



Uptown Social

ENGAGE SHEBOYGAN

July 2024



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

FRIDAY 7:30 AM TO NOON BEGINNING MAY 31 - AUG. 30

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
Cafe Menu	12
July Activities	13-15
Special Programs	15
Travel Programs	17-19

Contact Staff

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Vicky Meyer | Cafe Coordinator

Rachel Kerlin | Custodial



We are Dementia-Friendly. This means the staff have been trained to recognize signs of and help those with dementia, in order to help reduce the stigma and increase the inclusion of those with dementia.

Media Policy

Uptown Social has a very active Facebook page. This is a public organization that serves the general public. We are proud of what we do and want more people to know about it! If you do not want to be in the newsletter, website, or Facebook page, please inform the photographer.

All items for the newsletter need to be submitted to Jane by the 10th of the prior month.
Jane.Brill@sheboyganwi.gov

Uptown Social assumes no responsibility for advertising contents, mistakes, or omissions.
Programs and events are subject to change or cancellation without notice.

Directly from the Director



Hello Friends,

I hope you're all enjoying the beautiful summer weather. It's short-lived in Wisconsin, and we need to enjoy it while we can! But if the heat or uneven paths outside make you nervous, you're always welcome at Uptown Social for air conditioning and a safe walking space.

As always, I have some updates for you:

Gymnasium Construction

Thank you for being understanding of our construction zone and related noise. We have not had any delays so far, and are still on track for a fall completion of the gymnasium and exercise room. We can't wait to start using these spaces! Please save **October 8th** as the tentative grand opening celebration.

Garden & Terrace

If you've walked in the front doors, you've surely noticed our beautiful gardens and patio. The garden volunteers have put in many hours making the exterior of the

building look fabulous, and we appreciate it every day! To thank everyone who has made the garden and terrace possible, we'll be holding a dedication and celebration on **July 19 at 10 a.m.** All are welcome!

Holiday Market

In our newly-completed gym and multi-purpose room, we're planning to hold a craft fair! If you're interested in getting involved with the planning, please let me or Jane know. We're hoping to feature our own creators as well as open the event up to makers from outside Uptown Social.

Senior Prom

Let's party! We've heard from many of you that you want to tear up the dance floor, so we're having a dance! If you're interested in helping with the planning of the Senior Prom, please let me or Jane know. We'd love to have you helping out!

Parking

We've talked about it a lot, but it seems our parking lot is going to need regular addressing. We've received more than a few suggestions asking for more handicap parking stalls; the reason why we are not adding additional handicap parking stalls is because the legal clearance needed for them would eliminate the overall number of spaces in the parking lot. So while I understand and empathize that the handicap parking stalls are often full, adding more would actually only exacerbate the issue. What we will continue to do is request that the visitors who are able-bodied park farther back in the lot of on the street, saving the closer spaces for those who need them. Thank you for understanding!

Until next time,
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: Patricia Peters

Member of the Month - Patricia does an amazing job in every class she attends! All of us enjoy seeing her come in every day whether it is to walk or take a fitness class. Keep up the great work Patricia!

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 and Tai Chi classes are \$2.00 each for members and \$3.00 each for non-members. A 10-class Yoga Pass is available for \$50.

Exercise of the Month: Single Leg Balance with Weights

This exercise is great for balance as well as core strengthening! To start you will need one dumbbell preferably a lighter weight to start (2-3 pounds). If you also want a chair by you or stand next to a wall if you have balance issues to begin.

1. Start by raising one foot off the ground. Holding the dumbbell in one hand, keep that dumbbell by the side of your hip. Maintaining an upright posture while balancing is key.
2. Stand on one leg for 30 seconds and then switch to the other leg.

To progress this exercise you can make the weight heavier or balance for a longer time. To start you can do this twice on each leg and progress from there.



Walking Club

Walking Club is returning! We will meet every Tuesday and Thursday from 11:30-12:30pm outside the Deland Community Center. The walk is around 2 miles depending on the route. In the event of bad weather walking club will be canceled so make sure to stay up to date on our Facebook page.

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. **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

Did you Square Dance previously and want to brush up on your skills? Or perhaps you already Square Dance and just want to dance with us. 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.

Lessons will be starting back up in September 2024.

Chair Yoga-Sponsored by Sheboygan Senior Community Mondays 1:30 - 2:15 p.m.

