



Cover Art: Pond in the Morning, Generations' North Lawn

Want to be featured on the April 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*

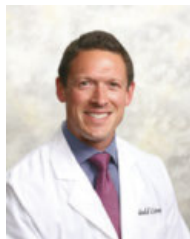
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| INFORMATION |

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 active social media accounts where we like to share pictures and videos of our members. If you do not want to be in the newsletter, website, or on social media, 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 Delaney!



Please join us in giving a warm welcome to Delaney who joined Kendall and the maintenance crew. She comes to us from Plymouth High School where she is currently a sophomore.

When not in school or working at Generations, Delaney enjoys spending time with friends, reading, and playing the piano. Maybe she'll even come play the Generations piano sometime!

If you see Delaney around, make sure to say hi and welcome her to the Generations family!

| 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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Locally



PROGRAMS

Get Competitive!



MARCH 1ST, 2022

Generations' Mardi Gras Trivia Party

7:30am Show us your beads for a festive donut!

9:30am Find the Mardi Gras Baby Contest

Join us for lunch starting at 11:00am. Lunch special is: Smoked Sausage Po Boy, Shrimp Bisque, Pineapple, and Dessert \$7.00

12:30pm Live Mardi Gras Trivia starts! Grab some friends and come have fun!

CALL 920-892-4858 TO SIGN UP



Pi Day Pie Making Contest

Celebrate Pi Day by coming to our Pie baking contest!

3.14.22

Celebrity Judges will pick the winner at 1:00pm

1st Place: \$25 Pic-a-Deli Gift Certificate
2nd Place: Generations T-Shirt
3rd Place: Generations Cookbook

To enter the competition, Call (920) 892-4858 Email info@generationsic.org



Entertainment

GENERATIONS PRESENTS

MOVIE MATINEE

1st and 3rd Friday @ 1:30pm

March 4th - CODA
March 18th - The American Underdog

Call 920-892-4858 to sign up!

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

March's Book:
Caste
by Isabella Wilkerson

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


COUPONS FOR THE MILITARY

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



| PROGRAMS |

91.3FM & 101.3FM Sheboygan & Plymouth with FOX 11 present




HELP for the HOMELESS Hygiene Drive
February 13 - March 6

Donate Hygiene Supplies for 9 Sheboygan Area Shelters & Programs
Help ease the financial strain on area homeless and crisis programs




Most Needed Items:

- Cleaning Supplies
- Feminine Needs
- Bathroom Tissue
- Diapers/Baby Care
- Hair products
For all hair types
- Deodorant
- Sunscreen
- Laundry Soap
- Kitchen Trash Bags
- Paper Towels
- Face/Bath Wash

Donations Remain in the Communities Where Collected!



Thanks to our Sponsors and Event Partners! More information at TheFamily.net or 800-230-9364

Collection for Safe Harbor for National Women's Month

Donations can be dropped off in the receptacles in Generations' East and North entrances for the month of March.

When clients come to Safe Harbor in crisis, they and their children may have not eaten yet that day, or have been interviewing for hours with law enforcement. They also support clients who are hospitalized due to their injuries, or are having a forensic exam for evidence. By offering them and their children some quick snacks it can refuel them and help occupy bored kids. They prefer pre-packaged, individual sized and shelf stable snacks, so they can transport and store them safely until needed. Snack examples/needs are:

- Any flavor/brand of Chips (they appreciate variety packs, and teens LOVE the spicy chips!)
- Regular and Flavored Pretzels
- Cookies and Crackers (Goldfish are a popular request)
- Fruit Snacks
- Dried Fruit Chips and Raisins
- Granola Bars
- Protein Bars
- Nuts and Trail Mix
- Mini Muffins
- Popcorn (pre-popped)
- Applesauce pouches (not cups, as we will not have spoons to use)
- Breakfast/Cereal Bars
- Jerky
- Gluten Free Snacks



Supper Club
MARCH 31ST, 2022
5:00 PM
AT THE DEPOT
Call 920-892-4858 to sign up

19th Amendment Presentation







March 7th @ 1:30pm

Presentation: Wisconsin was the first state to ratify the 19th Amendment to the U.S. Constitution, granting women the right to vote. Who was behind that successful campaign? What path did suffragettes take to victory? Why did it take so long? Learn more about this complicated and most interesting political struggle, as the 19th Amendment starts its second century.

About our Presenter: Mary Lynne Donahue is retired from the active practice of law, but have taught administrative law at law schools in Bulgaria, Poland, and Lithuania through the Center for International Legal Studies. Mary Lynne is pursuing a master's degree at UW-Milwaukee with a research interest in low-income women's perception of the voting process.

