

WINTER PROGRAMS

December 2017, January & February 2018



Maywood

3615 Mueller Road, Sheboygan, WI 53083

(920) 459-3906 * maywood@sheboyganwi.gov

www.GoMaywood.org

To register for a program, please call (920) 459-3906 or email maywood@sheboyganwi.gov.

December 2017

Wishing for Winter

Friday and Saturday, December 1 and 2

6–9 pm.

Association members, Free
Non-members, \$5.00/person

Back by popular demand, the magic of Maywood comes alive with festive decorations, holiday music, a delightful self-guided trail walk with many special features. A great family event and a perfect gift for friends who have not yet discovered Maywood.

Lakeshore Habitats Workshop

Monday, December 4

6-8:00pm

Lakeshore Natural Resource Partnership and the Sheboygan River Basin Partnership present this workshop on the status of wild salmonids in Wisconsin tributaries, including the Sheboygan River, and the management associated. Updates on current and future projects will also be presented.

Shutterbugs

Wednesday, December 6

6pm

Free program, chip in for pizza

Maywood Shutterbugs is an ongoing program for those interested in improving their photo taking skills. Join Maywood nature photography enthusiasts for meetings on a monthly basis. The Shutterbug program is appropriate for all skill levels, high school age and older. Please note the earlier time for our holiday meeting with pizza. Call Cindy at Maywood 920-459-3906 for more information.

Family Yoga

Saturday, December 9 (Register by December 2)

1:30-3:00pm

\$30 for up to three family members

Additional family members are \$5/person

Come experience the joy of yoga at Maywood while practicing with your family. Classes with themes centered around nature, wellness, gratitude, and awareness will be offered. Play and creative expression will be included. Activities planned promote literacy, self-regulation, healthy life habits, growth and development. Children ages 5-12 are most appropriate with any adult family members. Guided by Barbara Kultgen, CSW, RYT 200. Minimum of 4 participants, maximum of 15 participants. An adult is required to attend with children. Pre-registration by December 2 is required. Registration forms available at GoMaywood.org/programs or at the Ecology Center

Yoga Nidra: A Guided Meditation

Wednesday, December 13

6-7pm

\$10 if registered by December 6; \$12 after December 6 or drop-in

Yoga Nidra is a guided practice that elicits one of the deepest states of relaxation that can be reached while still maintaining full consciousness. Yoga Nidra is said to release the subconscious body sensations, emotions and beliefs. It is said to work on stress, insomnia, trauma, chronic pain and other physical and emotional ailments. Practicing Yoga Nidra helps you connect with your body's intrinsic wisdom of health and well-being. Yoga Nidra is best experienced while lying down with support of blankets and props. It can also be practiced sitting in a chair. Please bring a mat, two blankets, a bath towel, and a small hand towel or eye pillow. Yoga Nidra will be guided by Barbara Kultgen, RYT-200.

Yoga Nidra: A Guided Meditation

Wednesday, December 20

6-7pm

\$10 if registered by December 13; \$12 after December 13 or drop-in

See program information on 12/13 listing

HOLIDAY HOURS

Ecology Center Closed December 23-January 1

Park & trails are open daily 6am-10pm.

January 2018

Yoga for Cyclists & Athletes

Wednesdays January 3-February 28; No class January 31 or February 14
6-7:10pm

\$70 if registered for entire seven week series by December 22; \$84 for seven-week series if registering after December 22; Or purchase a five class pass for \$65*

Join registered yoga teacher Barbara Kultgen (RYT 200) for a series of classes intended for both the beginning and the experienced yoga student. The series will focus on building strength, flexibility, and balance by working the entire body with the cyclist and athlete in mind. The practice of using breath work and setting intentions to improve focus will be incorporated. Cyclists, athletes, and those who are interested in practicing yoga in a nature setting are invited to join. Minimum of 6 participants, advanced registration required. Registration forms available at the Ecology Center or GoMaywood.org/programs. Classes cancelled due to weather will be rescheduled. See registration form for details on class pass.

"Snowy" OWLS

Fridays, January 5 & 19

8:30am

Donations appreciated

This winter version of Older, Wiser, Livelier, Seniors takes on the challenges of winter weather, exploring the flora and fauna able to survive winter's harsh conditions. A good share of each program will be outdoors making winter apparel a must.

Beginning Astronomy

Saturday, January 13

1:30 – 3:00pm

Donations appreciated

Despite the cold temperatures, winter's clear skies provide an excellent opportunity to learn basic constellation recognition without the aid of telescopes. Learn how and when to find constellations throughout the year, along with other planets, & meteor showers to improve your understanding of the night sky. Children under 18 must be accompanied by parent.

Winter Discovery Hike

Saturday, January 20

1:30 – 3:00pm

Donations appreciated

Come prepared to be outdoors as we explore Maywood trails to see what natural wonders are revealed. Learn how some things survive and thrive in winter's challenging conditions. Animal tracks, leaf scars, and snow tunnel highways are just a few clues to the mysteries of nature's winter survival.

Lunch N Learn

Tuesday, January 23

Noon

Donations appreciated

Bring your lunch and learn about the Nature Conservancy's projects in Wisconsin. John Nelson will present. Coffee, tea, water, and dessert are provided. To register, please call (920) 459-3906 or email maywood@sheboyganwi.gov.

Memberships Make Great Gifts

Give the gift of Maywood this holiday season! Purchase a basic membership for just \$25 for family and friends.

