

APRIL 2024

APRIL NOTES

FITNESS CLASSES: APRIL 3, APRIL 7, APRIL 25, & APRIL 28

FINANCIAL WELLNESS LUNCH & LEARN ON 4/9 & 4/23 - RSVP PREFERRED

SPRINGTIME HUNT - APRIL 14TH - 18TH

TAKE A BREAK MONDAY - APRIL 14TH. DIAMOND COASTER MAKING.

PLANNING AHEAD SERIES - APRIL 10, 17, & 24, MAY 1, 8, 15, & 22. RSVP PREFERRED.

Q2 WELLNESS CHALLENGE* - DAILY DOSE OF CALM. COMPLETE THROUGH WELLRIGHT TO RECEIVE POINTS

COMING SOON

FITNESS CLASSES: MAY 5, 16 19, & 29










FINANCIAL WELLNESS LUNCH & LEARN ON 5/14 -RSVP PREFERRED

PLANNING AHEAD SERIES - MAY 1, 8, 15, & 22. RSVP PREFERRED.

NOTE - MAY 8TH SESSION WILL BE HELD IN ROOM 303.

NEW! KOMBUCHA 101 LUNCH & LEARN! MAY 28TH FROM 12PM-1PM. ROOM 207
FREE SAMPLES WILL BE HANDED OUT PLEASE RSVP

YOGA @ CITY HALL ANNEX - MAY 12TH FROM 12:30PM - 1PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3  ZUMBA 12PM - 12:45PM ROOM 207	4	5
6	7  NEW! LOW INTENSITY INTERVAL TRAINING 12PM - 12:45PM ROOM 303	8	9  FINANCIAL WELLNESS LUNCH & LEARN 12PM - 1PM ROOM 207 REGISTER <u>HERE</u> *LUNCH PROVIDED	10 PLANNING AHEAD SERIES 12PM - 1PM ROOM 207 REGISTER <u>HERE</u> *LUNCH PROVIDED NEW	11	12 DOWNTOWN CANDY HOP 12PM - 2PM *FREE* 
13  SPRINGTIME HUNT STARTS TOMORROW AND RUNS UNTIL 4/18!	14 TAKE A BREAK MONDAY!  DIAMOND COASTER MAKING 11:30AM - 12:45PM CITY HALL ROOM 207	15	16	17 PLANNING AHEAD SERIES 12PM - 1PM ROOM 207 REGISTER <u>HERE</u> *LUNCH PROVIDED THINK AHEAD	18 CITY CLOSED	19 EGGSTRAVAGANZA 10AM - 4PM RACINE ZOO 
20	21	22	23  FINANCIAL WELLNESS LUNCH & LEARN 12PM - 1PM ROOM 207 REGISTER <u>HERE</u> *LUNCH PROVIDED	24 PLANNING AHEAD SERIES 12PM - 1PM ROOM 207 REGISTER <u>HERE</u> *LUNCH PROVIDED THINK AHEAD	25  STRENGTH & FLEXIBILITY CLASS 12PM - 12:45PM ROOM 207	26
27	28  YOGA 12:30PM - 1PM CITY HALL ANNEX RM 130	29	30			

*MUST BE ENROLLED ON THE CITY'S HEALTH INSURANCE TO PARTICIPATE

The poster features a light blue background with a large, light pink circle in the center. The circle contains the text for the egg hunt. Surrounding the circle are several white rabbits with pink ears and noses, some with black whiskers and others with black outlines. There are also several orange carrots with green tops and small pink flowers with green leaves. At the bottom center, there is a wooden signpost with an arrow pointing right that says "EGG HUNT".

City Wellness

SPRINGTIME HUNT

APRIL 14 - APRIL 18, 2025

Find one (1) of each of the following
colored eggs around City Hall & City
Hall Annex: Pink, Orange, Yellow,
Green, Blue, & Purple.

Submit photos to
Benefits@cityofracine.org for a
chance to **win*a prize!**
Submission deadline is April 18th



*Must be enrolled on the City's Health Insurance to win prize

DIAMOND COASTER MAKING

* *Take a Break Monday!* *






**First 50 employees that attend can make a
Diamond Coaster!**

- ➔ Supplies will be provided
- ➔ Limit of 1 coaster per person
- ➔ Variety of designs available



**LET'S GET TOGETHER &
HAVE SOME FUN! A GREAT
CHANCE TO MEET OTHER
CITY EMPLOYEES!**

 April 14th, 2025
 11:30am - 12:45pm
 City Hall - Room 207



You're Invited!

