



Cover Art: Captured and Submitted by Alan Pape
Sunset in the Kettles
February 2021

Want to be featured on the March 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*

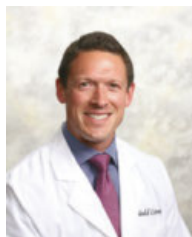
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| INFORMATION |

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. 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!

Welcome Sahara!



Please join us in giving a warm welcome to Sahara. She joined the Fitness Team and will soon be available to work with our members on nutritional planning. She comes to us as an intern from Lakeland University where she is working toward a degree in Exercise Science. Sahara enjoys being a part of her school's track team and is a member of the National Society of Leadership and Success (NSLS). When she has some free time, she enjoys weight lifting, exploring the outdoors, camping, and being with family and friends.

Stay tuned for more information on how you can schedule an appointment with Sahara to discuss your nutritional plan for 2022. And if you see her around Generations, say hi!!

| 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 |

Arts & Crafts



Generations
an Intergenerational Center

Valentines Making Extravaganza

Join us in spreading love!
Generations is making Valentines for Growing Generations children, Project Angel Hugs, and local area assisted living facilities.

Come to Generations on Feb. 4th, 2022
8:00am-4:00pm

We will have all supplies ready for you, just bring your creative talents!

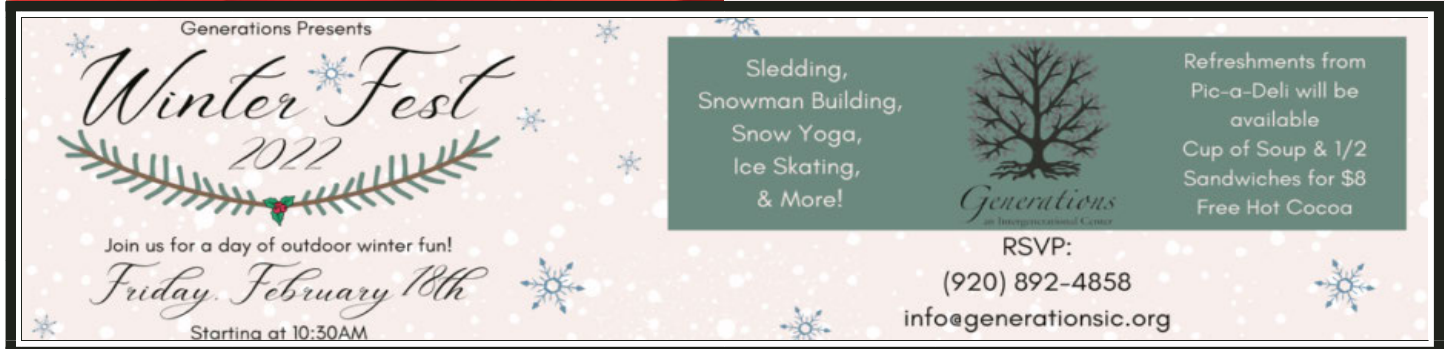
Call 920-892-4858 with any questions.

MAKE IT WITH MARGIE VALENTINES DATE



**Feb 11th, 2022 1:30pm-3:30pm
or 5:00pm-7:00pm**

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



Generations Presents

Winter Fest 2022

Join us for a day of outdoor winter fun!
Friday, February 18th
Starting at 10:30AM

Sledding,
Snowman Building,
Snow Yoga,
Ice Skating,
& More!

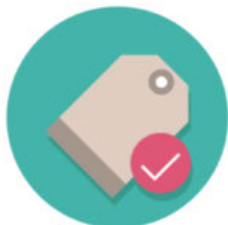
Generations
an Intergenerational Center

Refreshments from Pic-a-Deli will be available
Cup of Soup & 1/2 Sandwiches for \$8
Free Hot Cocoa

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

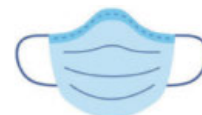
COUPONS FOR THE MILITARY

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 |

Clubs at Generations

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

February's Book:
West with Giraffes
by Lynda Rutledge



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



DOG CLUB



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

February 11th, 2022

Dog Club Yoga!

