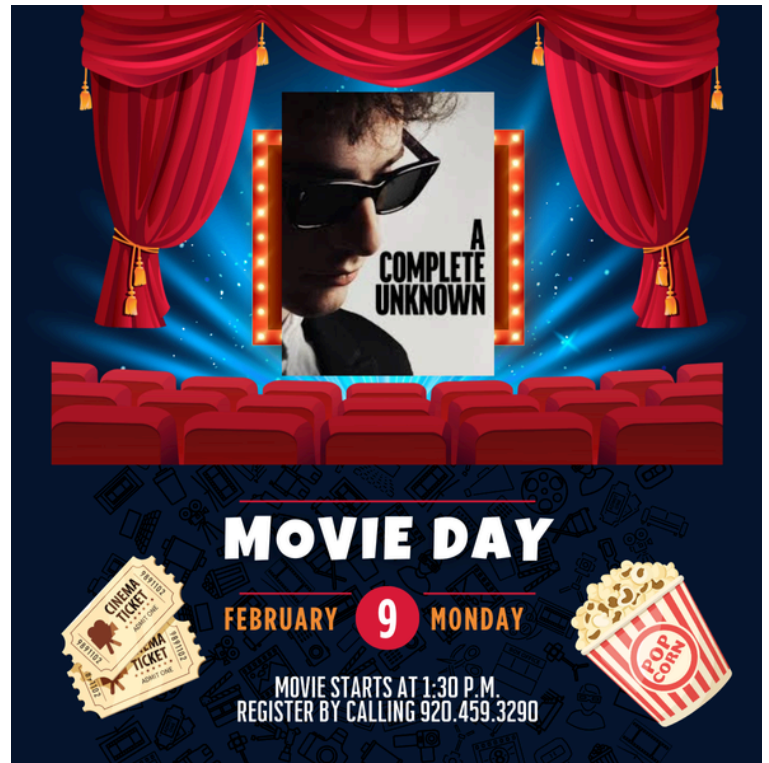
- Uncover the crucial role your heart plays in your overall health and well-being.
- Explore the different types of cholesterol and understand their true impact on your body.
- Learn how inflammation can affect your heart health and how you can manage it.
- Debunk common misconceptions and discover the surprising role cholesterol plays in your body's healing process.

Sheboygan Development Updates Wednesday, February 11 at 2:00 p.m.

Join the City of Sheboygan Planning & Development Director Taylor Zeinert as she provides updates on the latest projects and development for the City of Sheboygan.

Conversational Spanish Wednesday, February 18 at 10:00 a.m.

Join us for a fun and engaging Conversational Spanish class on Wednesday, February 18 at 10 a.m. ! Led by retired native Spanish speakers, this class welcomes participants of all skill levels to practice and improve their Spanish in a relaxed, social setting. Come connect, learn, and enjoy lively conversation together!



Please register to attend the programs on this page.

Special Programs cont.

Legal Consultations-

Atty. Elizabeth Rich

Wednesday, February 11 & 25

at 1:00 p.m.

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

Parkinson's Support Group

Thursday, February 19

at 1:00 p.m.

Our open support group meets the third Thursday of every month from 1:00-2:00 p.m. to provide encouragement, support and education for caregivers and those living with Parkinson's.

Low Vision Support Group

Wednesday, February 25

at 1:00 p.m.

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



Tim's Food Court-Alsatian Cooking Friday, February 27 at 11 a.m.

Alsatian cooking is a hearty, comforting cuisine blending French and German traditions. February's menu will be:

- Tarte Flambee - Flammekueche
Bacon-onion flatbread
- Choucroute garnie a l'alsacienne -
Garniertes sauerkraut
- Mellow sauerkraut with spices and pork
and sausage
- Pomme de terre - Kartoffeln
- Buttered potatoes
- Pain d'epices - Ingwerbrot
- Alsatian gingerbread

Cost is \$8. Members only event and you must pre-register.

Remember!

Please register to attend the programs on this page.

Special Programs cont.

A red poster with a large white heart outline in the center. Inside the heart, the words "Celebrate Love" are written in a white, cursive font. Below the heart, a pink ribbon banner contains the text "FEBRUARY 13TH". Underneath the banner, the event details are written in a white, cursive font: "Potluck at 11 a.m. with Music From Frogwater 11:30 a.m. - 1:30 p.m.". At the bottom left, there are logos for "Preceptor Home Health Hospice Palliative Care" and "CARE Patrol Your Partner In Senior Care Solutions" with a "38 YEARS" anniversary badge. At the bottom right is a logo for "BAY & LANDING AT ELKHART LAKE" featuring a sun and waves. The text "PLEASE REGISTER TO ATTEND" is centered at the bottom in a white, sans-serif font.

