



Cover Art: Chalkboard Design By Jackie F.

Want to be featured on the May Cover?

Submit cover ideas to:

info@generationsic.org

GENERATIONS INTERGENERATIONAL CENTER

TABLE OF CONTENTS

ANNOUNCEMENTS.....	4
PROGRAMS.....	6, 16
WHAT'S UP WITH WELLNESS.....	8
FITNESS PROGRAMS.....	9
CALENDAR.....	12
ACTIVITIES.....	14
PARTNERS.....	18
MEMBERSHIP PLANS.....	23

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*

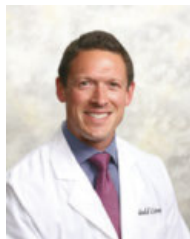
When it's time for cataract surgery, trust the experts at Larson Eye Care.

Is cataract surgery right for you? schedule your consultation today by calling **(920) 452-5400**.

LASER CATARACT SURGERY AT:
LARSON EYECARE
your vision...our focus



Christopher Larson, M.D.



Todd Larson, D.O.

www.larsoneyecare.com

GROW YOUR BUSINESS
BY PLACING
AN AD HERE!

CONTACT US!

Contact Alex Nicholas to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538



Furnace Air Conditioning Service

FOUR SEASONS COMFORT

Quality Service with Your Comfort in Mind

W2074 Garton Road - Sheboygan
920-565-2095
426 B Factory Street - Plymouth
920-893-8900

| 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.

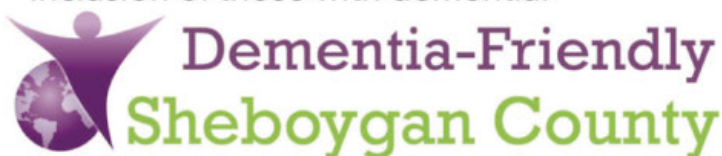
Please understand that our first priority is your safety, and this is why we need to call the professionals to help you in case of a fall or injury. This policy applies to everyone, including staff. If you have any questions, please talk to our Executive Director, Jane Brill.

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!

PICKLEBALL UPDATE

Outdoor Pickleball is Back!

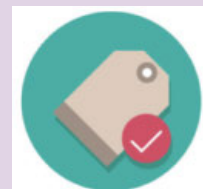
Beginning April 1st, Generations is putting the Pickleball nets up! It is still Wisconsin, however, and we know the weather does not always cooperate. If we get word of an approaching storm, the nets may be taken down to protect them from snow and/or ice. Be prepared for intermittent availability.

Indoor Pickleball will still be available at City Hall.

Happy Playing!

COUPONS FOR THE MILITARY

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



| ANNOUNCEMENTS |

OPEN DOOR CHALLENGE



An Anonymous Donor has proposed a challenge to all of us!

Generations is fundraising to add sensor door openers for our bathroom doors. This donor is challenging each one of us to match their \$100 donation towards improving the accessibility for this basic necessity. The cost of the project is \$10,000.

Are you up for the challenge?

Donations can be made via generationsic.org or by visiting us in person.

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

 CALL 800.950.9952

GROW YOUR BUSINESS
BY PLACING
AN AD HERE!

CONTACT US!

Contact Alex Nicholas to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538



PLEASANT VIEW
— REALTY —

Hello... It's Jim & Gail



YES, we are family-owned and life-long area residents. YES, Real Estate has been part of our lives for a long time and YES, we love what we do and would like to help YOU!

Jim (920) 946-2854
Gail (920) 946-2693



www.PleasantViewRealty.com

Thrive
Locally



PROGRAMS

Get Creative!

MAKE IT WITH MARGIE EASTER BUNNY PAINTING



April 5th, 2022 1:30pm-3:30pm
or 5:00pm-7:00pm

Class includes step by step instructions to make this canvas painting. Bring your child or friend! No creativity needed!

