



Uptown Social

ENGAGE SHEBOYGAN

January 2023



MONDAY-THURSDAY 7:30AM TO 4:00PM
FRIDAY 7:30AM TO 2:00PM
1817 N. 8TH STREET
SHEBOYGAN, WI 53081

CONTACT US AT
(920) 459-3290
uptownsocial@sheboyganwi.gov

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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,

Happy New Year!

These past few months have been an absolute whirlwind, and our team is just thrilled with the response. This new building has been such a long time coming, and it's so rewarding to see all of you each day utilizing this space!

We have a few new programs that are starting up now that I'd like to bring your attention to:

We have a new yoga program! Kathy Alby will lead Gentle Yoga on Fridays from 11:00 a.m. to 12:00 p.m. Yoga will MaryAnn Dolson will continue on Mondays and Wednesdays at 11:00 a.m.

Director of Transit & Parking Derek Muench will present on January 10th at 10:00 a.m. about Shoreline Metro. If you are limited by transportation, or know someone who is, this will be a very informative session to learn more about how to navigate local public transportation.

Positive Aging, facilitated by Pam Hertel, MS, LCSW, LPC, will take place on January 10th at 1:00 p.m. I joined the group last month and had a wonderful time shifting my perspective on aging. I think there's a lot that everyone could get out of this facilitated group discussion.

Safety is our number one priority here. In the unlikely event that we should ever have to deal with an active shooter, we want everyone to be prepared. We will hold an ALICE (Alert, Lockdown, Inform, Counter, Evacuate) training on January 16th starting at 1:00 p.m. All are welcome; concepts will be applicable in any setting, not just at Uptown Social.

And we have some new trips lined up! Judy from Mayflower Cruises and Tours will be here on January 17th at 10:30 a.m. to talk about three upcoming trips to Sedona, Iceland, and the Europe Christmas Markets. Additionally, we've finalized the details for an August bus trip to Chicago and a September trip to the Atlantic Northeast for fall foliage. More information is available on our website at uptownsocal.org or in-person at the building.

See you soon!
Emily



Directly from the Director

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

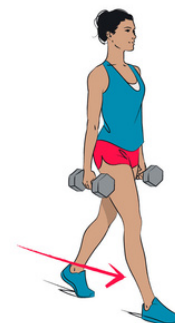
Josh has been with Uptown Social since mid-2021. With a bachelor's degree in Kinesiology and more than seven years of fitness and physical therapy experience, Josh would love to have you join him for one of our fitness programs. Additionally, Josh coordinates all of our additional programming, working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

Exercise of the Month: Farmer Carry

1. Place a dumbbell or a kettlebell on the floor by your sides. Get down to the squat position. Your hips and knees are bent. Grasp the weight in each hand.
2. Lift the weights by extending your legs straight. When lifting, focus on your legs throughout the move, not back. Keep your back straight in a natural posture.
3. Hold the dumbbells with your hands in a solid grip. Each arm is by the side of your torso. Stand up and brace your core. Keep your shoulders and back tight.
4. As soon as you stand up, start walking. Move forward with your eyes straight ahead. When you finish the line, stop. Sit down again and place the dumbbells on the floor. Keep your posture and your core is squeezed.



Monthly Silver Fitness Award Winner: Linda Gort

Linda has been doing a wonderful job in Allegro and Core! She brings a positive attitude into every class and enjoys all the fun exercises we do!

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

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 8:00 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 is Returning!!

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 12:15-1pm in the Activity Room.

Core Class

This low impact floor format 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.

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 January 19th from 1-3pm by the east side table tennis corner. There is no fee for this class.

Wood Carving

Join Ron Feld for Wood Carving starting January 3rd to February 2nd. In this class you will learn the basics of wood carving. The class will meet Tuesdays and Thursdays from 10:00 a.m. to Noon and in the Creative Studio. Cost is \$25 for Members and \$35 for Non-Members. Pre-registration is required, to register you can call Josh at (920) 459-3282 or register at the front desk. Spots are limited in this program. An apron is recommended to bring as well as a cut resistant glove. If you have any other questions feel free to call Josh at (920) 459-3282.

