



YOU'RE INVITED!

CELEBRATION FOR
GENERATIONS

*10th Anniversary
Gala*

GENERATIONS INTERGENERATIONAL CENTER

SEPTEMBER 23 | 5:30 P.M.



GENERATIONS INTERGENERATIONAL CENTER

TABLE OF CONTENTS

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

Important Phone Numbers

ADRC - (920) 467-4100

(Aging and Disability Resource Center for Sheboygan County)

METRO CONNECTION - (920) 459-3420

MEALS on WHEELS - (920) 451-7011

PLYMOUTH FOOD PANTRY- (920) 893-2989

SHARING CLOSET - (920) 892-4894

Mission

Bringing GENERATIONS together to build a stronger community.

Vision

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



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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!

Welcome Ryan!



Please join us in giving a warm welcome to Ryan who joined Dave and the Pic A Deli crew. He comes with a wide range of experience from the restaurant industry. He will be helping with all the regular kitchen duties as well as with Pic A Deli's busy catering schedule.

Welcome, Ryan! We're happy to have you here. If you see him in the halls or at the kitchen window, be sure to say hi!

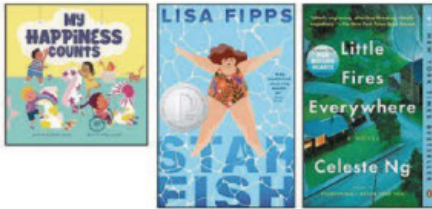
ANNOUNCEMENTS

ONE book. ONE community.



The Plymouth Chapter

The 7th annual read includes selections for children, teens, and adults!



Reserved copies of all 3 books available at Plymouth Public Library beginning Sept. 19!

Look for more information at:
plymouthbookread.weebly.com
 OneBookPlymouthWI

"The idea is that the city that opens the same book closes it in greater harmony."

— Mary McGrory, The Washington Post

ONE book. ONE community.

The Plymouth Chapter

2022 events

"Starfish" discussion

Led by Natalya Kahmann
 4 pm Tuesday Oct. 25 at Plymouth Public Library

"Little Fires Everywhere" discussion

Led by Jane Brill
 2:30pm Tuesday Nov. 1 at Generations

"Wonder" screenings

- 1:30pm Friday Nov. 4 at Generations
- 6pm Monday Nov. 7 in Plymouth High Auditorium

"Little Fires Everywhere" discussion

Led by Anthony Sigismondi
 5:30pm Wednesday Nov. 9 at Plymouth Public Library

Charm Joy Der reading of her children's book "My Happiness Counts"
 10am Saturday Nov. 12 Plymouth Public Library

"Encanto" screening
 10:30am Saturday Nov. 12 Plymouth Public Library

Charm Joy Der diversity presentation
 For adults and young adults
 6pm Tuesday Nov. 15 at Generations

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| PROGRAMS |

Generations' 10th Anniversary Gala

Cocktails 5:30-6:30 p.m.

Dinner 6:30 p.m.

Dessert Raffle 7:30 p.m.

Live Auction 8:00 p.m.

*Entertainment provided by Paul
Sucherman's Doghouse Big Band
8:30-10:30 p.m.*

\$75/Person

Semi-Formal to Formal Attire

*Tickets may be purchased by calling
Generations at 920.892.4858 or
online at generationsic.org*

Menu

*Roasted New York Strip Loin
Baked Salmon w/Horseradish Sauce
Griddle Black Beans w/Tomato Concasse*

*A percentage of the proceeds go towards programming
at Generations. If you cannot attend in person,
please consider a donation to Generations.*

| PROGRAMS |

Summer Fun!

GENERATIONS PRESENTS

★ MOVIE MATINEE ★

1st and 4th Friday @ 1:30pm

Encanto- Sept. 16th
Intergenerational Movie with the Kids from Growing Generations!

Call 920-892-4858 to sign up!



Lemonade Stand Fundraiser

AT GENERATIONS
FRIDAY SEPTEMBER 16, 2022
10:30AM-11:30AM
FUNDS WILL GO TOWARDS
GENERATIONS TEAM SUPPORTING
WALK TO END ALZHEIMERS



Generations
an Intergenerational Center



Cooking Class at Nourish!

Come learn a one dish meal!

Class and Lunch included for \$30.00

Call 920-892-4858 to register now!

