



Uptown Social

ENGAGE SHEBOYGAN

January 2022



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

PROGRAMMING LOCATED AT

Kiwanis Park Pavilion, 726 Kiwanis Park Rd
Sheboygan, WI 53081

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
Social Programs	10-11
Special Programs	13
Travel Opportunities	14-18
Membership Form	19

Contact Staff

Emily Rendall-Araujo | Director of Senior Services

Emily.Rendall-Araujo@sheboyganwi.gov (920) 459-3421

Joshua Drossel | Program & Wellness Coordinator

Joshua.Drossel@sheboyganwi.gov (920) 459-3282



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

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.

**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 Emily by the 10th of the prior month.
Emily.Rendall-Araujo@sheboyganwi.gov

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

Directly from the Director



Dear Friends,

We have a contractor! On December 20th, the Sheboygan Common Council approved the resolution to award J.H. Hassinger of Menomonee Falls the contract to renovate our new building! At least, I sure hope it did, because I'm writing this a week before then.

Regardless, the process of preparing our new permanent home has been long and slow, but you best believe it'll be worth it in the end. The schedule, for now, is that construction should be completed in September. I say "should be" because we're at the mercy of supply chain issues and worker shortages and the inevitable surprises we'll surely uncover once things get rolling at 1817 N. 8th Street. As always, I thank you for your patience and flexibility while we do things the right way, setting this organization up for a fantastic future!

We do not have our Construction Kick-Off event scheduled quite yet, but are hoping to do so in February. Watch your mailboxes, our Facebook page, and our email list for updates once the date is set, because we want to show the community how important this project is to everyone! And if you're not receiving our mailings, or on our email list, or following us on Facebook, let us know so we can get you signed up!

Some other exciting things to note coming up:

- If you've been interested in Mah Jongg but don't know how to play, your opportunity to learn is coming up! On Thursdays January 6-February 3 at 1 p.m. and expert Connie Vandre will teach you everything you need to know. Advanced registration is required; contact us to sign up.
- We have room for more to join us on Friday, January 14 for Stayin' Alive at the Weill Center. Let me know if you want to join the group!
- Dining Out this month will be on January 15 at the Yacht Club. Registration is limited to 30 and will fill up.
- Save the dates for Marilyn's cooking classes: January 21 for a taste of the South Pacific, and February 18 for Frosty Finland.
- We have a new bus trip on the calendar! After our Fireside trip last month filled up so quickly and had such a big waitlist, we've added an outing on February 15th to see Hairspray at the Fox Cities Performing Arts Center. This trip will fill up so I encourage you to sign up as soon as possible!

As always, thank you for your support and enthusiasm!

Emily

Fitness Programs



Joshua Drossel, Program & Wellness Coordinator

Josh joined the Uptown Social team in July 2021. He utilizes his Kinesiology degree every day when he teaches our fitness and movement classes, and he would love to have you join him sometime!

Monthly Silver Fitness Award Winner: Kathy George

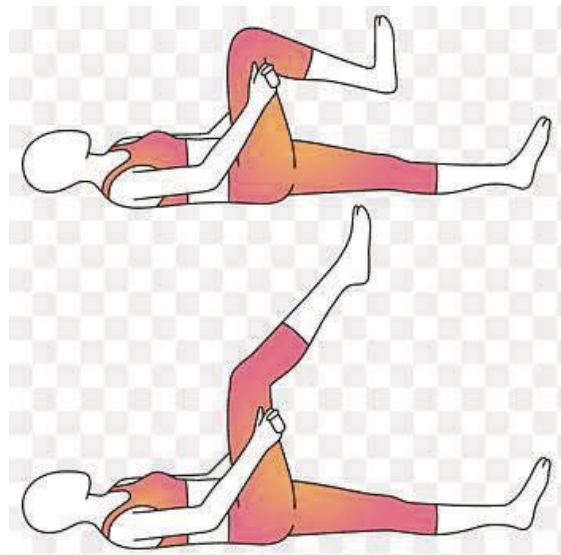
Kathy always comes to class in high spirits! She is a true joy to be around and has been doing a great job in Body Basics as well as Flex & Stretch. Thank you for bringing your positive energy and attitude to class every day Kathy!

