NOVEMBER 2021 GOLDNOTES

University of Wisconsin-Madison Division of Extension Sheboygan County

Sheboygan County Office, 5 University Drive, Sheboygan, WI 53081 - 459-5900

November, 2021

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Sheboygan County HCE Webpage:

https://sheboygan.extension.wisc.edu/home-community-education/

WI Association HCE Webpage:

www.wahceinc.org

ANOTHER YEAR

Well, another year is almost over. We have done a lot, even with Covid hanging around. We have been cautious and tried to always be safe. Good job was done by all.

We had great programs and a fun Rally day. We went to the Quilt Museum in Cedarburg. Manned the fair booth all 5 days. 6 members went to State Convention in Stevens Point and had a great time. 3 members went to Fall district meeting in Kenosha County.

All of the events were very productive. We all learned a lot. That is why I ask all of our members to try and attend all of these events in 2022, to learn more and take back to your club. Knowledge is invaluable and we are never too old to learn.

At the District meeting in Kenosha, we learned that the 2024 State Convention will be in Sheboygan County. WOW!!!! That means we need to put our thinking caps on and think about table centerpieces and table favors for every meal. We also will need volunteers to direct people where their workshops are and give general information. State is looking at The Osthoff or Blue Harbor. We need to make Sheboygan County proud. Start thinking and remember communicate with myself or the board if you have ideas.

I hope all of you have a great Holiday Season. Share it with family and friends. Stay safe and take care.

Carolyn Dreier
Sheboygan County HCE County President
920-627-2739
carolyn.dreier@yahoo.com

2021 Sheboygan County Association for Home & Community Education Officers

Carolyn Dreier
President

Kathi Bonde
Vice President (Program)

Julie Boedecker
Secretary

Nancy Cherney
Treasurer

Newsletter Edited By:
Carolyn Dreier & Jane Jensen
Thank you for all of your help.

Extension e-mail addresses:

jane.jensen@wisc.edu
tammy.zorn@wisc.edu

At the Extension Office

Find us on Facebook

Follow the **Extension Sheboygan County Facebook page**.

https://www.facebook.com/ExtensionSheboyganCounty

Lots of great information is being shared.

An AA/EEO employer, UW-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirement.

Monday - January 10 - 10:30 AM
Education Meeting "Making Physical Activity Fun"
Extension Rooms 5020-5022

Monday - January 10 - 1:30 PM
Executive Board Meeting
Extension Room 5024

Monday - February 14 - 10:30 AM
Education Meeting "Healthy Aging—Improving Health Through Self Advocacy""
Extension Rooms 5020-5022

January Education Meeting: Making Physical Activity Fun

No matter your age or ability, come out and learn to make physical activity fun. Join us as we learn the reasons to stay active and some fun ways to make it happen.

February Education Meeting: Healthy Aging - Improving Health Through Self-Advocacy

Learn to ask questions without challenging healthcare providers authority for improved health outcomes and stronger patient-provider relationships. Practice a brief intervention strategy that will feature establishing healthy exercise routines and another on ensuring medical appointments are as thorough and helpful as possible.

Note From Jane

Dear HCE Member,

It was wonderful to see so many members at your November education session. Kudos to Kathi Bonde for planning great educational opportunities for your membership. A shout out to your Executive Board & President Carolyn Dreier for continuing to keep your HCE organization moving forward.

Please join me for these upcoming UW-Madison Extension opportunities.

Aging Master Program—Please join me if you have not already participated (we offered it several times in 2021). We still have participant materials left from our National Council on Aging grant so we will be able to offer it again without charge (materials are normally $60.00 per person). Complete information is in this Goldnotes. Feel free to call if you need assistance registering.

Another Wise Wednesday Series in February/March 2022—Watch for registration information. My statewide Life Span team had a great response to our ten different sessions last winter/spring & we decided to offer another series. We are in the process of developing these sessions. Stay tuned for another series of great opportunities to stay connected during the winter months.

Finally, take time to engage in self care & stay safe during the holiday season as you connect with family & friends.

