



Cover Art: Captured and Submitted by Art Pahr
What kind of cloud is this?
Turn to page 20 to find out!

Want to be featured on the February Cover?

Submit cover ideas to:
info@generationsic.org

GENERATIONS INTERGENERATIONAL CENTER

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Important Phone Numbers

- ADRC** - (920) 467-4100
(Aging and Disability Resource Center for Sheboygan County)
- METRO CONNECTION** - (920) 459-3420
- MEALS on WHEELS** - (920) 451-7011
- PLYMOUTH FOOD PANTRY**- (920) 893-2989
- SHARING CLOSET** - (920) 892-4894

Mission

Bringing GENERATIONS together to build a stronger community.

Vision

Building a strong and healthy community that supports, includes, and engages all people of every age.



The Right Decision for *YOUR VISION*

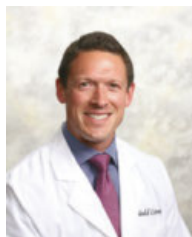
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Todd Larson, D.O.



Kathryn Green, M.D.

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| INFORMATION |

GENERATIONS' FALL POLICY

We would like to take this time to let everyone know about Generations' Fall Policy:

If anyone in our building or parking lot falls and CANNOT get up on their own, we will be calling 911. It is our duty to ensure your safety, and there are too many risks involved in helping someone stand up after a fall. Once the ambulance arrives, it is your decision whether to go with them or to stay at Generations. If your injury is severe and you go with the ambulance, we will notify your emergency contact.

Please understand that our first priority is your safety, and this is why we need to call the professionals to help you in case of a fall or injury. This policy applies to everyone, including staff. If you have any questions, please talk to our Executive Director, Jane Brill.

MEDIA POLICY

We are proud of what we do at Generations and want more people to know about it. As a result, we have a very active Facebook page and like to share pictures of our members. If you do not want to be in the newsletter, website, or on Facebook page, please inform the photographer.

DEMENTIA—FRIENDLY

Generations is a Dementia-Friendly building, meaning the staff has been trained to recognize the signs of and help those with dementia. We are committed to helping reduce the stigma and increase the inclusion of those with dementia.



CAN YOU HEAR ME NOW?

Be sure to keep listening to Cow Country while you are at home or in your car! On the first Tuesday of the month, between 7:30 am and 9:00 am, Executive Director Jane Brill will be interviewed about all the latest happenings at Generations and give updates on activities as we reopen. Tune in to hear the latest news!



WI-FI INFO

Generations offers public Wi-Fi access for its members and guests. Please remember that it is good practice NOT to access your banking accounts, bill payments, online shopping or any other type of website where you would be putting in any type of personal and private information. This is a good practice at Generations or any other place you may be at that offers public Wi-Fi. You will never know who might be a hacker. Be safe!

GENERATIONS MEMBERSHIP IS OPEN TO PEOPLE OF ALL AGES!

Generations assumes no responsibility for advertising contents, mistakes, or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.

| ANNOUNCEMENTS |

WAYS TO SUPPORT GENERATIONS

Thrivent Choice Dollars: For those who have Thrivent Insurance, did you know you are able to designate Generations as a charity for your Thrivent Choice Dollars? There is zero cost to you and you will make a huge impact for Generations. All you need to do is designate the Plymouth Intergenerational Coalition through your Thrivent representative or directly on the Thrivent website.

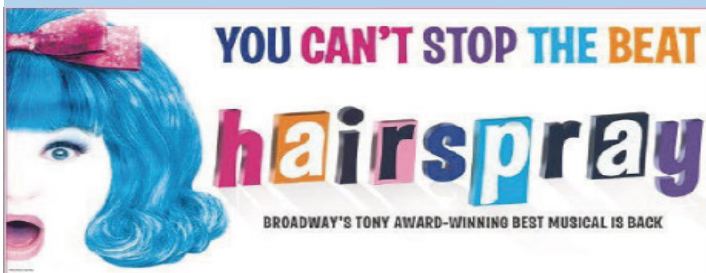
Thrivent Action Teams: Those who use Thrivent Financial Services have the ability to donate one or two Action Teams towards various events and programs at Generations throughout the year. An Action Team is a way for you to support your community, at no cost to you, by providing \$250 of seed money to meet community needs. Ways to use your Action Team Dollars: special events, scouting projects, summer concerts, Head Start Pals materials, Game On supplies, Morning Readers books, landscaping projects, and more!

Pic a Brick: Generations is building a stronger community brick by brick. Through our Pic a Brick program, you are able to purchase a brick and have it engraved for a loved one. It will then be placed in our ever expanding patio, and will help your legacy live on.

Amazon Smile: This is a simple and automatic way for you to support Generations every time you shop, at no cost to you. All you need to do is check **PLYMOUTH INTERGENERATIONAL COALITION, LTD** on your Smile Account, and Amazon will donate a portion of the purchase price to Generations.

Leave a Legacy through Estate Planning: You can leave a legacy to sustain Generations, and provide yourself and your beneficiaries with potential tax benefits while leaving the legacy of helping others. Speak to your financial advisor about gifting a percentage of your choosing to go toward Generations. Your support assures that our quality programs and services will continue for Generations!

