

# PAUL TODD & Friends AT TWILIGHT

- AUG 09.2022 -

**6:30PM - 8:30PM**

at Generations, An Intergenerational Center  
1500 Douglas Dr., Plymouth

A FREE Family-Friendly  
Concert on the Patio  
Rain or Shine!

Cash Bar  
with Beer & Wine  
Available

~ Dinner Buffet ~  
Served at 5:30pm  
\$20  
Advanced Tickets  
Required



# GENERATIONS INTERGENERATIONAL CENTER

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## Important Phone Numbers

- ADRC** - (920) 467-4100  
*(Aging and Disability Resource Center for Sheboygan County)*
- METRO CONNECTION** - (920) 459-3420
- MEALS on WHEELS** - (920) 451-7011
- PLYMOUTH FOOD PANTRY**- (920) 893-2989
- SHARING CLOSET** - (920) 892-4894

## Mission

Bringing GENERATIONS together to build a stronger community.

## Vision

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



## The Right Decision for *YOUR VISION*

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Christopher Larson, M.D.



Todd Larson, D.O.

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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!

### Master Gardener Needed

Generations is looking for a volunteer to become our next Master Gardener. Duties include the basics, like weeding and watering, but will also include helping with planning, arranging, and other garden related tasks.

Those interested should contact Jessica at [jjensema@generationsic.org](mailto:jjensema@generationsic.org) or by calling her at (920) 892-4858.



### 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 |



Senior

## Farmers Market Nutrition Program



(receive)

## \$25 Of Fresh Produce Vouchers

(one booklet per household, per season)

### Who is eligible?

- Seniors as young as 60 years old
- With income at or below 185% of the 2022 Poverty Guidelines (\$25,142.00 / single)
  - Use SFMNP vouchers at the SCIO Farmers Market or other eligible Farm Stands.
  - Vouchers are also available at the SCIO Farmers Market in Sheboygan & Plymouth.

For more information, please call the SCIO Farmers Market @ 920.457.7272 x.111

**@ Generations on Thursday, August 4th, 10:00am–11:00am**

# FREE AD DESIGN

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## PLEASANT VIEW — REALTY —

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



[www.PleasantViewRealty.com](http://www.PleasantViewRealty.com)

# Thrive Locally



# PROGRAMS

## Summer Fun!

GENERATIONS PRESENTS

# Beach Party

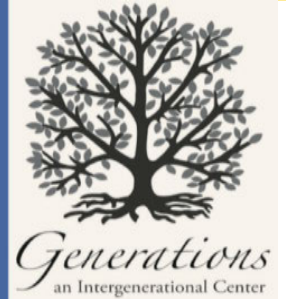
**MONDAY, AUGUST 29TH**

CELEBRATE NATIONAL BEACH DAY!  
11:00AM - 2:00PM

MEET AT THE TIKI BAR IN ELKHART LAKE. DRINKS, LUNCH,  
AND WATER ACTIVITIES ALL FOR PURCHASE!  
COME AND ENJOY THE SUN!

CALL 920-892-4858 TO SIGN UP!  
RAIN DATE SEPT. 2ND

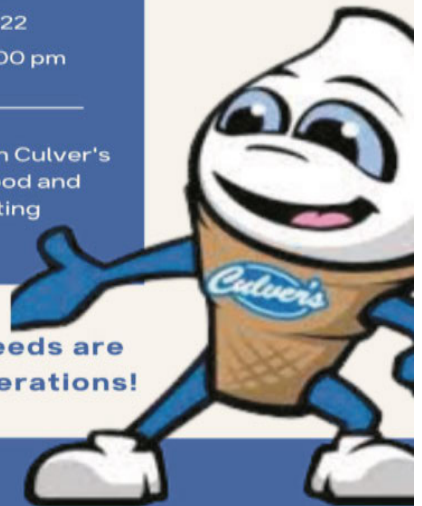
## CULVER'S FUNDRAISING NIGHT FOR GENERATIONS



August 25, 2022  
4:00 pm - 10:00 pm

Come to the Plymouth Culver's and enjoy delicious food and custard while supporting Generations!

