



Uptown Social

ENGAGE SHEBOYGAN

January 2026



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

FRIDAY 7:30 AM TO 2:00 PM

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

CONTACT US AT

(920) 459-3290

uptownsocal@sheboyganwi.gov

Table of Contents

Directly from the Director	3
Fitness Programs	4-6
Creative Programs	7
Recreational & Social Programs	8-9
Special Programs	10-12
Volunteer of the Month	13
Cafe Menu	14
January Activities	15-17
Travel Programs	19

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.

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,

Happy New Year!

We are excited to begin this new year with new announcements and some fresh reminders. I'll try to start with the exciting stuff.

You've asked, and we've listened. We're adding a pickleball package for those of you who like to play regularly. Rather than paying drop in pickleball for \$2 each time (for members), we now have a \$30 package for 20 open play sessions. Visit the front desk to purchase one; it's good for one year.

As for lunch, our cafe coordinator Vicky is currently out on temporary leave. While she is out, we are partnering with Fresh Meals on Wheels to prepare lunches Monday through Thursday. Our team will serve your hot meal from the counter like normal, and the fee will not change. And although it's not required, it really does help us quite a bit to give the front desk a head's up when you know you plan to eat lunch here. That way, we can make sure we have enough meals for everyone and don't have to turn anyone away. If you reserve a meal in

advance, we will charge you at the time of your reservation and you will be guaranteed a meal when you're ready for it.

We've also been working hard on finalizing our Mayflower trips for 2027. We don't have all the details quite hammered out, but I can promise that final details will be shared soon! We are also working on scheduling a travel show so you can hear more about these exciting opportunities.

Finally, I want to quickly ask all of you for your continued understanding around our often-full parking lot. What a wonderful challenge for us to navigate! Please consider carpooling or using public transportation when able, and thank you to those of you who are able-bodied for walking a few extra steps and leaving closer spots for those with limited mobility.

Talk soon,
Emily

A Note from the Friends

On behalf of the Friends of Uptown Social, a big thank you goes out to all the volunteers, participants, and vendors who helped make the Holiday Craft Fair a success. Thanks to the staff of Uptown Social, with a special thank you and a pat on the back to Jane Brill for her organizing efforts and skills. There is a lot of behind-the-scenes work involved in planning an event like this. The Friends have more activities scheduled for 2026-stay tuned. By now, you should have received the fundraising letter requesting your support for the Friends of Uptown Social. We hope you donate to the Friends this year or into the next. All funds go toward the Friends' activities and efforts to support Uptown Social, most recently the addition of new part-time support staff. Thanks to all of you for your continuing support of Uptown Social, and Happy New Year.

– 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: Kelley Prevenas

Member of the Month - Kelley is one of our consistent pickleball players. She also helps out for special events at Uptown when needed. We truly appreciate having you as a member of Uptown Social. Congratulations Kelley! *Monthly Silver Fitness Award Winners receive \$36 deposited into their prepay account.*

Pricing

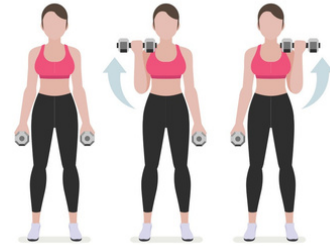
Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$2.00 each for members and \$3.00 each for non-members. Tai Chi and Kung Fu classes are \$1.00 for members and \$1.50 for non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Alt Curls

This exercise is a great way to build upper body strength. To start you need a pair of weights. You can start with a lighter weight and progress.

Start seated or standing with the weights by your side. Slowly bend one or both arms while keeping your elbows at your side. You want to bring your hands up until they are in front of your shoulders. Make sure to slowly lower them back down.

You can do 8-10 repetitions for 3 total sets. If you ever want to progress you can either increase weight or increase number of reps or sets.



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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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 participants. 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.

Twice a month we are offering Line Dance Instruction for those new to the class! See calendar for more details.

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.



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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 Tuesdays, W and 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

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.

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.

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.

This Is a Paintbrush-Watercolors

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, January 5 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.

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 **January 2** and fills up quickly.

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.

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!

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.

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.

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! January's **Cribbage Tournaments** will be Monday, January 5 and 19 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.

January 26- *Atonement* by Ian McEwan

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



Recreational/Social Programs

Dining Out

Dining Out will be Wednesday, January 21 at Al & Al's. You must be a member. Contact the Front Desk January 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 *Green & Gold*. **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 Al & Al's on Thursday, January 8. Cocktails begin at 5:00 p.m. 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. January's session is cancelled.

Uptown Singers

Join Uptown Singers on the third and fifth 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

Stronger After Stroke: Your Path to Recovery

Wednesday, January 7 at 10:30 a.m.

Join a physical therapist from ClearSky Rehabilitation Clinic Lakeshore. What you'll learn:

- Stroke causes and risk factors
- Physical, cognitive and emotional impairments
- Safe movement and positioning techniques
- Fall prevention and toileting support

The Gut Connection: Simple Steps to Whole Body Wellness

Wednesday, January 7 at 1:30 p.m.