Upcoming Trip



UPTOWN SOCIAL & GENERATIONS PRESENT:
HAIRSPRAY BUS TRIP

February 15, 2022

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

| WINTER POLICIES |



GENERATIONS' WINTER WEATHER CLOSING POLICY

If the **Plymouth School District** closes due to weather, then **Generations will also close**. If the Plymouth School District has a 2-hour delay, Generations will open as conditions permit, keeping classes at their scheduled times. Members and guests are asked to use their best discretion for traveling in poor weather conditions. Closing/cancellation notices will be posted on the following:

WISN Channel 12, WTMJ Channel 4, 98.5 FM and 1420AM Cow Country and our Facebook page.

WINTER PARKING NOTICE

When parking in the lot this winter, please be courteous and **do not park over the sidewalk!**

When you park over the sidewalk, the snow cannot be cleared, making it quite dangerous for those who have walkers and wheelchairs...not to mention those of us who just need to use the sidewalk.

Get out of your car, look around, and make sure you aren't parked too close to another car, or over the sidewalk! If you are, please pop back into your car and move it.

It only takes a minute!



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Gail (920) 946-2693



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Thrive Locally



| PROGRAMS |



GENERATIONS PRESENTS:
TECH TALK

A one on one session to help with any of your electronic devices.

CALL GENERATIONS @ 920-892-4858 TO SIGN UP TODAY!

Sessions are now available on the 2nd Thursday of every month!

We are looking for volunteers!

We are in need of receptionist volunteers!
Shifts are Monday-Friday 9:00am-12:00pm and 12:00pm-3:00pm.
Duties include phone answering and basic record keeping.



CONTACT JESSICA FOR MORE INFO AT 920-892-4858 OR JJENSEMA@GENERATIONSIC.ORG

I Have A Dream Day

January 17th, 2022

Celebrate Martin Luther King Jr. Day with Generations.

Submit your dream for this year at Generations or to info@generationsic.org.

Please submit by Jan. 14th, 2022

COUPONS FOR THE MILITARY

Coupons for the military are being collected again and can be brought to Generations.



Mask Policy

Due to a combination of factors, including activity levels in our area and current CDC guidelines, Generations has made the difficult decision to reinstate masking inside the building. We will continue to monitor and update our policies as soon as the situation allows.



| PROGRAMS |

GENERATIONS PRESENTS

MOVIE MATINEE

1st and 3rd Friday @ 1:30pm

Extra Innings - 1/7
The Father - 1/21

Call 920-892-4858 to sign up!



Generations Invites you to

USS DORCHESTER

79th Anniversary
Memorial Presentation

We invite all local veterans and interested community members to join us in welcoming Konrad Kaczowski from The American Legion.

The memorial presentation will include

a short description from Mr. Kaczowski, viewing of the 2004 60-Minute documentary *The Four Chaplains: Sacrifice at Sea*, discussion, and light refreshments.

FEBRUARY 3RD, 2022 @ 2:30PM

RSVP to (920) 892-4858 or info@generationsic.org

MAKE IT WITH MARGIE



Jan 21st, 2021 1:00pm

Class includes step by step instructions to make these matching canvas paintings. No creativity needed!
Hosted at Generations.
Cost is: \$45.00 per pair
Call Margie at 920-918-3632 to sign up!

GENERATIONS PRESENTS

WINTER CORNHOLE LEAGUE



Join us every Tuesday at 1:30pm and play indoor Cornhole!
The league will start January 4th and will run through the end of March.

Sign up with Zach!
or
Call (920) 892-4858
Email info@generationsic.org



| WHAT'S UP WITH WELLNESS? |

NEW YEAR, NEW GOALS

With the New Year, many people try new trends and set new goals. To get the best results, be sure your goals are SMART: Specific Measurable, Attainable, Relevant and Time based. Here are some ideas to help get you started:

- Limit your resolutions. Stick to one specific goal instead of multiple goals.
- Have a plan. Write down the what, the how, and the why.
- Start with small steps and slowly add more as you work toward your goal.
- Avoid repeating past resolutions and pick something new.
- Remember change is a process. A good habit can take anywhere from 18 to 264 days to form.
- Get support. Ask friends or family to hold you accountable to reach your goal.

FOOD OF THE MONTH - CHEESE

- Cheese is high in calcium and phosphorus, which combine in the body to become calcium phosphate. This compound is important for bone health and keeping your teeth strong.
- As a dairy product, cheese is high in protein, which is needed for muscle formation and growth.
- Aged cheddar and Swiss contain little to no lactose, so they can be more easily digested by people who are lactose intolerant.

<https://nourishfarms.org/harvest-of-the-month-materials>

EXERCISE CLASS SCHEDULE

*At the time of printing

Monday

8:00 AM–Silver Sneakers Circuit
9:00 AM–Yoga Flow (Beginner)
10:00 AM–Silver Sneakers Circuit
12:00 PM–Chair Pilates
1:30 PM–Chair Yoga

Tuesday

7:30 AM–Cardio Pilates
8:30 AM–Walk Fit
9:30 AM–Arthritis
11:00 AM–Arthritis
1:15 PM–Tai Chi Chih (**Returning 1/18/22**)

Wednesday

8:00 AM–Silver Sneakers Circuit
9:00 AM–Yoga Flow (Advanced)
10:00 AM–Silver Sneakers Circuit
12:00 PM–Chair Pilates
1:30 PM–Chair Yoga

Thursday

7:30 AM–Cardio Pilates
8:30 AM–Walk Fit
9:30 AM–Arthritis
11:00 AM–Arthritis
1:15 PM–Tai Chi Chih (**Returning 1/18/22**)
2:30 PM–Healthy Steps

Friday

8:00 AM–Silver Sneakers Circuit
9:00 AM–Yoga for Flexibility & Stability
10:00 AM–Silver Sneakers Circuit
12:00 PM–Chair Pilates

Schedule is subject to change from week to week.

