THE PERISCOPE

Navigating our senior community toward important and noteworthy information.

The Manitowoc Senior Center's Monthly Newsletter April 2021

A LOOK AT WHAT'S INSIDE

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Published in the interests of all area older adults

Manitowoc Senior Center Information

Membership

Senior Center Membership is open to all 55 years and older

Annual Membership

$30.00 City Residents
$40.00 Non-Residents

Lifetime Membership

$120 City Residents
$150 Non-Residents

Short-Term Passes

Daily Pass: $2.00
Weekly Pass: $5.00

City of Manitowoc Committee on Aging

Ron Von Drachek
Donna Kickland
June Kramer
Ruth Malzahn
Mary Schultz
Allan Brixius
Debbie Bonk
Lydia Groeschel

2021 COA Meetings

at 9:30 a.m.

May 10, 2021

The Committee on Aging sets policies regarding Senior Center fundraising, fund allocations, recommendation of expenditures for equipment, programs, and for other matters as deemed necessary.

Senior Center Information

Address

3330 Custer Street
Manitowoc, WI 54220

General Phone

(920) 686-3060

Center Hours

Monday — Friday
8:00 a.m. — 4:00 p.m.

Gift Shoppe Hours

Open to the public!
Monday — Friday
9:00 a.m. — 3:30 p.m.

Staff

CURT HALL
Senior Center & Parks/Recreation/Zoo Division Manager
chall@manitowoc.org

KATELIN DOROW
Recreation Team Leader
(920) 686-3064

AMANDA ORTH
Administrative Support Specialist
(920) 686-3063

Manitowoc Community Meals

For reservations or cancellations **please phone 683-4180 by 11:00 a.m. the day before**.

Meals on Wheels
We deliver smiles™

Transportation available daily
Menu may vary slightly

To begin receiving Meals on Wheels, or for more information, please contact the Aging Resource Center at **(920) 683-4180.**

Manitowoc Community Meals are served in cooperation with the Manitowoc County Nutrition Program. Meals take place at the Manitowoc Senior Center, 3330 Custer Street, Monday through Friday at 12:00 noon.

IN PERSON MEALS NOT MEETING AT THIS TIME

A suggested donation of $5.25 per person by all participants aged 60 years and older ensures continuation of the meal program. Participation is not related to income.
For those under the age of 60, the cost is $8.75.

Manitowoc County Transportation Information

For all your transportation needs, contact the One-Stop Shop/ Mobility Manager at 920-686-6977

MMT
Maritime Metro Transit

Activities & Services

Crafts

Caring Cards.....Mon - 9:00 a.m.
Ceramics.....Mon - 9:00 a.m.
Senior Crafts .....Tues - 8:00 a.m.
Wood Carving .....Tues - 9:30 a.m.
Watercolor Painting ..... Thurs - 9:00 a.m.

Education *Appointment Required

Bible Study.....Thurs—10:00 a.m.
Computer Lessons* .....Thurs —1:00 & 2:00 p.m.
Healthy Eating Support Group ...3rd Mon—10:00 a.m.

Exercise

Cardio Drumming ($2 members, $4 non members per class).....M/F - 8:45 a.m.
Pickleball-**CP GYM** (Punch card).....M/TH - 11:00 a.m.
Beginners Tai Chi ($6)..... .....T/TH - 2:00 p.m.
Advanced Tai Chi ($6).....M/W or T/Th - 3:00 p.m.
EZ Does It Line Dancing (Punch card)..... Thurs - 10:00 a.m.
Line Dance Lessons (Punch card) ..... Wed - 1:00 p.m.

**Convenience fee added for credit card payments.*

Punch Cards will be available in:
~ 5 Punches for $10~
~10 Punches for $15~
~20 Punches for $25~
Punch cards will be used for:
Chair Yoga, EZ Does It, Functional Strength, Line Dancing, Yoga & Pickleball

TOURS ***SEE PAGE 6 & 7 FOR DETAILS***

Recreation

Adult Coloring (Coffee Shop) ..... Fri - 10:00 a.m.
Birthday Bingo (South Assemb)$..... Last Mon - 1:00 p.m.
Breakfast Bingo (Classroom)$ 2nd, 4th &5th Fri - 9:30 a.m.
Bingo (South Assemb) .....Wed - 1:00 p.m.
Cribbage (Classroom) $ ..... Mon/Thurs/Fri - 1:00 p.m.
Dominoes (TV Rm/Social Room).....Mon/Thurs - 1:00 p.m.
Hand & Foot (Classroom).....Wed/Thurs - 12:30 p.m.
Hearts (Coffee Shop).....Mon/Thurs - 10:00 a.m.
Mahjong (Coffee Shop).....Wed - 12:00 p.m.
Monthly Movie (Center Assemb) .....3rd Tues - 12:30 p.m.
Friday Flick (Center Assemb).....Last Fri - 12:30 p.m.
Mystic Moods Orchestra (Center Assemb) Wed - 10:45 a.m.
Pickleball (Center Assem)..... Mon– 11:00a.m.
Pinochle (Coffee Shop) .....Mon - 12:30 p.m.
Scrabble (Social Room) ..... Fri - 10:00 a.m.
Sheepshead (Social Room)$ .....Tues/Thurs - 1:00 p.m.
Silver Memories Choir (Music Room) .....Mon - 1:00 p.m.
Table Tennis (North Assemb) ..... Fri- 11:15 a.m.
Ukulele Social Group (Music Room) .....Wed - 10:00 a.m.
Wii Bowling (Fitness Room)..... Daily 8:00 a.m. - 4:00 p.m.

