



**Uptown
Social**

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ACTIVE SENIORS

ENGAGE

Sheboygan

Explore Your Potential

August 2021

Monthly Newsletter



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

Programming located at
Roosevelt Park Pavilion
1103 Mead Avenue
Sheboygan, WI 53081

(920) 459-3290
seniorcenter@sheboyganwi.gov

2 Uptown Social

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Staff

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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.



OOPS, We Might Have Goofed

Occasionally there may be an error in days, times, registration dates, or fees in the newsletter and other marketing. There may even be a few misspelled words or missing punctuation marks. When such errors occur, everything possible will be done to correct the situation promptly. We thank you in advance for your patience and your understanding

Media Policy

SACS 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.

RESPECTFUL – We believe in the inherent value of all people.

WELCOMING – We support an environment that is inclusive and inviting.

PURPOSEFUL – We provide experiences which inspire members and guests to use their talents to the best of their ability.

RELATIONAL – We encourage opportunities to maintain and develop new friendships.

ACCESSIBLE – We foster an environment that is inclusive and accessible to people of all abilities.

All items for the newsletter need to be submitted to Emily by the 10th of the prior month.

Emily.Rendall-Araujo@sheboyganwi.gov

Senior Activity Center Newsletter is sponsored by the Friends of the Senior Activity Center of Sheboygan. Thank you to our many advertisers who help to make this FREE newsletter possible.

The Senior Activity Center assumes no responsibility for advertising contents, mistakes, or omissions.

Dear Friends,

I can not thank you enough for your patience with me while we were working on hiring a new Program & Wellness Coordinator. By the time you're reading this, our newest staff member should be all up to speed, and hopefully you've met him already! If not, there's no better time to give him a call and find out which of our programs might be right for you. No matter what your ability or interest, I guarantee we have something that will keep you moving safely.

After a competitive hiring process with more than 25 qualified applicants, our hiring committee unanimously agreed that Joshua was the best fit for this role. His first day was July 19th, and he's a full-time employee of the City of Sheboygan coordinating all of our programs, leading many himself and working with volunteers and contractors for others.

Now, for a building update! First, I know that Roosevelt Park is not ideal. Believe me, I know! I am actively working on a new temporary space for us starting in September. One thing is for certain: this will be the last time we move until the BIG MOVE!

For the new building, we did have a delay. The financing for the Phase I renovation is coming from the Federal Government's Department of Housing and Urban Development (HUD) as a



\$2.7M low-interest Community Development Block Grant (CDBG) loan. While this was pre-approved months ago, the closing of the loan was delayed due to the American Rescue Plan Act (ARPA) that is sending Covid-19 relief funds all over the country to help businesses and non-profits recuperate from the pandemic. All this to say, things were delayed, but we are back on track and things are moving. We are still set to begin construction this fall.

Thanks for your patience! I promise it'll be worth the wait in the end!

Emily



Welcome New Program & Wellness Coordinator: Joshua Drossel

Joshua graduated from the University of Wisconsin–Milwaukee with a bachelor's degree in Kinesiology. After graduation, he relocated to Madison and worked for the Madison School & Community Recreation department for three years. He's excited to incorporate the knowledge he obtained creating health and wellness programs in Madison into his new position as he works with all of you.

Josh grew up in Sheboygan and is a huge Wisconsin sports fan! He'll be joining the group on August 4th for the Brewers Bus Trip.

Walking Club

Walking Club will be meeting every Monday at 11:00 a.m. Meet at Evergreen Park in the main entrance parking lot. Staff will attend as they are available.



Exercise of the Month: Calf Stretches

This exercise can be performed sitting or standing.

To do this stretch while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg.

If you want to stretch your calves while sitting, you'll need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.

Monthly Silver Fitness Award Winners: Mary Wagner & Pat Kevin

For the past few months, and years even, Mary and Pat both really stepped up to keep the Allegro class going. They taught Rachel the dances, and led Allegro when we were without a Program Coordinator. They're now getting Josh up to speed.

Thank you for your commitment to Uptown Social and to the Allegro class Mary and Pat! We couldn't do it without you!



Online Insiders Group

Join the "Uptown Social Insiders" group on Facebook for inside information about the happenings at Uptown Social, motivational ideas, exercise and nutritional tips, as well as connecting with others. This is a free group to join! Please reach out if you have any questions.

www.facebook.com/groups/uptownsocialinsiders

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6

Current Programs

Fitness and Program Opportunities (*denotes preregistration required)

All classes and programs will take place inside at the **Roosevelt Park Pavilion** located at 1103 Mead Avenue unless otherwise indicated. Program registration opens every Wednesday for the following week. Sign up in-person, email emily.rendall-araujo@sheboyganwi.gov, or call 920-459-3290 to register.

Yoga with MaryAnn Dolson*

Join yoga to enjoy a great sense of well-being. The 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 the



class. Everyone is welcome and each participant works at his or her own level and comfort. First class is FREE! Yoga is \$5/class with payments made directly to Mary Ann Dolson.

