

Newsletter

Volume 2, Issue 2

February 2012

Plymouth Adult Community Center

1500 Douglas Drive
Plymouth, WI 53073
(920) 892-4821
8:30am to 4:30pm

Martha Laning – Director
mlaning@plymouthintergenerational.org

Nicky Dirks, Administrative Assistant
ndirks@plymouthintergenerational.org

Susan Wenzel, Meal Site Coordinator
wenzesaw@co.sheboygan.wi.us

Fred Brown, Fitness Instructor

MaryAnn Luedke, Craft Instructor

Pat Morrison, Volunteer Coordinator

Linda Dorie, Generations/PACC Intern

TRANSPORTATION

**Sheboygan County Elderly & Disabled
Transportation**

METRO CONNECTION

(920) 459-342

The last month has been an exciting one. The new PACC staff has had the opportunity to get to know the guests of the center and gain an understanding of the programs offered. It has been a great month and all of the staff is enjoying the opportunity to meet so many wonderful people and learn how we can draw more people into this beautiful center. With that in mind we will be conducting several surveys that can be picked up at the center

Fred Brown, our new fitness instructor, has a survey for anyone interested in exercise at the center. Whether it be our Total Fitness Class or just playing a little pool we would like to know what kind of activities you're interested in. Fred also wants to organize programming that meets the needs of our guests, so if you have a health issue that is causing you a problem, and a form of exercise would help, Fred can look into that. All information will be kept confidential of course and you only share what you feel comfortable sharing. The Exercise survey is available at PACC now.

The other survey we are doing is about programming. We would like to learn from guests what type of new programming you would like offered. This survey will be available by mid February. We already have added ping pong, mah jongg and pool. In addition we are reaching out to area health providers to add more health checks too. To help guests be informed of all their options for programming here at PACC we have added to the newsletter a description of all programs.

Hope to see you soon,
Martha

Regular Programming Offered Every Month At PACC

Health Checks

Hearing Aid Cleaning & Evaluations are done by Steven Klapperich, Advanced Hearing Care, every third Wednesday of the month. NEXT CLINIC: Feb., 15th - 10 to 11:45a.m.

Eye Glass Adjustments are every third Wednesday by 20/20 Visions's Joe Beyer NEXT CLINIC: Feb.15th 11:30am to 12:15p

Grip Testing is done by Jamie Ausloos, Rocky Knoll, every third Thursday of the month at 9am. NEXT CLINIC: Feb. 16th, 9am

Foot Clinic- St. Nicks nurses come to the center the first Friday and the 2nd and 4th Thursdays to clip toe nails for seniors. Fee is \$20 - Call PACC to schedule your appointment 892-4821.

Blood Pressure Check – Plymouth Care Center comes in the 1st and 3rd Tuesday of the month from 10:30 to 11:30 to do blood Pressure Checks.

Exercise and Active Play

Walking Group - Participants will follow a training program that includes a warm-up followed by a low impact walking cardio training system of exercises. Your mileage will be recorded and charted. All new participants are asked to fill out a fitness questionnaire the first day they attend. No fee; Tues. and Thurs. 8:30am & 9:15am

Total Fitness Exercise Classes – Regardless of age regular exercise improves strength, flexibility, stamina and posture. It also helps prevent loss of bone mass, all of which help with balance--reducing the risk of falling. The Total Fitness exercise program is a mixture of aerobic exercises, weight training (Free weights and stretch bands), mobility and balance activities. This 50-minute instructor led workout will be specifically designed to meet the needs of the class. At the end of each work-out session participants will follow focused stretches and relaxation techniques.. Held in the Sartori Wellness Center. High Intensity Mon-Wed-Fri 8:30 am and Low Intensity Mon-Wed-Fri 9:30 am

Yoga - Yoga is a form of exercise that can be adapted to your needs and abilities. It is a total body workout and improves physical stamina, calms the mind and aids in relaxation. Yoga is also beneficial in the prevention and control of common health ailments that are linked with age. Participants in the Yoga Chair and Yoga classes will follow a specialized program that will help you to get to know your body and respect its limits. Held in the Sartori Wellness Center! **Yoga - Mon, Wed & Fri 10:30 am Chair Yoga - Tue & Thurs. 10:00 am**

Ping Pong - We recently purchased competition ping pong tables that are calling your name. Come join in the fun on Monday and Thursday evenings 6-9pm; Wednesday afternoons 1- 4pm; and Friday afternoons 12 noon to 3pm.