She is currently the president of the Wisconsin Trust Account Foundation (WisTAF) and alderperson in the City of Sheboygan, having previously served as president of the Police and Fire Commission and as a member of the Civil Service Commission. She has also served as president of the Sheboygan School District Board of Education, the John Michael Kohler Art Center board of directors and the Wisconsin Academy of Sciences, Arts and Letters board of directors.

Call 920-892-4858 to sign up today!

2022 Sheboygan County Historical Research Center Presentations

March 2, 2022 @ 2:30pm
A Tour of the Sheboygan County Historical Research Center
From its beginning in 1983 through its growth and service to the community, we'll take a tour of the history and the building of the Sheboygan County Historical Research Center. You'll learn about the fascinating people and paperwork that record Sheboygan County's history. That includes Plymouth. And to finish the fun, we'll do a Top Ten Weirdest Research Questions.

April 6, 2022 @ 2:30pm
History Along the Mullet River
Rising in Mullet Lake in Fond du Lac County, the Mullet River runs 40 miles until it empties into the Sheboygan River in Sheboygan Falls. It drains 88 square miles of agricultural land and still passes over 7 dams from the Mullet Marsh to the Richardson dam. We'll visit Greenbush, Glenbeulah, Camp Evelyn, Plymouth and Sheboygan Falls.

Call 920-892-4858 to sign up today!

| WHAT'S UP WITH WELLNESS? |

SPRING INTO A BETTER YOU!

With Spring right around the corner, many of us start thinking about Spring cleaning. But it's also a good time to focus on cleaning up our health! Here are some ideas to help you get started:

- ◆ Eat seasonal vegetables from a local farmers' market
- ◆ Revamp your pantry with healthier options
- ◆ Do some outside cleaning for extra Vitamin D and to reduce cortisol (stress) levels
- ◆ Check in with your mental health
- ◆ Practice gratitude
- ◆ Practice healthy choices on Spring Break, like packing whole food snacks such as apples with nut butter, dried fruits, raw vegetables with hummus, and drink lots of water
- ◆ Start planning the fresh fruits and vegetables you want in your garden this year
- ◆ Use your grill on nicer days, choose lean proteins such as 3-6 oz. of chicken and fish and load half your plate with vegetables

FOOD OF THE MONTH - MAPLE SYRUP

- Maple syrup is a great alternative to refined sugar as it comes with many other beneficial nutrients like B vitamins, calcium, iron, magnesium, phosphorus, potassium, manganese, and zinc.
- Manganese and zinc can help strengthen your immune system. Zinc can also protect against heart disease.
- When possible, select darker syrup as it contains more antioxidants!

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

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

Generations
an Intergenerational Center

MARCH MADNESS
Pop-a-Shot Shoot-Out

MARCH 16TH @ 11:00AM

JOIN US FOR A FUN MARCH MADNESS BASKETBALL SHOOT-OUT COMPETITION

RSVP TO:
(920) 892-4858
INFO@GENERATIONSIIC.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

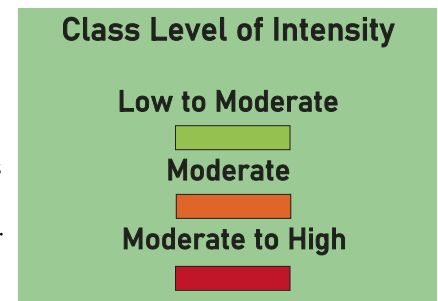
Tai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Tai Chi is completely focused on the development of an intrinsic energy called Chi. Benefits may include peace of mind, improved health and simply, joy. No special clothing or equipment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



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
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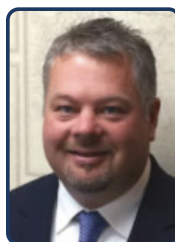
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- Pain management and symptom relief




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Plymouth Intergenerational Coalition Inc., Plymouth, WI

