

# WINTER 2023-2024

## Programs & Events



Maywood  
3615 Mueller Road, Sheboygan, WI 53083  
(920) 459-3906 \* [maywood@sheboyganwi.gov](mailto:maywood@sheboyganwi.gov)  
[www.GoMaywood.org](http://www.GoMaywood.org)

ICON KEY – use these icons as a quick reference for programs	
✓	Program has a registration form or requires pre-registration
♿	Program is accessible (indoors, on flat outdoor terrain, etc.). Call for specifics
☀	Program is weather dependent
★	Program is child and/or family friendly

To register for a program, please call (920) 459-3906 or email [maywood@sheboyganwi.gov](mailto:maywood@sheboyganwi.gov)  
For online registration links and printable forms visit <https://gomaywood.org/programs/registration-forms/>  
The Ecology Center is closed December 23, 2023 – January 1, 2024

**Winter Weather Cancellations:** Cancellations will be posted to our website calendar and Facebook as soon as possible. Whenever possible we will email registered participants. Please provide your email and/or phone number when registering for a program.

### December 2023

#### Wishing for Winter ♿ ★

December 1, 5-8 pm  
December 2, 1-4 pm

**Free for members/\$5 for general public (admission is required for each day)**

Welcome the winter season at Maywood with candlelit hikes, s'mores around the campfire, story time, nature crafts, and more. This family-friendly event that emphasizes time outside together will have you ready to enjoy all that winter has to offer. Advanced tickets available at the Ecology Center desk with cash or check, or purchase online with credit/debit card at <https://www.ticketsignup.io/TicketEvent/WishingforWinter2023>. Tickets also are available at the door with cash or check only. Members may simply check in at the registration table when arriving.

#### OWLS (Older, Wiser, Livelier Scholars) ✓

Friday, December 15 (Register by December 11)  
10 am-Noon

**Free for members/\$5 for non-members**

#### **Winter Potluck at Maywood**

Celebrate winter with a potluck lunch and camaraderie with the Maywood OWLS group! Please bring a dish to pass and a favorite winter nature story to share with others.

### January 2024

#### OWLS (Older, Wiser, Livelier Scholars) ✓ ☀

Friday, January 5 (Register by January 2)  
10 am-Noon

**Free for members/\$5 for non-members**

#### **OFFSITE: Pigeon River Estuary**

Meet at Pigeon River Park, located at 4001 Lakeshore Rd., Sheboygan to explore this rare coastal estuary downstream from Maywood. Learn about the estuary and wetlands of the lower Pigeon River corridor, and a series of habitat restoration projects that will improve function of the river system for fish and wildlife and improve public access to this important coastal resource. Dress for the weather. Depending on weather conditions, participants may choose to hike or bring their own snowshoes; Maywood may have a limited supply of snowshoes available for participants to use upon request.

#### Nature at Noon ♿

Tuesday, January 9  
Noon-1 pm

**Free program, donations appreciated**

Pre-registration appreciated

Jim VanAkkeren, Chairperson of the Sustainable Sheboygan Task Force, presents, "Sustainability: A Nice Word for a Difficult Subject." Jim will address deep, complex issues and review the meaning of and need for sustainability, along with actions to take. Bring your lunch to enjoy during the program. Coffee, tea, water, and a dessert are provided.

#### OWLS (Older, Wiser, Livelier Scholars) ✓

Friday, January 12 (Register by January 8)  
10 am-Noon

**Free for members/\$5 for non-members**

#### **Winter Survival Skills at Maywood**

Learn the basics of winter survival skills needed to survive an emergency situation in the wilderness. Discuss the importance of basic human needs that need to be considered in a wilderness survival scenario and practice skills out in the field. Dress for the weather. This program includes an indoor and outdoor portion and will be modified as necessary dependent on weather conditions.

#### OWLS (Older, Wiser, Livelier Scholars) ✓ ☀

Friday, January 19 (Register by January 15)  
10 am-Noon

**Free for members/\$5 for non-members**

#### **Hot Rocks at Maywood**

Build on your winter survival skills by learning the skill of heating with hot rocks. The ability to create heat and maintain a comfortable temperature is key to surviving long term in cold conditions and a great skill to have for extending the camping season or staying cozy while enjoying a winter fire. Dress for the weather and expect to leave smelling like a campfire.

