



Uptown Social

ENGAGE SHEBOYGAN

July 2023



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

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

www.uptownsocal.org

CONTACT US AT

(920) 459-3290

uptownsocal@sheboyganwi.gov

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Contact Staff

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**Dementia
Friendly**

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,

Can you believe that 1,300 individuals have chosen to become members with the Friends of Uptown Social? Beyond our wildest dreams, we never thought that the response to opening this new facility would bring so many faces, new and old, to be a part of this community. It's a wonderful thing!

To keep up with the influx, we do have some things moving. Furniture for the northwest terrace is on order. Relatively soon, we'll have brand new benches, planters, tables and chairs out there so you can enjoy the wonderful weather and plants that our gardening volunteers are working so hard to cultivate.

We're also very much still on track for construction of the gymnasium to start this fall. Once it gets rolling, the process should move pretty quickly! And the best part is, it won't affect the rest of the building's operations whatsoever.

Finally, and most importantly, I want you all to save the date! We're holding a big old brat fry on Saturday, August 5th. With no Brat Days celebration this year, we wanted to give the community an opportunity to gather around Sheboygan's most famous sausage, but also give the general public an opportunity to see what Uptown Social is all about on a Saturday, especially if they typically work during our open hours.

There are so many ways for you to get involved!

1. Help us spread the word! The last page of this newsletter is the flyer. Please consider cutting it out and posting it somewhere in the community that you frequent. Maybe your grocery store, place of worship, or favorite restaurant.
2. Sign up to volunteer! We have lots of opportunities to fill with a sign up sheet at the front desk.
3. Bake something! Everyone loves a bake sale, and who better to fill it up than all of you wonderful bakers! This signup is also available at the front desk.
4. Buy your tickets in advance. Save yourself some time on the event day, and help us plan, by purchasing your order in advance. You can do this, you guessed it, at the front desk!

I hope each and everyone one of you enjoys these beautiful summer days. I know, as a lifelong Wisconsite, I don't take a single beautiful summer day for granted!

See you soon,
Emily

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.

Monthly Silver Fitness Award Winner: Adam Scheblein

Member of the month - Adam Scheblein. Adam is constantly busting a move in Line Dance and Allegro. His positive attitude brings such joy to Uptown Social and we are so thankful for him as a member. Keep up the amazing work and energy that you bring to Uptown Social!

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

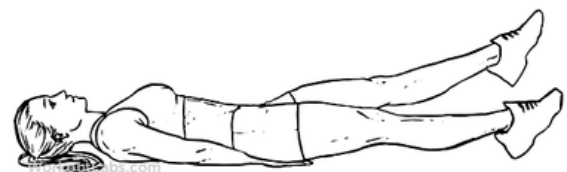
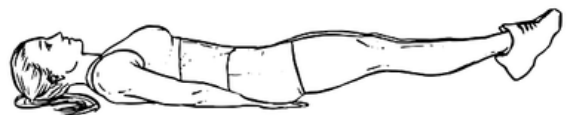
Pricing

Try any class once for FREE! Flex Passes are required for all classes except yoga. A 24-punch pass can be purchased at the front desk for \$36/members or \$48/non-members. Tai Chi has its own 24 class pass for \$36/members and \$48/non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Flutter Kicks

This core exercise is an intermediate level exercise. Lying down flutter kicks are a popular exercise that target the abdominal muscles, particularly the lower abs, as well as the hip flexors. Here's a step-by-step guide on how to perform lying down flutter kicks:

1. Lie flat on your back on a comfortable surface, such as a yoga mat or exercise mat. Keep your legs extended and your arms by your sides, palms facing down.
2. Engage your core muscles by gently pressing your lower back into the floor. This will help maintain stability and protect your lower back during the exercise.
3. Lift both legs slightly off the ground, ensuring that they remain straight. This is the starting position for the flutter kicks.
4. Begin the movement by alternately raising and lowering your legs in a quick and controlled manner. Imagine a fluttering motion, similar to the movement of butterfly wings.
5. While one leg is moving upward, the other leg should be moving downward, and vice versa.
6. You can determine how long you want to do the flutter kicks for but a good start is 20 seconds. Repeat 3 more times.