It is low impact on the joints and it improves flexibility. Chair yoga improves circulation, and contributes to pain management. It also promotes a sense of well-being. A ten class pass is available for \$40 and is payable directly to the teacher.



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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 8-8:45 a.m.

Silver Sneakers Classic

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

Silver Sneakers Stability

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

Tai Chi with Jon Doll

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Jon Doll has studied and practiced martial arts, meditation, mindfulness, and yoga for nearly 50 years. Beginning Tai Chi meets every Tuesday and Thursday from 11:30 a.m. to Noon. Intermediate/Advanced Tai Chi meets every Tuesday and Thursday from 12-12:30 p.m.

Laughter Wellness

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

Silver Sneakers BOOM Move

Dance-inspired workout 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 Monday, Wednesday and Friday from 10-10:45 a.m. in the Activity Room.

Line Dancing

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

Gentle Yoga with Kathy

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

Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Join Kathy Alby, Bob Fleming, and Jokasha Klest every Tuesday from 3:00 - 3:45 p.m. and Thursdays 1:00-2:00 p.m. except for the second Thursday of the month 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.

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.

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.

Photography

Photography is back! Photography will be the 4th Tuesday of the month at 1:00pm and will meet in the break room. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

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!

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 Tuesdays from 9 a.m. to noon.

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.



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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 Thursday afternoons from 1:00-4:00 p.m.

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

Cribbage is available anytime, just grab a partner! We do have boards available if you are interested in playing.

July's Cribbage Tournaments will be **Monday, July 1 and July 15 beginning at 1 p.m.** You must sign up in advance and entry fee is \$20. Limit 20 players.

Book Club

Book Club for July will be on Monday, July 22 at 1:30 p.m. Book Club will continue to meet over the summer.

July: *The Good Earth* by Pearl Buck

August: *The Poisonwood Bible* by Barbara Kingsolver

Recreational/Social Programs

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.

Dining Out

July's Dining Out will be at on Wednesday, July 17 at Jim & Linda's Lakeview Supper Club in Malone. 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!

No One Dines Alone

Like going out to eat, but not alone? The this group is for you! July 11, we will be dining at Chissy's. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290. This group meets the second Thursday of every month.

Positive Aging

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

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.**

Pool

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



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Tips for Staying Hydrated This Summer

1. Hydrate with fresh fruits & vegetables
2. Add some flavor to your plain water by adding fresh fruit or low-calorie drink mix
3. Take it easy on alcohol and caffeinated beverages.
4. Take a water bottle with you wherever you go. Having H2O readily available will help you drink more!
5. Set a water schedule or reminders.



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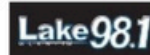
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Special Programs

July

2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 Tuna Casserole w/Salad	2 Meatloaf w/Potatoes	3 Chicken Scampi & Salad	4 CLOSED	5
8 Sausage Potato Soup w/Salad	9 Hot Beef Sandwich w/Salad	10 Ground Beef Stroganoff w/Salad	11 Grilled Cheese w/Tomato Soup	12
15 Liver & Onions w/Baked Potatoes	16 Sloppy Joes w/Salad	17 Hot Dogs, Beans, Chips, Toppings & Ice Cream	18 Chicken Stir Fry	19
21 Stuffed Pepper Casserole w/Salad	22 Hot Ham or Turkey Sandwich w/Salad	23 Creamy Broccoli & Cauliflower Soup w/Salad	24 Tuscan Chicken Pasta & Salad	25
28 Vegetable Casserole w/Fruit	29 Italian Spaghetti & Meatballs w/Garlic Bread	30 Smothered Pork Chops w/Potatoes	31	

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Did you know?

While the current calendar (Gregorian calendar) has July as the 7th month of the year, that wasn't always the case. In the Roman calendar, July was the fifth month of the year. January and February didn't exist.



July

2024

Monday

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. Silver Sneakers BOOM Move, Crafting Hands
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:30 p.m. Canasta
1:00 p.m. Scrabble, Farkle, Poker, **Cribbage Tournament**
1:30 Chair Yoga

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, Veterans Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg.Tai Chi, Walking Club
12:00 p.m. Adv.Tai Chi,
1:00 p.m. **4th of July Bingo w/Senior Helpers,** Intermediate Painting, Yarn Makers, Woodcarving
3:00 p.m. Ecstatic Dance

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
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

CLOSED

HAPPY

JULY 4TH!



