



Uptown Social

ENGAGE SHEBOYGAN

March 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

Table of Contents

| | |
|--------------------------------|-------|
| Directly from the Director | 3 |
| Fitness Programs | 4-6 |
| Creative Programs | 7-8 |
| Recreational & Social Programs | 9-10 |
| Special Programs | 11-12 |
| Cafe Menu | 14 |
| March Activities | 15-17 |
| Travel Programs | 18-19 |

Contact Staff

Emily Rendall-Araujo | Director of Senior Services

Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

Jane Brill | Engagement Coordinator

Jane.Brill@sheboyganwi.gov (920)459-3290

Joshua Drossel | Program & Wellness Coordinator

Joshua.Drossel@sheboyganwi.gov (920) 459-3282



**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,

Spring is coming this month! I'm thrilled that the days are getting longer, the sun is making an appearance more often, and hopefully the days of snow-storms are soon past us.

There are some other good things coming this month. We have our first live band lined up! Frogwater will perform Irish music on March 10th from 1:00 to 3:00 p.m., and I'm sure you won't want to miss it.

And on St. Patrick's Day, we'll have REUBENS! Available for sale in advance only, with a strict limit of sixty, we have Reuben sandwiches for sale on March 17th for \$10 (members) or \$12 (non-members). My mouth is already watering.

As of the time that I write this, we still have some spots for the bus trip to Potawatomi on March 29th. Tell your friends!

Some other items to note:

- We know parking is a challenge. Once it's warm enough, we will have additional handicap spots identified and painted in the parking lot. We'll also be designating some spots on the east side of the building. Until then, please don't park there as you might unintentionally block a resident from accessing their private parking spaces.
- We have 30+ signed up to go to Iceland this summer! There's still room on that trip, as well as the trip to Sedona and the river cruise on the Danube. We also do still have a few spots on the bus trip to Chicago in August. And stay tuned as we announce some exciting trips coming up for 2024 next month.
- The cafe is open for business, and we want you to eat! Vicky has been paying attention to the best-selling meals and has cooked up a plan for March that's sure to leave everyone satisfied. I'll say this: I've NEVER eaten a meal of hers that I didn't just love. And I know you'll love her cooking too!
- The Frugal Fashion Fling, on March 21, is sure to be a hilarious time for all involved. I can't wait!

Until next time,
Emily

P.S. SPRING BREAK! The Sheboygan Area School District's spring break is March 27-31. Bring your grandkids (or neighbor kids) with you to hang out this week. We'd love to see them!

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.

Pricing

Try any class once for FREE! ABC Fitness, Allegro, Flex & Stretch, Line Dancing, and Tai Chi are all paid for via Flex Passes. A 24-punch pass can be purchased at the front desk for \$36/members or \$48/non-members. A 10-class Yoga Pass is available for \$50.

Monthly Silver Fitness Award Winner: Susan Kruse

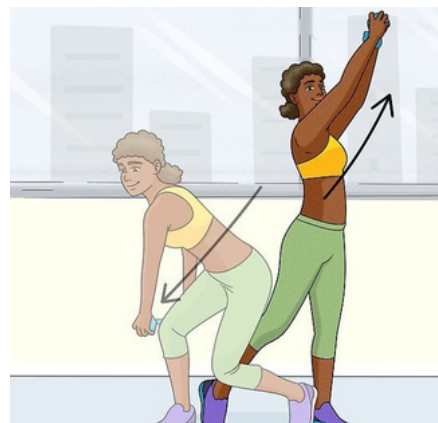
Susan Kruse, Susan is a regular at our ABC Fitness class. She pushes herself every time and puts up with Josh's attempts at humor. She makes the class so enjoyable. Congratulations Susan!

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

Exercise of the Month: Wood Chops

This exercise is a great way to build and strengthen your core. You can also use no weight if you would like and just focus on the rotational component of this exercise.