HOW TO VIEW CLASSES YOU ARE SIGNED UP FOR

1. Go to <https://schedulesplus.com/gjc>
2. On the left side of the screen is the column: ATTEND
3. Select the MY CALENDAR tab under the ATTEND column.
4. Enter your phone number without area code.
5. Click Search.
6. Click on your first and last initial
7. By clicking on your name, a calendar will open and show every class you are signed up for during the current month.

FITNESS PROGRAMS

TO PARTICIPATE IN OUR FITNESS PROGRAMS, A MEMBERSHIP IS REQUIRED, OR GUESTS MAY PAY THE \$5 DAILY GUEST FEE. See membership information on page 23.

SILVERSNEAKERS CIRCUIT:

This music-based class combines cardio-respiratory fitness, muscular strength and endurance, for one fun-filled fitness circuit that will be sure to have you moving and working out to the beat of the music.

Monday, Wednesday, and Friday starting at 8:00AM (Moderate to High) and 10:00AM (Moderate).

YOGA FLOW:

Vinyasa style yoga means connection of breath with movement. A typical class begins with integration, mindfulness, and stretches created to warm the body and build muscle memory. Class will include floor work. In this Vinyasa Flow Yoga Class, we will move through a sequence of postures guided through breath. The class will promote strength, endurance, balance, and core while offering guidelines to be mindful throughout the rest of each day.

Monday (Moderate) and Wednesday (Moderate to High) starting at 9:00AM.

CHAIR PILATES

This class focuses on breath work, body awareness, strength development, postural improvement, increased flexibility and mobility, and coordination. Using small props, including hand weights, toning balls, flex bands, and fitness circles, this class introduces and explores mind/body movement.

Monday, Wednesday, and Friday starting at 12:00PM.

CHAIR YOGA

A blend of yoga styles aimed at improving flexibility, endurance, balance, and stress management. This chair-based class will teach you seated yoga postures and breathing techniques to optimize functional movement patterns. Through all of this, you'll promote a feeling of emotional, mental, and spiritual well-being.

Monday and Wednesday starting at 1:30PM.

CARDIO PILATES

This is a class for those that like to move! A moderate to high-intensity class based on Pilates Principles, this class focuses on core and cardio while working our muscle groups and coordination. We begin with a brisk warm up, followed by circuit work-outs with quick-paced footwork and hand weights, followed by balance, core and then cool down.

Tuesday and Thursday starting at 7:30AM

SILVERSNEAKERS WALK FIT

This DVD-based class, led by Leslie Sansone, entails a 2-mile fitness-filled walking exercise. Join us in reaching our goal of 38,000 steps in 2021.

Tuesday and Thursday starting at 8:30AM

ARTHRITIS EXERCISE PROGRAM

The Arthritis Foundation exercise program includes a variety of movements proven to reduce pain and inflammation caused by arthritis. This class also aims to enhance muscular strength, endurance and range of motion of the upper and lower body.

Tuesday and Thursday starting at 9:30AM and 11:00AM.

TAI CHI CHIH

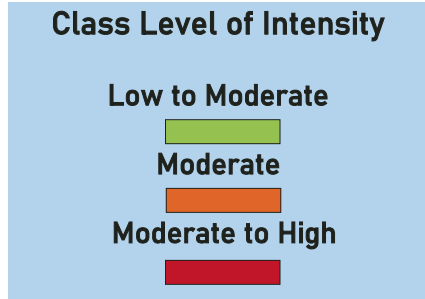
Tai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Tai Chi is completely focused on the development of an intrinsic energy called Chi. Benefits may include peace of mind, improved health and simply, joy. No special clothing or equipment is required.

Tuesday and Thursday starting at 1:15PM

YOGA FOR FLEXIBILITY & STABILITY

This course will include, but is not limited to, safe standing and seated yoga postures focusing on increasing flexibility and balance. We will work with yoga props and how to use them effectively. There will not be any floor work. The class will create a sense of cognitive stamina as we practice mindfulness throughout our movement and breathing exercises. Yoga is a practice and should leave you with positive energy for the mind, body, and spirit.

Friday starting at 9:00 AM



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Plymouth Intergenerational Coalition Inc., Plymouth, WI

C 4C 01-1394



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- Health assessments
- Patient and family education
- Treatment solutions
- Physical, occupational, and speech therapy

Hospice

Our team is here to compassionately assist you and your family. We are here to answer your questions, care for your needs, and support you on your journey home.

Our services include:

- Emotional, social, and spiritual support
- Overseeing patient care
- Pain management and symptom relief



