



# ENGAGE

## *Sheboygan*

Explore Your Potential

Monthly Newsletter

June 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](mailto:seniorcenter@sheboyganwi.gov)

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## Staff

### Emily Rendall-Araujo

Director of Senior Services

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

### Rachel Conery

Program Coordinator

Rachel.Conery@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.



### 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,

Man oh man, life feels a little normal again, right? The overwhelming majority of us are vaccinated, and we're able to spend time together safely!

Guidelines from the CDC seem to change every week, so I'm hesitant to even acknowledge that here. I figure everything will change by the time my letter reaches your mailbox! Just know that we continue to look to the CDC for guidance and follow their lead, whatever that might be at a given time.

As I mentioned last month, we have a number of day trips coming up for summer, and we're starting to take reservations! This month, we have the 'Tourist in Your County' to Plymouth trip, a visit to Christopher Farm and Gardens, and our first 'Open Air Club' outing. More details and flyers for each event are further throughout the newsletter.

Most importantly, the Friends of the Senior Activity Center is holding their annual meeting this month, and you are welcome to come! This is your opportunity to hear about what the Friends have been up to, learn how your contributions directly impact the Center, and provide feedback. We truly want to hear from you!

As far as the building goes, exciting things are happening! As of the time that I write this letter, plans have been approved by both the Architectural Review and Plan Commissions, and should hopefully have been approved by the Common Council



before you read this. The schedule is still on-track for construction to start later this summer, and hopefully have a move-in in early 2022! And watch for an invitation to a pre-construction Open House in July for an opportunity to see the building before the hammers start swinging.

Emily

P.S. Have I told you lately how much I love this new job? Every week I have to pinch myself that I get paid to do this! I have so enjoyed meeting you all, and look forward to getting to know everyone better!

# 4

# Rachel's Corner



## April Exercise of the Month: Walking!

As we get into the warmer temperatures, get outside and walk around the block!

Walking has so many great benefits to good health. If you do decide to get out and about, send us some pictures to be featured on our Facebook page!

## Walking Club

Walking Club will be meeting Mondays and Wednesdays at 11:30 a.m. Meet at Evergreen Park throughout the Month of June, with one exception. *Sue Garski will take the Walking Club to the Town Firehouse Park on County Y (one block south of Hwy J) on June 25th. Lions Fest will be held at this location beginning at noon, so walkers can enjoy the event afterward!*



## Weekly Health Check-Ins

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

Call today to sign up for a FREE 30-minute check-in. Rachel will talk with you about your goals and guide you in the right direction.

These appointments are available every week.

## Monthly Silver Fitness Award Winner:

### Bob Ader

“Rain or shine, Bob is always the first one to show up for class. He even comes in his scooter! Bob is always fun to be around and is always cracking a joke in the corner. He is constantly trying to find new ways to keep himself busy, and he loves to beat me on the golf course!” -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/>

## Active Senior Living

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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 indicated with a \*. 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 11:00am**

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

## June Programming Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am - <b>Allegro*</b> 9:00am - Knitting 10:15am - <b>Body Basics*</b> 11:00am - <b>Tai Chi*</b> 11:30am - <b>Walking Club*</b> 1:30pm - <b>Yoga</b>	8:00-10:30am - Open Card-Playing 9:00am - <b>Line Dancing*</b> 10:15am - <b>Flex &amp; Stretch*</b> 11:00am - Bingo 12:00pm - <b>Bocce Ball*</b> 1:00pm - Intermediate Art Class	9:00am - <b>Allegro*</b> 10:00am - Bridge 10:15am - <b>Body Basics*</b> 11:00am - <b>Tai Chi*</b> 11:30am - <b>Walking Club*</b> 1:30pm - <b>Yoga</b>	8:00am - Ceramics 9:00am - <b>Line Dancing*</b> 10:15am - <b>Flex &amp; Stretch*</b> 11:00am - Raging Grannies 12:00pm - <b>Bocce Ball*</b> 1:00pm - Mah Jongg	9:00am - <b>Allegro*</b> 9:30am - Beginner Art Class 10:15am - <b>Body Basics*</b> 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. \*\*\*

## 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!



Exercise classes will now 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, a water bottle, as well as a chair if needed. **You do NOT need to sign up before classes, but they will be canceled in the event of rain.**



### Body Basics

Aerobics, strength, flexibility, and balance.

**MONDAY, WEDNESDAY, FRIDAY at 10:15am**

### Line Dancing

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

**TUESDAY, THURSDAY at 8:45am**



### Allegro

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

**MONDAY, WEDNESDAY, FRIDAY at 9:00am**



### 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 Monday and Wednesday at 11:30 a.m. at Evergreen Park. The locations will vary over the next few months, so make sure to check every month. Staff will join when schedules permit.



### Bocce Ball

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

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.