KOMBUCHA 101 LUNCH & LEARN



May 28th, 2025
12:00 pm - 1:00 pm



City Hall Room
207

PRESENTED BY: LYDIA, OWNER OF LIVING FULL KOMBUCHA

What to Expect:

- Learn about the benefits of Kombucha
- Enjoy Kombucha samples
- Ask questions & Have Fun!



Please RSVP so we can get an estimated number of people in attendance.

There will be a chance to **purchase bottles of Kombucha** at the end of the session.

Please bring cash





FITNESS CLASS SCHEDULE



MOBILITY MONDAY

MARCH	APRIL	MAY
3/3/25 YOGA 12:30pm – 1pm City Hall Room 207	4/7/25 LOW INTENSITY INTERVAL TRAINING 12pm – 12:45pm City Hall Room 303	5/5/25 LOW INTENSITY INTERVAL TRAINING 12pm – 12:45pm City Hall Room 207
3/17/25 YOGA 12:30pm – 1pm City Hall Room 207 3/18/25 Dr. John Bryant Center		5/19/25 YOGA 12:30pm – 1pm City Hall Room 207

WELL DESERVED WED

MARCH	APRIL	MAY

Classes coming soon!

EACH CLASS IS FREE FOR ALL EMPLOYEES.
NO RSVP REQUIRED!
COME HAVE SOME FUN, AND GET A LITTLE WORKOUT IN!



FITNESS CLASS SCHEDULE



HIGH INTENSITY THURSDAY


MARCH	APRIL	MAY
3/20/25 ZUMBA 12pm – 12:45pm City Hall Room 303	4/3/25 ZUMBA 12pm – 12:45pm City Hall Room 207	5/29/25 ZUMBA 12pm – 12:45pm City Hall Room 207
3/27/25 ZUMBA 12pm – 12:45pm City Hall Room 303		

FINALLY FRIDAY

MARCH	APRIL	MAY
3/14/25 STRENGTH & FLEXIBILITY 12pm – 12:45pm City Hall Room 207	4/25/25 STRENGTH & FLEXIBILITY 12pm – 12:45pm City Hall Room 207	

EACH CLASS IS FREE FOR ALL EMPLOYEES.
NO RSVP REQUIRED!
COME HAVE SOME FUN, AND GET A LITTLE WORKOUT IN!

 Human.resources@cityofracine.org

 262-636-9175



City Wellness Yoga Series

28
APRIL

12
MAY

9
JUNE

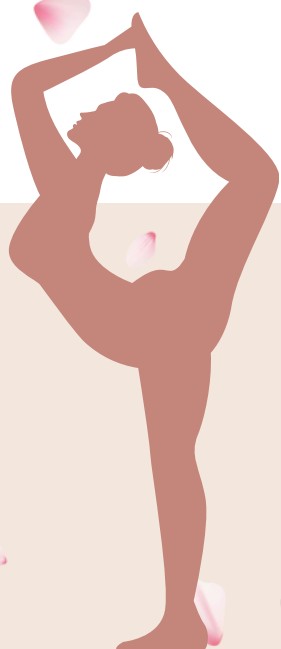
23
JUNE

14
JULY

City Hall Annex, Room 130

12:30pm - 1pm

All employees are welcomed!



CITY HALL YOGA SCHEDULE

YOGA

MAY 19TH
JUNE 2ND
JUNE 30TH
JULY 21ST
AUGUST 4TH
AUGUST 18TH

LOCATION - CITY HALL ROOM 207
12:30PM - 1PM
ALL EMPLOYEES ARE WELCOMED!



CITY WELLNESS





Q2 Wellness Challenge

Daily Dose of Calm

Commit to logging at least 500 minutes (roughly 16 minutes per day) of relaxation per month during Q2.

April 1st - June 30th, 2025

***Submit completion through WellRight to receive points**



Different ways to relax:

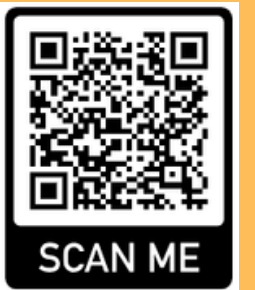
Read a new book, listen to music, connect with loved ones, practice breathing exercises, take on a new hobby, cook dinner, gardening, forget about your phone, drink tea, listen to soft music.

