



WINTER 2024-2025

Programs & Events

Maywood

3615 Mueller Road, Sheboygan, WI 53083

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

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
 For online registration links and printable forms visit <https://gomaywood.org/programs/registration-forms/>
The Ecology Center is closed December 21 and December 23, 2024 through January 1, 2025

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 2024

Nature-based Book Club ✓ ♿
First Saturday of the Month at 10 am
Mead Public Library
Free program, advanced registration greatly appreciated
 Join Maywood’s nature-based book club, in partnership with Mead Public Library, for lively hour-long discussion and camaraderie.
Saturday, December 7: *The Vaster Wilds* by Lauren Groff .
Saturday, January 4: *Buzz* by Thor Hanson
Saturday, February 1: *Migrations* by Charlotte McConaghy
 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.

Holiday Yoga ✓
Wednesday, December 4
5:30-7 pm
Free to participants who participated in any 2024 Maywood yoga class; \$15 for non-members
 Registration Deadline: Wednesday, November 6
 Being present is the present. Allow yourself to be guided through a gentle yoga practice, followed by a yoga nidra meditation. Please bring a bed pillow, two blankets, eye covering (like a washcloth), strap, and two blocks.

Wishing for Winter ★
Saturday, December 7
2-7 pm
Free for members/\$5 for non-members
 Welcome the winter season at Maywood with crisp winter hikes, toasty s’mores around the campfire, cozy 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/WishingForWinter2024>. 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 ✓ ♿
Winter Potluck at Maywood
Friday, December 13
10 am-Noon
Free for members/\$5 for non-members
Pre-registration required by December 12
 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. Let the group know what you plan to bring by filling out this [online form](#).

January 2025

Winter Yoga at Maywood: January Session ✓
Wednesdays, January 8, 15, 22, and 29
5:30-6:30 pm
Early bird registration fee: \$40 by Wednesday, December 11; \$48 after December 11
Registration deadline Wednesday, December 18
 A full-body practice incorporating mindfulness activities in nature. The practice will be inspired by poses of animals and earth using the book *Myths of the Asanas: The Stories at the Heart of the Yoga Tradition* (Kaivalya and

van der Kooij). (No purchase of the reference book is necessary.) Participants should bring a yoga mat, two blocks, a strap, and a blanket to each class.

Snowshoe Making Workshop: Two Sessions ✓ ♿
Saturday, January 11, 9 am-Noon and Sunday, January 12, 1-4 pm
\$185 for members/\$200 for non-members
Pre-registration required by December 9
 Join teacher and board member Laurie Hylan as she leads participants in creating their own unique pair of snowshoes. We will be following the Ojibwe style of snowshoes which are long and narrow, with both a tail and a pointed, up-turned toe. Session 1 will consist of getting kits and materials prepared and beginning our snowshoe creations. In Session 2, participants will finish lacing their snowshoes and get instructions for sealing them and adding bindings at home prior to use. Please see registration form for size ordering details. Recommended for ages 14 and up. Children under 14 should work with a supervising adult on one pair. Fee includes wooden frames, tubular nylon lacing, bindings, sealant, and both workshop sessions

Nature at Noon ♿
Tuesday, January 14
Noon-1 pm
Free program, donations appreciated
 Scott Overby from Log Cabin Orchards in Plymouth will present on Growing Apples and Integrated Pest Management. Bring your lunch to enjoy during the program. Coffee, tea, water, and a dessert are provided

Ditch the Diet, Embrace the Lifestyle - Nutrition Workshop ✓ ♿
Tuesday, January 14
5:30-7 pm
Free program, donations appreciated
Pre-registration required
 Nutrition fads are not effective; instead we need to learn how to embrace a healthy lifestyle. This workshop with Dr. John Reitz and Dr. Cooper Mocariski of Better Life Chiropractic and Wellness focuses on building a healthy eating lifestyle for a happier, healthier you. Join us for a short hike/snowshoe through Maywood to enjoy the park and the brisk winter air followed by a nutrition workshop.
 Discover:

- The Power of Sustainable Nutrition: Explore how small, positive changes can lead to lasting improvements in your overall well-being.
- Nourishment, Not Restriction: Learn how to make informed choices about the foods that fuel your body and mind, without feeling deprived.
- Building a Better Plate: Gain practical strategies and tips for incorporating a variety of nutrient-rich foods into your daily routine.
- Nutrition for Your Life: Uncover how to personalize your eating habits to support your unique health goals and preferences.

 To register, visit: <https://www.betterlifecw.com/maywoodworkshopseries>

iRest® Meditation: Free community class on Martin Luther King Day ♿
Monday, January 20
5:30-6:30 pm
Free, Pre-registration preferred
 iRest is a meditation practice that supports health and healing, allowing one to meet each moment of 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. To learn more about the benefits of iRest, please visit www.irest.org.

Winter Candlelight Hike ✓ ☀️ ★

Friday, January 24

6-8 pm

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

Pre-registration and pre-payment required by January 20

A 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 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. Please check Maywood's Facebook page and your registration email for updates.

Maple Syrup Training ✓

Saturday, January 25

9-10:30 am

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

Pre-registration required by January 20

JANUARY OWLS: Older Wiser Livelier Scholars

All programs being at 10am and last approximately 2 hours

Free for members/\$5 for non-members

Visit our events calendar for additional program information

For outdoor hiking programs: Depending on weather conditions, participants may choose to hike or bring their own snowshoes; Maywood may have a limited supply of snowshoes available to borrow upon request. Extreme weather will cancel outdoor hikes. Please check Maywood's Facebook page and your email for updates. Dress appropriately for weather conditions the day of the program.