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

Exercise of the Month: Sciatic Nerve Glide

The nerve glide is a great way to relieve sciatic pain and increase range of motion. A great modification if you cannot reach behind your legs would be to put a towel behind your leg.

1. Lie on your back with your legs out straight.
2. Bend one knee up and grab behind it with both hands. Then, straighten your knee. Once your knee is straight, flex your ankle up and down a few times. You should feel a slight stretch behind your knee and calf.
3. Slowly lower your leg back down to the bent knee position.
4. Repeat 10 to 15 times.



Join our 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 the opportunity to connect with others. This group is free to join but limited to active members.

Active Senior Living

New Year New Home!

Opening January 2021

Offering one and two bedroom units for those 55 years old and better



All units are unique with historic touches and include the following...

- Open Concept
- Stainless Steel Appliances
- Beautiful Finishes
- Tons of Natural Light
- Walk-in Showers
- Heat, Water and Internet
- Storage Locker
- Large Community Room with Weekly Activities
- Original Auditorium for Movie Nights and Community Events
- Use of the Large Indoor Gym
- 2 Elevators
- Secured Lobby and Entrances

Now accepting applications, call Emily at 920-467-1520 for more information on unit pricing and availability



BERKSHIRE
SHEBOYGAN FALLS

SENIOR APARTMENTS
101 School St., Sheboygan Falls
920-467-1520
berkshire-sheboyganfalls.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

1-855-225-4251

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Alex Nicholas** to place an ad today! anicholas@lpicommunities.com or **(800) 950-9952 x2538**

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Activity Center, Sheboygan, WI A 4C 01-1114

Fitness Programs cont.

All classes and programs take place indoors at the Kiwanis Park Pavilion located at 726 Kiwanis Park Road, unless otherwise indicated. Please contact Josh at (920) 459-3282 or joshua.drossel@sheboyganwi.gov with any questions about programming.

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.

Body Basics

This 30-minute aerobic workout with guide you through cardio, strength, balance, and flexibility training. It meets every Monday, Wednesday, and Friday from 10:15-10:45 a.m. Get a super workout by attending both Allegro and Body Basics!

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! After that, yoga is \$5 per class with payments made directly to MaryAnn. This program takes place every Monday and Wednesday at 1:30 p.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.

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. Flex & Stretch meets every Tuesday and Thursday from 10:15-10:45 a.m. You're welcome to come from Line Dancing and try both!

Flex Passes

Allegro, Body Basics, Line Dancing, and Flex & Stretch are all paid for via Flex Passes. A 24-punch pass can be purchased from Josh for \$36/members or \$48/non-members.



Creative Programs



Knitting sponsored by the Gertrude & Olivia Anderson Memorial

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.

Wool Spinning sponsored by the Gertrude & Olivia Anderson Memorial

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



Beginner & Intermediate Art sponsored by the Kohler Foundation

Join us Tuesday afternoons from 1 to 3 p.m. for intermediate art. 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! Please let us know in advance that you're coming and bring your own supplies.



Creative Programs cont.



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 meets every Thursday at 11:00 a.m.

Greeting Cards

Are you interested in making greeting cards? Look no further! Join us this month on Thursday, January 20 from 1 to 3 p.m. in the Council Chambers of City Hall, 828 Center Avenue.

Ceramics

Bring your own materials and enjoy the day creating a masterpiece! This class will be held on Mondays starting at 11 a.m. at the Kiwanis Park Fieldhouse.

Writing Group sponsored by the Gertrude & Olivia Anderson Memorial

Interested in writing different stories and sharing them with others? This class will meet on Tuesday, January 18 from 1 to 3 p.m. in the Council Chambers of City Hall, 828 Center Avenue.