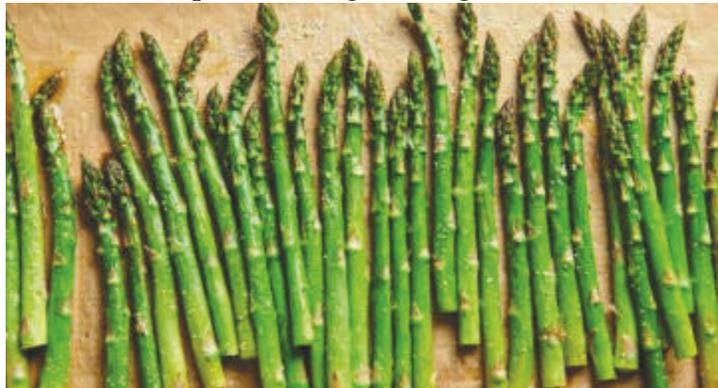
\*\*\* By participating in any Senior Activity Center of Sheboygan program, you voluntarily assume all risks related to exposure to COVID-19. \*\*\*

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# 8 Current Programs

## Cooking with Marilyn!

Join Marilyn Montemayor virtually in her own kitchen for several recipes featuring all things SPRING!



**When:** Thursday, June 10, 1:00 p.m.

**Where:** Virtual (Zoom)

**Cost:** FREE

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

## 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 and enjoy the company of others, safely.

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



## 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.

## Painting Classes

Sponsored by the Kohler Foundation



Join us Tuesday afternoons from 1:00 to 3:00 p.m. for intermediate painting, or Friday mornings from 9:00 to 11:00 a.m. for introductory painting. You will continue to use your art punch passes, which will be available for \$25/10 classes per card. Please register in advance and bring your own supplies.

## Ceramics

Bring your own materials and enjoy the morning creating a masterpiece! This class will be held on Thursday mornings from 8:00 to 10:00 a.m.



## Pop Art Collage Workshop with Artist Michael Albert!

Join us on Friday, June 18 from 9:30 to 11:30 a.m. for a special collage workshop with New York artist Michael Albert. Albert will be bringing his "Modern Pop Art Experience" art enrichment program all over the country this summer, and we're lucky to be on his list!

Contact Rachel to sign up for this FREE workshop!

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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. \*\*\*



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# 10 Current Programs

## Garden Program

### Garden Clean-Up

June 1, 10 a.m. to noon

Calling All Garden Lovers! Let's spruce things up. We're not at the old center on 5th and Wisconsin anymore, but we still want it to look nice in our absence. Get ready to join us for a quick clean-up session with lunch to follow.

There won't be any mulching or wheelbarrow use, just pulling out the old and a bit of pruning to get things blooming again.

Call (920) 459-3290 or email [rachel.conery@sheboyganwi.gov](mailto:rachel.conery@sheboyganwi.gov) if you'd like to sign up.



## Time to Play!

Join us Tuesdays from 8:00-10:30 a.m. for open card-playing, Tuesdays at 11:00 a.m. for Bingo, Wednesdays at 10:00 a.m. for Bridge, and Thursdays at 1:00 p.m. for Mah Jongg. Let us know that you're coming to we can make sure there's space for you!



## 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.



## 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.

## 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.

## 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, June 17

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.

\*\*\* 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. \*\*\*

## GENERATIONS' AND SENIOR ACTIVITY CENTER OF SHEBOYGAN PRESENT:

### TOURIST IN YOUR OWN COUNTY FEATURING: PLYMOUTH

June 17th, 2021

\*Pick up Sheboygan Meijer 8:30am

\*Pick up Generations 8:50am

\*Start off the day with a bus tour of Plymouth  
9am-10am

\*Then head to Plymouth Historical Society for a  
tour 10:15am-11:15am

\*Go to DeO's for lunch 11:30am-12:30pm

\*Do some downtown shopping and antiquing  
12:30pm- 1:15pm

\*Tour of the Plymouth Cheese Counter  
1:15pm-1:45pm

\*Tour of Plymouth Arts Center 2:00pm-3:00pm

\*Refreshments and Tour at Plank Road  
Distillery 3:15pm-4:00pm

\*Drop off Generations 4:15pm

\*Drop off Sheboygan Meijer 4:35pm

\$30.00 per person, includes lunch at DeO's, Bus, and  
Cocktail at Plymouth Distillery

RSVP by: June 14th, 2021

RSVP for Generations to Jessica @ 920-892-4858

RSVP for Sheboygan Senior Activity Center @920-459-  
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**GENERATIONS AND  
THE SENIOR ACTIVITY CENTER OF SHEBOYGAN  
PRESENT:**

# **CHRISTOPHER FARM & GARDENS DAY TRIP**

**Tuesday, June 22**

**9:30 a.m. Pickup at Generations**

**10:00 a.m. Pickup at Sheboygan Meijer**

**\$25 PER PERSON INCLUDES SCHOOL  
BUS TRANSPORTATION FROM  
PLYMOUTH OR SHEBOYGAN, BOXED  
LUNCH, AND GARDEN ADMISSION.**

Generations Members - Call (920) 892-4858

SACS members - Call (920) 459-3290

Registration deadline: June 8, first come, first served



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**AUGUST 27 - TBD**

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SACS members - Call (920) 459-3290

9:30 a.m. to 2:30 p.m.



THE FRIENDS OF THE SENIOR  
ACTIVITY CENTER OF SHEBOYGAN

# 2021 ANNUAL MEETING

*Open to all active members of the Senior Activity Center. Join us for a look back at the Friends' activity over the past year, hear about plans for the future, and share feedback.*

**JUNE 23, 4 PM  
LAKEVIEW PARK SHELTER  
3201 LAKESHORE DRIVE,  
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The \$5 registration fee subsidizes your catered dinner. Email [rachel.conery@sheboyganwi.gov](mailto:rachel.conery@sheboyganwi.gov) or call (920) 459-3290 to register.



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