



# THE PERISCOPE


The Manitowoc Senior Center's Monthly Newsletter: February 2022

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# Valentine's Day Party

Valentine's Sing along with Silver Memories Choir at 1:00 PM  
Bingo to follow!

Bingo prizes sponsored by: **Anthem** 

**FEBRUARY 14th**

Come enjoy cake, coffee, punch & special Valentine's bingo prizes!

Members- \$5.00 | Non-Members- \$7.00

Tickets on sale NOW-FEBRUARY 4TH!!

Published in the interest of all area older adults.



# MANITOWOC SENIOR CENTER

## INFORMATION

### CONTACT US!

**Address:** 3330 Custer St., Manitowoc

**Phone:** 920-686-3060

**Email:** seniorcenter@manitowoc.org

#### Center Hours:

Monday - Friday | 8:00 am - 4:00 pm

#### Gift Shoppe Hours:

Monday - Friday | 9:00 am - 3:30 pm

#### Staff

**Curt Hall**- Park and Rec Division Manager  
chall@manitowoc.org | 920-686-3061

**Amanda Orth**- Admin. Support Specialist  
aorth@manitowoc.org | 920-686-3063

**Katie Dorow**- Recreation Team Leader  
kndorow@manitowoc.org | 920-686-3064

### MEMBERSHIP INFORMATION

*Senior Center Membership is open to all 55 years and older.*

#### Annual Memberships:

\$30.00 City Residents

\$40.00 Non-Residents

#### Lifetime Memberships:

\$120.00 City Residents

\$150.00 Non-Residents

#### Short Term Passes:

\$2.00 Day Pass

\$5.00 Week Pass

### CITY OF MANITOWOC COMMITTEE ON AGING

#### UPCOMING MEETING:

**MARCH 14**

ALL MEETINGS ARE HELD  
AT 9:30 AM IN THE  
SOCIAL ROOM

CHAIR - ALLAN BRIXIUS  
CO-CHAIR - DEBBIE BONK  
RON VON DRACHEK  
DONNA KICKLAND  
JUNE KRAMER  
RUTH MALZAHN  
MARY SCHULTZ  
LYDIA GROESCHEL

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

### MANITOWOC COMMUNITY MEALS

**For reservations or cancellations please call 683-4384 by 11:00 am the day before.**

*Transportation available daily  
Menu may vary*



To begin receiving Meals on Wheels, or for more information please contact the ADRC at 683-4180.

Manitowoc County Community Meals are served in cooperation with the Manitowoc County Nutrition Program. Meals take place at the Manitowoc Senior Center. Monday - Friday at 11:30 am.

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.



## CRAFTS, EXERCISE, EDUCATION, RECREATION

ATI Fitness Class (Punch Card): Thursdays at 1:00 pm  
Bible Study: Thursdays at 10:00 am  
Bingo: Wednesdays at 1:00 pm  
Birthday Bingo: Last Monday at 1:00 pm  
Breakfast Bingo: 2nd, 4th, & 5th Fridays at 9:30 am  
Cardio Drumming: Tuesdays at 9:00 am  
Caring Cards: Mondays at 9:00 am  
Cribbage: Fridays at 1:00 pm  
Drawing: 2nd and 4th Wednesdays  
Dominoes: Mondays at 1:00 pm  
EZ Does It (Punch Card): Thursdays at 10:00 am  
Friday Flick: Last Friday at 12:30 pm  
Hand & Foot: Wednesdays and Thursdays at 12:30 pm  
Hearts: Monday and Thursdays at 10:30 am  
Linedance Lessons (Punch Card): Wednesdays at 1:00 pm  
Mahjong: Wednesdays at 12:00 pm  
Monthly Movie: 2nd Tuesday at 12:30 pm  
Mystic Moods Orchestra: Wednesdays at 10:45 am  
Parkinson's: 3rd Wednesday at 10:00 am  
Pickleball (PB Punch Card): Tues. and Thurs. at 11:00 am  
Pinochle: Mondays at 12:30 pm  
Scrabble: Fridays at 10:00 am  
Senior Crafts: Tuesdays at 8:00 am  
Sheepshead: Tuesdays and Thursdays at 1:00 pm  
Silver Memories Choir: Mondays at 1:00 pm  
Table Tennis: Fridays at 12:00 pm  
Tai Chi- Beginner: Tuesdays and Thursdays at 2:00 pm \$  
Tai Chi- Advanced: Mon. and Wed. at 3:00 pm \$  
Tai Chi- Advanced: Tues. and Thurs. at 3:00 pm \$  
Ukulele: Wednesdays at 10:00 am  
Watercolor Painting: Thursdays at 9:00 am  
Wood Carving: Tuesdays at 9:30 am  
Youtube Yoga: Mondays at 12:00 pm

