



Uptown Social

ENGAGE SHEBOYGAN

May 2025



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

FRIDAY 7:30 AM TO 2:00 PM

1817 N. 8TH STREET
SHEBOYGAN, WI 53081
www.uptownsocal.org

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

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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

Vicky Meyer | Cafe Coordinator

Rachel Kerlin | Custodial



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.

Our Mission

Providing opportunities to promote wellness, learning, socialization, and recreation for successful aging.

Our Values

At Uptown Social, we are friendly, respectful, inclusive, enriching, neighborly, diverse, and supportive.

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



Hello Friends,

Wow, cheers to April! We held our third annual Friends of Uptown Social Brat Fry and raised more than \$5,000 in profits! Thank you to each and every one of you who volunteered, baked, attended, or supported the event in any way. It was an incredible show of community working together.

If you're not aware, the Friends of Uptown Social is an independent 501(c)3 nonprofit organization led by a team of dedicated volunteers focused on supporting Uptown Social. The majority of Uptown Social's funding comes from City of Sheboygan taxpayers (via tax levy), program revenue, and additional funding through the Friends to support a variety of things. Since their founding about 30 years ago, the Friends have funded staff, program needs, building upgrades, and all sorts of things. Most recently, the Friends worked hard to raise funds to purchase the furniture for Uptown Social and fund roughly half of the gymnasium construction project. When you

make a donation to the Friends, you are directly supporting everything that we do here at Uptown Social.

Earlier this year, you might recall that we ran a participant survey. Hopefully, you completed it! The responses and overall data we collect from this survey every year is invaluable for helping our team make decisions on how we want to move Uptown Social forward. And we want to share this information with you!

If you're interested, join me on **May 16 at 11am** for a Town Hall Meeting. We'll go over the results of the survey, we'll cover a lot of the suggestions we receive and we'll share how we are implementing some things and why we might not be implementing others. Please register with the front desk as I think this will be a big crowd.

Please remember that after Memorial Day we will begin observing summer hours in which we will start closing at 12pm on Fridays. This schedule will be in effect from May 30 through August 29; after Labor Day we will resume closing at 2pm on Fridays. Mondays, Tuesdays, Wednesdays and Thursdays will stay the same all summer with hours from 7:30am to 4:00pm each day.

See you soon,
Emily

P.S. Our own Marilyn Montemayor is holding her last cooking class on May 23. We are so incredibly grateful to her for her years of volunteering and leadership. Congratulations on your retirement Marilyn!

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for over three years. With a bachelor's degree in Kinesiology and more than nine years of fitness and physical therapy experience, Josh would love to have you join him for one of our fitness programs.

Monthly Silver Fitness Award Winner: Sue Reiter

Member of the Month - Congratulations Sue!

You bring such positive energy into Uptown Social. Thank you for all your help and participating in so many classes.

Monthly Silver Fitness Award Winners receive \$36 deposited into their prepay account.

Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$2.00 each for members and \$3.00 each for non-members. Tai Chi and Kung Fu classes are \$1.00 for members and \$1.50 for non-members. A 10-class Yoga Pass is available for \$50.

Workout Room

On Tuesdays from 11:30 a.m. - 12:30 p.m. or by appointment by calling 920-459-3282. Josh will be in the Workout Room highlighting the equipment. If you have any questions about the equipment Josh will be sure to answer them.

Exercise of the Month: Cable Tricep Extension

This exercise is a great way to strengthen your triceps/arms.

1. To start, set up the cable attachment to the highest setting and attach the rope to the cable machine. Pick a comfortable weight and take a step back while holding the rope.
2. Keeping your elbows at your side, start with your arms bent. Slowly extend your arms, feeling tension on your arms. Once your arms are fully extended, your hands should be by your hips. Slowly move back to the starting position with bent arms.
3. You can do this exercise for 8-10 reps and add more sets to progress this exercise.



Emily Matthews, RN

920-286-0570

ematthews@remax.net

www.emilymatthewsREagent.com

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Fitness Programs cont.

