



Uptown Social

# ENGAGE SHEBOYGAN

June 2023



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

FRIDAY 7:30AM TO 2:00PM

1817 N. 8TH STREET

SHEBOYGAN, WI 53081

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

CONTACT US AT

(920) 459-3290

[uptownsocial@sheboyganwi.gov](mailto:uptownsocial@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,

Happy Summertime! We made it!

If you've been interested in getting more involved at Uptown Social, I have a few new volunteer opportunities that we're looking to fill.

- We will hold a Brat Fry Fundraiser and Open House in August. We'll need help both with planning as well as at the event.
- We are planning a fundraiser event in the gymnasium for early fall before construction begins. If you're interested in serving on the planning committee, I want your help! We'll also have specific volunteer needs as the event date approaches.
- The Friends of Uptown Social is looking for new board members, specifically with backgrounds in marketing, finance, and/or organizational management. Connections to local corporations and/or an interest in fundraising is especially helpful! Interested individuals should reach out to me.

- The Senior Services Commission is in need of a few new members. Commission members are appointed by the Mayor and must reside in the City of Sheboygan. Volunteer members guide Uptown Social programming decisions and the City's greater livability initiatives. Meetings take place every other month, typically on the third Wednesday morning at 8:00 a.m.

I'd also like to invite all active members to the Friends of Uptown Social Annual Meeting and Potluck Celebration on June 28th from 4:00 to 6:00 p.m. in the Hospitality Room. The Friends will share successes from the past year as well as plans for the coming year and elect new board leadership. All active members are invited to attend, but registration will be required with a limit of 150 in attendance. The cost is \$5 to cover the cost of refreshments, and attendees are encouraged to bring a finger food to share. We love trying everyone's favorite snacks!

As always, your feedback and suggestions are invaluable to us. As such, we've added a suggestion box at the front desk. While I can't promise that we can grant every wish, we absolutely appreciate hearing from you and are constantly looking for ways to help Uptown Social better serve you.

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: Judy Schmidt

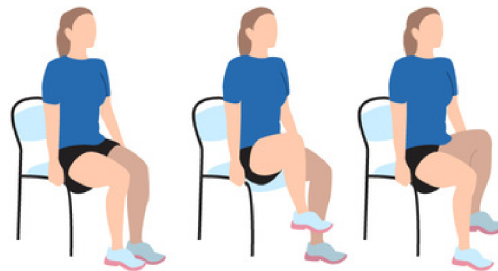
Member of the Month - Judy Schmidt. Judy is involved in various activities here at Uptown Social. She participates in fitness classes and multiple games in the hospitality room. Judy possesses a natural ability to make everyone she interacts with feel welcome and valued. Congratulations Judy!

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

## Exercise of the Month: Seated Marches

This exercise is a great way to build strength and endurance in your legs.

1. To start off you will need to be sitting in a chair with your feet on the ground.
2. While keeping your back in a neutral position, lift one knee up towards the ceiling while keeping your knee bent.
3. Hold for a moment, then lower down and perform on the other side.
4. Start off by doing this 3 time for 30 seconds.
5. To build up more endurance you can add extra sets or march for a longer period of time.



## 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.



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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 a.m.

## Allegro

This 60-minute fast-paced dance/ cardio program will get your feet moving and your blood pumping. It meets every Monday, Wednesday and Friday from 9-10 a.m.

## Flex & Stretch

Much of this 45-minute program is spent in a chair. You'll get some great stretches, light strength training, and mild cardio moves. Flex & Stretch meets every Tuesday and Thursday from 10:15- 11:00 a.m. You're welcome to come from Line Dancing and try both!

## Gentle Yoga with Kathy

This class is a creative blend of feel-good stretches with a variety of breath work and somatic therapies. Classes also include some self-massage techniques and a final relaxation with healing meditations. We focus on areas of concern for each individual and aim to bring about self-awareness through movement. Classes are \$5 and is paid to the instructor before or after class. We meet on Fridays at 11:00 a.m. - Noon in the Activity Room.