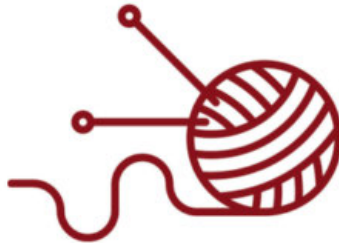
Hosted at Generations.

Open to the public

Cost is: \$28.00 per person

Call Margie at 920-918-3632 to sign up!

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.

Entertainment

GENERATIONS PRESENTS

MOVIE MATINEE

1st and 3rd Friday @ 1:30pm

April 1st - The Call of the Wild

April 15th - No Movie due to the Holiday

Call 920-892-4858 to sign up!



CLASSICAL MUSIC CONCERT

PRESENTED BY STUDENTS OF PLYMOUTH HIGH SCHOOL

MONDAY APRIL 25, 2022

6:00 PM

AT GENERATIONS, INTERGENERATIONAL CENTER

  SHEBOYGAN COUNTY HISTORICAL RESEARCH CENTER

2022 Sheboygan County Historical Research Center Presentations

April 6, 2022 @ 2:00pm
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.

May 4, 2022 @ 2:00pm
Touring Wisconsin by Tombstone

Cemeteries are a fascinating way to tour a community. Wisconsin has many historically significant burial grounds and others that are just beautiful. We'll take a trip through the state by taking a look at the many different styles used. We'll hear great stories and meet the people that go with them.

Call 920-892-4858 to sign up today!

FEATURING:
ANNIKA NELSON - CLASSICAL GUITAR
KEVIN SMITH - TUBA
ALEX WEISENSEL - TENOR SAX
EMMA WYNVEEN AND JASMINE KELLER - FLUTE



| PROGRAMS |

Take Charge of Your Health



“Are you Ready to Retire?”
 Join in a **Free & Unbiased** Medicare 101 Class
 on
Wednesday, April 6, 2022
 Session at 3:00 pm to 5:00 pm
 (Meeting has limited space/Call Today)

Join your local Elder Benefit Specialist Mary Kempf

Plymouth Generations
 1500 Douglas Dr
 Plymouth, WI 53073

RSVP required before Tuesday, 4/5/2022
 Call Mary Kempf at 920-467-4076 or
 Plymouth Generations at 920-892-4858

Learn about the Retirement & Medicare resources available to
 Sheboygan County residents age 60+.

- ✓ Social Security Retirement Benefits
- ✓ Enrollment in Medicare
- ✓ Medicare Basics
- ✓ Your Coverage Choices
- ✓ SeniorCare
- ✓ Help for People with Limited Income
- ✓ Words of Caution



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

Healthy Lifestyle Meeting

*let wellness be on our minds
 and influence our daily choices*

This is a meeting to talk about what inspires us to be healthy
 Share nutritious recipes
 Bring ideas about meal planning, sharing and grocery shopping
 How do we limit cravings and what swaps can we make
 How do we stay active, happy and healthy
 Clean swaps, become aware of how many chemicals and toxins you have in
 your home and the easy swaps you can make to choose clean



An open discussion on
 healthy and clean living for
 like minded people
 Begins April 7 at 10am and
 recurs the 1st Thursday of
 the Month
 Call (920)892-4858 to sign up



Generations & Dr. Dan Present

Bone and Joint Health

*Spinal Care
 Too*

Dr. Dan from Francis Chiropractic Clinic and
 Wellness Center will talk about how to keep
 your bones, joints and spine happy and healthy.
 This wellness event will take place Thursday,
 April 28th at 12pm.