Yoga with MaryAnn Dolson

This program takes place every Monday and Wednesday at 11 a.m. Classes are \$5 for members and \$8 for participants. Fees are paid to the instructor before or after class.

Chair Yoga-Sponsored by Sheboygan Senior Community

Chair yoga improves circulation, and contributes to pain management. A ten class pass is available for \$40 and is payable directly to the teacher. Class meets every Monday and Wednesday 12:15 p.m.-1 p.m.

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. Tuesday from 3:00 - 3:45 p.m. and Thursdays 1 - 2 p.m. Classes are \$5 paid to the instructor before or after class.

Square Dancing

Did you Square Dance previously and want to brush up on your skills? Come to Square Dancing on Wednesdays at 1:30pm in the Activity Room. Cost is \$2.00 for members and \$3.00 for non-members.

Core Class

This low impact floormat class will improve core strength and flexibility. Core meets every Monday, Wednesday and Friday from 10-10:45 a.m. in the Activity Room.

Line Dancing

This 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 9-9:45 a.m.

Silver Sneakers BOOM Move

Dance-inspired workout with easy-to-follow movement patterns. It meets every Monday, Wednesday and Friday from 9-9:45 a.m.



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WELLNESS**

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Contact Us

📞 920.459.8477

🌐 BetterLifeCW.com

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 8-8:45 a.m.

Silver Sneakers Classic

This class includes seated and standing exercises to increase muscular strength, range of motion, and activities of daily living. Great for a beginner or someone with limitations. It meets every Tuesday and Thursday from 10-10:45 a.m.

Silver Sneakers Stability

Primarily a standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. Participants must feel comfortable exercising from a standing position. Classes are held Tuesdays and Thursdays 8-8:45 a.m.

Basketball

Basketball is open to play Mondays at 11 a.m. - 1 p.m., W and Th 1:30-3:30 p.m. Except when Cornhole & Shuffleboard are scheduled. Just shoot around or play a quick pick up game.

Pickleball Lessons

Pickleball Lessons are provided Tuesdays from 2-3 p.m. Cost \$3 Members \$5 Guests. Please register to attend with our Front Desk or by calling 920-459-3290.

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.

Classes are \$5 and paid to the instructor before or after class. We meet on Fridays at 11 a.m. - Noon.

Kung Fu Forms & Katas

This class consists of teaching forms used in the two styles of martial arts, Moh Pai Kempo and Pai Huh Shih Kung Fu. Jon Doll has been training and instructing for over 25 years. Cost is \$1.00 for Members and \$1.50 for Guests. Class is Tuesdays and Thursdays from Noon to 12:25 p.m.

Tai Chi

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Beginners meet every Tuesday and Thursday from 11 a.m. - 11:25 a.m. Intermediate/Adv meet from 11:30 a.m.- Noon.

Social Pickleball

Social pickleball brings players from all skill levels together, offering newer participants the opportunity to compete with more seasoned players in a friendly and inclusive atmosphere. These sessions strike a balance between competition and enjoyment, ensuring a fun and engaging experience for everyone. The focus is on fostering connections and building a sense of community. So come prepared to play, connect, and have a fantastic time.

Pre-registration is highly encouraged by calling Uptown Social at 920-459-3290 or stopping by the Front Desk. Paddles and pickleballs are provided. Times are split into two hour blocks. Cost is \$2 for each 2 hour block for Members and \$4 for Guests.

Mondays	11 a.m.- 1 p.m.
Tu/Wed/Th	11:30 a.m. - 1:30 p.m.
	1:30 p.m. - 3:30 p.m.
Fridays	11:30 a.m. - 1:30 p.m.

Blocks are capped at 16 people with the exception of Mondays and Tu/Wed/Th afternoon times, those have a cap at 8. There are certain dates where Social play time and cap is limited so please stay up-to-date on our weekly email and our newsletter.

