



ENGAGE

Sheboygan

Explore Your Potential

Monthly Newsletter

April 2021



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

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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 when these situations arise.

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. Programs and events are subject to change or cancellation without notice.

Dear Friends,

Let's talk vaccines! Rachel and I were both lucky to get the first dose of Covid19 vaccines last month, because we work with seniors, and we're so grateful. I can't believe it's been more than a year since the United States shut down, and here we are with the return to normalcy in sight.

I've spoken with a number of you who've shared that you've gotten your vaccines, and to that I say, "Hooray!" I'm so glad that we're all one step closer to spending time together, without masks, and maybe within six feet of each other!

So the question comes up, how should we, as the Senior Activity Center of Sheboygan, be handling the tracking of the vaccine? Your safety (and Rachel's! and mine!) is my top priority. So, while I'm excited to start loosening restrictions, I'm want to also be very cautious.

At this time, it would be really helpful to us to know if you've gotten the vaccine, and when you might be considered fully vaccinated, i.e. 2-3 weeks after your second shot. Our goal isn't to be intrusive, but to have a general idea as we approach each program. Some programs, specifically travel, will require all participants to be fully vaccinated and show proof (that's Diamond Tours' requirement), and in other cases, it might help us be able to say "Hey! Everyone here is vaccinated! Go ahead, TAKE OFF YOUR MASKS!" My gosh, can you even imagine how fun that'll be?



As far as programming, not much is changing from March to April, except that Art classes are returning! I anticipate a big number of changes come May, once the majority of us are fully vaccinated, and we can start spending more time outside.

In the meantime, I hope to see you at Roosevelt Park for any of the exercise or recreation programs, or signed up for an upcoming trip. And, if you feel comfortable, let me or Rachel know if/when you've been vaccinated. You'll be doing us a huge favor as we plan for the future.

Happy Spring!
Emily



April Exercise of the Month: Squat

1. Stand straight with feet hip-width apart.
2. Tighten your stomach muscles.
3. Bend your knees and sit back, as if sitting in an invisible chair. Make sure that your upper body stays tall, and you aren't looking at the ground.
4. Straighten your legs to lift back up.
5. Repeat the movement.

Stepping On Program Starting April 1



Are you interested in learning more about fall prevention? This 7-week class can help you identify fall hazards in your home and explain how vision, hearing, and medications can affect your risk of falling. This class also teaches you different strength and balance exercises that you can adapt to at your own pace.

Where: Virtual (Zoom)

When: Thursdays, April 1st-May 14, 2:00-4:00 p.m.

Cost: FREE!

Contact Rachel at (920) 459-3282 or rachel.conery@sheboyganwi.gov for more information. Space is limited!



Walking Club is BACK!

Meet daily at 11:00 a.m. at Roosevelt Park. The locations will vary over the next few months, so make sure to check every month. Staff will join when schedules permit.

Monthly Silver Fitness Award Winner:

Diane Kraft

"Diane started our exercise classes a few months ago, and she continues to excel in each class she attends. She brings a contagious positive energy whenever she walks into the building and is always one of the hardest workers. I'm excited to see Diane continue to push herself to achieve her goals. Congrats Diane!" - Rachel

Each month one participant from Rachel's classes will be recognized for their hard work and purposeful commitment to living a healthier lifestyle. Winners receive a FREE flex pass!



Online Wellness Group

Join the "SACS Wellness Warriors" page on Facebook for 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.

Link: <https://www.facebook.com/groups/SACSWW/>

Snowshoe Club

Showshoe Club is suspended until next year. Thank you to all who attended!

Active Senior Living

New Year New Home!

Opening January 2021

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

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 stated. Program registration opens every Wednesday for the following week. Sign up in-person with Rachel or call 920-459-3290 to register over the phone.

Pre-registration is required so we can ensure social distancing and program supply inventory. Masks are required inside the building.

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

Tai Chi with Jon Doll & Jane Lang*

Jon Doll has studied and practiced martial arts, meditation, mindfulness, and yoga for nearly 50 years. The intensity level of tai chi is what you make it. **Fitness FLEX Pass** is required for Tai Chi. A 24 punch pass can be purchased from staff for \$36/friends or \$48/guests.