Sept 12th, 2022
11:30am-1:30pm




At Generations
1500 Douglas Dr.
Plymouth, WI 53073

Sept 20th, 2022
5pm-8pm
Live music by Il Cool
Brat Fry
50/50 Raffle

CAR SHOW, CONCERT & BRAT FRY

Requested Donations for Safe Harbor:
Deodorant, body lotion, women's shaving cream & razors, sunscreen, & after-sun care

\$5.00 entry fee donation
Prizes (one per car):
*Best in show \$25.00
*Viewers Choice \$25.00



| WHAT'S UP WITH WELLNESS? |

End-of-Summer Check-List

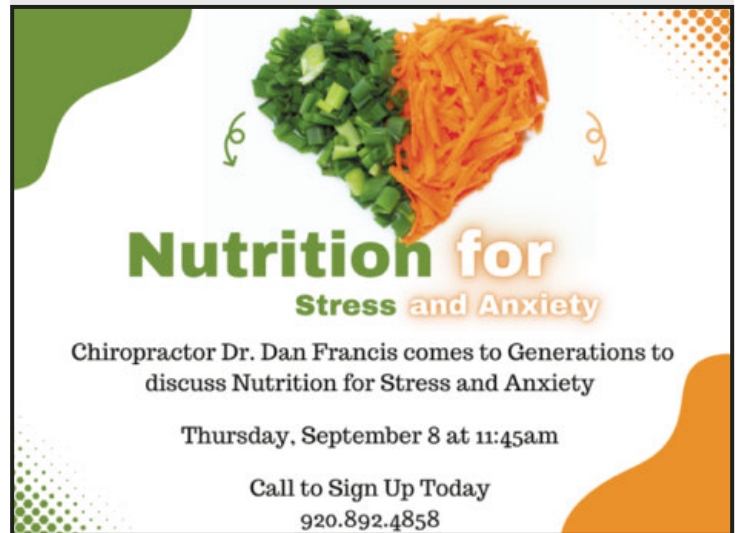
As Summer comes to a close and we prepare for Fall, here's a list of some things you can do to help with the transition!

- ◆ **Embrace the Transition:** Get out for hikes and walks. Maybe try adding length or pace to your walk route. As the weather cools a bit, we don't have to worry about getting too hot! Still remember sunscreen for your face when outside!
- ◆ **Remember Your Mental Health:** Sometimes shorter days and less sun affect our mental health. Journaling, meditation, breathing exercises and mindfulness practices are all good ways to keep mental health in check.
- ◆ **Eat Seasonally:** choose fall colored foods that are full of nutritional value; such as, nuts, cheeses, berries and dried fruits.
- ◆ **Go to an Apple Orchard:** Apples are a seasonal food in the summer. Hit up an orchard to get fresh air, sun and the delicious/nutritious fruit!
- ◆ **Create a Sleep Routine:** Having a nightly routine before bed can help better sleep patterns and duration. Ideas: Have a warm cup of tea, maybe a bath with aromatherapy and dimly lit with candles, you could also read a book in front of a fireplace or heater. What are things that are soothing to you?

FOOD OF THE MONTH— Zucchini

Zucchini is a summer squash that is botanically classified as a fruit - who knew? It is nutrient-rich, high in antioxidants and can contribute to healthy digestion. It's also super versatile when it comes to cooking. For recipes or to learn visit [NourishFarms.org](https://nourishfarms.org)!

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



Nutrition for Stress and Anxiety

Chiropractor Dr. Dan Francis comes to Generations to discuss Nutrition for Stress and Anxiety

Thursday, September 8 at 11:45am

Call to Sign Up Today
920.892.4858



Posture & Alignment Clinic

Come to troubleshoot common errors in posture and alignment when exercises
We will also cover basics for good habits promoting better posture
Bring Questions!

Monday, September 12th at 11am
Arts & Crafts Room

Call 920.892.4858 to sign up!