Celebrate Love

FEBRUARY 13TH

Potluck at 11 a.m. with Music From Frogwater 11:30 a.m. - 1:30 p.m.

Sponsored by:

Preceptor
Home Health Hospice Palliative Care

CARE Patrol
Your Partner In Senior Care Solutions

38 YEARS

BAY & LANDING
AT ELKHART LAKE

PLEASE REGISTER TO ATTEND

Remember!

Please register to attend the programs on this page.

Volunteer of the Month

This volunteer knows her stuff and puts the “F” in FUN!

Joan King has been volunteering at our Front Desk and for almost every special event since we opened our doors. She has an incredibly calm demeanor and is always willing to help you with any questions. Joan is a valued member of our Volunteer Team, as she provides sage advice, constructive criticisms and excellent suggestions. She is extremely knowledgeable, aware and helps to assure that our team provides the best service and experience to our members and fellow volunteers.

Joan not only greets those who enter with her welcoming smile, but she might be one of our most festive volunteers. She has an outfit for just about every holiday or special occasion and we cannot wait to see what she will be wearing! Thank you, Joan for all you do!



Interested in volunteering?

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

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

February

2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tater Tot Casserole w/Salad	3 Lemon Glazed Chicken Thighs, Rice & Veggies	4 National Homemade Soup Day	5 Sloppy Joes w/Salad	6
9 Tacos w/Sides	10 Cheesy Potato & Ham Casserole w/Sides	11 Liver & Onions w/Potatoes	12 White Chicken Chili w/Salad	13
16 Hot Dogs, Baked Beans & Chips	17 Pancakes & Sausage	18 Tomato Soup w/Grilled Cheese	19 Meatloaf & Potatoes	20
23 Spaghetti & Meatballs w/Garlic Bread	24 Smothered Pork Chops w/Mashed Potatoes	25 Ham & Cheese Sandwiches w/Salad	26 Fleischbrok w/Citrus Salad	27

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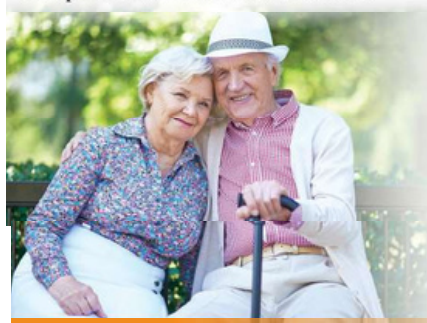
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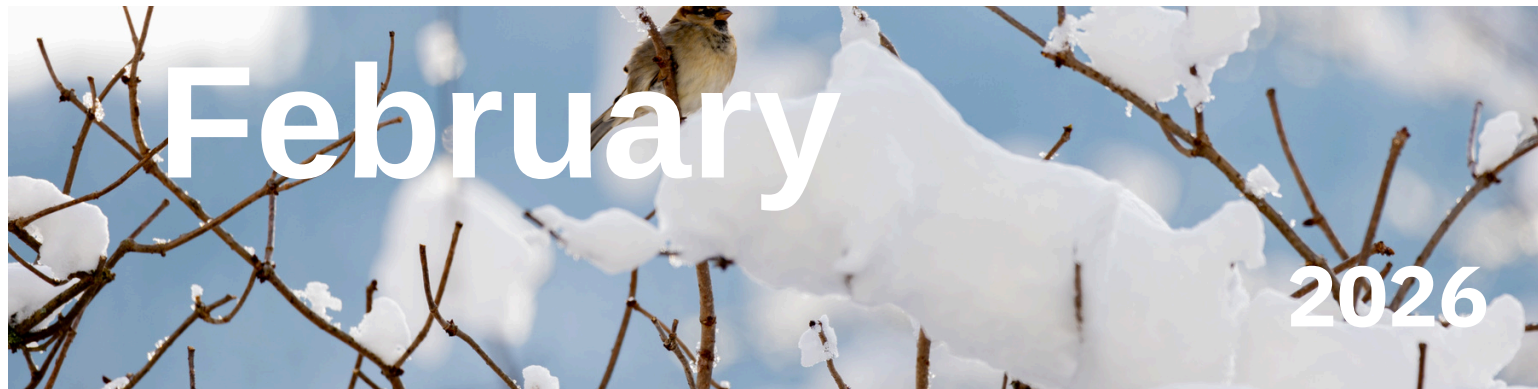
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- **REPORT**
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SMPs are grant-funded projects of the federal U.S.
Department of Health and Human Services (HHS), U.S.
Administration for Community Living (ACL).