MONDAY, WEDNESDAY at 10:45 & 11:30am

**Participants may only participate in one Tai Chi class per day*

April Programming Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45am - Allegro 10:00am - Body Basics 10:45am - Tai Chi I 11:00am - Walking Club 11:30am - Tai Chi II 1:30pm - Yoga	8:00am - A.B.C. Fitness 8:45am - Line Dancing 10:00am - Flex & Stretch 11:00am - Walking Club 11:00am - Bingo 1:00pm - Knit/Crochet	8:45am - Allegro 10:00am - Body Basics 10:45am - Tai Chi I 11:00am - Walking Club 11:30am - Tai Chi II 1:30pm - Yoga	8:00am - A.B.C. Fitness 8:45am - Line Dancing 10:00am - Flex & Stretch 11:00am - Walking Club 1:00pm - Mah Jongg	9:30am - Intermediate Painting 11:00am - Walking Club 1:00pm - Mah Jongg

*** 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. ***

Rachel's Fitness Classes

Join Rachel Conery as she guides 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!



Please note: Participants are encouraged to abide by physical distancing and to wear proper shoes.



Body Basics*

Aerobics, strength, flexibility, and balance.

MONDAY, WEDNESDAY at 10:00am

A.B.C. Fitness*

Improve or maintain balance and heart health in this cardiovascular based class.

TUESDAY, THURSDAY at 8:00am



Allegro*

Use every muscle in your body while improving your health and balance by dancing to a wide variety of music.

MONDAY, WEDNESDAY at 8:45am



Line Dancing*

Low impact. The repetitive footwork makes for FUN exercise for the body and the brain.

TUESDAY, THURSDAY at 8:45am

Flex & Stretch*

Ideal for beginners and those who prefer a low impact program. Class includes: gentle cardio, strength, flexibility, and balance training.

TUESDAY, THURSDAY at 10:00am



Walking Club*

Meet daily at 11:00 a.m. at Roosevelt Park. The locations will vary over the next few months, so make sure to check every month. Staff will join when schedules permit.

Roosevelt Park Pavilion doors will be locked at the start of class. Participants who arrive after class start time will not be allowed in and will be marked as a "No Show" for that class.

Participants are encouraged to cancel their class registrations if they are unable to attend. This will allow for those on a waitlist to participate.

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.

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8 Current Programs

Cooking with Marilyn!

Join Marilyn Montemayor virtually in her own kitchen for Red Lentil Soup and Hot Cross Buns.



When: April 8, 1:00 p.m.

Where: Virtual (Zoom)

Cost: FREE

Register: Contact Rachel at (920) 459-3282 or rachel.conery@sheboyganwi.gov.



Knitting/Crochet is Back!

Join us every Tuesday afternoon from 1:00 to 2:30 p.m. to work on whatever you're working on. Bring supplies from home and enjoy the company of others, safely.

Contact Rachel at (920) 459-3290 or rachel.conery@sheboyganwi.gov in advance so we know you're coming.

Intermediate Painting



Join us Friday mornings from 9:30 to 11:30 a.m. for acrylic or watercolor painting. You will continue to use your art punch passes, which will be available for \$25/10 classes per card.

Class will be limited to 12 participants, so call to reserve your spot today! You must register in advance and will need to bring your own supplies.

Time to Play!

Join us Tuesdays at 11:00am for Bingo and Thursdays at 1:00pm for Mah Jongg.



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

10 Current Programs

TRAVEL PROGRAM!

For this Fall 2021, and early 2022, we are promoting a few different trips with Mayflower Cruises & Tours. Give Emily a call if you'd like to sign up!



Best of Scandinavia

featuring Sweden, Norway and Denmark

Departure Date: September 15, 2021

\$4,499 double occupancy/\$5,428 single occupancy



Culinary Italy from Sorrento to Rome

Departure Date: October 10, 2021

\$4,849 double occupancy/\$5,648 single occupancy

Psst! Rachel is planning on going along on this one! Contact Emily at (920) 459-3290 or emily.rendall-araujo@sheboyganwi.gov for more information on either trip, or with suggestions for future trips.



