



Uptown Social

# ENGAGE SHEBOYGAN

February 2024



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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**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.

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,

I hope this letter finds you well and filled with excitement for the happenings at Uptown Social this month. I'm thrilled to share some significant updates and upcoming events that will undoubtedly add a dash of vibrancy to your winter days.

## **Gym Construction Update:**

I'm please to announce that, with fingers and toes crossed, the Gym construction project is expected to go to bid this month. While these processes tend to take longer than anticipated, it's because we want to ensure the project is done exceptionally well. We're grateful for the support of the Department of Public Works, which has been invaluable in navigating this substantial undertaking. We eagerly anticipate the transformation of our gymnasium, enhancing our facilities for the benefit of all of you!

Over the past two years, we've been accepting orders for personalized tiles that will be prominently displayed in the

entrance of the gym. The response has been fantastic, and the deadline to order was January 31st. If you missed it but still wish to contribute, there might be an opportunity to accommodate a few more orders. Please inquire at the front desk.

## **Presentations:**

Despite February being the shortest month, we have a plethora of engaging presentations lined up for you. Topics will cover essential aspects such as estate planning, nutrition, home safety, caregiver resources, and even a fun opportunity to learn how to play Sheepshead. Keep reading for the schedule, and don't miss out on these valuable learning experiences.

## **Winter Wonderland Potluck:**

Mark your calendars for our Winter Wonderland Potluck on the 9th. We're looking forward to a delightful time filled with shared dishes and warm conversations. Let the front desk know if you plan to attend.

## **Upcoming Day Trips:**

You've asked and we've answered! We've added a few more day trip opportunities to the calendar, including a Potawatomi casino trip on March 13th, a shopping expedition on April 12th, and a matinee showing of Moulin Rouge at the Appleton Performing Arts Center on June 22nd. As of the time that I write this, there is room on the buses, but seats fill up quickly. Secure your spot by registering with the front desk.

I wish you all a joyous and fulfilling February. Your presence and participation make Uptown Social the vibrant community that it is, and I'm grateful for each and every one of you.

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: Dan Petrie

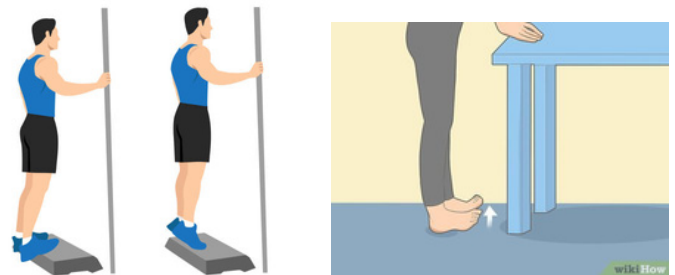
Member of the Month - Daniel Petrie. Daniel is one of our Line Dancers, card players and puzzle extraordinaire. He's always ready to learn a new dance or enjoy one of the staple songs. Keep up those dance moves!

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

## Exercise of the Month: Calf raise and toe raise

These 2 exercises are great for stretching your calves and increasing your ankle mobility.

1. To start off, stand with your feet shoulder-width apart. Toes pointing forward. If you have balance issues standing by a stable chair or wall will help.
2. Lift your heels off the ground, hold this for 2-3 seconds then slowly lower your heels back onto the ground.
3. Now keep your heels on the ground and lift your toes off the ground.
4. Also holding for 2-3 seconds, repeat this 10-15 times alternating between the calf raise and toe raise.



## Pricing

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



Emily Matthews, 920-286-0570, [RealtorEmilyRN@gmail.com](mailto:RealtorEmilyRN@gmail.com)

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# Fitness Programs cont.

## 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. (There is not chair yoga the fourth Monday of the month.)

## Yoga with MaryAnn Dolson

Yoga movements (poses) help to create a better relationship with one's body by increasing strength, stamina, flexibility and balance. Pranayama (breath work) and meditation are integrated into this class. Everyone is welcome and each participant works at his or her own level. This program takes place every Monday and Wednesday at 11 a.m. **Classes are \$5 for members and \$8 for participants. Fees are paid to the instructor before or after class. A yoga pass may be purchased for \$50 from the instructor.**

## Square Dancing

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 \$2.00 per lesson for members and \$3.00 for guests.**



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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.

## Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular stretch, range of motion, and activities of daily living. Great for a beginner or someone with limitations. It meets every Tuesday and Thursday from 10-10:45 a.m.