Basic memberships include discounts on programs and many items in the Ecology Store, free admission to Wishing for Winter, a subscription to EcoEdges and more! Stop by the Ecology Center or download a membership form at www.GoMaywood.org.



Trivia Night

Saturday, January 27

6pm

\$80/table of 8

Test your trivia knowledge in support of Maywood. Join us for a fun-filled evening of 10 rounds of general knowledge trivia. Cash prizes will be awarded to the top three scoring teams. Teams may bring snacks and non-alcoholic beverages to enjoy during the event. Maywood will provide free popcorn. Soda and other beverages will be available to purchase. Pre-payment of your team's table fee is greatly appreciated and pre-registration is strongly encouraged as tables fill quickly. Walk-ins accepted as space allows. Call (920) 459-3906 or email maywood@sheboyganwi.gov to register your table. Proceeds support Maywood's educational programs.

Sax-Zim Bog

Tuesday, January 30

7pm

Free

After numerous winter trips to Minnesota, avid birders Sara Sonntag and Shari Vogel share their many great encounters with northwoods bird species through their beautiful slides and display. The incredibly unique Sax-Zim Bog is a winter wonderland of birds adapted for the harsh reality of snow and ice.

Blue Moon Hike

Wednesday, January 31

6-8:00pm

\$3/person; \$2/Association members

It's the 5th Wednesday and the 2nd full moon of the month! Join us for this "once in a blue moon" self-guided hike with trails illuminated by candles and the full moon. Finish off the night with a cup of hot chocolate. If you're quiet enough you may hear owls calling to attract mates and protect their nests. This illuminating evening is not just another walk in the woods. Children under 18 must be accompanied by a parent.

February 2018

"Snowy" OWLS

Fridays, February 2 & 16

8:30am

Donations appreciated

This winter version of Older, Wiser, Livelier, Seniors takes on the challenges of winter weather, exploring the flora and fauna able to survive winter's harsh conditions. A good share of each program will be outdoors making winter apparel a must.

Yoga, Snowshoe, and Meditation Retreat

Saturday, February 3 (Register by 1/22)

9am-4pm

\$105/Association Member; \$120/Public

Step back from the busy pace of life and enjoy a relaxing day immersed in nature, snowshoeing, yoga, creative expression, and meditation. The retreat will be led by Barbara Kultgen, RYT-200. Participants should bring a lunch. Coffee, tea, and snacks will be provided. No previous yoga or snowshoe experience necessary. Snowshoeing will be replaced with hiking as determined by snowfall. Bring your own snowshoes or borrow from Maywood's limited supply. For ages 13 and up. Ages 16 and under must be accompanied by an adult. Register by January 22. Minimum 3 participants.

The Magic of Maple Sugaring

Saturday, February 3

1:30 – 3:00pm

Donations Appreciated

After 30+ years of maple sugaring at Maywood, Director David Kuckuk shares everything you need to know to convert maple sap to sweet syrup using simple equipment. This program will prepare you for the "running of the sap" this spring and a lifetime of appreciation for the labors of syrup making.

Shutterbugs

Wednesday, February 7

7pm

Free

Maywood Shutterbugs is an ongoing program for those interested in improving their photo taking skills. Join Maywood nature photography enthusiasts for meetings on a monthly basis. The Shutterbug program is appropriate for all skill levels, high school age and older. Call Cindy at Maywood 920-459-3906 for more information.

Local Food for Global Thought

Saturday, February 10

9am-2pm

Free Admission

Join us for a day of celebrating local food! Sample and purchase from local food vendors. Learn about local food resources and enjoy hands-on activities and presentations.

Partner Yoga

Wednesday, February 14

6:30-7:30pm

\$20/couple or \$10/person if registered by 1/31

\$25/couple or \$12/person if registering 1/31-2/10

Partner yoga provides a great way to practice yoga while feeling supported and encouraged by a partner and the group. No previous yoga experience necessary. Come by yourself or bring a friend or partner for this evening event that you won't want to miss. Please bring your yoga mat. Minimum of six participants. **Preregister by February 10.** Registration forms available at the Ecology Center or GoMaywood.org/programs.

Paddling Lake Superior Provincial Park

Saturday, February 24

1:30pm

Donations appreciated

Paddling Lake Superior at the end of September can have its share of challenges. A crew of three, each in solo sea canoes, explored the rugged, but beautiful shoreline of this spectacular Provincial Park just south of Wawa, Ontario. Pictographs, playful otters, and challenging trails with breath-taking views made this an incredibly enjoyable journey.

Lunch N Learn

Tuesday, February 27

Noon

Donations appreciated

John Pakala from Solu Winery will discuss the wine making process. Coffee, tea, water, and dessert are provided. To register call (920) 459-3906 or email maywood@sheboyganwi.gov. Drop-ins welcome.

Call for Vendors

Are you a local food producer or do you own a restaurant or café that sources your foods from local farms? Then consider joining us as a vendor on Saturday, February 10. Local Food for Global Thought is an opportunity for the public to connect with local farmers and businesses that feature locally produced foods. Farms or businesses should be within 50 miles of Maywood. For more information visit <http://www.gomaywood.org/LocalFoodFair.htm>

2018 vendor information will be posted in mid-December.



SAVE THE DATE

**Watch for summer camp information
in early 2018**

**Annual Members Reception
Saturday, March 3**

**Flapjack Day
Sunday, March 18**