



Uptown Social

# ENGAGE SHEBOYGAN

January 2024



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

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

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

CONTACT US AT

(920) 459-3290

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

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## Contact Staff

**Emily Rendall-Araujo | Director of Senior Services**

Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

**Jane Brill | Engagement Coordinator**

Jane.Brill@sheboyganwi.gov (920)459-3290

**Joshua Drossel | Program & Wellness Coordinator**

Joshua.Drossel@sheboyganwi.gov (920) 459-3282

**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,

Welcome to 2024! I love starting a new year with fresh plans and nothing but new opportunities on the horizon. We have a lot in store for 2024, and I can't wait to tell you all about it!

First, it would be unfair not to reflect on last year. 2023 was of course our first full year in our new building, and what a year it was! Membership more than doubled. Average daily participation swelled to more than 200 people in the winter months. We began partnering with Renew Active and SilverSneakers to provide services to more residents and making US more affordable. We updated our process for tracking program attendance, allowing us to retire the outdated and clunky flex pass system. We exercised, we created, we socialized, we traveled, and most of all, we had a lot of fun!

2024 will see the completion of the gymnasium and exercise room. We're so excited to have a large space for parties,

presentations, and of course, pickleball! We know this gym will serve as the heart of Uptown Social, and we can't wait to get started on construction. Hopefully, by the time you read this, we're taking the project to bid, and starting construction as soon as the contract is signed!

We'll likely also see some other construction in 2024, as our neighbor the Lakeshore Regional Child Advocacy Center (LRCAC) gets to work renovating their space on the east side of the building. They will have their own entrances and exits, as well as a few designated parking spaces for their staff and clients, although they don't anticipate nearly the foot traffic that we do! If you'd like to learn more about our new neighbors, Executive Director Amanda Didier will be at Uptown Social on January 31 to give a presentation and ask questions. We're thrilled to have them moving in and using this building to its fullest!

If you're a regular participant of our fitness classes, you'll likely notice that we've tweaked the schedule starting this month. As part of our SilverSneakers partnership, we're now offering three SilverSneakers-designated programs, but you'll find that two are nearly indistinguishable from programs we've already been offering for years. Flex & Stretch will now be called SilverSneakers Classic and Allegro will be called SilverSneakers BOOM Move. Additionally, we're adding a SilverSneakers Stability class on Tuesday and Thursday mornings.

Thank you for being a part of Uptown Social. Let's make 2024 the best year yet!

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: Julie Kastner

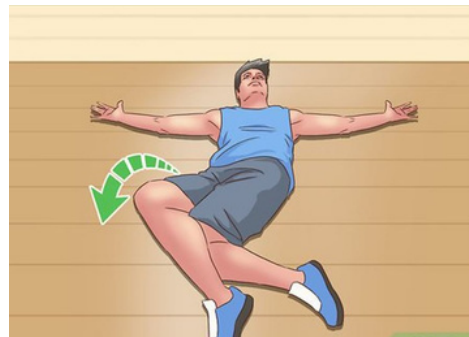
Julie is a staple in Body Basics and brings a positive and welcoming attitude to class. Congratulations Julie!

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

## Exercise of the Month: QL (Quadratus Lumborum) Stretch

This QL (Quadratus Lumborum) stretch is a great stretch for the winter. Tightness in your QL muscles can cause back and hip pain.

1. To do this stretch, start by laying on your back.
2. Raise your right leg and cross over your left knee. The back of your right knee should be crossed just above your left knee.
3. Lower your legs toward your left side as far as you can without feeling discomfort.
4. Hold for 30 seconds then move the legs over to the right and hold.
5. Then, repeat with the opposite leg.



## Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$1.50 each for members and \$2.00 each for non-members. Classes instructed by Josh or Tai Chi class fees will be pulled from your prepay account or punches left on your passes. A 10-class Yoga Pass is available for \$50.



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# Fitness Programs cont.

## Chair Yoga-Sponsored by Sheboygan Senior Community Mondays 1:30 - 2:00 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 \$30 and is payable directly to the teacher.

## 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 \$1.50 per lesson.**



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Workshops starting in  
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 Sneaker 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 is 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 is 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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510 S. 8th Street Sheboygan WI 53081  
**(920) 547-5360**  
[www.allayhh.com](http://www.allayhh.com)





# 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.

## 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!

January's **Cribbage Tournaments** will be Monday, January 15 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. The book for January 22, 2024 is *My Name is Mary Sutter* by Robin Oliveira. February has two books: *Where Are the Children?* and *Where Are the Children Now?* by Mary Higgins Clark. March's book is *Wasteland* 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

January's Dining Out will be at Rupp's on Wednesday, January 17. 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 a 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

## Mr. Rogers Mondays Mondays at 9:30 a.m.

This special program designed for children and their grandparents to learn and grow together. Registration required. Recommended for preschool-age children and younger.