## Silver Sneakers Stability

Primarily a standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. Participants must feel comfortable exercising from a standing position. Classes are held Tuesdays and Thursdays 8 - 8:45 a.m.

## Tai Chi 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.

## Laughter Wellness

Laughter Wellness combines laughter exercises and games with breathing all in the spirit of child-like playfulness. Life is serious. Death is serious. It's time to take Laughter serious. Join Kathy Alby the second Thursday of every month from 1-2 p.m. in the Activity Room. **Classes are \$5 and paid to the instructor before or after class.**

## Silver Sneakers BOOM Move

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

## Core Class

This low impact floormat class will improve core strength and flexibility. Core meets every Class is Monday, Wednesday and Friday from 10-10:45 a.m. in the Activity Room.

## Line Dancing

This dance class is so fun, you won't even know you're exercising! The dances are easy to pick up. This program meets every Tuesday and Thursday from 9-9:45 a.m.

## Gentle Yoga with Kathy

This class is a creative blend of feel-good stretches with a variety of breath work and somatic therapies. Classes also include some self-massage techniques and a final relaxation with healing meditations. We focus on areas of concern for each individual and aim to bring about self-awareness through movement. **Classes are \$5 and paid to the instructor before or after class.** We meet on Fridays at 11 a.m. - Noon in the Activity Room.

## Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Join Kathy Alby, Bob Fleming, and Jokasha Klest every Friday from 12:15-1:15 p.m. in the Activity Room. **Classes are \$5 and is paid to the instructor before or after class.**

# Creative Programs

## Yarn Makers

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

## 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.

## 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.

## Crafting Hands

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

## Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1:00 p.m. to enjoy time with others and create some beautiful cards. **Cost is \$2 for materials payable to instructor. Limit 16 attendees. You must call the front desk to register. Registrations start the first of the month and end the Friday prior to class.**

## Ceramics

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



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# 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 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.

## 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, February 19 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.

## 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!

## Bridge

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

## Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. Join us Mondays at 12:30 p.m. to play.

## Dominoes

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

## Scrabble

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

## Sheepshead

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

## Ping Pong

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

## Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. - Noon and 1:00 - 4:00 p.m. This program is for experienced players; if you'd like to learn, please contact Connie Vandre for information at 920-698-0708.

## Puzzles

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

## Cribbage

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!

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

## Chess

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

## 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. February has two books: *Where Are the Children?* and *Where Are the Children Now?* by Mary Higgins Clark. March's book is *Wastelands: The True Story of Farm Country on Trial* by Corbin Addison.

# 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.

## Dining Out

February's Dining Out will be at Bourbon Street on Wednesday, February 21. 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!

## Pool

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

## Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of the month from 1-2 p.m. The facilitator is Pam Hertel, MS, LCSW, LPC. The group will be held in the Activity Room of Uptown Social. There is no fee for members. Pre-registration is not required.

## Grief Peer Support Group

This confidential peer support group is for those suffering due to the loss of a loved one. It is facilitated by Dorothy McElroy, certified peer support specialist of Focus Path Peer Support. This group meets from 3:15 - 4:15 p.m. on the third Wednesday of the month. **Please register to attend.**



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# Special Programs

## Learn Farkle

Monday, Feb. 5 at 1 p.m.

Farkle? What is Farkle? It is a fun dice game which involves luck and taking risks. Have fun and learn how to play Farkle and meet new friends. Pro's and newcomers welcomed!

## Estate Planning

Wednesday, Feb. 7 at 11 a.m.

Please join us for an informative presentation on estate planning, where you'll gain valuable insights into creating or revising your will and other estate planning documents to better reflect your desires. Attorney Zufelt will provide the practical knowledge and assurance necessary to draft these documents in a way which protects your assets and ensures those entrusted to make financial and medical decisions on your behalf uphold your wishes.



*Winter Wonderland Potluck & Music*

PLEASE JOIN US ON:  
Friday, February 9 - 11:30 a.m.

SPONSORED BY:  
 

Please call Uptown Social to R.S.V.P. if you would like to participate in this event.

Each person that attends the day of is asked to bring their favorite dish to pass.

At 1:00PM we will be entertained by the musical talent of  
**Trent Machut**

Let's continue to celebrate the New Year! We look forward to seeing everyone there!



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rrabe@carepatrol.com

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## Valentine Bingo w/Senior Helpers Tuesday, Feb. 13 at 1 p.m.