MONDAY, WEDNESDAY at 1:30pm

Allegro

This 60-minute fast-paced dance/cardio program will get your feet moving and your blood pumping. Volunteer program leads Mary & Pat will help you follow along. You'll catch on in no time!

Bocce Ball

Bocce Ball is back! We will play in the grass at Roosevelt Park, held every Tuesday and Thursday at 12 p.m.

Body Basics

This 30-minute aerobic workout will guide you through cardio, strength, balance, and flexibility training.

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.

Flex & Stretch

Much of this 30 minute program is spent in a chair. You'll get some great stretches, light strength training, and mild cardio moves.



August Programming Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am - Allegro 9:00am - Knitting 10:15am - Body Basics 11:00am - Walking Club 1:30pm - Yoga*	9:00am - Line Dancing 10:15am - Flex & Stretch 11:00am - Bingo 12:00pm - Bocce Ball 12:00pm - Open Card Playing 1:00pm - Spinning (Wool)	9:00am - Allegro 9:00am - Pickle Ball 10:00am - Bridge 10:15am - Body Basics 1:30pm - Yoga*	9:00am - Line Dancing 9:00am - Pickle Ball 10:15am - Flex & Stretch 11:00am - Raging Grannies 12:00pm - Bocce Ball 1:00pm - Mah Jongg	9:00am - Allegro 10:15am - Body Basics 1:00pm - Writing Club (1st Friday) 1:00pm - Stamp Club (2nd Friday) 1:00pm - Greeting Card Club (3rd Friday)

*** By participating in any Senior Activity Center of Sheboygan program, you voluntarily assume all risks related to exposure to COVID-19. ***

*** All Fitness and Program Opportunities are subject to change. SACS staff will do their best to notify participants when changes happen. ***

Join us as we guide you on your road to a healthier lifestyle. Enjoy one or more of these classes to gain a better understanding of your body and how exercise can affect your cardiovascular health. Classes focus on strength, flexibility, balance, and aerobic fitness.

Rachel's classes can be enjoyed using the **Fitness FLEX Pass**. A 24 punch pass can be purchased from Rachel for \$36/friends or \$48/guests. Classes are on going. Beginners are welcome and you can join anytime. First class is FREE!



Exercise classes will be held outside to allow for more programming in the Roosevelt Building. They will be modified for participants of varying expertise and abilities. You will need to bring your weights and a water bottle. **You do NOT need to sign up before classes, but they will be canceled in the event of rain.**

EASY: Green classes have easier movements and involve more stationary movements.

MODERATE: Orange classes include moderate activity, but will also boost your heart rate.

CHALLENGING: Red classes have complex movements and involve a higher heart rate.

Pickle Ball

Join us on Wednesday and Thursday mornings from 9:00 to 11:00 a.m. for Pickle Ball on the beautiful newly-resurfaced outdoor tennis courts. If you're just learning, come on Wednesday morning at 9 a.m. for instructions/training.



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 program will meet on Thursdays at 11:00 a.m.



Sheboygan Stamp Club

Listen, learn, and participate as club members share their personal collections including domestic and foreign stamps, postcards, and envelopes. Club members also learn about postage and postage history. Each meeting ends with a sale/swap and auction of club inventory. This program will be on the **SECOND** Friday of the month from 1:00 to 3:00 p.m.



Writing Group

Interested in writing different stories and sharing them with others? This class will be meeting on the **FIRST** Friday of the month from 1:00 to 3:00 p.m.

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Current Programs



Knitting/Stitching

Join us every Monday morning from 9 to 11 a.m. to work on whatever you're working on. Bring supplies from home, enjoy the company of others, and solicit feedback on any projects you're working on.



Greeting Card Group

Are you interested in making greeting cards? Look no further! Join us on the THIRD Friday of the month from 1:00 to 3:00 p.m.



Spinning

Join us on Tuesdays at 1 p.m. for spinning wool. No experience required! Come along to learn.

Dining Out at Roadside Bar & Grill



Enjoy a casual evening meeting other people, conversing, and trying new restaurants around Sheboygan County. Everyone is welcome to join; limited to first 30 registrants. Call Jackie Barbeau at 920-458-2729 to sign up.

This month, we will meet at Roadside Bar & Grill located at N5575 Hwy 57 in Plymouth. Drinks start at 5 p.m. and dinner starts at 6 p.m.



Healthy Feet Foot Care

Lisa Taylor, RN offers toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about any foot concerns you may have! \$30 cost is paid directly to Lisa. Please bring a towel and clean socks. Appointments can be made by calling 920-459-3290. Upcoming appointments held on August 19, September 16, and October 21.

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for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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10 Current Programs



Time to Play!

Join us Tuesdays from 12 to 3 p.m. for open card playing. Sheephead? Canasta? Poker? This is your time!