**10% of all proceeds are donated to Generations!**



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

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

**Featuring:**  
Pic A Deli Brat Fry, 50/50 Raffle, Dancing, and More!  
**FREE For All Ages!**

# BIRD HIKE FRIDAY AUG 26 AT 6AM

At Great Lakes Conservancy with environmentalist from Nourish, Corinne Palmer

Call Generations TODAY to sign up!  
920.892.4858

# | PROGRAMS |

## Summer Fun!



### Biking Club

Tuesday  
at 9:00am



### Golf League



Thursday  
at 1:00pm

### Cornhole League

Tuesday at 1:30pm



### Kayaking Club

Monday  
at 4:00pm



### Mini Golf League

Thursday  
at 10:00am



For more information, email [info@generationsic.org](mailto:info@generationsic.org)  
or call (920) 892-4858



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!

August 19 - Knuckleheads in Eagle  
Stop at Elegant Farmer

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

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



# SUMMER HIKE

Rest your mind and body  
at Harrington Beach State Park  
THURSDAY AUG 11 at 2PM



Hiking Club has taken a summer break and will resume in fall. Our group talked about how pretty this particular hike would be in the summer, so here we go!  
Let us know if you can make it.  
920.892.4858



## DOG CLUB

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

August 12th, 2022  
Dog Days of Summer Pool Party!

Come join us on the patio for a pool party and lunch! Come have fun and splash around!

CALL 920-892-4858 TO SIGN UP TODAY



# | WHAT'S UP WITH WELLNESS? |

## SUMMER TO FALL RESET

August, especially the end of August, can feel like a transitional period between Summer and Fall. Here are some ways you can reflect and reset for the season change!

- ◆ Try adding something new to your routine, like a new sport, activity, or even a new healthy food.
- ◆ Be intentional in all things. Challenge yourself to see the beauty in all things. Bring positivity into your daily routine.
- ◆ Remember to stay hydrated. Continue drinking lots of water, especially when temperatures are high.
- ◆ Pay attention to what chemicals and toxins are in your daily life. Look into what items you could swap for healthier ones. Hint: start in your pantry!
- ◆ Examine what stretches you do and think about what stretches you can add. Ask Emily for ideas!
- ◆ Create an evening ritual. Ideas can include a relaxing bath with aromatherapy, drinking a cup of tea, or reading a book.

## FOOD OF THE MONTH—TOMATOES

- Did you know that the average tomato can provide 40% of your daily vitamin C requirement? They are also rich in potassium, iron, and vitamins A and K.
- The lycopene found in tomatoes protects against heart disease by lowering blood pressure, and is a powerful compound that protects against prostate cancer.
- You can decrease your LDL cholesterol (the bad one) and triglycerides in blood through regular tomato consumption.
- Tomatoes are also known to help prevent gallstones.

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

**thrivent**

### Wine, Wealth & Yoga

Inspire progress. Gain courage. Change your life.

**Taking care of your financial health is just as important as taking care of your personal health.**

Join Thrivent's, Kirsten Lemus, along with Yoga Instructor, Emily Nelson, to learn lessons about managing financial and fitness goals. Attend this event to hear stories from women who have figured out a few things about balancing their finances and health — and enriched their lives in ways beyond what's in their bank accounts.

**Event details**  
Wednesday, August 3, 2022  
5:00 p.m. - 7:00 p.m.  
Generations  
1500 Douglas Dr  
Plymouth, WI

**Reserve your place today**  
Please call 920-783-6339 or email [lisa.herber@thrivent.com](mailto:lisa.herber@thrivent.com)

Wine and light snacks will be served during the event. Come ready to participate in yoga!

No products will be sold.  
thrivent.com • 800-647-4836  
This session is hosted by Kirsten R Lemus, FIC.  
27878F R1-21

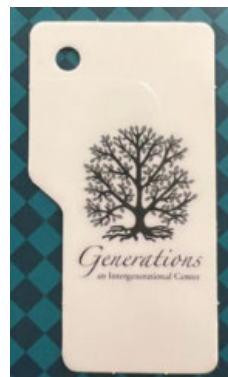
# FAMILY YOGA

Join us for a free, 60 minute community yoga class.  
Yoga for All Levels

BYO food and beverage for a picnic after class.  
August 8th at 5:30pm  
Call 920-892-4858 to sign up today!



## CHECK-IN REMINDER



Each day you visit Generations, please use your key card to sign in. Kiosks are located by each main entrance. It is important for us to have accurate attendance numbers when looking at future programming. If you do not have a card like this or have lost yours, stop in the office any time and we will gladly give you a new one. Thank you for your cooperation!



