



Two Rivers Senior Center

CELEBRATING 68 YEARS OF SERVICE TO THE COMMUNITY!

JANUARY 2022

LOCATION

1520 17th Street
Two Rivers, WI 54241
P: (920)793-5596
www.tworiversseniors.org
FB: Two Rivers Senior Center



HOURS

M-F 8:00 am - 4:00 pm

STAFF

Senior Center Supervisor

Tammy Desten
P: (920)793-5590
E: tamdes@two-rivers.org

Program Coordinator

Michelle Michels
P: (920) 793-5597
E: micmic@two-rivers.org

Nutrition & Volunteer Coordinator

Serena Kreie
P: (920)793-7266
E: serkre@two-rivers.org

Meal Site Coordinator

Kim Graves
kimgraves@two-rivers.org

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Two Rivers Senior Center
Winter Warm-up
Soup Sale
Homemade Heat and Eat Soups

Creamy Turkey Vegetable Noodle
Corned Beef & Potato Chowder
Meatball Spinach & Bean
Split Pea & Ham
Chicken Fajita



\$3.50/pint
\$7.00/quart

While Supplies Last
Sorry, No Pre-Orders

January 19-21, 2022 ~ 8am-4pm
Two Rivers Senior Center
1520 17th Street
920-793-5596

The Two Rivers Senior Center is an accredited Senior Center with the Wisconsin Association of Senior Centers

The Two Rivers Senior Center is also a member of the following:

- *Coalition of Wisconsin Aging Groups
- *American Society of Aging
- *National Council on Aging
- *National Recreation & Park Association
- *Wisconsin Parks & Recreation Association



Let's Get Moving!

ATI Physical Therapy staff presents an exercise class geared towards individuals of all ability levels. This class will include cardio exercise, strength building, and improving balance. Full body movements in this class can be done from sitting or standing positions and will help improve the ability to perform activities of daily living.

Tuesdays at 1:00 pm

One Wellness punch per class.
Please register in advance
by calling 920-793-5596.



It's A Tea Party

Wednesday, January 12
1:30 pm

Let's celebrate National Hot Tea Day.

Tea and light snacks along with games will make this a fun party.

All members welcome.

Space is limited so sign up now by calling 920-793-5596.

Walking in the gym is open
Monday-Friday
from 6-8am for
Two Rivers Senior
Center members.



Journey Around the World
Passport winners are....

1st - Gloria Mlada
2nd - Karen Ewald

We hope everyone had fun
on their adventures!!





There will be no dine-in lunches in January as the ADRC is restructuring the nutrition program.



Call 920-683-4300 to schedule an appointment. Applications will be processed by phone.

WHEAP 60% Wisconsin Median Income For FFY 2022 (2021 - 2022)

| Household Size | One Month Income | Annual Income |
|----------------|------------------|---------------|
| 1 | \$2,591.92 | \$31,103 |
| 2 | \$3,389.42 | \$40,673 |
| 3 | \$4,186.92 | \$50,243 |
| 4 | \$4,984.42 | \$59,813 |



AARP TAX AIDE

by appointment

Wednesday and Friday mornings

Serving struggling older adults by creating and advancing effective solutions that help them secure the essentials.

2021 AARP Tax-Aide Program

Low-Income seniors in need of assistance with Homestead & Simple Income Tax returns may schedule an appointment at the Two Rivers Senior Center by stopping in or by calling 920-793-5596.

1st appointment will be to drop off all paperwork at which time you will schedule your appointment to sign and pick-up your completed taxes.

We need you!! Our Committee on Aging is looking for new committee members. If you are interested in volunteering to help promote and continually enhance the Two Rivers Senior Center programs and activities please stop in at the Senior Center office for your Committee Volunteer Application.

Committee on Aging members serve a 3-year term and must be a resident of Two Rivers.



Members and participants of/at the Two Rivers Senior Center consent to allow The Two Rivers Senior Center to use any photographs, videos, sound tracks, or any reproductions of these, to be used in written materials, social media or any other type of media. The Two Rivers Senior Center, a division of Parks & Recreation Department of the City of Two Rivers, is committed to providing an active and productive lifestyle for adults in the community through diversified volunteer opportunities, advocacy for adults, programming for health, recreation, education and community affairs.

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A 4C 01-1180

WISH LIST

Wooden Cooking Spoons
(new or used)



Bird Seed



Donations are accepted Mon-Fri at the Senior Center front desk window between 8am-4pm. **THANK YOU ALWAYS!**



Committee on Aging

January 3, 2021 at 8:30 am

FOOT CARE

Sharon Glandt, RN, will be providing foot care services at the Senior Center by appointment only.

January 12, 19, 26

\$25 includes foot soak, toe nail clipping, towel, & light massage.

(Cash or check payable to Sharon Glandt)



Call 793-5596 to schedule your appointment.

What can these PUNCH CARDS get you?

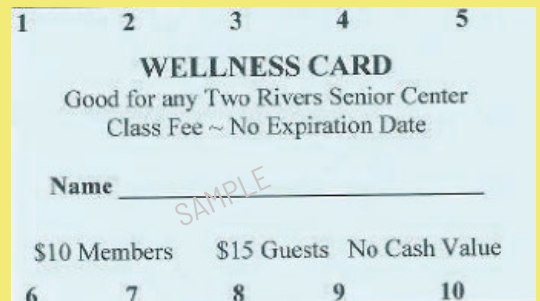


*Takes you anywhere in Two Rivers - appointments, Senior Center, bank, shopping, etc.

