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Submit cover ideas to:  
[info@generationsic.org](mailto:info@generationsic.org)

# GENERATIONS INTERGENERATIONAL CENTER

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## Important Phone Numbers

**ADRC** - (920) 467-4100

(Aging and Disability Resource Center for Sheboygan County)

**METRO CONNECTION** - (920) 459-3420

**MEALS on WHEELS** - (920) 451-7011

**PLYMOUTH FOOD PANTRY**- (920) 893-2989

**SHARING CLOSET** - (920) 892-4894

## Mission

Bringing GENERATIONS together to build a stronger community.

## Vision

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



## The Right Decision for *YOUR VISION*

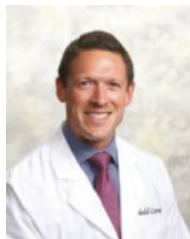
When it's time for cataract surgery, trust the experts at Larson Eye Care.

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Christopher Larson, M.D.



Todd Larson, D.O.

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**920-565-2095**  
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**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!

### Welcome Ava!



Please join us in giving a warm welcome to Ava. She has joined Kendall and the maintenance crew. She comes to us from Plymouth High School where she will be a sophomore in the Fall.

Ava likes to stay active! She is the Girl Basketball Team manager and also serves on the PHS student council.

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

### Parking Reminder

When parking, please make sure your vehicle is not obstructing the walk ways. It is a hazard for pedestrians as well as for our maintenance crew who use the sidewalks to move equipment across the property. If you see your car hanging over the sidewalk, please return to your vehicle and move it.



Thank you!

# | 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](http://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](mailto: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](http://www.PleasantViewRealty.com)

## Thrive Locally



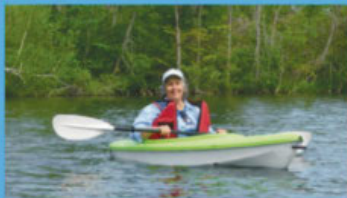
# PROGRAMS

## Summer Clubs



### Kayaking Club

Tuesday  
at 10:00am



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### Cornhole League



Tuesday  
at 1:30pm



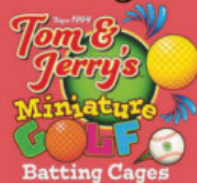
### Golf League



Thursday  
at 1:00pm

### Mini Golf League

Thursday at  
10:00am



### Biking Club

Tuesday at  
9:00am



## 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](http://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

July 19th

#### Family Night & Open House Bella Musik

Donations for Growing Generations:  
Drawing paper & art supplies



Sponsored By  
Optimist Club of Plymouth

August 16th

#### Butterfly Release with Project Angel Hugs Brent Bel and the Boys

Donations for Family Resource  
Center: Board books



September 20th  
|| Cool

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



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# | PROGRAMS |

## Summer Fun!



**WALK TO  
END  
ALZHEIMER'S**  
alzheimer's association

### Lemonade Stand Fundraiser



AT GENERATIONS  
JULY 29, 2022 AT 10AM  
FUNDS WILL GO TOWARDS  
GENERATIONS TEAM SUPPORTING  
WALK TO END ALZHEIMERS



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# NIGHT HIKE JULY 13

8PM | EVERGREEN PARK

GENERATIONS HOSTS ENVIRONMENTAL EDUCATOR, CORINNE PALMER FOR A GUIDED NIGHT HIKE THROUGH EVERGREEN PARK SHEBOYGAN, WI



MAKE NEW ADVENTURES & FUN EXPERIENCES

REGISTER BY CALLING 920.892.4858



GENERATIONS' DOG CLUB PRESENTS

## DOG FASHION SHOW

\$5 Entry Fee  
1st Place wins a \$25 Gift Card to  
Christel's Pet Supplies & More

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11:00AM  
JULY 8TH, 2022  
GENERATIONS' PATIO

To RSVP  
Call (920) 892-4858  
or email [info@generationsic.org](mailto:info@generationsic.org)



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!

July 22 - Blue Ox Road House in  
Bailey's Harbor

Stop at Cana Island Lighthouse & Door County  
Brewing Company

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

Depart 9:00 Uptown Social and 8:30 a.m. from Generations.