Weekly Health Check-Ins

Available Online

Are you looking for someone to keep you accountable? Someone to keep you on track? Rachel will focus on your challenges and help you work through them.

Call today to sign up for a FREE 30-minute check-in. Rachel will talk with you about your goals and lead you in the right direction. These will be available every Friday!

Healthy Feet Foot Care

Lisa Taylor, RN offers toenail trimming, toenail thinning, corn and callous reduction, and a chance to talk about 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 Appointment dates:

- THURSDAY, APRIL 15
- THURSDAY, APRIL 22

Foot Care is held at the **Roosevelt Park Pavilion** located at 1103 Mead Avenue. The nurse will use a private room and only see one client at a time.

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

SENIOR ACTIVITY CENTER OF SHEBOYGAN PRESENTS

New Orleans



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- ◆ Admission to MARDI GRAS WORLD
- ◆ Relaxing RIVERBOAT CRUISE on the Mississippi River
- ◆ Enjoy Historic New Orleans French Quarter

and much more

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9 DAYS 8 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sat - Sun)

November

6 - 14, 2021



View the French Quarter



Jackson Square



New Orleans - "Birthplace of Jazz"



Enjoy a Riverboat Cruise

Departure: Sheboygan, WI @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped Motorcoach as you head for your destination: Historic New Orleans! This evening, you will settle into a comfortable en route hotel for a good night's rest.

Day 2: After enjoying a Continental Breakfast, you will depart for the Memphis Rock 'n' Soul Museum. Later in the day, enjoy Dinner and check into your en route hotel.

Day 3: Today after enjoying a Continental Breakfast, you will continue towards your destination. Tonight, you'll enjoy Dinner before checking into your New Orleans area hotel for a four night stay.

Day 4: After a Continental Breakfast, enjoy a GUIDED TOUR OF NEW ORLEANS and learn about the past and present of what makes this unique city a treasure. Then depart for the French Market District. Since 1791, the French Market has served and entertained millions of visitors in the French Quarter. Next, you will visit the NATIONAL WORLD WAR II MUSEUM. You will take in a cinematic experience on their 120 feet wide screen. It is a jaw-dropping experience in 4-D, a technique that engages all the audience's senses with digital effects, life sized animation, as well as film and sound. This evening, you will Dine at a local New Orleans restaurant.

Day 5: After a Continental Breakfast, you'll Journey beyond the city limits of New Orleans and discover the Destrehan Plantation, listed on the National Register of Historic Places. Discover what it is like to live in another time as you are guided through the lovingly restored main house and its exhibits by a friendly and entertaining costumed guide. Wander among the other authentic buildings on the plantation grounds, see the plantations daily demonstration, or browse through authentic gifts in the Destrehan Plantation's Gift Shop. Then, depart for New Orleans. Enjoy free time in the French Quarter. Do some shopping, stop to hear great music in the French Quarter - or just see the sights. This evening, you will enjoy Dinner with entertainment.

Day 6: Enjoy a Continental Breakfast, then depart for MARDI GRAS WORLD. Learn about the history of Mardi Gras, watch artists at work and enjoy a slice of the famous King Cake! Next, you will head to Riverwalk, which features over 75 retailers and restaurants on the majestic Mississippi River. Later, you will go on a relaxing RIVERBOAT CRUISE on the Mississippi River. Wind down as you set sail and explore the Mississippi River. This evening, you will Dine at a local restaurant.

Day 7: Enjoy a Continental Breakfast before leaving for the Mississippi Agriculture and Forestry Museum in Jackson, MS. Journey back in time as you learn how agriculture and forestry molded the history and heritage of this great State. Later that day, after a relaxing Dinner, you'll check into your en route hotel.

Day 8: Today you will have Continental Breakfast and then visit to the National Ornamental Metal Museum in Memphis, TN. Tonight, relax in your en route hotel.

Day 9: Today after enjoying Continental Breakfast, you depart for home... a time to chat with your friends about all the fun things you've done, the great sights you have seen, and where your next group trip will take you!

