



Cover Art: Morning Readers
Judy D. Reading to the kids from Growing Generations

Want to be featured on the June 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.



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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!

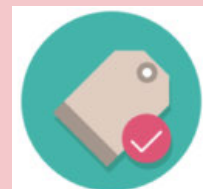
PICKLEBALL LESSONS

Interested in playing Pickleball at Generations, but don't really know how to play? Our Pickleball group has generously offered to teach you!

Join us on **Wednesday, June 15th** or **Thursday, June 16th** from 11:00am until noon and learn how to play Pickleball!

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

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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



May 10th, 2022 1:30pm-3:30pm
or 5:00pm-7:00pm

Class includes step by step instructions to make sign of your choice. Bring your friend! No creativity needed!

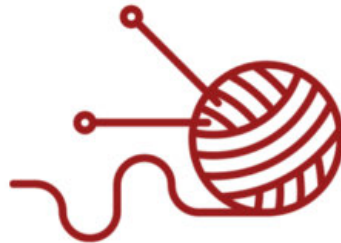
Hosted at Generations.

Open to the public

Cost is: \$30.00 per sign, \$35.00 with bow or accent

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 4th Friday at 1:30pm

May 6th - Spencer
May 27th - Moana

With the Kids from Growing Generations

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

May's Book:
Robert E. Lee and Me: A Southerner's Reckoning with the Myth of the Lost Cause
by Ty Seidule

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

2022 Sheboygan County Historical Research Center Presentations

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!

| PROGRAMS |

Take Charge of Your Health



Vinyasa and Vino Gratitude Practice

Friday, May 6., 2022
4:30pm

A fun-filled evening
Join us for an all levels vinyasa yoga flow with an intention on gratitude for Mindful May
\$10 for the class
BYOB (vino or beer) to enhance and enjoy
Call to sign up today!
920.892.4858



"Let's Get Real"

Change the stigma behind different body types!



Join us Monday, May 9th
6:30-8pm
Generations, Plymouth
1500 Douglas Dr.

All are welcome to attend a positive body image and self-acceptance presentation featuring an eating disorder awareness advocate and mental health specialists.

Hosted by:
PHS WeACT
Presenters:
Lauryn Cudworth,
Alexandra Fritz
Keegan Rhynas

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.
The group meets on the 1st Thursday of the month.
Call (920)892-4858 to sign up



Dr. Dan and Generations Present Wellness Talk on Allergies, Asthma and Immunity

Thursday, May 26th at 12pm

Call to sign up today!
920.892.4858



| WHAT'S UP WITH WELLNESS? |

Mindful in May

May is Mental Health Awareness month. Take part in the Gratitude Challenge this month! Pick up your calendar to keep track.

Practice Mindfulness

- ◆ Eat mindfully: Slow down while you eat, limit distractions during meals, make food yourself, and take time to really chew and appreciate each bite you eat. This will also help with digestion. Eat fresh and locally sourced foods, check out farmers markets, and join a Community Supported Agriculture (CSA) farm, for farm to table vegetable shares.
- ◆ Spend time outside: Take a walk outside and observe what you see, how the weather feels, what you hear, and what you smell. Join our hiking club on May 12th for a guided hike with Corinne Palmer (Naturalist). Remember sunscreen as you get outdoors! Choose a clean product that is safer for your skin.
- ◆ Create Something: Find a hobby you enjoy. This could be building, drawing, painting, or even taking photographs. Enjoy the moment you are in and focus on the creation of the work.
- ◆ Engage in Exercise: Join a club or an exercise class you enjoy and be mindful about that activity. Think about the exercise and what you are doing to improve your health. Remember to stretch before and after adding new activities to your daily regimen.
- ◆ This Memorial Day, remember to be grateful for our veterans and thank them for the service they have done! Dedicate the workout you do in their honor.

FOOD OF THE MONTH - MUSHROOMS

- ◆ Mushrooms boost your immune system and fight free radicals through the antioxidants they contain.
- ◆ Mushrooms also have antiviral properties. They increase the production of lymphocytes, white blood cells, that fight harmful invaders in your body.
- ◆ Mushrooms contain germanium, which increases oxygen usage in the body and in turn decreases damage from free radicals.