*Must be a Two Rivers Senior Center member & schedule at least one business day in advance

*1 punch per stop

Purchase at Senior Center or from Trust Driver



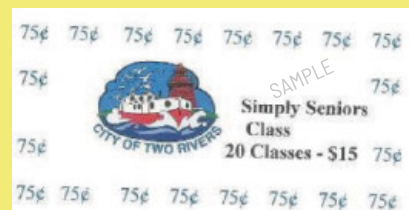
Classes (when available):

*Arthritis Exercise

*Let's Get Moving

*Strong Bodies

Purchase at Senior Center



*Simply Seniors (Parks & Rec class)
Purchase @ Park & Rec Office

FRIENDS of the Two Rivers Senior Center Annual Meeting

Thursday, January 27th
Open Meeting at 12:00 pm

ALL Two Rivers Senior Center
Members are welcome to attend.



Agenda:

- *Review annual report
- *Vote for Board Members
Listen to the candidates and cast your vote!
- *Discuss 2022 Senior Center goals



**In case of cancellation due to unforeseen circumstances, this meeting will be rescheduled to Thursday, February 10th at 12:00pm.*

Interested in become of Board Member for the FRIENDS of the Two Rivers Senior Center, or know someone who might be? Stop at the Senior Center front window for an application or for more information.

The Friends of the Two Rivers Senior Center a 501(c)3 non-profit group, operates from its mission to support the programs and services of the Two Rivers Senior Center through proceeds garnered from donations and fundraising opportunities. The Friends group provides funding for the maintenance and all operating expenses of the TRUST car (Two Rivers Unique Senior Transportation). Support is also provided for the Home Delivered Meals, Lunch and other programs and services offered through the Two Rivers Senior Center.



- *Home Delivered Meal Deliverers
- *TRUST Car Drivers
- *Packaging Meals
- *Front Desk Receptionist
- *Special Events
- *Lunch Help
- *Newsletter/Poster Deliverer
- *Baking/Cooking

**If your interested in helping once a week, once a month,
or once in a while, please call
Serena, Volunteer Coordinator at 793-7266**



346 Scandinavian Court
Denmark, WI 54208
Office: 920-863-5362
Stacie Erdman
Operations Manager

4606 Mishicot Rd.
Two Rivers, WI 54241
Office: 920-794-1950
Christina Meseberg
Executive Director



2115 Cappaert Road, Manitowoc, WI 54220
Phone: 920-686-1797
Tammy Wagner
Executive Director

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email: river.hill@att.net
Mon-Fri: 8am-2pm

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TRIPS AND TOURS

TWO RIVERS SENIOR CENTER "ALWAYS AN ADVENTURE"

BUS TRIP POLICIES

Trip Sign Up

Sign up for trips will be taken as soon as the trip is announced in our newsletter. Signups can be taken person or via the mail with payment by cash or check. One person can sign up multiple participants.

Cancellation Policy

Refunds are not issued if a participant cannot make a trip; however, we may notify anyone on a potential wait list depending on the date of cancellation. Cancellations for bus trips up to two weeks prior to the trip date, will be non-refundable. Insurance may be offered for extended trips. Reservations are non-transferable unless authorized by the Two Rivers Senior Center office. (Any same day transfers will incur a \$15.00 fee payable before joining the trip).

Day Trip Bus Loading Order: The computer system keeps track of sign up order and names will be called according to the sign up list. There may be seats reserved in the front or in the back of the bus for medical purposes.

Medical Pass: If a traveler needs to sit in a particular area on the bus, a medical release from a physician must be on file in our office. Accommodations are made accordingly.

Participants Must Be Independent or travel with a caregiver.

Unannounced Trip Changes: While all care is taken in keeping to the scheduled itinerary, there may be an occasion when a substitution of a part of a trip may be made due to unforeseen circumstances beyond our control.

Additional Trips May Be Announced: We may add trips to our schedule during the year as opportunities arise.

Illness on a Trip: In case of illness, the trip escort will ensure that participants receive appropriate medical care, but the escort will remain with the group.

Don't Like To Travel Alone? Stop in and put your name on our Partner List.

2022 Trip Plans

Registration now open:

February 16 @ 2pm: Premier World Discovery Presentation

March 30: Green Bay's Historic Tavern Tour

May 19: Fireside "A Mighty Fortress is our Basement"

August 10~7days: California Rail Discovery

October 1~7 days: Idaho Adventure a Lewis & Clark Discovery

October 26: Fireside "Grease"

November 8~9days: Hawaii 3 Island Adventure

Watch in future newsletters for more information/registration:

July 25-27: Baraboo, the Dells, & the Driftless

August 18: Brewers Baseball Game

September 11-16: Tour around Lake Michigan & Mackinac Island

Two Rivers Senior Center & Premier World Discovery present:

3 Exciting Travel Destinations in 2022

Stop in for flyers with more information or to sign up.