Start the new year feeling your best! On January 7, join Andrea DuMez, RN, CHN, NBC-HWC, for an engaging talk on gut health and the five pillars of wellness: mindset, relationships, sleep, nutrition, and movement. You'll walk away with simple, actionable tips to boost energy, improve digestion, and feel great every day.



Please register to attend the programs on this page.

Special Programs cont.

Sheboygan Wears Blue-Human Trafficking Awareness

Thursday, January 8 at 11:30 a.m.

Join Lakeshore Regional Child Advocacy Center for an informational event on human trafficking.

11:30-12:15 - Presentation

12:15-12:45 - Food Truck & Mingling

12:45-1:00 - Picture & Raffles

Unleash Your Inner Well-being: An "Instruction Manual To You" Workshop


Wednesday, January 14 at 11:00 a.m.

Join Dr. John on a journey to unlock the secrets of your body and discover the power within you to achieve optimal well-being. Have you ever wondered why we weren't given an instruction manual for our bodies? This workshop answers that question and empowers you to take control of your well-being. Join us and embark on a transformative journey towards a healthier, happier, and more fulfilling you.

Legal Consultations-Atty. Elizabeth Rich

Wednesday, January 14 & 28 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.



Cork Trivet
CLASS

Here's a useful way to use those wine corks!

— JANUARY —
WEDNESDAY 14 AT 01:00 PM

\$2 Members \$4 Guests
PLEASE REGISTER TO ATTEND

Estate Planning with Zufelt Law Wednesday, January 14 at 2:00 p.m.

Join us for this presentation on estate planning. During this presentation, you will learn how to effectively draft and update your will to better reflect your wishes, while also understanding the vital role of advanced directives and powers of attorney in managing your healthcare and financial affairs as you age. With expert advice and practical examples from Attorney Zufelt, you will gain the confidence to safeguard your assets and ensure your wishes are respected by those entrusted to make decisions for you.

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Parkinson's Support Group Thursday, January 15 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.

International Travel-Focus on Emergency Readiness Wednesday, January 21 at 2 p.m.

While traveling internationally in Croatia, Shirley's husband, Randy, suddenly became critically ill. What began as a vacation turned into a nightmare—a three-week stay in an intensive care unit and, ultimately, a medical air evacuation back to the United States.. In this presentation, Shirley will share the highlights of that program, which educates employees on how to prepare for the unexpected, manage crisis situations with confidence, and make critical decisions under pressure. The program emphasizes not only what to do during an emergency, but also how to plan ahead—because in moments of crisis, preparation can make all the difference. **Must register to attend by January 16.**

Low Vision Support Group Wednesday, January 28 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.

If you have had an insurance carrier change effective January 1, 2026, please bring your insurance card to the Front Desk so we can verify your SilverSneakers, RenewActive, OnePass or Silver & Fit coverage. Thank you!



Please register to attend the programs on this page.

Volunteer of the Month

Peggy Watson has a heart for Uptown Social. Maybe we should say she is the “heart” of Uptown Social! Her impish smile is contagious and can brighten any tough day. Her heart is five times the size she is and it shows in every interaction and volunteer assignment she takes on. You can find Peggy volunteering in the kitchen, helping with Tim’s Food Court, craft fairs, the annual brat fry and just about anything else where we can put her talents to use. You may know her from Line Dance, Greeting Cards or Dining Out.

Peggy is volunteer extraordinaire! She puts fun into any activity and is always very festive as you can see here! The world and Uptown Social is a much better place because of volunteers like Peggy!



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.

January

2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED HAPPY NEW YEAR	2
5 Roast Beef with Gravy	6 Egg Bake	7 Beef Stroganoff	8 BBQ Pulled Pork	9
12 Pesto Chicken	13 Citrus Salmon	14 Sweet and Sour Pork	15 Beef Chop Suey	16
19 Chicken Parmesan	20 Spinach Lasagna	21 Honey Mustard Chicken	22 Meatloaf with Ketchup Sauce	23
26 Sloppy Joe	27 Blackened Tilapia	28 Ravioli Bake	29 Turkey A La King	30

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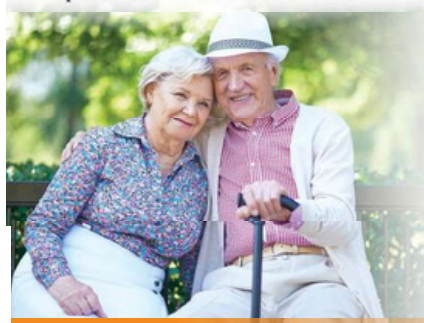
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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).



Monday

Tuesday

Wednesday

Thursday

Friday



We've had people ask for afternoon fitness classes, so this month we are beginning a Monday 2 p.m. SilverSneakers Classic class.