# 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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Sign up to have our newsletter  
emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)





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# American

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rreilly@americanseniorbenefits.com



**KRISTEN HEIDEMANN**  
(920) 207-8037  
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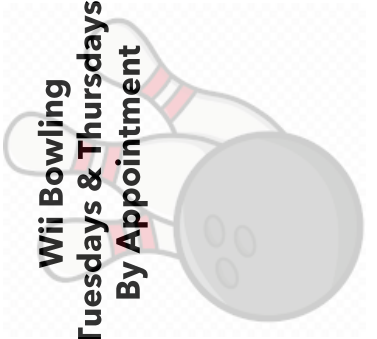
Plymouth Intergenerational Coalition Inc., Plymouth, WI

D 4C 01-1394

# August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</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>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> Bus Trip Meeting <b>1:30</b> Chair Yoga <b>4:00</b> Kayak Club	<b>2</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>11:00</b> Arthritis Exercise <b>1:00</b> 5, 10, 15 Sheepshhead <b>1:15</b> Party Bridge <b>1:15</b> Tai Chi Chih <b>1:30</b> Summer Cornhole League	<b>3</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>5:00</b> Wine & Yoga with Thrivent	<b>4</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> Healthy Lifestyle Meeting <b>10:00</b> Mini Golf League <b>10:00</b> SCIO Nutrition Program Sign-up <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</b> <b>8:00</b> 5, 10, 15 Sheepshhead <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>11:00</b> Knitting & Crocheting <b>12:00</b> Chair Pilates <b>1:00</b> Quarter Sheepshhead
<b>8</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>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>4:00</b> Kayak Club	<b>9</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>11:00</b> Arthritis Exercise <b>1:00</b> 5, 10, 15 Sheepshhead <b>1:15</b> Party Bridge <b>1:15</b> Tai Chi Chih <b>1:30</b> Summer Cornhole League <b>5:00</b> Paul Todd & Friends Concert	<b>10</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>11</b> <b>7:30</b> Cardio Pilates <b>8:00</b> Outdoor Pickleball <b>8:00</b> Pool <b>8:30</b> Tech Talk <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> LAARS Presentation <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>2:00</b> Harrington Beach Hike with Emily <b>4:00</b> TOPS	<b>12</b> <b>8:00</b> 5, 10, 15 Sheepshhead <b>8:00</b> Outdoor Pickleball <b>8:00</b> SS Circuit <b>9:00</b> Wii Bowling Tournament <b>9:00</b> Yoga for Balance & Stability <b>10:00</b> SS Circuit <b>11:00</b> Dog Club <b>12:00</b> Chair Pilates <b>1:00</b> Quarter Sheepshhead

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</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>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>4:00</b> Kayak Club	<b>16</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>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: Brent Bel & The Boys	<b>17</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>18</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>19</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>12:00</b> Chair Pilates <b>1:00</b> Quarter Sheepshead <b>1:30</b> Memory Café
<b>22</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>12:00</b> Alzheimer's Presentation <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>4:00</b> Kayak Club	<b>23</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>11:00</b> Arthritis Exercise <b>12:00</b> Glanders Medication Presentation <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>24</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>5:00</b> Pizza with a Purpose	<b>25</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> Fundraiser Night at Culver's <b>4:00</b> TOPS <b>5:00</b> Supper Club at Culver's	<b>26</b> <b>6:00</b> Birding Hike <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>29</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> Beach Day <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>4:00</b> Kayak Club	<b>30</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>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>31</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> Brewer's Bus Trip <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><b>Wii Bowling</b>  <b>Tuesdays &amp; Thursdays</b>  <b>By Appointment</b></p>	

# 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 August's Book: <i>Witches Steeped in Gold</i> by Ciannon Smart	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	Monday	4:00pm	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	August 25th @ Culver's	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

On Thursday  
August 4, 2022  
at 10am  
At Generations



**MENU PLANNING  
AND  
LABEL DECIPHERING**

with Registered Dietitian  
*Kelley Encinas*




**ADRC**  
Aging & Disability Resource Center

**Public Health**  
Plymouth County

**Generations**  
an Intergenerational Center

## TAKE THE HASSEL OUT OF TAKING MEDICATION!



Learn tips to better manage your medications and fit them into your lifestyle!

**Tuesday  
August 23rd  
12PM**

Presented By:  
Pharmacist  
Elizabeth Wimpler



Generations Community Center  
Call To Register: 920-892-4858



**LARRS**  
Lakeshore Avian & Reptile Rescue & Sanctuary

**LARRS REPTILE PRESENTATION**

Lakeshore Avian and Reptile Rescue and Sanctuary will give a presentation at Generations. The kids from Growing Generations will get to join in on the fun!