Call to Sign Up
 920-892-4858

| WHAT'S UP WITH WELLNESS? |

SPRING TO-DO LIST

- ◆ Get more fresh air & Vitamin D (remember to wear sunscreen & check ingredients for a safer/cleaner choice).
- ◆ Try gardening. You will get the benefits of more fresh air, more activity, and you'll be rewarded with super fresh fruits and vegetables from your own yard. It will also help minimize your carbon footprint!
- ◆ Plant an herb box to use fresh herbs more frequently.
- ◆ April is Alcohol Awareness Month – have fun with mocktail recipes. Want the carbonation but not the sugar? Use club soda and add fresh fruit, especially citrus!
- ◆ Grill out – portion your plate & make it colorful – fill at least half with vegetables. Be mindful of meat selection and frequency.
- ◆ Think Clean – swap out a toxic household product with a safe/clean product. For example, try swapping Dawn dish soap for Seventh Generation dish soap.
- ◆ Try something new for strength and endurance. It can increase bone density and decrease muscle loss. Try out the Strength and Condition Training class with Sahara Gardner.
- ◆ Attend a new group – Healthy Lifestyle Choices – starting April 7th.
- ◆ Come to Zach's outdoor baseball toss/yard game event for Brewer's Opening Day!
- ◆ Try to incorporate seasonal foods in your diet more regularly. Visit seasonalfoodguide.org for ideas.
- ◆ Go GREEN this month for Earth Day. Plant a tree, go on a hike, try carpooling, turn off lights when not in a room, and attend the Earth Day Walk/Clean Up on April 22nd.

FOOD OF THE MONTH - ARUGULA

- ◆ Arugula is a great source of phytonutrients that help reduce inflammation.
- ◆ Arugula contains isothiocyanates and glucosinolates which help reduce the chances of cancer.
- ◆ It is also a good source of Vitamin K which is critical for proper blood clotting.
- ◆ Arugula also contains carotenoid antioxidants which help protect the eyes from free radical damage, like UV damage from the sun.

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



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

Class Level of Intensity

Low to Moderate



Moderate



Moderate to High



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



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

Plymouth Intergenerational Coalition Inc., Plymouth, WI

C 4C 01-1394



O: (920) 893-6712

404 Schwartz Street • Plymouth, WI 53073
tschweitzer@lakeviewlandscapeanddesign.com



- Hardscape
- Softscape
- Installation
- Maintenance
- Curb-It

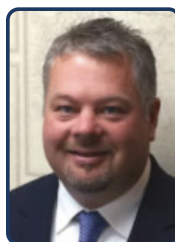
American

SENIOR BENEFITS

WE TALK MEDICARE!!!

YOUR LOCAL MEDICARE AGENTS
IN THE COMMUNITY FOR OUR COMMUNITY.

FREE Consultations with **NO** Obligations!



RYAN REILLY
(920) 207-0731
reilly@americanseniorbenefits.com



KRISTEN HEIDEMANN
(920) 207-8037
keh76@hotmail.com

1215 Eastern Ave.
Plymouth, WI 53073

A1 APPLIANCE REPAIR

Appliance Parts • Appliance Repair
Washers - Dryers - Dishwashers
Oven/Ranges - Refrigerators
Microwaves - Dehumidifiers

(920) 893-8394

N4130 Blueberry Ln
Waldo, WI 53093



920-893-1851

GoMeyerMotors.com



We are here to help you navigate today's complex healthcare system, providing you with the information you need to make informed decisions that are right for you and your family. Our team provides a holistic approach—focusing on mind, body, and spirit while providing compassionate and best-in-class care.

Call us today at 262.306.2691 and together we can find the best care that meets your personal needs.

cedar 
community

home health & hospice

cedarcommunity.org

Home health

Nursing, therapy, and other specialized services in the privacy and comfort of your home help you manage a chronic illness or recovery from surgery or an accident. Our goal is to help you meet your recovery goals, improve your quality of life, and help you stay safely in your home.