California Rail Discovery August 10 ~ 7 days

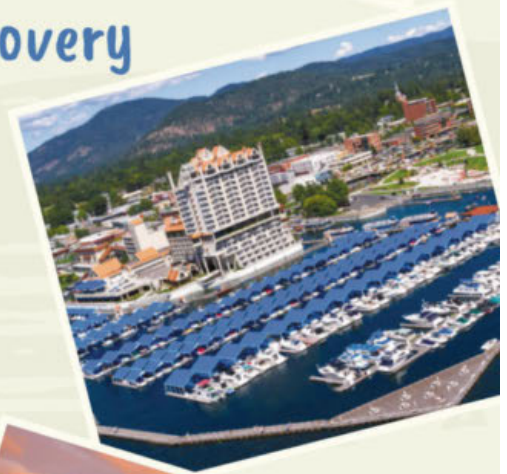
\$3450 pp double / \$4400 single
\$300 downpayment due at signing
\$200 discount pp if paid in full by May 27



Idaho Adventure a Lewis & Clark Discovery

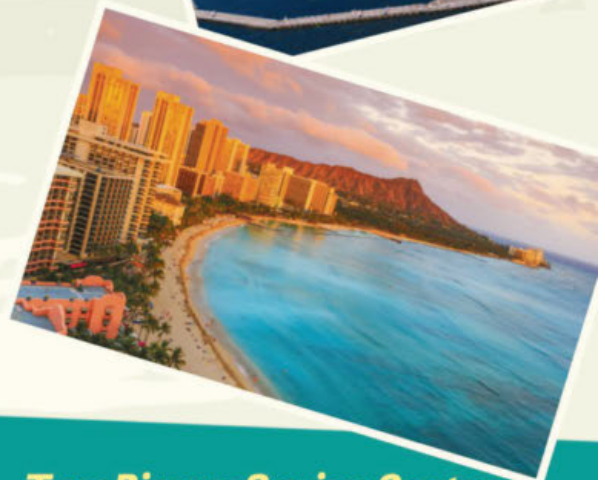
October 1 ~ 7 days

\$3275 pp double / \$4225 single
\$300 pp downpayment due at signing
\$200 discount pp if paid in full by July 18



Hawaii 3 Island Adventure November 8 ~ 9 days

\$5145 pp double / \$7020 single
\$300 downpayment due at signing
\$200 discount pp if paid in full by August 25



**Join us for an informational meeting
on Wednesday, February 16 at 2:00 pm.**
Pre-Register by calling 920-793-5596.

**Two Rivers Senior Center
1520 17th St ~ Two Rivers
920-793-5596**

Two Rivers Senior Center presents:

Green Bay's Historic Tavern Tour

Wednesday, March 30



Enjoy a fun day trip to Green Bay learning about the history of the city in a very Wisconsin way - a historic bar tour! We'll focus on the historic downtown and visit several establishments - including Hotel Northland, The Riverside Ballroom, The Depot Gastropub, Tittletown Brewery, and Keggers. Each venue has its own unique history and all have great ties to the Green Bay Packers. Five drinks tickets will be provided. A family-style broasted chicken lunch will be included as well as bar snacks along the way.

\$130 members / \$140 guests

Price included motorcoach, tour guide, staff escort, drink tickets, lunch, gratuities, and snacks.

Cash or Check only.



**Two Rivers Senior Center
1520 17th Street
Two Rivers, WI 54241**

10:00 am bus departs
Two Rivers Senior Center
6:30 pm approximate
arrival home



BINGO - Tuesdays at 1:00 pm

*Dates listed on the
Activity Calendar*

The fourth Tuesday of every month Hamilton Health Services will host Bingo.

Please be sure to Thank your volunteer hosts!

Please register by calling 920-793-5596 in advance.

Free Blood Pressure Screenings



Tuesday, January 11 10:30-11:30

*Provided by Sharon S Richardson
Community Hospice*

Call 793-5596 to schedule
your appointment
at the Senior Center.
Walk-ins welcome.
Free to Everyone

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holidays
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Center



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Thursday, May 19, 2022 ~ The Fireside

The year is 1960 and a reformation is underway. Beverly gets her first pair of high heels, Mrs. Snustad win top honors, Mavis must find a way to deal with the new Super Highway, Karin finds freedom, and Pastor finds new love and announces his impending nuptials. Against the changing tides, these "bulwarks never failing" stand strong in their faith and in their friendship with more crazy antics, more great songs, and more lessons reluctantly learned.

Dinner choices: *Please have your choice at time of registration.*

*Roast Boneless Pork Chop with sauerkraut and sausage, served with whipped potatoes.

*Chicken Cordon Bleu served with whipped potatoes.

*Lasagna

All dinners include chopped salad, green beans with Parisian carrots, freshly baked breads, apple pie, coffee, tea, and milk.

\$145 members
\$155 guests

Payment due at registration ~ cash or check only.
Price includes motorcoach, dinner,
show, & gratuities.

7:30am depart Two Rivers Senior Center
7:45am depart Mtwe Perkins Park & Ride
11:15am dinner
1:30pm show
6:00pm approximate time home

Two Rivers Senior Center
1520 17th Street ~ Two Rivers
920-793-5596



Let's go back to the '50's!

GREASE

at the **Fireside Theater**
Wednesday, October 26



7:30am depart
Two Rivers Senior Center
7:45am depart
Mtwc Perkins Park & Ride
11:15pm lunch
1:30pm show
6:00pm approximate time home

Here is Rydell High's senior class of 1959: duck-tailed, hot-rodding "Burger Palace Boys" and their gum-snapping, hip-shaking "Pink Ladies" in bobby sox and pedal pushers, evoking the look and sound of the 1950's. Head "greaser" Danny Zuko and new (good) girl Sandy Dumbrowski try to relive the high romance of their "Summer Nights" as the rest of the gang sings and dances its way through such songs as "Greased Lightnin'", "It's Raining on Prom Night," "Alone at the Drive-In Movie" recalling the music of Buddy Holly, Little Richard, and Elvis Presley that became the sound track of a generation.

