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

CONTACT US AT
(920) 459-3290
uptownsocial@sheboyganwi.gov
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.
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.

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.

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!

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.
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.
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.
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.

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 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.
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.
WOODSTOCK ON THE FARM
JUNE-A-PALOOZA
An event to benefit Meals On Wheels of Sheboygan County
SATURDAY, JUNE 24 • 3 PM - 8:30 PM
1 DAY OF PEACE & MUSIC
AT CHRISTOPHER FARM AND GARDENS
GOURMET CUISINE - LIVE MUSIC - OUTDOOR ART - WINE TASTING
GROOVY GARDENS AND FOXY FUN FOR ADULTS
VOLUNTEERS ARE ELIGIBLE FOR DISCOUNTED TICKETS!
FreshMealsOnWheels.Org/Events

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Empowering Seniors to Prevent Healthcare Fraud
PROTECT 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

CONFIDENCE AUTHENTICITY CONNECTED
The journey of forgiveness begins with one positive action—that single step forward.

Aubree-Lynn brings her wealth of life experience and professional achievement to each and every one of her keynote presentations.

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

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

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.

ADVERTISE WITH US!
CALL: 920-459-3290
EMAIL: uptownsocial@sheboyganwi.gov

Uptown Social
1817 N 8th Street
Sheboygan, WI 53081
PHONE: 920-459-3290

3M is a grant-funded project of the Federal U.S. Department of Health and Human Services (HHS), US. Administration on Community Living (ACL).
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<td>Tuna Casserole &amp; Salad</td>
<td>Hot Ham &amp; Cheese w/Salad</td>
<td>Fancy Grilled Cheese &amp; Tomato Soup</td>
<td>Creamy White Chicken Chili w/ Salad</td>
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<td>Chicken Salad Sandwich w/Fruit</td>
<td>Hamburger Sliders &amp; German Potato Salad</td>
<td>Turkey Wraps w/Fruit</td>
<td>Creme Brulee French Toast w/Sausage</td>
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<td>Tacos w/Cheese</td>
<td>Italian Spaghetti &amp; Meatballs w/Garlic Bread</td>
<td>Tuna Sandwiches w/Salad</td>
<td>Chicken Fajitas w/Cheese</td>
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<td>Meatloaf &amp; Red Potatoes</td>
<td>Quesadillas w/Sides</td>
<td>Broccoli &amp; Cauliflower Soup &amp; Fruit</td>
<td>Veggie Lasagna w/Garlic Bread</td>
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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 Kirschaum BS, MVS  Caregiver- 920-207-3641

OR  mandala4me@gmail.com

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Office 920-451-6228

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Embrace Care Management LLC provides two unique services: Professional Care Management & Managed Home Care. We have a dedicated, caring team that consists of Care Managers, who are RNs and Social Workers along with our caregivers who together provide all-encompassing care for you or your aging family members. If you would like to learn more about our services, please call our Care Managers at 920-451-6228.

www.embracecaremanagement.com
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<td>1:00 p.m. Scrabble, Poker, Cribbage Tournament, Chess</td>
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<td>6:00 p.m. Dance Lessons</td>
<td>2:30 p.m. Elevate Yoga</td>
<td>**9:45 a.m. ** <strong>Brewers Game</strong></td>
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<td><strong>10:00 a.m. Memories in the Making</strong></td>
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<td>11:30 a.m. Lunch</td>
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<td>12:30 p.m. Canasta</td>
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<td>1:00 p.m. Scrabble, Poker, Cribbage</td>
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<td><strong>Cribbage Tournament, Chess</strong></td>
<td><strong>Presentation-Safe Harbor</strong></td>
<td><strong>The Importance of Bees &amp; Modern Beekeeping</strong></td>
<td><strong>Foot Care Clinic</strong></td>
<td><strong>Foot Care Clinic</strong></td>
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<td>2:00 p.m.</td>
<td>6:00 p.m.</td>
<td>5:00 p.m. Dining Out</td>
<td>8:00 a.m.</td>
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<td>6:00 p.m. Dance Lessons</td>
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**Positive Aging**
Intermediate Painting, Bingo, Yarn Makers
2:30 p.m. Elevate Yoga

**How Financial Decisions Today will Impact My Future**
1:00 p.m. Dominoes, Positive Aging, Intermediate Painting, Bingo, Yarn Makers
2:00 p.m. How Financial Decisions Today will Impact My Future

**ACUITY Tech Help**
10:00 a.m. Open Carve
1:00 p.m. Tai Chi

**Gentle Yoga with Kathy**
11:00 a.m. Gentle Yoga with Kathy
2:30 p.m. Elevate Yoga

**Open Air Club-Montello**
10:15 a.m. Core
12:15 p.m. Ecstatic Dance
### June 2023

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| **26 All Day:** Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheephead  
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. Sheephead  
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. Sheephead  
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. Sheephead  
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. Sheephead, 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. Sheephead  
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 |

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**Sheboygan Senior Community**

Est. 1962

Short Term Rehab · Assisted Living · Skilled Nursing Care

SSCnonprofit.org · (920) 458-2137 x819
YOU ARE INVITED

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

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:
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 DAGGET 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

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
Live 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
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.