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. Cost is \$25. 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 every Thursday at 12:30 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, January 19.

Ceramics

Anyone interested in working on ceramic projects is invited to join this group and share your hobby with others. This group meets on Mondays at 11:00 a.m.

Life in Writing

sponsored by the Gertrude & Olivia Anderson Memorial

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., and will resume January 17, 2023.

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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 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.

Dominos

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

NEW! Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of each month, 1:00-2:00 p.m. The discussion will be centered around a fresh topic each month, 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 January 23 and the book is *The Paris Library* by Janet Skesline Charles.

The February book will be *The Curious Incident of the Dog in the Night-Time* by Mark Haddon.





Marilyn's Cooking Class: Pomegranates, Pineapples & Potatoes with Adam Payne

Marilyn will be joined by County Administrator Adam Payne for January's cooking class filled with "P's". Class is \$8 for Members and \$10 for Non-Members. 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!

Chess

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

Dining Out

Dining out resumes in January. We will Dine Out at El Camino in Sheboygan on January 18th. 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 Jackie Barbeau at 920-458-2729 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!

Cribbage Tournament

Wednesday, January 25 from 1:00-4:00 p.m. we will be hosting our first Cribbage Tournament. Entry fee is \$5. Nine games will be played with score being kept for each game. Two points for a win, 3 points for a skunk. Prizes: \$40 for First Place, \$30 for Second Place, \$20 for Third Place and \$10 for Fourth Place.

Please sign up with the front desk if you would like to take part in the tournament.

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Special Programs

Is this normal forgetfulness or an indication of Dementia?

We have all had those moments of walking into a room and asking ourselves, “why am I here?” or, perhaps, “where did I leave my keys?” Learn more by joining us on January 11 at 2 p.m.

Mary Pitsch; Social Worker and founder of Embrace Care Management will discuss the cognitive changes that occur in normal aging vs those associated with dementia.

Many wonder what the correlation between dementia, Alzheimer’s and other types of cognitive changes are. These too be addressed during Mary’s presentation. This will be the first installment of a six-part aging series.

Legal Consultations

Judge Natasha Torry will be holding free legal consultations on Friday, January 6, from Noon - 2 p.m. in the consultation room. Contact the front desk to sign up for your 15 minute appointment.

Active Shooter Training

It is a frightening reality which we hear about much too often in the news. The Sheboygan Police Department will be presenting ALICE training here on Tuesday, January 16 at 1:00 p.m. Join US and learn how to protect yourself!

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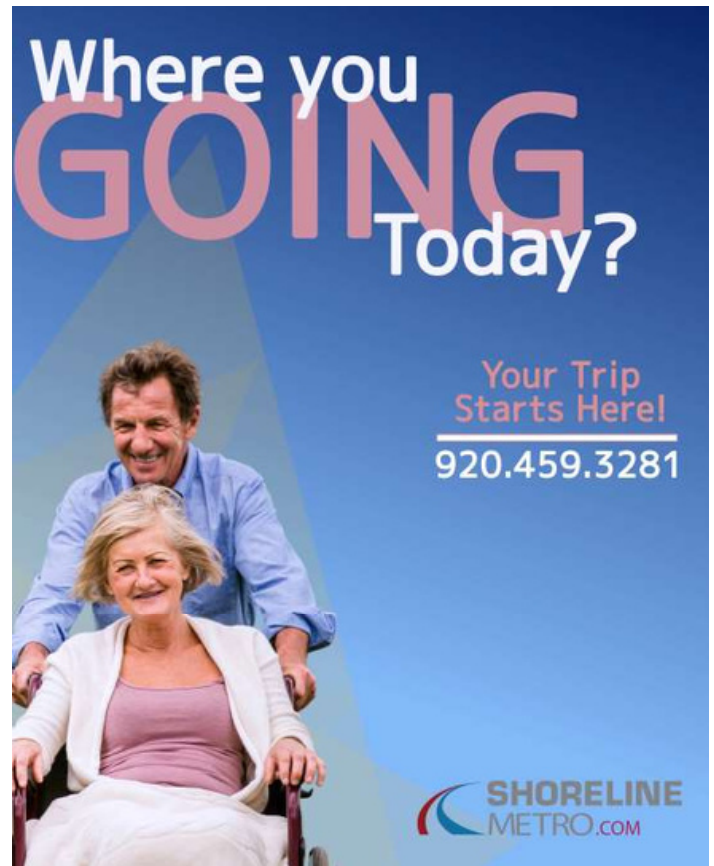
Special Programs