## Body Basics

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.

## 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.

## 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.

## 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.

## NEW 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.*

# 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.

## 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.

## June is Elder Abuse Awareness Month

### Statistics:

- Over 10,000 people in the U.S. are turning 65 each day, increasing their risk of abuse. It's a rapidly growing population of people as the Baby Boomer generation ages, and there aren't many societal networks in place to protect them.
- Between 1 million and 2 million Americans over 65 years old were injured, exploited or mistreated by someone they depended on for care or protection, according to the National Center for Elder Abuse.
- One in six elders, or 15.7%, in the community experienced past year abuse.
- At least 10% of adults aged 65 and older will experience some form of elder abuse in a given year, with some older adults simultaneously experiencing more than one type of abuse (Physical Abuse, Sexual Abuse, Emotional or Psychological Abuse, Neglect, Abandonment, Financial or Material Exploitation)
- Abusers can be anyone (e.g., male, female, nonbinary, transgender, younger, older, etc). It is not just nursing home caretakers or phone scammers who abuse elderly. In almost 60% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.

*If you suspect someone you know is suffering from elder abuse, please contact 920-452-7640 or 800-799-7233.*

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# 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 ladies.

## Yarn Makers

Learn the joy of hand spinning fiber with us on Tuesdays from 1:00-3:00 p.m. We create yarn from wool, alpaca, silk, bamboo and any other fibers into simple yarn or designer yarns. No experience necessary. We learn together and have fun working with spinning wheels or drop spindles.

## Sewing & Quilting

Sewing/Quilting meets Thursday afternoons from 1:00-3:00 p.m. in the Creative Studio. Bring your own project and materials. Get help with problems or be inspired to try something new. US has 4 sewing machines for you to use or bring your own machine.

## Digital Camera Group

This group is geared to anyone interested in improving their photo skills. We meet the 3rd Thursday of every month. There is no fee for this class.



## Wood Carving

Join Ron Feld for Wood Carving. This is an open carve group with experts available for pointers and assistance. Members of Kettle Karvers are invited to join these sessions. An apron is recommended to bring as well as a cut resistant glove. This group meets Tuesdays and Thursdays at 10 a.m.

## 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.

## 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 12:30-3:30 p.m. Please contact Sharon Ferk at 920-467-2995 or srferk@charter.net in advance to sign up.

## Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. Join us Mondays at 12:30 p.m. to play.

## Dominoes

Dominoes is a tile-based game that can be played with 2-4 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!

June's **Cribbage Tournaments** will be Monday, June 5 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. to 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 June 26 and the book for June is *The Quarry Girls* by Jess Lourey. 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, 1:00-2:00 p.m. June 13th's discussion will be *Open Discussion* with introductory comments by the facilitator, followed by voluntary input from participants. The facilitator is Pam Hertel, MS, LCSW, LPC. The group will be held in the Activity Room of Uptown Social. There is no fee for members. Pre-registration is not required.

## Dining Out

This month we will Dine Out at Lighthouse Inn in Manitowoc on June 21. 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 June 1 or after to sign up!

## Marilyn's Cooking Class: Flamingo Foods in June

The last Friday in June, Marilyn will be joined by Sheboygan County Director of Planning and Conservation, Aaron Brault. Class sign up begins June 1 and if you attended in April, you cannot sign up for June. You must be a member to attend. Limit 40.

## Help with Your Device June 15 9-11 a.m. and 1-3 p.m.

Volunteers from Acuity will be here helping our members with device questions or issues. Please register to attend at the front desk. We will need to know your device type and what you would like to discuss with them.

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# Special Programs

## How Financial Decisions Will Impact My Future. June 14 at 2 p.m.

Many seniors voice feelings of frustration and resentment over current communication with their adult children. While adult children voice feelings of apprehension and sadness. How do these conflicting and changing roles become better balanced and understood?

