



Two Rivers Senior Center

CELEBRATING 68 YEARS OF SERVICE TO THE COMMUNITY!

FEBRUARY 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 *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



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!

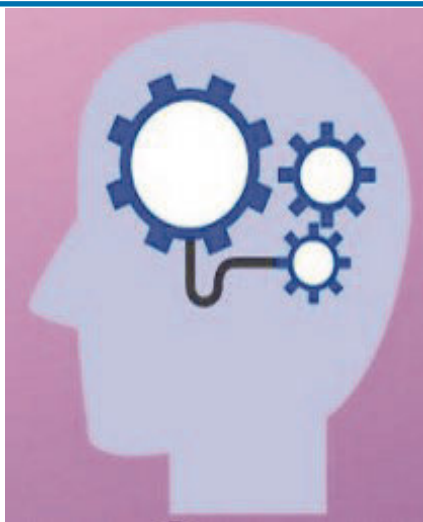


ATI Physical Therapy staff presents an exercise class geared towards individuals of all ability levels. This class will include cardio exercise, strength building, and improving balance. Full body movements in this class can be done from sitting or standing positions and will help improve the ability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



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.

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.

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.



AARP TAX AIDE *by appointment* Wednesday and Friday mornings 2021 AARP Tax-Aide

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

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.



Free
Blood Pressure
Screenings
Tuesday, February 8
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

Vitamin D: What a Powerhouse!

Many foods naturally provide Vitamin D including salmon, tuna, herring, and egg yolks. Vegetables sources include spinach, kale, okra, and soy-beans. Many foods are fortified with Vitamin D including milk, cheese, cereal, and orange juice. Check the label to be sure. (Photo: Canva) As the days get shorter and we spend more time indoors, getting enough Vitamin D is trickier! Vitamin D plays a role in almost every process in your body so it is important to keep healthy levels all year round!

What is Vitamin D?

Our bodies need Vitamin D to maintain healthy bones, reduce inflammation, maintain healthy muscles and brain function. Vitamin D keeps our metabolism functioning, and keep our immune system strong! A lack of vitamin D in the body can lead to a slew of health concerns, such as osteoporosis, or brittle-bone disease, decreased insulin production, and lowered immune function!

How much Vitamin D do you need?

The amount of vitamin D you need will depend on your sex, age, race, and sun exposure levels. People over the age of 65, people with darker complexions, and people who spend less time outside will need more vitamin D in their diets. Most adults need about 600 IUs a day. Those over 70 need even more vitamin D. Signs you might not be getting enough vitamin D are fatigue, bone pain, muscle weakness, and mood changes, like depression.

Where do we get Vitamin D?

Our biggest source of Vitamin D is the sun! When the ultraviolet (UV) rays from the sun hit our skin, vitamin D synthesis begins. Most experts suggest direct exposure to the face, arms, and legs for 5 to 30 minutes mid-day several times a week. Sunshine can provide vitamin D, but it is hard to track how much vitamin D our bodies are producing based on age, time of year, sunscreen, skin complexion, etc. This means we must include vitamin D in our healthy and balanced diets. Food sources of vitamin D include fatty fish, such as salmon and sardines, mushrooms, fortified milk and yogurt products, and eggs.



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Klein & Stangel Funeral Home
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A 4C 01-1180



Old at Heart

February 2
9:00 am

Reframing the way we think and talk about growing older. We will shine a light on biases and misconception about aging and learn how the way we think and talk about aging can help combat ageism and age-related bias. This virtual presentation presented by the UW-Madison Wise Wisconsin program.

Please register in advance at 920-793-5596.

Compassion Resilience

February 9 @ 9:00 am

In tough times we might question if being happy or positive is important. This presentation will show you how our well-being is even more important during challenging times and how to build resilience, compassionately.

This virtual presentation presented by the UW-Madison Wise Wisconsin program.



Please register in advance at 920-793-5596.