Generations' Fitness Instructor Emily will be joining for a special Dog Yoga session! Bring your pup, some comfy clothes, and prepare to find some doggy zen.

Lunch will be Baked Chicken, Scalloped Potatoes, Mixed Veggies, Tropical Fruit, and a Cookie for \$6.

CALL 920-892-4858 TO SIGN UP TODAY



Snowshoe Club Is Back!

Want to venture out and try something new this winter? Snowshoeing is a great way to stay active and social.

Our group meets Thursdays at 2pm. Location is decided and emailed out Mondays.

Have questions or want to sign up?
Contact Emily (920)892-4858 x302
or email enelson@generationsic.org

Supper Club

FEBRUARY 24TH, 2022
5:00PM
SWEET BASIL RESTAURANT

Call 920-892-4858 to sign up



| WHAT'S UP WITH WELLNESS? |

Keep a Healthy and Happy Heart


With cold winter months comes less time outdoors, less time in the sun, and more comfort food cravings. All this can get us down. Here are some tips to keep us happy and healthy!

- Get Vitamin D by adding foods such as fresh fish, eggs, mushrooms, and yogurt. You can get Vitamin D on sunny days by getting outside for at least 5 - 10 minutes. Be sure to bundle up!
- Stay connected with friends and family as social interaction can increase mood and well-being.
- Find tasks that keep your brain stimulated, such as puzzles, board games, and reading.
- Practice self-care by doing something for yourself. Start a gratitude journal, stay away from what brings on stress, practice breathing exercises, and get an adequate amount of sleep regularly.
- Try not to load up on comfort foods. Instead, look for new recipes, such as healthy soups with extra vegetables.
- With big football games coming up, try including healthy snacks in your food spread, like raw veggies and dip. Challenge yourselves and others to do fun exercises or activities during commercials.

FOOD OF THE MONTH - HONEY

- Honey is a natural antibiotic, so it has the ability to kill off harmful bacteria.
- Honey provides energy, eases coughs, increases calcium absorption, prevents heart disease, and can provide allergy protection, especially when it is locally sourced.
- Honey also contains lots of trace minerals such as calcium, iron, zinc, potassium, phosphorous, magnesium, copper, chromium, manganese and selenium, all needed for healthy blood sugar balance among other critical pathways and functions.

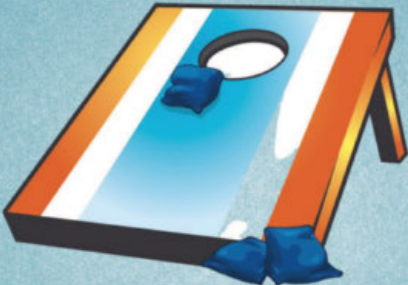
<https://nourishfarms.org/harvest-of-the-month-materials>



Join the Generations Olympics!
Games to be held on Wednesday @ 11am

February 7th - 11th	Wednesday: Wear Black
Monday: Wear Blue	Thursday: Wear Green
Tuesday: Wear Yellow	Friday: Wear Red

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

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

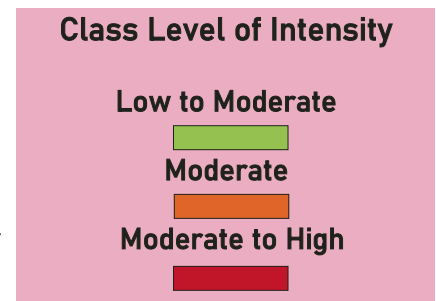
Tai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Tai Chi is completely focused on the development of an intrinsic energy called Chi. Benefits may include peace of mind, improved health and simply, joy. No special clothing or equipment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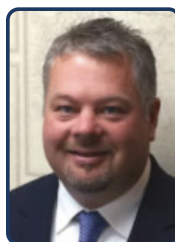
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- Patient and family education
- Treatment solutions
- Physical, occupational, and speech therapy

Hospice

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Our services include:

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



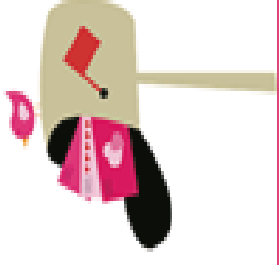
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Plymouth Intergenerational Coalition Inc., Plymouth, WI


