

2012 Community Workshop Schedule

Power Tools • Living Well • Stepping On

(1) *Powerful Tools for Caregivers*

Sheboygan Senior Community
930 North 6th Street, Sheboygan
Thursdays 9:00-11:30 AM
Jan. 26, Feb. 2, 9, 16, 23, & Mar. 1
Facilitators: Connie Thimmig/Harbor House
Wendy Oppermann/Lutheran Social Services

Countryside Manor-West
4228 Kadlec Drive, Sheboygan
Thursdays 5:00-7:30 PM
Sept. 13, 20, Oct. 4, 11, 18 & 25
Facilitators: Kathleen Manny/ADRC &
Jane Jensen/UW-Extension Sheboygan
County/Family Living

(2) **Living Well with Chronic Conditions**



**Put Life Back in
Your Life**

Aurora Sheboygan Clinic
2414 Kohler Memorial Dr. Sheboygan
Tuesdays 6:00-8:30 PM
March 13, 20, 27, April 3, 10, 17
Facilitators: Joan Ketterman &
Julie Deterding

Prairie Crossing
1280 Pine Haven Lane, Sheboygan Falls
Thursdays 1:00-3:30 PM
July 12, 19, 26, Aug. 2, 9, 16
Facilitators: Jane Jensen/UW-Extension
Sheboygan County/Family Living &
Wendy Oppermann/Lutheran Social Services

Rocky Knoll Health Care Center
N7135 Rocky Knoll Parkway, Plymouth
Wednesdays 9:00-11:30 AM
Oct. 3, 10, 17, 24, 31 & Nov. 7
Facilitators: Kim Murrow/Comfort Keepers &
Amy Gutzman/Heartland Home Health &
Hospice



Stepping On

(3) **Stepping On**

Prairie States Enterprises
615 Pennsylvania Ave., Sheboygan
Wednesdays 1:00-3:00 PM
May 9, 16, 23, 30, June 6, 13, 20
Facilitators: Jan Scholke, RN/HomeCare
Resources, & Virginia Romaine, RN

Cedar Grove Senior Dining Site
237 South Main Street, Cedar Grove
Mondays 8:15-10:15 AM
August 13, 20, 27, Sept. 10, 17, 24, & Oct. 1
Facilitators: Annette Selk RN/ADRC &
Lynn Villani PT/Health Reach Rehabilitation

****Workshop dates/times may be subject to change.**

Contact the Aging & Disability Resource Center in Sheboygan County at 1-920-467-4100 or TTY 1-920-467-4195 to verify dates/times. Pre-registration is required.