



Uptown Social

ENGAGE SHEBOYGAN

November 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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Contact Staff

Emily Rendall-Araujo | Director of Senior Services
Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

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

Joshua Drossel | Program & Wellness Coordinator
Joshua.Drossel@sheboyganwi.gov (920) 459-3282



**Dementia
Friendly**

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

Media Policy

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

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

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

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

Directly from the Director



Hello Friends,

We have so much to be grateful for this month, and all months.

Mostly, I'm grateful for all of you! In October, we celebrated a huge milestone: 1400+ members of the Friends of Uptown Social. Why is 1400 so significant? Well, it's double our membership levels before the pandemic at the old building. Who knew so many would find value in joining Uptown Social, and so quickly! We're here because you're here, so thanks for being here!

If you haven't yet gotten your influenza and/or Covid-19 vaccines, there's still time. We have a few vaccine clinic dates left this month, just in time to protect yourself and others before the holidays. Call 920-459-3290 or visit the front desk for an appointment.

We are now actively registering members with Renew Active and will begin Silver Sneakers membership soon. To update your membership and receive FREE admission to fitness classes (excluding yoga

and square dance), bring your Renew Active or Silver Sneakers card to the front desk. If you cannot find your Renew Active or Silver Sneakers card, you should be able to find your number on your Medicare policy or by calling your insurance agent. Renew Active numbers begin with an "A" or "S" and SilverSneakers begin with a "23" or "21". We'll need this number to verify your eligibility and get you signed up.

We've added another bus trip for 2024! From May 27-31, we'll take a motorcoach north where we'll enjoy a few days exploring Mackinac Island and Northern Michigan. **Registration for this trip will open for members only starting November 15th.** We anticipate this trip will fill up quickly, so if you'd like to go, sign up as early as you can.

If longer trips aren't your thing, we just added a new day trip for January 3rd. We will spend the day in Milwaukee enjoying Beyond King Tut, an immersive experience at the Baird Center, followed by lunch at the Milwaukee Public Market and the afternoon at the Milwaukee Public Museum. It should be a fun day!

Finally, you might've seen in the news a few weeks ago that the City of Sheboygan has entered into a lease agreement with the Lakeshore Regional Child Advocacy Center. The LRCAC will be leasing approximately 5,000 square feet of space on the east side of our building, renovating it to suit their needs. They'll have their own entrance/exit and parking spaces. There might be some opportunities for collaboration/volunteering, but they will not be utilizing our program space.

Have a wonderful month, and THANK YOU!

Emily

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh has been with Uptown Social for over two 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. Additionally, Josh coordinates all of our additional programming, working with volunteer program leads to secure space, time, and supplies needed for their programs.

Monthly Silver Fitness Award Winner: Melody Kuether

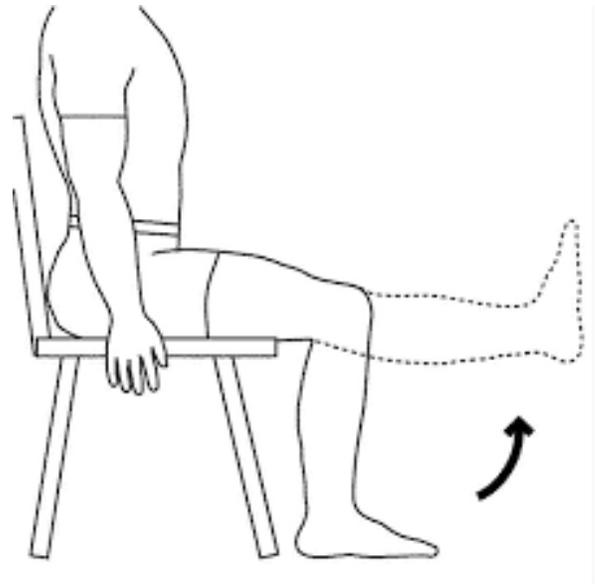
One of our regulars in Core and Flex & Stretch. Melody always come to class with a smile even when it's a tough class. Congratulations Mel and keep up those flutter kicks!

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

Exercise of the Month: Long-Arc Quadriceps

This exercise is a great way to help strengthen the quadriceps muscle.