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 January 5, 19 and every Thursday in February.

Shoreline Metro

With Uptown Social located on the bus route, learn the benefits that Shoreline Metro has to offer. Maybe you are able to drive, but you could share this information with a neighbor or friend who would benefit from their services. Join US on Tuesday, January 10 at 10:00 a.m. to learn more!



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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).



GIVE THE GIFT OF MUSIC!

Give the gift of entertainment this holiday season with Sheboygan Symphony Orchestra concert tickets!

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

*congregation Beth El

For more information, visit www.sheboygansymphony.org

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January

2023

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED	³ Ham & split pea soup w/salad	⁴ Kugel w/side salad	⁵ Cheesy creamy vegetable soup w/bread	⁶
⁹ Roasted vegetables w/fruit	¹⁰ Potato sausage chowder w/salad	¹¹ BBQ chicken sandwich w/chips	¹² Turkey wrap w/salad	¹³
¹⁶ Mushroom soup w/fruit	¹⁷ Tomato soup w/fancy grilled cheese	¹⁸ Egg bake w/breakfast sausage	¹⁹ Hamburger sliders w/salad	²⁰ Appetizer Potluck
²³ Creamy chicken tortilla soup w/chips	²⁴ Veggie lasagna w/garlic bread	²⁵ Sloppy joes w/cheesy potatoes	²⁶ Hearty chili w/bread	²⁷
³⁰ Chili dogs w/cole slaw	³¹ Mac & cheese w/salad			

January

2023

Monday

2

CLOSED

Tuesday

3 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. Intermediate Painting
Bingo, Yarn Makers

Wednesday

4 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
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

Thursday

5 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
12:30 p.m. Raging Grannies
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

Friday

6 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:15 p.m. Legal Consultations with Judge Natasha Torry

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. Allegro & Crafting Hands
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess

10 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

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

11 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
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

12 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

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
12:30 p.m. Raging Grannies
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

13 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

January

2023

Monday

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. Allegro & Crafting Hands
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess
Active Shooter Training

Tuesday

17 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
10:30 a.m. Mayflower Travel Show
11:30 a.m. Lunch & Tai Chi
1:00 p.m. Intermediate Painting
Bingo, Yarn Makers, Writing- Group

Wednesday

18 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
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

Thursday

19 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
12:30 p.m. Raging Grannies
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Photography & Greeting Cards

Friday

20 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:00 p.m. January Potluck

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. Allegro & Crafting Hands
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess
Book Club

24 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. Intermediate Painting
Bingo, Yarn Makers, Positive Aging

25 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

26 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

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
12:30 p.m. Raging Grannies
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg

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
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy & Marilyn's Cooking Class

January

2023

Monday

30 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro & Crafting Hands
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess

Tuesday

31 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
10:30 a.m. Mayflower Travel Show
11:30 a.m. Lunch & Tai Chi
1:00 p.m. Intermediate Painting
Bingo, Yarn Makers

Wednesday

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

Thursday

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
12:30 p.m. Raging Grannies
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg,

Friday

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

PLEASE JOIN US FOR

APPETIZER POTLUCK

JANUARY 20, 2023 AT
NOON

BRING YOUR FAVORITE APPETIZER TO
PASS.