Committee on Aging

February 7, 2021
8:30 am



Vegetable oil
Tartar Sauce
Crayola crayons (can be used)

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

FOOT CARE

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

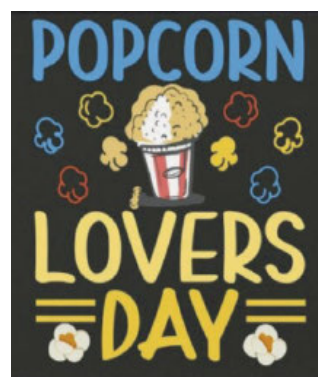
February 9, 16, 23

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

(Cash or check payable to Sharon Glandt)



Call 793-5596 to schedule your appointment.



Popcorn Lover's Day

Thursday, March 10

Two Rivers Senior Center Members— Stop in between 10am-2pm for a free bag of popcorn, while supplies last.

Make sure you check in at the Front Desk computer (under Hello and Popcorn Lover's Day) which enters you in a chance to win a door prize. Door prize winners to be chosen after 2pm and winners will be called.



Cards for sale!! 25¢ each

New greeting cards for all events and holidays sold at the Senior Center Front Window.



Lake Michigan Tour & Mackinac Island September 11-16, 2022

Highlights:

- *Indiana Dunes National Park
 - *wineries
 - *Mac Wood's Dune Ride
 - *Sleeping Bear Dunes National Lakeshore
 - *Cherry Republic
 - *Old Mission Peninsula and Lighthouse
 - *Happy Hour cruise on Grand Traverse Bay
 - *Castle Farms Tram Tour
 - *Step-on Guide of Earl Young Mushroom Homes
 - *Ferry to & from Mackinac Island
 - *Horse-Drawn Carriage transportation on Mackinac Island
 - *Mission Point Resort
 - *Grand Hotel Grand Luncheon Buffet
 - *Mackinac Bridge
 - *Kitch-iti-kipi
 - *and more
- More detailed information available at the Two Rivers Senior Center or by calling 920-793-5596.

Price Includes:

- *Lodging for 6 days, 5 nights
- **2 nights on Mackinac Island
- *5 Breakfasts, 6 Lunches, 4 Dinners
- *Tours and Attraction Fees
- *Taxes and Gratuities
- *Deluxe Motorcoach Transportation
- *Staff Escort

Price per person:
\$2030 single
\$1515 double
\$1355 triple
\$1275 quad
Cash or check only.
\$350 due at signing

Trip cancellation insurance due at signing (optional).

Sign up at the Two Rivers Senior Center.

****Always an Adventure****



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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Contact Tina
at 920-682-7320 or
email: river.hill@att.net
Mon-Fri: 8am-2pm

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Nick Samorske
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B 4C 01-1180

Baraboo, The Dells, & The Driftless

July 25-27, 2022

Highlights:

- *Ringling Mansion
- *Al Ringling Theater
- *Circus World Museum & Big Top Show
- *New Life Lavendar & Cherry Farm
- *International Crane Foundation
- *Private Dells Boat Tour with a stop at Witches Gulch
- *Mid-Continent Railway train ride
- *Log Cabin Restaurant
- *Driftless Glen Distillery
- *Mid-Continent Railway Museum
- *Show at Rick Wilcox Magic Theater
- *Devil's Lake State Park
- *Balanced Rock Winery
- *Ho-Chunk Hotel & Casino

More information available at the Two Rivers Senior Center or by calling 920-793-5596.

Price includes:

tour guide
motorcoach
2 breakfasts
3 lunches
2 dinners
admission fees
taxes & gratuities
staff escort



Single \$700

Double \$600

Triple \$575

Quad \$560

\$200 due at signing.

Cash or Check only.

Trip cancellation insurance due at signing (optional).