Gratefully,

Jane E. Jensen
Human Development & Relationships Educator

2022 Countywide Project - Kindred Heart Families

by Alice Walter

Kindred Heart Families Inc. is the project voted on by members of HCE at the October annual meeting for next year's community project. One of the biggest needs at this time is birthday bags. The bags would contain balloons, banners, party hats, party favors, plates and napkins. Items to make a birthday very festive. The chairperson from the organization and some HCE members will go shopping and help with the bags. There was an action team donation from Thrivent that will help with buying items for the bags. We plan on doing the shopping in the middle of November. There is great need for youth between the age of 6-10 years old through the foster care.

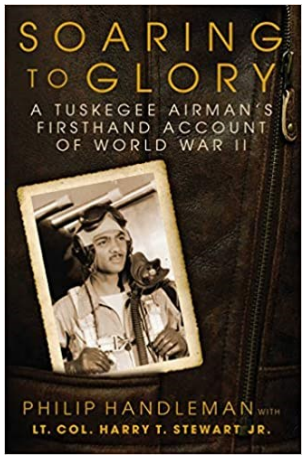
Wish List form Kindred Heart Families Website

Kindred Heart Families, Inc. is in need of anything and everything infant to teen!!!

- Food: Snacks, cereals, crackers, juice boxes, mac & cheese, canned ravioli, raisins, peanut butter and other foods suitable for babies - toddlers – children
- Formula, Juice Packs, and Water Bottles
- Toys: Infant, Toddlers, Boys and Girls, Books, Games, Puzzles - New & Very Gently Used
- Wipes, Diapers size 1 – 6, Pull ups, Overnights
- Baby Care Products
- Personal Hygiene Items - Shampoo, Conditioner, Body Wash, Deodorant, Brush and Comb, Tooth Paste / Brush, Female Products, Hair Accessories, etc.
- Pack N Play, Cribs, Bassinets, etc. - New & Very Gently Used
- Strollers, High Chairs, Bouncers, Car Seats or Boosters - New & Very Gently Used
- Coats / Jackets for children and young adults - New & Very Gently Used
- New Clothing for boys and girls of all ages - New & Very Gently Used
- New Underwear and Socks – Boys and Girls
- Birthday Party Supplies
- School Supplies
- Note Pads, Pens, Journals, Memory Keepers
- Gift Cards to specialty stores
- Provide tickets to outings, concerts, and season passes for fun attractions and so much more

Provide funds: Our charity is funded with the help of individuals and businesses, who care! We need your support to keep our doors open year round for Wisconsin's foster/kinship children and accommodate their needs.

HCE Book Club News- Nancy Wagner & JoAnn Gadicke



Our next book we will be reading is *Soaring to Glory* by Phillip Handleman with Lt. Col. Harry T. Stewart Jr. It is a true story of Lt. Col. Harry Stewart Jr., one of the last surviving Tuskegee Airmen of World War II. The story includes the legendary mission in which Stewart downed three enemy fighters. The book reveals the cruel injustices Stewart and his fellow Tuskegee Airmen faced during their wartime service and upon return home after the war.

We will be meeting at *Holidays*, located on the corner of Y and Superior Ave. (Cty. trunk O) on Wednesday, November 17th at 11:30 a.m. Please order your lunch as you come in. We ask that each of you think of a couple of questions for the discussion of the book.

If anyone wishes to join the discussions we are always happy to have additional participants. Also bring suggestions for future books.

Hope to see you there!

County International Report

by Alice Walter

Alice and her husband made multiple trips to Stevens Point this past year to the W/Np warehouse for eventual delivery to Nicaragua. Included were a wheelbarrow, bicycles, metal garbage cans, shovels, hoes, rakes, water hose and sprinkle cans. Supplies for the warehouse learning centers included baking and sewing supplies…. material, yarn, needles, irons and ironing board. Alice donated 3 items at the State Conference…a toilet seat from Bemis, garden stepping stone and basket of Sheboygan County items. These were for the silent auction. A total of 161 items were donated to raise $3,274.00. The money will be used for international projects. Water filter projects have been completed and starting next year will be Bees and Pollination. We need bees for food and will be informing members of various flowers to plant next year to attract bees. Alice will be making one last trip to Stevens Point with supplies.

