

FALL 2021

Programs & Events



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

COVID Safety Info and Guidelines

Maywood strives to provide a safe learning environment for our program participants, volunteers, instructors, and staff. Please visit our website for the current safety protocols and masking requirements.

September 2021

OWLS-Older, Wiser, Livelier, Scholars

Friday, September 3 at 10am

Pre-register by 8/27 to maywood@sheboyganwi.gov

Free Program, Donations Appreciated

We will be meeting at the Henschel Indian Museum and Trout Farm in Elkhart Lake. The history of the Henschel homestead begins in 1849 with Johann & Christianna Henschel. In 1996 an excavation by UW-Marquette labeled the Henschel property the "Wisconsin's OLDEST red ochre burial site". We will explore the property and learn about the artifacts and history of this incredible site. Bring your own lunch if you would like to stay and picnic after the tour.

OWLS-Older, Wiser, Livelier, Scholars

Friday, September 10 at 10am

Free Program, Donations Appreciated

Join Park Director Samantha Lammers as we explore the Mixed Hardwoods Habitat, known also as our Maple Forest. We will be discussing the changes of the mixed hardwood forest during the fall and winter months and searching for current flora and fauna. The group will also be looking at some of the tagged trees and discussing the types and size class changes that we see. Terrain will be relatively flat with many places to stop and rest if needed.

Advanced Watercolors

Tuesday, September 7, 14, 21 and 28

6-8pm

\$110/person (payable directly to instructor)

Sessions will involve designing a sketch from a photo and completing a watercolor painting using shapes and values. Students must know basic fundamentals of watercolor painting. To register and receive a supply list or ask questions about the class, contact Keary Kautzer at kearykautzer@gmail.com.

Scoping The Skies

Saturday, September 11

8-10pm

Free Drop-in Program

Join members of Sheboygan Astronomical Society in viewing the night sky. Bring your own binoculars and telescopes or view their scopes provided by the club. Program meets in the Maywood parking lot and parking lot lights will be turned off for optimal viewing. The Ecology Center is not open during this program. Porta-potty is available in the park. Cloudy skies will cancel this event.

iRest® Yoga Nidra Meditation

Wednesday, September 15

5:45-6:45pm

Drop-in rate for any class \$12/class

Cultivate resiliency and enhance self-care through the practice of yoga. This guided meditation will focus on meeting, greeting, welcoming, and engaging thoughts, emotions, and beliefs that arise as messengers in our lives. During iRest we realize that qualities of peace, well-being, joy, love, kindness, and compassion are always present, even during our greatest difficulties. This practice can be done while sitting in a chair or lying on the floor. Bringing a yoga mat, blanket, towel or small pillow, and eye covering could make the experience more enjoyable but are not necessary. Barbara Holt is a registered yoga teacher with Yoga Alliance (RYT-200) with over a decade of experience teaching yoga and meditation in a variety of settings. Barbara is an iRest Yoga Nidra Level 1 teacher. To learn more about the benefits of iRest, please visit www.irest.us. For a registration form and our current COVID safety guidelines, visit GoMaywood.org

OWLS-Older, Wiser, Livelier, Scholars

Friday September 17 at 10am

Free Program, Donations Appreciated

Join Park Director Samantha Lammers for seasonally themed hikes and hands-on activities. Dress for the weather. Some programs may be held offsite. Please call to confirm location. To be added to the OWLS email list and receive current updates on OWLS programming, please email us at maywood@sheboyganwi.gov.

Harvest Moon Hike with the Director

Monday, September 20 at 6:30pm

Free program, donations appreciated

Pre-registration requested, drop-ins as space permits

In 2021, the Harvest Moon rises on Wednesday, September 20th. The moon will appear full for approximately 3 days around this time. Why does this phenomenon happen? Learn the answer and more facts and folklore about the Harvest Moon from Director Samantha Lammers while you hike around Maywood, ending in the prairie to catch a glimpse of the moon in all her glory. To register call (920) 459-3906 or email maywood@sheboyganwi.gov.

OWLS-Older, Wiser, Livelier, Scholars

Friday, September 24 at 10am

Free Program, Donations Appreciated

We will be gearing up and heading down to the ponds to see how they have changed since spring and summer. Equipment will be provided so the group can do some macro-invertebrate collection, as well as aquatic vegetation identification. Hip waiters will be provided but feel free to bring any of your own gear.

