

GENERATIONS 10TH ANNUAL GOLF SCRAMBLE & WALK FUNDRAISER



WEDNESDAY, JUNE 22, 2022 | 1:00 P.M.



GOLF SCRAMBLE:
\$85 PER PERSON

INCLUDES: GREEN FEES, CART, DINNER, GOODIE BAG, ONE MULLIGAN & A TAX DEDUCTIBLE DONATION TO GENERATIONS.

TWO MILE WALK:
\$30 PER PERSON

INCLUDES: SCAVENGER HUNT WALK, DINNER, GOODIE BAG & A TAX DEDUCTIBLE DONATION TO GENERATIONS.

SPONSORED BY:



BECAUSE
THE RIGHT *Cheese*
matters.



SHOTGUN START 1:00 P.M.

ARRIVE BY 12:30 P.M.

WALK START 2:30 P.M.

ARRIVE BY 2:15 P.M.

DINNER 4:00 P.M.

**REGISTER ONLINE AT
GENERATIONSIC.ORG OR
BY CALLING 920-892-4858**

GENERATIONS INTERGENERATIONAL CENTER

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Important Phone Numbers

ADRC - (920) 467-4100

(Aging and Disability Resource Center for Sheboygan County)

METRO CONNECTION - (920) 459-3420

MEALS on WHEELS - (920) 451-7011

PLYMOUTH FOOD PANTRY- (920) 893-2989

SHARING CLOSET - (920) 892-4894

Mission

Bringing GENERATIONS together to build a stronger community.

Vision

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



The Right Decision for *YOUR VISION*

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

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Christopher Larson, M.D.



Todd Larson, D.O.

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or (800) 950-9952 x2538



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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!

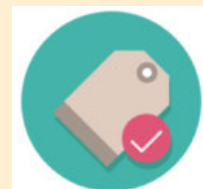
PICKLEBALL LESSONS

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

 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 |

Generations' Anniversary Event

CELEBRATE 11 YEARS WITH THE 1ST ANNUAL GENERATIONS PICKLEBALL TOURNAMENT

Funds raised will go
towards handicap
accessible doors
920.892.4858

**FRIDAY, JUNE 10
STARTS AT 8AM
SIGN UP TODAY!
\$30 PER TEAM**

Sponsored by



Summer Concert Series

cedar
community
Presents:

Generations' Summer Concert Series 2022

When:

3rd Tuesday of the Month
6pm - 8pm

Where:

Generations' Patio
1500 Douglas Dr
Plymouth, WI
(920) 892-4858
www.Generationsic.org

Featuring:

Pic A Deli Brat Fry, 50/50 Raffle, Dancing, and More!

FREE For All Ages!

June 21st
Carl Laack Orchestra
Donations for Generations: Copy
paper

August 16th
**Butterfly Release with
Project Angel Hugs**
**Brent Bel and
the Boys**
Donations for Family Resource
Center: Board books



July 19th
Family Night & Open House
Bella Musik
Donations for Growing Generations:
Drawing paper & art supplies

Sponsored By
Optimist Club of Plymouth



September 20th
|| Cool

Donations for Safe Harbor: Men/women's
deodorant and body lotion, women's
shaving cream & razors, sunscreen &
after sun care



Generations
an Intergenerational Center

| PROGRAMS |

Summer Fun!



GENERATIONS' KAYAK CLUB

**MEETS: WEDNESDAYS AT
9AM**

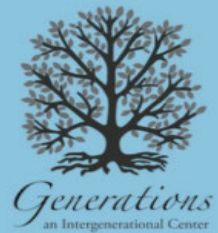
**CALL 920-892-4858 FOR
MORE INFO AND TO SIGN UP**



Enjoy riding your bike?

JOIN THE GENERATIONS' BIKE CLUB!

Starting June 7th
Tuesdays @9:00am
Locations announced weekly
Call 920-892-4858 to sign up!



