ENGAGE SHEBOYGAN
May 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,

Time flies! We've been open for six months!

A lot has changed since we opened up last November. Participation has grown, programs have expanded, and fall has turned to spring! You'll likely notice that we'll be doing a lot of development of our exterior spaces in the coming months. Patio furniture is on order for the northeast terrace, and plans for developing the gardens are underway. And of course, bike racks are on their way (if they're not already installed by the time you receive this newsletter)!

May 14-20 is National Public Transit Week. In celebration, Shoreline Metro is waiving bus fares during that week. Additionally, we'll be giving our free lunch vouchers for Uptown Social members who utilize the bus to visit US that week. Just ask the bus driver for a voucher when you get off at the Uptown Social stop. *Valid maximum of once per day.*

May is also bringing some new, fun programming. Yoga with MaryAnn Dolson has been full for some time, so we've added two additional weekly yoga sessions! We'll see yogis from Elevate Yoga, located just down the road, on Tuesdays and Thursday afternoons from 2:30 to 3:30 p.m.

If you are a dancin' fool, or wish you were, you can try our new ballroom dance lessons on Monday nights!

And most exciting, I'm thrilled to announce that Uptown Social was awarded a grant of more than $50,000 to promote vaccines among older adults. Partnering with Sheboygan County Public Health and Lakeshore Community Health Care, we're planning to hold several on-site vaccine clinics this fall with the ability to provide influenza vaccines as well as Covid-19 boosters. Additionally, for Sheboygan County seniors for whom transportation is an issue, we'll have the ability to send public health nurses to provide vaccinations at home. Stay tuned as we share more in the coming months.

Emily

P.S. I had so much fun in Branson, MO last month with our group! Did you see that we have new trips lined up for 2024? Visit the front desk or call US for more information about Peru (I'm planning to go!), Portugal, the Pacific Northwest, NYC, and Savannah.
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! 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.

Monthly Silver Fitness Award Winner: Linda Graves
Linda does a fantastic job in our dance classes as well as wood carving. Congratulations Linda! -The Uptown Social Team
Monthly Silver Fitness Award Winners receive one free Flex Pass, a $36 value for members.

Exercise of the Month: Supine Lumbar Rotation Stretch
1. Lie on your back on the floor with knees bent and your feet flat on the floor.
2. With control bring your knees to your right side, keeping your hips in contact with the floor.
3. Hold for 10 seconds then repeat to the left side.
4. Do this 5-10 times each side.
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 to 10:45 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.

Learn or Rediscover Ballroom Dancing

Join Sue Alby and Roland Marciniak on Monday evenings’ from 6:00—8:00pm To explore the excitement of modern ballroom DANCE.
6 Lessons in Waltz will be taught from 6:00 pm to 7:00 pm on the first three Monday’s of May and June with a total cost of $40
6 Lessons in Nightclub Two Step will be taught from 7:00 pm to 8:00 pm the first three Monday’s of May and June with a total cost of $40.

Both classes will be taught at the Uptown Social Community Center 1817 N 8th St Sheboygan WI 920.459.3230 and will be limited to the first 30 registered dancers (or future dancers).

Come single or bring a partner. All are invited. Spectators welcome.
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 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!

**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 May 22 and the book is The book for May is *West with the Night* by Beryl Markham. The book for June will be *The Quarry Girls* by Jess Lourey.

**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. May 11th’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 Red Cabin at Green Acres on May 17. 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 May 1 or after to sign up!

Marilyn’s Cooking Class: Flamingo Foods in June
Marilyn will be taking a well-deserved break in May. 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.

Open Game Play
If you LOVE board games and would enjoy playing, join us the second Monday of each month at 1 p.m. for Open Board Game Play. Please call and register to play.

Social Programs
Special Programs

Protect Yourself from Medicare Fraud! May 1 at 2 p.m.
Join us to learn more about how you can protect, detect, and report Medicare-related fraud with the help of Wisconsin’s Senior Medicare Patrol.