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.

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!

Body Basics

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 12:15-1 p.m. in the Activity Room.

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.

You will need to purchase a separate tai chi pass for \$36 from the front desk.

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.

Core Class

This low impact floormat 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.

NEW Square Dancing

If you've ever been curious about Square Dancing and want to try it out this class is for you. This class is designed to introduce beginners to the basics of square dancing in a fun and welcoming environment. Member Fee \$5 per class. Non-member fee \$7 per class. We will meet Wednesdays starting July 12th from 1:30-3:00pm in the Activity Room. Experienced Square Dancers are more than welcome to come as well! If you are an experienced Square Dancer and want to help out as an angel in the class, contact our Program & Wellness Coordinator Josh Drossel.



Fitness Programs cont.

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.

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.

Laughter Yoga

Laughter Yoga combines laughter exercises with yoga 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. The cost is \$5.

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. The cost is \$5.

Elevate Yoga Classes

NEW Elevate Yoga classes on Tuesdays and Thursdays from 2:30-3:30 p.m. in the Activity Room. Participants pay at the front desk; \$5 for members, \$8 for non-members per class. *Sponsored by Sheboygan Senior Community.*



Creative Programs

Ceramics

Bring your own materials and enjoy the time creating a masterpiece! This class will be held on Fridays from 9 a.m. to noon.

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.

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

July and August the club will venture out across the state. Transportation is on your own, but there are carpooling opportunities. **July 20th Devil's Lake State Park.** Carpooling meet here 10 a.m. or concession stand at the park at 1 p.m. **August 17 Christopher Farm & Garden.** Carpooling meet at 1 p.m. here or 2 p.m. at Christopher Farm & Garden.

Wood Carving

Join Ron Feld for 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 and Thursdays at 10 a.m. Ron will be teaching woodcarving to anyone who is interested Tuesdays and Thursdays from 10-12 in the creative studio. For new carvers the fee is \$20 for the month of July. Experienced carvers are welcome to join as well.

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!

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 the first and last Mondays of the month at 1:30 p.m. May will on meet the first Monday.

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.**

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.

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.

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!

July's Cribbage Tournaments will be Monday, July 3 and 19 beginning at 1 p.m. You must sign up in advance and entry fee is \$20. Limit 20 players.

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. - 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.

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 July 24. July's book is *Sing, Unburied Sing* by Jesmyn Ward. August's book is *Another Woman's Husband* by Gill Paul.

Chess

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



Recreational/Social Programs

Positive Aging

Positive Aging is a monthly discussion group, offered the second Tuesday of each month. 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.

Positive Aging will not meet in July and August.

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.

Marilyn's Cooking Class: Corn for in July

The last Friday in July, Marilyn will be joined by Sheboygan County Board Member Al Bosman. Class sign up begins July 3 and if you attended in June, you cannot sign up for July. You must be a member to attend. Limit 40.

Dining Out

This month we will Dine Out at Packer Inn in Newton on July 19. Diners will start with cocktails at 5 p.m. and dinner to follow at 6 p.m. Participation is limited to 30, **you must be a member** and advanced registration is required. Contact the front desk July 3 or after to sign up!



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 July 6, 13 and 20.



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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).



STEFANIE H. WEILL CENTER FOR THE PERFORMING ARTS

Belinda Carlisle

Thursday, July 6, 2023
7:30 PM

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Uptown Social



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CALL: 920-459-3290

EMAIL: uptownsocal@sheboyganwi.gov

Monday

Tuesday

Wednesday

Thursday

Friday

3 Chicken Nuggets w/Mac & Cheese	4 CLOSED	5 Sloppy Joes w/Salad	6 Fancy Grilled Cheese & Tomato Soup	
10 Hot Ham or Turkey w/Salad	11 Chicken Tortilla Soup w/ Salad	12 Vegetable Casserole w/Fruit	13 Egg Dish	
17 Potato Bar	18 Meatloaf & Red Potatoes	19 Hot Dogs w/Sides	20 Tuna Casserole & Salad	
24 Italian Spaghetti & Meatballs w/Garlic Bread	25 Creamy Potato Soup & Salad	26 Salad Bar	27 Tuna Sandwiches w/Salad	
31 Hamburger Sliders & German Potato Salad				