NEW TO GENERATIONS

MINI GOLF League

Call 920.892.4858 to SIGN UP



**JUNE
2**

**TOM&JERRY'S
MINI GOLF
COURSE**

TAKES PLACE EVERY
THURSDAY AT 10AM

\$5 PER GAME OR \$50 FOR 10
GAME PACK



First Day of Summer Walk

6/21/22
12:00pm

Start summer off right, Join Zach at Generations and walk to Culvers for a free scoop of custard. Compliments of Culvers!

Feel free to bring your
Grandchildren!

Call 920-892-4858 to sign up.

| WHAT'S UP WITH WELLNESS? |

STAY HAPPY, HEALTHY, & HYDRATED

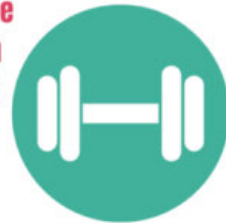
- ◆ Protect yourself from the sun. Wear sun-protective clothing that is light weight, be mindful of peak sun time (10am–4pm), and wear UV ray sunglasses to protect your eyes. If you do get burned, use Aloe Vera as a topical cream. It will work best if you can harvest it directly from the plant.
- ◆ Keep yourself cool. If you are working outside, find a cool, shady spot to take breaks. Make sure you have a bottle of water handy and refill it often.
- ◆ Stay active. 60-70% of the population practices sedentary behaviors. These behaviors can increase your risk of premature mortality, cancer, diabetes, and obesity. Look for ways to get up and moving even when you're relaxing, like standing while watching TV.
- ◆ Be mindful of harsh chemicals while working outside. Bug sprays, pesticides, and insecticides can have toxic ingredients. Try natural alternatives, such as diatomaceous earth and neem oil. Essential oils are another good option. Try peppermint, thyme and rosemary oil.
- ◆ Challenge yourself this summer! You can aim to drink more water, add short walks to your daily routine, or try out Zach's June Step Challenge. You can pick up a calendar in the fitness office.

FOOD OF THE MONTH - STRAWBERRIES

- ◆ Strawberries contain high levels of antioxidants, which protect your cells against stress and chronic disease.
- ◆ The naturally occurring sweetness of strawberries can be used to make healthy desserts, beverages, and snacks without added sugars.
- ◆ Strawberries are very nutrient dense: they contain vitamin A, Vitamin C, potassium, and fiber.

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

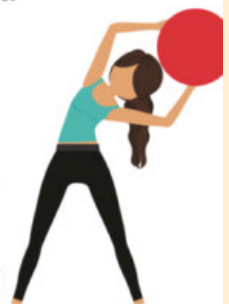
On Tuesday, June
28th at 10am in
Arts and Crafts
Room



Call Generations
to sign up TODAY
920.892.4858

Correct Posture & Alignment Clinic

Join us to work on making sure you are properly aligned in your work outs. Emily will point out common errors when we participate in fitness classes and help you get the most out of your workout.



GENERATIONS PRESENTS SUMMER CORNHOLE LEAGUE



Join us every Tuesday at 1:30pm and play outside Cornhole!
The league starts June 7th and will run through
the end of September.

HOW TO VIEW CLASSES YOU ARE SIGNED UP FOR

1. Go to <https://schedulesplus.com/gic>
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 of 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.

STRENGTH & CONDITIONING

Good for all ages, this class focuses on increasing strength, flexibility, mobility, and range of motion. Regular strength and conditioning training can help reduce sarcopenia (muscle loss) while helping to build bone density. It can also reduce signs and symptoms of many diseases and chronic conditions, like arthritis, diabetes, and osteoporosis.

Monday and Wednesday starting at 7:30AM.

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 who 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 2022.

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



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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

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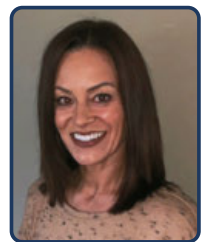
WE TALK MEDICARE!!!

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IN THE COMMUNITY FOR OUR COMMUNITY.*

FREE Consultations with **NO** Obligations!