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

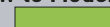
YOGA FOR FLEXIBILITY & STABILITY

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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Plymouth Intergenerational Coalition Inc., Plymouth, WI

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Plymouth Intergenerational Coalition Inc., Plymouth, WI


D 4C 01-1394



September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Wii Bowling Tuesdays & Thursdays By Appointment</p> 		<p>1</p> <p>7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Healthy Lifestyle Meeting 10:00 Mini Golf League 11:00 Arthritis Exercise 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 4:00 TOPS</p>	<p>2</p> <p>8:00 5, 10, 15 Sheephead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Foot Clinic 9:00 Yoga for Balance & Stability 10:00 SS Circuit 11:00 Knitting & Crocheting 12:00 Chair Pilates 1:00 Quarter Sheephead</p>
	<p>6</p> <p>7:30 Cardio Pilate 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheephead 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Summer Cornhole League</p>	<p>7</p> <p>7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga 5:30 Kettle Karvers</p>	<p>8</p> <p>7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:00 Tech Talk 8:30 Walk Fit 9:00 Foot Clinic 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Mini Golf League 11:00 Arthritis Exercise 11:45 Nutrition for Stress & Anxiety 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 4:00 TOPS 5:45 Garden Club</p>	<p>9</p> <p>8:00 5, 10, 15 Sheephead 8:00 Outdoor Pickleball 8:00 SS dCircuit 9:00 Yoga for Balance & Stability 10:00 SS Circuit 11:00 Dog Club 12:00 Chair Pilates 1:00 Quarter Sheephead</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:00 Posture & Alignment Clinic 11:00 Veterans' Chat 11:30 Cooking Class @ Nourish 12:00 Chair Pilates 1:00 Cribbage 1:00 Hand & Foot Canasta 1:00 Tat & Chat 1:30 Chair Yoga 4:00 Kayak Club 6:00 Let's Talk Grandkids	13 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshhead 1:00 Curative Connections Presentation 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Summer Cornhole League 5:30 Retirement Presentation 6:30 Bird & Nature Club	14 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga	15 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Mini Golf League 11:00 Arthritis Exercise 12:30 Bridge 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 4:00 TOPS 6:00 Supper Club	16 8:00 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Open Air 9:00 Yoga for Balance & Stability 10:00 SS Circuit 10:30 Lemonade Stand 12:00 Chair Pilates 1:00 Quarter Sheepshhead 1:30 Memory Café 1:30 Movie
19 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:00 WOW Support Group 12:00 Chair Pilates 1:00 Cribbage 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 Tat & Chat 1:30 Chair Yoga 4:00 Kayak Club	20 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshhead 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Summer Cornhole League 5:00 Car Show, Concert & Brat Fry	21 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 SS Circuit 12:00 Chair Pilates 12:00 Flu Shot Clinic 12:30 Fall Risk Assessment 1:30 \$1 Bingo 1:30 Chair Yoga	22 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Foot Clinic 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Mini Golf League 11:00 Arthritis Exercise 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 4:00 TOPS	
26 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Yoga Flow 10:00 Morning Readers 10:00 SS Circuit 11:30 Blood Drive 12:00 Chair Pilates 1:00 Cribbage 1:00 Hand & Foot Canasta 1:00 Tat & Chat 1:30 Chair Yoga 3:00 Book Club 4:00 Kayak Club	27 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Biking Club 9:30 Arthritis Exercise 9:30 Morning Readers 11:00 Arthritis Exercise 1:00 5, 10, 15 Sheepshhead 1:15 Party Bridge 1:15 Tai Chi Chih 1:30 Summer Cornhole League 5:30 Ageism Program: Duty Free	28 7:30 Strength & Conditioning 8:00 Outdoor Pickleball 8:00 Pool/Ping Pong 8:00 SS Circuit 9:00 Ceramics 9:00 Yoga Flow 10:00 Memory Screenings 10:00 SS Circuit 12:00 Chair Pilates 1:30 \$1 Bingo 1:30 Chair Yoga	29 6:30 Door County Day Trip 7:30 Cardio Pilates 8:00 Outdoor Pickleball 8:00 Pool 8:30 Walk Fit 9:00 Watercolors 9:30 Arthritis Exercise 9:30 Morning Readers 9:30 Scrabble 10:00 Mini Golf League 11:00 Arthritis Exercise 1:00 Golf Club 1:00 Mah Jongg 1:15 Tai Chi Chih 4:00 TOPS	30 8:00 5, 10, 15 Sheepshhead 8:00 Outdoor Pickleball 8:00 SS Circuit 9:00 Foot Clinic 9:00 Yoga for Balance & Stability 10:00 SS Circuit 11:00 Dog Club 12:00 Chair Pilates 1:00 Quarter Sheepshhead

| ACTIVITIES - GAMES |

Activities

ACTIVITY	DAY	TIME
Ceramics	Wednesday	9:00am
Morning Readers	Monday, Tuesday, Thursday	Monday: 10:00am
Pickleball	Monday—Friday	8:00am—6:00pm
Ping Pong	Monday, Wednesday	8:00am
Pool	Monday—Thursday	8:00am
Tat & Chat	Monday	1:00pm
Watercolor Painting	Thursday	9:00am
Wii Bowling	Tuesday, Thursday	By Appointment