1. To perform this exercise you will need a chair.
2. Sitting on a chair, slowly straighten one leg.
3. Keeping your toes pointed towards the ceiling. Hold this for 2-3 seconds. .
4. Repeat 10-15 times with one leg then switch to the other.



Pricing

Try any class once for FREE! After that, unless otherwise noted, fitness classes are \$1.50 each for members and \$2.00 each for non-members. Classes instructed by Josh or Tai Chi class fees will be pulled from your prepay account or punches left on your passes. A 10-class Yoga Pass is available for \$50.

Fitness Programs cont.

*Chair Yoga-Sponsored by
Sheboygan Senior Communities
Mondays 1:30 - 2:00 p.m.*

There are times in our lives that we need to adjust our habits and lifestyles. Joint pain, achy muscles, fatigue and other common ailments can make exercise more difficult. CHAIR YOGA is for anyone who wants to try yoga without the fear of falling or the straining of getting down onto the floor and up again. Chair yoga is a gentle form of yoga that is done while seated. That makes the practice more accessible to all.

It is low impact on the joints and it improves flexibility. Chair yoga improves circulation, and contributes to pain management. It also promotes a sense of well-being. A ten class pass is available for \$30 and is payable directly to the teacher.



Friday, November 10 - 11 a.m.

Come hear Tom and Emily from Seven Ages Theatricals entertain you with an hour or two of classics from the American songbook, Broadway, and today. In addition to running Sheboygan's Indie theatre company and producing free Shakespeare in the Park each summer, Tom and Emily are veteran singer-musicians who will gather around the piano on September 15th from 11 a.m. - 1 p.m. for some showtunes, classic rock songs, and a few tunes that may be new to you!

Please register to attend at the front desk.



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*Workshops starting in
October at Uptown Social*



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.

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!

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.

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.

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.

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.

Square Dancing

If you've ever been curious about Square Dancing and want to try it out this class is for you. This class is designed to introduce beginners to the basics of square dancing in a fun and welcoming environment. Member Fee \$5 per class. Non-member fee \$7 per class. We will meet Wednesdays from 1:30-3:00 p.m. in the Activity Room. Experienced Square Dancers are more than welcome to come as well! If you are an experienced Square Dancer and want to help out as an angel in the class, contact our Program & Wellness Coordinator Josh Drossel.



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. **Classes are \$5 for members and \$8 for participants. Fees are paid to the instructor before or after class. A yoga pass may be purchased for \$50 from the instructor.**

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.



Laughter Wellness

Laughter Wellness combines laughter exercises and games with 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. **Classes are \$5 and is paid to the instructor before or after class.**

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. **Classes are \$5 and is paid to the instructor before or after class.**

Elevate Yoga Classes

Due to limited attendance, Elevate Yoga will no longer be offering programs at Uptown Social after October. For Uptown Social members who are interested in continuing to practice with Elevate, members will now be able to drop in at any Elevate Yoga class for the special rate of \$10, as compared to their regular drop-in rate of \$18 per class. Visit <https://www.elevateyogallc.com/> for more information.

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Announcement! No more Flex Passes starting in October!

Uptown Social participants have the ability to hold balances in their accounts. These fund balances can be used to pay for things such as programs, lunch or coffee, trips, etc. Starting October 1, we will be phasing out Flex Passes to direct participants to use the prepay system for fitness programs.

If you have a current Flex Pass:

September 29 is the final day participants will punch their flex pass for fitness classes.

Starting October 1, check in for class(es) at the front desk kiosk as you would normally. Our volunteers will use remaining punches for you until your pass is exhausted. When 1-2 punches remain, our volunteers will contact you to let you know that you'll need to load money into your prepay account. At this time, the fee charged will be the same as the cost now, \$1.50 per class for members or \$2 per class for guests. You'll be able to see your prepay balance on kiosk at check-in, and are welcome to add funds to your balance at any time.