October 2021

OWLS-Older, Wiser, Livelier, Scholars

Fridays, October 1, 8, 15, 22, and 29 at 10am

Free Program, Donations Appreciated

Join Park Director Samantha Lammers for seasonally themed hikes and hand-on activities. Dress for the weather. Some programs may be held offsite. Please call to confirm location. To be added to the OWLS email list and receive current updates on OWLS programming, please email us at maywood@sheboyganwi.gov.

Yoga at Maywood

October 6, 13, 20, 27 and November 3 and 10

5:15-6:15pm

\$60 if registered by September 29; \$72 if registering after September 29

Join Barbara Holt (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 daily functional movement and mindfulness in mind. Those who are interested in practicing yoga in a nature setting, with classes outdoors when possible, are invited to join. Minimum of 4 participants, maximum of 10. Please bring a yoga mat, 2 blocks, a strap, and a blanket. Mask requirements and social distancing will be guided by Maywood expectations and CDC recommendations at the time of the class. For a registration form and our current COVID safety guidelines, visit GoMaywood.org

Scoping The Skies

Saturday, October 9

7-9pm

Free Drop-in Program

Join members of Sheboygan Astronomical Society in viewing the night sky. Bring your own binoculars and telescopes or view their scopes provided by the club. Program meets in the Maywood parking lot and parking lot lights will be turned off for optimal viewing. The Ecology Center is not open during this program. Porta-potty is available in the park. Cloudy skies will cancel this event.

iRest® Yoga Nidra Meditation

Wednesdays October 13, November 10 and December 8

6:30-7:30pm

\$30 if registered by October 7; \$36 if registering after October 7

Drop-in rate for any class \$12/class

Cultivate resiliency and enhance self-care through the practice of yoga. This guided meditation will focus on meeting, greeting, welcoming, and engaging thoughts, emotions, and beliefs that arise as messengers in our lives. During iRest we realize that qualities of peace, well-being, joy, love, kindness, and compassion are always present, even during our greatest difficulties. This practice can be done while sitting in a chair or lying on the floor. Bringing a yoga mat, blanket, towel or small pillow, and eye covering could make the experience more enjoyable but are not necessary. Barbara Holt is a registered yoga teacher with Yoga Alliance (RYT-200) with over a decade of experience teaching yoga and meditation in a variety of settings. Barbara is an iRest Yoga Nidra Level 1 teacher. To learn more about the benefits of iRest, please visit www.irest.us. For a registration form and our current COVID safety guidelines, visit GoMaywood.org

OCTOBER CONTINUED...

The Search For Sasquatch...Continued

Monday October 25- Sunday October 31

Open During Daylight Hours

Free

Alas, we did not find Sasquatch during our search last year. We need your help to search Maywood for this elusive creature! Use the map to discover clues of a Sasquatch and try to help us solve the mystery: Is there a Sasquatch living at Maywood? Learn some fun nature facts along the way too. This is a family-friendly activity that is self-guided. Maps will be available online, at the front walk information kiosk, and in the Ecology Center starting October 25.

NOVEMBER 2021

OWLS-Older, Wiser, Livelier, Scholars

Fridays, November 5, 12, 19 at 10am

Free Program, Donations Appreciated

Join Park Director Samantha Lammers for seasonally themed hikes and hand-on activities. Dress for the weather. Some programs may be held offsite. Please call to confirm location. To be added to the OWLS email list and receive current updates on OWLS programming, please email us at maywood@sheboyganwi.gov.

iRest® Yoga Nidra Meditation

Wednesdays, November 10 and December 8

6:30-7:30pm

Drop-in rate for any class \$12/class

See description under October listing

Wreath Making Workshop

Saturday, November 20

9am-Noon

Cost per Wreath: \$15/Association Members; \$20/public

Pre-registration and payment required

Members of Lake Shore Garden Club will guide you in creating a one-of-a-kind wreath from start to finish. Learn how to select and bundle evergreen branches and wire them to a wreath form. Then add a bow and other decorations to make a wreath that fits your style and décor. Participants are welcome to bring their own decorations or select from the materials provided. Bring gardening gloves and a hand pruner if you have one. Most participants can complete one wreath during the workshop. Recommended for ages 14 and up. Children under 14 should work together on one wreath with a supervising adult.



