



Uptown Social

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

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**Dementia
Friendly**

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

Media Policy

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

The Uptown Social Newsletter is sponsored by the Friends of Uptown Social. Thank you to our advertisers who help to make this free newsletter possible.

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

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

Directly from the Director



Dear Friends,

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.

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! 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.

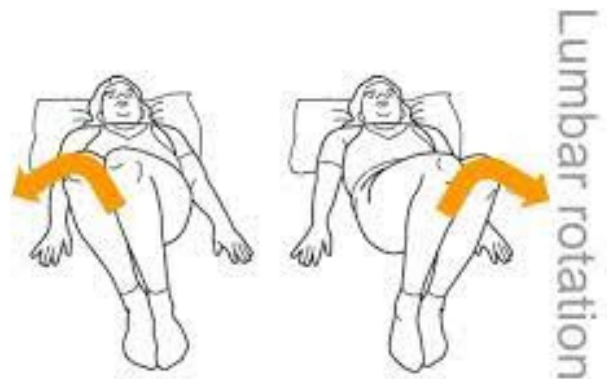
Monthly Silver Fitness Award Winner: Linda Graves

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.



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Fitness Programs cont.

A.B.C. Fitness

Improve or maintain balance and cardiovascular health in the Ageless Balance and Cardio class. This 45-minute class meets every Monday, Wednesday, and Friday starting at 8 a.m.

Allegro

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

Flex & Stretch

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

Gentle Yoga with Kathy

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

Body Basics

This class focuses on medium and low-impact cardio moves while giving you a great aerobic workout. Weights and balance exercises will also be incorporated in body basics. Class is Mondays/Wednesdays from 12:15-1 p.m. in the Activity Room.

Core Class

This low impact floormat class will improve core strength and flexibility. Core meets every Monday, Wednesday and Friday from 10:15 to 10:45 a.m.

Line Dancing

This 60-minute dance class is so fun, you won't even know you're exercising! The dances are easy to pick up. This program meets every Tuesday and Thursday from 9 to 10 a.m.

Tai Chi with Jon Doll

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

You will need to purchase a separate tai chi pass for \$36 from the front desk.

Ecstatic Dance

Ecstatic dance is a form of dance in which the dancers, without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them. Join Kathy Alby, Bob Fleming, and Jokasha Klest every Friday from 12:15-1:15 p.m. in the Activity Room. The cost is \$5.

NEW Elevate Yoga Classes

NEW Elevate Yoga classes on Tuesdays and Thursdays from 2:30-3:30 p.m. in the Activity Room. Participants pay at the front desk; \$5 for members, \$8 for non-members per class. *Sponsored by Sheboygan Senior Community.*

Fitness Programs cont.

Yoga with MaryAnn Dolson

Yoga movements (poses) help to create a better relationship with one's body by increasing strength, stamina, flexibility, and balance. Pranayama (breath work) and meditation are integrated into this class. Everyone is welcome and each participant works at his or her own level.

This program takes place every Monday and Wednesday at 11 a.m.

Laughter Yoga

Laughter Yoga combines laughter exercises with yoga breathing all in the spirit of child-like playfulness. Life is serious. Death is serious. It's time to take Laughter serious. Join Kathy Alby the second Thursday of every month from 1-2 p.m. in the Activity Room. The cost is \$5.

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

CONTACT

Jane Brill

Uptown Social

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

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

Uptown Social

Presents

The 3 Aspects of Forgiveness

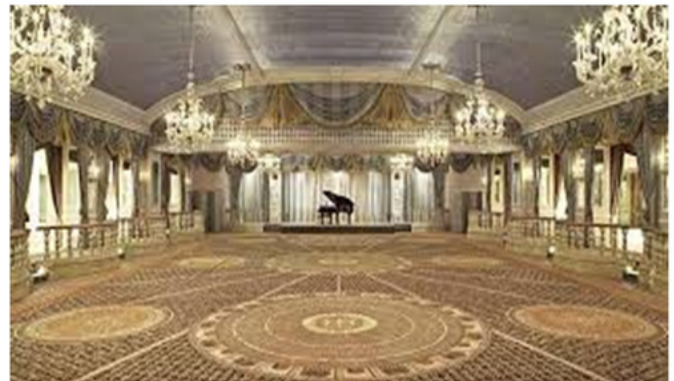
Presented by
Motivational Speaker and Author
Aubree-Lynn Maugeri



WHERE: 1817 N 8TH STREET
SHEBOYGAN

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

Registration Required as there is limited space.