Join in the Valentine's fun with Melissa Parra from Senior Helpers. Melissa will be calling Bingo, bringing a festive dessert and special prizes! Please call or stop by the front desk to register for this special Bingo.



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

# Special Programs

## Heart Health Workshop Wednesday, Feb. 14 at 11 a.m.

Join Dr. John and Dr. Cooper as they discuss how your heart and the cholesterol within your body affect your overall health. This workshop will dive into topics of inflammation and the misconceptions about cholesterol.

## Safety in Your Home Wednesday, Feb. 14 at 2 p.m.

Look at your home through the lens of safety. Mary Pitsch, the founder of Embrace with over 28 years of experience as a social worker, will share tips for making sure your home remains safe as you age.

## “Calgon Take Me Away”: Tips to Ease Caregiver Stress Wednesday, Feb. 21 at 11 a.m.

Caregiving can be rewarding, challenging, and even overwhelming. Most will agree that stress and caregiving go hand in hand. Each person has warning signs of stress that vary depending on their life experiences and the diverse relationship they have and have had with the care recipient. Presented by Connie Thimmig MSOLC of Sharon Richardson Community Hospice



**LEARN TO PLAY SHEEPSHEAD**

Jerry Doyle will instruct anyone looking to learn to play. You must attend both sessions.

February 21 & 22 1-3 p.m.  
2 Class Session

## Memories in the Making Creative Social Engagement Session



Signature Art Program for Those Living with Memory Loss and Their Care Partners

Memories in the Making® is the signature art program of the Alzheimer’s Association that allows individuals living with memory loss to express themselves through art. Care partners and those living with memory loss join in an art session led by an instructor, in a comfortable social gathering that allows people to connect, socialize, and build new support networks. Meeting location rotates each month between Uptown Social, Generations and the Plymouth Art Center (See schedule on the back page). **All art supplies are provided.** Sharing Joyful Laughter, Stories and Creativity!

**Second Friday of each month 10:00-11:30 a.m.**

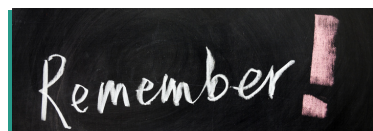
**RSVP: Registration is recommended to attend individual sessions.**

**Contact Uptown Social 920-459-3290 for February.**



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Wisconsin Chapter



Please register to attend the programs on this page.

# February

2024

Monday

Tuesday

Wednesday

Thursday

Friday

			1 Chicken Tortilla Soup w/Salad	2
5 Creamy Potato Soup w/Fruit	6 Meatloaf & Potatoes	7 Cuban Sliders	8 Tomato Soup w/ Grilled Cheese	9
12 Pumpkin Soup w/Salad	13 Ham & Split Pea Soup w/Salad	14 Creme Brulee French Toast w/Fruit	15 Chicken Stir Fry	16
19 Chicken Salad Sandwich w/Salad	20 Italian Spaghetti & Meatballs w/Garlic Bread	21 Salad Bar	22 Hot Ham or Turkey w/Salad	23
26 Beef & Veggie Casserole w/Bread	27 Beef Lasagna w/Garlic Bread	28 Sloppy Joes w/Salad	29 Potato Sausage Soup & Salad	

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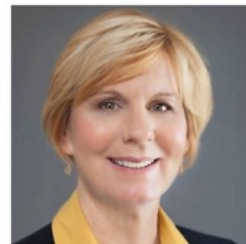
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# February

2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead, Foot Care Clinic  
 9:00 a.m. Mah Jongg & Line Dance  
 10:00 a.m. Silver Sneakers Classic, Woodcarving  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi  
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

**2 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move, Ceramics  
 10:00 a.m. Core  
 11:00 a.m. Gentle Yoga w/Kathy  
 12:15 p.m. Ecstatic Dance

**5 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands  
 10:00 a.m. Core  
 11:00 a.m. Yoga  
 11:30 a.m. Lunch  
 12:30 p.m. Canasta  
 1:00 p.m. Scrabble, Poker, Chess, **Farkle, Cribbage Tournament**  
 1:30 Chair Yoga  
 6:00 **Foxtrot Lessons**  
 7:00 **Cha Cha Lessons**

**6 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead  
 9:00 a.m. Line Dance  
 10:00 a.m. Silver Sneakers Classic  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi,  
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving,