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

Plymouth Intergenerational Coalition Inc., Plymouth, WI

D 4C 01-1394

JANUARY

©LPi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Cribbage 1:00 Duplicate Bridge 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 Chair Yoga 1:30 Indoor Pickleball</p>	<p>4-National Spaghetti Day</p> <p>7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshead 1:00 Indoor Pickleball (City Hall) 1:15 Party Bridge 1:30 Cornhole League</p>	<p>5</p> <p>8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga 5:30 Kettle Karvers</p>	<p>6</p> <p>7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Scrabble 11:00 Arthritis Exercise 12:30 Chair Massage 1:00 Mah Jongg 1:00 Indoor Pickleball (City Hall) 2:30 Healthy Steps 4:00 TOPS 6:30 SKAT Club</p>	<p>7</p> <p>8:00 5,10,15 Sheepshead 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Foot Clinic 9:00 Yoga-Flexibility & Stability 10:00 SS Circuit 11:00 Knitting & Crocheting 12:00 Chair Pilates 1:00 Quarter Sheepshead 1:30 Indoor Pickleball 1:30 Movie Matinee</p>
<p>10</p> <p>8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Cribbage 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 Chair Yoga 1:30 Indoor Pickleball</p>	<p>11</p> <p>7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshead 1:00 Duplicate Bridge 1:00 Indoor Pickleball (City Hall) 1:15 Party Bridge 1:30 Cornhole League 2:00 End of Life Preparation Presentation</p>	<p>12</p> <p>8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>13</p> <p>7:30 Cardio Pilates 8:00 1-on-1 Tech Help 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:00 Foot Clinic 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Scrabble 11:00 Arthritis Exercise 1:00 Mah Jongg 2:30 Healthy Steps 4:00 TOPS 5:00 Supper Club-Sweet Basil 5:45 Garden Club 6:30 SKAT Club</p>	<p>14</p> <p>8:00 5, 10, 15 Sheepshead 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga-Flexibility & Stability 10:00 SS Circuit 11:00 Dog Club 12:00 Chair Pilates 1:00 Quarter Sheepshead 1:30 Indoor Pickleball</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>17-<u><i>I Have a Dream Day</i></u> 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Cribbage 1:00 Duplicate Bridge 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 Chair Yoga 1:30 Indoor Pickleball</p>	<p>18 7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Arthritis Exercise 11:00 Arthritis Exercise 1:00 5,10,15 Sheepshhead 1:00 Indoor Pickleball (City Hall) 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Cornhole League</p>	<p>19 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>20-<u><i>Cheese Day</i></u> 7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 10:00 1-on-1 Tech Help 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Scrabble 11:00 Arthritis Exercise 12:30 Bridge 12:30 Chair Massage 1:00 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:00 Thrivent Presentation 1:15 Tai Chi Chih 2:30 Healthy Steps 4:00 TOPS 6:30 SKAT Club</p>	<p>21 8:00 5,10,15 Sheepshhead 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Foot Clinic 9:00 Yoga-Flexibility & Stability 10:00 SS Circuit 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Indoor Pickleball 1:30 Memory Café 1:30 Movie Matinee</p>	
<p>24 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 SS Circuit 11:30 Blood Drive 12:00 Chair Pilates 1:00 Cribbage 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 Chair Yoga 3:00 Book Club</p>	<p>25 7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 11:00 Arthritis Exercise 1:00 5,10,15 Sheepshhead 1:00 Duplicate Bridge 1:00 Indoor Pickleball (City Hall) 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Cornhole League</p>	<p>26 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>27 7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:00 Foot Clinic 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Scrabble 11:00 Arthritis Exercise 1:00 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:15 Tai Chi Chih 2:30 Healthy Steps 4:00 TOPS</p>	<p>28 8:00 5,10,15 Sheepshhead 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga-Flexibility & Stability 10:00 SS Circuit 11:30 Blood Drive 12:00 Chair Pilates 1:00 Quarter Sheepshhead</p>	
<p>31 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Cribbage 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 Chair Yoga 1:30 Indoor Pickleball</p>	 <p>Wii Bowling Tuesdays & Thursdays By Appointment</p>				

ACTIVITIES • CLUBS

ACTIVITIES

ACTIVITY	DAY	TIME
Ceramics	Wednesday	9:00am
Cornhole League	Tuesday	1:30pm
Morning Readers	Monday, Tuesday, Thursday	**Cancelled Until Further Notice**
Indoor Pickleball	Generations: Monday & Friday City Hall: Monday–Friday	Generations: 1:30–4:30 City Hall: 8:30am–11:00am; 1:00pm–3:00pm (Fridays at City Hall only 8:30am–11:30am)
Ping Pong	Monday, Wednesday	8:00am
Pool	Monday–Thursday	8:00am
Tat & Chat	Monday	1:00pm
Watercolor Painting	Thursday	9:00am
Wii Bowling	Tuesday, Thursday	By Appointment

CLUBS

ACTIVITY	DAY	TIME	CONTACT
Book Club January's Book: <i>The Lions of Fifth Avenue</i> by Fiona Davis	4th Monday	3:00pm	oliverhayley@hotmail.com
Dog Club	2nd Friday	11:00am	info@generationsic.org (920) 892-4858
Garden Club	2nd Thursday	5:45pm	Penny (262) 237-4715
Kettle Karvers	1st Wednesday	5:30pm	Henry (920) 459-8773
Knitting & Crocheting Club	1st Friday	11:00am	info@generationsic.org (920) 892-4858
PHS Class of '69 Gathering	3rd Thursday	10:45am	Dede Schelk - (920) 980-0188 Reta Masarik (Preder) - (920) 980-5913
Plymouth Rotary	2nd & Last Wednesday	12:00pm	www.plymouthrotarywi.com
SKAT Club	Thursday	6:30pm	Gene (920) 917-4386
TOPS	Thursday	4:00pm	Terri (920) 838-1716

GAMES ▪ SERVICES |

GAMES*

ACTIVITY	DAY	TIME
5,10,15 Sheephead	Tuesday (Gathering) Friday (Game Room)	T: 1:00pm—4:00pm F: 8:00am—11:30am
Cribbage	Monday (Game Room)	1:00pm—4:00pm
Dollar Bingo	Wednesday (Craft Room)	1:30pm
Duplicate Bridge	1st/3rd Monday (West End)	1:00pm—4:00pm
Mah Jongg	Thursday (West End)	1:00pm—4:00pm
Party Bridge	Tuesday (Craft Room)	1:00pm—4:00pm
Quarter Sheephead	Friday (Game Room, Library)	1:00pm—4:00pm
Scrabble	Thursday (West End)	9:30 am