Lunch includes: Signature Salad, Roasted Potatoes, Asparagus with Carrot Coins, Freshly Baked Breads, Bourbon Peach Cobbler with Frozen Vanilla Custard, Coffee, Tea, and Milk.

Entree Choices: *Please have your choice at time of registration.*

*CHICKEN AND RIBS

*SLICED ROAST BEEF TENDERLOIN

*ATLANTIC SALMON *Grilled and served with a Lemon Velouté Sauce*

Members \$145

Guests \$155

Reserve your spot with full payment.

Cash or Check only

Two Rivers Senior Center

1520 17th St

920-793-5596



Take 'n Make Creation Station



**Set of 2
Snowmen**

**Members \$3;
Guests \$5**

To reserve your kit,
call 793-5596

by Friday, January 14

Kits will be ready for pick-up
January 20-21 (8am-4pm)
at our front desk window.

You will need your own glue.



Red Hattitudes

Thursday, January 20
1:00 pm

Kicking off the New Year with a meeting to
discuss plans for the 2022 calendar year.
Two Rivers Senior Center.

Sandy is our hostess this month.

We are always looking for people to have fun
with us. If interested inquire at the Senior Center.
920-793-5596

The Two Rivers Senior Center Red Hattitudes
donated to the following in 2021:

TREP Food Pantry
Two Rivers Police K-9
Lakeshore Humane Society



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***The Senior Center may close due to Severe Weather.
When the Senior Center is closed, there are NO activities, classes,
exercise classes, programs, Trust Car rides, lunch, and No Home
Delivered Meal deliveries.***

Tune into one of the following for closing announcements:



Radio: WDOR (910AM or 93.9 FM), WOMT (1240AM),
WCUB (980AM), or WHBL (1330AM)



Television: WBAY, WFRV, and WLUK



Facebook: Two Rivers Senior Center

If a winter storm is predicted, please try to keep some of the following food and items on hand.

- * Canned Fruits and Vegetables
- * Dried Milk or Evaporated Milk
- * Canned or Dried Soups
- * Canned Meat or Fish
- * Instant or Ready-to-Eat Cereals
- * Peanut Butter
- * Crackers
- * Jam or Jelly
- * Instant Coffee, Tea or Cocoa
- * Bread and Cheese
- * Granola Bars
- * Canned Juices
- * Bottled Water
- * Pet Food (if you have pets)

- * Battery Operated Radio
- * Flashlights
- * Extra Batteries
- * Medications
- * Medical Supplies, First Aid Kit
- * Toilet Paper
- * Hand Soap or Hand Sanitizer
- * Extra Blankets
- * Extra Coats, Hats and Gloves
- * Candles and Matches



Don't forget about your pet.

Pets need special attention in cold weather just like we do.

- * Limit exposure to cold temperatures.
- * Wipe off paws, legs and stomach when they come in from being outside.
- * Pay attention to your pet's paws as they may bleed from snow or ice.
- * Be sure to clean their feet when they come in, as pets can digest salt, antifreeze or other potentially dangerous chemicals while licking their paws.



PO-KE-NO

Friday, January 28
10:00 am

The thrill of Poker
with the anticipation
of Bingo!

Please call to register 920-793-5596.



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facebook

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www.tworiversseniors.org

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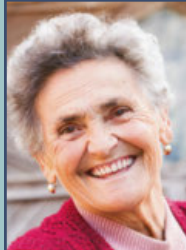
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their own home as they age.



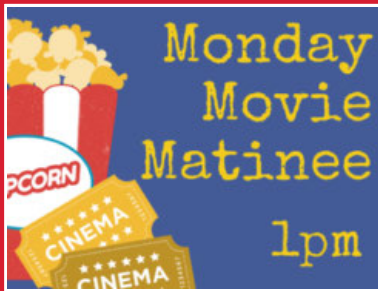
Felician Village
at Home

felicianvillage.org • (920) 684-7171, ext. 425



For ad info. call 1-800-950-9952 • www.lpicommunities.com Two Rivers Senior Center, Two Rivers, WI

E 4C 01-1180



MOVIES

FREE for Members; Non-Members are welcome for \$3.00 each.
*Pre-registration required by calling 793-5596 in advance. Space is limited.
Sign-in at the Senior Center front desk window upon arrival

*Movie Matinees are sponsored by the Two Rivers Lester Library.
Refreshments are sponsored by TRIAD of Two Rivers.*

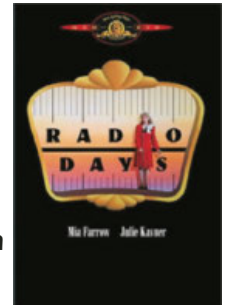
RADIO DAYS

Monday, January 3

Rated PG (1 hr 40 min)

A middle-aged man looks back on his childhood in Rockaway, N.Y., in a series of vignettes focused on the golden days of radio. Joe (Woody Allen), who narrates, is portrayed as a teenager in the film by Seth Green. Eccentric relatives and radio personalities inhabit various stories, including an unlucky aunt (Dianne Wiest), a cigarette girl (Mia Farrow) with career ambitions, and two burglars with excellent timing. Young Joe involves his friends in a scam to earn a decoder ring.