Our services include:

- 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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 Morning Readers 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 Chair Yoga</p>	<p>5 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheephead 1:00 Party Bridge 1:00 Indoor Pickleball (City Hall) 1:15 Tai Chi Chih 1:30/5:00 Make it with Margie</p>	<p>6 7:30 Strength & Conditioning 8:00 Pool/Ping Pong 8:00 Outdoor Pickleball 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 2:00 Historical Research Center Presentation 3:00 Medicare 101 Presentation</p>	<p>7 7:30 Cardio Pilates 8:00 Outdoor Pickleball 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 Morning Readers 9:30 Scrabble 10:00 Healthy Lifestyle Meeting 11:00 Arthritis Exercise 12:30 Chair Massage 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>1 8:00 5, 10, 15 Sheephead 8:00 Outdoor Pickleball 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 Sheephead 1:30 Movie Matinee</p>
<p>4 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 Morning Readers 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 Chair Yoga</p>	<p>5 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheephead 1:00 Party Bridge 1:00 Indoor Pickleball (City Hall) 1:15 Tai Chi Chih 1:30/5:00 Make it with Margie</p>	<p>6 7:30 Strength & Conditioning 8:00 Pool/Ping Pong 8:00 Outdoor Pickleball 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 2:00 Historical Research Center Presentation 3:00 Medicare 101 Presentation</p>	<p>7 7:30 Cardio Pilates 8:00 Outdoor Pickleball 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 Morning Readers 9:30 Scrabble 10:00 Healthy Lifestyle Meeting 11:00 Arthritis Exercise 12:30 Chair Massage 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>8 8:00 5, 10, 15 Sheephead 8:00 Outdoor Pickleball 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 Easter Egg Hunt 1:00 Quarter Sheephead</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:00 Meal Site 12:00 Chair Pilates 1:00 Cribbage 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 Chair Yoga</p>	<p>12 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 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</p>	<p>13 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 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>14—Easter Dinner Pick-Up 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:00 1-on-1 Tech Help 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:00 Foot Clinic 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 11:00 Arthritis Exercise 12:15 Brewers Opening Day Celebration 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 6:00 Garden Club 6:30 SKAT Club</p>	 <p>Closed for Good Friday</p>
<p>18 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:00 Let's Talk Grandkids! 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</p>	<p>19—Pajama Day 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 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</p>	<p>20 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 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>21 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 Morning Readers 9:30 Scrabble 11:00 Arthritis Exercise 12:30 Bridge 12:30 Chair Massage 1:00 Indoor Pickleball (City Hall) 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 5:00 Supper Club 6:30 SKAT Club</p>	<p>22—Essay Contest Deadline 7:00 House on the Rock Day Trip 8:00 5,10,15 Sheepshhead 8:00 Outdoor Pickleball 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 Earth Day Walk & Clean Up 11:00 Meal Site 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Memory Cafe</p>
<p>25 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga Flow 10:00 Morning Readers 11:00 Meal Site 12:00 Chair Pilates 12:00 Volunteer Appreciation Luncheon 1:00 Cribbage 1:00 Indoor Pickleball (City Hall) 1:00 Tat & Chat 1:30 Chair Yoga 3:00 Book Club 6:00 Community Concert</p>	<p>26 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Indoor Pickleball (City Hall) 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 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</p>	<p>27 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 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>28 7:30 Cardio Pilates 8:00 Outdoor Pickleball 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 Morning Readers 9:30 Scrabble 11:00 Arthritis Exercise 12:00 Health Presentation by Dr. Dan 1:00 Indoor Pickleball (City Hall) 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 6:30 SKAT Club</p>	<p>29 8:00 5,10,15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 8:30 Indoor Pickleball (City Hall) 9:00 Yoga—Flexibility & Stability 10:00 SS Circuit 11:00 Meal Site 12:00 Chair Pilates 1:00 Quarter Sheepshhead</p>

| ACTIVITIES - CLUBS |

Activities

ACTIVITY	DAY	TIME
Ceramics	Wednesday	9:00am
Morning Readers	Monday, Tuesday, Thursday	Monday: 10:00am Tuesday/Thursday: 9:30am
Pickleball	Monday—Friday	City Hall: 8:30am—11:00am; 1:00pm—3:00pm *No afternoons at City Hall on Fridays* Outdoor: 8:00am—6:00pm
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 April's Book: Sorrowland by Rivers Solomon	4th Monday	3:00pm	oliverhayley@hotmail.com
Dog Club	2nd Friday	11:00am	info@generationsic.org (920) 892-4858
Garden Club	2nd Thursday	6:00pm	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
Hiking/Snowshoe Club	Thursday	2:00pm	enelson@generationsic.org (920) 892-4858
Supper Club	Dates Announced Monthly April: 21st	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	1:30pm	1-800-272-3900	YES	FREE