Cultural Arts - State Conference Report, September 20-22, 2021

by Peggy Berchem

The following awards were given:

Photography - Nancy Wagner - Chapel in the Woods - 1st
Knitting - Joyce Smies - Beautiful Shawl - 2nd
Crocheting - Nancy Wagner - Baby Afghan - 1st
Hand Stitching - Counted Cross Stitch - Ann Meyer - Frogs - 2nd
Craft - Carolyn Dreier - Glass Birdbath - 1st
Heritage Skill - Ann Meyer - 13 x 9 basket - 2nd
Jewelry - Althea Smith - Earrings - 1st
Painted Object - Peggy Berchem - Painted China Tray - 1st & a Medallion
Poem - Myra Eischen - Our Friendship is Like a Quilt - 1st & a Medallion

Congratulations to all! Above items are at the UW-Extension office.

Peggy Berchem
Chairperson

Family & Community Life

Hingham had the Annual Clean Up Day at the Hingham Cemetery with a great turn out to help. Perhaps the lunch lady was the biggest hit.

Hingham had a Great turn out for Memorial Day Parade, considering the Covid 19 issues in our area.

Lumber, Gas, and many more items have gone up in price due to a lack of material and HELP. We must try to help our local businesses in the area to keep them going.

My husband is a big fan of McDonalds, so we visit one, two or three times a week. He does not like to walk very much, so when we go to McDonalds he has to use steps to get in and out of our home and in and out of McDonalds. (This way, I get him to walk more too).

We had some trees trimmed in our back yard. There was a pile of wood around one tree. I asked some neighbor boys if they would like to earn some money, if they moved the wood and brush for me. It was done the same day!

My friend is at home, but wheel chair bound. This week her husband had hip replacement. Now they are both home bound. They have some family coming in to help. I get their mail and bring food in once a week, or as needed.

There is always someone who can use a kind word or a smile. Who do you know, that could use one??

Family & Community Life,

Joyce Kuhlow

Remembering Mary Krucky

Mary was a former HCE member of the Pretty Good Eggs club.

Myra Eischen—July 29
I was so sad to hear of this loss. I had no idea that she was suffering from Alzheimer's. I enjoyed spending a little time and getting to know her love of quilting through HCE. She was always a pleasure to be around. My sincere wishes to give you all peace at this time of loss.

Kay Keyes—July 30
Mary is in Heaven with the angels. I had fun times with Mary in HCE and how she loved life and her flower garden. I can picture it yet. Blessing to Bob and the family. Mary is at peace.

Remembering Doris Kraus

submitted by Alice Walter

Doris Kraus - 91 years old, from Sheboygan County, passed away this summer. Doris was a member of Mapledale HCE club for over 60 years and then became an individual member after her club disbanded. Doris received her 65 year certificate in May. She had many recipes in our annual recipe handout.

Doris was also involved in the county HCE book club. She was active in her church and the church ladies group. She enjoyed knitting, gardening, traveling and reading. I had gotten to know Doris many years ago when she and her husband Roger had a large boat. My former husband and I also had a large boat and belonged to a boat club in Sheboygan. Many good times were had together. We lost touch for a while and then we reconnected again through HCE. We also belonged to the same ladies church group.

I will miss Doris. I sent her a thinking of you card when she became a 65 year member. Doris enjoyed reading the Goldnotes.