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

**8 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead, Foot Care Clinic  
 9:00 a.m. Mah Jongg & Line Dance  
 10:00 a.m. Silver Sneakers Classic, Woodcarving  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi  
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg. Laughter Wellness

**9 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move, Ceramics  
 10:00 a.m. Core, **Memories in the Making**  
 11:00 a.m. Gentle Yoga with Kathy , **Winter Potluck**  
 12:15 p.m. Ecstatic Dance

# February

2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

12

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands  
 10:00 a.m. Core  
 11:00 a.m. Yoga  
 11:30 a.m. Lunch  
 12:30 p.m. Canasta  
 1:00 p.m. Scrabble, Poker, Chess, Cribbage  
 1:30 p.m. Chair Yoga  
 6:00 p.m. **Foxtrot Lessons**  
 7:00 p.m. **Cha Cha Lessons**

13

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead  
 9:00 a.m. Line Dance  
 10:00 a.m. Silver Sneakers Classic,  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi  
 1:00 p.m. Intermediate Painting, **Valentine Bingo**, Yarn Makers, **Positive Aging**, Woodcarving

14

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move  
 10:00 a.m. Core  
 11:00 a.m. Yoga, **Heart Health**  
 11:30 a.m. Lunch  
 12:00 p.m. Bridge  
 1:00 p.m. Dominoes  
 1:30 p.m. Square Dance  
 2:00 p.m. **Safety in the Home**

15

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead, Foot Care Clinic  
 9:00 a.m. Mah Jongg, Line Dance  
 10:00 a.m. Woodcarving Silver Sneakers Classic  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi  
 1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards, Mah Jongg

16

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move, Ceramics  
 10:00 a.m. Core  
 11:00 a.m. Gentle Yoga with Kathy,  
 12:15 p.m. Ecstatic Dance

19

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness,  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move  
 Crafting Hands  
 10:00 a.m. Core  
 11:00 a.m. Yoga  
 11:30 a.m. Lunch  
 12:30 p.m. Canasta  
 1:00 p.m. Scrabble, Poker, Chess, This Is a Paintbrush, **Cribbage Tournament**  
 1:30 Chair Yoga  
 6:00 p.m. **Foxtrot Lessons**  
 7:00 p.m. **Cha Cha Lessons**

20

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead  
 9:00 a.m. Line Dance  
 10:00 a.m. Silver Sneakers Classic  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi,  
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Writing Group

21

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move  
 10:00 a.m. Core  
 11:00 a.m. Yoga, **Tips to Ease Caregiver Stress**  
 11:30 a.m. Lunch  
 12:00 p.m. Bridge  
 1:00 p.m. Dominoes, **Learn to Play Sheepshead**  
 1:30 p.m. Square Dance  
 3:15 **Grief Peer Support**  
 5:00 p.m. **Dining Out- Bourbon Street**

22

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead, Foot Care Clinic  
 9:00 a.m. Mah Jongg, Line Dance  
 10:00 a.m. Woodcarving Silver Sneakers Classic  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi  
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, **Learn to Play Sheepshead**

23

**All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneakers BOOM Move, Ceramics  
 10:00 a.m. Core  
 11:00 a.m. Gentle Yoga with Kathy  
 12:15 p.m. Ecstatic Dance



# February

2024

## Monday

**26 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness,  
 8:30 a.m. Sheepshead  
 9:00 a.m. SilverSneakers 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, Chess, Cribbage, This Is a Paintbrush  
 1:30 p.m. Book Club, Raging Grannies

## Tuesday

**27 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead  
 9:00 a.m. Line Dance  
 10:00 a.m. Silver Sneakers Classic  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi,  
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving

## Wednesday

**28 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness,  
 8:30 a.m. Sheepshead  
 9:00 a.m. Silver Sneaker BOOM Move, Crafting Hands  
 10:00 a.m. Core  
 11:00 a.m. Yoga  
 11:30 a.m. Lunch  
 12:00 p.m. Bridge  
 1:00 p.m. Dominoes  
 1:30 p.m. Square Dance

## Thursday

**29 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. Silver Sneakers Stability  
 8:30 a.m. Sheepshead, Foot Care Clinic  
 9:00 a.m. Mah Jongg, Line Dance  
 10:00 a.m. Woodcarving SilverSneakers Classic  
 11:30 a.m. Lunch & Intro to Tai Chi  
 12:00 p.m. Tai Chi  
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