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 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 920.459.3290 and will be limited to the first 30 registered dancers (or future dancers)

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

JOIN US FOR A CLASS !!

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!

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

Pool

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

Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. to 4:00 p.m. This program is for experienced players; if you'd like to learn, please contact Connie Vandre for information at 920.698.0708.

Ping Pong

Any time that we're open, you're welcome to enjoy the two tables placed alongside the walking track.

Scrabble

Test the mastery of your vocabulary and your spelling by joining our Scrabble group on Monday afternoons at 1 p.m.

Sheepshead

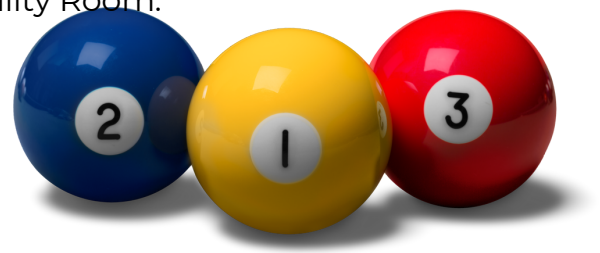
Sheepshead is a trick taking game for three or more players, but ideally five. Join us mornings from 8:30-11:30 a.m. or on Thursdays at 1:00 p.m. to play a few rounds, or more!

Book Club

Join us the fourth Monday of the month at 1:30 p.m. for book club. Every month the group reads and discusses a literary piece. They will meet 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.



A collage of photos showing staff interacting with residents at Pine Haven Christian Communities. The central logo reads "Pine Haven CHRISTIAN COMMUNITIES Your Premier Senior Living Community Independent Living • Assisted Living • Memory Care" and includes the website "pinehaven.org".

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.

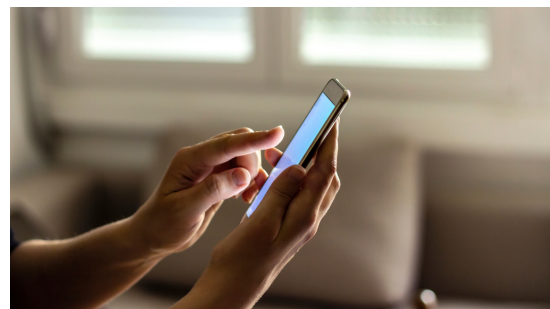
Habitat for Humanity does more than build homes! Learn about the various projects underway in Sheboygan County, and the long-term impact they have on the community.

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.