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



**VITA
COURSE
DEMO**

**MAY
18TH
@
11AM**

**JOIN ZACH IN A DEMONSTRATION
ON HOW TO USE THE OUTSIDE
VITA COURSE AT GENERATIONS.
MANY DIFFERENT EXERCISES FOR
ALL FITNESS LEVELS.**

COMBINE FITNESS & THE OUTDOORS

The poster features a dark blue background with green diagonal stripes at the top and bottom. It includes a large green title, white text for the date and time, and a green call-to-action. There are two images: a circular inset showing two people using outdoor exercise equipment, and a larger image of the equipment itself.

HOW TO VIEW CLASSES YOU ARE SIGNED UP FOR

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

FITNESS PROGRAMS

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

SILVERSNEAKERS CIRCUIT:

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

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

YOGA FLOW:

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

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

CHAIR PILATES

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

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

CHAIR YOGA

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

Monday and Wednesday starting at 1:30PM.

CARDIO PILATES

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

Tuesday and Thursday starting at 7:30AM

SILVERSNEAKERS WALK FIT

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

Tuesday and Thursday starting at 8:30AM

ARTHRITIS EXERCISE PROGRAM

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

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

TAI CHI CHIH

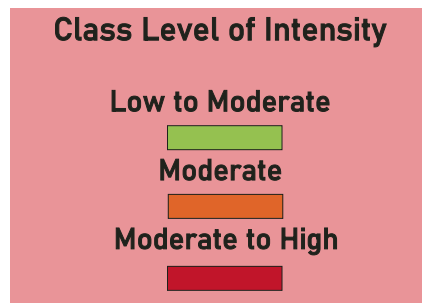
Tai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Tai Chi is completely focused on the development of an intrinsic energy called Chi. Benefits may include peace of mind, improved health and simply, joy. No special clothing or equipment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

Tuesday and Thursday starting at 1:15PM

YOGA FOR FLEXIBILITY & STABILITY

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

Friday starting at 9:00 AM



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

Plymouth Intergenerational Coalition Inc., Plymouth, WI

C 4C 01-1394



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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.


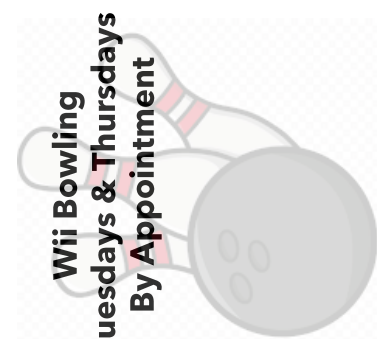
Our services include:

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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 12:00 Chair Pilates 1:00 Cribbage 1:00 Duplicate Bridge 1:00 Tat & Chat 1:30 Chair Yoga 2:00 Headstart Pals 5:30 Pound	3 7:30 Cardio Pilate 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshhead 1:15 Party Bridge 1:15 Tai Chi Chih 2:00 Active Shooter Training	4 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga 2:00 Historical Research Center Presentation	5 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Parent & Baby Yoga 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 Mah Jongg 1:00 Mother's Day Celebration 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 6:30 SKATClub	6 8:00 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Foot Clinic 9:00 Yoga for Balance & Stability 10:00 SS Circuit 11:00 Knitting & Crochet- ing 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Movie Matinee 4:30 Vinyasa & Vino
9 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:00 Veteran's Chat 12:00 Chair Pilates 1:00 Cribbage 1:00 Tat & Chat 1:30 Chair Yoga 2:00 Headstart Pals 5:30 Pound 6:30 PHS/MHA Presentation	10 7:30 Cardio Pilate 8:00 Outdoor Pickleball 8:00 Pool 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 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 & 5:00 Make it with Margie	11 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga	12 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:00 Tech Talk 8:30 Walk Fit 9:00 Foot Clinic 9:00 Watercolors 9:00 Parent & Baby Yoga 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 11:00 Arthritis Exercise 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 5:00 Supper Club 6:00 Garden Club 6:30 SKATClub	13 8:00 Lambeau Field Day Trip 8:00 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Yoga for Balance & Stability 9:30 Memory Talk 10:00 SS Circuit 11:00 Dog Club 12:00 Chair Pilates 1:00 Quarter Sheepshhead