When your Flex Pass expires/If you don't have a current Flex Pass:

Rather than selling you a Flex Pass, we will ask you to make a payment to be applied to your PrePay account. This payment can be made in any amount; fitness class fees will remain at \$1.50 for members and \$2 for guests at this time. Every time you check in for a program, the program fee will be drawn from your prepay balance. You'll be able to see your prepay balance on kiosk at check-in, and are welcome to add funds to your balance at any time.

Creative Programs

Crafting Hands

Join us Monday mornings from 9 to 11 a.m. to enjoy the company of others and work on your current project. Help is always available from our Crafting Hands participants.

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.

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. Cost is \$2 for materials payable to instructor.

This is a Paint Brush - Watercolors

Never painted before because you can't draw a stick figure? Your inner-self might be surprised if you give it a try. (No, we won't make you paint a stick figure!) If you never try, you will never know. New class starting Monday, November 20 from 1:00-3:00 p.m. Limit 12 people for this and cost is \$25 for members and \$35 for non-members. Register at the front desk to attend this 8 week class.



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510 S. 8th Street Sheboygan WI 53081

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Creative Programs

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.

Wood Carving

This is an open carve group with experts available for pointers and assistance. An apron is recommended to bring as well as a cut resistant glove. This group meets Tuesdays and Thursdays from 10 a.m. to Noon in the Creative Studio. For new carvers the fee is \$20. Experienced carvers are welcome to join as well.

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.

Ceramics

Come and try out ceramics class. Supplies and materials provided. This class will be held on Fridays from 9 a.m. to noon.



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Intermediate Art

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



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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@charter.net in advance to sign up.

Canasta

Canasta is a rummy-type game of melding that is played with two 52 playing card decks and two teams of two. Join us Mondays at 12:30 p.m. to play.

Dominoes

Dominoes is a tile-based game that can be played with several 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!

November's **Cribbage Tournaments** will be Monday, November 20 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.



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.

Mah Jongg

Mah Jongg is held every Thursday from 9:00 a.m. - Noon and 1:00 - 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. November 27 we will discuss the book *How the Penguin Saves Veronica* by Hazel Prior. The Book Club does not meet in December. The book for January 22, 2024 is *My Name is Mary Sutter* by Robin Oliveira.

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 this month on **Tuesday, November 21 at 1:00 p.m.** 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.

Library

Our Library has a variety of books, DVDs and large print options. We also have two reading machines available for use. It is a lending library so please take a book and when you are done return it to the large box in the Library area.

Dining Out

This month we will Dine Out at Roadside in Plymouth on November 15. 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 the first of the month or after to sign up!

Legal Consultations with Stiemle Birschbach

Stiemle Birschbach will provide free 30 minute legal consultations twice a year beginning November 3 from 9 a.m. to Noon. You must schedule an appointment for your session with the front desk.

Grief Peer Support Group

This confidential peer support group is for those suffering due to the loss of a loved one. It is facilitated by Dorothy McElroy, certified peer support specialist of Focus Path Peer Support. This group meets from 3:15 - 4:15 p.m. Wednesdays. November dates are 1, 15 and 29.



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Special Programs

Healthy Feet Foot Care Clinic

Dianna Rogers, RN offers toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about any foot concerns you may have. The \$35 fee is paid directly to Dianna. Please bring a towel and clean socks. Upcoming dates include November 2, 9, 16 and 30.

Credit Voyage

Wednesday, Nov. 1 at 11 a.m.

Consumer Credit Counseling will present this first installment of a three-part series focusing on improving your overall financial picture.

Dried Floral Arrangement Workshop

Thursday, Nov. 2 at 1 p.m.

Join Rebecca Duquesnoy of Serendipity Cut Flowers as she leads us in working with locally-grown and dried flowers. Each participant will leave with a custom floral arrangement in a small pumpkin.

\$40
members/\$45
non-members.



Exercise to Achieve a Healthy Posture & Better Stability at All Ages

Wednesday, Nov. 8 at 11 a.m.

Aging gracefully can be tough, and often posture and exercise may not be at the top of our priority list. We invite you to join us at this workshop to learn about the science behind exercise and the dangers of an unhealthy posture. Dr. John and Dr. Cooper will discuss what your life may look like if you fail to correct your posture along with common misconceptions about exercise. In addition, we will teach ways that nutrition and exercise are linked, provide simple at-home exercises, and share ways to improve your posture.