D 4C 01-1394



February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 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 Sheephead 1:00 Indoor Pickleball (City Hall) 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Cornhole League</p>	<p>2 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>3 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) 1:15 Tai Chi Chih 2:30 Healthy Steps 2:00 Snowshoe Club 2:30 USS Dorchester Presentation 4:00 TOPS 6:30 SKAT Club</p>	<p>4 8:00 5,10,15 Sheephead 8:00 SS Circuit 8:00 Valentines Craft 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 Sheephead 1:30 Indoor Pickleball 1:30 Movie Matinee</p>	
<p>7—Olympics Week: Wear Blue 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>9—Olympics Week: Wear Black 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 11:00 Generations Olympics 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>10—Olympics Week: Wear Green 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 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Snowshoe Club 2:30 Healthy Steps 4:00 TOPS 5:45 Garden Club 6:30 SKAT Club</p>	<p>11—Olympics Week: Wear Red Souper Bowl Pick-up 8:00 5,10,15 Sheephead 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 Sheephead 1:30 Indoor Pickleball 1:30/5:00 Make it with Margie</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>14 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>15 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 Indoor Pickleball (City Hall) 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Cornhole League</p>	<p>16 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>17—Random Acts of Kindness Day 7:30 Cardio Pilates 8:00 Pool 8:30 Activity Bag Handout 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Scrabble 10:00 PHS Class of '69 Gathering 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 2:00 Snowshoe Club 2:30 Healthy Steps 4:00 TOPS 6:30 SKAT Club</p>	<p>18 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 10:30 Winterfest 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Indoor Pickleball 1:30 Movie Matinee</p>	
<p>21 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>22 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>23—National Chili Day 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>24 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 12:00 Nutrition for Health Presentation 1:00 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Snowshoe Club 2:30 Healthy Steps 4:00 TOPS 5:00 Supper Club 6:30 SKAT Club</p>	<p>25 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 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Indoor Pickleball</p>	
<p>28 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 3:00 Book Club</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 *No afternoons at City Hall on Fridays*
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	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	Richard (920) 980-3585
Snowshoe Club	Thursday	2:00pm	enelson@generationsic.org (920) 892-4858
Supper Club	4th Thursday	5:00pm	info@generationsic.org (920) 892-4858
TOPS	Thursday	4:00pm	Terri (920) 838-1716

| GAMES - SERVICES |

GAMES

ACTIVITY	DAY	TIME
5,10,15 Sheepshead	Tuesday (Gathering) Friday (Game Room)	T: 1:00pm—4:00pm F: 8:00am—11:30am
Bridge	3rd Thursday	12:30pm—3:30pm
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 Sheepshead	Friday (Game Room, Library)	12:30pm—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	**Cancelled Until Further Notice**	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 |

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

GENERATIONS PRESENTS

MOVIE MATINEE

1st and 3rd Friday @ 1:30pm

Jackie Robinson - 2/4
CODA - 2/18

Call 920-892-4858 to sign up!




WINTER
Activity Bags

FEB. 17TH 2022


8:30AM-11:00AM

GENERATIONS IS CELEBRATING RANDOM ACTS OF KINDNESS DAY. GENERATIONS MEMBERS CAN STOP IN AND PICK UP THEIR BAG FILLED WITH WINTER ACTIVITIES TO BEAT THE WINTER BLUES!

**Need to Check your Blood Pressure?
Generations Can Help!**



Do you suffer from "White Coat Hypertension?" It is known in the medical community that blood pressure readings can be artificially elevated due to the stress of visiting the doctor's office. Eliminate that stress from your life, and get more accurate readings, by getting your blood pressure reading done with us. Fitness Coordinators Zach and Emily are here to help!



Call (920) 892-4858
to Schedule an Appointment

Generations is not a medical facility. We do not give medical advice nor do we take responsibility for your medical decisions. Please consult with a physician for any medical concerns.

PROGRAMS

Choices to Optimize Aging THROUGH NUTRITION & FITNESS

Presented by **Dr. Elizabeth McLean**
Health & Wellness Instructor at
Moraine Park Technical College

Dr. McLean is a certified Chiropractic Sports
Practitioner, ACE Personal Trainer, and ACE Health
Coach



Thursday, February 24th
12:00pm

SIGN UP TODAY!