## SERVICES AND OUTREACH

### By Appointment Only:

Computer Lessons  
Foot Care  
Legal Counseling

Copies: \$.25/page  
Shredding: Free  
MMT Pass: \$30.00  
Assist Tickets: \$2.00  
Nutrition Tickets: \$.75

## PARTICIPATION INFORMATION

### 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 day or week pass has been obtained. Guest passes are not valid with Tai Chi or for members only pricing on trips and parties. Activities which are open to the public will be stipulated as such in the newsletter.

While participating in activities at the Senior 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 will be asked to refrain from participating in activities until released from a physician.

### CONNECT WITH US ONLINE:

Keep up to date with new programs, happenings, or cancellations by visiting us online.

### FACEBOOK PAGE DISCLAIMER:

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

**Website:** [www.manitowoc.org/seniorcenter](http://www.manitowoc.org/seniorcenter)


**Facebook:** [www.facebook.com/manitowocseniorcenter](http://www.facebook.com/manitowocseniorcenter)

# MON TUES WED THUR FRI

	<p><b>1</b> 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving 10:50a Jazzercise 1p Sheepshead 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>2</b> 10a Ukulele 10:45a Mystic Moods 12p Mahjong 12:30p Hand and Foot 1p Linedancing 1p Bingo 3p Adv. Tai Chi</p>	<p><b>3</b> 9a Watercolor 10a Hearts 10a EZ Does It 10a Bible Study 12:30p Hand and Foot 1p ATI Fit. 1p Sheepshead 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>4</b> 10a Scrabble 12p Table Tennis 1p Cribbage</p>
<p><b>7</b> 9a Caring Cards 10a Hearts 12:30p Pinochle 1p Dominoes 1p Silver Memories 3p Tai Chi</p>	<p><b>8</b> <b>Valentine's Trip</b> 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving 10:50a Jazzercise 12:30p Monthly Movie 1p Sheepshead 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>9</b> 10a Ukulele 10:45a Mystic Moods 12p Mahjong 12:30p Hand and Foot 1p Linedancing 1p Bingo 3p Adv. Tai Chi</p>	<p><b>10</b> 9a Watercolor 10a Hearts 10a EZ Does It 10a Bible Study 12:30p Hand and Foot 1p ATI Fit. 1p Sheepshead 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>11</b> 10a Scrabble 12p Table Tennis 1p Cribbage</p>
<p><b>14</b> 9a Caring Cards 10a Hearts 12:30p Pinochle <b>1p Valentine's Party</b> 1p Dominoes 3p Adv. Tai Chi</p>	<p><b>15</b> 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving <b>10a POA Presentation</b> 10:50a Jazzercise 1p Sheepshead 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>16</b> 10a Ukulele 10:45a Mystic Moods 12p Mahjong 12:30p Hand and Foot 1p Linedancing 1p Bingo 1p Parkinson's Group 3p Adv. Tai Chi</p>	<p><b>17</b> 9a Watercolor 10a Hearts 10a EZ Does It 10a Bible Study 12:30p Hand and Foot 1p ATI Fit. 1p Sheepshead 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>18</b> 10a Scrabble 12p Table Tennis 1p Cribbage</p>
<p><b>21</b> 9a Caring Cards 10a Hearts 12p Youtube Yoga 12:30p Pinochle 1p Dominoes 1p Silver Memories 3p Tai Chi</p>	<p><b>22</b> 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving 10:50a Jazzercise 1p Sheepshead 1p Weaving 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>23</b> 10a Ukulele <b>10a Fire Safety</b> 10:45a Mystic Moods 12p Mahjong 12:30p Hand and Foot 1p Linedancing 1p Bingo 3p Adv. Tai Chi</p>	<p><b>24</b> 9a Watercolor 10a Hearts 10a EZ Does It 10a Bible Study 12:30p Hand and Foot 1p ATI Fit. 1p Sheepshead 2p Beg. Tai Chi 3p Adv. Tai Chi</p>	<p><b>25</b> <b>Life Line Screening</b> 10a Scrabble <b>NO Table Tennis</b> 12:30p Friday Flick 1p Cribbage</p>
<p><b>28</b> 9a Caring Cards 10a Hearts 12p Youtube Yoga 12:30p Pinochle 1p Dominoes 1p Silver Memories 3p Tai Chi</p>				