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(920) 207-0731
rreilly@americanseniorbenefits.com



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

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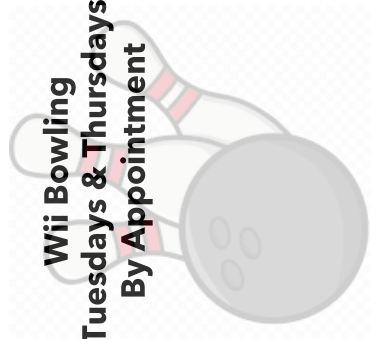


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Plymouth Intergenerational Coalition Inc., Plymouth, WI

D 4C 01-1394



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Wii Bowling Tuesdays & Thursdays By Appointment</p> 	<p>7 7:30 Cardio Pilate 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 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 1:30 Summer Cornhole League</p>	<p>1 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Kayak Club 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>2 7:30 Artisan Bread Making Demo 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 10:00 Mini Golf League 11:00 Arthritis Exercise 12:30 Chair Massage 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS</p>	<p>3 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 & Crocheting 12:00 Chair Pilates 1:00 Quarter Sheepshhead</p>
<p>6 7:30 Strength & Conditioning 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 Hand & Foot Canasta 1:00 Tat & Chat 1:30 Chair Yoga</p>	<p>7 7:30 Cardio Pilate 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 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 1:30 Summer Cornhole League</p>	<p>8 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Kayak Club 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga</p>	<p>9 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Tech Talk 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 Mini Golf League 11:00 Arthritis Exercise 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 6:00 Garden Club</p>	<p>10 Pickleball Tournament 8:00 5, 10, 15 Sheepshhead 8:00 Madison Day Trip 8:00 SS Circuit 9:00 Foot Clinic 9:00 Yoga for Balance & Stability 10:00 SS Circuit 11:00 Dog Club 12:00 Chair Pilates 1:00 Quarter Sheepshhead</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 National Dairy Month Cheese Handout 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Weed Your Garden Day 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:00 Veterans' Chat 12:00 Chair Pilates 1:00 Cribbage 1:00 Hand & Foot Canasta 1:00 Tat & Chat 1:30 Chair Yoga 5:30 Family Yoga	14 Cardio Pilates 7:30 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 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 1:30 Summer Cornhole League 6:30 Bird & Nature Club	15 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Kayak Club 9:00 Yoga Flow 10:00 SS Circuit 11:00 Pickleball Lessons 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga	16 Cardio Pilates 7:30 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Mini Golf League 11:00 Arthritis Exercise 11:00 Pickleball Lessons 12:30 Chair Massage 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS 5:00 Supper Club	17 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:30 Open Air Club 9:00 Yoga for Balance & Stability 10:00 SS Circuit 12:00 Chair Pilates 1:00 Let's Talk Grandkids 1:00 Quarter Sheepshhead 1:30 Memory Café
20 Strength & Conditioning 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 Hand & Foot Canasta 1:00 Tat & Chat 1:30 Chair Yoga	21 1st Day of Summer 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 12:00 1st Day of Summer Walk 1:00 5, 10, 15 Sheepshhead 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Summer Cornhole League 6:00 Summer Concert Series	22 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Kayak Club 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:00 Golf Outing 1:30 \$1 Bingo 1:30 Chair Yoga 2:30 Golf Outing Walk	23 Cardio Pilates 7:30 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Foot Clinic 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Mini Golf League 11:00 Arthritis Exercise 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS	24 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Yoga for Balance & Stability 10:00 SS Circuit 12:00 Chair Pilates 1:00 Quarter Sheepshhead
27 Strength & Conditioning 7:30 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 Hand & Foot Canasta 1:00 Tat & Chat 1:30 Chair Yoga 3:00 Book Club	28 Cardio Pilates 7:30 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 9:30 Arthritis Exercise 9:30 Morning Readers 10:00 Alignment & Posture Clinic 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshhead 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Summer Cornhole League	29 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Kayak Club 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga	30 Cardio Pilates 7:30 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Mini Golf League 11:00 Arthritis Exercise 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 2:00 Hiking Club 2:30 Healthy Steps 4:00 TOPS	30 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Yoga for Balance & Stability 10:00 SS Circuit 12:00 Chair Pilates 1:00 Quarter Sheepshhead

| ACTIVITIES ▪ GAMES |

Activities

ACTIVITY	DAY	TIME
Ceramics	Wednesday	9:00am
Morning Readers	Monday, Tuesday, Thursday	Monday: 10:00am
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