SEATING IS LIMITED. REGISTER WITH THE FRONT DESK TO ATTEND.

STROKE SUPPORT GROUP

FOR SURVIVORS AND CAREGIVERS

3rd 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



Uptown Social

SHEBOYGAN'S HUB FOR
ACTIVE SENIORS

Code of Conduct

**Approved by City of Sheboygan Senior Services Commission on
December 7, 2022**

Ensuring a safe and positive experience for all of Uptown Social's participants is our top priority. To do so, all members, visitors, and volunteers are expected to abide by the following:

1. **KINDNESS:** Participants are expected to behave with kindness, courtesy, and respect at all times.
2. **CIVILITY:** Profanity, hateful, threatening, or abusive language will not be tolerated in any form.
3. **DISCRIMINATION:** Discrimination toward any person for any reason will not be tolerated.
4. **SICKNESS:** Any person who is experiencing symptoms of a contagious illness should not enter the building.
5. **PUBLIC PROPERTY:** Defacing, destroying, or removing Uptown Social (US) property is prohibited. Participants are expected to keep the building and its contents in a neat and orderly fashion. Excessive belongings, beyond a small tote bag or backpack, are not permitted.
6. **HYGIENE:** It is the responsibility of each individual to maintain personal hygiene and cleanliness.
7. **INDEPENDENCE:** Uptown Social programming is designed for individuals 55 and older. Participants must be independent with activities of daily living or accompanied by a caregiver.
8. **LAW:** Committing or attempting to commit any activity that would constitute a violation of any federal, state, or local law, order, or ordinance is prohibited.
9. **TOBACCO:** Uptown Social is a smoke- and tobacco-free facility. The use of tobacco in any form, including vaping, is prohibited anywhere on the property.
10. **ALCOHOL & OTHER DRUGS:** Alcoholic beverages may not be consumed at Uptown Social, with the exception of special events with prior approval by Uptown Social leadership. Individuals under the influence of alcohol or drugs will not be allowed to participate at Uptown Social.

Consequences of violating this policy may result in actions up to and including permanent removal from Uptown Social at the discretion of US leadership.



Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers.

Let us ease your mind with a complimentary in-home care assessment.

710 Eastern Ave | Suite 2 | Plymouth, WI 53073

920.400.1336 | seniorhelpers.com/wi/sheboygan

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2023 Travel

Level 1 - Low Activity

Branson Show Extravaganza!

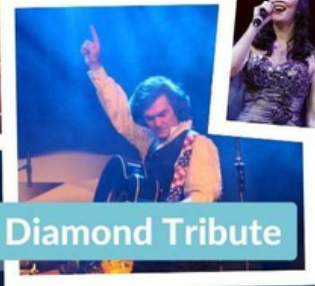
Queen Esther



Dublin's Irish Tenors



Neil Diamond Tribute



The Haygoods Show



April 17-22, 2023
6 Days/5 Nights
8 Meals

\$875

Double
Occupancy

\$1055

Single
Occupancy

Trip Details

- ☒ Motorcoach Transportation
- ☒ 5 Nights Lodging including 3 consecutive nights in the Branson area
- ☒ Admission to 6 fabulous shows!
- ☒ Pickup/Dropoff Sheboygan Meijer Parking Lot
- ☒ Uptown Social Staff Host

Sign Up: 920-459-3290
uptownsocal@sheboyganwi.gov



Uptown Social
SHEBOYGAN'S HUB FOR
ACTIVE SENIORS

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

Travel Meeting

Travel with US! Join us on Tuesday, January 17 at 10:30 a.m. to learn what trips we will be planning with Mayflower Tours for the remainder of 2023 and 2024. If you are unable to attend our travel meeting, watch our website for trip details!



Uptown Social

828 Center Avenue
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.