# | WHAT'S UP WITH WELLNESS? |

## JULY HYDRATION CHALLENGE

### 10 REASONS TO STAY HYDRATED



Our bodies need water more than they need food, sleep, or exercise. An important component of every bodily function, water is the major portion of our digestion and elimination systems. It also cushions and lubricates the brain and joint tissue. Water transports nutrients and carries waste away from the cells. It helps regulate body temperature by distributing heat and cooling the body through perspiration.

Please turn in hydration challenge sheet into Emily at the end of the month to be entered to win a water bottle!

## FOOD OF THE MONTH—CUCUMBER

- ◆ Cucumbers are low in calories, but packed full of nutrients, such as vitamins K, B5, and C, as well as potassium.
- ◆ They provide natural hydration as they are made up of over 95% water!
- ◆ Cucumbers are a good source of phytonutrients such as flavonoids, lignans and triterpenes, which gives cucumbers antioxidant and anti-inflammatory properties.

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

We are looking for a new Fitness & Recreation Coordinator to join Emily in our Fitness Department. If you or someone you know is interested, give us a call or stop by the office!

**WE'RE HIRING**



*Generations*  
an Intergenerational Center

## YOGA WITH WEIGHTS



**POP UP CLASS  
MONDAY JULY 11  
11AM**

**SIGN UP TODAY**

**920.892.4858**

## 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 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](http://www.mycommunityonline.com)





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Plymouth Intergenerational Coalition Inc., Plymouth, WI