HCE State Conference Results

by Kathi Bonde

YEAR	# OF STATE HCE MEMBERS	TOTAL CLUBS	NEW MEMBERS IN 2021	TOTAL WISCONSIN HCE COUNTIES
2021	2449 - LOST 318	257 - LOST 20	22	47

HCE State Membership Report

STATE HCE MEMBERSHIP GOALS: TO ADD TWO OR MORE MEMBERS PER COUNTY PER YEAR,

STATE HCE CONFERENCE RESULTS:

REGISTRATION:

Entire Conference: 240 PARTICIPATION
One Day Registration: 11
First timers: 32
Out-of-State: 2
Men: 3
Extension Personnel: 2

CULTURAL ARTS:

Total entries: 303
# of Counties participating: 33
Cultural Arts Raffle: $907.00 (helps put on the State Cultural Show)
Pennies for Friendship: $400.50 (helps globally)
International Silent Auction and cash donations: $3424.00 (Helps International Silent Auction Show and International Projects such as WI & Nicaragua Partners)

Total State HCE Volunteer Contributions: $28.54 per volunteer hours = $739,533.83

Dinner Entertainer, David HB Drake, Wiscon-Sing: A musical History of Wisconsin entertained the HCE members after hours in the pub. We had a Hootenanny sing along with David as he played his guitar and sang songs from Artists: John Denver, Peter, Paul, and Mary, Kingston Trio etc.

Sheboygan County HCE members that attended the State Conference

Please join us next year at the State Conference in Onalaska, WI

HCE Ladies that participated in the sing along.

Myra received a blue ribbon and medallion that signifies it was the best writing at the State Conference. Here is her poem. Congratulations and Enjoy!

Our Friendship is like a Quilt

Composed for Nicki kovacich Mech's 60th birthday
By Myra Stokdyk Eischen

The gentle warmth it covers us in,
Can make us feel safe at the thought.

The many pieces, sewed together,
Reflections of memories we share.

The batting in the center reminds us
Of our inner feelings, secrets, joys, and heartaches shared.

The knots that bind it together reflect,
The sharpness of pains, and softness of hugs.

Alone it is just material, batting and yarn.
Threaded together with time, love, hope,
It gives us the promise of comfort and warmth,
That will help us get through anything in life.

The butterflies in your quilt represent,
Though we are very different,
We fly in the same sky.
The purple means courage,
Together we get thru the tough times.
The green, like grass,
Alone we are just one blade,
Together we form a covering from the ugly earth.
Gold represents the gift of eternal friendship
That only God the king could have decided for us.

Thanks for being my forever quilt.
Your quilt will remind you every time
You wrap yourself in it while reading or just meditating
That we have a friendship that has
Withstood 60 years and will remain
Through eternity.

Rocky Knoll Care Center
2021 Small Gift Christmas List

This is a holiday donation list, but please do not forget our Community Outreach program.

Miscellaneous Items

Deodorant
Aftershave/Pre-shave
Body Lotion
Shampoo
Conditioner
Kleenex
Body Wash - Men & Women
Body Sprays - Men & Women
Throw Blankets (fleece)
Small (easy) Craft Projects
Word Find Books
Hair Accessories - Brushes, Combs, Barrettes, Elastics
Packers/Brewers/Badgers Merchandise (Larger Sizes)
Pens & Pencils with small tablets
Fuzzy Grip Socks
Adult Coloring Books
Colored Pencils/Sharpeners
Tooth paste
Individual Tooth Brushes

Food Items

Mini Candy Bars
Little Debbie Type Snacks
Hard & Soft Candy
Little Note Pads
Microwave Popcorn
Pringle Chips or Any Chips
Puff Cheese Balls
Cookies: Regular & Sugar Free
Sugar Free Candy
Diet Soda
Puff Pop Corn
Root Beer Barrels - Anise
Soft Chocolates
Pudding Cups
Life Savers Mints

- If you are making a small gift donation we ask that donations be delivered to Rocky Knoll by Friday December 3rd. Please do not wrap items - deliver in gift bags. Thank you for your Kindness!

Any questions please call Janine Bolz at 449-1243 or email jbolz@rockyknoll.net

Doughboy Dead at 71

submitted by Jeff Freye

Veteran Pillsbury spokesman, Pop N Fresh died yesterday of a severe yeast infection. He was 71. He was buried in one of the largest funeral ceremonies in recent years. Dozens of celebrities turned out, including Mrs. Butterworth, the California Raisins, Hungry Jack, Betty Crocker, and the Hostess Twinkies. The grave side was piled high with flours as longtime friend, Aunt Jemima delivered the eulogy, describing Fresh as a man who "never knew how much he was kneaded." Fresh rose quickly in show business, but his later life was filled with many turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Still, even as a crusty old man, he was a roll model for millions. Fresh is survived by his second wife. They have two children and one in the oven. The funeral was held at 450 for about 20 minutes.