1. To begin, start with your feet planted shoulder width apart.
2. If you are using a dumbbell grip the sides of the dumbbell. Hold your dumbbell next to the outside of your right thigh.
3. Twist your torso to the side and lift with weight up and across your body with straight arms. Using your core muscles to control the movement.
4. Return to the starting position, reversing the twist and bringing the dumbbell back to the outside of your right thigh.
5. After 10-15 repetitions you can switch sides so the dumbbell is on the outside of your left thigh.



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 the first, second and fourth Friday of every month from 12:15-1:15 p.m. in the Activity Room. The cost is \$5.

Laughter Yoga

Laughter Yoga combines laughter exercises with Yoga breathing all in the spirit of child-like play fullness. Life is serious. Death is serious. It's time to take laughter serious. Join Kathy Alby the third Friday of every month from 12:15-1:15 p.m. in the Activity Room. The cost is \$5.

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.

We have had an overwhelming response to our Monday and Wednesday yoga sessions. Currently, the Monday and Wednesday classes are filled. We are looking to add yoga classes, but encourage you to try our Friday yoga class with Kathy.

Kick off St. Patty's Week with Celtic Music at Uptown Social




Frogwater has played Milwaukee's Irish Fest & CelticMKE. Call 920-459-3290 to register. Treats and Door Prizes. Join us Friday, March 10 from 11 a.m. - 1 p.m. and get your jig on!

Sponsored by:



UPTOWN SOCIAL'S

FRUGAL FASHION FLING

Be part of fashion's most talked-about event!

**TUESDAY, MARCH 21
1:30 PM**

Do you love thrifting?
Calling models of all shapes, sizes and ages to show off their frugal fashion finds!

Join us for the fun! Coffee and dessert will be served.

Register to attend at the front desk.



Navigating the Transition to Senior Care?

Our Trusted Experts Are Here to Help.

We help families find the right care solution for their loved ones at no cost.



CarePatrol.com
o: 920-530-5085 f: 920-694-6444

Ryan F Rabe, Certified Senior Advisor (CSA)®

©2022 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.

Athena Sheboygan
Therapeutic Massage
with Katherine de Shazer

Seniors receive \$15 discount on 1 hr. session

262-365-8958

BOOK TODAY athenatherapeuticmassage.com

Creative Programs



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 starting March 16th from 1-3 p.m. in the Conference Room. 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!

This is a Paint Brush - Acrylic

Never painted before because you can't draw a stick figure? Your inner-self might be surprised if you give it a try. (No, we won't make you paint a stick figure!) If you never try you will never know. New class starting February 6 from 1:00-3:00 p.m. Limit 12 people.

Purchase an Art Pass for \$25 members and \$35 non-members and sign up for the class at the front desk. Instructor: Susan Baumgart



Creative Programs cont.

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.



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. Greeting Cards will meet on Thursday, March 16.

Life in Writing

Interested in writing different stories and sharing them with others? This program typically meets once per month on the third Tuesday of the month at 1:00 p.m. The next meeting is Tuesday, April 18th. March's session is cancelled due to the Frugal Fashion Fling.

The logo for SSC Sheboygan Senior Community, established in 1962, is located in the top left. It features a colorful leaf icon and the text "SSC Sheboygan Senior Community Est. 1962". Below the logo, it lists services: "Short Term Rehab · Assisted Living · Skilled Nursing Care". The main graphic includes a large "60 YEARS" in pink and white, a photo of the main entrance building, and a photo of a multi-story building. Contact information is listed in the bottom right.

SSC Sheboygan Senior Community
Est. 1962
Short Term Rehab · Assisted Living · Skilled Nursing Care

CELEBRATING 60 YEARS

Caring for Sheboygan County seniors like **FAMILY** since 1962.

- (920) 458-2137
- info@sscnonprofit.org
- sscnonprofit.org
- 3505 County Road Y, Sheboygan

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 1:00 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!