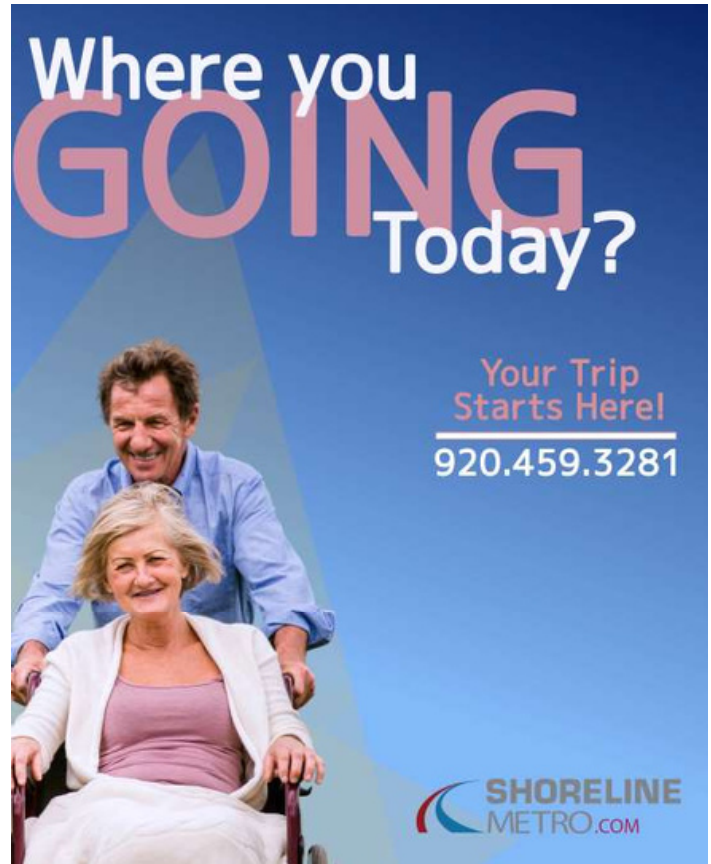
Special Programs

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!



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An advertisement for AZURA. It features a dark blue map of Wisconsin on the left with white hearts scattered across it. To the right of the map is a white arrow pointing right containing the text "STOP IN FOR A TOUR!" and a list of locations: "Beloit | Brookfield | Clinton | Eau Claire | Fox Point | Kenosha | Manitowoc | Monroe | Oak Creek | Oconomowoc | Oshkosh | Sheboygan | Stoughton | Wausau". Below the list are two circular award logos: "BEST OF SENIOR LIVING aPlaceforMom 2022" and "WISCONSIN'S DEMENTIA CARE EXPERTS AROBAC-CERTIFIED". On the right side of the ad is a photograph of a young girl with blonde hair hugging an elderly woman with white hair. At the bottom of the ad is a dark blue bar with the phone number "1-800-842-9872", the website "www.azuraliving.com", and social media icons for Facebook, Twitter, Pinterest, and LinkedIn.



Uptown Social



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Ryan F Rabe, Certified Senior Advisor (CSA)®

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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

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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 Shotgun start
10 PM Awards followed by open golf

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

Single Golfer \$75 • Foursome \$280
Spectator \$30

Questions? call 920-451-7011



To register, visit FreshMealsOnWheels.org/events

Monday

Tuesday

Wednesday

Thursday

Friday

Rustic Potato & Leek Soup w/Salad ¹	Tuna Sandwiches w/Salad ²	Spaghetti & Meatballs w/Garlic Bread ³	Creamy White Chicken Chili w/ Salad ⁴	⁵
Tacos w/Chips ⁸	Broccoli & Cauliflower Soup & Fruit ⁹	Meatloaf & Red Potatoes ⁰	Chili Dogs ¹¹	¹²
Sloppy Joes w/Salad ¹⁵	Fancy Grilled Cheese & Tomato Soup ¹⁶	Tuna Casserole & Salad ¹⁷	Chicken Tortilla Soup w/Fruit ¹⁸	¹⁹
Chicken Fajitas w/Chips ²²	Hearty Ham, Split Pea & Potato Soup w/Fruit ²³	Chicken Nuggets w/ Mac & Cheese ²⁴	Cuban Sliders & Salad ²⁵	²⁶
MEMORIAL DAY CLOSED ²⁹	Cheesy Vegetable Casserole w/Fruit ³⁰	Liver & Onions w/Salad ³¹		

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

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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



May

2023

Monday

1 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. 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, Chess, **Cribbage Tournament**, This is a Paintbrush
1:30 p.m. Raging Grannies
2:00 p.m. **Senior Medicare Patrol**
6:00 p.m. Dance Lessons

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 & 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
Open Board Game Play
6:00 p.m. Dance Lessons

Tuesday

2 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Open Carving
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Bingo, Intermediate Painting
Yarn Makers
2:30 p.m. Elevate Yoga

9 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
11:00 a.m. **Sheb. Cty. New Administrator Alayne Krause**
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

Wednesday

3 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. 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. Veterans for Peace

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. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Bridge
1:00 p.m. Dominoes
2:00 p.m. **Embrace Presentation: Mixed Emotions & Changing Roles**