Club Holiday Project

by Kathi Bonde

Merry Christmas - Club Holiday Project.

(Optional Challenge)

When I read the Country Women's Council (CWC) newsletter, I ran across this wonderful Christmas idea. It is called "Reverse Advent Calendar"! There are 24 specific food items listed. One item for each day December 1 through December 24. Divide the items by the number of club members/ individual members. One food item is placed in a box/bag each day and then on December 24th the food box is delivered to the charity of your choice. *Modify it to your liking.*

SUGGESTED FOOD LIST

December 1	cereal	December 2	Peanut butter
December 3	stuffing mix	December 4	potatoes
December 5	mac & cheese	December6	can fruit
December7	can tomatoes	December 8	can tuna
December 9	dessert mix	December 10	jar applesauce
December 11	can sweet potatoes	December 12	cranberry sauce
December 13	can beans	December 14	box crackers
December 15	pkg rice	December 16	pkg oatmeal
December 17	pkg pasta	December 18	spaghetti sauce
December 19	can corn	December 20	can mixed veggies
December 21	can carrots	December 22	can green beans
December 23	can chicken noodle soup	December 24	can tomato soup

"EVERY GREAT DREAM
BEGINS WITH A DREAMER.
ALWAYS REMEMBER
YOU HAVE WITHIN YOU
THE STRENGTH, THE PATIENCE
AND THE PASSION
TO REACH FOR THE STARS,
TO CHANGE THE WORLD."

Harriet Tubman

SHEBOYGAN COUNTY HCE EXECUTIVE BOARD MEETING
MONDAY, SEPTEMBER 13, 2021, 2:00 P.M.
UW-EXTENSION LARGE CONFERENCE ROOM

DRAFT

Call to order by President Carolyn Dreier at 2:10 PM followed by the Association Creed.

Roll call, present: Carolyn Dreier, Kathi Bonde, Julie Boedecker, Nancy Cherney, Alice Walter, Joan Walvoord, Sharon Zimmermann, Nancy Wagner, Joanne Schroeder, Jane Jensen, HCE Liaison.

Excused members: Peggy Berchem, Ronna O'Toole.

Absent members: Kristine Miller, Joyce Kuhlow, Marilyn Voskuil, Sharon Even.

Secretary's minutes were reviewed by members prior to meeting. Error…. instead of American Hands for community project next year it should be Samaritan Hands. Following this correction motion was by Nancy Cherney and seconded by Sharon Zimmermann to accept report. Motion carried.

Treasurer's Report was reviewed by Nancy Cherney. Motion made by Julie Boedecker and seconded by Alice Walter to accept the report. Motion carried.

REPORTS OF OFFICERS AND COMMITTEES:

Cultural & Textile Arts – Carolyn Dreier and Kathi Bonde reporting in Peggy Berchem's absence. Kathi Bonde has volunteered to take all cultural arts entries to the state convention. Kathi will call Peggy Berchem if we have all the needed supplies and paperwork for the entries.

Stitches of Love – Julie Boedecker reporting. No activity.

Family & Community Life – Joyce Kuhlow absent.

Wisconsin Bookworms – Kristine Miller and Ronna O'Toole absent. Carolyn reported that Kris is helping Ronna with the transition of chairmanship until the end of the year. Jane reported that there is currently no reading being done in Head Start and this will be reevaluated in October.

International – Alice Walter reporting. Alice gave 2 large shopping bags of items to Ebenezer UCC church in Sheboygan for refugees coming to Sheboygan. Items included new T-shirts, underwear, socks, feminine products. These were items she had in a closet and was going to donate to Salvation Army.