Do I Really Need All These Pills? May 3 at 10 a.m.
Presentation will focus on medication safety, risk versus benefit of medication use, polypharmacy (five or more medications) and safe medication disposal (per Sheboygan County guidelines).

Mixed Emotions & Changing Roles. May 10 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.

Legal Consultations
Judge Natasha Torry will be holding free legal consultations the first Friday of the month from Noon - 2 p.m. in the consultation room. Contact the front desk to set an appointment.

Meet Sheboygan County’s New Administrator Alayne Krause May 9 at 11 a.m.
Here is your opportunity to meet our new County Administrator Alayne Krause. Stop by and congratulate her on her new role!

Habitat for Humanity Presentation May 24 at 1:00 p.m.
Habitat for Humanity does more than build homes! Learn about the various projects underway in Sheboygan County, and the long-term impact they have on the community.

Preventing Avoidable Hospitalizations May 17 at 10 a.m.
Preventable hospitalizations are admissions to the hospital that could have been avoided with appropriate primary or preventive care. Home Instead will talk about the most common preventable reasons for hospitalizations and steps you can take to keep yourself healthy.

Online Safety May 18 at 1:00 p.m.
Mead Public Library will share tips on how to remain safe while using your phone, tablet or computer. Learn how to protect your information and not fall prey to schemes or scams.
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 May 4, 18 and 25.

National Public Transit Week – Week of May 14th
We want to encourage Uptown Social members to use public transportation to visit us and explore Sheboygan this week! As part of National Public Transit Week, fare fees will be waived. Additionally, Uptown Social Members who use Shoreline Metro to visit Uptown Social will receive a free lunch ticket voucher from the bus driver at the stop in front of Uptown Social during this week. YUM!
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

Friendly Competitions • Hole Prizes • Appetizers & Desserts • Raffles • Brat Fry

Register now for our inaugural Glow Ball Golf Benefit!

DUSK to GLOW
A benefit for Fresh Meals On Wheels of Sheboygan County

Friday May 19, 2023
7 PM Registration
8 PM Sheboygan start
10 PM Awards followed by open golf

At Crystal Lake Golf Course
W6603 Ct Rd C
Plymouth, WI 53073

Single Golfer $75 • Foursome $260
Spectator $30

Questions? call 920-451-7011
To register, visit FreshMealsOnWheels.org/events

Athena Sheboygan
Therapeutic Massage
with Katherine de Shazer
262-365-8958
book today
athenatherapeauticmassage.com

Uptown Social
ADVERTISE WITH US!

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

CARE Patrol
Navigating the Transition to Senior Care?
Our Trusted Experts Are Here to Help.

CarePatrol.com
(920) 530-5085
(262) 694-6444

Ryan F. Rabe, Certified Senior Advisor (CSA)®

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

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).
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rustic Potato &amp; Leek Soup w/Salad</td>
<td>Tuna Sandwiches w/Salad</td>
<td>Spaghetti &amp; Meatballs w/Garlic Bread</td>
<td>Creamy White Chicken Chili w/Salad</td>
<td></td>
</tr>
<tr>
<td>Tacos w/Chips</td>
<td>Broccoli &amp; Cauliflower Soup &amp; Fruit</td>
<td>Meatloaf &amp; Red Potatoes</td>
<td>Chili Dogs</td>
<td></td>
</tr>
<tr>
<td>Sloppy Joes w/Salad</td>
<td>Fancy Grilled Cheese &amp; Tomato Soup</td>
<td>Tuna Casserole &amp; Salad</td>
<td>Chicken Tortilla Soup w/Fruit</td>
<td></td>
</tr>
<tr>
<td>Chicken Fajitas w/Chips</td>
<td>Hearty Ham, Split Pea &amp; Potato Soup w/Fruit</td>
<td>Chicken Nuggets w/ Mac &amp; Cheese</td>
<td>Cuban Sliders &amp; Salad</td>
<td></td>
</tr>
<tr>
<td>MEMORIAL DAY CLOSED</td>
<td>Cheesy Vegetable Casserole w/Fruit</td>
<td>Liver &amp; Onions w/Salad</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

---

**Free in-home consultations!**

Care for Every Moment
Specializing in around-the-clock in-home care.