The Meal Site is back at Generations! Called *My Way Café*, a restaurant-style lunch is available on Monday, Wednesday, and Friday each week. Open from 11:00am until 1:00pm, guests can 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 Wenzel at (920) 892-4821 ext. 303 to reserve your spot.

We look forward to seeing you for lunch soon!

| PROGRAMS |



DOG CLUB

Generations
an Intergenerational Center

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

April 8th, 2022
Easter Pawdy!

Join Dog Club as we take pictures with the Easter bunny (\$5.00) and go on a Easter egg hunt!

CALL 920-892-4858 TO SIGN UP TODAY

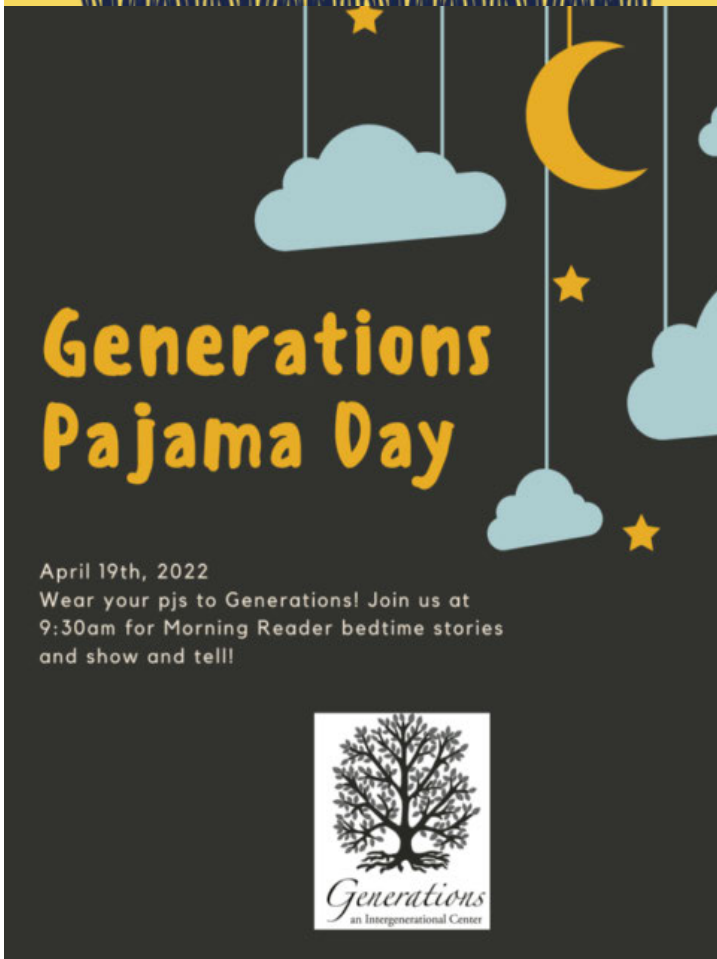


Generations
an Intergenerational Center

EARTH DAY WALK/CLEAN UP

Friday April 22 at 11:00AM

Join Zach & Emily in a walk towards downtown picking up trash along the way to make a cleaner, healthier, and safer environment. Meet outside the Library.



Generations Pajama Day

April 19th, 2022
Wear your pjs to Generations! Join us at 9:30am for Morning Reader bedtime stories and show and tell!