Aging Well

Wednesday, Nov. 8 at 2 p.m.

Everyone wants to age well! But is aging all about genetics? Are there really changes you can make in your lifestyle to age well? Join Ginny Nyhuis, Community Educator with Embrace to learn about the four pieces of the pie when it comes to aging well.

Remember!

Please register to attend the programs on this page.

Special Programs

Fall Prevention

Wednesday, Nov. 15 at 11 a.m.

As many of us enjoy watching the leaves gracefully fall our priority at Senior Helpers is at the same time to keep everyone safe. We only want the leaves to be falling. Join us to learn some helpful tips to prevent falls. We will go room by room and highlight different things to be more mindful and aware of. We will also go over navigating with the elements of winter being soon approaching too.

Kerri Wilson with Live More will provide a second piece to our presentation called *Thankful and Blessed Through Healthy Eating*. Health and nutrition are an essential part of daily living. There will also be a healthy dessert provided for all participants of this presentation.



Estate Planning

Wednesday, Nov. 15 at 1 p.m.

Please join us for an informative presentation on estate planning, where you'll gain valuable insights into creating or revising your will and other estate planning documents to better reflect your desires. Attorney Zufelt will provide the practical knowledge and assurance necessary to draft these documents in a way which protects your assets and ensures those entrusted to make financial and medical decisions on your behalf uphold your wishes.



Together we give.
Nov 28, 2023
GIVING TUESDAY

Giving Tuesday is a way to support the nonprofit you believe in and love.

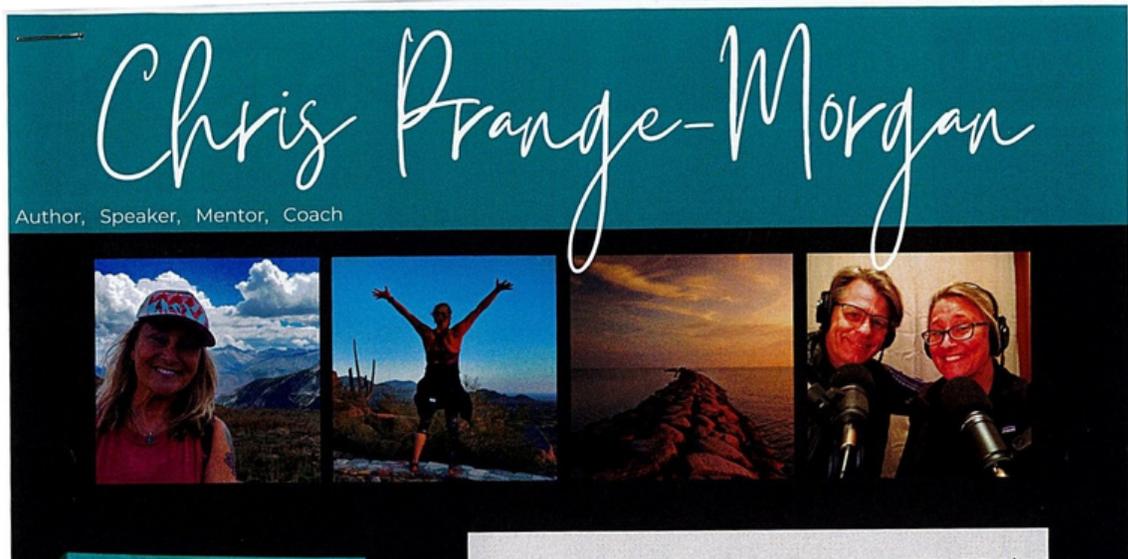
The Friends of Uptown Social is a 501c3 nonprofit which funds all the programs offered here at Uptown Social. If you believe in US consider a donation this Giving Tuesday.



Please register to attend the programs on this page.

Special Programs

Broken, Brave and Bittersweet-Author, Mentor & Coach Chris Prange-Morgan Wednesday, Nov. 29 at 1 p.m.