Starring: Woody Allen, Mia Farrow, Dianne West (1987)



A RAINY DAY IN NEW YORK

Monday, January 10

Rated PG-13(1 hr 33 min)

A Rainy Day in New York tells the story of college sweethearts, Gatsby and Ashleigh, whose plans for a romantic weekend together in New York City are dashed as quickly as the sunlight turns into showers. The two are soon parted, and through a series of chance meetings and comical adventures they will discover that, while you only live once, once is enough if you find the right person.

Starring: Jude Law, Selena Gomez, Elle Fanning (2020)



WE BOUGHT A ZOO

Monday, January 17

Rated PG (2 hr 6 min)

In this adaptation of Benjamin Mee's memoir about buying and saving a run-down zoo, the locale shifts from Britain to southern California. However, the wacky spirit of the original is retained, complete with escaped tigers and a zoo crew of misfits

Starring: Cameron Crowe, Matt Damon, Scarlett Johansson (2011)



FINDING YOU

Monday, January 24

Rated PG (1 hr 55 min)

When her audition for an elite New York conservatory goes awry, aspiring violinist Finley Sinclair travels to a quaint Irish coastal village for a semester abroad program. At the B&B of her host family, she encounters charming heartthrob movie star Beckett Rush, who is there to film the next installment of his medieval fantasy-action franchise. As Beckett's free-spiritedness helps Finley find the heart and passion that was missing from her music, Finley's honesty inspires Beckett to pursue his true passion, and they discover that a change of scenery may be all they need to find themselves — and true love.

Starring: Rose Reid, Jedidiah Goodacre, Katherine McNamara (2021)



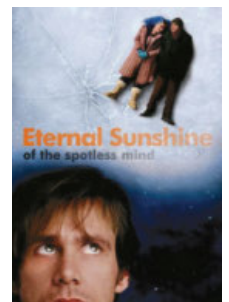
ETERNAL SUNSHINE OF THE SPOTLESS MIND

Monday, January 31

Rated R (1 hr 48 min)

After learning that his ex-girlfriend had an experimental medical procedure to purge all memories of him, a man decides to do the same with her. But during the operation, he realizes he doesn't want to lose what's left of their relationship.

Starring: Jim Carrey, Kate Winslet, Kirsten Dunst (2004)



Shaping up for the New Year

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Strength training program for all levels to help reduce the risk of diabetes, heart disease, arthritis as well as make you feel good, healthy, and alive!

Standing and chair modifications.

This virtual class is provided by the UW Madison Extension Health & Wellbeing program offered at the Two Rivers Senior Center.

Enjoy as many classes as you would like.

Mondays and Wednesdays at 9:00am

January 10-March 30

Pre-register by calling 920-793-5596.

One Wellness Card punch per class.

(10 punches/card: \$10 members; \$15 guests)

Help the Senior Center while Shopping.

If you shop online, please use Amazon smile - the information is on the Amazon site, they will send a donation to the Friends of the Two Rivers Senior Center.

It will not add to your purchase price. Choose the Friends of the Two Rivers Senior Center as your charitable organization of choice. Thank You



FREE - Just a reminder that we have books, puzzles, and movies in our library that are **free** for our members.

We appreciate all of the cards, books, and puzzles you are donating, but at this time, we are respectfully declining these donations at this time.



Dartball

Wednesdays
1:00pm

Call 793-5596 to sign-up

New players always welcome!

(Two Rivers Senior Center members activity)



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Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicommunities.com
or (800) 950-9952 x5887

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SSRHospiceHome.org

Phone: (920) 467-1800 | Toll-free: (866) 467-2011
W2850 State Road 28 Sheboygan Falls, WI 53085
4411 Calumet Ave, Suite 4 Manitowoc, WI 54220

**SUPPORT OUR
ADVERTISERS!**





January 11
Terry & Kathryn Casavant

January 19
John & Barbara Nordstrom

Arthritis Exercise

Tuesdays 10:30 am

This class will help increase strength and flexibility, reduce joint pain, and help combat fatigue.



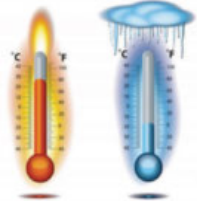
Please sign-in at the Senior Center front desk window when you arrive and have your punch card ready.

Please register in advance by calling 920-793-5596.

Elder Benefit Services:

- *Health Insurance and Access: Medicare, Senior Care, Medical Assistance
- *Income Support: Food Share, Social Security, SSI Disability & more
- *Community Based Services: Community Options Program, Family Care & more
- *Housing/Utilities: Subsidized Housing, Housing, Repair/Improvement Loans & Grants, Property Tax Deferral Program & more
- *MORE ~ Must be 60 or older.

Please call the ADRC at 683-4180 to schedule your in-person appointment at the Two Rivers Senior Center the first Thursday every month.



The temperature is...

- ...different in different rooms of the Community House - please dress in layers.
- ...different on different days in the Community House - please dress in layers.
- ...different in the Trust Car or on Bus Trips - please dress in layers.