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
Hand & Foot Canasta	Monday (Gathering)	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

CLUBS • SERVICES

CLUBS

ACTIVITY	DAY	TIME	CONTACT
Biking Club	Tuesday	9:00am	info@generationsic.org or (920) 892-4858
Book Club June's Book: <i>She Who Becomes the</i>	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
Golf Club	Thursday	1:00pm	info@generationsic.org or (920) 892-4858
Kayak Club	Wednesday	9:00am	info@generationsic.org or (920) 892-4858
Kettle Karvers	1st Wednesday	5:30pm	Henry: (920) 459-8773
Knitting & Crocheting Club	1st Friday	11:00am	info@generationsic.org or (920) 892-4858
Mini Golf League	Thursday	10:00am	info@generationsic.org or (920) 892-4858
Plymouth Bird & Nature Club	2nd Tuesday	6:30pm	Terry: (920) 838-2330
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	June 16th	5:00pm	info@generationsic.org or (920) 892-4858
TOPS	Thursday	4:00pm	Terri: (920) 838-1716

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

| PROGRAMS |



GENERATIONS & UPTOWN SOCIAL PRESENT THE:

open air CLUB

Hop on your motorcycle or in your convertible to join us for a day on the road and under the sun!

June 17 - Gus' Diner in Sun Prairie
Stop at Gibson's Corner Grocery Store
(Amish General Store)

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

Depart 9:00 Uptown Social and 9:30 a.m. from Generations.



FAMILY YOGA

SANGA = COMMUNITY

Join us for a free community yoga class

Yoga for All Levels

60 min

BYO food and beverage to socialize and picnic after class

2nd Monday of June, July & August at 5:30pm



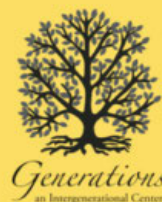
DOG CLUB

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

June 10th, 2022

Linda Ledbeter has twenty plus years of education and hands on experience assisting animals and people navigate their life' experiences. She has fostered difficult displaced dogs for several rescues with a high rate of success. Linda will share what she has learned about the animals mirroring back to us and how to apply it in our life's.

CALL 920-892-4858 TO SIGN UP TODAY



LightWinds Healing



TRAVEL PROGRAMS

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.

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

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

GENERATIONS AND UPTOWN SOCIAL PRESENT:

BREWERS VS. PIRATES
AUGUST 31ST @1:10PM

PICK UP @ SHEBOYGAN MEIJER 9:45AM
PICK UP @ GENERATIONS 10:15AM
RETURN APPROX. 6:00PM

\$75 (MEMBER) \$80 (NON-MEMBER) INCLUDES GAME TICKET, COACH BUS, PARKING, DRIVERS TIP, WATER AND SNACKS ON THE BUS (FEEL FREE TO BRING YOUR OWN SNACKS AND LUNCH)

Payment due at time of registration
RSVP to Generations @ 920-892-4858
RSVP to Uptown Social @ 920-459-3290

*Medium Activity Level

\$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

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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



LET'S TALK GRANDKIDS

Pop Art with your Grandchild

Create your own pop art out of packages with artist Michael Albert. Ages 12 and up are welcome. All supplies will be provided. Meet Michael Albert, receive a free poster of his artwork, and make your own masterpiece.

When?

Friday, June 17th
1:30pm–3:30pm



RSVP

(920) 892-4858



Farm Fed Baby

Scratching your head about making baby food from scratch? Join us at Nourish Farms to learn how to make baby food from farm fresh vegetables and fruit. Picking ripe veggies and fruits in Nourish's on-site garden can help prepare you for making healthy baby food for your little in your own home!