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FOR INFORMATION & RESERVATIONS CONTACT:

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Costa Rica



Enjoy a hands-on experience at a cacao plantation



Take a refreshing dip at the base of the Nauyaca Waterfalls

DAY 1 USA / San José, Costa Rica: Depart the USA for San José, Costa Rica. Upon arrival you will be met by a representative of Mayflower Cruises & Tours who will assist with your transfer to the hotel. Flights should arrive by 4:00pm. Relax before the included dinner as your busy schedule eases into Costa Rica's mystical tropical lifestyle. **Meal: D**

DAY 2 San José – Arenal area: En route from San José to the Arenal area, visit the Doka Coffee Estate where members of the Vargas Ruiz family have been involved with coffee production for more than 70 years. Tour the plantation, learning how this famous product of Costa Rica is produced from the harvesting of the beans to the roasting and packaging processes. And of course there is a sampling of the final product! Continuing towards Arenal, with an included lunch along the way, a sweet treat awaits. Coffee beans aren't the only ones Costa Rica is famous for. Discover the ancient secrets of chocolate, considered a 'gift of the Gods', as cacao beans were used for ceremonial drinks and even currency. During this hands-on experience at a cacao plantation, learn the whole process of creating sumptuous chocolate from the fruit of the cacao tree. The day ends with arrival at the hotel, providing awe-inspiring views of Arenal Volcano from every room. **Meals: B, L**

DAY 3 Arenal area: This morning, enjoy a gentle walk along the base of Arenal Volcano, a magnificent natural phenomenon, during a visit to Arenal National Park. Your Tour Manager takes you through the forest, over the lava flows, and to the destroyed area now in the process of regeneration. Continue on to the Misico Arenal Hanging Bridges Park where you can walk across a variety of bridges,

6 of which are hanging, for wonderful views of the flora and fauna of this highly diverse forest. Return to the hotel for an afternoon at leisure to relax in the springs, wander around the lush gardens, or simply enjoy the view from your patio. This evening, meet the Mendez Family at their farm for a cultural dining experience. After a brief orientation of the farm, assist the locals with the dinner preparation, while the main course is cooking over a wood-burning stove. Dine with the locals in a rural setting, learning about their life, culture and traditions.

Meals: B, D

DAY 4 Caño Negro Wildlife Refuge: While in the Arenal area, enjoy a full day excursion to Caño Negro National Wildlife Refuge, a remote "everglades" type wetlands, teeming with different species of flora, fauna and birdlife. Enjoy a boat ride on the Rio Frio, where you'll have an opportunity to see a plethora of wildlife: snake-birds, heron, comorants, howler, spider and white-faced monkeys, three-toed sloth, basilisk lizards (also known as Jesus Christ lizards), turtles and much more. This unique experience showcases the natural beauty of Costa Rica. A typical lunch is provided during the excursion.

Meals: B, L

DAY 5 Arenal area – Manuel Antonio: After breakfast, travel to the Manuel Antonio area, famous for its national park. En route, relax on a boat trip along the Tarcoles River located near Carara National Rain Forest Park. This adventure combines nature with the breathtaking experience of viewing American crocodiles at near proximities. Home to one of the world's largest crocodile populations in the wild, some of these 'local residents' are up to 15-feet-long! As your boat ride takes you inside the mangrove canals and along the Tarcoles River, you also have the opportunity to spot many different species of birds, including



Squirrel monkey at home in Manuel Antonio National Park

the rare scarlet macaw, amongst the lush foliage. Upon arrival at the hotel in Manuel Antonio, the remainder of the day is at leisure until the included dinner. **Meals: B, D**

DAY 6 Manuel Antonio National Park: Today's included tour visits nearby Manuel Antonio National Park, the smallest of the parks in Costa Rica but one of the most popular. There is a magic to this park that is hard to explain. Perhaps it's the park's forest, mangroves, lagoons and beach vegetation that supports 109 species of mammals and 184 species of birds (with migrants bringing the bird species to some 270) that make it so amazing. Among the inhabitants that can be easily seen are sloths, iguanas, agoutis, armadillos, raccoons, coatimundis and the adorable squirrel monkey. After the excursion, return to the hotel where the remainder of the day is at leisure to enjoy the beautiful grounds and amenities. **Meal: B**