District International term expires next month. She is taking a basket to the State convention that includes products made in Sheboygan County and a Bemis toilet seat that Bemis donated. The money raised from the silent auction goes to the International projects.

Community Outreach – Safe Harbor – No report.

Marketing/membership – Carolyn Dreier reporting. Our booth at the Sheboygan County Fair was busy. There were 40 people interested in joining HCE or the Stitches of Love program or reading for Wisconsin Bookworms. The names, addresses and telephone numbers were divided by the current districts and Carolyn gave those names to the district/club president to contact.
Programming – Kathi Bonde reporting. Next educational program is Monday, November 8, at 1:30 pm, and the topic will be Essential Oils 101.

UNFINISHED BUSINESS

2021 Sheboygan County Project – Safe Harbor. You can donate through the end of the year. Kathi Bonde has put together a display for Safe Harbor at the State Conference.

Report on Fair Booth – Carolyn thanked the Franklin and Howards Grove clubs for decorating the booth and for all who represented HCE at the booth.

Tour of Quilt museum on July 20. Fourteen members attended and it went smoothly "without a hitch". The quilts and their stories were varied and beautiful; the food and weather were good; and the museum guides were knowledgeable. Special project includes making variety of refrigerator magnets.

NEW BUSINESS

Programs for 2022 to be approved at the Annual Meeting in October.

January – WAHCE STATE EDUCATIONAL PROGRAM…. Making physical activity fun! Kathi Bonde presenting

February – WAHCE STATE EDUCATIONAL PROGRAM…. Healthy Aging Improving Health Through Self-Advocacy. Carolyn Drier presenting.

March – Food ---- Resource: Union Market representative on Asian foods. May go to the Union Market for the program

April – Environmental Lesson ---- "The Planter". Presented by the Franklin club in memory and honor of Mary Olsen. HCE member presenting.

May – Rally & Recognition Day – District III (Franklin and Howards Grove Domestics)

June and July – County Outreach Project – Various months to help out our Community Outreach Project

August/September – Sheboygan County Fair – District 1 (Lakeview)

September – BEE-CAUSE Pollinators Feed the World – 2021 State WAHCE International Lesson. Lylene Schultz presenting.

September – 2022 WAHCE State Convention – Onalaska, WI

October – Member to Member – District II (Pretty Good Eggs)

November – Heritage skills – open to suggestion; option – state lesson…. beaded necklace or contact Peggy for project.

December – Merry Christmas – Club Holiday Project

Other optional programs are suicide and Alzheimer's. Motion was made by Nancy Cherney to accept these proposed programs and seconded by Joan Walvoord. Motion carried.

Suggestions for Community Outreach Project for 2022. To be voted on at the annual meeting, member to member ---- Samaritan Hands (Joyce Kuhlow), Camo Quilts (Julie Boedecker), and Kindred Hearts Families (Alice Walter). These members will submit descriptions of these project at the annual meeting.

Proposed ballot for 2022 HCE officers…. President, Carolyn Dreier; Vice President, Kathi Bonde; Secretary, Julie Boedecker; and Treasurer, Nancy Cherney.

Proposed ballot for 2022 Committee Chairperson, these people have accepted these positions, International Coordinator, Alice Walter; Stitches of Love, Julie Boedecker. Carolyn will contact Joyce Kuhlow, Ronna O'Toole and Peggy Berchem for chairpersons of Family and Community Life, Wisconsin Bookworms and Cultural and Textile Arts, respectfully.

Proposed ballot for HCE Executive Board Representatives…. District I…. Joan Walvoord and Marilyn Voskuil; District II…. Kathi Bonde and someone else; District III, Franklin…. Joanne Schroeder and Nancy Wager and Howards Grove Domestics…. Sharon Even.

Annual meeting, member to member date is Monday, October 11, 2021 at 6:00 PM. Host is District I, Lakeview club. Theme is family ethnic recipes and need to be into office by September 15. Bookworm readers will also be invited with RSVP. It will be held at New Hope United Methodist Church on Center Street, Greenbush. Setup at 4:30 PM.