March's Cribbage Tournament will be Wednesday, March 6 beginning at 1 p.m. You must sign up in advance and entry fee is \$15. 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

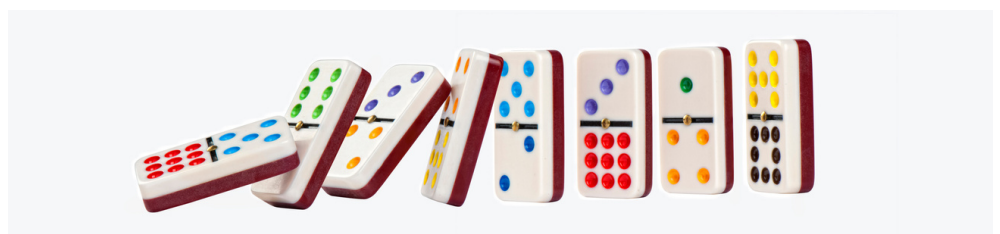
Sheepshead is a trick taking game for three or more players, but ideally five. Join us mornings from 8:30-11:30 a.m. or on Thursdays at 1:00 p.m. to play a few rounds, or more!

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 March 27 and the book is *The Violin Conspiracy* by Brendan Slocomb. *April's book will be Every Now & Then* by Leslie Kagen.

Chess

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



Social Programs

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. March 14th's discussion will be *Mental Health* 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.

Marilyn's Cooking Class: We Are Nuts About March

Marilyn will be joined by our own Josh Drossel for March's cooking class with nuts. Class is \$8 for Members. **Payment is due upon sign-up and you can sign up beginning March 1.** This class fills up quickly and is limited to 40 so sign up early!

Dining Out

This month we will Dine Out at Rupp's Downtown on March 15th. 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 March 1 or after to sign up!



A promotional graphic for Pine Haven Christian Communities. It features a central logo with a heart and cross, and the text "Pine Haven CHRISTIAN COMMUNITIES". Below the logo, it says "Your Premier Senior Living Community" and "Independent Living • Assisted Living • Memory Care". At the bottom, the website "pinehaven.org" is displayed. The background is a collage of photos showing staff members interacting with residents in a community setting.

Special Programs

Legal Consultations

Judge Natasha Torry will be holding free legal consultations on Friday, March 3, from Noon - 2 p.m. in the consultation room. Contact the front desk to sign up for your 15 minute appointment.

A Guide to Care Planning March 8 at 2 p.m.

Have you thought about a plan for how you would like to "AGE"? Or, perhaps, have you thought about "WHO" will walk with you on the "aging" journey?

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.

Identifying Misinformation March 16 at 1 p.m.

Do you ever feel like it is impossible to tell what is the truth these days or who to believe? Join Mead Public Library as they provide us tips on how to detect misinformation.

Meet Circuit Court Judge Candidate Natasha Torry March 17 at 12 p.m.

Judge Natasha L. Torry has presided over the Sheboygan Area Municipal Court since 2015. She has been an active member of the Sheboygan County Bar since 2003 when she first arrived at the Sheboygan County Corporation Counsel's Office. Judge Torry also practiced as a sole practitioner with her mediation law firm, RootedLaw, and joined Legal Action of Wisconsin to serve low-income and elderly Sheboygan County residents.

Both candidates were invited to Uptown Social, but Jim Haasch has since pulled out of the race.

WSCS: Community Media, By and for US March 20 at 1:30 p.m.

Have you ever asked yourself (or maybe out loud) "why is there nothing I want to watch on TV?" Have you tried to find the recording of What's Cooking because Marilyn's class fills up so quickly? Maybe you're curious about how shows are made but are intimidated by the technology? If you answered yes to any of these questions, don't miss this presentation! Scott Mealiff, WSCS Program Director will give an overview of what community media is, how it works, and the various ways we can be involved.



Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers.
Let us ease your mind with a complimentary in-home care assessment.

710 Eastern Ave | Suite 2 | Plymouth, WI 53073
920.400.1336 | seniorhelpers.com/wi/sheboygan

All rights reserved. Senior Helpers locations are independently owned and operated. ©2022 SH Franchising, LLC.

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 March 2 and 16.

Intergenerational Week

It is Spring Break! We are lining up a week of fun and great lunches you can enjoy with your grandkids! See the listing under our March Cafe on page 14 for more details.

We hope you join US and enjoy some bonding time with your grandkiddos!

