



Uptown Social

ENGAGE SHEBOYGAN

September 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

Table of Contents

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

Contact Staff

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

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

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



**Dementia
Friendly**

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

Media Policy

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

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

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

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

Directly from the Director



Hello Friends,

It's hard to believe summer is drawing to a close. I don't know about you, but I've had the most lovely season enjoying time outdoors, with fewer mosquitoes than normal it seems!

You've probably noticed a lot of changes out front over the summer. Our garden volunteers have been hard at work filling the garden in with perennials that will surely look incredible in a few seasons. Additionally, patio furniture is on the way and should be installed this month, or maybe has been already by the time you're reading this! Progress on the gymnasium continues behind the scenes, with architects finalizing their plans and timelines coming together to break ground soon. And the best part of that whole construction process? It shouldn't affect our regular programming or the rest of the building at all!

Besides our continued building adjustments, we've been working on a few other big items. We're in the works to get Uptown Social up and running with the Silver Sneakers program (pun intended!) as well as Optum's Renew Active fitness reimbursement program. More information to come next month!

And finally, as we come upon cold and flu season, we are now scheduling appointments for our upcoming vaccine clinics starting in October. In partnership with Sheboygan County Public Health, Lakeshore Community Health Care, and the National Council on Aging, we will be offering influenza and Covid-19 vaccinations on-site. For those who are home-bound, we'll also have the ability to offer at-home appointments. You can call us at 920-459-3290 to schedule an appointment.

See you soon!
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: Peggy Sixel

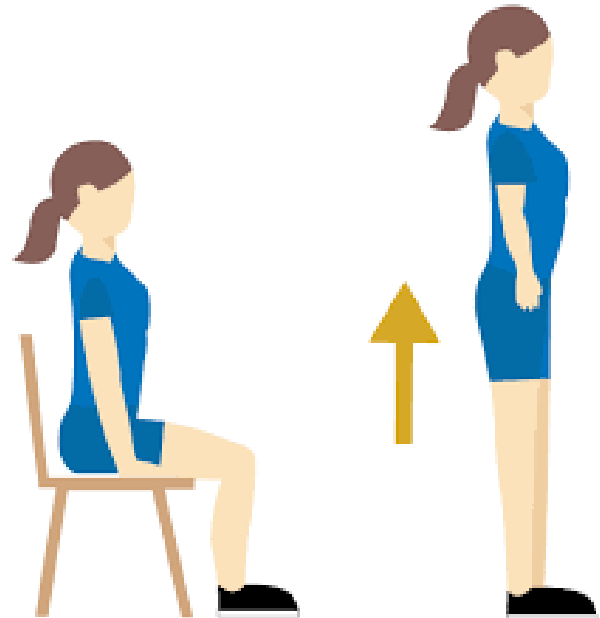
We are delighted to announce Peggy as our member of the month! She is active in our Line Dance class and Mah Jongg. Her efforts to build genuine friendships have significantly contributed to the sense of unity within Uptown Social. Congratulations Peggy!

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

Exercise of the Month: Sit to Stand

To do this exercise you will need a chair with good support.

1. Sit towards the front edge of the chair.
2. Your knees should be bent and your feet should be flat on the floor and shoulder-width apart and underneath your hips.
3. Placing your hands by your side, keep your back and neck straight and your chest forward.
4. Shifting your weight onto your feet, stand and pause for a brief moment.
5. Sit back down slowly, keeping your core tight.
6. Do this exercise 10-15 times. If needed, do fewer until you build up strength.



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.

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.

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

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.

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. The cost is \$5.

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.

Elevate Yoga Classes

Elevate Yoga classes on Tuesdays and Thursdays from 2:00-3:00 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.*

An advertisement for TDS Fiber. The top part features the website "TDSFIBER.COM" in large, glowing blue letters. Below that, it lists services: "INTERNET | TV | PHONE" and "For Home & Business". To the right is the TDS logo, which is a blue diamond shape with the letters "TDS" inside. At the bottom left, there is a small line of text: "Internet speeds are 'up to' and not guaranteed. Subject to availability. See TDSfiber.com/terms."

A real estate advertisement for Markus Savaglio. On the left is a portrait of Markus, a man with glasses and a suit. To his right is a background image of a modern home interior. Text on the right side reads: "PREPARING YOUR HOME TO SELL IS HARD. OUR TEAM MAKES IT EASIER." Below that, it says "HOME STAGING INCLUDED WHEN YOU LIST WITH US." At the bottom right, there is a phone number "(920)-395-1927" and the website "www.expSheboygan.com". Logos for "SAVAGLIO & Co. REAL ESTATE" and "exp REALTY" are visible in the top left corner.