## Homes for Heroes Wednesday, Jan. 10 at 1 p.m.

Realtor Emily Matthews will be presenting an informational session covering the following topics:

1. Reasons people think they "have" to move (but don't)
2. What is the process if you DO decide to make a move?
3. An introduction to Homes for Heroes, which gives cash rewards to members of the Hero community when they sell or buy a house. Are YOU or people you know, in one of the Hero categories? Come & find out!



Please register to attend the programs on this page.

## Dealing with Grief and Loss Wednesday, Jan. 10 at 2 p.m.

As we get older, we cope with many losses. Losses can include family, friends, pets, abilities, and more. Having an understanding of what grief and loss looks like compared to depression is important. Mary Pitsch, Social Worker with over 28 years of experience will share insights on this difficult yet important topic.



## Unleash Your Inner Well-Being Wednesday, Jan. 17 at 11 a.m.

Join Dr. John and Dr. Cooper on a journey to unlock the secrets of your body and discover the power within you to achieve optimal well-being.




# Special Programs

## Resolutions vs Intentions Wednesday, Jan. 17 at 1 p.m.

It's a new year and we make those resolutions again. Why do they never stick? A resolution without a clear intention and a true desire for change just doesn't work. Intention demands action.

### Listen to a Hip Sheboogie Jazz Jam!



 The lobby of  
Uptown Social

11:00 AM



January 19th,  
2023

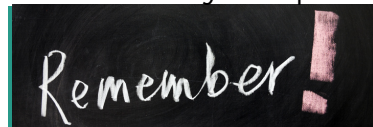


Want to join a jam or learn more about Sheboogie? Visit us at [sheboogie.org](http://sheboogie.org) or send an email to [sheboogiejazzconnection@gmail.com](mailto:sheboogiejazzconnection@gmail.com)



## All You Want to Know About Lakeshore Regional Child Advocacy Center - Wednesday, January 31 at 9:30 a.m.

Please join Amanda Didier, Executive Director for a presentation on LRCAC. There have been many questions since the announcement was made that they will be moving into the north east unoccupied area of our building. Here is your chance to learn about the valuable work they do and have your questions answered.



Please register to attend the programs on this page.

## Economic Update w/Thrivent Wednesday, Jan. 24 at 11 a.m.

If you're concerned about market fluctuations, interest rates and economic uncertainty, don't miss this opportunity to help you invest with greater confidence. How should I react to economic headlines? How have fiscal measures changed in the past quarter? How often should I review my investment strategy?

## Prosperity vs Abundance Wednesday, Jan. 24 at 1 p.m.

When we think of prosperity, we often think of money. To be truly prosperous is more than having money; it is about abundance in all areas of your life. Abundance is a balance and goodness in all things.

## Marilyn's Cooking Class Taste of South Asia Friday, Jan. 26 at 11 a.m.

Spice it up with Marilyn this month as Marilyn and sous chef guest Kayla Clinton administrator of Rocky Knoll Health Center present a Taste of South Asia. Registration opens on Tuesday, January 2. \$8 for members only.



Monday

Tuesday

Wednesday

Thursday

Friday

1 <b>CLOSED</b>	2 Sloppy Joes w/Salad	3 Chicken Nuggets w/Cheesy Potatoes	4 Hearty Chili w/Toppings	5
8 Mushroom Soup w/Fruit	9 Tacos w/Sides	10 BBQ Chicken on Hard Rolls w/Sides	11 Veggie Lasagna w/Garlic Bread	12
15 Ham & Split Pea Soup w/Salad	16 Tomato Soup w/Fancy Grilled Cheese	17 Chicken Casserole w/Salad	18 Creamy Chicken Chili w/Sides	19
22 Creamy Beef Casserole	23 Kugel w/Salad	24 Creamy Broccoli & Cauliflower Soup w/Sides	25 Beef Sandwiches w/Salad	26 <b>CLOSED</b>
29 Cheesy Vegetables w/Hearty Bread	30 Italian Spaghetti & Meatballs w/Garlic Bread	31 Turkey Wraps w/Sides		

## 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)**



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# January

2024

## Monday

1

**CLOSED**

## Tuesday

**2 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

**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. Silver Sneakers BOOM Move  
 9:45a.m. **King Tut Bus Trip**  
 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

**4 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

## Friday

**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, Ceramics  
 10:00 a.m. Core  
 11:00 a.m. **Winter Ballroom Dance & Social**, Gentle Yoga w/Kathy  
 12:15 p.m. Ecstatic Dance

**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. Silver Sneakers BOOM Move, Crafting Hands  
 9:30 a.m. **Mr. Rogers Monday**  
 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  
 1:30 Chair Yoga, Raging Grannies

**9 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,  
**Positive Aging**

**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. Silver Sneakers BOOM Move  
 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,  
**Homes for Heroes**  
 1:30 p.m. Square Dance  
 2:00 p.m. **Dealing with Grief & Loss**