**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

	<b>1</b> Tator Tot Casserole Wax Beans Mandarin Oranges WW Bread Poke Cake	<b>2</b> Chef Salad Turkey & Bean Soup French Bread Banana Bar	<b>3</b> Sloppy Joe on WW Bun German Potato Salad Baked Beans Fresh Fruit	<b>4</b> Salmon Boiled Red Potatoes Pineapple Coleslaw Rye Bread Berry Torte
<b>7</b> Taco Bake Casserole Refried Beans Corn WW Bread Fruited Jello	<b>8</b> Chicken Ala King Peas Seasonal Fresh Fruit Biscuit Beet Brownie	<b>9</b> Split Pea Soup Turkey on Wheat Romaine Salad M&M Bar	<b>10</b> Egg, Ham & Cheese Scramble Diced Sweet Potatoes Tropical Fruit Muffin Yogurt	<b>11</b> Swedish Meatballs Egg Noodles California Blend Veg Peaches Strawberry Pretzel Bar
<b>14</b> Meatloaf Potato Casserole Carrots WW Dinner Roll Valentine's Bar	<b>15</b> Baked Chicken Whipped Potatoes & Gravy Corn WW Bread Berry Bar	<b>16</b> Southwest Mac & Cheese w/ Chicken Broccoli Mandarin Oranges Rye Bread Pumpkin Bar	<b>17</b> Vegetable Bean Soup Ham Salad on Rye Cucumber Salad Chilled Pears Poke Cake	<b>18</b> Hamburger on WW Bun Baked Beans Coleslaw Chocolate Mousse
<b>21</b> Seasoned Chicken Breast Roasted Sweet Potatoes Wax Beans WW Dinner Roll Butterscotch Pudding	<b>22</b> Pineapple Glazed Ham Scalloped Potatoes Broccoli Rye Bread Spice Cake	<b>23</b> Chili Chicken Salad on Wheat Broccoli Cauliflower Salad Warm Applesauce Lemon Pie	<b>24</b> Shepard's Pie Brussel Sprouts Carrot Raisin Salad White Bread Rice Krispie Bar	<b>25</b> Lasagna Capri Blend Veggies Peaches French Bread Black Bean Brownie
<b>28</b> Chicken Stir Fry Brown/White Rice Carrots Pineapple Peanut Butter Cookie				

**January 2022: Manitowoc County Senior Dining Sites and Home Delivered Meals**To reserve your meal please call: **920-683-4384***Suggested donation: \$5.25 Actual Cost: \$8.75**Menu is subject to change without notice**Please note that our kitchen is NOT a nut free facility.*

# Cardio Drumming

THIS SUPER FUN WORKOUT BRINGS TOGETHER DRUMSTICKS & AN EXERCISE BALL. USING THE DRUMSTICKS & EXERCISE BALL, ALONG WITH MIXING IN FUN SONGS & MOVES, CARDIO DRUMMING TURNS KEEPING A RHYTHM INTO A WORKOUT!

\*THIS CLASS WILL BE ON THE PUNCH CARD SYSTEM

JOIN JOYCE EACH WEEK STARTING TUESDAY, FEBRUARY 1ST AT 9:00AM FOR THIS EXCITING EXERCISE CLASS!



The Manitowoc Senior Center is accepting donations at this time! Craft items, books & puzzles are all appreciated!