Wii Bowling - Although video gaming systems trend toward a younger demographic, our seniors are having fun cheering on their team members with each flick of the wrist as players use a white wireless remote control to toss electronic bowling balls down a make-believe lane on the television screen. Tues. and Thurs. 9:30 am and 1:30 pm

Dartball – Enjoy a game of baseball but play with darts. Sound interesting to you? Come over and watch a county league game. PACC would be happy to sponsor time for new players to learn and have fun! Call with interest 892-4821

Activities

Party Bridge – Keep your mind sharp and play bridge at Generations. The party Bridge group meets every Tuesday at 1pm. Contact PACC if you are interested in joining the group. We take reservations so that we have complete tables.

Duplicate Bridge – We have a duplicate bridge group that meets once every week at the center. Currently that group is full but if you are interested in duplicate bridge, let us know and we will work to start another group.

Activities Continued.

5, 10, 15 Sheepshead – This group meets every Wednesday and Friday morning from 9:00 to 11am. Participants need to bring your change because they play for 5, 10 or 15 cents for each hand. They say they punish too – sounds interesting! They really are a great group and you would enjoy them!

Quarter Sheepshead – Every Friday afternoon we have a great group of people stop by the center to play quarter sheepshead. You pay 25 cents to play all afternoon and the winners win the pot at the end of the day. Stop in and play!

Mah Jongg is an ancient Chinese tile game that requires skill, strategy, calculation and a little luck. We have started a group that plays on Tuesdays at 1:30pm and Wednesday evenings at 6pm. Call and have us add you to the list!

Dollar Bingo – Every Wednesday afternoon at 1pm PACC sponsors intergenerational \$1 bingo. We play 20 games and the pot is divided between all the winners. Each card is a \$1- buy up to four. Come on out and enjoy the afternoon with us!

High Stakes Bingo – Enjoy bingo and eleven chances to win \$100 and four to win \$225. Come to Generations the first Tuesday of every month at 6:30. Bingo cards are \$18 (6 faces) or \$10 (3 faces) for 15 games.

Scrabble – The first and third Thursday of every month at 9:30 we have a group playing scrabble. We are looking for more players so come test your skills!

500 – Come join others in a great game of 500. Don't know how to play? Let us know you are interested and we will coordinate a class. 500 is held every Thursday at 1pm. Please call the center if you are interested in playing. We need to be sure we have full tables of 4 for everyone to play call 892-4821 to reserve your spot.

NEW - Cribbage –Who doesn't love cribbage? We are forming groups to play on Monday, Tuesday and Thursday afternoons at 1pm. If you are a cribbage player let us know!

Skat since 1898 – Did you know there is a group that has been playing skat regularly since 1898 here in Plymouth? Well they meet every Thursday night at 7pm here at Generations. Interested in joining give us a call 892-4821.

Afternoon Skat – On Monday afternoons at 1pm we have a group that plays skat here at the center. Interested in joining in? Call the center at 892-4821

Poker – Who doesn't enjoy a great game of poker? Every Friday at 1pm PACC's poker friends come over to the center to enjoy a few games. Come join in!

Dominos – Join us at Generations the second and fourth Tuesdays of the month at 1pm for a game of dominos. Don't know how to play? Don't worry we can teach you!

Head Start Pals – Join this intergenerational group who meets the 2nd Wednesday and the 4th Monday, both at 3pm, to create a monthly surprise for the Head Start kids. The team comes up with the surprise idea, puts the package together and includes a note to each child. We having lots of fun – join us!

Crafts/Hobbies

Ceramics – Do you enjoy creating your own piece of art? Come in and talk to our Ceramics instructor who will help you get started making a one of a kind ceramic piece. Held every Wednesday morning from 8am to 12 noon.

Tatting – At 1pm on the second and fourth Monday of every month a group of tatters gathers at Generations. Don't know how to tat? Betty Schwartz, a skilled tatter, can talk to you about lessons. Come to the next gathering to meet her.

In Stitches - Here's a wonderful opportunity to meet others and get some work done on your project. If you have a hobby that involves stitches: knitting, crocheting, needle point etc, come on over to Generations on the second and fourth Tuesdays of the month at 10am and join others who love to stitch!

Kettle Karvers - Always wanted to learn how to carve? Or are you a skilled carver looking for others who enjoy the skill? This is the group for you. Kettle Karvers meets the first Wednesday of every month in Master Gallery Foods A from 6:30pm to 8:30. For more information call Don Lorier for more information at 920-912-7462.

Educational / Motivational

One on One Computers – Interested in learning more about how to use a computer? Bev Bemke has volunteered to meet with guests for 1 hour to show them the fundamentals of using a computer. PACC has computers you can use at the center during the week to practice too. She is at the center every Tuesday from 1pm to 4pm. Call to sign up for an appointment 892-4821.