SERVICES

ACTIVITY	DAY	TIME	CONTACT	APPT. NEEDED	FEE
1-on-1 Tech Talk	2nd Thursday	8:00am—11:00am	(920) 892-4858	YES	FREE
Chair Massage	1st Thursday 3rd Thursday	12:30pm	(920) 892-4821	YES	\$20
Foot Clinic	By Appointment	By Appointment	(920) 892-4821	YES	\$30
Memory Cafe	3rd Friday	1:30pm—3:00pm	1-800-272-3900	YES	FREE

Volunteer in-person free tax preparation or assistance will not be available at Generations again this year - BUT other tax filing options are available starting later in January, 2022

- Many who have gotten help at Generations may qualify for free e-filing via the IRS web site:
<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- LTC will be doing tax returns at their Cleveland campus on Tuesday afternoons and evenings. Call (920) 693-1398, leave a voicemail, and someone will call you back to schedule an appointment. Don't delay in calling, appointments fill up quickly.
- The Wisconsin Department of Revenue offers free e-filing for qualified taxpayers on their website:
<https://www.revenue.wi.gov/Pages/WI-efile/home.aspx>



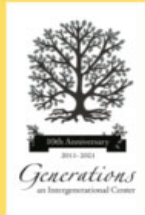
Handouts with more information available at Generations

| PROGRAMS |

Clubs at Generations



DOG CLUB



MEETS AT 11:00AM EVERY 2ND FRIDAY OF THE MONTH

JAN. 14th, 2022

Dog Club Pawdicures!

Join us for some puppy play time, lunch, and nail trims!
Professional nail trims will be \$10.00

Lunch will be Chef Salad w/ Ham, Turkey, Cheese, and Egg, Pears and Dessert for \$6

CALL 920-892-4858 TO SIGN UP TODAY



GENERATIONS'

BOOK CLUB

Book Club will be held in person or virtually

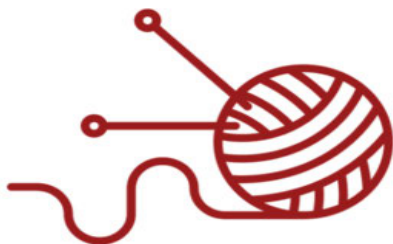
Meetings will be held on the 4th Monday of every month at 3:00pm

January's Book:
The Lions of Fifth Avenue
by Fiona Davis



Contact Jessica at
jjensema@generationsic.org
OR AT 920-892-4858

Knitting & Crocheting Club



Knitting & Crocheting Club meets the first Friday of the month at 11:00am.
All levels welcome!

Call 920-892-4858 or
Email info@generationsic.org
to sign up or for more info.

Supper Club

JOIN GENERATIONS ON
THE 2ND THURSDAY OF
EACH MONTH

JANUARY 13TH, 2022
@ 5:00PM @ SWEET BASIL
RESTAURANT

Call 920-892-4858 to sign up



PROGRAMS



YOU'RE INVITED

Peace of Mind Seminar

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.

January 11, 2022
2:00p.m.

Generations, an Intergenerational Center
1500 Douglas Dr, Plymouth, WI 53073

Please RSVP at (920) 892-4858

WE WILL DISCUSS

- Cremation & Burials
- Traditional Funerals
- Veteran Benefits
- Payment Plans
- Pre-arrangements

PRESENTED BY

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Who needs an estate plan?
You.

Discover essential factors in building your estate plan.

No matter your wealth or status, you have an estate. And all estates have something in common— you can't take it with you when you die. Join us for a free workshop. Prepare Wisely: Estate Strategy Essentials.



- Explore assets – whether they be financial or physical.
- Understand beneficiaries – family or organizations you care about.
- Gain tools to help put your plans into action.

Event details

Thursday, January 20, 2022
1:00 p.m. - 2:00 p.m.
Generations
1500 Douglas Dr
Plymouth, WI

Reserve your place today:

Please call Lisa Herber at 920-783-6339 or email lisa.herber@thrivent.com.

Refreshments will be served.

Your hosts:

This workshop is hosted by Cesar and Kirsten Lemus - Thrivent Sheboygan County Team.

Thrivent and its financial professionals do not provide legal, accounting or tax advice. Consult your attorney or tax professional. No products will be sold.

thrivent.com • 800-947-6526

2/8/22 R121

\$1.00 OFF Lunch Order. Kitchen is open 11am-3pm. Limited seating. Please call ahead.

CHEESE Counter
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133 E. Mill Street • Plymouth, WI 53073
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1985 Local Facebook Cheese County and Dairy Heritage Center

Takeouts available! See website for menu

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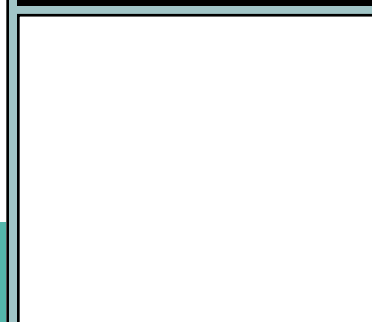
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SAFE HARBOR



Take a stand against abuse.

Remember, love has many definitions, but abuse **is not** one of them. Join us in our mission to have a community free of domestic violence and sexual assault.