8/11/2022 at 11:00am

Call 920-892-4858 to sign up today!



**Generations**  
an Intergenerational Center

## Join Us

### 10 Warning Signs of Alzheimer's



*"I'm scared that something is wrong with my husband."*

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn about:

- Common signs of dementia and Alzheimer's.
- Typical age-related changes.
- How to approach someone about memory concerns.
- Early detection and benefits of diagnosis.
- Alzheimer's Association resources.

Join us for this free program in partnership with:



Monday, August 22, 2022  
12:00-1:00 pm

Generations, an Intergenerational Center  
1500 Douglas Drive, Plymouth

To register call 920.892.4858

Designed for a general audience (those living with dementia, caregivers, interested community members, neighbors and friends)

www.alz.org/wi  
24/7 Helpline 800.272.3900  
Hablamos Español 414.431.8811





# TRAVEL PROGRAMS




**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

**Best of Door County Trip**  
**Thursday September 29th, 2022**





Join us for a Tour on the Door County Trolley!

Tour Includes:  
 Wood Orchard Market  
 Eagle Bluff Lighthouse  
 Scenic Tour of Limestone Bluffs and Fall Colors  
 Lunch at English Inn Restaurant  
 Orchard Country Winery & Market

Members \$130 / Non-members \$135

Pick up @ Meijer: 6:30am  
 Pick up @ Generations: 7:00am  
 Return time approx. 6:00pm

To sign up call:  
 Generations @ 920-892-4858  
 Uptown Social @ 920-459-3290

\*High Activity Level Trip

**\$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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[www.BankFirstWI.bank](http://www.BankFirstWI.bank)



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Contact Alex Nicholas to place an ad today!  
[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



THE ABOVE & BEYOND CHILDREN'S MUSEUM HOSTS

**BYOB**  
BRING YOUR OWN BABY

THIRD THURSDAY OF THE MONTH  
9:30-10:30AM & 4:30-5:30 PM

SCAN THE QR CODE TO REGISTER ONLINE

**\$5 REGISTRATION FEE PER FAMILY**  
Children 18& under enter code BYOB2022 for free admission.

Join parents, caregivers, and kiddos ages 0-2 y/o to socialize and learn from Early Childhood Specialists while exploring the Above & Beyond Children's Museum! Progressive Beginnings' therapists and Family Resource Center's educators will host a different topic each month. Masks are recommended.

Family RESOURCE CENTER  
Above & Beyond  
PROGRESSIVE BEGINNINGS

Family Resource Center SHEBOYGAN COUNTY

**TRIPLE P, POSITIVE PARENTING SEMINAR**

RAISING CONFIDENT, COMPETENT CHILDREN

**MONDAY AUGUST 8TH, 2022  
2:00PM - 3:30PM**

GENERATIONS  
1500 DOUGLAS DRIVE  
PLYMOUTH, WI 53073

AS PARENTS AND CAREGIVERS WE ALL WANT OUR CHILDREN TO GROW TO BE CONFIDENT AND COMPETENT IN THE WORLD, BUT AT TIMES THIS TASK CAN FEEL INTIMIDATING. THIS SEMINAR WILL GIVE YOU IDEAS ON HOW TO TEACH YOUR CHILD(REN) IMPORTANT LIFE SKILLS SUCH AS BEING RESPECTFUL AND CONSIDERATE, COMMUNICATING WELL WITH OTHERS, THINKING POSITIVELY, BEING INDEPENDENT AND DEVELOPING A HEALTHY SELF-CONCEPT.

FREE THROUGH THE SUPPORT OF THE CHILD ABUSE AND NEGLECT PREVENTION BOARD. ONLINE DONATIONS APPRECIATED.

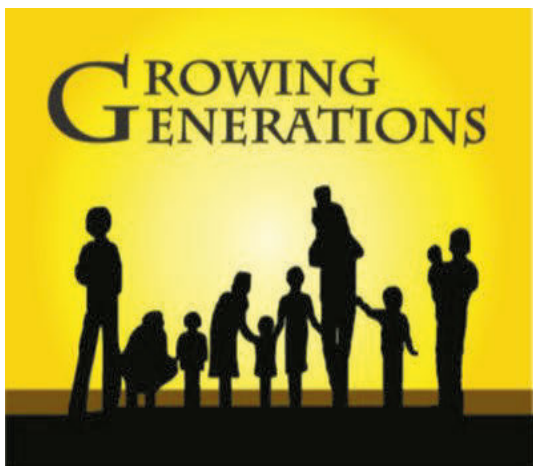
**SPOTS ARE LIMITED !! REGISTER BY AUGUST 1ST, 2022 AT:**  
 FRIC (920) 892-6706, SCAN THE CODE OR ONLINE:  
[HTTPS://FAMILYRESOURCESHEBOYGAN.ORG/EVENT/TRIPLE-P-POSITIVE-PARENTING-SEMINAR-RAISING-CONFIDENT-COMPETENT-CHILDREN/](https://familyresourcesheboygan.org/event/triple-p-positive-parenting-seminar-raising-confident-competent-children/)