Mary Pitsch, Founder of Embrace Care Management with over 25 years of experience as a social worker, will discuss how to take steps to plan for your care as you age. This will be the third installment of a six-part aging series.

## June is Elder Abuse Month-Safe Harbor June 19 at 2 p.m.

Join us for a talk presented by Safe Harbor of Sheboygan County on Elder Abuse, as we work to draw attention to elder abuse awareness month, this type of violence occurring in our community, and how we can work toward preventing it. The talk will cover the different types of elder abuse ranging from physical to financial, the warning signs of elder abuse to look out for, what makes elderly vulnerable to abuse, and how you can take action to prevent elder abuse in your community and relationships. Bring your thoughts and questions! We look forward to seeing you there and creating a safe space to talk about this important topic!

## The Importance of Bees & Modern Beekeeping-Daniel Pitsch: June 21 at 1 p.m.

Dan is an urban beekeeper and former president of the Sheboygan County Beekeepers Association. His hives are located in the City of Sheboygan, where Dan and his wife reside. Along with mentoring new beekeepers, he also worked with students at UW Green Bay (Sheboygan campus) and their hives located at the campus. The welfare of the honeybee population and their environment is a major concern of his, and he brings awareness to the plight of the honeybee through presentations.

## What's All this Talk About Plant-Based Foods June 26 at 1:00 p.m.

Is this really something that should be considered to be sure we are getting the full array of nutrients we need from food? Soybeans are at the top when it comes to plant based foods. Learn about the benefits of soy foods, their variety, and availability. Plus, enjoy a cooking demonstration and try the tasty results! **Cost is \$8.**

Linda Funk has worked in food marketing for over 40 years. She is the founding Executive Director of the International Soybean Council located in Des Moines IA. She has authored two soy foods focused cookbooks, one of which received a "Best in the U.S." 2022 Gourmand World Cookbook Award. Linda has promoted soy foods at culinary schools in over 10 countries. Linda is a Wisconsin native.

# 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 June 1, 8, 15 and 22..



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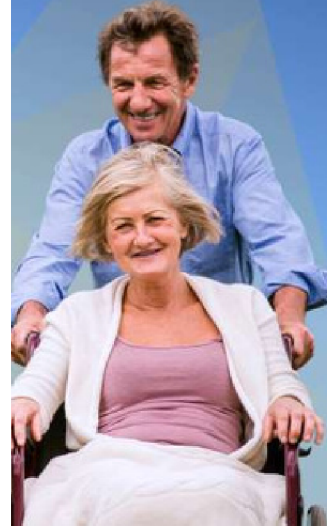
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Ryan F Rabe, Certified Senior Advisor (CSA)®

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**Presentation Highlights**

- **Aspect 1**—The Understanding of Why Forgiveness Matters
- **Aspect 2**—Forgiveness Is An Inside Job
- **Aspect 3**—Forgiveness of Self

**CONTACT**  
Jane Brill  
**Uptown Social**  
1817 N 8th Street  
Sheboygan WI 53081  
PHONE: 920-459-3290

Our hours of operation are:  
Monday thru Thursday 7:30 a.m. to 4:00 p.m.  
Friday 7:30 a.m. to 2:00 p.m.

**Uptown Social**  
Presents  
**The 3 Aspects of Forgiveness**  
Presented by  
Motivational Speaker and Author  
Aubree-Lynn Maugeri



**WHERE:** 1817 N 8TH STREET  
SHEBOYGAN

**WHEN:** May 1st @ 1 pm  
May 17th @ 1 pm  
June 7th @ 1 pm

Registration Required as there is limited space.