If you or someone you know needs help, please contact:

Safe Harbor of Sheboygan Co.

24-hour crisis line: 920.452.7640 or
800.499.7640

www.sheboygansafeharbor.org

Outreach/Shelter/Crisis Center 929 Niagara Ave
Sheboygan, WI 53081 **Crisis Line 800.499.7640**
Outreach Offices Generations 1500 Douglas Drive
Suite E-Rm 227 Plymouth, WI 920.892.7640

THE FAMILY RESOURCE CENTER

Proudly Serving Sheboygan County

READING IS SNOW MUCH FUN!

Is reading together with your child your New Year's Resolution? Start your New Year off with us learning about the importance of literacy and reading by creating your child's own snowman reading buddy and other winter themed activities. We will provide your family with all the materials needed to have SNOW much fun together. Sign up now as spots are limited!

(Activities are recommended for children ages 2-5 years old.)

WHEN: January 26th, 2022, 10:00am–11:00am

WHERE: Zoom link (Link will be sent after registration, closer to date of event)

COST: Free through the support of the Child Abuse and Neglect Prevention Board. Online donations appreciated! (Click the "Donate" button at the top of the page.)

REGISTRATION: Please register by Friday, January 21st, 2022.

<https://familyresourcesheboygan.org/classes>

Apply Today & Change a Life Through Literacy!

Do you want to make a difference in the lives of others in our community? Become a tutor through the Literacy Council. The Literacy Council has been strengthening our community by providing free English language tutoring to Sheboygan County adults since 1987. We will train you and supply you with all materials for free. Tutoring may be done in-person or online. Here are some of the tutoring opportunities we offer:

- Help adult learners improve their English speaking, reading, and/or writing skills.
- Review information for the U.S. Citizenship test (we also offer citizenship classes in collaboration with LTC).

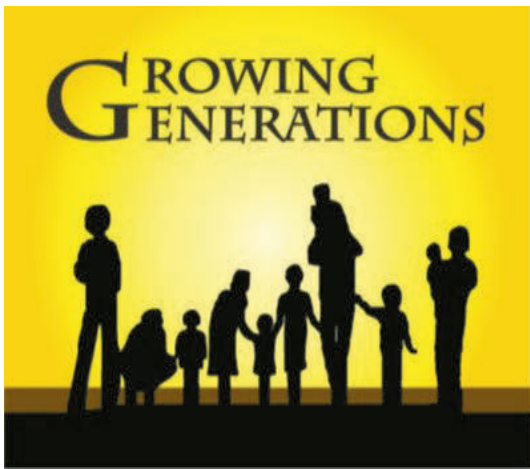
Tutor refugees, immigrants, and adult students.

Our Literacy Council tutor training helps anyone learn how to successfully help those who don't speak English well. After you are trained, we match you with a compatible adult student to meet your time/day requirements. Tutors typically meet their student for about 60-90 minutes per week.

<https://familyresourcesheboygan.org/literacy-council>

| PARTNERS |

GROWING GENERATIONS



920-892-4999

ggenerations@hsshebco.org

A "4 Star" Youngstar Child Care Center, provides quality child care from 5:30a.m. to 5:00 p.m. Monday through Friday. Children ages birth through twelve are accepted. Nutritious meals and snacks are provided for all age groups and the developmentally appropriate curriculum is designed to provide learning through play. Qualified, caring, and dedicated staff are here for the children. Growing Generations provides a unique opportunity for children of all ages to interact with other generations through organized play, games, lunches with seniors and even some exercise classes. Please stop in for a guided tour and we will answer any questions you may have.

HEAD START



Head Start is a free school readiness preschool for 3 & 4 year olds and is a family development program in Sheboygan County. Head Start's goal is to improve the lives of income eligible and foster children by providing quality comprehensive child development services that are family focused, including education, health, nutrition, and mental health. Family income must be at or below the federal poverty guidelines through some expectations may be made. Families with children that have special needs are encouraged to apply. Children must be 3 or 4 years of age by September 1st. Head start is currently taking applications for the 2021-22 school year.

Head Start offers:

- A kindergarten readiness, developmentally appropriate preschool for three and four year old children
- Developmental screening for all children
- Hearing and vision screening for all children
- Early Identification of problems leading to early intervention
- Starting the referral process when problems are identified
- Nutritious breakfasts, lunches, and snacks provided
- Help to families to identify strength, goals and community resources

Please call **(920-458-1154)** if you would like more information about the program or an application.

Early Head Start is a home-based school readiness program offering educational, developmental, and age appropriate assessments for children ages 0-3 years and maternal services for pregnant women and services families throughout Sheboygan County.

Sheboygan County Head Start has a classroom in the Generations Building in Plymouth that provides a half-day/3K classroom and full-day/4K classroom in collaboration with the Plymouth school district. Head Start has 3K & 4K classrooms in the Sheboygan area as well. For more information and to complete an application online please go to www.sheboyganheadstart.org.