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Manitowoc Senior Center, Manitowoc, WI

A 4C 01-1253



# **VALENTINE'S DAY MYSTERY TRIP**

Tuesday, February 8th

**FIND A DATE OR GO ON A SOLO  
ADVENTURE! COLLECT CLUES AS  
YOU TOUR THE MYSTERY LOCATION  
AND SOLVE THE PUZZLE TO GET A  
PRIZE! A WONDERFUL LUNCH AS  
WELL AS A STOP FOR VALENTINE'S  
TREATS WILL BE INCLUDED IN THIS  
FUN FILLED DAY!**

***Departing: 9:30am (arrive at Center: 9:00am)  
Arriving back in Manitowoc: 3:00pm***

Member registration: December 27th  
Non-Member registration: January 3rd  
Registration closes: January 28th



**MEMBERS- \$70.00  
NON-MEMBERS- \$85.00**



**Thursday, March 24th**

Member registration: February 7th

Non-Member registration: February 14th

Registration closes: March 11th

**Members - \$65.00**

Departing: 9:00am (arrive at Center: 8:30am)

**Non-Members - \$80.00**

Arriving back in Manitowoc: 2:00pm

## **Farm Wisconsin Discovery Center**

Let's Discover something fantastic close to home! We'll tour the Farm Wisconsin Discovery Center to see what makes Dairy Farming so special and something we are so proud of here in Wisconsin. Enjoy a wonderful luncheon and top the day off with a cheese tasting as well as some fresh ice cream to celebrate all things dairy!



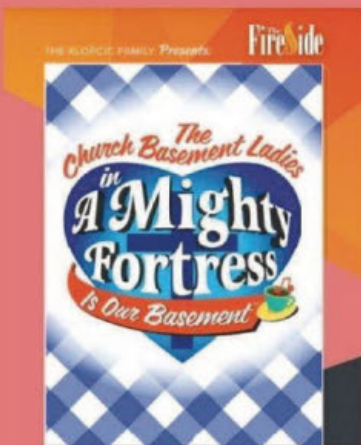
**Thursday, April 28th**

Member registration: March 14th  
Non-Member registration: March 21st  
Registration Closes: April 15th

Departing the Center at 7:45am, arrive at 7:15am  
Arriving back in Manitowoc at 6:45pm

\*Watch for pricing in upcoming newsletters

*We will need your menu selections at time of registration  
Menus will be available at the front desk*



Join us at The Fireside Theatre in this installment of The Church Basement Ladies series, the year is 1960 and a reformation is underway. Beverly gets her first pair of high heels for confirmation. Mrs. Snustad wins top honors at the County Fair for her Grand Champion pickles. Mavis must find a way to deal with the new Super Highway that cuts through her farm. Karin finds freedom behind the wheel of her husband's pickup truck. And Pastor has found new love and announces his impending nuptials. Against the changing tide, these "bulwarks never failing" stand strong in their faith and in their friendships with more crazy antics, more great songs, and more lessons reluctantly learned.

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**REPORT** suspicious claims or activities

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[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
WisconsinSeniorMedicarePatrol