#### OWLS (Older, Wiser, Livelier Scholars) ✓ ☀

Friday, January 26 (Register by January 22)  
10 am-Noon

**Free for members/\$5 for non-members**

#### **OFFSITE: Nichols Creek Wildlife Area**

Meet at the parking area of Nichols Creek Wildlife Area to explore this wetland gem. The entrance to Nichols Creek is less than 2 miles west of the Lyndon Town Hall, which is located at W6081 County Rd N, Plymouth. Dress for the weather. Depending on weather conditions, participants may choose to hike or bring their own snowshoes; Maywood may have a limited supply of snowshoes available for participants to use upon request.

#### Full-Moon Night Adventure ✓ ☀ ★

Friday, January 26 (Register and pay by January 22)  
6-8 pm

**\$5 for members/\$10 for non-members**

This self-guided night hike features tiki torch or LED light illumination along a level 3/4-mile trail route. Depending on snow conditions, participants may choose to bring their own skis or snowshoes, but note that these are not provided by Maywood. Listen for owls hooting in the woods, as they are calling more frequently this time of year to attract mates or claim their territories. Stop in the Ecology Center to learn more about owls and warm up with a cup of hot chocolate. Please dress for the weather. Extreme weather conditions will cancel this event and participants will receive a credit for future programs in the event of cancellation.

#### Maple Syrup Training ✓

Saturday, January 27 (Register by January 22)  
9 am

**\$10 per person**

Interested in learning about maple sugaring and gaining hands-on experience? Join Maywood staff and experienced volunteers for an overview of the maple sugaring process used at Maywood. Learn how you can volunteer with the program at Maywood and gain experience to try maple sugaring yourself.

#### Nature-Based Book Club ✓ ♿

Saturday, January 27  
10-11 am

**Free program held at Mead Public Library**

Pre-registration required

Join us for Maywood's nature-based book club. Our January book is *Rooted: Life at the Crossroads of Science, Nature, and Spirit* by Lyanda Lynn Haupt. Books are available up to 30 days before the club meets. To get your copy, go to Mead Public Library, tell them that you are a member of Maywood's book club, and ask to check out the book. All you need is a library card; you can get a library card by showing a form of identification.

## February 2024

### OWLS (Older, Wiser, Livelier Scholars) ✓

**Friday, February 2** (Register by January 29)

**10 am-Noon**

**Free for members/\$5 for non-members**

#### **GPS Navigation and Geocaching at Maywood**

Learn about the Global Positioning System (GPS), how to use it for navigation, and how to utilize it to participate in geocaching. Practice finding geocaches, signing the enclosed logbook, and trading for trinkets you may find inside. Dress for the weather and bring a smartphone or GPS unit if you have one. This program includes an indoor and outdoor portion and will be modified as necessary dependent on weather conditions.

### Trivia Night ✓ ♿

**Saturday, February 3**

**6 pm**

**\$80 per table of 8**

After a brief hiatus, Trivia Night is back! Gather your team of eight and start brushing up on your trivia facts. 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. Proceeds support Maywood's educational programs.

### OWLS (Older, Wiser, Livelier Scholars) ✓

**Friday, February 9** (Register by February 5)

**10 am-Noon**

**Free for members/\$5 for non-members**

#### **Winter Tree Identification at Maywood**

Join former Park Director Dave Kuckuk in building your winter tree identification skills. Learn how to identify trees by characteristics that can be recognized in the depths of winter and practice your skills out in the field. Dress for the weather. This program includes an indoor and outdoor portion and will be modified as necessary dependent on weather conditions.

### Nature at Noon ♿

**Tuesday, February 13**

**Noon-1 pm**

**Free program, donations appreciated**

Pre-registration is appreciated

Paul Pickhardt, Ph.D., Professor of Biology at Lakeland University, presents "Tropical Ecology in Belize." Bring your lunch to enjoy during the program. Coffee, tea, water, and a dessert are provided.

### OWLS (Older, Wiser, Livelier Scholars) ✓ ☀

**Friday, February 16** (Register by February 12)

**10 am-Noon**

**Free for members/\$5 for non-members**

#### **OFFSITE: Bur Oak**

Meet at Maywood for instructions prior to driving a short distance to Bur Oak. Explore the treasured Bur Oak property. Hike the primitive trails through various conditions and ecosystems and explore less traveled sections that are easier to reach in the winter season. Dress for the weather. Depending on weather conditions, participants may choose to hike or bring their own snowshoes; Maywood may have a limited supply of snowshoes available for participants to use upon request.