PEOPLE HELPING PEOPLE CHORE PROGRAM

This program is a referral program for MEMBERS of the Senior Center. The chore list contains categories that individuals volunteer to have their names included. When members pick up a copy of the list, it is then their responsibility to contact the worker, get references, agree on the conditions of the job and the price to be paid. The Two Rivers Senior Center does not recommend any individual, or guarantee their work. This information is provided as a community service. If you are not a Two Rivers Senior Center member there is a \$2.00 charge for the chore list. Categories include; Concrete, garage cleaning, mowing lawn, edging, painting, snow removal, house cleaning, cooking, laundry, moving, pet care, window washing, car washing, etc

If you are interested in being on the list, please call 793-5596 to sign up.





January 1
Fredrick Stoeger

January 2
Judy Wanish

January 3
Tammy Ricks
Chris Bauknecht
Lois Kubsh

January 4
John Kruse
William Stegemann
Dale Coenen
John Moseler

January 5
Gloria Mlada
Karolyn Swoboda

January 6
Diane Schmidt
Edd Kornely

January 7
Connie Pawlowski

January 8
Barbara Laurent
Pam Fanslau

January 9
Barb Sauer
Jacque Moseler
Elizabeth Palmer
John Schuh
Marlene O'Neill

January 10
Kathryn Casavant
Joyclyn Gerroll
Patricia DeWitt
Catherine Campbell
Judy Ratajczak
Peggy Mueller

January 12
Sue Ollendorf

January 13
Dian Polich
Benjamin Valenta
Ruth Kornely

January 14
Robert Hearley
Tom Becker

January 17
Susan Naidl
Vincent Alber
Liz Foster
Susan Lemke

January 18
Janet Mueller
Donald Slegler
Chris Wilfert
Tom Mulhaney

January 19
Gene Peterson
Gaylynn Hendrick

January 21
Rich Langman
Rosemarie Bugs
Bill Johnson
Ronald Krizek
Thomas Zur

January 22
Ann Plansky
Daphne Greif

January 23
Doug Albright
Barbara McDonald

January 24
Keith Rowe
Deborah Palumbo
MaryLou Dederling

January 25
Bonnie Monka
Joal Peugeot
Michael Staudt
Jeff Thompson

January 26
Barbara Borths
David Abts
Ronald Pilzak

January 27
Dorothy Konop
Mary Ann Pries
Paula Roaten

January 28
Michael Canty

January 29
Pearl Bauknecht
Leah Lemanchek
Judy Alber
Marian Kunstmann

January 30
Darla Powell
Paul Schmid

January 31
Nona Casebeer
Kathleen Meneau
Gail Zaidel
Sandra Franz



Sheepshead Thursdays 1:00pm

Have fun socializing while playing this trick-taking game with other members.

Register in advance by calling 793-5596.



Card Creators Wednesdays 10:00 am

Create cards from scratch, cut out pictures and greetings from used cards, or create cards using the cut-outs. We have everything you need to create the beautiful cards that the Senior Center uses to send to our members for various occasions. Scissors, glue, stamps, paper, embellishments and more to help your creativity flow.

Register in advance by calling 920-793-5596.



Christmas Cards were made by volunteers and sent to Meadow View Assisted Living and Wisteria Haus Assisted Living.



National Peanut Butter Day

Member-Bring this ad to the Senior Center front desk window on January 24th & receive a Reese's Peanut Butter Winter Tree. One offer per person. While supplies last.



Just some of the fun activities we offer for our members...



CRIBBAGE

Wednesdays 1:30pm


Members will have fun while enhancing memory formation & exercising cognitive skills.

Please call 793-5596 to register.


Mahjong

Tuesdays 9:30am

Join other members in this memory skills game. Think outside of the box while you develop new strategies.



Not sure how to play? Join us and we will teach you!
Call 793-5596 to register.



Quilting

Fridays
8:30 am - 2:30 pm

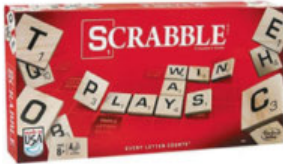
Volunteer quilters use material, supplies, and sewing machines provided by the Senior Center. All items made using these items are donated to various causes and groups throughout the year.

Register in advance by calling 793-5596.

SCRABBLE

Thursdays ~ 1:00 pm

Looking for some fun where you can put your brain to work and enhance your well-being? Enjoy a game of Scrabble with other members!



Register in advance by calling 920-793-5596.

ADT-Monitored Home Security


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- Flood Detection
- Fire Safety
- Carbon Monoxide



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LPi Contact us at careers@4lpi.com
www.4lpi.com/careers

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jparkinson@lpicommunities.com
or (800) 950-9952 x5887

ACTIVITIES & SERVICES

Activities *(membership required)*

Bingo Tuesday 1:00 pm
 Book Club *Call if interested*
 Card Creators Wednesday 10:00 am
 Chorus *Call for information*
 Creation Station Varies, see Calendar
 Cribbage Wednesday 1:30 pm
 Mahjong Tuesday 9:30 am
 Movie Matinee Monday 1:00 pm
 Quilting Friday 8:30 am
 Red Hattitudes Third Thursday
 Scrabble Thursday 1:00 pm
 Sheepshead Thursday 1:00 pm

Exercise

Arthritis Exercise Tuesday 10:30 am
 Let's Get Moving Tuesday 1:00 pm
 Line Dancing *Looking for instructor*
 Strong Bodies *to be announced*
 Walking Monday - Friday 6:00 am

*Simply Senior Exercise Tues & Thur 9:15 am
 (through the Parks & Rec department)*

Health

Blood Pressure Second Tuesday
 Health Screenings See Calendar
 Foot Care See Calendar

Services

Assistance in Your Home Info Chore list
 Books & DVD, Puzzles Available to borrow
 Benefit Specialist First Thursday
 Educational Presentations See Calendar
 Heat Assistance November-January
 Home Delivered Meals/Call 683-4180 (ADRC)
 Newcomer Tour-Call for personal appointment
 Reassurance Calls During Regular Hours
 Vision Assistance TV Reader Available

Travel

Day Trips
 Mini Getaways
 Extended Trips
 International Travel

Please see the calendar or the newsletter for additional one-time or short-term activities.