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 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.**

This is a Paint Brush - Acrylic

Never painted before because you can't draw a stick figure? Your inner-self might be surprised if you give it a try. (No, we won't make you paint a stick figure!) If you never try, you will never know. New class starting Monday, September 11 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.

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!



Creative Programs

Life in Writing

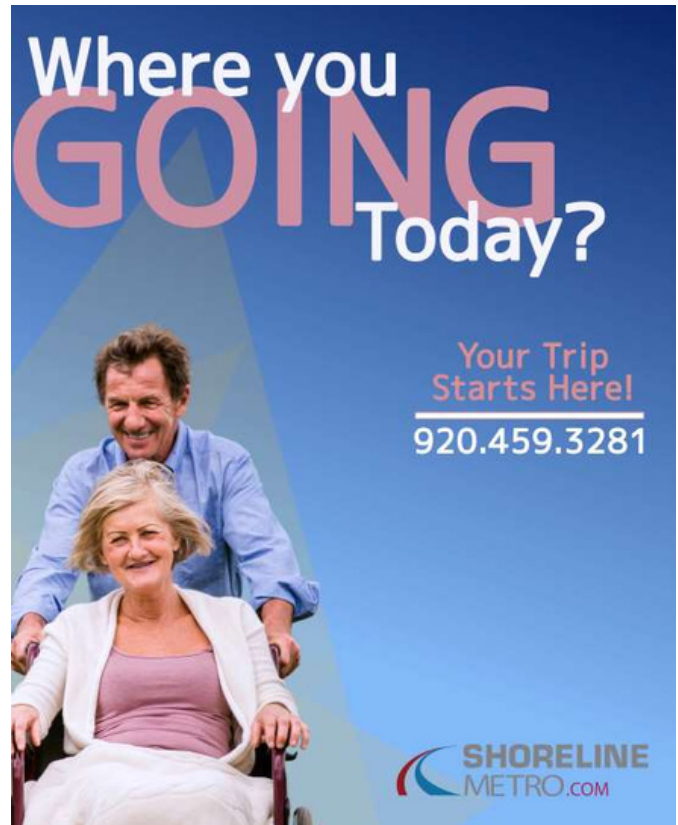
Interested in writing different stories and sharing them with others? This program meets once per month on the third Tuesday of the month at 1:00 p.m.

Wood Carving

Join Ron Feld for 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 for the month of August. 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.



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!

September's **Cribbage Tournament** will be Monday, September 18 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. - 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. They will meet September 25. The book for September will be a choice of two books from Amor Towles- *Lincoln Highway* or *Gentleman in Moscow*. October's book will be *Downstairs Girl* by Stacy Lee. November's book is *How the Penguin Saves Veronica* by Hazel Prior.

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. 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 Five Pillars on September 20. 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 September 1 or after to sign up!



Rumba *East Coast Swing*

GET YOUR DANCING SHOES ON


Ballroom Lessons

Susan Alby & Roland Marciniak will be offering dance lessons at Uptown Social this fall.

6 WEEK SESSION: OCTOBER 9, 16, 23, 30 - NOV. 6 & 13

Rumba Lessons at 6 p.m.
East Coast Swing Lessons at 7 p.m.
(Partner not necessary)

Cost \$45



Uptown Social
1817 N. 8th Street | Sheboygan

Call 920.459.3290 to register.



 **Pine Haven**
CHRISTIAN COMMUNITIES

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

pinehaven.org

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 September 7, 14, 21 and 28.

Successful Downsizing

Wednesday, Sept. 6 at 1 p.m.

Join Mary Werner as she provides tips for preparing your house for sale, downsizing, spending more time on family, travel and not so much on yardwork and house maintenance. Mary will answer questions to help you navigate the real estate world a little easier.

Hospice 101 w/Compassus

Monday, Sept. 11 at 1 p.m.

Understand the basics of hospice care before you or a loved one needs it. A good understanding will help you sort through the questions and prepare you to make the best decisions for care.

Learn to Play Sheephead

Tuesday, Sept. 19 &

Wednesday, Sept. 20

1 p.m. - 3 p.m. (2 Class Session)

Have you wanted to learn to play sheephead? You need to attend both sessions to fully learn and understand the game. Jerry Doyle is our instructor.

AARP Smart Driver Course

Wednesday, September 13

Noon to 4 p.m.