Earth Miles 4 Maywood

September 1-30

\$30/person – includes dry-fit tee; kids 12 and under are free (tee for an extra charge)

Join us in a hybrid event to support the programs and projects at Maywood. Participate in a virtual month-long event where you can run, walk, bike, pedal, paddle, or skate to reach a mileage goal you select. Participate on the dates that work best for you. And join our in-person mini-events throughout the month including our Opening Ceremonies on September 1 and our Closing Ceremonies on October 2. To register visit: <https://runsignup.com/Race/WI/AnyCity/EarthMiles4Maywood> or visit GoMaywood.org for a printable form.



Earth Miles 4 Maywood Opening Ceremonies

September 1

3:30-6pm

Open only to Earth Miles 4 Maywood registered participants

Help us kick off Earth Miles 4 Maywood complete with a torch run and lighting of the Earth Miles 4 Maywood campfire. We will have marshmallow roasting once the fire is lit. Packet and shirt pick-up will be available during the event. Details will be provided to registered participants via email.

Noon Nature Strolls

Tuesdays and Thursdays, September 2-30

Open only to registered Earth Miles 4 Maywood participants

Join Maywood staff on Tuesdays and Thursdays at noon for a stroll around Maywood. Walks will leave promptly at noon from the entrance of the Ecology Center and be approximately a mile long. We will be focused on our mileage and less on stopping to identify nature during these walks. Various routes and terrain will be used. Walks will be canceled during inclement weather.

Earth Miles 4 Maywood: Yoga with Sam

Saturday, September 11 at 9am; register by register by 9/10

Monday, September 13 at 7am; register by 9/9

Tuesday, September 21 at 5pm; register by 9/20

Free to Registered Earth Miles participants; non-participants \$10/person drop-in ONLY as space permits

Join Park Director Samantha Lammers (RYT-200) for a 60 min, ALL levels Vinyasa flow yoga class. Please bring a mat, some water, and get ready to move your body and calm your mind! Location of practice will be dependent on weather.

Earth Miles for Maywood: Habitat Hike

Sunday, September 12 at 9am

Free to Registered Earth Miles participants; \$10/person for non-participants

Pre-registration required by September 10, limited space available

Join Park Director Samantha Lammers as we explore a few of Maywood's unique habitats. We will be learning about each ecosystem and searching for flora and fauna in each area. Terrain will vary so please be prepared for a wide variety of landscape and weather. Walk will be cancelled due to inclement weather.

Earth Miles 4 Maywood: Ice Age Trail Hike

Wednesday, September 15 at 10am

Open only to Earth Miles 4 Maywood registered participants

Advanced registration required, limited space available

Maximum #: 20

Join Dave Kuckuk, Ice Age Trail Thru-hiker, as you explore a nearby section of the Ice Age Trail. Participants will meet at a designated location. Directions will be provided the week before the hike to allow selection of an optimal section of trail based on current conditions. Wear hiking shoes/boots and dress for the weather. Terrain will include hills, inclines, and uneven surfaces. Bring a filled water bottle, bug spray, and snack if you like. We will attempt to reschedule in case of inclement weather based on the guide's availability.

Earth Miles 4 Maywood: Animal Olympics

Saturday, September 18

10am-Noon

Free to Registered Earth Miles 4 Maywood participants; \$10/non-participant

Pre-registration is required by September 14

Can you jump as far as a frog? Run as fast as a coyote? Join us to test your animal Olympic skills! Travel to various stations throughout the park, complete each event and collect that station's "medal." Best suited for children ages 4-10; open to all. Children must be accompanied by a supervising adult during the event.

Earth Miles 4 Maywood: Willow Preserve Hike

Monday, September 20 at 10am

Open to Earth Miles registered participants only

Join the staff of Glacial Lakes Conservancy as you explore the Willow Creek Preserve. Advanced registration by September 17 required. Meet at the preserve; directions will be provided upon registration. Maximum of 12 participants.

Earth Miles 4 Maywood Closing Ceremonies & Food Trucks

Saturday, October 2

10am-2pm (Trucks 11am-1pm)

Food Trucks Open to the Public

Activities Free to Registered Earth Miles for Maywood Participants or purchase an event wristband for \$5 to join in the fun

Come out to Maywood to help us celebrate a MONTH of movement and miles! Join other Earth Miles for Maywood participants for food, fun, and fellowship. Food trucks will be available for purchases from 11am to 1pm and other mini-events and activities will be offered for Earth Miles for Maywood participants.

The Ecology Center is closed September 4-6 and November 25-28. Park & Trails remain open daily 4am-10pm