### OWLS (Older, Wiser, Livelier Scholars) ✓

**Friday, February 23** (Register by February 19)

**10 am-Noon**

**Free for members/\$5 for non-members**

#### **Animal Tracks at Maywood**

Learn about animal tracks and some of the other clues that animals leave behind. Identify patterns that can tell the story of the wildlife activity that occurred on the landscape. Practice looking for signs of wildlife and tracking animals in the field. Dress for the weather. This program includes an indoor and outdoor portion and will be modified as necessary dependent on weather conditions.

### Nature-Based Book Club ✓ ♿

**Saturday, February 24**

**10-11 am**

**Free program**

Pre-registration required

Join us for Maywood's nature-based book club. Each month we will read a book exploring the natural wonders that surround us and will meet for lively discussion and fellowship. Our February book is *The Seed Keeper* by Diane Wilson. Books are available up to 30 days before club meets. To get your

copy of the book, go to Mead Public Library, tell them that you are a member of Maywood's book club, and ask to check out the book. All you need is a library card; you can get a library card by showing a form of identification.

#### Maywood Yoga Classes

Pre-registration is required for most classes. Drop-ins as space permits.

Registration forms available at

<https://gomaywood.org/programs/registration-forms/>

#### Holiday Yoga at Maywood: Presence is the Present ✓

**Wednesday, December 6** (Register by November 22)

**5:15-6:30 pm**

**Free for 2023 Yoga or iRest Participants, \$15 for general public**

Allow yourself to be guided through a gentle yoga practice, primarily on the floor, followed by a yoga nidra meditation. Please bring a pillow, two blankets, eye covering (like a washcloth), strap, and two blocks. Being present is the present.

#### Winter Yoga at Maywood ✓

**Session #1 Wednesdays, January 3, 10, 17, and 24** (Register by 12/20)

**\$40 if registered by December 13, \$48 after December 13**

**Session #2 Wednesdays, February 7, 14, 21, and 28** (Register by 1/24)

**\$40 if registered by January 17, \$48 after January 17**

**5:15-6:15 pm**

Maywood's winter series of yoga practices will be focused on exploration and connection to self, community, and nature. Part of the practice will be outdoors for activities like snowshoeing or hiking and mindful photography. Please consider dressing for cool temperatures and winter weather. Participants should bring a yoga mat, two blocks, a strap, a blanket, and a cell phone or other device for photos.

#### Back to Basics Yoga and Meditation ✓

**Wednesdays, January 3 and 10** (Register by December 20)

**6:30-7:30 pm**

**\$20 if registered by December 13; \$24 after December 13**

An invitation to return to your mat or to begin a yoga practice in the New Year. This two-part series will encourage establishing a routine of basic poses to support a home practice of yoga and meditation during the quiet of winter. Participants should bring a yoga mat, two blocks, a strap, and a blanket.

#### iRest Yoga Nidra Meditation® ✓ ♿

**Mondays, January 15 and February 26** (Register by January 8)

**5:15-6 pm**

**\$20 for the series; \$12/class drop-in as space allows**

Pre-registration required, drop-ins allowed after minimum registration has been met

iRest is a meditation practice based on the ancient tradition of yoga nidra, adapted for the modern life. It can be practiced by anyone, regardless of physical ability or experience with meditation. When practiced regularly, iRest enables you to meet each moment of your life with peace and well-being. 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 is not necessary.

#### Yoga Retreat at Maywood Park: Adventurous Hearts Cultivating

##### Meaningful Connections ✓

**Saturday, February 3** (Register by January 8)

**9 am-4 pm**

**\$115 for members/\$135 for general public**

Immerse yourself in the beauty of winter at Maywood, focusing on exploration of connection to self, community, and nature. This retreat offers an opportunity to step away from the routine of daily life without having to commit to a whole weekend away from family. This practice of self-care will be supported by outdoor exploration (snowshoeing or hiking depending on conditions) and yoga and meditation practices (primarily indoors). No yoga or meditation experience is necessary. Decaf coffee, tea, snacks, and a warm vegetarian lunch will be provided. Please plan to dress for the weather.

**About the Instructor:** Barbara Holt is a registered yoga teacher with Yoga Alliance (RYT-200) with over a decade of experience teaching in a variety of settings.