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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

July

2023

Monday

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 & 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. Canasta
 1:00 p.m. Scrabble, Poker, **Cribbage Tournament**, Chess
 1:30 p.m. Raging Grannies

Tuesday

4
CLOSED

Wednesday

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. Allegro
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 12:15 p.m. Body Basics
 1:00 p.m. Dominoes
 2:30 p.m. Veterans for Peace

Thursday

6 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. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg
 2:30 p.m. Elevate Yoga

Friday

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

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. 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. Canasta
 1:00 p.m. Scrabble, Poker, Cribbage Chess

11 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance
 10:00 a.m. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers
 2:30 p.m. Elevate Yoga

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. Allegro
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 12:15 p.m. Body Basics
 1:00 p.m. Dominoes

13 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. Open Carving
 10:15 a.m. Flex & Stretch
 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 Yoga
 2:30 p.m. Elevate Yoga

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. Allegro, Ceramics, **Open Air Club-Luxemburg**
 10:15 a.m. Core
 11:00 a.m. Gentle Yoga with Kathy &
 12:15 p.m. Ecstatic Dance

July

2023

Monday

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. 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. Canasta
1:00 p.m. Scrabble, Poker, **Cribbage Tournament**, Chess

Tuesday

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

8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Open Carving
10:15 a.m. Flex & Stretch
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, **Iceland Trip Meeting**
2:30 p.m. Elevate Yoga

Wednesday

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

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:00 p.m. Bridge
12:15 p.m. Body Basics
1:00 p.m. Dominoes
5:00 p.m. **Dining Out - Packer Inn Newton**

Thursday

20 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. Open Carve
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Greeting Cards, **Photography-Devil's Lake**, Mah Jongg
2:30 p.m. Elevate Yoga

Friday

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

7:00 a.m. **Washington Island Trip**
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro, Ceramics
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:15 p.m. Ecstatic Dance

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. 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. Canasta
1:00 p.m. Scrabble, Poker, Chess, Cribbage
1:30 p.m. Book Club

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

8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Open Carve
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Tai Chi
1:00 p.m. Intermediate Painting, Bingo, Yarn Makers
2:30 p.m. Elevate Yoga

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

Iceland Trip Departs
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
12:00 p.m. Bridge
12:15 p.m. Body Basics
1:00 p.m. Dominoes

27 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. Open Carve
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg
2:30 p.m. Elevate Yoga

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. Allegro, Ceramics
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy,
Marilyn's Cooking Class w/Al Bosman
12:15 p.m. Ecstatic Dance

July

2023



Monday

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. 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. Canasta
 1:00 p.m. Scrabble, Poker, Cribbage, Chess
 1:30 p.m. Raging Grannies

Tuesday

1 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Sheepshead
 9:00 a.m. Line Dance
 10:00 a.m. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Intermediate Painting
 Bingo, Yarn Makers
 2:30 p.m. Elevate Yoga

Wednesday

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. Allegro
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:15 p.m. Body Basics
 12:00 p.m. Bridge
 1:00 p.m. Dominoes
 2:30 p.m. Veterans for Peace

Thursday

3 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Foot Care Clinic, Sheepshead
 9:00 a.m. Line Dance, Mah Jongg
 10:00 a.m. Open Carving
 10:15 a.m. Flex & Stretch
 11:30 a.m. Lunch & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Sheepshead, Sewing & Quilting, Mah Jongg
 2:30 p.m. Elevate Yoga

Friday

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. Gentle Yoga with Kathy
 12:15 p.m. Ecstatic Dance