Creative Programs

Yarn Makers

Learn the joy of hand spinning from wool, alpaca, silk, bamboo and more on Tuesdays from 1-3 p.m. We learn together and have fun working with spinning wheels or drop spindles.

Wood Carving

This is an open carve group. An apron is recommended, as well as a cut resistant glove. This group meets Tuesdays from 1-3 p.m. and Thursdays from 10 a.m.-Noon. For new carvers the fee is \$20. All levels of carvers welcomed.

Sewing & Quilting

Sewing/Quilting meets Thursday from 1-3 p.m. Bring your own project and materials. Get help with problems or be inspired to try something new. We have 4 sewing machines for use or bring your own machine.

Photography

Photography will be the 4th Tuesday of the month at 1 p.m. Participants are encouraged to bring a thumb drive with 1-3 pictures on them that can be shown to the group.

Golden Chordaliers

The Golden Chordaliers rehearse at Uptown Social on Monday mornings from 9-10:30 a.m. For experienced singers looking to audition, visit a rehearsal to meet the group and Director Dan Ognavic.

Ceramics

Supplies and materials provided. Class will be held on Tuesdays from 9 a.m. to noon.

Crafting Hands

Sponsored by: G. Olivia Anderson Trust

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current project.

Greeting Card Club

Are you interested in making greeting cards? Join us the third Thursday of the month starting at 1 p.m. to create beautiful cards. Cost is \$2 payable to instructor. Limit 16 attendees. Registration begins May 1 and fills up quickly.

Wood Turning

If you currently are a wood turner and would like to meet with and share ideas with others, then this group is for you! This group meets the first Thursday from 10 a.m. to noon.

Intermediate Painting

Join us Tuesday afternoons from 1 to 3 p.m. Classes are \$2.50 per time. Program Lead Susan Baumgart will be happy to provide guidance, if you need it!



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 12:00-3:30 p.m. Please contact Sharon Ferk at 920-467-2995 or srferk@gmail.com 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. Contact Jane at 920-226-3523, if you are interested

Dominoes

Dominoes is a tile-based game that can be played with several players. Join us Wednesdays at 1:00 p.m. to play.

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 Monday, Tuesday, Wednesday and Thursday from 8:30-11:30 a.m. or Thursday afternoons from 1-4 p.m.

Ping Pong

Any time that we're open, you're welcome to enjoy our table.

Library

Our Library has a variety of books, DVDs and large print options. It is a lending library so please take a book and when you are done return it.

Mah Jongg

All players are invited to join Mah Jongg Thursdays 10 a.m. - 3:45 p.m. For information regarding lessons, call Connie Vandre at 920-698-0708 or email her at cjvandre@yahoo.com.

Pool

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

Puzzles

Uptown Social has puzzles available in the cabinets in the Billiards Room. You are welcome to borrow them, take them home and bring them back.

Cribbage

Cribbage is available anytime, just grab a partner! May's **Cribbage Tournaments** will be Monday, May 5 & May 19 beginning at 1 p.m. You must sign up in advance and entry fee is \$20. Limit 20 players.

Book Club

Book Club is held on the fourth Monday of the month at 1:30 p.m.

May 19: *The Invention of Wings*
by Sue Monk Kidd

Movies

Movies are back! The second Monday of every month at 1 p.m. Bring your own snacks, if you would like. This month's movie is *A Man Called Otto*.

Cornhole

Cornhole or "bags" is a game where players or teams take turns throwing bean bags at an inclined board with a hole at the top. We play the first Thursday of the month and third Wednesday of the month at 2 p.m.

Advanced registration is appreciated.

Recreational/Social Programs

Dining Out

May's Dining Out will be at Red Cabin at Green Acres on Wednesday, May 21 at 5:00 p.m. Participation is limited to 30. **You must be a member.** Contact the front desk the first of the month or after to sign up!

Uptown Singers

Join Uptown Singers on the first and third Thursday of the month at 2:30 p.m. for fellowship through song, led by Director Emily Rendall-Araujo.