| PARTNERS |

PLYMOUTH SENIOR DINING – January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 <i>Spaghetti Day</i> Spaghetti & Meatballs Italian Blend Vegetables Garden Salad (Romaine) Dressing Bread Stick Cookie	5 Baked Haddock Tartar Sauce Scalloped Potatoes California Vegetables Peaches Rye Bread	6 Swiss Steak & Gravy Mixed Vegetables Au Gratin Potato Applesauce Chocolate Rice Krispy Bar	7 Beef Barley Soup Ham & Cheese Sandwich Tossed Salad (Romaine) Dressing Pears Blueberry Oatmeal Bar
10 Baked Ham Scalloped Potatoes Creamed Corn Applesauce Cornbread	11 Open Faced Turkey Sandwich Mashed Potatoes & Gravy Mixed Vegetables Peaches Dessert	12 Reuben Sandwich Tater Tots Coleslaw Orange Dessert	13 Liver & Onions Or Hamburger Mashed Potatoes Carrot Coins Tropical Fruit Salad Apple Crisp	14 Chef Salad w/ Ham, Turkey, Cheese, and Egg Pears Dessert
17 Shredded Pork On a Bun Baby Red Potatoes Bronco Beans Applesauce Cookie	18 Salisbury Steak Mashed Potatoes & Gravy Mixed Vegetables Garden Salad (Spinach & Dressing) Dessert	19 <i>Cheese Lovers Day</i> Macaroni & Cheese Smoked Sausage California Blend Vegetables Pears Dessert	20 Baked Cod Tartar Sauce Wild Rice Coleslaw Applesauce	21 Chicken Dumpling Soup Garden Salad (Romaine) Dressing ½ Grilled Cheese Sandwich Peaches Brownie
24 Taco Salad w/ Cheese, Sour Cream, & Salsa Applesauce Cookie	25 Lasagna Tossed Salad (Romaine, Chickpeas, & Dressing) Cauliflower Breadstick Pudding	26 Baked Chicken Mashed Potatoes & Gravy Peas & Carrots Dinner Roll/Orange Chocolate Cake	27 Roast Pork & Gravy Buttered Potatoes Country Blend Vegetables Pineapple Chunks Cookie	28 Chicken Parmesan Over a Bed of Noodles Buttered Carrot Coins Apple/Fruit Salad Garlic Bread
31 Beef Stew Tossed Salad & Dressing w/Spinach & Cucumbers Bread Stick Pears				

GENERATIONS

1500 Douglas Drive
Plymouth, WI 53073

Meals are available for pick-up \$6 each.

Call 920.892.4858 the day before by 1:30pm to reserve your meal!

Meal pick-up is from 11am to 2pm.



What kind of cloud is this?

Lenticular Cloud

Lenticular clouds are stationary clouds that form mostly in the troposphere, typically in parallel alignment to the wind direction. They indicate great instability in that layer of the atmosphere and are visible signs of mountain waves in the air. Common around mountain ranges, they usually indicate snow forming within the next 24 to 48 hours.

Pic-a-Deli Specials




Celebrate
National Spaghetti Day
Jan. 4th, 2022

Spaghetti & Meatballs, Italian Blend Vegetables, Garden Salad (Romaine), Dressing, Bread Stick & Cookie is \$6.00.
Pick up is 11:00am-2:00pm.
Call 920-892-4858 to sign up today!



CELEBRATE NATIONAL CHEESE DAY WITH PIC A DELI

Jan. 20th, 2022

GRILLED CHEESE \$6.00
CHEESE CURDS \$4.00

CALL 920-892-4858 TO ORDER





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TIMOTHY J. ZIEGLER, O.D.
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PIC A DELI MENU

Pic A Deli serves lunch daily, and we are also here for all your catering needs. Pic A Deli is a restaurant and caterer inside Generations, a non-profit Intergenerational Center, bringing our local generations together for a stronger community. Pic A Deli is our main revenue source.

Right now in these trying times, you can make a huge difference by eating at your local restaurants. Please consider us as one of your lunch and catering options.



Generations
1500 Douglas Drive
Plymouth, WI 53073
920-892-4858

Open Monday - Friday
11am - 2pm
Curbside Pickup available!

Salads

- Mixed Green Salad side \$5
..... full \$7
 - Add Grilled Chicken \$9
Mixed greens with carrots, tomatoes, cucumbers, and cheddar cheese
 - Cranberry Walnut \$10
Mixed greens, walnuts, dried cranberries, provolone, and grilled chicken
 - Chef Salad \$9
Mixed greens, ham, turkey, veggies, egg, and cheese
 - Tuna Salad on Mixed Greens \$9
Mixed greens, carrots, black olives, tomatoes, and tuna salad served with toasted multigrain
 - Taco Salad \$9
Mixed greens, taco beef, black olives, tomatoes, cheddar cheese, salsa, sour cream, served in a taco shell
- Dressings: Balsamic Vinaigrette, Ranch, Light Ranch, French, Light French, Italian, Honey Mustard, Raspberry Vinaigrette

Sides

- Potato Salad \$3
- Coleslaw \$3
- French Fries \$3
- Sweet Potato Fries \$3
- Fruit \$4
with Sandwich \$3
- Wisconsin Cheese Curds \$5
- Pic A Deli Cookies \$3

Homemade Soup

- Cup \$3
- Bowl \$4
- *Cup and 1/2 Sandwich \$8

Condiments: Mayonnaise, Light Mayonnaise, Italian Mayonnaise, Southwest Mayonnaise, Ranch Spread, Honey Mustard

Catering Menu available on www.generationsic.org/catering

From the Grill

- Hamburger \$5
- Cheeseburger, Pork Tenderette, Black Bean Patty \$6
- Beef Tenderette, Chicken Breast, Alaskan Cod \$6
Add cheese or bacon to any grilled sandwich 50¢
- Chicken Strips \$6
*Served with fries; choose Ranch or BBQ dipping sauce
- *Paninis \$9
Turkey, Ham, Roast Beef, Tuna Salad
- *Plymouth Grill \$7
Cheddar cheese, provolone on white or multigrain bread
- *Plymouth Grill Works \$8
Bacon, tomato, cheddar cheese, provolone on white or multigrain bread
- *Kids Grilled Cheese & Fries \$6
Cheddar cheese on whole wheat bread