PLEASE SIGN UP by calling 793-5596

Do you see an event or an activity that you would like to attend? Please stop in or call in advance so that we can get you registered for all classes, activities, etc.



Two Rivers Senior Center Membership

\$15.00 per person, annual
\$225.00 per person, lifetime
cash or check payments only

Open to anyone 50+ years of age. We offer a wonderful opportunities to stay engaged, socialize, maintain wellness, have fun and so much more!

Two Rivers Senior Center Mission Statement

The Two Rivers Senior Center, a division of Parks & Recreation Department of the City of Two Rivers, is committed to providing an active and productive lifestyle for adults in the community through diversified volunteer opportunities, advocacy for adults, programming for health, recreation, education and community affairs.



Two Rivers Senior Center Activity Calendar January 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>3 6-8 Walking/Members 8:30 Committee on Aging 1:00 Movie: Radio Days</p> | <p>4 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 1:00 Bingo 1:00 Let's Get Moving!</p> | <p>5 6-8 Walking/Members 9:00 Bowling at Rudy's Lanes 10:00 Card Creators 1:00 Dartball 1:30 Cribbage</p> | <p>6 6-8 Walking/Members 8:00 ADCRC Benefit Specialist 9:15 Simply Seniors (P&R) 1:00 Sheepshead 1:00 Scrabble</p> | <p>7 6-8 Walking/Members 8:30 Quilting</p> |
| <p>10 6-8 Walking/Members 9:00 Strong Bodies 1:00 Movie: A Rainy Day in New York</p> | <p>11 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30-11:30 Blood Pressure 10:30 Arthritis Exercise 1:00 Bingo 1:00 Let's Get Moving!</p> | <p>12 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 9:00 Bowling at Rudy's Lanes 10:00 Card Creators 1:00 Dartball 1:30 Cribbage 1:30 Tea Party</p> | <p>13 6-8 Walking/Members 9:15 Simply Seniors (P&R) 12:30 Friends Board Meeting 1:00 Sheepshead 1:00 Scrabble</p> | <p>14 6-8 Walking/Members 8:30 Quilting Last Day to reserve a Creation Station Kit</p> |
| <p>17 6-8 Walking/Members 9:00 Strong Bodies 1:00 Movie: We Bought A Zoo</p> | <p>18 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 1:00 Bingo 1:00 Let's Get Moving!</p> | <p>19 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 9:00 Bowling at Rudy's Lanes 10:00 Card Creators 1:00 Dartball 1:30 Cribbage</p> | <p>20 6-8 Walking/Members 9:15 Simply Seniors (P&R) 1:00 Red Hattitudes 1:00 Sheepshead 1:00 Scrabble Creation Station pick-up 8am-4pm Soup Sale</p> | <p>21 6-8 Walking/Members 8:30 Quilting Creation Station pick-up 8am-4pm Soup Sale</p> |
| <p>24 National Peanut Butter Day 6-8 Walking/Members 9:00 Strong Bodies 1:00 Movie: Finding You</p> | <p>25 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 1:00 Bingo 1:00 Let's Get Moving!</p> | <p>26 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 9:00 Bowling at Rudy's Lanes 10:00 Card Creators 1:00 Dartball 1:30 Cribbage</p> | <p>27 6-8 Walking/Members 9:15 Simply Seniors (P&R) 12:00 Friends Annual Meeting 1:00 Sheepshead 1:00 Scrabble</p> | <p>28 6-8 Walking/Members 8:30 Quilting 10:00 PO-KE-NO</p> |
| <p>31 6-8 Walking/Members 9:00 Strong Bodies 1:00 Movie: Eternal Sunshine of the Spotless Mind</p> |  | | | |



FREE Memory Screening

Thursday, February 10
9am-12pm

Get your **FREE** brain health check-up! A memory screen is a wellness tool used to help identify possible changes in memory and cognition. It is not diagnostic, but can help direct people to address any concerns.

Appointments will be at the Two Rivers Senior Center.
Please call the ADRC of the Lakeshore at 1-877-416-7083 to register.



Send a Card to a Friend Day

Monday, February 7
9:00-10:30am

Stop in the Senior Center and create a card or two. We will have supplies out for you to make and take up to 3 cards. Supplies will be out and available from 9-10:30am for our members.

Please pre-register by calling 920-793-5596.

Congratulations to all of our Raffle Basket Winners

*Judy Rank
*Virginia Coffman
*Ted Melanson
*Annette Rohrer
*Dian Polich
*Pam Fanslau
*Maria Urbina
*Lee Pilger

*Pat Radey
*Marge Henrickson
*Sue Weisner
*Vicki Schulz
*Sue Wachowski
*Marlene Hartlich
*Joyce Hochhalter
*David Kleckner

*Julie Hippert
*Margaret Kappelman
*Jo Yungerman
*Teresa Brendemuehl
*Pat Casavant

THANKS to all that participated.
Your support is always appreciated.