SEE PAGE 4 FOR CURRENT CLASS SCHEDULE

Services

Photocopies/Printed papers .....$0.20 page
Paper Shredder.....No Charge
Maritime Metro Transit Passes .....$30 month
Assist to Transport Tickets ..... $2 each
Nutrition/Additional Stop Tickets.....$0.75 each
No fax services available.

**Convenience fee added for credit card purchases.*

Health & Outreach *Appointment Required

Blood Pressure Clinic (Conf.Rm)
2nd Wed 9:30a-10:30a **Provided by Felician Village*

BLOOD PRESURE TEMPORARILY CANCELLED

Foot Care* (Sewing Rm).....Mon-Tue-Wed-Thur. Call for Appt.

Legal Counseling* (Conf. Rm) .....1st Friday A.M.

Participation Policy

All activities are open to members in good standing. Most activities and facility amenities are for members only. However, guests are welcome to participate in most activities, such as bingo and exercise classes, if a guest pass has been obtained. Guest passes are not valid with Tai Chi, Creative Crafts, or special pricing for trips/parties. Activities which are open to the public will be stipulated as such in the newsletter.

While participating in activities at the Center, courtesy shall be shown to all persons at all times. Discrimination towards any person for any reason will not be tolerated. Any person who, to their knowledge, is carrying a communicable disease/illness is asked to refrain from participating in activities until released from physician.

Connect with us online

Keep up to date with new programs, happenings, or cancellations by visiting us online. The digital version of the Periscope is available on our website and Facebook pages prior to being available in print.

Facebook Page Disclaimer

The Senior Center Facebook page was created to enhance communication with the City. The page will primarily used for outgoing communication and to keep members informed. Occasionally, there may be pictures posted from events, classes or groups at the Center. If you wish that your picture not be posted on this site, please inform the Senior Center staff.

www.manitowoc.org/seniorcenter

www.facebook.com/manitowocseniorcenter

4 MON	TUES	WED	THUR	FRI
			1 9a Watercolor 10a EZ Does it 10a Bible Study 11a Pickleball -**CP GYM** 1p Instructional Zoom 2p Beg. Tai Chi 3p Adv. Tai Chi	**2** **Senior Center Closing at Noon**
5 8:45a Cardio Drumming - (call for date) 9a Caring Cards **11a Book Club** 11a Pickleball **CP GYM** 3p Adv. Tai Chi	**6** 8a Senior Crafts 9:30a Wood Carving 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi	**7** 1p Line Dancing 3p Adv. Tai Chi	**8** 9a Watercolor 10a EZ Does it 10a Bible Study 11a Pickleball **CP GYM** 1p Computer Lessons 2p Beg. Tai Chi 3p Adv. Tai Chi	**9**
12 8:45a Cardio Drumming - (call for date) 9a Caring Cards 11a Pickleball -**CP GYM** 3p Adv. Tai Chi	**13** 8a Senior Crafts 9:30a Wood Carving **10a Medicare Presentation** 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi	**14** 1p Line Dancing 3p Adv. Tai Chi	**15** 9a Watercolor 10a EZ Does it 10a Bible Study 11a Pickleball -**CP GYM** 1p Computer Lessons 2p Beg. Tai Chi 3p Adv. Tai Chi	**16**
19 8:45a Cardio Drumming - (call for date) 9a Caring Cards 11a Pickleball -**CP GYM** 3p Adv. Tai Chi	**20** 8a Senior Crafts 9:30a Wood Carving **12:30p Monthly Movie** 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi	**21** 1p Line Dancing 3p Adv. Tai Chi	**22** 9a Watercolor 10a EZ Does it 10a Bible Study 11a Pickleball -**CP GYM** 1p Computer Lessons 2p Beg. Tai Chi 3p Adv. Tai Chi	**23**
26 8:45a Cardio Drumming - (call for date) 9a Caring Cards 11a Pickleball -**CP GYM** 3p Adv. Tai Chi	**27** 8a Senior Crafts 9:30a Wood Carving 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi	**28** 1p Line Dancing 3p Adv. Tai Chi	**29** 9a Watercolor 10a EZ Does it 10a Bible Study 11a Pickleball -**CP GYM** 1p Computer Lessons 2p Beg. Tai Chi 3p Adv. Tai Chi	**30** **12:30p Friday Flick**