Plymouth Bird and Nature Club – Join other bird watchers on the second Tuesday of every month at 6:30pm in Generation's Annie's Craft Room. The group enjoys a talk about birds each month and has several bird counts they do each year. Call Bob at 893-5156 for more information.

TOPS Club – TOPS (Take Off Pounds Sensibly) is an international non-profit organization that champions weight-loss support and success. They meet at 3:50pm every Thursday in the Kathryn Coyle Library here at Generations. Contact Toni at 892-4801 for more information.

Plymouth Garden Club – Join others in the community who enjoy gardening. The club meets the second Thursday of most months (check schedule) from 6-8 pm in Annie's Craft Room. They enjoy a presentation about gardening and getting to know other gardeners. Call Sandy for more information at 893-8023. All ages welcome!

Purple Martin Group - This group meets the third Thursday of every month from 6pm – 8:30pm in Annie's Craft room. They are learning more about the beautiful purple martin and trying to create habitats to encourage their nesting here. Call Nicki at 565-2273 for info.

Forming
New
Programs



Call Us If You Are Interested!

Are you interested in joining one of the new groups below? Call the center at 892-4821. Once we have enough interested guests we will form a group!

- Spring Walkers – once the weather improves come enjoy a walk around town in Plymouth with old and new friends.
- Pool and Ping Pong Leagues – We would like to form a pool league to take advantage of the two beautiful 8 foot maple pool tables we have. Call and let us know what times are best for you.

Special Notices!

January and February Birthdays

Happy Belated Birthday to our January Birthday Friends:

4 Art Schoenfeldt
8 Edie Froh
10 Jan Binder
17 Lorraine Laack
24 Sonia Larson
27 Diann Thomas
30 Adele Hueppchen

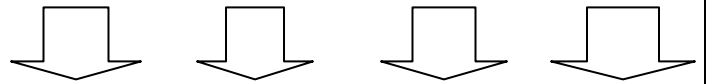
Happy Birthday to our February Birthday Friends:

3 Arnold Kleinhans
4 Jean Baumgartner
5 Arlene Demunch
8 Helen Johnston
8 Kay Keyes
13 Anita Reilly
13 Aryle Joch
19 Evelyn Blanke
28 Nancy Schroeter
29 Helen Toerpe

If you would like your birthday listed in the newsletter, please let us know!

The Senior Dining site has a great birthday party the last Tuesday of each month to celebrate with the month's birthday ladies and gents. You are all invited to the February 28th celebration – please call Susan here at the center 892-4821 to reserve your spot!

Several Classes YOU Don't Want to Miss!!!



Card Making

February 1 at 1pm in Craft Room

Come on over to PACC and join others in making original greeting cards. All supplies are furnished – charge of \$1 per card.

AARP Driving Class

AARP is offering a drivers safety class here at the center on:

Thursday, April 26th from 9:30am to 3pm with a break for lunch.

Fee \$12 for AARP members or \$14 for nonmembers – Call 892-4821 to sign up!

Even the most experienced drivers benefit from brushing up on their driving skills.

Carpal Tunnel Syndrome: Causes and Treatment

Thursday, February 2nd

Two Presentations by Dr. Herold: Noon and 6pm

Tax Help

Call PACC today and schedule an appointment to have an AARP volunteer help you file your taxes.

Appointments are available for Fridays in February and March. Call 892-4821

Interested in Travel Abroad?

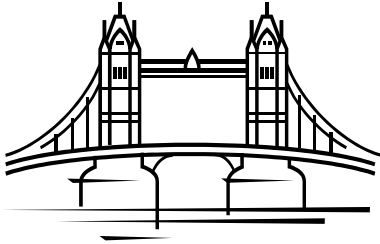
Are you interested in traveling abroad?

Come enjoy a presentation by:

Julius Stecker of Collette Vacations

February 22nd at 10am

The Senior Activity Center of Sheboygan has invited PACC guests to join them on a trip to Panama scheduled for this May and a separate trip to Paris and London scheduled for November. If you are interested in learning more please join us at 10am on February 22nd here at Generations.



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Day Trip Opportunities

The senior Activity Center of Sheboygan has organized some wonderful day trips. If you are interested see the complete list at PACC.

- Milwaukee Public Museums Cleopatra Exhibit – March 22nd leaves at 8:30am returns at 4pm Cost \$45
- Bergstrom/Mahler Museum with lunch at Oink's famous for their sandwiches – April 24th. Leaves at 8:30am and returns at 4:30pm Cost \$33
- Sip, Shop and Stroll – Ladies night in Cedarburg. Enjoy an evening of free gifts and pampering – May 17th. Leaves at 2:30pm and returns at 9pm.

Call the Senior Activity Center of Sheboygan at 459- 3290. PACC will be coordinating some trips

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