Thursday

4 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. Foot Care Clinic
8:30 a.m. Sheepshead
9:00 a.m. Mah Jongg, Line Dance
10:00 a.m. Open Carving
10:15 a.m. Flex & Stretch
11:30 a.m. Lunch & Intro to Tai Chi
12:00 p.m. Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg
2:30 p.m. Elevate Yoga

11 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. Laughter Yoga
2:30 p.m. Elevate Yoga

Friday

5 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro, Ceramics
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy
12:00 p.m. Legal Consultations w/Natasha Torry
12:15 p.m. Ecstatic Dance

12 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro, Ceramics
10:15 a.m. Core
11:00 a.m. Gentle Yoga with Kathy &
12:15 p.m. Ecstatic Dance
2:15 p.m. **Hamilton Trip**

May

2023

Monday

Tuesday

Wednesday

Thursday

Friday

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

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 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

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

18 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, Greeting Cards, Photography
Online Safety
2:30 p.m. Elevate Yoga

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

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

May

2023

Monday

Tuesday

Wednesday

Thursday

Friday

29

**CLOSED
IN
OBSERVANCE
OF
MEMORIAL
DAY**

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



 **SSC** Sheboygan Senior Community
— Est. 1962 —

Short Term Rehab · Assisted Living · Skilled Nursing Care
sscnonprofit.org (920) 458-2137 x819





JO-TO-GO

COMING TO UPTOWN SOCIAL!

SPECIALITY DRINKS & SNACKS

May 16th from 9:30am-10:30am

Sold by South High Students!

Cash or Card Accepted!

THANK YOU FOR YOUR BUSINESS!
PROCEEDS WILL GO TOWARDS FUTURE VOCATIONAL OPPORTUNITIES!



GENERATIONS AND UPTOWN SOCIAL
PRESENT THE:

open air

CLUB

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

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

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



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.

Generations in Intergenerational Care | Uptown Social

Moderate Level Activity

Join Our Crew!

VS

MILWAUKEE BREWERS | BALTIMORE ORIOLES

THURS, JUNE 8TH 2023 @ 1:10PM

AMERICAN FAMILY FIELD

MEIJER PICK UP: 9:45 AM
GENERATIONS PICK UP: 10:00 AM

THIS GAME IS A "SENIOR STROLL" GAME DAY, SPONSORED BY WPS INSURANCE. FOLLOWING THE GAME, WE ARE INVITED TO STROLL THE OUTFIELD WARNING TRACK OF AM FAM FIELD

RESERVATIONS: 920-892-4858 GENERATIONS
920-459-3290 UPTOWN SOCIAL

MEMBER PRICE: \$80 | BOXED LUNCH INCLUDED AND PREPARED BY PIC-A-DELI | NON MEMBER PRICE: \$90

DRUMROLL PLEASE.....



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@sheboyganwi.gov



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



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

Travel with US

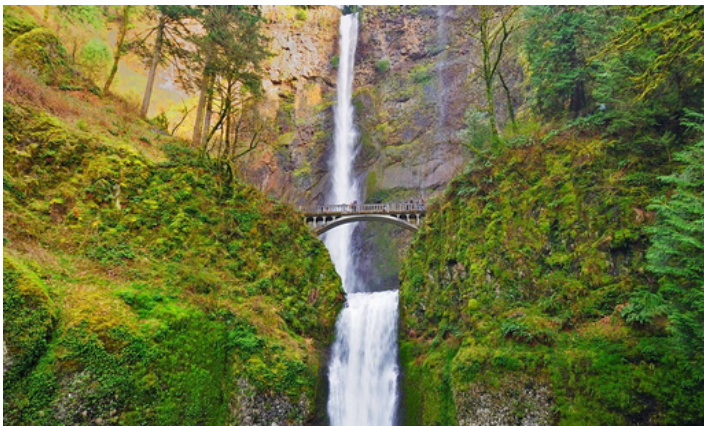
Visit US for more information.



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



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.