Sign up now for the AARP Smart Driver class-- the new and enhanced driving refresher course from AARP Driver Safety. The AARP Smart Driver Course teaches:

- Defensive driving techniques, new traffic laws and rules of the road.
- How changes to ourselves, the roads and our vehicles impact our driving

\$20 for AARP Members \$25 Non-member
You must register with the front desk to attend. Please bring your AARP card when you register.

How to Get a Better Night's Sleep

Wednesday, Sept. 20 at 1 p.m.

Have a difficult time falling asleep or staying asleep? Join Ascension Health Care as they present on how to get a better night's sleep to feel fully rested and more energetic!

Successful Treatment of Fibromyalgia

Wednesday, Sept. 27 at 1 p.m.

Advanced Physical Therapy will share new research from the University of Iowa on fibromyalgia and the effects of tens machines. Learn how this new research can help lessen the effects of fibromyalgia.



Please register to attend the programs on this page.



Join US September 23 for the Walk to End Alzheimer's in Evergreen Park. The Event Opens at 8:30am and the walk will start at 10:00am. We already have a team started on the Walk to End Alzheimer's website. Our team name is Uptown Social. Josh can also assist you with joining the team online so if you have any questions feel free to reach out to Josh Drossel.



Friday, September 15- 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!



PROTECT YOURSELF AND OTHERS FROM INFLUENZA AND COVID-19 THIS FALL



Vaccines will be provided onsite at:
Uptown Social
1817 N. 8th Street
Sheboygan



Appointments can be made by calling
920-459-3290

Homebound Visits Available



More Tech Talk dates are being scheduled for September. Keep your eyes open for dates and times in the Monday emails.



ALL HANDS ON DECK!
Your neighbors need you.

Fresh Meals On Wheels seeks kind-hearted volunteers to deliver food to people in our community.

Contact us today to get started!
920-451-7011
volunteers@freshmealsonwheels.org





SMP
Senior Medicare Patrol
Preventing Medicare Fraud

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

Empowering Seniors to Prevent Healthcare Fraud

- ▶ **PROTECT**
your personal information
- ▶ **DETECT**
suspected fraud, abuse, and errors
- ▶ **REPORT**
suspicious claims or activities



Call us with questions about billing errors, scams and medical identity theft

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

Brat Fry Fun



Thank you for your support!



Uptown Social



ADVERTISE WITH US!

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

September

2023

Monday

Tuesday

Wednesday

Thursday

Friday

	5 Salisbury Steak w/Sides	6 Veggie Casserole w/Fruit	7 Chicken Stir Fry	
11 Tuna Casserole w/Fruit	12 Salad Bar	13 Liver & Onions	14 Hamburgers w/ Potato Salad	
18 Chicken Nuggets w/Sides	19 Meatloaf & Potatoes	20 Chicken Salad Sandwich w/Fruit	21 Turkey w/Gravy on Rolls & Salad	
25 Sloppy Joes w/Salad	26 Chicken Tortilla Soup w/Sides	27 Creme Brulee French Toast w/Fruit	28 Grilled Cheese & Vegetable Soup	



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



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

September

2023

Monday

Tuesday

Wednesday

Thursday

Friday

4

5 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
 2:00 p.m. Elevate Yoga

LABOR DAY CLOSED

6 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong

8:00 a.m. ABC Fitness
 8:30 a.m. Sheepshead
 9:00 a.m. Allegro
 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, **Successful Downsizing**
 1:30 p.m. Square Dance
 2:30 p.m. Veterans for Peace

7 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
 2:00 p.m. Elevate Yoga

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 w/Kathy
 12:15 p.m. Ecstatic Dance

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, Ceramics, **Open Air Club-Cheese Run**
 10:15 a.m. Core
 11:00 a.m. Gentle Yoga with Kathy &
 12:15 p.m. Ecstatic Dance

September

2023

Monday

11 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, Cribbage
Hospice 101 w/Compassus; This Is a Paintbrush-Acrylic

Tuesday

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

Wednesday

13 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
11:30 a.m. Lunch
12:00 p.m. Bridge; **AARP Smart Driving Program**
12:15 p.m. Body Basics
1:00 p.m. Dominoes
1:30 p.m. Square Dance

Thursday

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, Laughter Wellness, Mah Jongg
2:00 p.m. Elevate Yoga

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

18 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro & 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
Tournament, This Is a Paintbrush-Acrylic

19 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, Writing Group, **Learn to Play Sheepshead**

20 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
8:00 a.m. ABC Fitness
8:30 a.m. Sheepshead
9:00 a.m. Allegro
10:15 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,
How to Get a Better Night's Sleep-Ascension
Learn to Play Sheepshead
1:30 p.m. Square Dance
5:00 p.m. **Dining Out-Five Pillars**
5:30 p.m. **101 Medicare**