Triple P Positive Parenting Program  
CHILD ABUSE & NEGLECT Prevention Board

QR CODE

# | 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 – August 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Cordon Bleu Buttered Noodles Vegetable Fruit Dessert	2 Baked Fish Tartar Sauce Scalloped Potatoes Vegetable Fruit Dessert	3 Salisbury Steak Mashed Potatoes & Gravy Vegetables Fruit Dessert	4 BBQ Chicken Cheesy Potatoes Vegetables Fruit Dessert	5 Polish Dog on a Bun Sauerkraut Tater Tots Fruit Dessert
8 Spaghetti and Meatballs Garden Salad (Romaine) Dressing Garlic Bread Dessert	9 Hot Ham & Cheese Sandwich Scalloped Potatoes Vegetable Fruit	10 Chicken Bacon Ranch Wrap Potato Salad Fruit Dessert	11 Roast Pork Wild Rice Vegetable Fruit Dessert	12 Club Sub Broccoli & Bacon Pasta Fruit Dessert
15 Liver & Onions Or Hamburger Bacon Mashed Potatoes Vegetable Fruit Dessert	16 Chef Salad Fruit Dinner Roll Dessert	17 Swiss Steak Mashed Potatoes Vegetable Fruit Dessert	18 Shredded Pork on Bun Baby Red Potatoes Vegetable Fruit Dessert	19 Bacon, Lettuce, Tomato, Cheese Sandwich Potato Salad Fruit Dessert
22 Taco Salad Taco meat, cheese, lettuce (romaine), tomatoes, sour cream, chips, salsa Fruit Dessert	23 Turkey Breast w/Gravy Baked Potato with Sour Cream Vegetable Fruit Stuffing	24 Swedish Meatballs Buttered Noodles Vegetable Bread Stick Fruit	25 Chicken Salad/Croissant Pasta Salad Fruit Dessert	26 Baked Fish Potato Wedges Vegetable Fruit Dessert
29 Pork Schnitzel Scalloped Potatoes Vegetable Fruit Dessert	30 Lasagna Vegetable Fruit Garlic Bread	31 Baked Chicken Mashed Potatoes Vegetable Fruit 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.

**GENERATIONS**

**NOW HIRING**

### KITCHEN HELP WANTED

- Work in a fast-paced kitchen environment preparing food, counting inventory, cleaning, and other tasks as assigned.
- Regularly interact with customer during the ordering process and as a server
- Prepare food, serve, and interact with customers at catering and special events, both on- and off-site.
- Part-time position. Days & hours of work are typically Monday through Friday. Weekends will be required for catering and special events.
- Serve as an effective team member of Generations to promote a nondiscriminatory, pleasant environment for staff & clients.
- Help with special events & other activities as part of the Generations' team



Generations  
1500 Douglas Dr  
Plymouth, WI 53073  
(920) 892-4858

# | PROGRAMS |



## Hiring Workers Age 55+ Part-Time

Could you or someone you know use extra income? The Senior Training and Employment Program (STEP) is currently hiring unemployed people 55 or older who meet federal income guidelines for part time work. **Participants work 20 hours a week and are paid minimum wage with positions lasting up to four years.** Most positions are Monday through Friday, four hours a day. This program is based in Green Bay but we will travel to you for an intake interview. **For program information and to find if you qualify, simply call 920-593-3557.**

## 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/60b0a4aa28a4fd0-plymouth>

Or call:  
920-892-4858



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**(920) 893-8411**

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

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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

DHS Approved 4/22/2021

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[anicholas@lpicommunities.com](mailto:anicholas@lpicommunities.com)  
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)

**August's Sandwich Special:**  
Grilled Chicken, Bacon, Provolone, Lettuce, Tomato, & Avocado Southwest Wrap

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!**

<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)