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:00 Let's Talk Grandkids 12:00 Chair Pilates 1:00 Cribbage 1:00 Duplicate Bridge 1:00 Tat & Chat 1:30 Chair Yoga 5:30 Pound	17 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshhead 1:15 Party Bridge 1:15 Tai Chi Chih	18 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 11:00 Internet Scam Presentation 11:00 Vita Course Demo 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga	19 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Parent & Baby Yoga 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble4 11:00 Arthritis Exercise 12:30 Bridge 12:30 Chair Massage 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 6:30 SKATClub	20 8:00 5, 10, 15 Sheepsh-head 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Foot Clinic 9:00 Yoga for Balance & Stability 10:00 SS Circuit 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Memory Café
23 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:30 Blood Drive 12:00 Chair Pilates 1:00 Cribbage 1:00 Tat & Chat 1:30 Chair Yoga 3:00 Book Club 5:30 Pound	24 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 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 1:15 Party Bridge 1:15 Tai Chi Chih	25 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga	26 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Foot Clinic 9:00 Parent & Baby Yoga 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 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 6:30 SKATClub	27 8:00 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Foot Clinic 9:00 Yoga for Balance & Stability 10:00 SS Circuit 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Movie Matinee
Closed for Memorial Day 	31 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshhead 1:15 Party Bridge 1:15 Tai Chi Chih 4:00 Memorial Day Service	Wii Bowling Tuesdays & Thursdays By Appointment 		

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	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 May's Book: Robert E. Lee and Me: A Southerner's Reckoning with the Myth of the Lost Cause by Ty Seidule	4th Monday	3:00pm	oliverhayley@hotmail.com
Dog Club	2nd Friday	11:00am	info@generationsic.org or (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 or (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 or (920) 892-4858
Supper Club	May 12th	5:00pm	info@generationsic.org or (920) 892-4858
TOPS	Thursday	4:00pm	Terri: (920) 838-1716

| GAMES - SERVICES |

GAMES

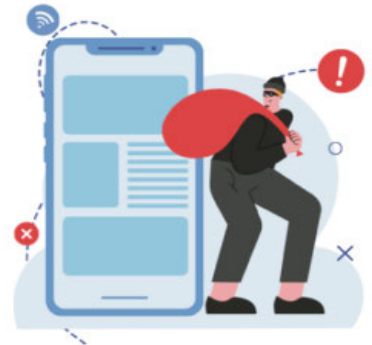
ACTIVITY	DAY	TIME
5,10,15 Sheepshead	Tuesday (Gathering) Friday (Game Room)	T: 1:00pm—4:00pm F: 8:00am—11:30am
Bridge	3rd Thursday	12:30pm—3:30pm
Cribbage	Monday (Game Room)	1:00pm—4:00pm
Dollar Bingo	Wednesday (Craft Room)	1:30pm
Duplicate Bridge	1st/3rd Monday (West End)	1:00pm—4:00pm
Mah Jongg	Thursday (West End)	1:00pm—4:00pm
Party Bridge	Tuesday (Craft Room)	1:15pm
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



MAY 18TH, 2022
11:00AM
 SCAMMERS CHANGE THEIR TACTICS REGULARLY AND IT IS EASY TO FALL PREY TO THEIR SCHEMES. JOIN US AND FAMILIARIZE YOURSELF WITH THE LATEST EMAIL AND INTERNET SCAMS. SAM AUGUSTIN WILL SHARE INFO THAT WILL HELP YOU BE MORE CONFIDENT WHEN AVOIDING OR DEALING WITH THOSE PESKY SCAMMERS.
 SPACE IS LIMITED, SO BE SURE TO RESERVE YOUR SPOT. CALL 920-892-4858 TO SIGN UP TODAY.



| PROGRAMS |



HAPPY MOTHER'S DAY

May 5th @1:00pm

Join us to celebrate Mother's Day! There will be a performance from the Raging Grannies and tea! Call 920-892-4858 to sign up today!



JOIN US AT GENERATIONS TO HONOR OUR MEMBERS WE LOST IN 2021 WITH A BRICK UNVEILING CEREMONY IN THEIR MEMORY



MAY 31ST AT 4:00PM ON THE PATIO



Parent & Baby Yoga

6 Week Series Begins May 5
9 am

•••••



BREATH & MOVE WITH YOUR BABY

Parent & Baby (0-12mos)
Parent and baby yoga brings great benefits for both. A parent and baby yoga class can teach the parent and baby ways to stay bonded and connected and how to keep calm in stressful moments. This class will also offer solo movement for baby, parent and teach the parent incorporated poses with their baby.