Sign up at the Two Rivers Senior Center
1520 17th St ~ Two Rivers, WI
920-793-5596

****Always an Adventure****

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

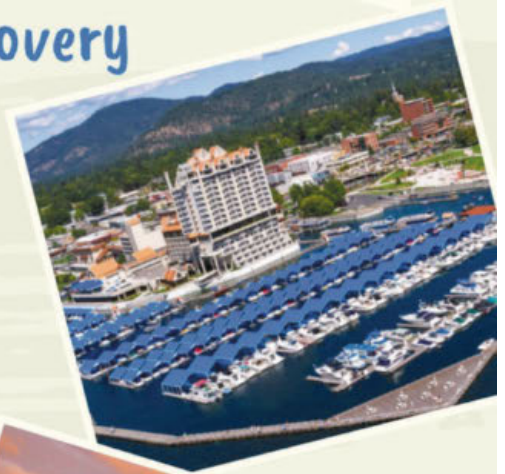
\$3450 pp double / \$4400 single
\$300 downpayment due at signing
\$200 discount pp if paid in full by May 27



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, Titledown 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

TWO RIVERS SENIOR CENTER BUS TRIPS ~ ~ "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.

Save the Date (watch upcoming newsletters for more information and registration):

August 18: Brewers Baseball Game

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<p><i>Manitowoc's finest affordable senior retirement community</i></p> <p>VALLEY VIEW APARTMENTS Call Today (920) 684-4554</p> <p>Spacious Kitchen and Dining Areas Secure-Smoke Free Elevator Community Room Activities On Bus Route On Site Laundry</p>  <p>Pet Friendly</p> <p>Rent based on 30% of adjusted gross income - 62 and older</p> <p>1485 North 7th Street • Manitowoc, WI</p>	<p>ADRC Aging & Disability Resource Center of the Lakeshore</p> <p>Serving Kewaunee and Manitowoc Counties 920-683-4180 or 1-877-416-7083 www.ADRCooftheLakeshore.com</p>	
	<p>ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?</p> <p>TO ADVERTISE HERE CALL 800.950.9952 or visit www.lpicommunities.com/advertising</p>	





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



**Backyard
Bird Feeder**



**Take 'n Make
Creation
Station**

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

**February is National Bird
Feeding Month**

To reserve your kit,
call 793-5596
by Friday, February 18

Kits will be ready for pick-up
February 24-25 (8am-4pm)
at our front desk window.

*You will need your own pin, scissors
& extra birdseed.*

Red Hattitudes

Thursday, February 17
1:00 pm

**Meeting and Bingo at the
Two Rivers Senior Center.**

**Please bring a \$5 bingo prize.
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



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and involving their
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Advance Directives



Advanced Directives? What are those?!

February 16
9:00 am

At any age, a medical emergency could land you in a situation where you are unable to make your own health care decisions. Planning in advance and sharing your wishes with your loved ones and medical providers can make sure you get the medical care you would want if you were unable to speak for yourself rather than having decisions made for you.

Please register in advance at 920-793-5596.

Dine-In at the Senior Center Monday-Friday Served at 11:30 am

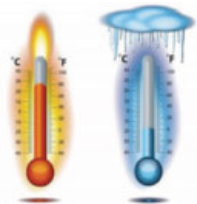
Reservations required by 11:00 am the prior business day or sooner by calling 920-793-5596.

Cost:

**suggested donation of \$6.00
for those over 60
\$10.00 under 60



STAY WARM AND LOOK COOL!



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.

Old or Unwanted Vehicle? We will take it!

You can donate your old or unwanted car, truck, RV, boat, or even an airplane, and help support the Friends of the Two Rivers Senior Center.

Just go to <https://careasy.org/nonprofit/friendsofthetworiversseniorcenter> and complete the form on-line, or call 1-800-500-7433 to schedule the pick-up.

Vehicle donations are tax deductible.

For more information visit careasy.org or call the senior center at 920-793-5596.