Uptown Social



**CALL:** 920-459-3290 **EMAIL:** [uptownsocal@sheboyganwi.gov](mailto:uptownsocal@sheboyganwi.gov)

Monday

Tuesday

Wednesday

Thursday

Friday

				1	2
		Spaghetti & Meatballs w/Garlic Bread		Sloppy Joes w/Salad	
5	6	7	8		9
Tuna Casserole & Salad	Hot Ham & Cheese w/Salad	Fancy Grilled Cheese & Tomato Soup	Creamy White Chicken Chili w/ Salad		
12	13	14	15		16
Chicken Salad Sandwich w/Fruit	Hamburger Sliders & German Potato Salad	Turkey Wraps w/Fruit	Creme Brulee French Toast w/Sausage		
19	20	21	22		23
Tacos w/Chips	Italian Spaghetti & Meatballs w/Garlic Bread	Tuna Sandwiches w/Salad	Chicken Fajitas w/Chips		
26	27	28	29		30
Meatloaf & Red Potatoes	Quesadillas w/Sides	Broccoli & Cauliflower Soup & Fruit	Veggie Lasagna w/Garlic Bread		

28

## STROKE SUPPORT GROUP

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- Are you looking for support from others?
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**\*Established in 2017\***

**Edwin Steffes BS, OMC Stroke Survivor- 920-207-6341**

**Diana Kirschbaum BS, MVS Caregiver- 920-207-3641**

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# June

2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1 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

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

**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 & 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  
 6:00 p.m. Dance Lessons

**6 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

**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  
 10:15 a.m. Core  
 11:00 a.m. Yoga  
 11:30 a.m. Lunch  
 12:15 p.m. Body Basics  
 12:30 p.m. Bridge  
 1:00 p.m. Dominoes,  
**3 Aspects of Forgiveness Part 3**  
 2:30 p.m. Veterans for Peace

**8 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  
 9:45 a.m. **Brewers Game**  
 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

**9 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Allegro, Ceramics  
 10:00 a.m. **Memories in the Making**  
 10:15 a.m. Core  
 11:00 a.m. Gentle Yoga with Kathy &  
 12:15 p.m. Ecstatic Dance

# June

2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**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 & 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  
 6:00 p.m. Dance Lessons

**13 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. **Positive Aging**, Intermediate Painting, Bingo, Yarn Makers  
 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  
 10:15 a.m. Core  
 11:00 a.m. Yoga  
 11:30 a.m. Lunch  
 12:15 p.m. Body Basics  
 12:30 p.m. Bridge  
 1:00 p.m. Dominoes,  
 2:00 p.m. **How Financial Decisions Today will Impact My Future**

**15 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, **ACUITY Tech Help**  
 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, Mah Jongg  
 2:30 p.m. Elevate Yoga

**16 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Allegro, Ceramics, **Open Air Club-Montello**  
 10:15 a.m. Core  
 11:00 a.m. Gentle Yoga with Kathy  
 12:15 p.m. Ecstatic Dance

**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. 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  
 2:00 p.m. **Elder Abuse Presentation-Safe Harbor**  
 6:00 p.m. Dance Lessons

**20 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, Writing Group  
 2:30 p.m. Elevate Yoga

**21 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Allegro  
 10:15 a.m. Core  
 11:00 a.m. Yoga  
 11:30 a.m. Lunch  
 12:15 p.m. Body Basics  
 12:30 p.m. Bridge  
 1:00 p.m. Dominoes,  
**The Importance of Bees & Modern Beekeeping**  
 5:00 p.m. Dining Out

**22 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 & Tai Chi  
 1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg  
 2:30 p.m. Elevate Yoga

**23 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
 8:00 a.m. ABC Fitness  
 8:30 a.m. Sheepshead  
 9:00 a.m. Allegro, Ceramics  
 10:15 a.m. Core  
 11:00 a.m. Gentle Yoga with Kathy  
 12:15 p.m. Ecstatic Dance

# June

# 2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**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. 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, **What's All This Talk About Plant-Based Foods**  
1:30 p.m. Book Club, Raging Grannies  
6:00 p.m. Dance Lessons

**27 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

**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  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
12:30 p.m. Bridge  
1:00 p.m. Dominoes  
4:00 p.m. **Friends Annual Meeting**