GAMES

ACTIVITY	DAY	TIME
5,10,15 Sheepshead	Tuesday (Gathering) Friday (Game Room)	T: 1:00pm—4:00pm F: 8:00am—11:30am
Bridge	3rd Thursday	12:30pm—3:30pm
Cribbage	Monday	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	Generations
Book Club—September's Book: <i>Empire of the Summer Moon: Quanah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History</i>	4th Monday	3:00pm	oliverhayley@hotmail.com
Dog Club	2nd Friday	11:00am	Generations
Garden Club	2nd Thursday	6:00pm	Penny: (262) 237-4715
Golf Club	Thursday	1:00pm	Generations
Kayak Club	Monday	4:00pm	Generations
Kettle Karvers	1st Wednesday	5:30pm	Henry: (920) 459-8773
Knitting & Crocheting Club	1st Friday	11:00am	Generations
Mini Golf League	Thursday	10:00am	Generations
Plymouth Bird & Nature Club	2nd Tuesday	6:30pm	Terry: (920) 838-2330
Plymouth Rotary	2nd & Last	12:00pm	www.plymouthrotarywi.com
SKAT Club	Thursday	6:30pm	Richard: (920) 980-3585
Supper Club	September 15th @	5:00pm	Generations
TOPS	Thursday	4:00pm	Terri: (920) 838-1716

SERVICES

ACTIVITY	DAY	TIME	CONTACT	APPT. NEEDED	FEE
1-on-1 Tech Talk	Tuesday & 2nd Thursday	4:30pm 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
WOW: Widows & Widower Peer Support Group	Monday (Starting 9/19/22)	11:00am	(920) 892-4858	YES	FREE

PROGRAMS

Memory Screening

A Closer look at Memory Changes

Are you noticing changes?

A memory screen is a wellness tool that helps identify possible changes in memory and cognition.

It creates a baseline of where a person is at so that future changes can be monitored.



Wednesday, September 28, 2022

10 am—12 Noon

(Confidential / Screening on First Come, First Serve Basis)

Generations

**1500 Douglas Drive
Plymouth, WI 53073**

It's **FREE** and takes only **10 minutes!**

Screening administered by the staff of
the
ADRC of Sheboygan County



Get immediate results

Keep them for future comparison and/or share them with your physician / medical team.

Early detection is important

Just as blood pressure, cancer, diabetes, or stroke screening contribute to prevention and better treatments, so do memory screens.

Questions?

Contact the Aging & Disability Resource Center (ADRC) of Sheboygan County
920-467-4100

LOOKING TO FILL OPEN POSITIONS AT YOUR BUSINESS?

THERE IS A DEMOGRAPHIC YOU MAY BE OVERLOOKING.

LET'S DISCUSS AGEISM.

Join us for a two part series:

- Monday, September 27th
5:30pm

Film Screening of *Duty Free*.
Q&A with cast immediately after.

- Monday, October 25th 5:30pm

Discussion of *This Chair Rocks: A Manifesto against Ageism* led by Pamela Boulton, Ed.D.

This Chair Rocks books available for pickup at no charge in Generations office courtesy of a grant from Kohler



Sign up by calling 920-892-4858

#stopageism



1500 Douglas Drive
Plymouth WI 53073

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LET'S TALK GRANDKIDS

MONDAY SEPT. 12TH 6:00PM-7:00PM

PART ONE: ANXIETY AND CHILDREN: UNDERSTANDING AND SUPPORTING YOUTH IN OUR LIVES

DESCRIPTION: THIS SESSION WILL DISCUSS THE DIFFERENT SIGNS OF ANXIETY IN CHILDREN AND TEENS, DIFFERENT TYPES OF ANXIETY YOUTH EXPERIENCE, HOW IT CAN AFFECT BEHAVIOR, WHY IT OFTEN GOES UNDETECTED, WHAT YOU SHOULD DO (AND NOT DO) WHEN CHILDREN ARE ANXIOUS, AND HOW TO SUPPORT THE YOUTH IN YOUR LIVES THAT ARE STRUGGLING WITH ANXIETY.