Jump Start Your Energy

February 23

9:00 am

In the bitter cold of Wisconsin weather, our cars sometimes need a jump start. How does that translate to our own health and well-being? This fun workshop will provide information on how to eat for energy, get fresh air, improve sleep, control stress, use nature's energy and keep focused on your goals. As an added bonus, discover how Friluftsliv can be incorporated into your life.



Please register in advance at 920-793-5596.



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
5	\$5,781.92	\$69,383

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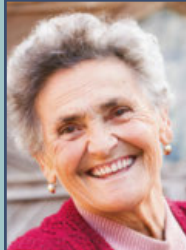
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MOVIES

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.*

MADE IN ITALY

Monday, February 7

Rated R (1 hr 34 min)

A London artist and his estranged son try to mend their relationship as they work together to repair a dilapidated house in Italy.
Starring: Yolanda Kettle, Micheal Richardson, Souad Fares (2020)

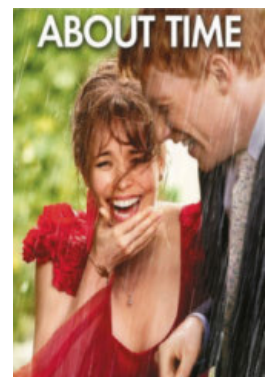


ABOUT TIME

Monday, February 14

Rated R (2 hr 3 min)

At the age of 21, Tim discovers he can travel in time and change what happens and has happened in his own life. His decision to make his world a better place by getting a girlfriend turns out not to be as easy as you might think.
Starring: Domhnall Gleeson, Rachel McAdams, Bill Nighy (2013)

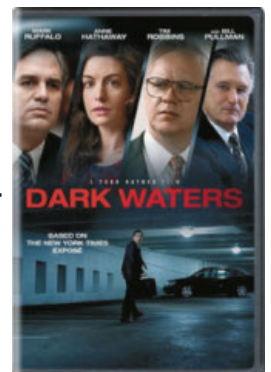


DARK WATERS

Monday, February 21

Rated PG-13 (2 hr 6 min)

A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. Based on real events.
Starring: Mark Ruffalo, Anne Hathaway, Tim Robbins (2019)



INSTANT FAMILY

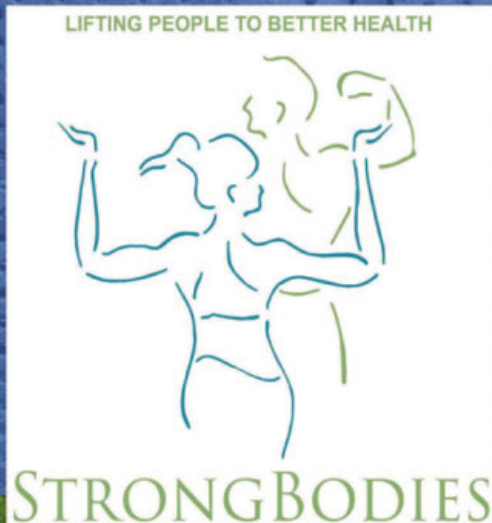
Monday, February 28

Rated PG –13(1 hr 58 min)

A couple find themselves in over their heads when they foster three children.
Starring: Mark Wahlberg, Rose Byrne, Isabela Merced (2018)



Shaping up for the New Year



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

February 2-March 30

Pre-register by calling 920-793-5596.

One Wellness Card punch per class.

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

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.



Crazy with Crayons

Thursday, March 31

9:30-10:30 am

March is National Craft Month
March 31 is National Crayon Day
Let's make crafts with crayons!

How many ways can you color or craft with crayons? Let's find out. Coloring, wax melting, crayon shavings, and more. Have fun and let your creativity flow being Crazy with Crayons!



BINGO

Tuesdays 1:00 pm

*Dates listed on the
Activity Calendar*

Thank You to all of our
volunteer hosts!