OWLS – Older, Wiser, Livelier Scholars ✓ ☀️

Bur Oak, Meet at Maywood

Friday, January 3

Pre-registration required by January 2

Meet at Maywood for instructions prior to driving a short distance to Bur Oak. Explore the treasured Bur Oak property and see for yourself why this beautiful, undisturbed 35-acre parcel of land has been held under a permanent conservation easement.

OWLS – Older, Wiser, Livelier Scholars ✓ ☀️

OFFSITE: Butler Lake

Friday, January 10

Pre-registration required by January 9

Meet at the Butler Lake Trail, located at W8831 Butler Lake Rd in Cascade. Explore this section of the Kettle Moraine State Forest-Northern Unit. This 3-mile trail winds through the 158-acre Butler Lake and Flynn's Spring State Natural Area.

OWLS – Older, Wiser, Livelier Scholars ✓ ♿

Climate Reality at Maywood

Friday, January 17

Pre-registration required by January 16

Retired U.S. Geological Survey Water Engineer Jeff Steuer leads a discussion on the causes and impacts of climate change, the latest developments in climate science, how it's affecting communities around the world, the urgent need to shift from fossil fuels to more renewable options, and solutions available to us NOW. Indoor presentation with short outdoor hike to follow.

OWLS – Older, Wiser, Livelier Scholars ✓ ☀️

OFFSITE: La Budde Creek segment of the Ice Age Trail

Friday, January 24

Pre-registration required by January 23

The La Budde Creek segment of the Ice Age National Scenic Trail is split in two with long hills on Badger Road and Little Elkhart Lake Road between the two footpath sections. Meet at the lot located at W5918 Garton Road in Elkhart Lake to explore a portion of this segment.

OWLS – Older, Wiser, Livelier Scholars ✓ ☀️

OFFSITE (location to come): Ice Fishing

Friday, January 31

Pre-registration required by January 30

Learn all about ice fishing with a Wisconsin Department of Natural Resources Fish Biologist. Get out on the ice and understand the safety precautions for doing so. Learn more about what goes on beneath the ice during the winter and where to find different fish habitat. Meeting location to be determined and will be shared upon registration.

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.

February 2025

Trivia Night ✓ ♿

Saturday, February 1

6 pm

\$80/table

Gather your team and test your trivia knowledge! Teams of up to eight people will compete in 10 rounds of general knowledge trivia. Each round will have 10 questions. Teams are welcome to bring their own snacks and non-alcoholic beverages to enjoy during the evening. Complimentary popcorn will be provided. Soda available for purchase. Seating is limited. Advanced reservation of a table is strongly encouraged. Proceeds benefit programs and projects at Maywood.

Winter Yoga at Maywood: February Session ✓

Wednesdays, February 5, 12, 19, and 26

5:30-6:30 pm

Early bird registration fee: \$40 by Friday, January 17; \$48 after January 17

Registration deadline Friday, January 24

A practice with exploration of the park in winter. The practice will be enhanced by incorporating mudras, yoga of the hands. The final week of the session will include a shorter, gentle yoga practice followed by an iRest® meditation. Participants should bring a yoga mat, two blocks, a strap, and a blanket to each class. An eye-covering such as a small towel may make the meditation portion of class more enjoyable, but is not necessary.

Nature at Noon ♿

Tuesday, February 11

Noon-1 pm

Free program, donations appreciated

Topic TBD. Bring your lunch to enjoy during the program. Coffee, tea, water, and a dessert are provided

FEBRUARY OWLS – Older, Wiser, Livelier Scholars ✓ ♿

Astronomy at Maywood

Friday, February 7

Pre-registration required by February 6

Sheboygan Astronomical Society (SAS) members will present information about astronomy, sharing winter constellations and astronomical events to look for in the winter night sky. This program will take place indoors.

OWLS – Older, Wiser, Livelier Scholars ✓ ☀️

OFFSITE: Mauthe Lake

Friday, February 14

Pre-registration required by February 13

Meet at the beach parking lot of the Mauthe Lake Recreation Area. Park entrance located at N1490 County Road GGG in Campbellsport; follow signs to the beach parking lot. Enjoy a hike along the Tamarack Circle Trail around Mauthe Lake led by a Wisconsin Department of Natural Resources educator. Following the hike, drive a few miles for an optional indoor tour of the Henry S. Reuss Ice Age Visitor Center.

OWLS – Older, Wiser, Livelier Scholars ✓ ♿

Ojibwe Language and Culture at Maywood

Friday, February 21

Pre-registration required by February 20

Boozhoo (Hello), come and learn about the Ojibwe language, drum and song, traditional stories, Ojibwe constellations and the Ojibwe creation story. Guest presenters will cover greetings, phrases, constellations, and traditional Ojibwe stories that can only be shared during winter. There will be audience participation so be ready to speak Ojibwemowin (the Ojibwe language)! This session will take place indoors.

OWLS – Older, Wiser, Livelier Scholars ✓ ☀️

OFFSITE: Willow Creek

Friday, February 28

Pre-registration required by February 27

Explore an urban oasis at the Willow Creek Preserve, 143 acres of undeveloped land in the City of Sheboygan. Glacial Lakes Conservancy (GLC) protects this land under a permanent conservation easement. Meet at the entrance to the Willow Creek Preserve, which is near Meals on Wheels of Sheboygan County, located at 1004 S Taylor Dr, Sheboygan. Limited parking near the preserve; please park in the parking lot across the street if needed. Do not park on Meals on Wheels property as they are busy delivering lunch to those in need.