PRESENTERS: KEEGAN RHYNAS, EDUCATION COORDINATOR FROM MENTAL HEALTH AMERICA LAKESHORE

MONDAY OCT. 10TH 6:00PM-7:00PM

PART TWO: READING WITH YOUR GRANDCHILDREN

DESCRIPTION: GRAB YOUR READERS AND LET'S READ! EVER WONDER WHAT IS THE BEST WAY AND AGE TO INTRODUCE READING TO YOUR YOUNG GRANDCHILD? HOW TO KEEP YOUR GRANDCHILD INTERESTED IN BOOKS? HOW TO INCLUDE YOUR GRANDCHILD IN BOOKS OR TOPICS YOU'RE INTERESTED IN? JOIN US FOR A WONDERFUL EVENING PACKED WITH LITERACY IDEAS AND INFORMATION FOR YOU TO USE WITH GRANDCHILDREN OF ALL AGES.

PRESENTERS: RENEE WACHUTA FROM FAMILY RESOURCE CENTER, SAMANTHA SPOTTEK FROM PLYMOUTH PUBLIC LIBRARY

MONDAY NOV. 14TH 6:00PM-7:00PM

PART THREE: TECHNOLOGY TO COMMUNICATE

DESCRIPTION: JOIN US FOR A MEDIA INSPIRED TECHNOLOGY TALK INVOLVING YOUR GRANDCHILDREN AS WE EXPLORE THE REALITY OF TODAY'S WORLD AND HOW OUR GRANDCHILDREN LIVE IN IT AND WITH IT. WE'LL TALK ABOUT USING TECHNOLOGY EFFECTIVELY USING THE 3 C'S-CHILD, CONTENT, AND CONTEXT. LET'S LEARN TO CO-EXIST AND HAVE FUN!

PRESENTERS: STEPHANIE KLEMP AND HANK LIEURANCE FROM SARGENTO TECHNOLOGY DEPARTMENT, RENEE WACHUTA FROM FAMILY RESOURCE CENTER

SERIES IS HELD AT GENERATIONS

1500 DOUGLAS DR. PLYMOUTH WI. 53073

REGISTER BY CALLING GENERATIONS: (920)-892-4858



"Are you Ready to Retire?"

Join in a **Free & Unbiased** Medicare 101 Class
on

Tuesday, September 13, 2022

Session at 5:30 pm to 7:30 pm

(Meeting has limited space/Call Today)

Join your local Elder Benefit Specialist Mary Kempf

Plymouth Generations

1500 Douglas Dr

Plymouth, WI 53073

RSVP required before Tuesday, 9/12/2022

**Call Mary Kempf at 920-467-4076 or
Plymouth Generations at 920-892-4858**

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

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



TRAVEL PROGRAMS

Activity Level: 3
Participants must be able to walk 3/4 mile.

GENERATIONS & UPTOWN SOCIAL PRESENT:
CHINA LIGHTS & MITCHELL DOMES BUS TRIP

OCTOBER 13, 2022
\$80 MEMBERS / \$90 GUESTS

1:15 p.m. Depart Generations
1:30 p.m. Depart Sheboygan Meijer
2:30 p.m. Mitchell Park Domes
4:00 p.m. Dinner at Portillo's
5:30 p.m. China Lights Exhibit at Boerner Botanical Gardens
9:00 p.m. Approximate Return Time

Fee includes:
Coach Bus Transportation
Bus Driver Tip
Milwaukee Domes Admission
China Lights Admission

REGISTER BY CALLING:
GENERATIONS: 920-892-4858 UPTOWN SOCIAL: 920-457-3290

Fireside Theater Matinee Trip

November 30th, 2022
7:45am Pick Up @ Meijers
8:00am Pick Up @ Generations
Return Approx. 7:00pm

\$125 Members \$130 Non-Members includes Coach Bus, Dinner and Show!

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

Based on the beloved film starring Bing Crosby, Danny Kaye, and Rosemary Clooney, this heartwarming stage adaptation features 17 Irving Berlin songs. Army veterans Bob Wallace and Phil Davis have a successful song-and-dance act following their service in World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a series of romantic mix-ups and a dazzling score including "Blue Skies," "I Love A Piano," and the perennial title song, White Christmas is an uplifting musical any time of year but especially loved at Christmas.