*soup and 1/2 sandwich

Wraps & Sandwiches

- *Roast Beef \$9
Horseradish Sauce, lettuce, tomato, cheddar cheese served on a telera roll or a whole wheat wrap
 - *Southwest Turkey \$9
Lettuce, tomato, southwest mayo, cheddar cheese served on a telera roll or a whole wheat wrap
 - *Chicken Bacon Ranch \$9
Lettuce, tomato, cheddar cheese and ranch spread served on a telera roll or a whole wheat wrap
 - *Ham & Cheese \$9
Lettuce, cheddar cheese, tomato served on a telera roll or a whole wheat wrap
- *soup and 1/2 sandwich

Pic A Deli at Generations is currently open Monday through Friday from 11AM - 2PM for to-go orders.

Please call ahead and we will have your order ready for you to carry out. Daily specials are available for \$6

(please call by 1:30pm the day before to place your order. Specials can be found on page 20).

Call Pic A Deli to place your order at
920-892-4858

Pic A Deli is also doing caterings during this time.

January's Sandwich Special:

Roast Beef, Horseradish,
& Cheddar Cheese Panini

Catering available 7 days a week

920-892-4858

MEMBERSHIP PLANS

Generations participation requires a nominal Membership Fee in order to provide and maintain our services and programs.

Generations membership is open to people of all ages!

2022 Standard Membership		
<i>A Standard Membership allows you to participate in any basic program or activity</i>		
<i>(fitness classes are excluded)</i>		
Annual	City of Plymouth Residents	\$60
	City of Plymouth Family Plan	\$90
	Non-Resident	\$65
	Non-Resident Family Plan	\$95

2022 Fitness Membership		
<i>A Fitness Membership allows you to participate in any basic program or activity and instructor led Fitness Classes.</i>		
Annual	City of Plymouth Residents	\$115
	City of Plymouth Family Plan	\$180
	Non-Residents	\$125
	Non-Resident Family Plan	\$200

Members with **SilverSneakers, Silver & Fit, or Renew Active** coverage, **do NOT need to purchase a membership plan**, but still need to register as a member.

Please put your SilverSneakers, Silver & Fit, or Renew Active ID Number on the Member Info Form below.

If you are not sure if you have coverage, call your insurance provider and they will be able to tell you.

There is a scholarship fund available for guests who cannot afford a membership.

Those interested should speak to Jane Brill.

Fees subject to change.

Guest Fee: \$5 per day

MEMBER INFO FORM

Please complete the form below and return to the Generations' office. A membership card will be issued to you so you can sign-in for the programs you are attending. Signing-in helps Generations track programs and activity, which is helpful when applying for national grants. Generations also uses this information when supplying reports to our funders, such as the City of Plymouth and other local donors. For Silver Sneaker and Silver & Fit members, signing in helps to verify the classes you attend, and helps us receive reimbursement from each organization. Computers are located at each entrance to make it easy for our guests to sign in. Your information *will not* be shared unless there is an emergency.

FIRST NAME: _____ LAST NAME: _____

HOME PHONE #: _____ CELL PHONE #: _____

ADDRESS: _____

CITY: _____ ZIP CODE: _____ DATE OF BIRTH: _____

EMAIL ADDRESS: _____

SilverSneakers, Silver & Fit, or Renew Active ID Number: _____

EMERGENCY CONTACT INFO: NAME: _____

PHONE #: _____ RELATIONSHIP TO YOU: _____



Generations
an Intergenerational Center

GENERATIONS
1500 Douglas Drive
Plymouth, WI 53073

OUR SUSTAINING PARTNERS

Generations is deeply grateful and would like to recognize these local businesses who have committed to being Sustaining Partners over the next several years. It is through their belief and support of our mission of bringing GENERATIONS together to build a stronger community that will greatly assist us to ensure that Generations will be here for generations to come.

**The Plymouth Intergenerational
Coalition Ltd, DBA**

Generations

1500 Douglas Drive,
Suite D
Plymouth, WI 53073
920-892-4858

www.GenerationsIC.org

Our Partners:

Sheboygan County ADRC Senior Dining

M thru F: 8am to 4pm
920-892-4821

Family Resource Center

M thru Thurs: 9am to 1pm
Friday: Closed
920-892-6706

Growing Generations

M thru F: 5:30am to 5pm
920-892-4999

Head Start

(Classrooms only)

M thru F: 9am to 5pm
920-458-1154

Safe Harbor

By Appointment Only

800-499-7640
Crisis Line



Our Staff:

Jane Brill, Executive Director
jbrill@generationsic.org

David Hansmann, Director of Dining Services
picadeli@generationsic.org

**Jessica Jensema, Programming & Community Relations
Administrator**
jjensema@generationsic.org

Kendall Schultz, Maintenance Supervisor
kshultz@generationsic.org

Emily Nelson & Zack Risse, Fitness & Recreation Coordinators
enelson@generationsic.org
zrisse@generationsic.org

Meghann Weeden, Operations & Communications Manager
mweeden@generationsic.org

Sandy Brisson, Controller
sandy@generationsic.org

Susan Wenzel, Senior Dining Site Coordinator
susan.wenzel@sheboygancounty.com
920-892-4821

Linda Raeder
Volunteer Receptionist Coordinator
info@generationsic.org