**11 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

**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, Ceramics  
 10:00 a.m. Core  
 11:00 a.m. **Winter Wonderland Potluck w/Senior Helpers**, Gentle Yoga with Kathy  
 12:15 p.m. Ecstatic Dance

# January

2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

15

**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  
9:30 a.m. **Mr. Rogers Mondays**  
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 p.m. Chair Yoga  
6:00 p.m. **Foxtrot Lessons**  
7:00 p.m. **Cha Cha Lessons**

**16 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  
9:30 a.m. **Pop Up Shop w/HIIT & Run**  
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, Bingo, Yarn Makers, Writing Group, Woodcarving  
2:00 p.m. **JMKAC Art Links Celebration**

**17 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, **Unleash Your Inner Well-Being**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
1:00 p.m. Dominoes, **Resolutions vs Intentions**  
1:30 p.m. Square Dance  
5:00 p.m. **Dining Out**

**18 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

**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, Ceramics  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy, **Sheboogie**  
12:15 p.m. Ecstatic Dance

**22 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  
9:30 a.m. **Mr. Roger's Monday**  
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, Book Club  
6:00 p.m. **Foxtrot Lessons**  
7:00 p.m. **Cha Cha Lessons**

**23 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

**24 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, **Economic Update w/Thrivent**  
11:30 a.m. Lunch  
12:00 p.m. Bridge  
1:00 p.m. Dominoes, **Prosperity vs Abundance**  
1:30 p.m. Square Dance

**25 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

**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. Silver Sneakers BOOM Move, Ceramics  
10:00 a.m. Core  
11:00 a.m. Gentle Yoga with Kathy, **Marilyn's Cooking Class**  
12:15 p.m. Ecstatic Dance



# January

2024

## Monday

**29 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  
 9:30 a.m. **Mr. Rogers Mondays**  
 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  
 1:30 p.m. Chair Yoga  
 6:00 p.m. **Foxtrot Lessons**  
 7:00 p.m. **Cha Cha Lessons**

## Tuesday

**30 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

**31 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  
 9:30 a.m. **All You Want to Know About Lakeshore Regional Child Advocacy Center**  
 10:00 a.m. Core  
 11:00 a.m. Yoga, **Today's Housing Market Trends**  
 11:30 a.m. Lunch  
 12:00 p.m. Bridge  
 1:00 p.m. Dominoes  
 1:30 p.m. Square Dance

## Thursday

## Friday

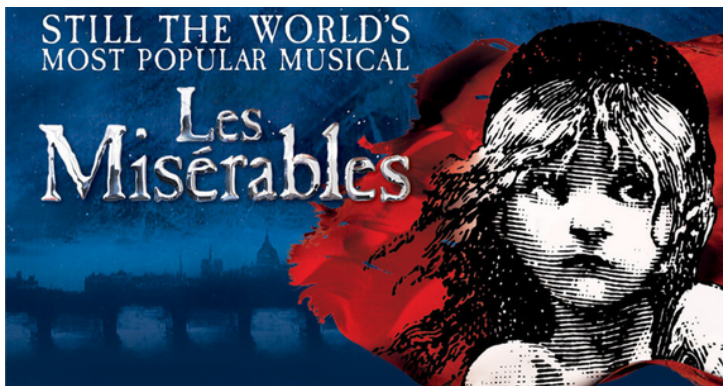


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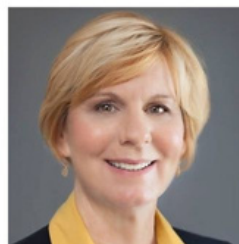


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Ryan F Rabe, Certified Senior Advisor (CSA)®  
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**Terry Bivins**  
 HECM Senior Vice President,  
 NMLS#217764 T: (920) 459-8929  
 D: (312) 871-3050  
[tbivins@thefederalsavingsbank.com](mailto:tbivins@thefederalsavingsbank.com)

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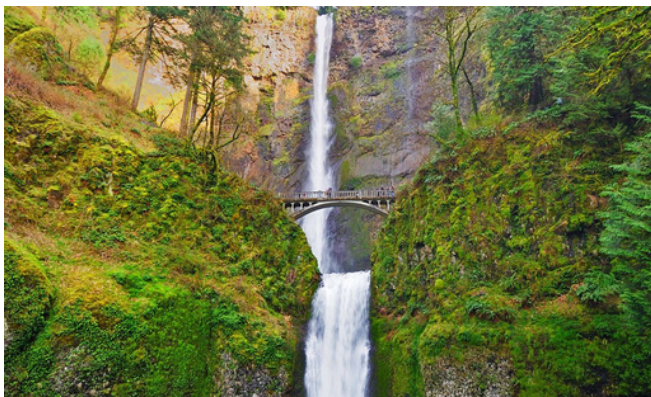
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