Monday

2

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. **Yoga-Cancelled**, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. **Chair Yoga-Cancelled**
12:30 p.m. Canasta
1:00 p.m. Scrabble, This is a Paintbrush-Watercolors, Poker, **Cribbage Tournament**
2:00 p.m. SilverSneakers Classic

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, Social Pickleball, Adv. Tai Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation, Photography
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

Wednesday

4

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, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday

5

8:00 a.m. Silver Sneakers Stability, Foot Care Clinic
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic Wood Carving, Mah Jongg
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead
1:30 p.m. Basketball, Social Pickleball
2:30 p.m. Uptown Singers

Friday

6

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core,
10:30 a.m. **Karaoke Affair with Tom & Dar Ott**
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

9

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, This is a Paintbrush-Watercolors Poker
1:30 p.m. **Movie: A Complete Unknown**
2:00 p.m. SilverSneakers Classic
3:00 p.m. **Costa Rica Pre-Trip Meeting**

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, Social Pickleball, Adv. Tai Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation,
Positive Aging
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

11

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. **Beyond the Numbers: Understanding Cholesterol & Heart Health**
11:00 a.m. Yoga
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
Legal Consultations with Atty. Elizabeth Rich
1:30 p.m. Square Dance, Basketball, Social Pickleball, **Sheboygan Development Updates w/Director Zeinert**

12

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

13

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,
Celebrate Love Potluck w/Frogwater
11:30 p.m. **Social Pickleball - Cancelled**
12:30 p.m. Ecstatic Dance

February

2026

Monday

16

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This Is a Paintbrush-
Watercolor, **Cribbage Tournament**
2:00 p.m. SilverSneakers Classic

23

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, This Is a Paintbrush-
Watercolors
1:30 p.m. Book Club
2:00 p.m. SilverSneakers Classic

16

Tuesday

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, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation,
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

24

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

Wednesday

18

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, **Conversational Spanish**
11:00 a.m. Yoga
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes
1:30 p.m. Square Dance, Basketball, Social Pickleball, **Creative Class-Paper Beads**
5:00 p.m. **Dining Out -El Rancho Viejo**

25

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, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Legal Consultations Atty. Elizabeth Rich, Low Vision Support Group**
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday

19

8:00 a.m. Silver Sneakers Stability, Foot Care Clinic
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving, Mah Jongg, Wood Turning
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards, **Parkinson's Support Group**
1:30 p.m. Basketball, Social Pickleball
2:00 p.m. **Tech Help w/Mead Public Library**
2:30 p.m. Uptown Singers

26

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

Friday

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
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

27

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, **Tim's Food Court**
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

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- Cruising Ecuador's Galapagos Islands** – April 27 to May 4 – Starting at \$6,949
- London and Paris Discovery** – May 13 to May 21 – Starting at \$4,679
- Rails, Sails & the Redwoods of the Sierra Nevada** – July 17-25 – Starting at \$4,649
- Iceland: Land of Fire and Ice *Northern Lights** – Departure – October 20-26 – Starting at \$3,929

Uptown Social's 4th Annual

THRIFT STORE SHOPPING TRIP

WEDNESDAY, APRIL 29

MEIJER'S PICK-UP 7:30 A.M.
LUNCH AT MILWAUKEE PUBLIC MARKET OR NEIGHBORHOOD RESTAURANT OF YOUR CHOICE
RETURN 4:30 P.M.

Stores we will visit:

- St. Vincent De Paul Oconomowoc
- Goodwill Oconomowoc
- Lunch at Milwaukee Public Market, Wicked Hop or Cafe Benelux
- Maggie's Closet - Third Ward
- Retique - Third Ward
- Lela - Third Ward

MEMBERS \$55
GUESTS \$65

BREWER BUS TRIP

VS

THURSDAY, JUNE 18
1:10 P.M.

MEIJER PICK-UP 9:30 A.M.
RETURN 5:00 P.M.

\$90 MEMBERS
\$100 GUESTS

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