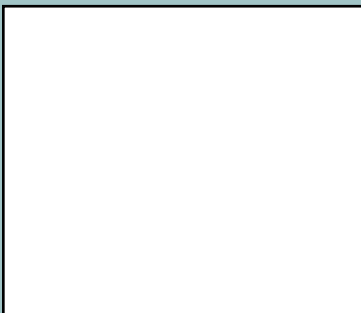
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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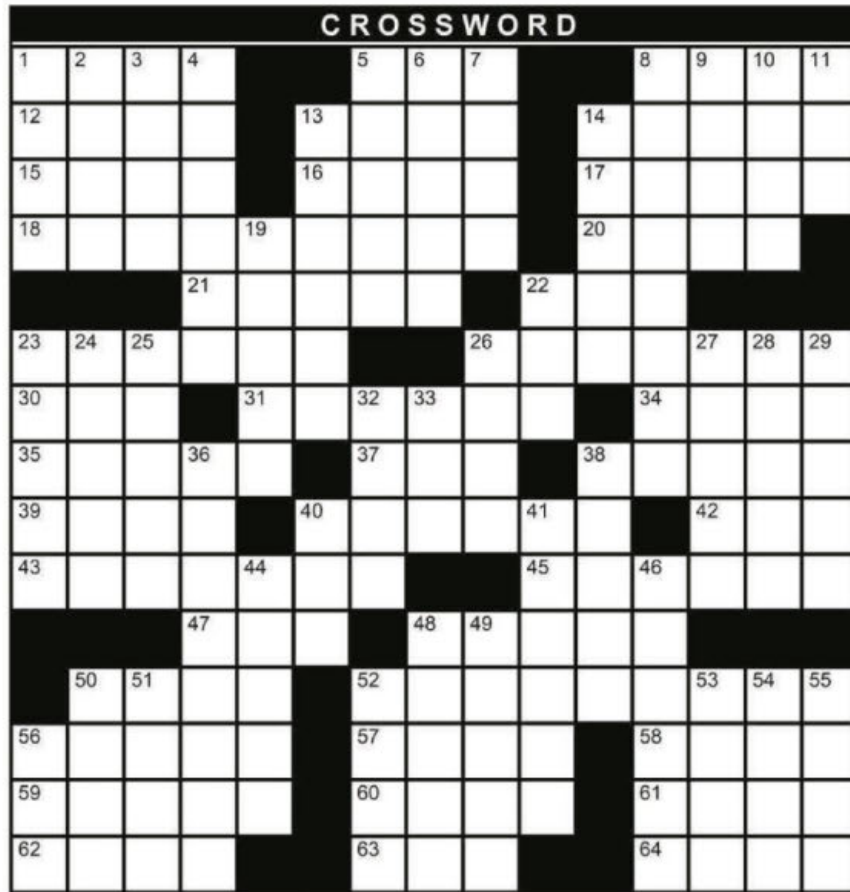
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# THEME: MOVIE QUOTES



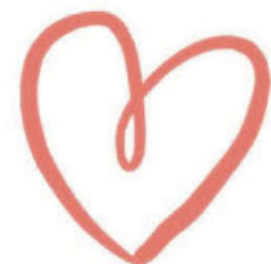
## ACROSS

1. THESE
5. General Services Administration
8. Ex-Miami Heat player Dwyane
12. Pomegranate seed
13. Actor Chris O'\_\_\_
14. Pacific Crest Trail walker
15. Country dance formation
16. Wished undone
17. Popeye's sweetie
18. \*"Sudden Impact": "Go ahead, \_\_\_"
20. Arm part
21. Gold unit
22. Parabola, e.g.
23. San Joaquin Valley city
26. Hangs out with
30. Unit of electrical resistance
31. \*"Star Wars": "Stay in \_\_\_ formation"
34. Mr. Jinx's (of "Meet the Parents") cry
35. Clay and silt deposit
37. Camel debris
38. Japanese sword fighting
39. Was aware of

40. Come into sight
42. \*"Independence Day": "I belong in the \_\_\_"
43. \*"The Dark Knight": "Why so \_\_\_?"
45. Common allergen
47. Cup alternative
48. Bird-made fertilizer
50. Sketch
52. \*"On the Waterfront": "I coulda been a \_\_\_"
56. El Dorado-related
57. Tabernacle Choir's home state
58. Contributed
59. Star Wars attacker
60. Unidentified aircraft
61. Prep for publication
62. Ladder step
63. Tropical American cuckoo
64. Part to play

## DOWN

1. Precedes storm?
2. Soprano's song, e.g.
3. \*"Mean Girls": "On Wednesdays, we wear \_\_\_"
4. Makes smooth, as in hair
5. Dutch cheese
6. \*"Darkest Hour": "I have nothing to offer but blood, toil, tears and \_\_\_"
7. \_\_\_ Walker, American Girl doll
8. \*"Field of Dreams": "If you build it, he \_\_\_"
9. Related
10. Deity, in Sanskrit
11. "... \_\_\_ he drove out of sight"
13. Fungus damage (2 words)
14. Meryl Streep's "The \_\_\_"
19. Supernatural life force, pl.
22. Query
23. \*"Who Framed Roger Rabbit": "That's all, \_\_\_!"
24. Côtes du \_\_\_, wine region
25. Mideast V.I.P.
26. Soreness
27. Kidney-related
28. \*"Princess Bride": "You killed my father. Prepare \_\_\_"
29. Bound by oath
32. "Lights out" tune
33. Nile reptile
36. \*"Finding Nemo": "Just keep \_\_\_"
38. Danish money
40. Two before Oct
41. Lack of enthusiasm
44. 1/16th of a pound
46. Not two years but three, e.g.
48. Coped (2 words)
49. Freshwater eel, in Japan
50. Comics character Little \_\_\_
51. Fe
52. Caribbean island country
53. Carpenter's joint
54. Like a fairytale stepmother?
55. Network of nerves
56. Acronym, abbr.