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

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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Happy Anniversary



February 3
Curtis & Geraldine Ramseth

February 4
Leonard & Yvonne Henrickson

February 11
John & Jacque Moseler

February 14
Gary & Gesine McVey

February 23
Patrick & Sue Zur

February 28
Keith & Roberta Galbraith
Jim & Lynn Skarvan

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 Retirement Transition March 2 @ 9:00 am

Whether you have already retired or you are thinking about it, this session will highlight some strategies to consider for the months and years ahead. In addition to sharing information from studies on retirement, we will also have a panel of retirees sharing their experiences.

Please register in advance at 920-793-5596.



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.



Celebrating
FEBRUARY
Birthdays

February 1
 Sharon Kitzrow
 Ruth Petri
 Lou Ann Smith
 Alice Gordon

February 2
 Lucy Duval
 Mike Monka
 Jean Mulhaney
 Karen Zander

February 3
 Connie Hendries
 Allen Beranek
 Julie Hippert
 Sharon Wondrash

February 4
 Dan Zachek
 Alice Haen
 Sharon Otte

February 6
 Diane Grimmer
 Stephen Theiss
 Donna Piotrkowski

February 7
 Joyce Marczak

February 8
 Eunice Kuehnl
 Mary Jo Mott

February 9
 Janice Klein

February 10
 Dan Tegen
 Laura Mills

February 11
 Casimer Drenski
 Marlene Hartlich

February 12
 Joyce Marcelle
 Henry Van Ess
 Barbara Sitkiewitz

February 13
 Janet Haws
 Betsy Freiberg

February 14
 Keith Galbraith

February 15
 Betty Strathmann
 Franklin Zeman
 Jean Hartwig
 Ronald Gordon

February 16
 Lisa Bowie

February 17
 Bernard Pavlik
 Carol Shedivy
 Carol Jaeger

February 18
 Nancy Gamble
 Sue Moistner

February 19
 Arlene Vogel
 Mary Rehrauer
 Rita Klein

February 20
 Diann Moore

February 21
 Mary Stegemann
 Chuck Curtis

February 22
 Barb Ott

February 23
 Roxanne Wirrer

February 24
 Larry Wilker
 Floyd Hanes
 Linda Kurtz
 Theo Lynne Hoffman
 Tim Abendroth

February 25
 Robert L Hoffman
 Cathy Lambries

February 26
 David Gallagher
 Barbara Nordstrom
 Clark Shoblaska
 Teresa Brendemuehl

February 27
 Mel Koeppel
 Jim Michalek

February 28
 Dorothy Krejcarek
 Lee Pilger



Preparing for the Growing Season

March 9 @ 9:00 am



Join Master Gardener, Tom Jerow, to learn how to prepare for vegetable gardening, seed starting, getting your garden ready and spring crops.

Please register in advance at 920-793-5596.



**Two Rivers
 Senior Center**

www.tworiversseniors.org
 920-793-5596

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



Some of the fun activities we offer for our members...




CRIBBAGE
Wednesdays 1:30 pm

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


Please call 793-5596 to register.

Mahjong
Tuesdays 9:30 am

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.



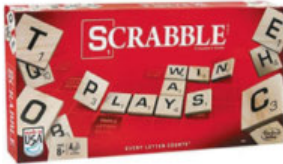
Quilting
Fridays
8:30 am - 2:30 pm

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.