D 4C 01-1394



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>5</b>  <b>7:30</b> Cardio Pilate  <b>8:00</b> Outdoor Pickleball  <b>8:00</b> Pool  <b>8:30</b> Walk Fit  <b>9:00</b> Biking Club  <b>9:30</b> Arthritis Exercise  <b>9:30</b> Morning Readers  <b>10:00</b> Kayak Club  <b>11:00</b> Arthritis Exercise  <b>1:00</b> 5, 10, 15 Sheepshead  <b>1:15</b> Party Bridge  <b>1:15</b> Tai Chi Chih  <b>1:30</b> Summer Cornhole League</p>	<p style="text-align: center;"><b>Wii Bowling Tuesdays &amp; Thursdays By Appointment</b></p> 	<p><b>7</b>  <b>7:30</b> Cardio Pilates  <b>8:00</b> Outdoor Pickleball  <b>8:00</b> Pool  <b>8:30</b> Walk Fit  <b>9:00</b> Foot Clinic  <b>9:00</b> Watercolors  <b>9:30</b> Arthritis Exercise  <b>9:30</b> Morning Readers  <b>9:30</b> Scrabble  <b>10:00</b> Healthy Lifestyle Meeting  <b>10:00</b> Mini Golf League  <b>11:00</b> Arthritis Exercise  <b>1:00</b> Golf Club  <b>1:00</b> Mah Jongg  <b>1:15</b> Tai Chi Chih  <b>4:00</b> TOPS</p>	<p><b>1</b>  <b>8:00</b> 5, 10, 15 Sheepshead  <b>8:00</b> Outdoor Pickleball  <b>8:00</b> SS Circuit  <b>9:00</b> Foot Clinic  <b>9:00</b> Yoga for Balance &amp; Stability  <b>10:00</b> 4th of July Parade  <b>10:00</b> SS Circuit  <b>11:00</b> Knitting &amp; Crocheting  <b>12:00</b> Chair Pilates  <b>1:00</b> Quarter Sheepshead</p>
	<p><b>6</b>  <b>7:30</b> Strength &amp; Conditioning  <b>8:00</b> Outdoor Pickleball  <b>8:00</b> Pool/Ping Pong  <b>8:00</b> SS Circuit  <b>9:00</b> Ceramics  <b>9:00</b> Yoga Flow  <b>10:00</b> SS Circuit  <b>12:00</b> Chair Pilates  <b>1:30</b> \$1 Bingo  <b>1:30</b> Chair Yoga</p>	<p><b>8</b>  <b>8:00</b> 5, 10, 15 Sheepshead  <b>8:00</b> Outdoor Pickleball  <b>8:00</b> SS Circuit  <b>9:00</b> Yoga for Balance &amp; Stability  <b>10:00</b> SS Circuit  <b>11:00</b> Dog Club  <b>12:00</b> Chair Pilates  <b>1:00</b> Quarter Sheepshead</p>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> <b>7:30</b> Strength & Conditioning <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool/Ping Pong <b>8:00</b> SS Circuit <b>9:00</b> Yoga Flow <b>10:00</b> Morning Readers <b>10:00</b> SS Circuit <b>11:00</b> Veterans' Chat <b>11:00</b> Yoga with Weights <b>12:00</b> Chair Pilates <b>1:00</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Tat & Chat <b>1:30</b> Chair Yoga <b>5:30</b> Family Yoga	<b>12</b> <b>7:30</b> Cardio Pilates <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool <b>8:30</b> Walk Fit <b>9:00</b> Biking Club <b>9:30</b> Arthritis Exercise <b>9:30</b> Morning Readers <b>10:00</b> Kayak Club <b>11:00</b> Arthritis Exercise <b>1:00</b> 5, 10, 15 Sheepshead <b>1:15</b> Party Bridge <b>1:15</b> Tai Chi Chih <b>1:30</b> Summer Cornhole League <b>6:30</b> Bird & Nature Club	<b>13</b> <b>7:30</b> Strength & Conditioning <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool/Ping Pong <b>8:00</b> SS Circuit <b>9:00</b> Ceramics <b>9:00</b> Yoga Flow <b>10:00</b> SS Circuit <b>12:00</b> Chair Pilates <b>1:30</b> \$1 Bingo <b>1:30</b> Chair Yoga <b>8:00</b> Night Hike @ Evergreen Park	<b>14</b> <b>7:30</b> Cardio Pilates <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool <b>8:00</b> Tech Talk <b>8:30</b> Walk Fit <b>9:00</b> Watercolors <b>9:30</b> Arthritis Exercise <b>9:30</b> Morning Readers <b>9:30</b> Scrabble <b>10:00</b> Mini Golf League <b>11:00</b> Arthritis Exercise <b>1:00</b> Golf Club <b>1:00</b> Mah Jongg <b>1:15</b> Tai Chi Chih <b>4:00</b> TOPS <b>5:00</b> Garden Club	<b>15</b> <b>8:00</b> 5, 10, 15 Sheepshead <b>8:00</b> Outdoor Pickleball <b>8:00</b> SS Circuit <b>9:00</b> Foot Clinic <b>9:00</b> Yoga for Balance & Stability <b>10:00</b> SS Circuit <b>12:00</b> Chair Pilates <b>1:00</b> Quarter Sheepshead <b>1:30</b> Memory Café
<b>18</b> <b>7:30</b> Strength & Conditioning <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool/Ping Pong <b>8:00</b> SS Circuit <b>9:00</b> Yoga Flow <b>10:00</b> Morning Readers <b>10:00</b> SS Circuit <b>11:00</b> Economic Update with Thrivent <b>12:00</b> Chair Pilates <b>1:00</b> Cribbage <b>1:00</b> Duplicate Bridge <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Tat & Chat <b>1:30</b> Chair Yoga	<b>19</b> <b>7:30</b> Cardio Pilates <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool <b>8:30</b> Walk Fit <b>9:00</b> Biking Club <b>9:30</b> Arthritis Exercise <b>9:30</b> Morning Readers <b>10:00</b> Kayak Club <b>11:00</b> Arthritis Exercise <b>1:00</b> 5, 10, 15 Sheepshead <b>1:15</b> Party Bridge <b>1:15</b> Tai Chi Chih <b>1:30</b> Summer Cornhole League <b>6:00</b> Summer Concert Series	<b>20</b> <b>7:30</b> Strength & Conditioning <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool/Ping Pong <b>8:00</b> SS Circuit <b>9:00</b> Ceramics <b>9:00</b> Yoga Flow <b>10:00</b> SS Circuit <b>12:00</b> Chair Pilates <b>1:30</b> \$1 Bingo <b>1:30</b> Chair Yoga	<b>21</b> <b>7:30</b> Cardio Pilates <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool <b>8:30</b> Walk Fit <b>9:00</b> Watercolors <b>9:30</b> Arthritis Exercise <b>9:30</b> Morning Readers <b>9:30</b> Scrabble <b>10:00</b> Mini Golf League <b>11:00</b> Arthritis Exercise <b>1:00</b> Golf Club <b>1:00</b> Mah Jongg <b>1:15</b> Tai Chi Chih <b>4:00</b> TOPS <b>5:00</b> Supper Club	<b>22</b> <b>8:00</b> 5, 10, 15 Sheepshead <b>8:00</b> Outdoor Pickleball <b>8:00</b> SS Circuit <b>9:00</b> Open Air Club <b>9:00</b> Yoga for Balance & Stability <b>10:00</b> SS Circuit <b>11:00</b> 2023 Travel Show <b>12:00</b> Chair Pilates <b>1:00</b> Quarter Sheepshead
<b>25</b> <b>7:30</b> Strength & Conditioning <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool/Ping Pong <b>8:00</b> SS Circuit <b>9:00</b> Yoga Flow <b>10:00</b> Morning Readers <b>10:00</b> SS Circuit <b>11:30</b> Blood Drive <b>12:00</b> Chair Pilates <b>1:00</b> Cribbage <b>1:00</b> Hand & Foot Canasta <b>1:00</b> Tat & Chat <b>1:30</b> Chair Yoga <b>3:00</b> Book Club	<b>26</b> <b>7:30</b> Cardio Pilates <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool <b>8:30</b> Walk Fit <b>9:00</b> Biking Club <b>9:30</b> Arthritis Exercise <b>9:30</b> Morning Readers <b>10:00</b> Kayak Club <b>11:00</b> Arthritis Exercise <b>12:00</b> Sleep Disorders & Apnea Talk <b>1:00</b> 5, 10, 15 Sheepshead <b>1:15</b> Party Bridge <b>1:15</b> Tai Chi Chih <b>1:30</b> Summer Cornhole League	<b>27</b> <b>7:30</b> Strength & Conditioning <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool/Ping Pong <b>8:00</b> SS Circuit <b>9:00</b> Ceramics <b>9:00</b> Yoga Flow <b>10:00</b> SS Circuit <b>12:00</b> Chair Pilates <b>1:30</b> \$1 Bingo <b>1:30</b> Chair Yoga	<b>28</b> <b>7:30</b> Cardio Pilates <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool <b>8:30</b> Walk Fit <b>9:00</b> Foot Clinic <b>9:00</b> Watercolors <b>9:30</b> Arthritis Exercise <b>9:30</b> Morning Readers <b>9:30</b> Scrabble <b>10:00</b> Mini Golf League <b>11:00</b> Arthritis Exercise <b>1:00</b> Golf Club <b>1:00</b> Mah Jongg <b>1:15</b> Tai Chi Chih <b>4:00</b> TOPS	<b>29</b> <b>8:00</b> 5, 10, 15 Sheepshead <b>8:00</b> Outdoor Pickleball <b>8:00</b> SS Circuit <b>9:00</b> Yoga for Balance & Stability <b>10:00</b> Lemonade Stand <b>10:00</b> SS Circuit <b>12:00</b> Chair Pilates <b>1:00</b> Quarter Sheepshead