Chris Prange-Morgan

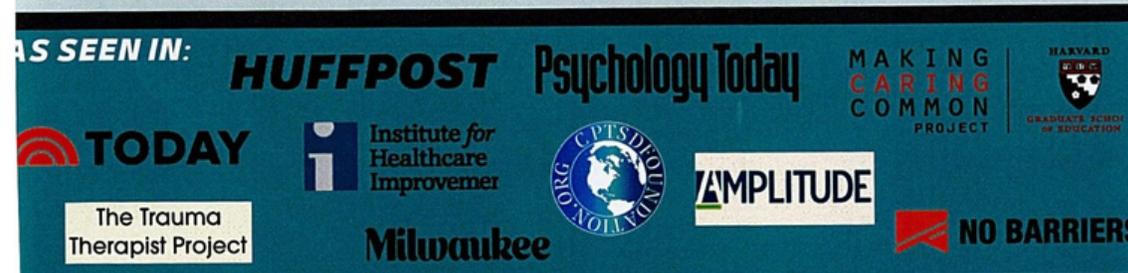
Author, Speaker, Mentor, Coach

CHRIS PRANGE-MORGAN (SHORT BIO)

The author of *Broken, Brave and Bittersweet*, Chris considers herself both a "hope monger" and "recovering idealist."

Her story has been featured on *The Today Show*, *The Trauma Therapist Project*, *CBS*, *Milwaukee Magazine*, *The Institute for Healthcare Improvement* website, and *The Conversation Project*. She has spoken at numerous events, been interviewed on numerous podcasts, and her articles have appeared in several publications, including *Psychology Today*, *The Huffington Post*, *Able Outdoors*, and *Living With Amplitude* magazine. As a coach, speaker, healthcare/disability advocate and seasoned retreat leader, Chris and her husband have worked with parents and professionals in the trenches of working with challenging life and family circumstances.

AS SEEN IN:



chrisprangemorgan.com



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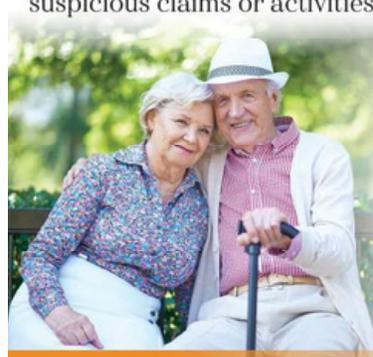
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► **REPORT**
suspicious claims or activities



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



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Uptown Social



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Monday

Tuesday

Wednesday

Thursday

Friday

		1 Chili Dogs w/Salad	2 Creamy Butternut Squash Soup & Salad	3
6 Quesadillas w/Sides	7 Chicken Stir Fry	8 Broccoli & Cauliflower Soup w/Fruit	9 Hot Beef Sandwiches w/Sides	10
13 Chicken Salad Sandwich w/Salad	14 Fancy Grilled Cheese w/Tomato Soup	15 Stuffed Cabbage w/Sides	16 California BLT w/Fruit	17
20 Minestrone Soup & Salad	21 Creamy Beef Noodle Casserole w/Salad	22 Turkey Wraps w/Fruit	23 CLOSED	24 CLOSED
27 Ham & Split Pea Soup w/Salad	28 Meatloaf & Potatoes	29 Vegetable Casserole w/Fruit	30 Veggie Burgers w/Onion Rings	

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?

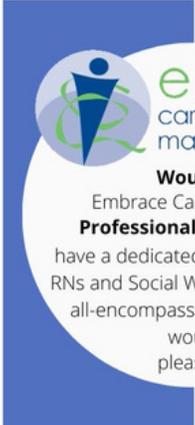
Group members will share information from reliable sources & offer support to help you move forward with renewed hope.