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
10:00 a.m. Core
11:00 a.m. Gentle Yoga w/Kathy

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
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, Farkle, Poker
1:30 Chair Yoga

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, Veterans Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:30 a.m. Lunch & Beg.Tai Chi, Walking Club
12:00 p.m. Adv.Tai Chi,
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving,
3:00 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. 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,
1:30 p.m. Square Dance

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, **Mr. Rogers Learn & Grow**
11:30 a.m. Lunch & Beg.Tai Chi, Walking Club
12:00 p.m. Adv. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg. Laughter Wellness
5:00 p.m. No One Dines Alone

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
10:00 a.m. Core,
11:00 a.m. Gentle Yoga with Kathy,



July

2024

Monday Tuesday Wednesday Thursday Friday

<p>15 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness 8:30 a.m. Sheepshead 9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands 10:00 a.m. Core 11:30 a.m. Lunch 12:30 p.m. Canasta 1:00 p.m. Scrabble, Poker, Farkle, Cribbage Tournament</p>	<p>16 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. Silver Sneakers Stability 8:30 a.m. Sheepshead 9:00 a.m. Line Dance, Veterans Rendezvous, Ceramics 10:00 a.m. Silver Sneakers Classic 11:30 a.m. Lunch & Beg. Tai Chi, Walking Club 12:00 p.m. Adv. Tai Chi 1:00 p.m. Intermediate Painting, Bingo, Yarn Makers, Woodcarving, Writing Group 3:00 p.m. Ecstatic Dance</p>	<p>17 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>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 1:30 p.m. Square Dance 3:15 p.m. Grief Peer Support Group 5:00 p.m. Dining Out-</p>	<p>18 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>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, Mr. Rogers Learn & Grow 11:30 a.m. Lunch, Beg. Tai Chi, Walking Club 12:00 p.m. Adv. Tai Chi 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards, Ecstatic Dance</p>	<p>19 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness 8:30 a.m. Sheepshead 9:00 a.m. Silver Sneakers BOOM Move 10:00 a.m. Core, Garden & Terrace Dedication 11:00 a.m. Gentle Yoga with Kathy</p>
<p>22 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness, 8:30 a.m. Sheepshead 9:00 a.m. Silver Sneakers BOOM Move Crafting Hands 10:00 a.m. Core 11:00 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Canasta 1:00 p.m. Scrabble, Poker 1:30 Chair Yoga, Book Club</p>	<p>23 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. Silver Sneakers Stability 8:30 a.m. Sheepshead 9:00 a.m. Line Dance, Veteran Meet-Up, Ceramics 10:00 a.m. Silver Sneakers Classic 11:30 a.m. Lunch & Beg. Tai Chi, Walking Club 12:00 p.m. Adv. Tai Chi, 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving, Photography 3:00 p.m. Ecstatic Dance</p>	<p>24 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>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, 1:30 p.m. Square Dance</p>	<p>25 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>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, Mr. Rogers Learn & Grow 11:30 a.m. Lunch & Beg. Tai Chi, Walking Club 12:00 p.m. Adv. Tai Chi 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Ecstatic Dance</p>	<p>26 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</p> <p>8:00 a.m. ABC Fitness 8:30 a.m. Sheepshead 9:00 a.m. Silver Sneakers BOOM Move 10:00 a.m. Core, Open Air Club 11:00 a.m. Gentle Yoga with Kathy</p>



July

2024

Monday	Tuesday	Wednesday	Thursday	Friday
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. Silver Sneakers BOOM Move Crafting Hands 10:00 a.m. Core 11:00 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Canasta 1:00 p.m. Scrabble, Farkle, Poker 1:30 Chair Yoga	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, Veterans Rendezvous, Ceramics 10:00 a.m. Silver Sneakers Classic 11:30 a.m. Lunch & Beg.Tai Chi, Walking Club 12:00 p.m. Adv.Tai Chi, 1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Woodcarving 3:00 p.m. Ecstatic Dance	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 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 1:30 p.m. Square Dance		



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To register call (920) 459-3290



Mister Rogers' Learn and Grow

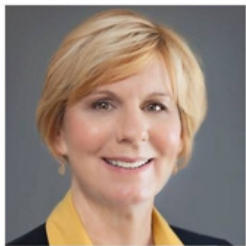
A program for grandparents and grandchildren ages 2-5
Watch episode clips and participate in hands-on activities inspired by the show

@ Uptown Social
Thursdays July 11, 18, 25 @ 10am
to register call: 920-459-3290



Remember!