# 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	1:00pm—4:00pm
Dollar Bingo	Wednesday	1:30pm
Duplicate Bridge	1st/3rd Monday	1:00pm—4:00pm
Hand & Foot Canasta	Monday	1:00pm—4:00pm
Mah Jongg	Thursday	1:00pm—4:00pm
Party Bridge	Tuesday	1:15pm
Quarter Sheepshead	Friday	12:30pm—4:00pm
Scrabble	Thursday	9:30 am

# | CLUBS - SERVICES |

## CLUBS

ACTIVITY	DAY	TIME	CONTACT
Biking Club	Tuesday	9:00am	info@generationsic.org or (920) 892-4858
Book Club <i>July's Book: Smoke Gets in Your Eyes and Other Lessons from the Crematory by Caitlin Doughty</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
Supper Club	July 21st	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
Foot Clinic	By Appointment	By Appointment	(920) 892-4821	YES	\$30
Memory Cafe	3rd Friday	1:30pm	1-800-272-3900	YES	FREE

# | PROGRAMS |

## Learn to Sleep Better

Who wants better sleep? Join Sherry from Joseph & Joseph Dental for a talk on sleep disorders and apnea on TUESDAY JULY 26 at

12pm

Call to sign up  
920.892.4858



# 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



**thrivent**

What shapes your financial strategy?