April 2021

Manitowoc County Senior Dining Sites and Home Delivered Meals

5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	**2**
Suggested meal cost donation for 2021 is $5.25. Actual cost is $8.75 This menu does not include Two Rivers or Mishicot Meal Sites	Notes: *Please note, our kitchen is NOT a nut-free facility. Menu may be subject to change		Shepard's Pie Carrot Raisin Salad Brussel Sprouts White Bread Rice Krispie Bar	**Closed - Spring Holiday**
5	**6**	**7**	**8**	**9**
Chicken Stir Fry Brown/White Rice Steamed Carrots Pineapple Tidbits PB Cookie	Swedish Loaf Mashed Potatoes & Gravy Blend Veggies Rye Bread Winter Fruit Salad	Brat on WW Bun Caesar Potatoes Baked Beans Banana Blueberry Cake	Turkey Broccoli Bake Side Salad Country Blend Veggies Tropical Fruit Vanilla Pudding	Salmon Whipped Sweet Potatoes Coleslaw Rye Bread Black Bean Brownie
12	**13**	**14**	**15**	**16**
Ham & Bean Soup Egg Salad on WW Mandarin Oranges Pumpkin Torte	Polish Sausage & Sauerkraut on WW Bun Creamy Potato Salad Zucchini Peach Crisp	Turkey Noodle Casserole Squash Grapes Chocolate Chip Cookie	Chicken Pizza Bake Romaine Salad Grape Tomatoes Potato Bucks WW Bread Cherry Cake	Beef Tips Mashed Potatoes Corn WW Dinner Roll Lemon Bar
19	**20**	**21**	**22**	**23**
Meatloaf Potato Casserole Broccoli WW Bread Golden Salad	Pork Loin Roasted Sweet Potatoes Mediterranean Herb Veggies WW Bread Fresh Fruit	Baked Spaghetti Romaine Salad Mixed Vegetables Black Bean Brownie	Baked Chicken Mashed Potatoes & Gravy Carrots WW Bread Earth Day Dirt Cake	Vegetable Bean Soup Ham Salad on Rye Cucumber Salad Pears Bread Pudding
26	**27**	**28**	29	30
Meatballs Mashed Potatoes & Gravy Brussel Sprouts WW Bread Strawberries Angel Food Cake	BBQ Chicken Breast Cheesy Hashbrowns Baked Beans Peaches Rye Dinner Roll Kiss Me Cake	Chef Salad French Bread Turkey Soup Banana Bar	Sloppy Joe on WW Bun German Potato Salad Glazed Carrots Applesauce Spice Cake	Baked Lemon Pepper Fish Boiled Red Potatoes Pineapple Coleslaw Rye Bread Raspberry Bar

COLLETTE VACATIONS

All Collette Vacations Trips are open to public of all ages! You do not have to be a senior or a member of the senior center! Questions? Call the center at 686-3060 or Collette at 1-800-468-5955.

Itineraries are available in the senior center lobby or online at www.gocollette.com

SHADES OF IRELAND
May 1, 2021
10 days/13 meals | $3,649 Dbl
Deadline: **Closed**

NATIONAL PARKS OF AMERICA
September 11, 2021
12 days/16 meals | $5,049 Dbl
Deadline: **Closed**

SOUTHERN CHARM HOLIDAY
December 5, 2021
7 days/9 meals | $2,899 Dbl
Deadline: June 4, 2021

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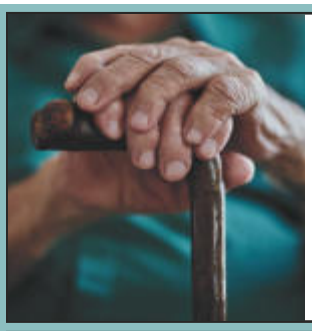

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Reinhold & Pfeffer Family Funeral Services
1124 Main St, Kellnersville..920 732-3535
Jess Family Funeral Services & Crematory
1122 S 8th St, Manitowoc....920 682-1568
Klein & Stangel Funeral Home
1420 22nd St, Two Rivers....920 793-1396
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202 S Liberty St, Valders....920 775-4433
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UPCOMING DAY TRIPS

MAY 20- GREEN BAY STEEPLE CHASE

JUNE 22- DOOR COUNTY LIGHTHOUSE TOUR

~MORE INFORMATION TO COME ON ALL UPCOMING TRIPS! CALL 920-686-3060 WITH ANY QUESTIONS~

JULY 21- BARABOO BIG TOP ADVENTURE

AUGUST 26- VINE TO WINE

SEPTEMBER 15- MILWAUKEE BEER BARONS

*ALL TRIPS SUBJECT TO CHANGE

Upcoming Medicare Presentations:

GABRIEL INSURANCE SERVICES
Medicare Insurance Products - Auto - Home - Life
Phone: 920-374-4944

TUESDAY, APRIL 13TH AT 10A.M. (IN PERSON)

Save the date for this IN PERSON presentation!
The following will be discussed:
Medicare 101: Understanding the
A, B, C, and D's of Medicare
Presented by Deb Gabriel at the
Manitowoc Senior Center

The Caring Cards group has lost a close friend, Laverne Bialek, who passed away in January. She was an original worker in the group. In memory of her, we made Easter cards to be handed out with the Meals on Wheels program. We also want to thank everyone who has donated cards.
-Diane, Lori & Lorenda

2021 Evergreen Cemetery Spring Cleanup

Lot owners are respectfully asked to remove their winter decorations by April 15, 2021. Any items not removed by April 15th will be disposed of by the cemetery staff. If you are unable to remove items that you wish to keep by the deadline, contact the cemetery office at evergreen@manitowoc.org or leave a message at 920-686-3570 with your name, phone number and the names of the people buried on the gravesites where your items are located. They will be removed and stored temporarily. You will need to make an appointment to pick up any items. Beginning May 15, 2021, new decorations or flowers may be placed on the gravesites.
Thank you!

Lakeshore Senior Pedaler's

Informational meeting:
Thursday, April 22nd at 10am
Manitowoc Senior Center

Bike rides will be scheduled
every Thursday at 9am
May-September

Russell Up Some Grub at The Covered Wagon, LLC
• Great Breakfasts • Daily Specials
• Homemade Desserts!
• Soup & Salad Bar Daily
• Dine-in or Carry-out
2013 N. Rapids Rd., Manitowoc
682-1081
10% Off Entire Bill
(Mon-Thurs. only with ad)

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1500 North 3rd Street, Manitowoc, WI 54220
• 55 and above tenants and/or disabled.
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• Heat/Electric/Wi-Fi Included
• Elevator
• Exercise Room
• Pet Friendly
• Group Activities: Wii, Movie Night, and Games

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Call Tina today at 920-682-7320