21 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 & Tai Chi
1:00 p.m. Sewing & Quilting, Sheepshead, Mah Jongg, Greeting Cards
2:00 p.m. Elevate Yoga

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

September

2023

Monday

25 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
 1:30 p.m. Book Club Raging Grannies

Tuesday

26 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
 2:00 p.m. Elevate Yoga

Wednesday

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
 12:00 p.m. Bridge
 1:00 p.m. Dominoes, **Fibromyalgia & Successful Treatment**
 1:30 p.m. Square Dance

Thursday

28 All Day: Walking, Hang out, Puzzles, Pool, Ping Pong
 8:30 a.m. Foot Care Clinic, Sheepshead
 9:00 a.m. Line Dance, Mah Jongg
 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. Sheepshead, Sewing & Quilting, Mah Jongg
 2:00 p.m. Elevate Yoga

Friday

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



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



ENCHANT

A WORLD OF CHRISTMAS WONDER AWAITS



Enchant Christmas Maze & Market in Milwaukee

Thursday, November 30

Member \$75
NonMember \$85

Fee includes:
Coach Bus
Event Ticket
Driver Tip

Pick-up McJicr 4 p.m.
Pick-up Generations 4:15 p.m.
Return between 9:30-10 p.m.

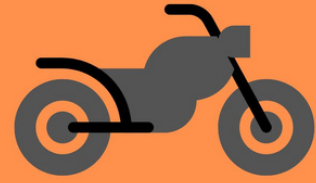
Dinner on your own at the event or you can pack a lunch for on the bus.



Register by calling:

Uptown Social 920.459.3290

Generations: 920.892.4858



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!

SEPTEMBER 8 - CHEESE RUN: HENNINGS, LA CLARE, VERNIS & PINE RIVER WITH LUNCH AT SUNSET ON THE WATER

Depart Uptown Social 9:00 a.m.

Depart Generations 9:30 a.m.

Generations Members - Call (920) 892-4858
Uptown Social Members - Call (920) 459-3290



Free in-home consultations!

Care for Every Moment

Specializing in around-the-clock in-home care.

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

Now hiring! Immediate openings in Sheboygan, Manitowoc & Calumet Counties!



Home Instead®
Sheboygan 3426 Mill Rd.
920.803.0188
HomeInstead.com/238

Each Home Instead office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company.

Athena Sheboygan

Therapeutic Massage with Katherine de Shazer

262-365-8958

BOOK TODAY

athenatherapeuticmassage.com

Seniors receive \$15 discount on 1 hr. session



Navigating the Transition to Senior Care?

Our Trusted Experts Are Here to Help.

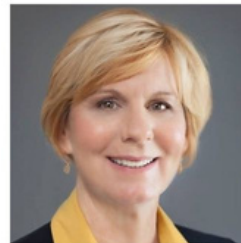
We help families find the right care solution for their loved ones at no cost.



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

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

©2023 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.



Mary Werner SRES[®]
Call Anytime: 920.207.0231
Email: marywerner@kw.com
701 N. 8th St. | Sheboygan

Client Focused. Results Driven

My approach to real estate is simple. It's about providing the best service and advice by listening to you and understanding your needs. If you are considering a move, just give me a call. It all starts with a simple conversation.

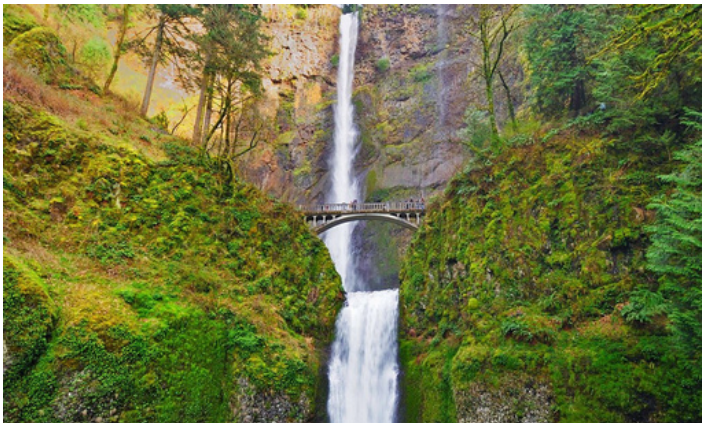
kw EMPOWER
KELLERWILLIAMS
All offices are independently owned and operated.

Travel with US

Visit uptownsocal.org for more information.



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.