WHEN? Monday, June 6, 2022 from 4:30PM-6:30PM.
WHERE? Nourish Farm, Sheboygan Falls.
WHO? Parents and their infants, birth-12 months who are beginning or are using baby food.

FREE through the support of the Child Abuse and Neglect Prevention Board. Online donations appreciated!
SPACE IS LIMITED!! Register by May 31, 2022 at:
FRC: (920)892-6706, scan the code or online:
<https://familyresourcesheboygan.org/parenting-classes/>

QR code and logos for Family Resource Center and Nourish are included at the bottom.

| 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 – JUNE 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hot Beef Sandwich Mashed Potatoes Diced Beets Applesauce Pudding	2 Pork Roast Mashed Potatoes Key West Vegetables Fruit Bread/Dessert	3 Egg Salad/Croissant Tossed Salad with Romaine, Tomatoes & Chick Peas Dressing Mandarin Oranges/Cookie
6 Chicken Caesar Salad Summer Fresh Pasta Fruit French Bread Dessert	7 Chicken Breast with Gravy Baked Potato Peas & Carrots Fruit/Bread Dessert	8 Swiss Steak Mashed Potatoes Green Beans & Wax Beans Fruit/Dessert	9 Spaghetti with Meatballs Buttered Corn Garden Salad with Romaine Dressing Garlic Bread Dessert	10 Polish Dog with a Bun Sauerkraut Potato Wedges Vegetables Fruit Dessert
13 Swedish Meatballs Buttered Noodles Steamed Broccoli Fruit Dessert	14 Baked Ham Scalloped Potatoes Creamed Corn Fruit Dessert	15 Bacon, Lettuce, Tomato, Cheese Sandwich American Potato Salad Fruit Dessert	16 Brat on a Bun with Pickles & Onions Sauerkraut German Potato Salad Baked Beans Fruit	17 Baked Chicken Cheesy Potatoes Country Blend Vegetables Fruit Dessert
20 Cheese Ravioli with Marinara Sauce Cut Green Beans Bread Stick Fruit Dessert	21 Monterey Chicken Mashed Potatoes California Blend Vegetables Fruit Dessert	22 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Vegetables Fruit Dessert	23 Pork Schnitzel Vegetable/Wild Rice Fruit Dessert	24 BBQ Pork on a Bun Baked Beans Tater Tots Carrots & Ranch Dressing Chocolate Rice Crispy Bar
27 Lasagna with Marinara Sauce Cauliflower Fruit Cookie	28 Salisbury Steak Mashed Potatoes & Gravy Key West Vegetable Blend Fruit Dessert	29 Chicken Alfredo Over a Bed of Noodles Vegetables Fruit Dessert	30 Hamburger on a Hard Roll with Cheese, Lettuce, & Tomato American Potato Salad Baked Beans Coleslaw 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.

Join us for

VETERANS' CHAT



★★★★★

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

Call Generations
@ 920-892-4858
to sign up

| PROGRAMS |

Supper Club

JUNE 16TH, 2022
5:00PM
@ SCHWARTZ'S SUPPER CLUB

Call 920-892-4858 to sign up

Generations
an Intergenerational Center

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

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| PIC A DELI MENU |

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

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



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

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



Salads

Mixed Green Salad	side \$5
.....	full \$7
Add Grilled Chicken	\$10
mixed greens with carrots, tomatoes, cucumbers, and cheddar cheese	
Cranberry Walnut	\$12
mixed greens, walnuts, dried cranberries, provolone, and grilled chicken	
Chef Salad	\$10
mixed greens, ham, turkey, veggies, egg, and cheese	
Chicken Salad w/ Walnuts.....	\$10
mixed greens, carrots, walnuts, tomatoes, chicken salad, and cranberries	
Tuna Salad on Mixed Greens	\$10
mixed greens, carrots, tomatoes, and tuna salad served with crostini	
Taco Salad	\$11
mixed greens, taco beef, black olives, tomatoes, cheddar cheese, salsa, and sour cream, served in a taco shell	
Dressings: Balsamic Vinaigrette, Ranch, Light Ranch, French, Light French, Italian, Honey Mustard, Raspberry Vinaigrette	