Join us Wednesdays from 10 a.m. to 1 p.m. for Bridge. Make sure to let us know in advance that you're coming so we have the right number of people!



BINGO!

Bingo is held every Tuesday morning starting at 11 a.m. Bring two singles, wear your lucky socks, and let us know that you're coming.



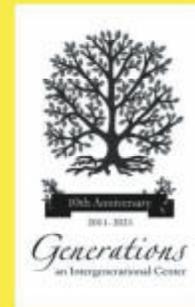
Mah Jongg

Mah Jongg is held every Thursday afternoon starting at 1 p.m. We're happy to help you learn if you don't know how to play! Just let us know if you plan to attend.



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GENERATIONS AND UPTOWN SOCIAL PRESENT:

BREWERS VS. PIRATES

AUGUST 4TH @1:10PM

PICK UP @ SHEBOYGAN MEIJER 9:00AM

PICK UP @ GENERATIONS 9:30AM

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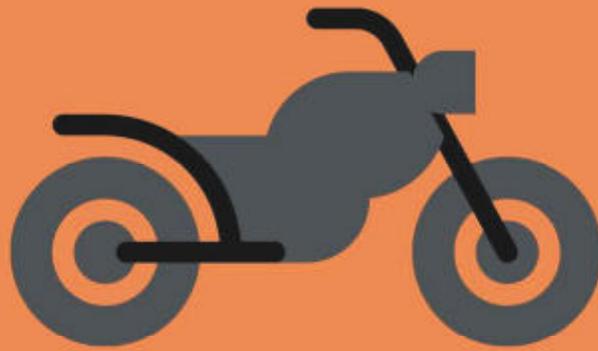


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14 Bus Trip Opportunity

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- ◆ Evening Guided Memorial and Monuments Tour
- ◆ Admission to the Museum of the Bible
- ◆ Admission to George Washington's Mount Vernon Estate & Garden
- ◆ Tram Ride through Arlington National Cemetery

and much more

\$779 *

7 DAYS 6 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Thu - Wed)

March 31 - April 6
2022

Departure: Sheboygan, WI @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped Motorcoach and set off for our Nation's Capital - Washington D.C. Tonight, check into an en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast you will continue towards Washington, D.C. Upon arrival, enjoy a relaxing Dinner and check into your Washington D.C. area hotel for a four night stay.

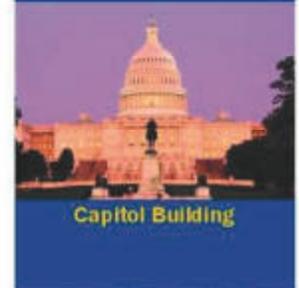
Day 3: Enjoy a Continental Breakfast before departing for a full-day Guided Tour of Washington, D.C. Some of the awe-inspiring sights on this fantastic tour will include the US Capitol, the White House, the National Archives, Embassy Row, and Georgetown. During the day, you will see the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial, and several War Memorials. This evening, enjoy Dinner at a local restaurant before continuing on the Guided Memorial and Monuments Tour.

Day 4: Begin the day with a Continental Breakfast. Today's Guided Tour includes such poignant and inspirational sights as Arlington National Cemetery, including the Tomb of the Unknowns, and Kennedy Graves, as well as the Iwo Jima Memorial. You'll also enjoy a visit to the Smithsonian Institution. Later, you'll enjoy Dinner with entertainment before returning to your hotel for the night.

Day 5: Start your last day in our Nation's Capital with a Continental Breakfast. This morning you will head to George Washington's Mount Vernon Estate & Garden. Experience great American history at Mount Vernon. Next you'll head to the Museum of the Bible. Discover the history, narrative and impact the Bible has played in our world's history. From the 40 foot tall bronze doors at the museum's entrance, to the roof-top garden, explore over six floors of exhibits that span the time, space and cultures of the Bible. With over 40,000 items, the Museum of the Bible's collection contains some of the oldest and most important biblical artifacts and documents in human history. This evening, enjoy a relaxing Dinner and return to your hotel.

Day 6: Enjoy a Continental Breakfast before leaving for the Senator John Heinz History Center in Pittsburgh, PA. This evening, relax at your en route hotel.

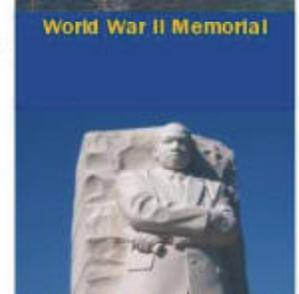
Day 7: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!



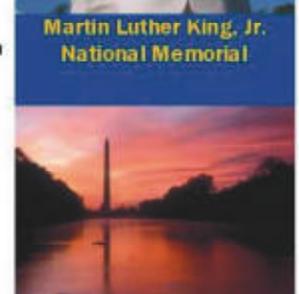
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World War II Memorial



Martin Luther King, Jr.
National Memorial



Washington Monument

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FOR INFORMATION & RESERVATIONS CONTACT:

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