See how the latest economic data can help you invest with greater confidence.

Attend Economic Update to learn Thrivent's perspective on the economy and how it could affect your financial strategy.

- How should I react to economic headlines?
- How have fiscal measures changed in the past quarter?
- How often should I review my financial strategy?



Event details

Monday, July 18, 2022 11:00 a.m. - 1:00 p.m.

Generations

1500 Douglas Dr Plymouth, WI



Reserve your place today

Please call Lisa Herber at 920-783-6339 or

email [lisa.herber@thrivent.com](mailto:lisa.herber@thrivent.com) by

July 14, 2022.

Lunch will be served from 11:00am-12:00pm.

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

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MAKE YOUR OWN BUG SPRAY DEMO

Be kind to yourself  
"Skincare is healthcare"

Learn to make & take your own bug spray that is chemical free, safe for you, the ones you love and the environment

Thursday, July 7th at 10am

\$5 per person

SIGN UP TODAY

920.892.4858

Limited Participation



Generations  
an Intergenerational Center





# TRAVEL PROGRAMS

**MAYFLOWER TOURS  
TRAVEL SHOW  
JULY 22ND, 2022  
11:00AM**



**WONDERS OF AUSTRALIA & NEW ZEALAND  
16 DAYS & 20 MEALS  
MARCH 8TH- MARCH 23RD, 2023**

**GREECE FEATURING ATHENS, MYKONOS AND  
SANTORINI  
9 DAYS & 11 MEALS  
MAY 2ND- 10TH, 2023**

**CHARLESTON, SAVANNAH & JEKYLL ISLAND  
7 DAYS & 11 MEALS  
SEPT. 22ND- SEPT. 28TH, 2023**

Come and learn more about these wonderful trips!  
920-892-4858 to sign up





**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.

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[anicholas@lpicommunities.com](mailto: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](http://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



## MARIPOSA MEANS BUTTERFLY

Looking to add a bit of diversity into your child's bedtime routine? Snuggle in for a fun-filled evening as we explore the wonder of bilingual books. We'll also have themed snacks and make a fun craft. Dress comfortably - you can even wear your pajamas! Class is best for children up to 3 years old.

Monday July 18th, 2022  
6:00pm-7:00pm

Generations, an Intergenerational Center  
1500 Douglas Drive  
Plymouth, WI 53073

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

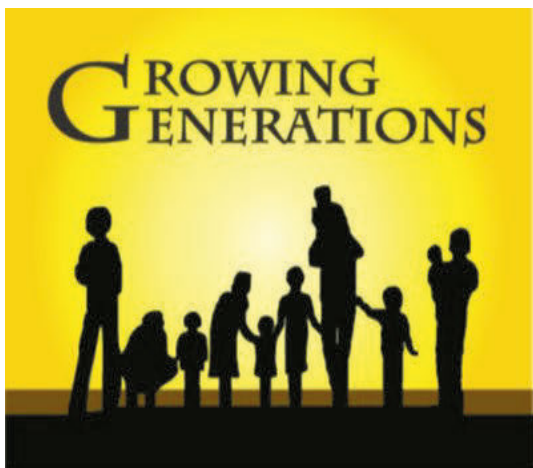
SPACE IS LIMITED!! Register by July 11th, 2022 at:  
FRC: (920)892-6706, scan the code or online:

<https://familyresourcesheboygan.org/event/mariposa-means-butterfly/>



# | 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](http://www.sheboyganheadstart.org).

# | PARTNERS |

## PLYMOUTH SENIOR DINING – July 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Brat on a Bun With Pickles & Onions American Potato Salad Baked Beans Coleslaw Jello with Fruit
Happy 4 <sup>th</sup> of July  Closed	5 Pork Schnitzel Baby Red Potatoes Mixed Vegetables Fruit Dessert	6 Taco Salad Taco Meat, Sour Cream, Salsa, & Cheddar Cheese Fruit Dessert	7 Swedish Meatballs Cheesy Potatoes Green Beans Tossed Salad Fruit	8 Baked Cod Wild Rice Vegetables Coleslaw Applesauce Dessert
11 Liver & Onions Or Hamburger Mashed Potatoes Mixed Vegetables Fruit Dessert	12 Spaghetti & Meatballs Steamed Broccoli Applesauce Dessert	13 Chicken Cordon Bleu Green Beans Penne Pasta Garden Salad (Romaine)Dressing French Bread	14 Club Sub (ham, turkey, cheese, tomato, lettuce) Italian Summer Pasta Fruit Dessert	15 Turkey Breast with Gravy Sweet Potatoes Country Vegetables Stuffing Fruit
18 Salisbury Steak Mashed Potatoes & Gravy Key West Vegetable Blend Fruit Dessert	19 Seasoned Chicken Au gratin Potatoes/Gravy Buttered Corn Dinner Roll Fruit/Dessert	20 Hot Dog/Bun Macaroni & Cheese Garden Green Peas Fruit Dessert	21 Pork Roast Scalloped Potatoes Green Beans Fruit Dessert/Bread	22 Chef Salad (Romaine, ham, turkey, eggs, tomatoes, cheese, cucumbers, chickpeas) Bread/Fruit Dessert
25 Chicken Ala King Biscuit Mixed Vegetables Fruit Dessert	26 Swiss Steak Mashed Potatoes Peas & Carrots Fruit Dessert	27 Open Faced Turkey Sandwich Mashed Potatoes/Gravy Vegetables Fruit Dessert	28 Lasagna Tossed Salad, Dressing Cauliflower Bread Stick Dessert	29 BBQ Pork on a Bun Baked Beans Parsley Buttered Potatoes Carrots and Ranch 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

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!

# | PROGRAMS |

**CARDS for a Cause!**



All card boxes are \$30 per box! Five different boxes to choose from!  
 Cards are \$1.00 or LESS each!!  
 40% of all proceeds go to Generations!

Save Time and MONEY with these beautifully embellished greeting cards.

Order and payment need to be placed between July 11th-24th. Order will be placed on July 30th!

## VOLUNTEERS NEEDED

Generations is in need of volunteers to work August 6th from 4:15pm-11:00pm for Plymouth Dirt Track Racing at Sheboygan County Fairgrounds.

Proceeds will go to making our bathroom doors handicapped accessible.

Sign up online at  
<https://www.signupgenius.com/go/60boa4aaea28a4fd0-plymouth>  
 Or call:  
 920-892-4858




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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](http://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**

### July's Sandwich Special:

Deli Chicken, Bacon, Cheddar, Spinach, Tomato, & Ranch Spread Panini

# 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!**

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

<b>2022 Fitness Membership</b>		
<i>A Fitness Membership allows you to participate in any basic program or activity <b>and</b> instructor led Fitness Classes.</i>		
<b>Annual</b>	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](http://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](mailto:jbrill@generationsic.org)

**David Hansmann, Director of Dining Services**  
[picadeli@generationsic.org](mailto:picadeli@generationsic.org)

**Jessica Jensema, Programming & Community Relations  
Administrator**  
[jjensema@generationsic.org](mailto:jjensema@generationsic.org)

**Kendall Schultz, Maintenance Supervisor**  
[kschultz@generationsic.org](mailto:kschultz@generationsic.org)

**Emily Nelson, Fitness & Recreation Coordinators**  
[enelson@generationsic.org](mailto:enelson@generationsic.org)

**Meghann Weeden, Operations & Communications  
Manager**  
[mweeden@generationsic.org](mailto:mweeden@generationsic.org)

**Susan Wenzel, Senior Dining Site Coordinator**  
[susan.wenzel@sheboygancounty.com](mailto:susan.wenzel@sheboygancounty.com)  
920-892-4821 ext. 303

**Linda Raeder**  
Volunteer Receptionist Coordinator  
[info@generationsic.org](mailto:info@generationsic.org)