Parents can bring security items for their baby (such as pacifier, bottle, blanket, toys)

Class will be 40 minutes
Thursdays at 9am

6 week session \$50.00
Drop in \$10.00

Call (920)892-4858 to sign up



DOG CLUB



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

May 13th, 2022
Dog Park Play Date!
Join Dog Club at the Dog Park in Sheboygan.
4108 S 18th St
Sheboygan, WI 53081

****Don't forget bags to clean up after your pet****

CALL 920-892-4858 TO SIGN UP TODAY




TRAVEL PROGRAMS

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



Madison Day Trip

We can't wait to experience Madison in the summer with you! Enjoy the morning at the beautiful Olbrich Gardens with a guided tour and admission to the indoor tropical conservatory. Take in lunch on your own on the iconic State Street, and then spend the afternoon exploring the Wisconsin State Capitol, Madison Museum of Contemporary Art, Wisconsin Veterans Museum, or Wisconsin Historical Museum, all free of charge.

**\$55 Member
\$60 Guest**

Fee Includes:

- Guided Tour & Admission Olbrich Gardens
- Coach Bus Transportation from Sheboygan Meijer & Generations

Departure

Friday, June 10, 2022
8:00 a.m. Meijer, Sheboygan
8:15 a.m. Generations, Plymouth
Return Approximately 6:00 p.m.

Register: Generations (920) 892-4858
Uptown Social (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
1985 Local Facebook Cheese County and Dairy Heritage Center

Takeouts available! See website for menu



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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



LET'S TALK GRANDKIDS

"Communication through the Generations"

Do you feel like you have challenges in talking with your grandkids and even sometimes your own kids? Join us for Let's Talk Grandkids as we welcome Rich Miesfeld.

Rich Miesfeld is currently an adjunct instructor for Lakeland University's Master of Counseling Program and undergraduate education department. He is also affiliated with INSPIRE Sheboygan County and CESA #7. He is a retired Administrator of Alternative Programs for the Sheboygan Area School District as well as a former school counselor and director of pupil services. Currently Rich is a board member of the Friends of Uptown Social, a chairperson of the City of Sheboygan's Senior Services Commission, and on the Mayor's International Committee.

WHEN? Monday, May 16th, 2022 from 11AM-12PM

WHERE? Generations, Rooms A & B.

Call Generations: (920)-892-4858 to sign up today!



Triple P, Positive Parenting Discussion Hassle-Free Mealtimes with Children

While mealtimes can be one of the most difficult times for parents, with a little planning, they can become enjoyable for the whole family. This discussion group will help you encourage the type of mealtime behavior you want to see, reduce mealtime behavior problems and fussiness, and make mealtimes easier on you as a parent.

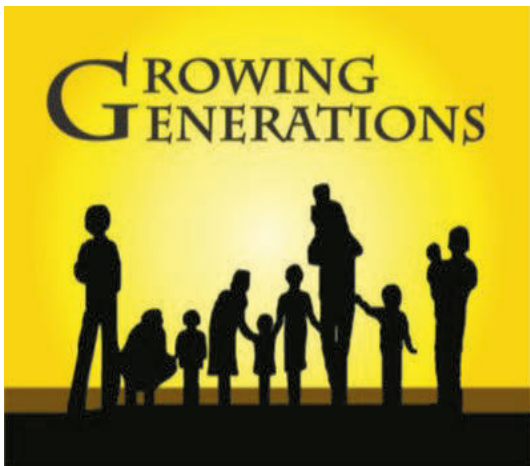
MONDAY, MAY 16, 2022 FROM 5:00PM-7:30PM PIZZA WILL BE PROVIDED STARTING AT 5:00PM, as well as child care during the event. AT MINI MOCHA PLAY CAFE 815 NEW YORK AVE SHEBOYGAN, WISCONSIN 53081