1

CLOSED



2

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

5

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, Costa Rica
Pre Trip Meeting**
2:00 p.m. SilverSneakers
Classic

6

8:00 a.m. Silver
Sneakers Stability,
8:30 a.m. Sheepshead,
Line Dance Instruction
9:00 a.m. Line Dance,
Veteran Rendezvous,
Ceramics
10:00 a.m. Silver
Sneakers Classic
11:30 a.m. Lunch,
Social Pickleball
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

7

8:00 a.m. ABC Fitness,
Foot Care Clinic
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core
10:30 a.m. **Stronger
After Stroke: Your Path
to Recovery**
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, **The Gut
Connection: Simple
Steps to Whole Body
Wellness**

8

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, **Sheboygan Wears
Blue, Social Pickleball-
Cancelled**
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. **Candlelight
Concert Trip**
5:00 p.m. **No One Dines
Alone-Al & Al's**

9

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core, **Pen &
Ink Stippling for
Beginners**
11:00 a.m. Gentle
Yoga w/Kathy
11:30 p.m. Social
Pickleball
12:30 p.m. Ecstatic
Dance

January

2026

Monday

12

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, **Movie-Green & Gold**
2:00 p.m.
SilverSneakers Classic

19

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, **Cribbage Tournament**, This Is a Paintbrush-
Watercolors
2:00 p.m.
SilverSneakers Classic

16

Tuesday

13

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, **Positive Aging - Cancelled**
Intermediate Painting, Yarn Makers, Wood Carving, Workout Room Orientation,
1:30 p.m. Social Pickleball, Basketball
3:00 p.m. Ecstatic Dance

20

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Line Dance Step Instruction
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

14

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers
BOOM Move
10:00 a.m. Core, **Red Cross Blood Drive**
11:00 a.m. Yoga, **Unleash Your Inner Well-Being**
11:30 a.m. Lunch, **Social Pickleball-Cancelled**
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Cork Trivet Creative Class, Legal Consultations /Atty. Elizabeth Rich**
1:30 p.m. Square Dance, **Basketball-Cancelled**
2:00 p.m. **Estate Planning w/Zufelt Law**

21

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
2:00 p.m. **International Travel-Emergency Readiness**
5:00 p.m. **Dining Out-Al & Al's**

Thursday

15

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

22

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

16

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, Pen & Ink Stippling for Beginners
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

23

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, Pen & Ink Stippling for Beginners
11:00 a.m. Gentle Yoga w/Kathy
11:30 p.m. Social Pickleball
12:30 p.m. Ecstatic Dance

January

2026

Monday 26

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
1:30 p.m. Book Club
2:00 p.m. SilverSneakers Classic

Tuesday 27

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 28

8:00 a.m. ABC Fitness, Foot Care Clinic
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, **Low Vision Support Group , Legal Consultations w/Atty/Elizabeth Rich**
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday 29

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 30

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core, Pen & Ink Stippling
11:00 a.m. Gentle Yoga w/Kathy
11:30 a.m. Social Pickleball, Pickleball Lessons
12:30 p.m. Ecstatic Dance



Just a reminder that Uptown Social will close when the Sheboygan Area School District closes for snow or ice. If the closures are temperature related, we will remain open and it is up to your discretion as to whether or not to visit us. We want everyone to be safe!



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Travel with US

Candlelight: Tribute to Fleetwood Mac

Thursday, January 8, 2026

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before in Milwaukee. Discover the music of Fleetwood Mac at St. James 1868 under the gentle glow of candlelight.

*Depart Meijer's 3 p.m.
Dinner on your own at Milwaukee Public Market
Concert begins 6:30 p.m.
Return 8:30 p.m.*

Members \$125 Guests \$135



Carolina Coastal Beaches Bus Trip



APRIL 13-21, 2026

\$3,049 Double Occupancy

\$3,909 Single Occupancy

\$2,919 Triple Occupancy

TRAVEL WITH

US

**YELLOWSTONE &
THE GRAND
TETONS
NATIONAL PARKS**

SEPTEMBER 9-20, 2026

\$3,310 Double

\$4,410 Single

\$400 Non-Refundable Deposit



Boston, Salem, & Cape Ann Bus Trip



October 13-21, 2026

\$1499 Double Occupancy

\$1878 Single Occupancy

Visit uptownsocal.org for more information.



Uptown Social

SHEBOYGAN'S HUB FOR
ACTIVE SENIORS

1817 N. 8th Street
Sheboygan, WI 53081

Pen & Ink Stippling Class for Beginners



Stippling looks like an image or texture made entirely of tiny dots, where darker areas have dots packed closely together and lighter areas have dots spread farther apart, creating shades, tones, and depth using only varying dot density, often seen in pen-and-ink drawings for realistic or detailed effects.

Spots are limited. Please register with the Front Desk.

Four week class begins Friday, January 9

10 a.m. – Noon

Cost \$2.50/Session for Members

\$3.50/Session for Guests

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.

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alliantenergy.com/foundation.