(920) 892-4858
info@generationsic.org

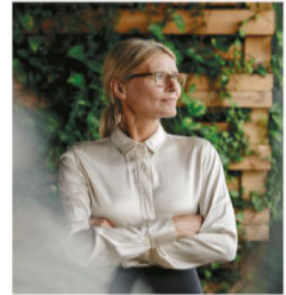
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- When should I apply for Social Security?
- How can I maximize my benefits?
- How will this affect my spouse?



Event details
Thursday, February 17, 2022
1:00 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 by February 15, 2022.

Your host
This session is hosted by Cesar Lemus, CFP®, ChFC®, FIC.

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Lunch Order. Limited seating. Please call ahead.

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| PARTNERS |

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

We would like to extend our sincere appreciation for all the personal Hygiene items that were donated throughout the month of December. All items collected went to local families who struggle in affording daily, basic necessities. Your generosity has put smiles on many people's faces.

Thank you.



Triple P, Positive Parenting Seminar: Raising Resilient Children

As parents, we all want our children to grow up to have the emotional and social skills to happily navigate life and to bounce back from the ups and downs they encounter. In this seminar, you'll gain a better understanding of what emotional resilience in children is and learn the building blocks to teach them that will help to develop these important life skills.

(It is recommended that child care is provided for your child (ren) during this time so you can fully participate.)

February 21st, 4.30 pm - 6.30 pm

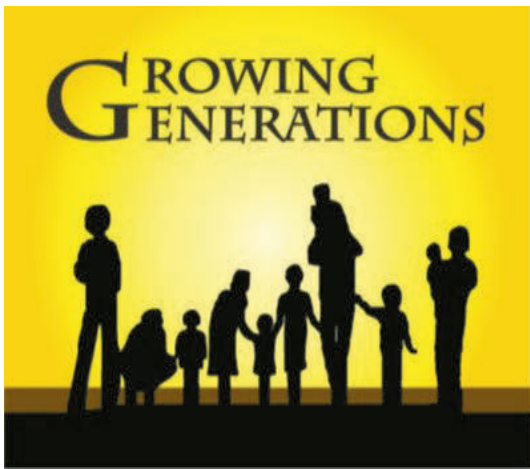
Zoom (Link will be sent after registration, closer to date of event.)

Free through the support of the Child Abuse and Neglect Prevention Board, as well as the Kohler Foundation. Online donations appreciated! (Click the "Donate" button at the top of the page.) Materials included. **Register by Wednesday, February 16.**

<https://familyresourcesheboygan.org/classes>

| 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 – February 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf and Gravy Mashed Potato Buttered Mixed Veggies Mandarin orange Dessert	2 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Mixed Vegetable Pineapple	3 Chef's Salad (ham, turkey, cheese and egg) Peaches Cherry Crisp	4 Chicken Noodle Soup ½ Ham & Cheese Sandwich Tossed Salad with Romaine, Cucumbers & Dressing Banana
7 Liver & Onions or Hamburger Mashed Potatoes Green & Wax Beans Apricots Brownie	8 Spaghetti w/ Meatballs Buttered Corn Pears Garlic Bread Cookie	9 Pork Roast and Gravy Mashed Potatoes California Blend Veggies Fruit Cocktail Dessert	10 Beef Stew Fruit Cocktail Apple Crisp	11 <u>Super Bowl Party</u> Baked Chicken Scalloped Potatoes Mixed Veggies Tropical Fruit Cookie
14 Salisbury Steak Mashed Potatoes & Gravy Key West Vegetable Blend Pears Dessert	15 Lasagna Tossed Salad and Dressing Garlic Bread Green Beans Dessert	16 Baked Fish Tater Tots California Vegetable Tartar Sauce Applesauce Rye Bread	17 BBQ Chicken Breast Cheesy Potatoes Country Blend Veggies Peaches Cookie	18 Chicken Salad (contains nuts)/Croissant Tossed Salad with Romaine, Tomatoes and Dressing Peaches Rice Krispy Bar
21 Chicken Cordon Bleu Mashed Potatoes California Blend Vegetables Pineapple Cookie	22 Swiss Steak Scalloped Potatoes Buttered Peas Applesauce Dinner Roll	23 <u>National Chili Day</u> Chili Grilled Cheese Peaches Dessert	24 Macaroni and Cheese w/ Pork Carrito Pears Buttered Corn Blueberry Oatmeal Bar	25 Fish Fry Tartar Sauce Potato Wedges Buttered Broccoli Rye Bread Fruit Cocktail
28 Taco Salad w/ Cheese, Sour Cream, & Salsa Peaches Dessert				

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.