DAY 7 Manuel Antonio: This morning, depart by coach for the short journey to the Nauyaca Waterfalls. Upon arrival, board smaller vehicles for a ride through the beautiful landscape and wonders of the tropical rain forest to the lower falls. Take a dip in the refreshing water at the base of the falls, or simply relax as you take in the sights, sounds and smells of this magical area. Return to the hotel in time for lunch and a final afternoon at leisure before the farewell dinner. **Meals: B, D**

DAY 8 Manuel Antonio / San José / USA: After breakfast, your tropical get-away comes to an end as you return to the San José airport for your flight home. Flights should depart after 1:00pm. Fond memories of the beauty of Costa Rica and the warm hospitality of its people are sure to be treasured for a lifetime! **Meal: B**

Itinerary is subject to change.



Tour Highlights

- 13 Meals: 7 breakfasts, 2 lunches and 4 dinners
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Overnight in San José, Costa Rica
- Visit Doka Coffee Estate for a guided tour and tasting
- Learn how chocolate is made during a hands-on visit to a cacao plantation
- Spend three nights in the Arenal area overlooking Arenal Volcano
- Experience a gentle hike at the base of Arenal volcano
- Walk through the lush forest via a trail of bridges
- Enjoy cultural immersion during a rural dining experience on a local farm
- Included excursion to Caño Negro National Wildlife Refuge with a local guide and lunch
- Experience a Jungle Crocodile Safari with our Costa Rican expert
- Spend three nights in Manuel Antonio
- Visit Manuel Antonio National Park with our Costa Rican expert
- Take a dip in the refreshing waters at Nauyaca Waterfalls
- \$40 in Mayflower Money

HOTEL ACCOMMODATIONS

Day 1 – DoubleTree Cariari or similar, San José, Costa Rica

Days 2 through 4 – Arenal Manoa Hotel or similar, Arenal area, Costa Rica

Days 5 through 7 – Parador Hotel or similar, Manuel Antonio, Costa Rica

Costa Rica



Arenal's silhouette graces the landscape

2022 Departure	Per Person Twin	Single Room add
February 18	\$2,999	+ \$959

Pricing includes roundtrip airfare from Chicago, O'Hare airport.

Air itineraries may not be available until documents are received. Air seats are assigned by the airline for the entire group. Seat changes can only be attempted upon receipt of tickets and documents at which time availability may be limited. If specific seat assignments are vital to your reservation, we recommend individual air reservations rather than booking air with the group.



Free local pick up at Walmart Supercenter South in Sheboygan

Travelers Protection Plan (TPP) – \$299 per person (optional)

This nonrefundable fee waives all cancellation fees when we are notified of cancellation one day before the tour departs. If you must leave the tour early due to personal illness, illness or death of a member of your immediate family, TPP guarantees full refund for any unused services after the departure of the tour. Other benefits include medical expenses for illness and injury, emergency transportation, 24 hour hot line, and lost or stolen baggage assistance. Return air transportation is included ONLY if your air tickets were provided by Mayflower Cruises & Tours. If you purchase the optional Travelers Protection Plan (TPP), you will be refunded all payments, including deposit amount, less the TPP premium amount.

Cancellation Charges Without Traveler's Protection Plan (TPP)

- 91 days or more Deposit Amount
- 90 to 45 days prior 20% of tour cost
- 44 to 15 day prior 30% of tour cost
- 14 to 1 day prior 40% of tour cost
- Day 1 of departure 100% of tour cost
- or early departure from tour
- No refund on unused portions of the tour



Exclusions: Mayflower Cruises & Tours reserves the right to alter its refund and cancellation policy when a substantial amount of cancellation or postponement of travel is attributable to: conditions resulting from an act of God, natural or man-made disaster, fire, government action, civil disorder, war, hostilities between nations, or unavailability of transportation through no fault of Mayflower Cruises & Tours.

FOR RESERVATIONS OR INFORMATION CONTACT:

Senior Activity Center of Sheboygan

Emily Rendall-Araujo, CFRE

Director of Senior Services

920-459-3421

emily.rendall-araujo@sheboyganwi.gov





**Friends of the
Senior Activity Center of Sheboygan**
828 Center Avenue
Sheboygan, WI 53081



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