Concerned about Medicare fraud?
Give us a call...
PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities
Toll-free Helpline: 888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol
Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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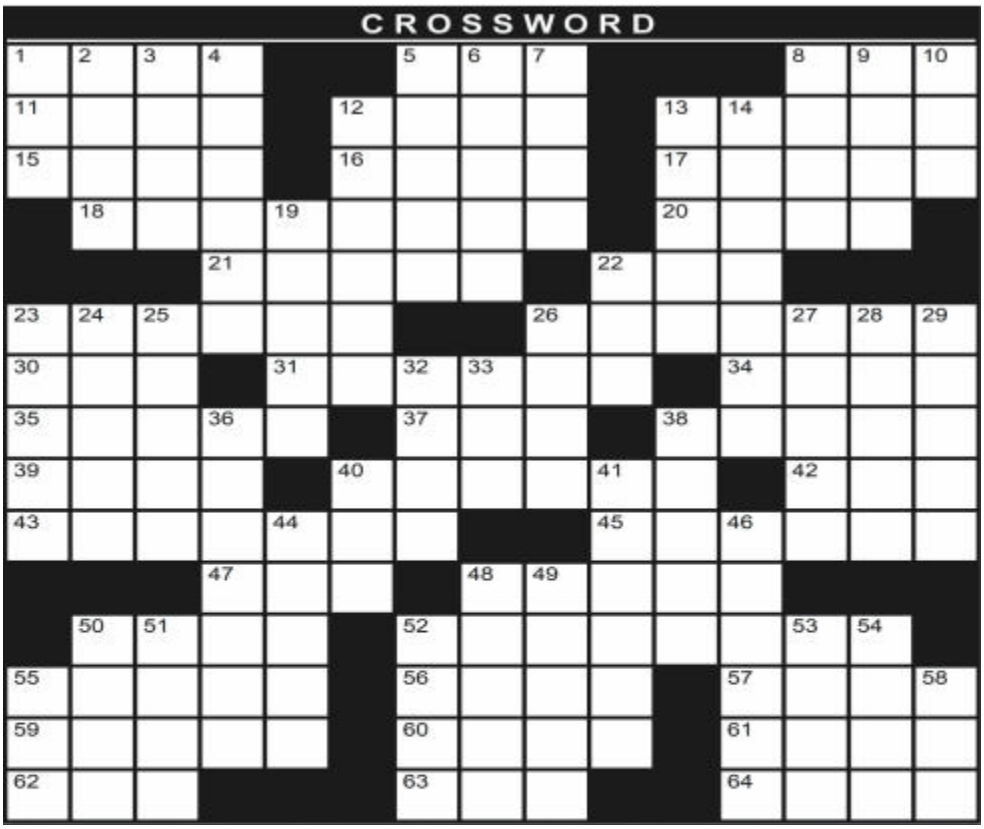
Fun & Games

THEME: Math 101

CROSSWORD



ACROSS
1. À la mode
5. Westminster broadcaster
8. Lamb's momma
11. Depression drifter
12. Alternative to truth
13. Like a Druid, e.g.
15. Verify
16. Flair
17. Avoid paying taxes
18. *Same as power in math
20. Surrender territory
21. Mini, midi or maxi
22. Longnosed fish
23. *Round #23 Down
26. Adverb derived from zone
30. Miner's bounty
31. Curved like a foot
34. Mother Earth to Ancient Greeks
35. Truck amounts
37. "____ the land of the free..."
38. Hitler's Third
39. Capri, e.g.
40. Walked
42. Grande, e.g.
43. Remove scales
45. Accustomed, two words
47. Like arctic air
48. More capable
50. Tibetan priest
52. *Part of a whole number
55. Grinding tooth
56. Stare amorously
57. Hoofbeat sound
59. Garlic mayo
60. Kick out
61. Gossamer
62. *Pi's second digit
63. High ____
64. "Brave New World" drug

DOWN
1. Half a particular dance
2. Past tense of heave
3. Type of mountain goat
4. Body six feet under
5. Harvest helper
6. Small goose
7. Abe's coin
8. Exclamation of surprise, archaic
9. Do like fly fisherman
10. Between northeast and east
12. One who denies
13. Popular pie nut
14. *Sum divided by count
19. Southern cuisine pods
22. Apollo to ancient Greeks
23. *Three-dimensional object
24. Not poetry
25. Mends
26. *Whole number between -1 and 1
27. Scottish landowner
28. In accordance with law
29. Search engine pioneer
32. Pigeon's home
33. H in British HMS
36. *Kind of point
38. Set to zero
40. Cunning
41. Pleasing to the ear
44. Ticks and mites, taxonomically speaking
46. Short for Fredericas
48. Lock horns
49. Popular craft wood
50. Under a fig leaf?
51. Gel producing plant
52. *0.3048 meters
53. Pasta with ____ and alio
54. "Cheers" regular
55. Cultural Revolution leader
58. Money in Myanmar