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

SPOTS ARE LIMITED! Register by May 11, 2022 at:
FRC: (920)892-6706, 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 – May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Ala King Biscuit Green Beans Apple Oatmeal Bar	3 Beef Stew (beef, potatoes, carrots, green beans, peas) Stewed Tomatoes Corn Bread Peaches	4 Enchilada Bake (refried beans) Mex. Corn Salsa and Chips Churro	5 Cinco De Mayo Taco Salad w/ Cheese, Sour Cream, & Salsa Fruit Cocktail Torte	6 Hot Ham & Cheese/Bun Broccoli Pasta Salad Pickled Beets Banana Dessert
9 Swedish Meatballs Buttered Noodles Green Peas Tossed Salad w/ Dressing Pineapple Chunks Pudding	10 Liver or Hamburger Mashed Potatoes Broccoli Fruit Cocktail Cake	11 Meatball Sub with Cheese and Marinara Sauce Italian Pasta Salad Apple Dessert	12 BBQ Chicken Cheesy Potatoes Country Blend Veggies Peaches Cookie	13 Brat on a Bun With Pickles & Onions German Potato Salad Baked Beans Coleslaw Jell-O with Fruit
16 Chicken Alfredo Over a Bed of Noodles Buttered Carrot/Peas Applesauce French Bread	17 Seasoned Chicken Mashed Potatoes/Gravy Mixed Vegetable Dinner Roll Peaches Cookie	18 Tator Tot Casserole Buttered Corn Orange Wheat Bread Pudding	19 Lasagna Tossed Salad w chick peas, Dressing Cauliflower Bread Stick Dessert	20 Club Sub (ham, turkey, cheese, tomato, Leaf lettuce) Potato Salad Banana Brownie
23 Cheese Ravioli with Marinara Sauce (kidney beans) Cut Green Beans Bread Stick Pears Cookie	24 Homemade Meatloaf/Gravy Mashed Potatoes Capri Blend Vegetables Banana Wheat Bread	25 Chicken Pot Pie (northern beans) Diced Beets Orange Bread Pudding	26 Pork Roast Mashed Potatoes w/Gravy Broccoli Fruit Cocktail Confetti Cake Wheat Bread	27 Memorial Day Celebration Cheeseburger on a Hard Roll Lettuce & Tomato American Potato Salad Baked Beans Coleslaw Jell-O With Fruit
30 Closed for Memorial Day 	31 Sloppy Jo w/ Cheese/Bun Pickle Spear Tater Tots Sweet /Sour Coleslaw Orange and a Cookie			

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.


Join us for

VETERANS' CHAT



Call Generations
@ 920-892-4858
to sign up

Veterans are welcome to meet at Generations and have lunch together on the 2nd Monday of every month at 11:00am! Come join us!




| Let's Get Dinner |

PIC A DELI SPECIAL

CINCO de Mayo

TACO SALAD w/ CHEESE
SOUR CREAM & SALSA
FRUIT COCKTAIL
DESSERT TORTE

\$7

ORDER BY 05.03.2022
PICK UP ON 05.05.2022

(920) 892-4858
INFO@GENERATIONSI.C.ORG



Supper Club

MAY 12TH, 2022
5:00PM
AT CHISSY'S PUB & GRILL

Call 920-892-4858 to sign up





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or (800) 950-9952 x2538



| 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

May's Sandwich Special:

Grilled Cheese with Bacon, Apple, and Dijon

\$8

| MEMBERSHIP PLANS |

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

Generations membership is open to people of all ages!

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

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

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

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

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

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

Those interested should speak to Jane Brill.

Fees subject to change.

Guest Fee: \$5 per day

MEMBER INFO FORM

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

FIRST NAME: _____ LAST NAME: _____

HOME PHONE #: _____ CELL PHONE #: _____

ADDRESS: _____

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

EMAIL ADDRESS: _____

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

EMERGENCY CONTACT INFO: NAME: _____

PHONE #: _____ RELATIONSHIP TO YOU: _____



Generations
an Intergenerational Center

GENERATIONS

1500 Douglas Drive
Plymouth, WI 53073

The Plymouth Intergenerational Coalition Ltd, DBA

Generations

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

www.GenerationsIC.org

Our Partners:

Sheboygan County ADRC Senior Dining

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

Family Resource Center

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

Growing Generations

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

Head Start

(Classrooms only)

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

Safe Harbor

By Appointment Only
800-499-7640
Crisis Line

OUR SUSTAINING PARTNERS

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



Our Staff:

Jane Brill, Executive Director
jbrill@generationsic.org

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

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

Kendall Schultz, Maintenance Supervisor
kschultz@generationsic.org

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

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

Susan Wenzel, Senior Dining Site Coordinator
susan.wenzel@sheboygancounty.com
920-892-4821 ext. 303

Linda Raeder
Volunteer Receptionist Coordinator
info@generationsic.org