JOIN OUR TEAM!

Do you love to clean? Generations is looking for a conscientious individual to help keep our facility in tip-top shape! Part time position in the evenings to clean and set up rooms. Perfect for a student or retiree looking to earn some extra cash. Monday, Tuesday & Wednesday evenings 4-9 p.m. Call or email to apply.

Email:
info@generationsic.org

Phone:
920.892.4858



10th Anniversary
2011-2021

Generations
an Intergenerational Center

| Pic-a-Deli Specials |

GENERATIONS PRESENTS



FRIDAY, FEBRUARY 11TH, 2022

Soups available are Chicken Noodle, Cheesy Potato and Bacon, and Chicken Chili. Ready-to-heat soups by the quart for only \$8.00

Preorder by Feb. 9th!
Call 920-892-4858 to sign up today!



Join Pic-a-Deli for

NATIONAL Chili DAY

WEDNESDAY, FEBRUARY 23RD

Chili comes with Grilled Cheese, Peaches, and a Dessert for \$6.

Pre-order by 2/22/22

How to Order:
(920) 892-4858
info@generationsic.org

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DHS Approved 4/22/2021

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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.



Menu

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	\$10
mixed greens with carrots, tomatoes, cucumbers, and cheddar cheese	
Cranberry Walnut	\$12
mixed greens, walnuts, dried cranberries, provolone, and grilled chicken	
Chef Salad	\$10
mixed greens, ham, turkey, veggies, egg, and cheese	
Chicken Salad w/ Walnuts	\$10
mixed greens, carrots, walnuts, tomatoes, chicken salad, and cranberries	
Tuna Salad on Mixed Greens	\$10
mixed greens, carrots, tomatoes, and tuna salad served with crostini	
Taco Salad	\$11
mixed greens, taco beef, black olives, tomatoes, cheddar cheese, salsa, and 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	
Wisconsin Cheese Curds	\$6
Pic A Deli Cookies	\$3

Homemade Soup

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

From the Grill

Hamburger	\$5
Cheeseburger, Pork Tenderette, Black Bean Patty	\$6
Beef Tenderette, Chicken Breast, Alaskan Cod	\$6
add cheese (\$0.50) or bacon (\$1.00) to any grilled sandwich	
Chicken Strips	\$7
*served with fries; choose ranch or bbq dipping sauce	
*Build Your Own Paninis	\$9
choose meat: bacon, turkey, ham, roast beef, tuna salad, chicken salad	
choose cheese: cheddar or provolone cheese	
choose veggies: lettuce, tomato, onion	
choose bread: white or multigrain bread	
choose condiments: mayonnaise, ranch, honey mustard, 1000 island, Italian, horseradish sauce	
*Plymouth Grill	\$7
cheddar cheese, provolone, bacon, tomato 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	
*Beef Taco Wrap	\$9
sour cream, salsa, lettuce, tomato served on a whole wheat wrap	
*Chicken Salad Wrap	\$9
lettuce, dried cranberries, and walnuts served on a telera roll or whole wheat wrap	

* soup and 1/2 sandwich

Condiments: Mayonnaise, Italian Mayonnaise, Southwest Mayonnaise, Ranch Spread, Honey Mustard, 1000 Island, Italian, and Horseradish Sauce

Catering Menu available on www.generationsic.org/catering

February's Sandwich Special:

Pork Tenderette, BBQ, Cheddar Panini

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.

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

**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 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.



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
kschultz@generationsic.org

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

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

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

Linda Raeder
Volunteer Receptionist Coordinator
info@generationsic.org