Solution: Page 16

More Fun & Games

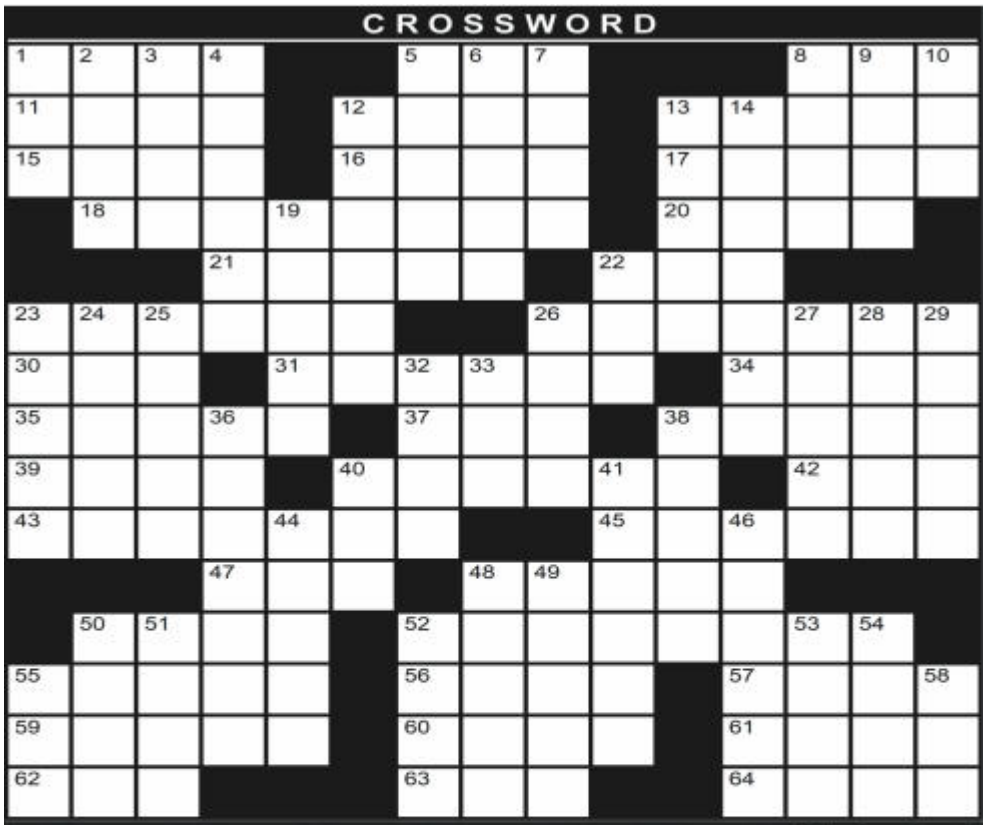
		3		1			7	
7				2		6		3
	8				9			
	1					7	5	
6			9		1			2
	3	9					1	
			6				8	
9		4		7				1
	6			4		2		

Here's where YOU can find copies of our monthly newsletter, the Periscope!

Angelus Senior Living
Associated Bank-Franklin
Bank First Nat'l-N 8th
Bank First Nat'l-Custer
Mtwc Public Library
Shipbuilders CU-Wash.
United One CU-S. 10th
YMCA
Associated Bank—Festival
Visitor Information Ctr
Wells Fargo-Calumet
ADRC
Adv. Family Chiropractic
St. Vincent DePaul
St. Mary's Home
Felician Village
Shady Lane
Bethany Church
North Ridge
River's Bend
Garfield Gardens
Manitou Manor
Parkview Haven
Regency House
River Hills Apts
Southbrook Manor
Valley View Apts

Solution: Page 16

THEME: Head to Toe



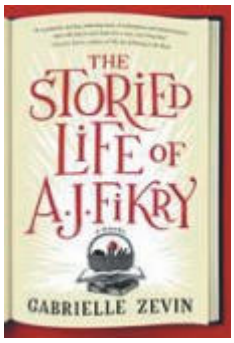
ACROSS
1. *A or O, to blood
5. Catch a wink
8. "Don't know what to say" sound
11. Eon, alt. sp.
12. Severe blow
13. *Blood ____, type of blood test
15. Eastern ____, 1947-1991
16. *Respiratory rattling
17. Enormous ones
18. *Annual exam
20. Largest city of Norway
21. Like a romantic movie?
22. *Anatomical pouch
23. Work over with fists (2 words)
26. Levee next to water mill
30. Not cooked
31. What a terrorist wants to spread
34. Continental currency
35. Wide open
37. Charged particle
38. Colorado resort
39. Hipbones
40. Recede, as in tide (2 words)
42. Laos resident
43. Stinging shrub, pl.
45. Handrail's main supports
47. Caribou kin
48. Relating to a lobe
50. Saint's topper
52. *L in ACL
55. Bad-tempered
56. Affirm with confidence
57. Stain on Santa
59. Work the dough
60. Tiger Woods' pegs
61. Ruptured
62. "____ my party, and I'll cry if I want too..."
63. Store posting, abbr.
64. *Largest organ

DOWN
1. Can opener
2. Crowd's judgement
3. Tubby little cubby
4. Enclose within a cyst
5. W.E.B Du Bois's org.
6. Assuage
7. Spa treatment
8. 2016 western "____ or High Water"
9. Type of shark
10. Not Miss or Ms
12. Influenza
13. Sandbar
14. *Cardiac, smooth or skeletal ones
19. Quickly fry
22. Knightly title
23. *Cerebellum location
24. Two under on one hole
25. Look forward to
26. *Kissing disease?
27. Having two parts
28. Beatles: "He's ____ ____ nowhere man" (2 words)
29. Plural of #26 Down
32. *12 pairs of these
33. Rip off
36. *a.k.a. kneecap
38. Mr. T's team
40. Comic book cry
41. Unlocks the gate
44. Andrew Webber's middle name
46. Forcefully grabs
48. *Blood filter
49. S-shaped moldings
50. "The ____ for Red October"
51. Greek god of war
52. Strip of wood
53. Breakfast spot?
54. Spelling or Kelly
55. Biathlon equipment
58. One less than jack

Solution: Page 16

Next discussion: April 5th at 11am

Book: The Storied Life Of A. J. Fikry



A. J. Fikry, the irascible owner of Island Books, has recently endured some tough years: his wife has died, his bookstore is experiencing the worst sales in its history, and his prized possession–a rare edition of Poe poems–has been stolen. Over time, he has given up on people, and even the books in his store, instead of offering solace, are yet another reminder of a world that is changing too rapidly. Until a most unexpected occurrence gives him the chance to make his life over and see things anew

Limited books are available for the book discussion club. Inquire at the office. If you have already read the book, feel free to join us for the discussion! The Book Discussion Club at the Manitowoc Senior Center is a collaborative effort with our friends at the Manitowoc Public Library. *Members only activity. No charge.