D 4C 01-1394



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Wii Bowling Tuesdays & Thursdays By Appointment</p> 	<p>1 7:30 Cardio Pilates 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Fat Tuesday Baby Search 11:00 Arthritis Exercise 12:00 Mardi Gras Lunch 12:30 Mardi Gras Tuesday Trivia 1:00 5,10,15 Sheepshhead 1:00 Indoor Pickleball (City Hall) 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 11:00 Meal Site 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga 2:30 Historical Research Center Presentation 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 2:00 Hiking Club 2:30 Healthy Steps 2:00 Snowshoe Club 4:00 TOPS 6:30 SKAT Club</p>	<p>4 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 11:00 Knitting & Crocheting 11:00 Meal Site 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Indoor Pickleball 1:30 Movie Matinee</p>
<p>7 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 SS Circuit 11:00 Meal Site 12:00 Chair Pilates 1:00 Cribbage 1:00 Duplicate Bridge 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 19th Amendment Presentation 1:30 Chair Yoga 1:30 Indoor Pickleball</p>	<p>8 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 Tai Chi Chih 1:30 Cornhole League</p>	<p>9 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 Meal Site 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>10 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 Hiking Club 2:30 Healthy Steps 4:00 TOPS 5:45 Garden Club 6:30 SKAT Club</p>	<p>11 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 11:00 Dog Club 11:00 Meal Site 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Indoor Pickleball</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 11:00 Meal Site 12:00 Chair Pilates 12:30 Pie Baking Contest 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 9:30 Arthritis Exercise 11:00 Arthritis Exercise 1:00 5,10,15 Sheepshhead 1:00 Indoor Pickleball (City Hall) 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 11:00 March Madness Pop-a-shot Competition 11:00 Meal Site 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>17—St. Patty's Day Meal 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 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:00 Thrivent Presentation 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 6:30 SKAT Club</p>	<p>18—Mac Madness 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 11:00 Meal Site 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 11:00 1st Day of Spring Brat Fry 11:00 Meal Site 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 Tai Chi Chih 1:30 Cornhole League</p>	<p>23 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 Meal Site 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 Health Presentation with Dr. Dan 1:00 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 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 Book Mark Making 10:00 SS Circuit 11:00 Meal Site 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 11:00 Meal Site 11:00 Blood Drive 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>29 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 Tai Chi Chih 1:30 Cornhole League</p>	<p>30 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 Meal Site 12:00 Chair Pilates 1:00 Indoor Pickleball (City Hall) 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>31 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 1:00 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 5:00 Supper Club 6:30 SKAT Club</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 March's Book: <i>Caste</i> by Isabella Wilkerson	4th Monday	3:00pm	oliverhayley@hotmail.com
Dog Club	2nd Friday	11:00am	info@generationsic.org (920) 892-4858
Garden Club March's Speaker: Justin Kroening of Stone Silo Prairie Gardens	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
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	Dates Announced Monthly March: 31st	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	Returning in April	Returning in April
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

Starting March 2nd, the Meal Site is coming back to Generations! Called *My Way Café*, a restaurant-style lunch will be available on Monday, Wednesday, and Friday each week. Open from 11:00am until 1:00pm, guests will be able to order their food, pick a table, and enjoy their meal with friends. Like before, the meals will be sponsored by the ADRC of Sheboygan County and prepared by our very own Pic-a-Deli Restaurant.

Call Susie at (920) 892-4821 ext. 303 to reserve your spot.

We look forward to seeing you all for lunch soon!

PROGRAMS



DOG CLUB



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

March 11th, 2022

Dog Club School session!

Join Dog Club as we learn some training tips and tricks!

Lunch will be Fish Fry, Potato Wedges, Tartar Sauce, Buttered Green Beans, Pineapple and Dessert for \$6.

CALL 920-892-4858 TO SIGN UP TODAY



Bookmark Making Event for Sheboygan County Free Libraries

3/25/2022

10:00am-12:00pm



Join us in making inspirational book marks for the community.

Call 920-892-4858 to sign up today!



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- 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, March 17th, 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 • 800-547-4836

27879P R1-21

GENERATIONS &
DR. DAN PRESENT

Break Your Sweet Tooth

The average American consumes 150 pounds of added sugar each year. This contributes to many chronic diseases such as diabetes, heart disease, obesity, cancer, and more. Learn ways to help break your sugar habit and live a healthier life!

Thursday, March 24th
12:00PM

To RSVP:

Call (920) 892-4858

Email info@generationsic.org




Francis Chiropractic
Clinic & Wellness Center

| PROGRAMS |

**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!



Generations
an Intergenerational Center
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.



GENERATIONS PRESENTS

HEALTH COACH ASSESSMENTS

With Sahara Gardner, Co-Op from Lakeland College, Exercise Science Major with an Emphasis on Nutrition

APPOINTMENTS AVAILABLE
THURSDAYS
8:00AM - 11:00AM

Pre-Registration is Required.
Call (920) 892-4858
or email info@generationsic.org

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

CHEESE Counter
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Takeouts available! See website for menu



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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

DEVELOPMENTAL SCREENING DAYS

Want to see if your child's development is on track? Along with our community partners, we are again offering another free Developmental Screening Day. (Appropriate for children 6 months to 5 years.) **Your child's development will be assessed in these areas:** • Language • Problem Solving • Fine & Large Motor • Personal-Social **Benefits of attending Developmental Screenings:** • Celebrate your child's development • Support your child's school readiness skills • Receive parenting information and resources • Early detection of potential developmental delays

March 3rd: 3:00pm–7:00pm
March 4th: 8:00am–12:00pm

Register by email (CPOSEWITZ@FRC-SC.ORG), online (<https://bit.ly/32mhzEP>), or by calling 920-892-6706.