Please register to attend Open Air Club or Mr. Rogers..



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Six Types of Elder Abuse

- Physical Abuse
- Emotional or Psychological Abuse
- Sexual Abuse
- Neglect or Abandonment by Caregivers
- Financial Exploitation
- Healthcare Fraud & Abuse.



June 15 is National Elder Abuse Awareness Day. If you suspect someone you know is being abused, please call the **Elder Abuse Hotline at 833-586-0107.**

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Email: smp-wi@gwaar.org

www.smpwi.org

[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

Empowering Seniors to Prevent Healthcare Fraud

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your personal information

► **DETECT**
suspected fraud, abuse, and errors

► **REPORT**
suspicious claims or activities



Call us with questions about
billing errors, scams and
medical identity theft

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

BREWER BUS TRIP



VS



THURSDAY, JULY 11

1:10 P.M.

MEIJER PICK-UP 9:30 A.M.

RETURN 6 P.M.

\$90 MEMBERS
\$100 NON-MEMBERS



Includes:
Coach Bus
Driver Tip
Game Ticket

Lunch on your own inside the ballpark.

Call Uptown Social at 920.459.3290 to reserve your spot!



\$60 for Members \$70 Non-Members

Depart Meijer's 5:45 a.m.

Arrive at Cranberry Festival 9:30 a.m.

Depart for Home 5:00 p.m. Sharp

Arrive at Meijer's 9:00 p.m.

Call 920-459-3290 to reserve your spot

Travel with US

Door County Wine, Spirits & Brew

Thursday, October 3

Activity Level 3

\$165 Member
\$175 Guests



Taste your way through Door County's unique beverage scene. This tour will take you on a tasting adventure through Door County to experience the local wine, spirits, and beer. You'll visit a winery, distillery, and microbrewery for private tastings and indulge in a delicious lunch with dessert! Plus a stop at Renard's Cheese on the way home.

Tour Includes:

- Private Wine, Distillery & Microbrewery Tour
- Driver Tips
- Coach Bus & Trolley Transportation
- Lunch

Departs Meijer's 7:30 a.m. Returns 6:30 p.m.

Register with Uptown Social by calling 920.459.3290

Shopping Trip!!

Wednesday, November 13

Do you miss shopping malls?
Would you like to do a little early holiday shopping?

Join Uptown Social for a trip to Woodfield Mall in Schaumburg, IL Shop for others or shop for yourself, but be prepared to SHOP!

Depart Meijer's 7:30 a.m.

Return 7:30 p.m.



\$75 Members
\$85 Guests

Call Uptown Social at 920-459-3290 to reserve your spot!



ALL HANDS ON DECK!

Your neighbors
need you.

Fresh Meals On Wheels seeks
kind-hearted volunteers to deliver
food to people in our community.

Contact us today to get started!

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volunteers@freshmealsonwheels.org



Fireside

THEATER MATINEE TRIP

THURSDAY, DECEMBER 12

Based on the beloved Christmas movie, MIRACLE ON 34TH STREET is a big brassy Broadway musical with a heart. Macy's Thanksgiving Day Parade needs a new Santa. Enter Kris Kringle - a sweet and jolly old man who claims that he is the real Santa Claus. Thus begins this funny, warm, tuneful, and inspirational musical as Kris has to prove his claim in court and teach his cynical neighbor and her daughter to believe in the goodness and love that is Christmas. Written by Meredith Willson, the creator of THE MUSIC MAN, this is an unforgettable musical version of a classic Christmas tale.

Entree Choices:

Chicken and Ribs
Steak Diane

Seared Duck
Vegetarian



\$150
Members

\$160
Guests

Pick up at Meijer's 8:00 a.m.
Return approximately 6:30 p.m.
Activity Level 2
Call Uptown Social at 920-459-3290 to register.



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National Parks of the Southwest
June 22- 30, 2025
with Mayflower Cruises & Tours



Classic Italy by Rail October 14 - 23, 2024
with Mayflower Cruises & Tours



Cultural Cuba February 27-March 5, 2025
with Mayflower Cruises & Tours



September 4- 15, 2025
with Mayflower Cruises & Tours

Visit uptownsocial.org for more information.



Uptown Social

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