No One Dines Alone

Like going out to eat, but not alone? Then this group is for you! No One Dines Alone will be dining at Roadside in Plymouth on May 8. Cocktails begin at 5 p.m. Please register to attend by calling the office at 920.459.3290.

Shuffleboard

Shuffleboard is a game in which players use cues to push weighted discs into a marked scoring area. We play the first Thursday of the month and third Wednesday of the month at 2 p.m. **Advanced registration is appreciated.**

Positive Aging

Positive Aging is a monthly discussion group, that meets the second Tuesday of each month from 1-2 p.m.

Karaoke Affair

Tom and Dar Ott will host Karaoke the first Friday of every month from 10:30 a.m. to 1:30 p.m. Exercise those vocal chords and have some fun!

A collage of six photographs showing seniors in various settings: a staff member assisting an elderly woman, a group of seniors on a patio, a man and woman high-fiving, two women walking on a path, a couple sitting on a couch, and two women walking with a walker. Overlaid on the center is the Pine Haven Christian Communities logo, which consists of a heart with a cross inside, flanked by the words "Pine Haven" and "CHRISTIAN COMMUNITIES". Below the logo is a dark blue banner with the text "Your Premier Senior Living Community" and "Independent Living • Assisted Living • Memory Care". At the bottom center is a dark blue box with the website "pinehaven.org".

 **Pine Haven**
CHRISTIAN COMMUNITIES

Your Premier Senior Living Community
Independent Living • Assisted Living • Memory Care

pinehaven.org

Special Programs

Legal Consultations w/Stiemle Birschbach

Friday, May 2 at 9 a.m. - Noon

Need legal advice? An attorney with Stiemle Birschbach will spend 30 minutes with you to assist you with any legal questions you may have. You must call or stop by the Front Desk to make an appointment.

Gain Insight on Financial Topics Affecting Women

Wednesday, May 7 at 1 p.m.

Attend this workshop to hear stories about women who have figured a few things out about their finances and enriched their lives beyond their bank accounts. Plus, learn real-world money management lessons and how to apply them as you work towards your financial goals. This session is hosted by Cesar Lemus CFP, ChFC, FIC and the Thrivent Sheboygan County Team.

Legal Consultations-Atty. Elizabeth Rich

Wednesday, May 14 & 28 at 1:00 p.m.

This free service is conducted by an attorney licensed to practice law in Wisconsin. Members only may sign up in advance for a 15-minute session to discuss their legal questions. The clinic is offered on the second and fourth Wednesdays of each month from 1:00-2:00 PM.

Recharge Your Energy with Thyroid Adrenal Health

Wednesday, May 14 at 11:00 a.m.

Do you struggle with persistent fatigue, low mood, and trouble focusing? Your thyroid and adrenal glands might hold the key! This interactive workshop explores the connection between these vital glands and your energy levels. Join Dr. John and Dr. Cooper and discover:

The Powerhouse Duo:

- Learn about the crucial roles your thyroid and adrenals play in regulating energy metabolism, mood, and overall well-being.

Understanding Fatigue:

- Explore the symptoms of thyroid and adrenal dysfunction that can zap your energy.



Remember!

Please register to attend the programs on this page.

Special Programs cont.

TOWN HALL MEETING

We appreciate the feedback and concerns expressed through our Annual Survey. Join US to learn what we have in the works, how we will address the concerns that we can and learn a little bit more about our team.

FRIDAY

MAY 16
11 AM

RSVP WITH THE
FRONT DESK



Low Vision Support Group Wednesday, May 28 at 1:00 p.m.

The Sheboygan Low Vision Support Group is moving its location to Uptown Social! You are welcome to attend this meeting if you have any form or degree of vision loss or are a friend or family member of someone that has vision loss. This group meets on the fourth Wednesday of the month from 1:00-2:30 (except for November and December). Topics and speakers change monthly.

How Are the City's Finances? Hear from Finance Director Kaitlyn Krueger Wednesday, May 21 at 10:30 a.m.