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Uptown Social Presents:

THRIFT SHOPPING TRIP



**TUESDAY,
AUGUST 8
8 A.M. -
4:30 P.M.**

GREEN BAY THRIFT STORES &
LUNCH AT TITLETOWN DISTRICT
OR BAY PARK SQUARE

\$55 MEMBERS

**\$65 NON-
MEMBERS**



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JUNE 16 - MONTELLO

JULY 14 - DOOR COUNTY

AUGUST 18 - DELAFIELD

SEPTEMBER 8 - CHEESE RUN

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Uptown Social Members - Call (920) 459-3290



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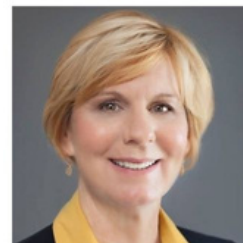
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Level 3 - Medium Activity

Savannah, Jekyll Island & Beaufort, SC



March 16 -24, 2024
9 Days/8 Nights
14 Meals

\$1329

Double Occupancy

\$1058

Single Occupancy

Trip Details

- Motorcoach Transportation
- 8 Nights Lodging including 4 consecutive nights in the Savannah area
- Pickup/Dropoff Sheboygan Meijer Parking Lot
- Uptown Social Staff Host

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



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JULY 14 - JOE ROUER'S BAR IN
LUXEMBURG AND WEQUIOCK FALLS IN
GREEN BAY

Depart Uptown Social 9 a.m.
Depart Generations 8:30 a.m.

Generations Members - Call (920) 892-4858
Uptown Social Members - Call (920) 459-3290



Level 4 - High Activity

New York City & the Statue of Liberty



Sept. 12 -18, 2024
7 Days/6 Nights
10 Meals

\$1119

Double Occupancy

\$1433

Single Occupancy

Trip Details

- Motorcoach Transportation
- 6 Nights Lodging including 4 consecutive nights in the NYC area
- Pickup/Dropoff Sheboygan Meijer Parking Lot
- Uptown Social Staff Host

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



EXPLORE Lake Geneva

TUESDAY, OCTOBER 10

Trip Itinerary:

- 9:00 a.m. Depart Meijer
- 9:15 a.m. Depart Generations
- 11:15 a.m. Board Cruise Line
- 11:30 a.m. Luncheon Cruise Tour of Lake Geneva
- 1:45 p.m. Boat Tour Concludes
- 2:00 p.m. Explore Downtown
- 4:00 p.m. Meet at Frosty Moose Ice Cream Shop
- 4:30 p.m. Depart for Home
- 6:15 p.m. Return Generations
- 6:30 p.m. Return Meijer

Trip Includes:

- *Luncheon Cruise
- *Coach Fares
- *Drive Tip
- *Single Scoop Ice Cream



**REGISTER BY
CALLING:**

Uptown Social
920-459-3290

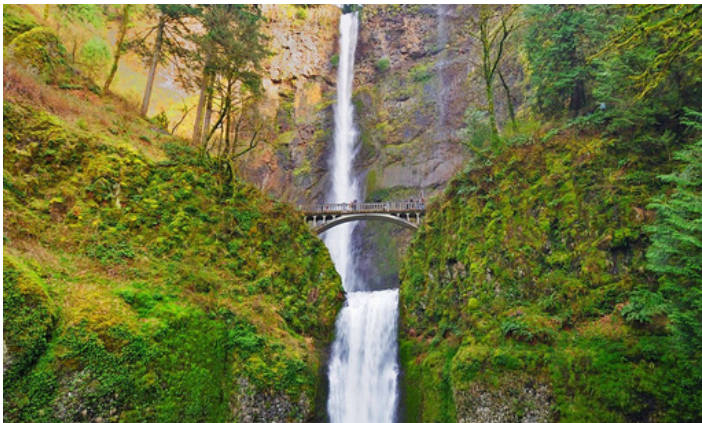
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11 AM-2 PM

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PRE-ORDERS BEGIN JULY 3



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Social**



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