826 Taylor Parkway
Sheboygan, WI
(920) 458-2099

Call to learn more about available units
1 Bedroom from \$656.00
2 Bedrooms from \$790.00
Income Restrictions Apply
taylorpark@reeliving.com • www.TaylorParkLiving.com



CENTURY 21 MOVES



Mary Hayward • Realtor®
Mary@MovesRE.com
920-207-0231

DEDICATED TO YOU!



3100 Wilgus Avenue • Sheboygan, WI 53081



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611

Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

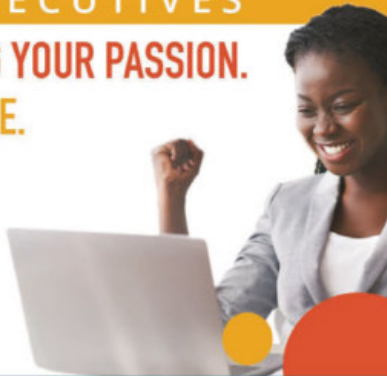
Contact **Alex Nicholas** to place an ad today! anicholas@lpicommunities.com or **(800) 950-9952 x2538**

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

STAND OUT

with a **PREMIUM DIGITAL AD** on **MYCOMMUNITYONLINE.COM**



CONTACT US AT 800-950-9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Activity Center, Sheboygan, WI B 4C 01-1114

Social Programs



BINGO!

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

Bridge

Join us Wednesdays from 12:30 to 3:30 p.m. for Bridge. This program meets in the Rocca Room at the Mead Public Library.

Mah Jongg

Mah Jongg is held every Thursday afternoon starting at 1 p.m. Please let us know if you plan to attend.





Marilyn's Cooking Class: Hawaii & the South Pacific

Ahh, class with Marilyn, what could be more fun or taste better than a visit to the south seas for a few hours?

On Friday, January 21, Marilyn will teach us how to relax and enjoy Hawaii and the South Pacific with food. You're invited to join the class at the Kiwanis Park Shelter starting promptly at 11 a.m., enjoy lunch, and take home the recipes to share again with your family and friends.

Advanced registration is required and attendance is limited to 40 participants. Your \$5 member/\$8 guest fee pays for your food. Contact us to sign up!

Dining Out

This month, we will Dine Out at the Yacht Club on January 19th. Cocktails start at 5 p.m. with dinner at 6 p.m. Call Jackie Barbeau at 920-458-2729 to sign up. Advanced registration required!



Your first choice for better hearing since 1965

Free Hearing Screenings!



Welsch
Hearing Aid Company, Inc.



Susan L. Fenrich, BC-HIS®
Owner & President
Board Certified in Hearing Instrument Sciences

2223 S. Memorial Place
Sheboygan, WI 53081

www.sheboyganhearing.com

Call Today! 920-452-0213

health markets.

Medicare | Health | Small Group
Life | Supplemental

Larry Hinkelman

Licensed Insurance Agent

C (920) 254-3929 • P (920) 452-9446

lhinkelman@healthmarkets.com
{www.HealthMarkets/Hinkelman.com}

**REINBOLD
NOVAK**

FUNERAL & CREMATION SERVICES

920/452-7711

JOHNSTON'S BAKERY



1227 Superior Ave.
458-3342

KCU

INVESTMENT & RETIREMENT SERVICES

For a no-cost,
no-obligation appointment,
call 920-783-2312.

Securities sold, Advisory Services offered, through CUNA Brokerage Services, Inc., Member FINRA/SIPC. FR-3362101.1-1220-0123

The Right Decision for *YOUR VISION*

When it's time for cataract surgery, trust the experts at Larson Eye Care.

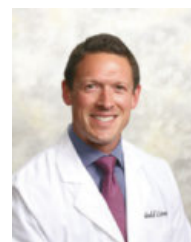
Is cataract surgery right for you?
schedule your consultation today
by calling **(920) 452-5400.**

LASER CATARACT SURGERY AT:

LARSON EYECARE
your vision...our focus



Christopher Larson, M.D.



Todd Larson, D.O.