There has been a lot of discussion on TIFs, TIDs and the City's finances in general. City Finance Director Kaitlyn Krueger will present a clear and concise explanation on these financial topics and more.

Tour Guides Needed!

Give tours of the Waelderhaus in Kohler and share a love of history and art!

20-30 hours/month, \$12.00/hour
Call 920-453-2851 or email
jen.balge@kohler.com



KOHLER
FOUNDATION

Waelderhaus

Remember!

Please register to attend the programs on this page.

Special Programs cont.

Marilyn's Cooking Class: Fast Fabulous Family Favorites

Friday, May 23 at 11 a.m.

We all have those family favorites from growing up! Join Marilyn as she shares her family favorites with all of you! Members only event. Registration begins the first of the month. **Cost is \$8.**

We Are Ready for Summer Picnic Northwestern House Broasted Chicken Wednesday, May 28 at 11:30 a.m.

We all love that broasted chicken, potatoes and coleslaw! You must register to have lunch this day to assure we have enough food. **Cost is \$8 Members \$11 Guests.**



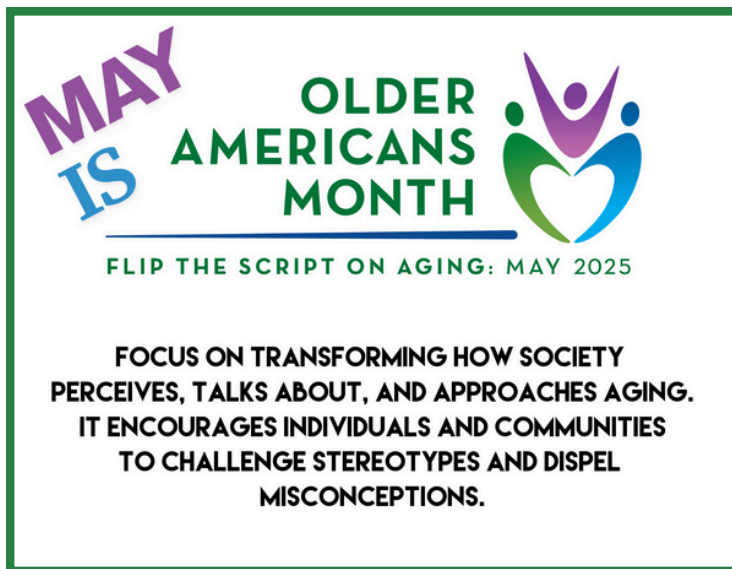
Mister Rogers' Learn and Grow

A program for grandparents and grandchildren ages 2-5 (other caregivers welcome)