Generations
an Intergenerational Center



COMMUNITY EGG HUNT

Come and join the fun with the whole family! Special visit from the Easter bunny!

- * Bring your own bucket for eggs!

SATURDAY APRIL 16, 1:00 PM, AT THE PLYMOUTH CITY PARK

Event Sponsors:

Generations
an Intergenerational Center

AVENUE
Real Estate

WHAT'S THE SCOOP
ICE CREAM TRUCK COURTESY OF

BankFirst

TRAVEL PROGRAMS





House on the Rock Day Trip

Friday April 22nd, 2022

Pick up Sheboygan Meijer @ 7:00am
 Pickup Generations @ 7:30am
 Arrive at House on the Rock at 10:00am
 Full tour lasts 3-3.5 hours
 We will break for Lunch (lunch will be at your cost)
 Return approx. 5:15pm

*Medium Activity Level Trip

\$75 for members/ \$80 for non members

Call 920-892-4858 to sign up with Generations
 Call 920-459-3290 to sign up with Uptown Social

Generations & Uptown Social
Present:



Lambeau Field Day Trip



Pick Up from Meijers: 8:00am
 Pick Up from Generations: 8:30am
 Return Times Between 4:30pm & 5:00pm

Trip Includes
 Lambeau Champions Tour
 Boxed Lunches provided by Pic A Deli
 Hall of Fame Tour

Friday, May 13th

Members: \$85
 Non-Members: \$90
 Medium Activity Level

Call Generations at (920) 892-4858
 Call Uptown Social at (920) 459-3290

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

CHEESE Counter
DAIRY HERITAGE CENTER

133 E. Mill Street • Plymouth, WI 53073
 (920) 892-2012 • cheesecapitaloftheworld.com

Takeouts available! See website for menu



NEXT STEP Insurance
Medical, Medicare & More

www.NextStep-Insurance.com

Call Today:
920-268-1600



BankFirst
IT'S DIFFERENT AT FIRST

2700 Eastern Ave., Plymouth | 920-893-1611

www.BankFirstWI.bank



SARTORI



1939

PLUMBING NEUMANN & HEATING

Carrier
Turn to the experts

neumannplumbing.com

1114 MILLERSVILLE AVENUE
HOWARDS GROVE, WI 53083

920-565-3345

"Insurance Brokers dedicated to finding the right solution for your needs at no cost to you."

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets

1-855-225-4251




GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Alex Nicholas to place an ad today!
 anicholas@lpicommunities.com
 or (800) 950-9952 x2538



| 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



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>

LET'S TALK GRANDKIDS

Why are grandkids different today than young kids from years ago? Expectations of milestones have come a long way and are very important for child development. Join us for a guided conversation about differences and similarities in the generations of today vs. the generations of years ago.

WHEN? Monday, April 18, 2022 from 11am-12pm.

WHERE? Generations, Rooms A & B.

FREE through the support of the Child Abuse and Neglect Prevention Board. Online donations appreciated!

Walk-ins welcome or Register by April 13, 2022 at:

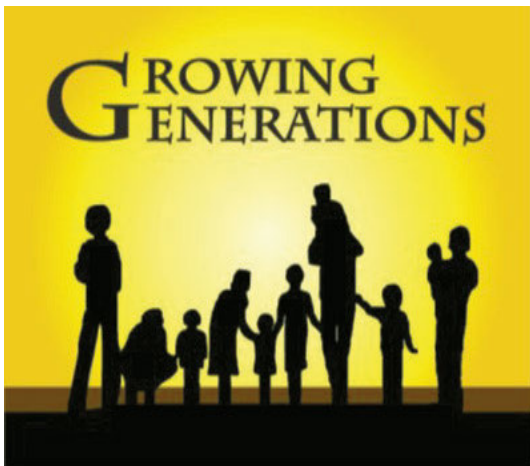
FRC: (920)892-6706, Generations: (920)-892-4858,
scan the code or online:

www.familyresourcesheboygan.org/parenting-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 – April 2022