*Low Activity Level

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

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

| PARTNERS |

SAFE HARBOR



Bring Your Own Baby (BYOB)

Join parents, caregivers, and kiddos ages 0-2 y/o to socialize and learn from Early Childhood Specialists in Above & Beyond's Toddler Barnyard! Progressive Beginnings' therapists and Family Resource Center's educators will host a different topic each month, (every 3rd Thursday).

Available sessions: 9:30-10:30am OR 4:30-5:30pm

Registration required here for all families.

Please visit the Above & Beyond Children's Museum website to register:

<https://abkids.org/programs/events/event/byob-bring-your-own-baby-11>

Take a stand against abuse.

Remember, love has many definitions, but abuse **is not** one of them. Join us in our mission to have a community free of domestic violence and sexual assault.

If you or someone you know needs help, please contact:

Safe Harbor of Sheboygan Co.

24-hour crisis line: 920.452.7640 or 800.499.7640

www.sheboygansafeharbor.org

Outreach/Shelter/Crisis Center 929 Niagara Ave
Sheboygan, WI 53081 **Crisis Line 800.499.7640**
Outreach Offices Generations 1500 Douglas Drive
Suite E-Rm 227 Plymouth, WI 920.892.7640



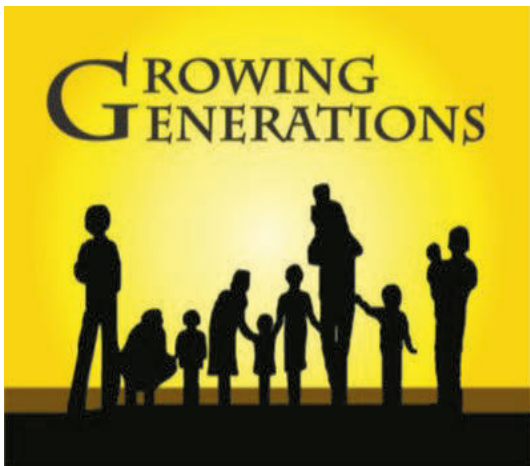
WHERE: Above & Beyond Children's Museum, Sheboygan

WHO: Adult caregivers and children 0-2 years old

COST: \$5.00 for adults, FREE for children. Scholarship opportunities available. (Class is free for all current PAT families. Ask your PE for the discount code to enter when registering.)

| PARTNERS |

GROWING GENERATIONS



920-892-4999

ggenerations@hsshebco.org

A "4 Star" Youngstar Child Care Center, provides quality child care from 5:30a.m. to 5:00 p.m. Monday through Friday. Children ages birth through twelve are accepted. Nutritious meals and snacks are provided for all age groups and the developmentally appropriate curriculum is designed to provide learning through play. Qualified, caring, and dedicated staff are here for the children. Growing Generations provides a unique opportunity for children of all ages to interact with other generations through organized play, games, lunches with seniors and even some exercise classes. Please stop in for a guided tour and we will answer any questions you may have.

HEAD START



Head Start is a free school readiness preschool for 3 & 4 year olds and is a family development program in Sheboygan County. Head Start's goal is to improve the lives of income eligible and foster children by providing quality comprehensive child development services that are family focused, including education, health, nutrition, and mental health. Family income must be at or below the federal poverty guidelines through some expectations may be made. Families with children that have special needs are encouraged to apply. Children must be 3 or 4 years of age by September 1st. Head start is currently taking applications for the 2021-22 school year.

Head Start offers:

- A kindergarten readiness, developmentally appropriate preschool for three and four year old children
- Developmental screening for all children
- Hearing and vision screening for all children
- Early Identification of problems leading to early intervention
- Starting the referral process when problems are identified
- Nutritious breakfasts, lunches, and snacks provided
- Help to families to identify strength, goals and community resources

Please call **(920-458-1154)** if you would like more information about the program or an application.

Early Head Start is a home-based school readiness program offering educational, developmental, and age appropriate assessments for children ages 0-3 years and maternal services for pregnant women and services families throughout Sheboygan County.