	8				3		2	
		5		1			7	
			8	2			1	
				4	6	1		
4								8
		9	3	7				
	2			5	7			
	7			3		6		
	9		6				4	

Solution: Page 16

Hello! My name is Nick Samorske. I am a local licensed insurance agent that has presented here at the Senior Center in the past and I will be giving a presentation on turning 65 and aging into Medicare. I will be going over all the possible scenarios that may apply to you, so you have the foundation you need to make an informed decision. That will be the main topic of discussion, but I will cover a couple other topics as well, including a brief description of Original Medicare, Medicare Advantage, Medicare Supplement, Part D, how they coordinate and even how to get extra benefits – such as vision, dental and hearing. Hopefully you come away with a sense of direction about what to do next in your Medicare journey if you are coming up on this age. Hope to see you here!

PRESENTATIONS WILL BE HELD AT THE CENTER ON-

MONDAY, MAY 3RD & TUESDAY, MAY 4TH AT 10A.M.

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Southbrook Manor

3400 Yorkshire Lane
Manitowoc

Senior Gardening

Dates: June 15 - August 3

Class will be held on Tuesday's

Time: 8:00 am - 9:30 am

Ages: 55 +

Registration Fee: $25.00

grow it forward

Location: Community Garden

South 14th Street, Manitowoc, WI 54220

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CITY OF MANITOWOC

3330 Custer St., Manitowoc

E: recreation@manitowoc.org

W: manitowoc.org/recreation

P: 920-686-3060

ANSWERS

From Pages 10-11

C	H	I	C	■	■	B	B	C	■	■	■	E	W	E
H	O	B	O	■	D	A	R	E	■	P	A	G	A	N
A	V	E	R	■	E	L	A	N	■	E	V	A	D	E
■	E	X	P	O	N	E	N	T	■	C	E	D	E	■
■	■	■	S	K	I	R	T	■	G	A	R	■	■	■
S	P	H	E	R	E	■	■	Z	O	N	A	L	L	Y
O	R	E	■	A	R	C	H	E	D	■	G	A	I	A
L	O	A	D	S	■	O	E	R	■	R	E	I	C	H
I	S	L	E	■	S	T	R	O	D	E	■	R	I	O
D	E	S	C	A	L	E	■	■	U	S	E	D	T	O
■	■	■	I	C	Y	■	A	B	L	E	R	■	■	■
■	L	A	M	A	■	F	R	A	C	T	I	O	N	■
M	O	L	A	R	■	O	G	L	E	■	C	L	O	P
A	I	O	L	I	■	O	U	S	T	■	A	I	R	Y
O	N	E	■	■	■	T	E	A	■	■	S	O	M	A

2	5	3	4	1	6	9	7	8
7	9	1	5	2	8	6	4	3
4	8	6	7	3	9	1	2	5
8	1	2	3	6	4	7	5	9
6	4	7	9	5	1	8	3	2
5	3	9	2	8	7	4	1	6
1	7	5	6	9	2	3	8	4
9	2	4	8	7	3	5	6	1
3	6	8	1	4	5	2	9	7

ANSWERS

From Pages 12-13

T	Y	P	E	■	■	N	A	P	■	■	■	H	M	M
A	E	O	N	■	G	A	L	E	■	S	M	E	A	R
B	L	O	C	■	R	A	L	E	■	H	U	L	K	S
■	P	H	Y	S	I	C	A	L	■	O	S	L	O	■
■	■	■	S	A	P	P	Y	■	S	A	C	■	■	■
B	E	A	T	U	P	■	■	M	I	L	L	D	A	M
R	A	W	■	T	E	R	R	O	R	■	E	U	R	O
A	G	A	P	E	■	I	O	N	■	A	S	P	E	N
I	L	I	A	■	E	B	B	O	U	T	■	L	A	O
N	E	T	T	L	E	S	■	■	N	E	W	E	L	S
■	■	■	E	L	K	■	L	O	B	A	R	■	■	■
■	H	A	L	O	■	L	I	G	A	M	E	N	T	■
S	U	R	L	Y	■	A	V	E	R	■	S	O	O	T
K	N	E	A	D	■	T	E	E	S	■	T	O	R	E
I	T	S	■	■	■	H	R	S	■	■	S	K	I	N

9	8	1	7	6	3	4	2	5
2	6	5	9	1	4	8	7	3
3	4	7	8	2	5	9	1	6
7	5	8	2	4	6	1	3	9
4	3	2	5	9	1	7	6	8
6	1	9	3	7	8	2	5	4
8	2	6	4	5	7	3	9	1
5	7	4	1	3	9	6	8	2
1	9	3	6	8	2	5	4	7

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The health and safety of our members is our top priority. For that reason, we will be limiting donations to ONLY what is listed below-
(Please bring all donations to the Front Desk)

-Yarn
-Ribbon
-Flowers
-Styrofoam
-Cards
-Candle Wax
-Puzzles
-Large Print Books

Thank you for your understanding!