WAHCE Annual Conference on September 20-22, 2021, in Stevens Point, WI. Masks are required in all settings. Six members are going…. Alice Walter, Althea Smith, JoAnn Gadicke, Marie Schwinn, Carolyn Dreier, and Kathi Bonde.

SE District Fall Meeting is Wednesday, October 20, at the Kenosha County Center in Bristol, WI. Carolyn is attending and maybe Alice will go.

Dues are $15.00 and due on October 1 to Nancy Cherney.

Goldnotes articles are to be in by November 16 and will be proofread on November 22. Alice Walter offered to write an article on Doris Kraus HCE member who died recently.

OTHER BUSINESS

Carolyn Dreier will write article on Sheboygan County activity for the UPDATE.

Closed meeting with Association Prayer.

Motion to adjourn by Sharon Zimmermann and seconded by Nancy Cherney.

Adjourned at 4:05 PM

Respectfully submitted,

Julie Boedecker, Secretary

Aging Mastery Program®

National Council on Aging

Extension
UNIVERSITY OF WISCONSIN-MADISON

Join the adventure!

UW-Madison Extension
North Central WI, Monroe & Sheboygan Counties

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Virtual Classes will be held January 11th - February 10th

10:00am-11:15am, every Tuesday and Thursday

Limited spots available: Sign up now!

The program will launch on January 11, 2022,

but participants have to be signed up by January 5, 2022.

Please RSVP to: Forest/Monroe/Oneida/Sheboygan/Wood County

by filling out this form: http://bit.ly/AMP0122

You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

For questions or assistance please call 715-421-8437 or 920-459-5904.

10 FREE classes

Classes will be held using Zoom Technology.

A computer, smartphone or tablet with a working camera and microphone is required.

Workbooks will be sent in the mail or can be picked up at your local Extension office prior to class.

ncoa National Council on Aging

www.ncoa.org/AMP

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Making Physical Activity Fun
Monday, January 10, 2022 - 10:30 AM

Club/Individual Name: _____

Names of Members Attending: _____

_____

Names of Prospective/Family Members Attending: _____

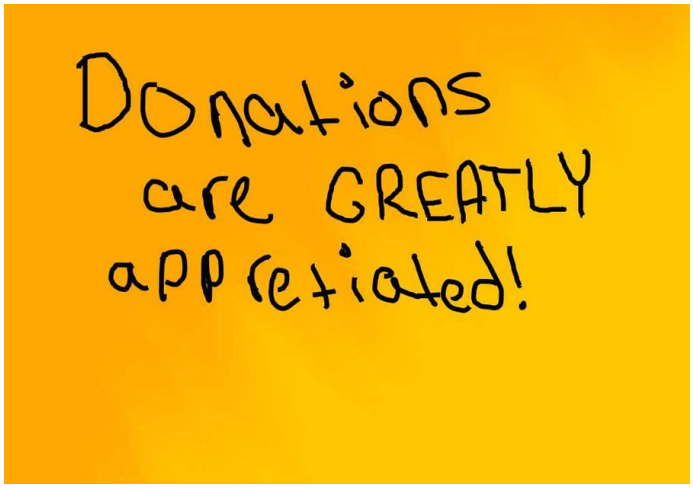
Total number of packets required _____

Return to: UW-Extension Sheboygan County, 5 University Drive, Sheboygan, WI 53081

Or Call: 920-459-5904 ***Deadline:*** **January 3, 2022**

Please donate to Safe Harbor Through December 2021 and Kindred Heart Families for 2022 Service Project & Pennies for Friendship.

You can bring items to all educational meetings.



Healthy Aging - Improving Health Though Self-Advocacy
Monday, February 14, 2022 - 10:30 AM

Club/Individual Name: _____

Names of Members Attending: _____

_____

Names of Prospective/Family Members Attending: _____

Total number of packets required _____

Return to: UW-Extension Sheboygan County, 5 University Drive, Sheboygan, WI 53081

Or Call: 920-459-5904 ***Deadline:*** **February 7, 2022**