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 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



November

2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro
 10:15 a.m. Core
 11:00 a.m. Yoga, **Credit Voyage w/CCCS**
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 12:15 p.m. Body Basics
 1:00 p.m. Dominoes
 1:30 p.m. Square Dance
 3:15 p.m. **Grief Peer Support Group**

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

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

6 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness, Vaccine Clinic
 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
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, Chess, Cribbage
 This Is a Paintbrush
 1:30 Chair Yoga, Raging Grannies
 6:00 p.m. Rumba
 7:00 p.m. East Coast Swing

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

8 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro
 10:15 a.m. Core
 11:00 a.m. Yoga, **Exercise to Achieve Healthy Posture & Stability**
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 12:15 p.m. Body Basics
 1:00 p.m. Dominoes,
 1:30 p.m. Square Dance
 2:00 p.m. **Aging Well**
 2:30 p.m. Veterans for Peace

9 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Sheepshead, Foot Care Clinic
 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 Wellness

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

November

2023

Monday

Tuesday

Wednesday

Thursday

Friday

13

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness, Vaccine Clinic
 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
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, Chess, This Is a Paintbrush
 1:30 p.m. Chair Yoga
 6:00 p.m. Rumba
 7:00 p.m. East Coast Swing

14

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

15

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 10:15 a.m. Core
 11:00 a.m. Yoga; **Fall Prevention**
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 12:15 p.m. Body Basics
 1:00 p.m. Dominoes, **Estate Planning**
 1:30 p.m. Square Dance
 3:15 p.m. **Grief Peer Support Group**
 5:00 p.m. **Dining Out-Roadside**

16

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Sheepshead, Foot Care Clinic
 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, Mah Jongg

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

20

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness,
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro & Crafting Hands
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:15 p.m. Body Basics
 12:30 p.m. Canasta
 1:00 p.m. Scrabble, Poker, Chess, This Is a Paintbrush,
Cribbage Tournament
 1:30 p.m. Chair Yoga

21

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

22

All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro
 10:15 a.m. Core
 11:00 a.m. Yoga
 11:30 a.m. Lunch
 12:00 p.m. Bridge
 12:15 p.m. Body Basics
 1:00 p.m. Dominoes
 1:30 p.m. Square Dance

23

Happy
Thanksgiving



24

CLOSED

October

2023

Monday

27 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:15 a.m. Core
11:00 a.m. Yoga
11:30 a.m. Lunch
12:15 p.m. Body Basics
12:30 p.m. Canasta
1:00 p.m. Scrabble, Poker, Cribbage, Chess, This is a Paintbrush
1:30 p.m. Raging Grannies, Chair Yoga, Book Club

Tuesday

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

Wednesday

29 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
12:00 p.m. Bridge
12:15 p.m. Body Basics
1:00 p.m. Dominoes,
Chris Prange
1:30 p.m. Square Dance
3:15 p.m. **Grief Peer Support Group**

Thursday

30 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:30 a.m. Sheepshead, Foot Care Clinic
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
4:00 p.m. Enchant Christmas

Friday

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



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- Payment for trip in full must be received seven days from registration for trip.
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May 27
Meet at the Sheboygan Meijer parking lot to board our spacious restroom-equipped Motorcoach and set off for Northern Michigan. Enjoy the beautiful scenery along the way and included dinner before checking into the hotel for a four-night stay.

May 28
After today's included continental breakfast, head for Sault Sainte Marie, MI and take an exciting cruise through the Soo Locks. Next, enjoy lunch on your own and spend some free time in Sault Sainte Marie. Watch ships enter and depart the locks from the observation area or browse the unique local shops and boutiques. Later, enjoy an included dinner and gaming at a Northern Michigan Casino before returning to the hotel.

May 29
After enjoying the included continental breakfast at the hotel, your adventure begins with a ferryboat ride to peaceful Mackinac Island where the only mode of transportation is by horse and carriage. Take a leisurely carriage ride tour of the island and see splendid sites like the Arch Rock and Lilac Lane. Enjoy some free time to explore this quaint island. Later, cross the Straits of Mackinac again and enjoy a lovely included dinner at a local restaurant.

May 30
After this morning's included continental breakfast, you'll take a guided tour of quaint Mackinac City. Next, see the Old Mackinac Point Lighthouse, dating back to 1852. After some free time at Mackinaw Crossings, visit Colonial Michilimackinac, a 1700s-era village. Later, enjoy an included dinner with your travel companions.

May 31
Today you'll enjoy the included continental breakfast before departing for home, a perfect time to chat with your travel companions about all the fun things you've done, the great sights you've seen, and where your next group will take you!

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Thanks for a great first year!





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