April 2022

Plymouth Daily Specials 920-892-4281

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Creamy Tomato Soup w/ Wild Rice Grilled Cheese Peaches Dessert
4 Taco Salad Meat, Cheese, Sour Cream and Salsa Pears Dessert	5 Turkey Breast and Gravy Mashed Potatoes Stuffing Green Beans Cranberry Sauce	6 Liver and Onions or Hamburger Mashed Potato Glazed Carrots Orange Cookie	7 Homemade Meatloaf/Gravy Mashed Potatoes Capri Blend Vegetables Banana Dessert	8 Baked Fish Tator Tots Coleslaw Applesauce Rye Bread
11 Salisbury Steak Mashed Potatoes & Gravy Key West Vegetable Blend Dinner Roll Pears	12 BBQ Chicken 2 pc. Augratin Potatoes Country Blend Veggies Peaches Dessert	13 Lasagna Garlic Bread Cauliflower Fruit Cocktail Cookie	14 Baked Ham Cheesy Potatoes Glazed Carrots Pineapple Tidbits Dessert	15 Good Friday No meal today
18 Beef Chili Grilled Cheese Green Beans Peaches Cookie	19 Shredded Pork on a Bun Baby Red Potatoes Red Cabbage Apple Dessert	20 Chicken Piccatta Wild Rice Country Blend Veggies Apricots	21 Beef Stew Corn Bread Mandarin Orange Dessert	22 Chefs Salad Breadstick Peaches Dessert
25 Spaghetti with Meatballs Buttered Corn Garden Salad with Romaine Dressing Garlic Bread	26 Swiss Steak Red Potatoes Mixed Vegetables Orange Dessert	27 Parmesan Chicken Noodles Garlic Bread California Blend Vegetables Cookie	28 Swedish Meatballs with Noodles Buttered Green Beans Peaches Dessert	29 Beef Barley Soup Ham and Cheese Sandwich Tossed Salad & Dressing Pears Dessert

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.

"An Elder I Know" Essay Contest



Generations is putting together an essay contest called "An Elder I Know". This is an intergenerational essay contest for third through eighth grade students.

The contest encourages students to choose a significant elder and write an essay about the positive impact they have gained from them.

Deadline for submission is April 22nd, 2022. Essays can be submitted to jjensema@generationsic.org or Generations office.

Top 15 essays will be displayed at Generations for the month of May for Older Americans month.

For more info call 920-892-4858!

| Let's Get Dinner |



**PIC A DELI
EASTER
DINNER**

April 14th, 2022

BAKED HAM
CHEESY POTATOES
GLAZED CARROTS
PINEAPPLE TIDBITS
DESSERT
ALL FOR \$7.00

Please preorder by April 12th by calling 920-892-4858



Supper Club

APRIL 21ST, 2022
5:00PM
AT LAKE STREET CAFE

Call 920-892-4858 to sign up



Welcome to delicious.[™]
of Plymouth



*Senior
Discounts
Available



TRICOR^{LLC}
INSURANCE

AUTO • HOME • UMBRELLA
LIFE • MEDICARE • BUSINESS

(920) 893-8411

433 E. Mill St., Suite C, • Plymouth, WI
TRICORINSURANCE.COM



My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**



CONTACT US!

Contact Alex Nicholas to place an ad today!
anicholas@lpicommunities.com
or (800) 950-9952 x2538

SUPPORT OUR ADVERTISERS!



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

Plymouth Intergenerational Coalition Inc., Plymouth, WI

F 4C 01-1394



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

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

April's Sandwich Special:

Cherry Pecan Chicken Salad with Greens, Candied Pecans, Dried Cherries, Apples, Red Onion, & Chicken Breast
\$10

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
1500 Douglas Drive
Plymouth, WI 53073

Generations
 an Intergenerational Center

**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 ext. 303

Linda Raeder
 Volunteer Receptionist Coordinator
info@generationsic.org