FOOD WISE Healthy choices, healthy lives. | Extension UNIVERSITY OF WISCONSIN-MADISON

UW-Madison Extension is offering virtual **StrongBodies** Classes

WHAT: **Free Online Statewide StrongBodies Classes**

UW-Madison Extension Health and Wellbeing and FoodWise program is offering an evidence-based strength training program. No experience is necessary.
Strength training has been shown to reduce the risk of chronic diseases such as diabetes, heart disease, osteoporosis, and arthritis. Strength training also increases strength, muscle mass, and bone density.
We will also have time to learn and socialize following the training each day.

LIFTING PEOPLE TO BETTER HEALTH

STRONGBODIES

WHEN: **April 12th - June 10th, 2021**

HOW TO SIGN UP:

Monday/Wednesday 9am Registration: https://go.wisc.edu/9fj4it
Tuesday/Thursday 9am Registration: https://go.wisc.edu/uk33x3

- After registration, you will receive a confirmation and link to the upcoming classes.
- **Home Safety Checklist for StrongBodies participants**
- **StrongBodies Exercises**

QUESTIONS? Mon/Wed Series contact Karie Johnson at karie.johnson@wisc.edu

Tues/Thurs Series contact Sandy Tarter at sandy.tarter@wisc.edu

The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs

Manitowoc Senior Center
Thursday Morning Watercolor Group

Spring Show

May 28 through June 25, 2020

Set up: May 28 at 9:00 am. Make arrangements with someone to have your paintings here if you cannot make it.

Paintings: 1 framed painting, any subject
5 paintings, matted or not
Can bring 4 extra small ones, matted or not to put in the box, (box is 12" x 18")

Pricing: The Senior Center will get a 5% commission, and they will also add 5% for sales tax, for a total of 10% to be collected from your sale. * Price your pictures accordingly.

Numbers: You will be given 10 numbers. ***Number each*** of your paintings.

Theme: While Spring theme is preferred, anything you have painted and want to include is okay. This is a big show for our group, please participate.

List: ***Submit a list*** of all your paintings with the:
Number
Your Name
Name of Painting
Price
The list will be turned over to the office so they can collect the money and cross off the name of the painting when it is sold.

Labeling: ***Label each painting*** with the number, your name, name of painting and the price. Tape the label on the back and position it so all information can be read from the front. It can be wrapped around one corner of the matt, for example.

Take down: The paintings will be taken down on Thursday, June 25. After this is done, we will hang up the new Lobby Display.

The line dancers had a great time being Irish, wearing green, dancing to Irish music and also a treat, chocolate mint bars!

Diabetes Support Group

If you have pre-diabetes or Type 2 diabetes, join **Registered Dietitian Cher Zeddies** and **RN Diabetes Educator Amy Kanugh,** of the Holy Family Memorial Diabetes Center, to learn more about your condition and get support from others.

Registration is not necessary.

Please call (920) 320-4576 if you have any questions.

Manitowoc Senior Center
3330 Custer St, Manitowoc, WI
11-11:45 a.m.

- Tuesday June 1
- Tuesday August 3
- Tuesday October 5
- Tuesday December 7

Presented in partnership with the Manitowoc Senior Center:

Holy Family Memorial

in affiliation with

Froedtert & Medical College of Wisconsin

Community Service Education Recreation

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at

www.ourseniorcenter.com

GRANDMA'S LEMON MERINGUE PIE

Ingredients:

1 cup white sugar
2 tablespoons flour
3 tablespoons cornstarch
1/4 teaspoon salt
1 1/2 cups water
2 lemons, juiced & zested
2 tablespoons butter
4 egg yolks, beaten
1 (9 inch) pie crust, baked
4 egg whites
6 tablespoons white sugar

Directions:

-Preheat oven to 350 degrees

-To Make Lemon Filling: In a medium saucepan, whisk together 1 cup sugar, flour, cornstarch, and salt. Stir in water, lemon juice and lemon zest. Cook over medium-high heat, stirring frequently, until mixture comes to a boil. Stir in butter. Place egg yolks in a small bowl and gradually whisk in 1/2 cup of hot sugar mixture. Whisk egg yolk mixture back into remaining sugar mixture. Bring to a boil and continue to cook while stirring constantly until thick. Remove from heat. Pour filling into baked pastry shell.

-To Make Meringue: In a large glass or metal bowl, whip egg whites until foamy. Add sugar gradually, and continue to whip until stiff peaks form. Spread meringue over pie, sealing the edges at the crust.

-Bake in preheated oven for 10 minutes, or until meringue is golden brown.

special THANK YOU BINGO to our sponsors

Wednesday Sponsors:
1st—River Woods Place
2nd—Hamilton Care Center, T.R.
3rd— *No Sponsor
4th—Manitowoc Health & Rehabilitation
5th—Kindred Hearts

Friday Sponsors:
2nd—Homecare Health
4th— *No Sponsor
5th—Anonymous.
Special Games in Memory of Agnes Shimek & bakery from Kristy's Kakes In Whitelaw!