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).

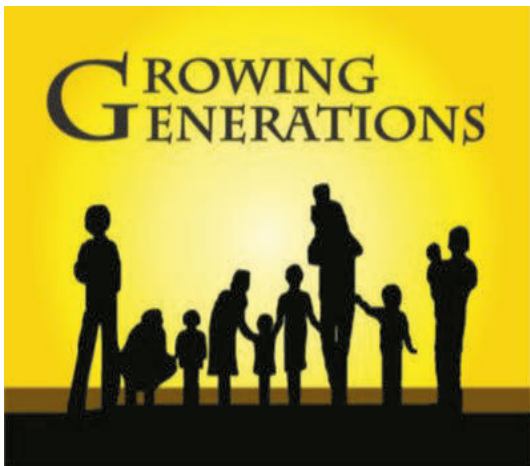
Tutor refugees, immigrants, and adult students.

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 – March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Smoked Sausage Po Boy Shrimp Bisque Pineapple Dessert	2 Ash Wednesday Baked Cod w/Butter Au gratin Potatoes Glazed Carrots Applesauce Dessert	3 Baked Turkey & Gravy Mixed Vegetables Mashed Potato Apricots Dessert	4 Split Pea Soup Ham Sandwich Toss Salad & Dressing Peaches Chocolate Rice Crispy Bar
7 Chicken Piccata Wild Rice Country Blend Vegetables Pears Dessert	8 Swiss Steak & Gravy Mashed Potatoes California Vegetables Tropical Fruit Salad Dessert	9 Spaghetti & Meatballs Italian Vegetables Tossed Salad (Spinach Cucumbers, Dressing) Garlic Bread Dessert	10 Meatloaf and Gravy Mashed Potatoes California Blend Vegetables Banana Cookie	11 Fish Fry Potato Wedges Tartar Sauce Buttered Green Beans Pineapples Dessert
14 Shredded Pork On a Bun Baby Red Potatoes Bronco Beans Apple Cookie	15 Salisbury Steak Mashed Potatoes & Gravy Key West Vegetable Blend Garden Salad Dessert	16 Hamburger Stroganoff w/ Mushrooms Buttered Noodles Buttered Green Beans Orange Dessert	17 Saint Patrick's Day Corned Beef Potatoes Cabbage, Carrots Rye Bread Lime Jell-O with Pears Dessert	18 Cheese Tortellini Marinara Sauce Tossed Salad/Dressing (Spinach & Cucumbers) Buttered Corn Applesauce Garlic Bread
21 Taco salad Meat, cheese, salsa, sour cream and tomato Pears Dessert	22 Seasoned Chicken Mashed Potatoes/Gravy Peas & Carrots Peaches Dessert	23 Chicken Alfredo Over a Bed of Noodles Buttered Carrot Coins French Bread Apple	24 Pork Schnitzel Parsley Buttered Potatoes Country Blend Vegetables Fruit Cocktail Cookie	25 Tuna Melt Tator Tots Tossed Salad Banana Blueberry Bar
28 Chicken Salad Croissant Tossed Salad w/ Dressing Peaches Dessert	29 Pork Roast Mashed Potatoes California Blend Veggies Fruit Cocktail Dessert	30 Chef Salad Ham, Turkey, Cheese and Egg Applesauce Breadstick Dessert	31 Brat on a Bun Sauerkraut German Potato Salad Baked Beans Orange Brownie	

GENERATIONS

1500 Douglas Drive
Plymouth, WI 53073

Meals are available for pick-up \$7 each.

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

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

COME TO GENERATIONS FOR A
BRAT FRY

Single Brat/Burger \$6.00
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Add Cheese \$0.50

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MAC MADNESS



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Chicken
Bacon
Ranch
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**PICK-UP MARCH. 18TH
11AM-2PM**



Must preorder by March. 16th
Call 920-892-4858 to order today!

Happy St. Patrick's Day

MARCH 17TH

Wear your green and celebrate with
Pic A Deli!

Corned Beef, Potatoes, Cabbage,
Carrots, Rye Bread, Lime Jello with
Pears and Dessert all for \$6.00
Call 920-892-4858 to sign up by
March 15th!



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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	\$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	\$3
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

March's Sandwich Special:
Rueben Panini
\$9

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

Call Pic-a-Deli at (920) 892-4858 to place your order.

Daily specials are available for \$7 and must be reserved by 1:30pm the day before.

The specials menu can be found on page 20.

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

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
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 ext. 303

Linda Raeder
Volunteer Receptionist Coordinator
info@generationsic.org