Watch episode clips and participate in hands-on activities inspired by the show

Every 4th Tuesday 10am @ Uptown Social
to register call: 920-459-3290

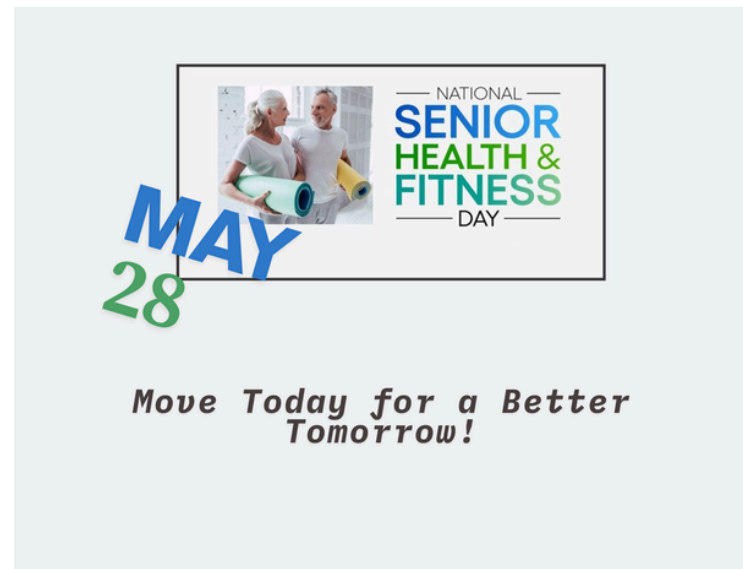
MEAD LIBRARY Uptown Social



MAY IS OLDER AMERICANS MONTH

FLIP THE SCRIPT ON AGING: MAY 2025

FOCUS ON TRANSFORMING HOW SOCIETY PERCEIVES, TALKS ABOUT, AND APPROACHES AGING. IT ENCOURAGES INDIVIDUALS AND COMMUNITIES TO CHALLENGE STEREOTYPES AND DISPEL MISCONCEPTIONS.



MAY 28

NATIONAL SENIOR HEALTH & FITNESS DAY

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Ryan F Rabe, Certified Senior Advisor (CSA)®
rrabe@carepatrol.com

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May

2025

Monday

Tuesday

Wednesday

Thursday

Friday

			1 Chicken Salad on Croissants w/Chips	2
5 Taco Salad	6 Sloppy Joes & Salad	7 Tuscan Mac & Cheese w/Sandwich	8 Brat Casserole w/Salad	9
12 Stuffed Pepper Soup & Salad	13 Reuben Rachel w/Salad	14 Liver & Onions w/Potatoes	15 Spaghetti & Meatballs w/Garlic Bread	16
19 Beer Cheese Soup w/Sandwich	20 Ribs & Sauerkraut w/Salad	21 Turkey Wraps & Salad	22 Meatloaf & Potatoes	23
26 MEMORIAL DAY	27 Caprese Chicken & Pasta w/Salad	28 Northwestern House Broasted Chicken, Potatoes & Coleslaw	29 Fancy Grilled Cheese w/Salad	30

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Offer Ends May 19, 2025

*To be paid at time of service.

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Federal and Medicare Restrictions May Apply.

May

2025

Monday

Tuesday

Wednesday

Thursday

Friday

1

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead, Foot Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic, Wood Carving Mah Jongg, Wood Turning
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead
2:00 p.m. Cornhole, Shuffleboard
2:30 p.m. Uptown Singers

2

8:00 a.m. ABC Fitness,
9:00 a.m. Silver Sneakers BOOM Move,
Legal Consultations w/Steimle Birschbach
10:00 a.m. Core
10:30 a.m. **Karaoke Affair with Tom & Dar Ott**
11:00 a.m. Gentle Yoga w/Kathy
11:30 a.m. Social Pickleball
12:15 p.m. Ecstatic Dance

5

8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Silver Sneakers BOOM Move, Crafting Hands, Golden Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Basketball, Social Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble, Intermediate Floral Watercolor Class
Poker, **Cribbage Tournament**
6:00 p.m. **Open Ballroom Dance**

6

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball, Fitness Room Orientation
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Yarn Makers, Wood Carving
1:30 p.m. Social Pickleball
2:00 p.m. Pickleball Lessons
3:00 p.m. Ecstatic Dance

7

8:00 a.m. ABC Fitness, Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
Thrivent Women's Event
1:30 p.m. Square Dance, Basketball, Social Pickleball

8

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers Classic Wood Carving, Mah Jongg
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Sheepshead
1:30 p.m. Basketball, Social Pickleball
5:00 p.m. **No One Dines Alone-**

9

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core,
Volunteer Appreciation Brunch
11:00 a.m. Gentle Yoga w/Kathy
11:30 a.m. **The Fabulous 70's with Dave Ross**
Social Pickleball
12:15 p.m. Ecstatic Dance

May

2025

Monday

12

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver
Sneakers BOOM Move,
Crafting
Hands, Golden
Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga, Social
Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker, Intermediate
Floral Watercolor
Painting Class-Level
Two, **Movie-A Man
Called Otto**