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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 February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 Bingo 1:00 Let's Get Moving!</p>	<p>2 6-8 Walking/Members 9:00 Old at Heart / 9:00 Strong Bodies 9:00 Bowling at Rudy's Lanes 10:30 Card Creators 11:30 Lunch 1:00 Dartball 1:30 Cribbage</p>	<p>3 6-8 Walking/Members 8:00 ADRC Benefit Specialist 9:15 Simply Seniors (P&R) 11:30 Lunch 1:00 Sheepshhead 1:00 Scrabble</p>	<p>4 6-8 Walking/Members 8:30 Quilting 11:30 Lunch</p>	
<p>7 6-8 Walking/Members 8:30 Committee on Aging 9:00 Strong Bodies 9:00 Send a Card to a Friend 11:30 Lunch 1:00 Movie: Made in Italy</p>	<p>8 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30-11:30 Blood Pressure 10:30 Arthritis Exercise 11:30 Lunch 1:00 Bingo 1:00 Let's Get Moving!</p>	<p>9 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Compassion Resilience / 9:00 Strong Bodies 9:00 Bowling at Rudy's Lanes 10:30 Card Creators 11:30 Lunch 1:00 Dartball 1:30 Cribbage</p>	<p>10 6-8 Walking/Members 9-12 Memory Screenings 9:15 Simply Seniors (P&R) 11:30 Lunch 12:30 Friends Board Meeting 1:00 Sheepshhead 1:00 Scrabble</p>	<p>11 6-8 Walking/Members 8:30 Quilting 11:30 Lunch</p>
<p>14 6-8 Walking/Members 9:00 Strong Bodies 11:30 Lunch 1:00 Movie: About Time Valentine's Dinner To-Go 4-6 pm</p>	<p>15 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 Bingo 1:00 Let's Get Moving!</p>	<p>16 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Advanced Directives / 9:00 Strong Bodies 9:00 Bowling at Rudy's Lanes 10:30 Card Creators 11:30 Lunch 1:00 Dartball 1:30 Cribbage 2:00 Premier Trips Presentation</p>	<p>17 6-8 Walking/Members 9:15 Simply Seniors (P&R) 11:30 Lunch 1:00 Red Hattitudes 1:00 Sheepshhead 1:00 Scrabble</p>	<p>18 6-8 Walking/Members 8:30 Quilting 11:30 Lunch Last Day to reserve a Creation Station Kit</p>
<p>21 6-8 Walking/Members 9:00 Strong Bodies 11:30 Lunch 1:00 Movie: Dark Waters</p>	<p>22 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 Bingo 1:00 Let's Get Moving!</p>	<p>23 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Jump Start Your Energy / 9:00 Strong Bodies 9:00 Bowling at Rudy's Lanes 10:30 Card Creators 11:30 Lunch 1:00 Dartball 1:30 Cribbage</p>	<p>24 6-8 Walking/Members 9:15 Simply Seniors (P&R) 11:30 Lunch 1:00 Sheepshhead 1:00 Scrabble Creation Station pick-up</p>	<p>25 6-8 Walking/Members 8:30 Quilting 11:30 Lunch Creation Station pick-up</p>
<p>28 6-8 Walking/Members 9:00 Strong Bodies 11:30 Lunch 1:00 Movie: Instant Family</p>	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="background-color: #e91e63; color: white; padding: 20px; text-align: center; font-size: 2em; font-weight: bold;">FEBRUARY</div>  </div>			

Two Rivers Senior Center presents:



St. "Patties" Day Dinner To-Go March 17th~4-6pm

Brat Pattie on a Bun \$10

Pork Pattie on a Bun \$10

Chicken Breast Cutlets \$12

Breaded White Fish \$12

*All meals include: Au Gratin Potatoes, Sauerkraut,
Mixed Veggies, & Pistachio Torte*

(extra dessert available for \$3)

Walk-Ins Available - While Supplies Last

Pre-orders available by calling 920-793-5596.

Pick-up:

**Two Rivers Senior Center
1520 17th St**

*All orders will
be entered for
a chance to
win a door
prize!!*

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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 (2021)

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. Announcing 2022 Board Members in the Senior Center March newsletter.

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.

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.

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



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.

THANK YOU for donating

General Donations

Karen & Sharon, Patricia Augustine, Allen & Kathy Beranek, Karen Ewald, Shirley Jarvis,
Dee Ann Keip, Louie Rusch, Sally Swoboda/Acuity, Port Sandy Bay,
& the many anonymous donations!



In memory of Elsie Krajnik by Kim Graves.
In memory of Jim Konop by Kim Graves.

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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

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Two Rivers)
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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



***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.