Where you
GOING
Today?

Your Trip
Starts Here!

920.459.3281

SHORELINE
METRO.COM

AZURA®

ASSISTED LIVING • MEMORY CARE

STOP IN FOR A TOUR!

Beloit | Brookfield | Clinton | Eau Claire | Fox Point
Kenosha | Manitowoc | Monroe | Oak Creek
Oconomowoc | Oshkosh | Sheboygan
Stoughton | Wausau



1-800-842-9872

www.azuraliving.com





Uptown Social



ADVERTISE WITH US!

CALL: 920-459-3290 **EMAIL:** uptownsocial@sheboyganwi.gov



Toll-free Helpline:
888-818-2611
Email: smp-wi@gvaar.org
www.smpwi.org
WisconsinSeniorMedicarePatrol

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

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



Give the Gift of Music!

Give the gift of entertainment this holiday season with Sheboygan Symphony Orchestra concert tickets!

| | | |
|----------------------------------|----------------------|----------------|
| Messiah Returns | Dec. 10, 2022 | 7:30 PM |
| Family Concert | Feb. 18, 2023 | 3:00 PM |
| A Lyrical Evening | Mar. 11, 2023 | 7:30 PM |
| Remembering the Holocaust | Apr. 16, 2023 | 2:00 PM |
| Cause for Celebration | May 20, 2023 | 7:30 PM |

For more information, visit www.sheboygansymphony.org



embrace
care management & managed home care

627 N. 8th Street
Sheboygan, WI 53081
Office 920-451-6228

Would you like help in your aging journey?
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




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!
920-451-7011
volunteers@freshmealsonwheels.org



March

2023

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|----------------------------|---------------------------------|---|--------------------------------------|---------------------------|
| | | 1 | 2 | |
| | | Meatloaf & Cheesy Potatoes | Chicken & Carrots in Sauce w/Bread | |
| 6 | 7 | 8 | 9 | 10 |
| Cuban Sliders w/Salad | Classic Chicken Soup w/Salad | Farmhouse Vegetable & Barley Soup w/Bread | Hearty Chili w/Salad | |
| 13 | 14 | 15 | 16 | 17 |
| Omlette & Potatoes | Hot Dogs & Baked Potato Bar | Turkey Wraps w/Salad | Vegetable Casserole & Tuna Sandwich | Reubens (must pre- order) |
| 20 | 21 | 22 | 23 | 24 |
| 7 Course Casserole w/Fruit | Beef Taco w/Beans | Hearty Minestrone w/Salad | Creamy Chicken Tortilla Soup w/Chips | |
| 27 | 28 | 29 | 30 | |
| Sliders w/French Fries | Chicken Nuggets w/ Mac & Cheese | Quesadillas w/Chips | Grilled Cheese w/Tomato Soup | |

hello Spring Break

ALL ACTIVITIES BEGIN AT 1 P.M.

March 27: Open Game Play
 March 28: TBD (Animals of some sort)
 March 29: Bingo
 March 30: Share a Story



Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers. **Let us ease your mind with a complimentary in-home care assessment.**

710 Eastern Ave | Suite 2 | Plymouth, WI 53073
 920.400.1336 | seniorhelpers.com/wi/sheboygan

All rights reserved. Senior Helpers locations are independently owned and operated. ©2022 SH Franchising, LLC.



embrace
 care management &
 managed home care

627 N. 8th Street
 Sheboygan, WI 53081
 Office 920-451-6228

Would you like help in your aging journey?