Kathryn Green, M.D.

www.larsoneyecare.com

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Alex Nicholas**
to place an ad today!
anicholas@lpicommunities.com
or **(800) 950-9952 x2538**

because...

*comfort
at home*

Sharon S. Richardson
COMMUNITY HOSPICE

matters.

Comfort at home matters because Sharon S. Richardson Community Hospice encourages and supports your desire to live life to the fullest in a way that makes you the most comfortable. Our Hospice and Palliative Care team provide comfort care wherever you call home.

SSRHospiceHome.org

Phone: (920) 467-1800 | Toll-free: (866) 467-2011
W2850 State Road 28 Sheboygan Falls, WI 53085
4411 Calumet Ave, Suite 4 Manitowoc, WI 54220



SHORELINE METRO
www.shorelinemetro.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Activity Center, Sheboygan, WI C 4C 01-1114

Your health is important to US!

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 January 6, January 20, February 3, February 17, March 3, and March 17.

Appointments can be made by calling 920-459-3290.





YOU CAN'T STOP THE BEAT

hairspray

BROADWAY'S TONY AWARD-WINNING BEST MUSICAL IS BACK

UPTOWN SOCIAL & GENERATIONS PRESENT:

HAIRSPRAY BUS TRIP

February 15, 2022

Fox Cities Performing Arts Center

SHEBOYGAN MEIJER PICKUP: 3:30 PM
GENERATIONS PICKUP: 3:45 PM
RETURN: MIDNIGHT (ISH)

\$120 Members / \$130 Non-Members Includes:

Coach Bus Service

Dinner - Fratello's Waterfront Restaurant

Grand Tier Tickets to 7:30 P.M. Show

Reservations: (920) 892-4858 Generations

(920) 459-3290 Uptown Social



Uptown Social
SHEBOYGAN'S HUB FOR
ACTIVE SENIORS



GROUP OUTINGS

RESERVE YOUR TICKETS FOR A
NIGHT OUT AT THE WEILL!



STAYIN' ALIVE

Friday, Jan. 14, 7:30 P.M.

Tribute to the Bee Gees

Tickets: \$42 +tax



AN OFFICER AND A GENTLEMAN

Monday, Feb. 28, 8 P.M.

Broadway musical based on the Oscar-winning film starring Richard Gere

Tickets: \$75 +tax



THE ELECTRIC LIGHT ORCHESTRA EXPERIENCE

Saturday, Apr. 23, 7:30 P.M.

*Tribute to the English rock band,
Electric Light Orchestra*

Tickets: \$36 +tax

Reserve your ticket 30 days prior to show date.

Emily.Rendall-Araujo@sheboyganwi.gov | (920) 459-3421

THEATER FOR YOUNG AUDIENCES PRESENTS

Music and Lyrics by Cole Porter

ANYTHING GOES

Book by Guy Bolton, P. G. Wodehouse, Howard Lindsay and Russel Crouse



\$15
Students
and Seniors
\$20
Adults

**WELCOME
ABOARD**
this zany
musical
production!

Join us at the UW Green Bay-Sheboygan Fine Arts Theater
1 University Dr, Sheboygan, WI

JANUARY 28TH & 29TH TIME – 7 PM
30TH TIME – 2 PM

FEBRUARY 3RD, 4TH & 5TH TIME – 7 PM
6TH TIME – 2 PM

Theater for Young Audiences production of Anything Goes

Let's go to Anything Goes, together! Join us for the January 30th matinee performance of Anything Goes at 2 p.m. Call 920-459-3290 to sign up!

TRAVEL WITH *US*

ALBUQUERQUE BALLOON FESTIVAL

SEPTEMBER 26 -
OCTOBER 6, 2022

11 Days / 10 Nights

14 Meals

Bay Bus Coach Bus Service

HIGHLIGHTS INCLUDE:

- 50th Anniversary Albuquerque International Balloon Festival
- Garden of the Gods
- Royal Gorge Train
- Dinner & Show aboard the Branson Belle Riverboat

\$2,190 Double /
\$2,965 Single
\$200/\$272 per day!