NO BINGO AT THIS TIME

Birthday BINGO

Birthday Bingo takes place the last Monday of each month at 1:00pm (*check calendar). If you are celebrating a birthday this month and bring a cake to share, you will receive two free Bingo cards to play. (Center will provide Ice Cream). Normal play: cards are $0.50 each (max of 4 cards per person). All money taken in is given out as prizes! *Have Fun & Good Luck!*

NO BINGO AT THIS TIME

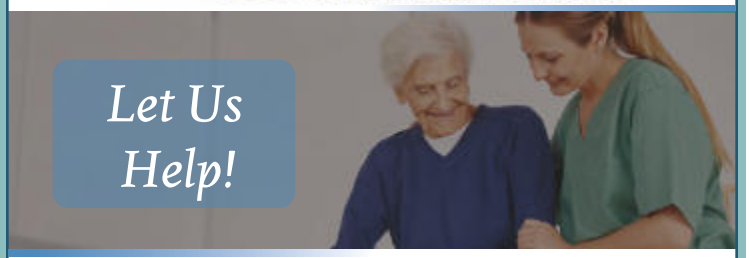
NO FOOD ALLOWED AT THIS TIME

MYSTIC MOODS BAND
Every Wednesday | 10:45a-11:45a
FREE * Public Invited

POSTPONED

The Mystic Moods Band invites you, your family, friends and neighbors to join them each and every Wednesday at the Senior Center for some toe tappin' good times! They have been performing for over 25yrs and still going strong! We encourage you to support the Mystic Moods by attending their musical performances. Come dance, listen, sing along and enjoy the uplifting benefits of music!

The Bay
AT NORTH RIDGE
HEALTH AND REHABILITATION CENTER



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920-686-3060

WELCOME SENIOR CENTER NEW MEMBERS!

Sandra Rhoden	Melody Hanson
Cathy DeLain	Robert Lutzke
Scott Retzak	Lynn Kalista
Jim Hanson	Ann Kleckner
Jerry Rosseter	Liz Koehler
Clarence Naidl	Mary Thorison

Golden K Kiwanis Club Speakers

The Golden K Kiwanis Club hold their meetings each Tuesday morning at 9:00 a.m. at the Manitowoc Senior Center. They invite you to join them.

Apr 6 | Angel Avina - Custom Health Pharmacy
Apr 13 | Stephanie Lambert - County Health Dept.
Apr 20 | Vicki Rathsack - Lincoln Park Zoo
Apr 27 | Dr. Ashok Rai - Prevea President & CEO

https://us02web.zoom.us/i/82776885908
Passcode is 958797

For more info: 920-682-3639
Visitors Welcome!
Save your Tabs for HABITAT

RED HAT Chit Chat

The Lakeshore Red Hatters meet the 2nd Friday of every month at the Manitowoc Senior Center at 1:30 p.m.

April is here and day light saving time has made us spring ahead. Yay for Spring ! The most anticipated time of the year, as the snow melts there is a rebirth of flowers, grass, trees! Everything is fresh again!! Also in May EVERYONE is able to get the COVID-19 vaccine. I have finally gotten my 1st shot and will finish up this month. More and more people in my neighborhood have also been vaccinated. Something to do: The Rahr-West Art Museum is having its For the Love of Eggs until April 3rd. Hours are 10 -4 Tuesday thru Friday and Saturday and Sunday 11 - 4 . Then in May as is our Red Hat tradition, the U.S.S. Badger will be coming into our Manitowoc port. This will be MAY 20th at noon. Anyone who feels comfortable to meet, the ship should be there at 11:30 am. We are NOT having a meeting or luncheon but just doing a gathering to see friends and the Badger. Have a very Blessed Easter and see y'all soon!

Until next month, Yvonne Stock

For information or questions contact the Queen, Terry Prigge at 683-3008

Newsletter Information

If you have information that you would like included in the next issue of the Periscope, please submit it in writing or email by Monday, April 19, 2021. This includes all updated information for any groups that have monthly submissions.

Emails may be sent to **aorth@manitowoc.org**

~ MOVIE TIME ~

Tuesday, April 20th at 12:30p

Up

Rated PG | Animations/Adventure/Comedy
1 hour, 36 mins

Retired balloon salesman Carl Fredricksen, is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Unbeknownst to Carl, an overeager 8-year-old Wilderness Explorer Russell is on Carl's front porch! The world's most unlikely duo meet fantastic friends like Dug, a dog with a special collar that allows him to speak, and Kevin, a rare 13-foot tall flightless bird. Stuck together in the wilds of the jungle, Carl realizes that sometimes life's biggest adventures aren't the ones you set out looking for.

Feel free to bring a cushion or blanket to make your chair more comfortable.

This is not a sponsored activity

Cost: Members-Free | $1 per guest.

Friday Flick

Friday, April 30th at 12:30pm

Two Weeks Notice

Rated PG-13 | Comedy/Romance
1 hour, 42 mins

Dedicated environmental lawyer Lucy Kelson (Sandra Bullock) goes to work for billionaire George Wade (Hugh Grant) as part of a deal to preserve a community center. Indecisive and weak-willed George grows dependent on Lucy's guidance on everything from legal matters to clothing. Exasperated, Lucy gives notice and picks Harvard graduate June Carter (Alicia Witt) as her replacement. As Lucy's time at the firm nears an end, she grows jealous of June and has second thoughts about leaving George.

This is not a sponsored activity

Cost: Members-Free | $1 per guest

HIDDEN HANDS CONTEST

We have hidden our Senior Center Hands Logo somewhere in this newsletter. If you have the patience to hunt for it and are lucky enough to find it, either fill out an entry form, email or call in your guess! We will have a random drawing of all the correct entries of the month to win a Gift Certificate for **A FREE Turtle Sundae from Culver's**, the sponsor for this month's contest. *Good Luck!*

Last Month's Logo was located on page 17 in the Pickleball
Congratulations to: Karen Tisler

One entry per person, per month, please. Submit your entry by Monday, April 19, 2021