24/7 Care | Dementia Care | Personal Care | More

Now hiring! Immediate openings in Sheboygan, Manitowoc & Calumet Counties!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
</tr>
<tr>
<td>3</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
</tr>
<tr>
<td>4</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
</tr>
<tr>
<td>5</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
<td>All Day: Walking, Hang out, Puzzles, Pool, Ping Pong</td>
</tr>
</tbody>
</table>

- **Monday:**
  - 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, Scramble, Poker, Cribbage, Chess, This Is A Paintbrush
  - 6:00 p.m. Dance Lessons

- **Tuesday:**
  - 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, Scramble, Poker, Cribbage, Chess, This Is A Paintbrush
  - 6:00 p.m. Dance Lessons

- **Wednesday:**
  - 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
  - 10:00 a.m. Medication Presentation
  - 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
  - 2:30 p.m. Elevate Yoga

- **Thursday:**
  - 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
  - 10:00 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, Bingo, Intermediate Painting Yarn Makers
  - 2:30 p.m. Elevate Yoga

- **Friday:**
  - 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
  - 10:00 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. Elevate Yoga
### Monday

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 & 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
Cribbage Tourney
This is a Paint Brush
6:00 p.m. Dance Lessons

### Tuesday

16 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
9:30 a.m. Joe to Go w/Our Redwing Friends
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

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
10:00 a.m. Preventing Avoidable Hospitalizations Presentation
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
3:00 p.m. 101 Medicare Presentation
5:00 p.m. Dining Out

### Wednesday

18 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
10:00 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

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

### Thursday

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
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

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
10:00 a.m. Open Carve
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Tai Chi
12:00 p.m. Tai Chi

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 & 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

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

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. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Dominoes, Habitat for Humanity Presentation

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

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, Ceramics
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:15 p.m. Ecstatic Dance
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 29     | 30 **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 | 31 **All Day**: Walking, Hang out, Puzzles, Pool, Ping Pong  
8:00 a.m. ABC Fitness  
8:30 a.m. Sheepshead  
9:00 a.m. Allegro  
10:15 a.m. Core  
11:00 a.m. Yoga  
11:30 a.m. Lunch  
12:15 p.m. Body Basics  
12:30 p.m. Bridge  
1:00 p.m. Dominoes | 31 **All Day**: Walking, Hang out, Puzzles, Pool, Ping Pong |  |  |
FALL POLICY INFORMATION FOR MEMBERS

If anyone in our building or parking lot falls and CANNOT get up on their own, we will be calling 911. It is our duty to ensure your safety, and there are too many risks involved in helping someone stand up after a fall. We ask that members do not help other members who have fallen, but instead notify the front desk. Once the Fire Department arrives, it is your decision whether to go with them or stay at Uptown Social. If your injury is severe and you go with the ambulance, we will notify your emergency contact.

A staff member or volunteer will be completing an incident report to be filed with Uptown Social. The Fire Department will provide fall assistance/first aid for no charge the first time, but if one individual person requires fall assistance/first aid more than once a year, there will be a charge.

Please understand that our first priority is your safety, and this is why we need to call the professionals to help you in case of a fall or injury. This policy applies to everyone including staff, if you have any questions, please contact our office.
2024 BUS TRIPS!

DRUMROLL PLEASE......

Savannah, Jekyll Island & Beaufort, SC

Level 3 - Medium Activity

March 16 -24, 2023
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@sheboyganwv.gov

New York City & the Statue of Liberty

Level 4 - High Activity

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@sheboyganwv.gov

TRIP SIGN-UPS BEGIN MAY 17TH FOR MEMBERS AND MAY 31 FOR GENERAL PUBLIC.
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.