Tuesday

13

8:00 a.m. Silver
Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance,
Veteran Rendezvous,
Ceramics
10:00 a.m. Silver Sneakers
Classic
11:00 a.m. Tai Chi for
Beginners
11:30 a.m. Lunch & Adv.
Tai Chi, Social Pickleball,
Fitness Room Orientation
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, **Positive
Aging**
Intermediate Painting, Yarn
Makers, Wood Carving
1:30 p.m. Social Pickleball
2:00 p.m. Pickleball Lessons
3:00 p.m. Ecstatic Dance

Wednesday

14

8:00 a.m. ABC Fitness,
Sheepshead
9:00 a.m. Silver
Sneakers
BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga,
**Recharge Your Energy
w/Thyroid Adrenal
Health**
11:30 a.m. Lunch, Social
Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
**Legal Consultations
w/Elizabeth Rich**
1:30 p.m. Square Dance
2:00 p.m. Basketball,
Social Pickleball, Square
Dance

Thursday

15

8:00 a.m. Silver Sneakers
Stability
8:30 a.m. Sheepshead, Foot
Care Clinic
9:00 a.m. Line Dance
9:25 a.m. **Meditation for
Beginners**
10:00 a.m. Silver Sneakers
Classic, Wood Carving,
Mah Jongg
11:00 a.m. Tai Chi for
Beginners
11:30 a.m. Lunch & Adv. Tai
Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting,
Sheepshead, Greeting Cards
1:30 p.m. Basketball, Social
Pickleball

Friday

16

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle
Yoga w/Kathy, **Town
Hall Meeting**
12:15 p.m. Ecstatic Dance

19

8:00 a.m. ABC Fitness,
8:30 a.m. Sheepshead
9:00 a.m. Silver
Sneakers BOOM Move,
Crafting
Hands, Golden
Chordaliers
10:00 a.m. Core
11:00 a.m. Yoga,
Basketball, Social
Pickleball
11:30 a.m. Lunch
12:15 p.m. Chair Yoga
12:30 p.m. Canasta
1:00 p.m. Scrabble,
Poker Intermediate
Floral Watercolors,
Cribbage Tournament
1:30 Book Club

20

8:00 a.m. Silver Sneakers
Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance,
Veteran Rendezvous,
Ceramics
10:00 a.m. Silver Sneakers
Classic
11:00 a.m. Tai Chi for
Beginners
11:30 a.m. Lunch & Adv.
Tai Chi, Social Pickleball,
Fitness Room Orientation
12:00 p.m. Kung Fu &
Katas
1:00 p.m. Bingo,
Intermediate Painting,
Yarn Makers, Wood
Carving
1:30 p.m. Social Pickleball
2:00 p.m. Pickleball Lessons
3:00 p.m. Ecstatic Dance

21

8:00 a.m. ABC Fitness,
Sheepshead
9:00 a.m. Silver Sneakers
BOOM Move
9:30 a.m. **Brewers Game**
10:00 a.m. Core
11:00 a.m. Yoga,
11:30 a.m. Lunch, Social
Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes,
1:30 p.m. Square Dance,
2:00 p.m. Cornhole,
Shuffleboard
5:00 p.m. **Dining Out**

22

8:00 a.m. Silver Sneakers
Stability
8:30 a.m. Sheepshead,
Foot Care Clinic
9:00 a.m. Line Dance
10:00 a.m. Silver Sneakers
Classic, Wood Carving,
Mah Jongg
11:00 a.m. Tai Chi for
Beginners
11:30 a.m. Lunch, Adv. Tai
Chi
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing &
Quilting, Sheepshead
1:30 p.m. Social Pickleball,
Basketball

23

8:00 a.m. ABC Fitness
9:00 a.m. Silver
Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Gentle
Yoga w/Kathy
**Marilyn's Cooking
Class**
11:30 a.m. Social
Pickleball
12:15 p.m. Ecstatic Dance

May

2025

Monday
26

**CLOSED
FOR
MEMORIAL
DAY**

Tuesday
27

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic, **Mr. Rogers Learn & Grow**
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball, Fitness Room Orientation
12:00 p.m. Kung Fu & Katas
1:00 p.m. Bingo, Intermediate Painting, Photography, Yarn Makers, Wood Carving
1:30 p.m. Social Pickleball
2:00 p.m. Pickleball Lessons
3:00 p.m. Ecstatic Dance