Financial Wellness

We are excited to announce that we are offering some Financial Wellness lunch & learn sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



FEBRUARY

26

12PM - 1PM

Making a Budget. It can be done!

APRIL

9

12PM - 1PM

Bank on it - Banking Principles

APRIL

23

12PM - 1PM

Spending & Saving - Keeping Track

MAY

14

12PM - 1PM

Asset Protection - Insurance

JUNE

11

12PM - 1PM

Retirement Planning

JULY

9

12PM - 1PM

Building Wealth - Estate Planning



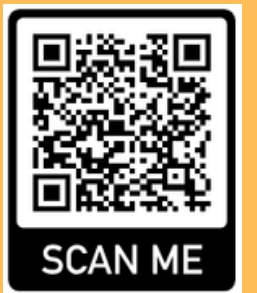
Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*

Upcoming Sessions

We are excited to announce that we are offering some Financial Wellness sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



AUGUST

13

12PM - 1PM

Be Prepared for Emergencies

SEPTEMBER

10

12PM - 1PM

Holiday Budgeting

OCTOBER

8

12PM - 1PM

Jeopardy - Recap of sessions. All welcomed!



Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*

Join us and begin *planning* **AHEAD** *for the end of this life*

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Thursdays, April 10, 17, 24, May 1, 8, 15 and 22

Time - 12:00 to 1:00 PM

Location - City Hall, Room 207

**Note - Session on May 8th will be in Rom 303*

Lunch will be provided - A **BIG** thank you to *Landmark Credit Union* for sponsoring our lunches!

Deadline to RSVP is Friday May 16, 2025

***RSVP [HERE](#) or scan QR code**

Contact us for more information

For questions or to register, please contact

Sarah Hawks, Extension Racine County

262-767-2916

sarah.hawks@wisc.edu



planning **AHEAD**

PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON



Aurora Employee
Assistance Program



2025 Employee Assistance Program (EAP) Lunch and Learn Schedule



Virtual



12:00 PM – 12:30 PM

All sessions are presented by
Aurora EAP

*Registration is not required –
Join session by clicking on
meeting links



Meeting Links

**February 11th – Balancing Work
and Home:** [Link](#)

**May 22nd – From Stress and
Strength:** [Link](#)

**August 12th, 19th, 26th,
September 2nd, 9th, and 16th –
Mindfulness Series:**

[August 12th Link](#)

[August 19th Link](#)

[August 26th Link](#)

[September 2nd Link](#)

[September 9th Link](#)

[September 16th Link](#)

November 13th – Gratitude: [Link](#)



Aurora Employee
Assistance Program



2025 Employee Assistance Program (EAP) Lunch and Learn Schedule

February 11th – Balancing Work and Home

Too many demands, and not enough time? Balancing work and home obligations is a daily challenge. This presentation outlines the basics of work-life balance.

Training objectives include the following:

- Assess personal life balance and identify obstacles to maintaining balance
- Examine the role assertiveness plays in maintaining life balance
- Learn coping strategies for maintaining life balance

May 22nd – From Stress to Strength

For over 50 years, we've been told that stress is bad and must be avoided. What if that's wrong? Turns out, the story of stress is a little more complicated. This training will help you create a plan for turning stress into something useful and good for you.

Objectives for the session include the following:

- Learn how stress can be beneficial and brings meaning to life
- Identify how you already successfully manage stress
- Learn about three distinctly different stress responses
- Learn ways to better manage your stress response

August 12th – September 16th – Mindful Moments

Mindfulness is a simple practice that invites us to focus our attention on the present moment; moving our minds from a state of automatic pilot to being fully present to the moments of our lives, as we live them. Just like physical fitness requires us to take time to strengthen our muscles so that they can be strong when we need them, mindfulness practice helps us to strengthen the mind so that it can be resilient in the face of stress and other life challenges.

This 6-part Lunch and Learn Series will guide participants through the basics of building a personal mindfulness practice. Participants will:

- Learn the foundational principals of a mindfulness practice
- Understand how normal brain functioning impacts our ability to be mindful
- Experience a mindfulness practice each week with guided instruction

November 13th – Gratitude for Life

Adopting an attitude of Gratitude has significant research-based benefits in your personal, emotional, social life, health, and career. In this interactive presentation, we will share takeaway tools for putting gratitude into practice.

Training objectives include the following:

- Define and explore the many advantages of gratitude
- Discuss the correlation of gratitude and happiness
- Identify ways to cultivate gratitude
- Practice gratitude in a real and meaningful way