Sheboygan County Head Start has a classroom in the Generations Building in Plymouth that provides a half-day/3K classroom and full-day/4K classroom in collaboration with the Plymouth school district. Head Start has 3K & 4K classrooms in the Sheboygan area as well. For more information and to complete an application online please go to www.sheboyganheadstart.org.

| PARTNERS |



PLYMOUTH SENIOR DINING – September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 Labor Day	6 Turkey Breast/ Gravy Sweet Potatoes Vegetables Fruit Dessert	7 Beef Stew (beef, potatoes, carrots, green beans, peas) Corn Bread Brownie	1 Taco Salad Taco meat, cheese, lettuce, salsa, sour cream Dessert Fruit	2 Chicken, Bacon, Ranch Wrap American Potato Salad Coleslaw Fruit/ Dessert
12 Liver and Onions Bacon or Hamburger/ Bun Mashed Potatoes Vegetables Fruit Dessert	13 Swiss Steak/ Gravy Scalloped Potato Vegetables Fruit Cookie	14 Seasoned Baked Chicken Au Gratin Potato Vegetables Dinner Roll Fruit	15 Baked Haddock Potato Wedges Vegetables Tossed Salad (Romaine) Dressing Dessert	16 Spaghetti and Meatballs Vegetables Fruit Garlic Bread Dessert
19 Hot Beef Sandwich Mashed Potatoes Vegetables Fruit Dessert	20 Chicken Parmesan Noodles Green Beans Apple Garlic Bread	21 Lasagna Tossed Salad, Dressing Cauliflower Bread Stick Dessert	22 Open Faced Turkey Sandwich Mashed Potatoes/Gravy Squash Cranberry Sauce Dessert	23 BBQ Pork on a Bun Baked Beans Parsley Buttered Red Potatoes Coleslaw Dessert
26 Chicken Salad Croissant (contains nuts) Tossed Salad and Dressing Banana Dessert	27 Salisbury Steak Mashed Potatoes & Gravy Vegetables Garden Salad (Romaine) Dressing/ Dinner Roll	28 Roast Pork loin Baked Potato Vegetables Fruit Dessert	29 Chili Macaroni (kidney beans) Corn Bread Vegetables Fruit Dessert	30 Swedish Meatballs Cheesy Potatoes Vegetables 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.

Near or Far, We Are Where You Are!

| PROGRAMS |

Part-time Employment for those 55 +
September 13th 1:00 - 2:00



Are you over 55 and looking for work? The Senior Training and Employment Program (STEP) is hiring in the Sheboygan area. The STEP program is a subsidized program that helps place seniors in part-time paid positions at local non-profit and government sites. Skills and interests will be matched to available jobs. Applicants must meet income guidelines and be unemployed to qualify. Wages do not count against Food Stamps or subsidized housing.

Interested? Come to Generations on Tuesday, September 13th where STEP staff will be on site to tell you more about the program. If you can't make it but are still interested and want to see if you qualify, call 920-593-3557 to learn more.

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DHS Approved 4/22/2021

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or (800) 950-9952 x2538

PIC A DELI MENU

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

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



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

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



Salads

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

Sides

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

Homemade Soup

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

From the Grill

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

Wraps & Sandwiches

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

* soup and 1/2 sandwich

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

Catering Menu available on www.generationsic.org/catering

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

Call Pic A Deli at (920) 892-4858 to place your order.

Daily specials are available for \$7 and must be reserved by 1:30pm the day before.

The specials menu can be found on page 20.

Pic A Deli is also doing caterings during this time.

Catering available 7 days a week

920-892-4858

September's Sandwich Special:

Carolina Pull Pork & Coleslaw 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!

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

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

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

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

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

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

Those interested should speak to Jane Brill.

Fees subject to change.

Guest Fee: \$5 per day

MEMBER INFO FORM

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

FIRST NAME: _____ LAST NAME: _____

HOME PHONE #: _____ CELL PHONE #: _____

ADDRESS: _____

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

EMAIL ADDRESS: _____

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

EMERGENCY CONTACT INFO: NAME: _____

PHONE #: _____ RELATIONSHIP TO YOU: _____



Generations
an Intergenerational Center

GENERATIONS
1500 Douglas Drive
Plymouth, WI 53073

OUR SUSTAINING PARTNERS

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

The Plymouth Intergenerational Coalition Ltd, DBA

Generations

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

www.GenerationsIC.org



Our Partners:

Sheboygan County ADRC Senior Dining

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

Family Resource Center

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

Growing Generations

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

Head Start

(Classrooms only)

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

Safe Harbor

By Appointment Only
800-499-7640
Crisis Line

Our Staff:

Jane Brill, Executive Director
jbrill@generationsic.org

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

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

Kendall Schultz, Maintenance Supervisor
kschultz@generationsic.org

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

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

Linda Raeder
Volunteer Receptionist Coordinator
info@generationsic.org