## Friday



Short Term Rehab · Assisted Living · Skilled Nursing Care  
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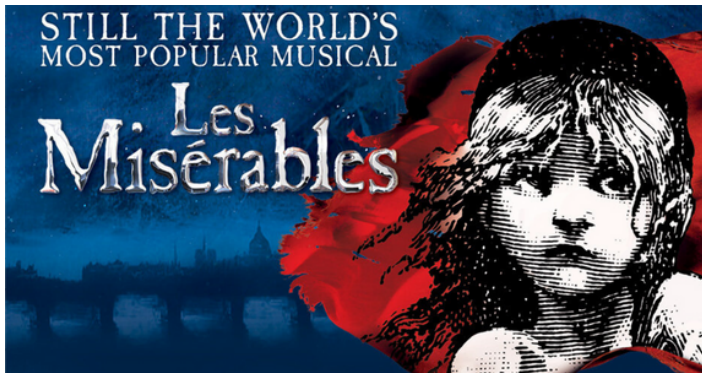
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UPTOWN SOCIAL PRESENTS:

## LES MISÉRABLES BUS TRIP

Saturday, February 24, 2024 at 2 p.m.  
Fox Cities Performing Arts Center

SHEBOYGAN MEIJER PICKUP: 9:30 AM  
RETURN: 6:30 P.M.

\$170 Members / \$180 Non-Members Includes:

Coach Bus Service

Lunch - Fratello's Waterfront Restaurant

Grand Tier Tickets to 2:00 P.M. Matinee

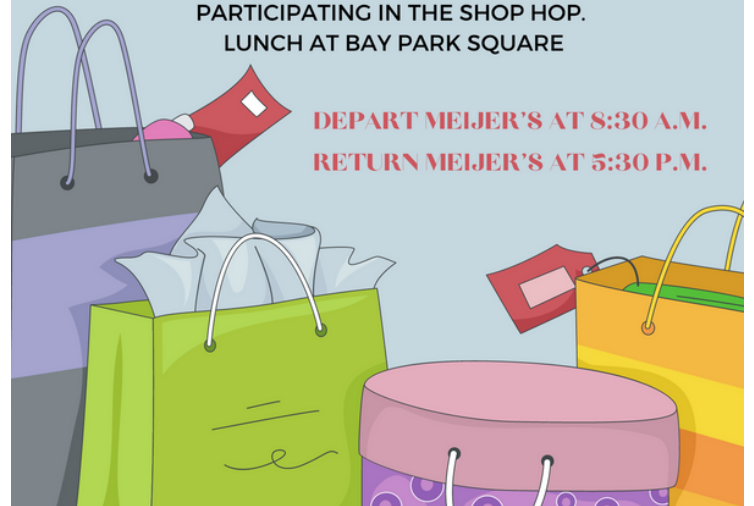
Reservations: (920) 459-3290 Uptown Social

## Spring SHOP HOP

FRIDAY, APRIL 12

**\$60 MEMBERS \$70 GUESTS**

IT'S THE SPRING SHOP HOP IN GREEN BAY. WE WILL VISIT  
NUMEROUS CONSIGNMENT AND RESALE SHOPS  
PARTICIPATING IN THE SHOP HOP.  
LUNCH AT BAY PARK SQUARE



DEPART MEIJER'S AT 8:30 A.M.

RETURN MEIJER'S AT 5:30 P.M.



\$170 Members  
\$180 Guests

Saturday, June 22, 2024  
Depart Meijer's 9:30 a.m.  
Show 2:00 p.m.  
Return Meijer's 6:30 p.m.

FOX VALLEY PAC- APPLETON  
PRICE INCLUDES:

- Coach bus transportation
- Driver tip
- Admission to show

Lunch on your own in downtown Appleton.

RESERVE YOUR SPOT BY CALLING UPTOWN  
SOCIAL AT 920-459-3290.

## POTAWATOMI CASINO DAY TRIP

MARCH 13TH, 2024

MEIJER PICK UP- 8:30 AM  
POTAWATOMI- 9:45 AM

LUNCH ON YOUR OWN IN THE CASINO

LEAVE FOR HOME- 3:00PM

PLEASE BRING VALID ID ON THE TRIP IN ORDER TO RECEIVE \$10 VOUCHER FOR LUNCH AND \$10 VOUCHER FOR REWARD PLAY

MEMBER \$60  
GUEST \$70

POTAWATOMI CASINO | HOTEL MILWAUKEE

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