Uptown Social

SHEBOYGAN'S HUB FOR
ACTIVE SENIORS





September 26

Depart from Sheboygan Meijer at 6:30 a.m. Overnight stay at the Lumiere Casino in St. Louis, MO.

September 27 - B

Guided tour of Warm Springs Ranch, breeding grounds of the Budweiser Clydesdales, in Boonville, MO. Overnight stay in Salina, KS.

September 28 - B, D

Buffet Dinner at Front Range BBQ. Overnight stay at the Academy Hotel in Colorado Springs, CO.

September 29 - B

Tour the Olympic Training Center, Garden of the Gods Nature Center, Air Force Academy, and Miramont Castle. Overnight stay at the Best Western in Canon City, CO

September 30 - B

Experience the Royal Gorge Visitor Center, including the Royal Gorge Train on the banks of the Arkansas River and a gondola ride. Check into the Route 66 Casino for three nights.

October 1 - B, D

Depart before dawn for the mass ascension of the 50th Anniversary Albuquerque International Balloon Festival. Later, enjoy time in Sante Fe before finishing the day with dinner and a fireworks show at the Fiesta Grounds.

October 2 - B

Enjoy a guided tour of Albuquerque with free time downtown before visiting the Acoma Pueblo Visitor Center and guided village tour. Dinner on your own and time at the casino.

October 3 - B, D

Experience the festival again via the Sandia Mountain Tram. Optional Balloon Rides available for \$275 per person. Enjoy a fresh steak dinner at the Big Texan Steak House in Amarillo, TX before checking into the local hotel.

October 4 - B, D

Travel to Oklahoma City, OK and visit the Oklahoma City Memorial. Continue travels to Branson, MO for dinner and show aboard the Branson Belle Riverboat. Stay overnight in Branson.

October 5 - B

Enjoy a morning show and time at the Branson Landing Mall before heading back to the Lumiere Casino in Saint Louis.

October 6 - B

Travel home to Sheboygan for an estimated return time of 5:00 p.m.

920-459-3290

uptownsocial@sheboyganwi.gov

www.uptownsocial.org



FRIENDS OF
Uptown Social

Annual Membership Form

Name:_____ Date of Birth:_____

Spouse Name:_____ Date of Birth:_____

Street Address:_____

City:_____ State:_____ Zip:_____

Phone:_____ Check One: Home Mobile

Spouse Phone:_____ Check One: Home Mobile

Email:_____

Spouse Email:_____

Emergency Contact #1

Emergency Contact #2

Name:_____ Name:_____

Phone:_____ Phone:_____

Relationship:_____ Relationship:_____

Payment Options

2022 Annual Membership Dues Per Person:

City Resident Non-Resident

Regular Price starting January 1, 2022 \$30_____ \$35_____

Additional Tax-Deductible Donation:_____

Total Enclosed:_____

Make checks payable to Friends of Uptown Social.

Call 920-459-3290 to make a credit card payment over the phone or visit
UptownSocial.org to renew your membership online.

Mail completed form to:

Uptown Social
828 Center Avenue
Sheboygan, WI 53081

The Friends of Uptown Social, Inc. is a 501(c)3 tax deductible organization. Annual membership fees are not tax deductible, but any donation received above and beyond the annual membership fee is tax deductible.



Uptown Social

828 Center Avenue
Sheboygan, WI 53081



Mapledale Village Senior Apartments

Mapledale Village Senior Apartments offer those 55 years & older an affordable residential community in a country setting with city convenience.

One and Two Bedroom Units ranging from 738sf to 1395sf
Patios, and Laundry Capable units available
Underground Heated Parking and Elevators • Pets accepted with restrictions
920-451-0993 mgr.mapledale@midwestrents.com



FUN & FRIENDS IN A NEW HOME

Enjoy activities, restaurant-style dining, fitness classes, and more.



www.pinehaven.org
920-467-2401

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Alex Nicholas**
to place an ad today!
anicholas@lpicommunities.com
or **(800) 950-9952 x2538**

Thrive
Locally