Sides

Potato Salad	\$3
Coleslaw	\$3
French Fries	\$3
Sweet Potato Fries	\$3
Fruit	\$4
with sandwich	\$3
Wisconsin Cheese Curds	\$6
Pic A Deli Cookies	\$3

Homemade Soup

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

From the Grill

Hamburger.....	\$5
Cheeseburger, Pork Tenderette, Black Bean Patty.....	\$6
Beef Tenderette, Chicken Breast, Alaskan Cod	\$6
add cheese (\$0.50) or bacon (\$1.00) to any grilled sandwich	
Chicken Strips	\$7
*served with fries; choose ranch or bbq dipping sauce	
*Build Your Own Paninis	\$9
choose meat: bacon, turkey, ham, roast beef, tuna salad, chicken salad	
choose cheese: cheddar or provolone cheese	
choose veggies: lettuce, tomato, onion	
choose bread: white or multigrain bread	
choose condiments: mayonnaise, ranch, honey mustard, 1000 island, Italian, horseradish sauce	
*Plymouth Grill.....	\$7
cheddar cheese, provolone, bacon, tomato on white or multigrain bread	
*Kids Grilled Cheese & Fries	\$6
cheddar cheese on whole wheat bread	
*soup and 1/2 sandwich	

Wraps & Sandwiches

*Roast Beef.....	\$9
horseradish sauce, lettuce, tomato, cheddar cheese served on a telera roll or a whole wheat wrap	
*Southwest Turkey.....	\$9
lettuce, tomato, southwest mayo, cheddar cheese served on a telera roll or a whole wheat wrap	
*Chicken Bacon Ranch	\$9
lettuce, tomato, cheddar cheese and ranch spread served on a telera roll or a whole wheat wrap	
*Beef Taco Wrap.....	\$9
sour cream, salsa, lettuce, tomato served on a whole wheat wrap	
*Chicken Salad Wrap	\$9
lettuce, dried cranberries, and walnuts served on a telera roll or whole wheat wrap	

* soup and 1/2 sandwich

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

Catering Menu available on www.generationsic.org/catering

June's Sandwich Special:

Turkey, Bacon, Avocado,
Provolone, & Ranch Panini

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

Call Pic A Deli at (920) 892-4858 to place your order. Daily specials are available for \$7 and must be reserved by 1:30pm the day before.

The specials menu can be found on page 20.

Pic A Deli is also doing caterings during this time.

Catering available 7 days a week
920-892-4858

MEMBERSHIP PLANS

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

Generations membership is open to people of all ages!

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

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

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

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

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

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

Those interested should speak to Jane Brill.

Fees subject to change.

Guest Fee: \$5 per day

MEMBER INFO FORM

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

FIRST NAME: _____ LAST NAME: _____

HOME PHONE #: _____ CELL PHONE #: _____

ADDRESS: _____

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

EMAIL ADDRESS: _____

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

EMERGENCY CONTACT INFO: NAME: _____

PHONE #: _____ RELATIONSHIP TO YOU: _____



Generations
an Intergenerational Center

GENERATIONS
1500 Douglas Drive
Plymouth, WI 53073

OUR SUSTAINING PARTNERS

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

The Plymouth Intergenerational Coalition Ltd, DBA

Generations

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

www.GenerationsIC.org



Our Partners:

Sheboygan County ADRC Senior Dining

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

Family Resource Center

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

Growing Generations

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

Head Start

(Classrooms only)
M thru F: 9am to 5pm
920-458-1154

Safe Harbor

By Appointment Only
800-499-7640
Crisis Line

Our Staff:

Jane Brill, Executive Director
jbrill@generationsic.org

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

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

Kendall Schultz, Maintenance Supervisor
kschultz@generationsic.org

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

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

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

Linda Raeder
Volunteer Receptionist Coordinator
info@generationsic.org