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

March

2023

Monday

Tuesday

Wednesday

Thursday

Friday

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. 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
2:30 p.m. Veterans for Peace

2 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

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
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:00 p.m. Legal Consultations with Judge Natasha Torry
12:15 p.m. Ecstatic Dance

6 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
1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess, This Is A Paint Brush
1:30 p.m. Raging Grannies

7 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

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. 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 Cribbage Tournament,
1:00 p.m. Dominoes
2:00 p.m. Embrace Presentation: Introduction to Care Management

9 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 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

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
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy & Irish Music w/Frogwater
12:15 p.m. Ecstatic Dance

March

2023

Monday

Tuesday

Wednesday

Thursday

Friday

13 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
 1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess
 This is a Paint Brush-Acrylic

14 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, Positive Aging

15 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
 5:00 p.m. Dining Out

16 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, Mah Jongg, Photography & Greeting Cards
 Identifying Misinformation

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
 10:15 a.m. Core
 11:00 a.m. Gentle Yoga with Kathy & Reubens!
 12:00 p.m. Meet Circuit Court Judge Candidate Natasha Torry
 12:15 p.m. Laughter Yoga

20 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
 1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess, This is a Paint Brush-Acrylic
 1:30 p.m. WSCS:
 Community Media by and for Us

21 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, 1:30 p.m. Frugal Fashion Fling

22 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

23 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

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

March

2023

Monday

Tuesday

Wednesday

Thursday

Friday

27 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
 1:00 p.m. Canasta, Scrabble, Poker, Cribbage, Chess, This is a Paint Brush
 1:30 p.m. Book Club, Raging Grannies

28 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 & Intro to Tai Chi
 12:00 p.m. Tai Chi
 1:00 p.m. Intermediate Painting
 Bingo, Yarn Makers

29 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness & Potawatomi Trip
 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

30 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, Mah Jongg

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. Gentle Yoga with Kathy & Marilyn's Cooking Class
 12:15 p.m. Ecstatic Dance

CELEBRATE
St. Patrick's Day
Uptown Social is serving up Reubens & Irish Potatoes on Friday, March 17
11:00 a.m. to 1:00 p.m.
\$10 Member/\$12 General Public

Call 920-459-3290 to sign up. Orders must be placed & paid for by March 10.



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

Activity Level 3

TRAVEL WITH

UKS

CHICAGO BAY BUS TOUR

AUGUST 23 - 25

3 Days / 2 Nights
5 Meals/Tips Included
Bay Bus Coach Bus Service

HIGHLIGHTS INCLUDE:

- Architecture Boat Cruise and Gangster Tour
- Shedd Aquarium, Adler Planetarium or Field Museum - Blue Man Group
- Willis Tour
- Chicago Botanical Gardens

\$850 Double / \$1,150 Single
\$284/\$383 per day!

Uptown Social

SHEBOYGAN'S HUB FOR
ACTIVE SENIORS



More Details Coming...



Chicago August 23-25
with Bay Bus



Eastern Fall Foliage Tour
September 28 - October 7
with Bay Bus



Iceland – Land of Fire and Ice
July 26, 2023 with Mayflower
Cruises & Tours



Sedona's Red Rocks & The Grand
Canyon September 17, 2023 with
Mayflower Cruises & Tours



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

A promotional graphic for a Potawatomi Casino Day Trip. It features a red background with a white border. The text "POTAWATOMI CASINO DAY TRIP" is written in a large, white, curved font at the top. Below it, the date "MARCH 29TH, 2023" is displayed. The graphic includes images of playing cards (Ace of Spades, Ace of Hearts) and a slot machine showing "777". A list of instructions and details is provided in a white box on the left. On the right, there is a circular logo for "Uptown Social" and a "POTAWATOMI CASINO HOTEL MILWAUKEE" logo. At the bottom, there is contact information for RSVPs.

POTAWATOMI CASINO DAY TRIP
MARCH 29TH, 2023

PLEASE BRING VALID ID ON THE TRIP IN ORDER TO RECEIVE \$10 VOUCHER FOR LUNCH AND \$10 VOUCHER FOR REWARD PLAY

MEIJER PICK UP- 8:00 AM
GENERATIONS PICK UP- 8:15 AM
ARRIVE @ POTAWATOMI- 9:15 AM
LUNCH ON YOUR OWN IN THE CASINO
LEAVE FOR HOME- 3:00PM

POTAWATOMI CASINO HOTEL MILWAUKEE

RSVP TO GENERATIONS AT 920-892-4858
RSVP TO UPTOWN SOCIAL AT 920-459-3290



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.