**29 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:30 a.m. 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

**30 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro  
10:15 a.m. Core  
11:00 a.m. **Marilyn's Cooking Class**, Gentle Yoga with Kathy  
12:15 p.m. Ecstatic Dance



Short Term Rehab · Assisted Living · Skilled Nursing Care  
[sscnonprofit.org](http://sscnonprofit.org) (920) 458-2137 x819







FRIENDS OF  
Uptown Social

## YOU ARE INVITED



FRIENDS OF  
Uptown Social

Wednesday, June 28 from  
4-6 p.m. at Uptown Social

Learn what the Friends  
have cooking for the  
upcoming year, review  
the past year & vote for  
the new board  
members.

Cost \$5 which will go towards  
refreshments.

Please bring a dish to pass.

Please register to attend by calling 920-459-3290 or stopping at the front desk.

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

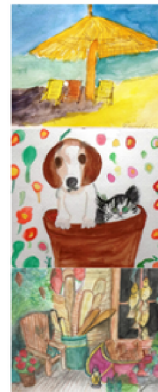
\$65 NON-  
MEMBERS



GET YOU OUTFIT FOR OUR FALL  
"ANYTHING GOES" FASHION  
SHOW



Art Program for Those Living  
with MCI, Early Stage Alzheimer's  
or Another Dementia



2nd Friday of each month,  
beginning May 12th, 2023  
10:00 - 11:30 am

Registration is required,  
please call 800.272.3900

Join us for this free event!  
Offered in partnership with:



Level 3 - Medium Activity

# Savannah, Jekyll Island & Beaufort, SC



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

**\$1329**  
Double  
Occupancy

**\$1658**  
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



GENERATIONS AND UPTOWN SOCIAL  
PRESENT THE:

# open air CLUB

Hop on your motorcycle or convertible to join us for a day on the road and under the sun!

**JUNE 16 - RIVERS EDGE SALOON & EATERY AND DAGGETT MEMORIAL PARK  
IN MONTELLO**

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

Generations  
920-892-4858



# Travel with US

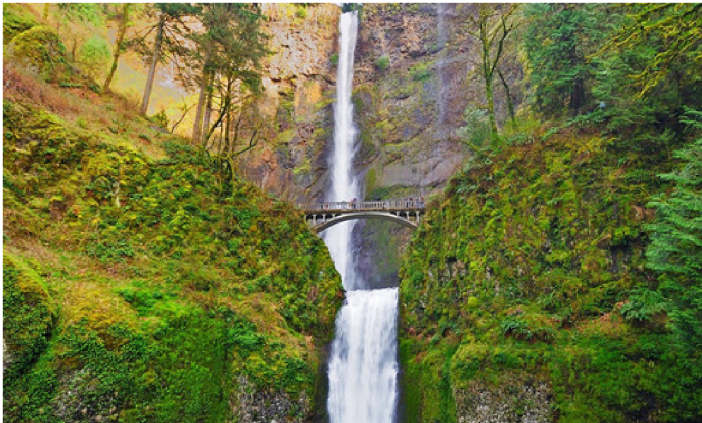
*Visit US for more information.*



Christmas Markets Cruise on the Danube River November 30, 2023 with Mayflower Cruises & Tours



Mystical Peru April 30-May 8, 2024 with Mayflower Cruises & Tours



Columbia & Snake Rivers  
June 16-23, 2024  
with Mayflower Cruises & Tours



Portugal & Douro River Cruise  
August 28-September 7, 2024  
with Mayflower Cruises & Tours



## Uptown Social

1817 N. 8th Street  
Sheboygan, WI 53081

## Powering beyond for stronger communities

Use your energy to power what matters most to you. We'll use ours to create cleaner energy solutions for today and the future. Together, we'll build stronger communities.

Read about our community programs at [alliantenergy.com/foundation](https://alliantenergy.com/foundation).