COMMITTEES/BOARDS

City of Two Rivers Committee on Aging

Meets the first Monday of each month. William LeClair, Elizabeth Roidt, Lenore McDonough, RuthAnn Hearley, Jerry Schubring, Gerald Lyons, Jerry Juckem, PJ Stephens, Kim Graves

Friends of the Two Rivers Senior Center

The Friends of the Two Rivers Senior Center is a qualifying 501(c)3 corporation and may receive grants from foundations and donations to us are tax-deductible to the donors. If you are interested in making a tax-deductible donation, please call 793-5596.

Friends of the Two Rivers Senior Center Board

Meets the second Thursday of each month. Barb Schweitzer-President, Tom VanHorn-Vice President, Betty Becker-Treasurer, Bonnie Jonas-Financial Secretary, Anne Dirkman-Secretary, Ann Plansky, and Carol Rabitz-members.

Nutrition Project Council

The council meets 4 times a year. The Nutrition Coordinator as well as representatives from every dining site discuss information related to the Nutrition Program, Aging & Disability Resource Center of the Lakeshore, legislative changes, senior issues and much more. **Two Rivers Site Representative:** Patrick Gagne

Committee on Aging

The Two Rivers Committee on Aging identifies concerns of older citizens and makes recommendations regarding policy and procedures to best protect the well-being, rights, and quality of life of older citizens.

Committee on Aging meets the first Monday of each month at 8:30 am in the Community House.

Members are appointed by the City Manager and confirmed by the City Council to serve a 3 year term.

People interested in being on this committee can call Tammy at 920-793-5590 or stop at the Senior Center to pick up your Committee Volunteer Application.



Aging & Disability Resource Center of the Lakeshore

Resources for adults over 60 and adults with disabilities. Serving Manitowoc and Kewaunee Counties.

920-683-4180 or

1-877-416-7083 adrcofthelakeshore.com

TRANSPORTATION

| | |
|--|--------------|
| TRUST Car Door-to-Door | 920-793-5596 |
| Assist To Transport | 920-682-8823 |
| Maritime Metro (bus) | 920-686-3560 |
| One-Stop-Shop/Mobility Management..... | 920-686-6977 |

Cash Donations

All cash donations to the Friends of the Two Rivers Senior Center will be used for TRUST car, Home Delivered Meal program, Programs, Special Events and projects around the senior center as they arise. Tax deductible receipt available per your request for your donation.



TRUST CAR

Two Rivers Unique Senior Transportation

The Senior Center TRUST Car is available to take you to do your Two Rivers errands:

- *Schedule a shopping trip
- *Visit a friend
- *Pick up something at the pharmacy
- *Doctor or dentist appointments
- *Hair appointments
- *Bank visits
- *...and more

Must call at least the day before (or earlier!) to schedule your ride at 920-793-5596. No same day rides will be given.

This service is for members of the Senior Center for errands within Two Rivers city limits (just \$15 a year to have all membership privileges).

TRUST cards are purchased for \$12.00 per card with 10 punches on each card, one punch per ride/stop.

Hours:

Tuesday 9-3
Wednesday 9-3
Thursday 9-3
Friday 9-12



THANK YOU for donating

General Donations

Sharon & Karen, Julie Ducat, Delores Dworak, Debbie Farr, Shirley Glaser, Judy Goodchild, Alison Havel, Shirley Jarvis, Joyce LaPalm, Sue Naidl, Nancy Piskule, Gerald & Diane Schmidt, Karen Schuster, Joan Taddy, Jeannette Thomas, Janet & John Wilsmann, Cathy Zellner, & the many anonymous donations!

Supporting Businesses & Organizations

Covered Wagon Restaurant
Deja & Martin Funeral Home
Dominitz Flowers
Felician Village
Hofmann Monuments, Inc
Holy Family Memorial
Inclusa
Jays Legacy Home Care
Lakeshore Family Funeral Homes/
Klein & Stangel
Lester Public Library
Manitowoc Health & Rehab
Manitowoc Metro Transit
Meadowview Assisted Living
Park Lane Apartments/Mishicot Housing
Patch Adams & Associates
River Hill Apartments
Shady Lane Senior Living
Sharon S Richardson Hospice
Shimek's Furniture
Society of St. Vincent De Paul
The Bay at North Ridge
The Medicine Shoppe
Two Rivers TRIAD Committee
Unity Hospice
Valley View Apartments
VFW #1248 (Veterans of Foreign Wars
Two Rivers)
Village Green East & West

Thank You for helping with the Home Delivered Meal Program

Good Shepherd Lutheran Church
Grace Congregational United Church of
Christ
Lakeshore Methodist Church
Rotary Club of Two Rivers
St. Peter the Fisherman
Two Rivers Fire Department
Two Rivers Kiwanis



Two Rivers Senior Center
Valentines

Dinner To-Go

Monday, February 14 ~ 4-6pm

Soup

Broccoli Cheddar Soup

Dinner

Sweet & Sour Chicken over Rice
with a side of Pineapple
Traditional Red Beets

Dessert

Strawberry Cake



Meal \$8

Soup Only \$4

Dessert Only \$1



Pre-orders Accepted
January 3-February 5
by calling 920-793-5596.

Walk-Ins while supplies last.

Pick-up at 1520 17th Street