Wednesday
28

8:00 a.m. ABC Fitness, Sheepshead
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga
11:30 a.m. **Northwestern House Broasted Chicken Lunch**, Social Pickleball
12:00 p.m. Bridge
12:15 p.m. Chair Yoga
1:00 p.m. Dominoes, **Legal Consultations Atty. Elizabeth Rich, Sheboygan Low Vision Support Group**
1:30 p.m. Square Dance, Basketball, Social Pickleball

Thursday
29

8:00 a.m. Silver Sneakers Stability
8:30 a.m. Sheepshead
9:00 a.m. Line Dance, Veteran Rendezvous, Ceramics
10:00 a.m. Silver Sneakers Classic
11:00 a.m. Tai Chi for Beginners
11:30 a.m. Lunch & Adv. Tai Chi, Social Pickleball
12:00 p.m. Kung Fu & Katas
1:00 p.m. Sewing & Quilting, Ecstatic Dance, Sheepshead
1:30 p.m. Basketball, Social Pickleball

Friday
30

8:00 a.m. ABC Fitness
9:00 a.m. Silver Sneakers BOOM Move
10:00 a.m. Core
11:00 a.m. Yoga

CLOSE AT NOON



Open DANCE
MAY 5
6 - 8 PM
\$6 MEMBERS
\$10 GUESTS
Uptown Social
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BREWER BUS TRIP



VS



WEDNESDAY, MAY 21
12:10 P.M.
MEIJER PICK-UP 9:30 A.M.
RETURN 4:30 P.M.

\$100 MEMBERS
\$110 GUESTS

Includes:
Coach Bus
Driver Tip
Game Ticket

Lunch on your own inside the ballpark.
Call Uptown Social at 920.459.3290 to reserve your spot!

Lake Geneva

MAIL CALL TO STARS

Members \$185
Guests \$195

Tuesday, August 19



TRIP INCLUDES

- Coach Bus
- Mail Boat Tour
- Yerkes Observatory Tour
- Light Breakfast, Box Lunch
- Gratuities

ABOUT THE TOUR

With over 100 years of mail service, the mailboat still delivers mail to about 75 homes around the lake on a daily basis from June 15 – September 15. Enjoy this unique tour of beautiful Lake Geneva and the fun of watching this delightful tradition.

Yerkes remains unsurpassed as the world's largest refracting telescope and the home of astrophysics. Many great scientific minds were hosted here from Einstein to Sagan.

BOOK NOW
CALL 920-459-3290

Activity Level 4

Depart Meijer's 6:30 a.m. Return 6:00 p.m.

Activity Level 3




Door County Fall Cruise


THURSDAY, OCTOBER 2

Depart Meijer's 7:30 a.m.
Wood Orchard Market
Lunch at the famous Al Johnson's Swedish Restaurant in Sister Bay
Daddy D's Fall Musical Cruise 1 p.m.
Return to Meijer's 5 p.m.

LUNCH:
Swedish Meatballs, Mashed Potatoes, Salad, Cherry
Pecan Bread Pudding
Dietary Restrictions:
Please let us know to provide other options

BOOK NOW
920-459-3290

\$145 MEMBER
\$155 GUEST



Fireside

THEATER MATINEE TRIP

WEDNESDAY, DECEMBER 3

The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. The Fireside is proud to bring you this stunning, live stage version of Frank Capra's beloved film.

Entree Choices:
Chicken Monterey
Grilled Salmon
Sliced Beef Tenderloin
Vegetarian Tofu Skewers

\$155 Members

\$165 Guests

Pick up at Meijer's 8:00 a.m.
Return approximately 6:30 p.m.
Activity Level 2
Call Uptown Social at 920-459-3290 to register.



Uptown Social

1817 N. 8th Street
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