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

## WHERE TO FIND THE MONTHLY PERISCOPE:

- |                              |                        |
|------------------------------|------------------------|
| Angelus Senior Living        | St. Mary's Home        |
| Associated Bank - Franklin   | Felician Village       |
| Bank First National - N. 8th | Shady Lane             |
| Bank First National - Custer | Bethany Church         |
| Manitowoc Public Library     | North Ridge            |
| Shipbuilders CU- Washington  | River's Bend           |
| UnitedOne CU- S. 10th        | Garfield Gardens       |
| YMCA                         | Manitou Manor          |
| Associated Bank - Festival   | Parkview Haven         |
| Visitor Information Center   | Regency House          |
| Wells Fargo - Calumet        | River Hills Apartments |
| ADRC                         | Southbrook Manor       |
| Advanced Family Chiropractic | Valley View Apartments |
| St. Vincent DePaul           | HFM Wellness Center    |

**SOLUTION: PAGE 16**

### Putting People and Families First.

It is truly an honor for us to serve the community. Thank you for your patronage.



Dan Lendman, Licensed Funeral Director/Co-Owner,

Peggy Madson, Preplanning & Family Services Consultant

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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com) Manitowoc Senior Center, Manitowoc, WI

C 4C 01-1253



## Memory Screen Days

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.

See below for a date and time that works best for you.

More locations may be available.

Please call the ADRC of the Lakeshore at 1-877-416-7083 to register or for more information.

Tues Feb 8, 2022 • 12:30pm-3:30pm @ Kiel Stoelting House

Thurs Feb 10, 2022 • 9am-12pm @ TR Senior Center

Tues Feb 22, 2022 • 9am-12pm @ Manitowoc Senior Center

Wed Feb 23, 2022 • 9am-12pm @ Kewaunee ADRC of the Lakeshore



## 5th Annual

### “10 MOST WANTED”



# FOOD DRIVE

To benefit Peter's Pantry



January through April 2022

### Drop Off Locations

Manitowoc Police Department

Manitowoc Senior Center

Manitowoc Public Library



### Winter Walking:

November 1, 2021 - April 22, 2022  
Monday-Friday 8:00 am - 10:30 am

No Walking: November 25  
December 24 and 31

Please bring clean, dry shoes to walk in.

FREE!



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CITY OF MANITOWOC

### Pickleball:

November 2, 2021 - April 21, 2022  
Tuesdays and Thursdays  
11:00 am - 1:00 pm

No play on November 25,  
Please bring clean, dry shoes.

Punch Cards System  
Senior Center Members: FREE  
\*Must still have a punch card  
Non - Members: 5 Punch for \$10  
10 Punch for \$20

Punch Cards Available at the Senior Center 12



JOIN CHIEF TODD BLASER OF THE  
MANITOWOC FIRE DEPARTMENT ON  
WEDNESDAY, FEBRUARY 23RD AT  
10:00 AM AS HE PRESENTS:

## FROM FIRE SAFETY TO FALL PREVENTION MEASURES

OLDER ADULTS ARE TWICE AS LIKELY TO  
BE INJURED IN A FIRE COMPARED TO THE  
POPULATION AT LARGE. FIRES ARE NOT  
THE ONLY THING THAT THREATEN OUR  
SENIORS. STATISTICS FROM THE CDC  
SHOWS THAT FALLS ARE THE LEADING  
CAUSE OF DEATH FROM UNINTENTIONAL  
INJURY IN THE HOME. THIRTY PERCENT  
OF PEOPLE AGE 65 AND OLDER ARE  
INVOLVED IN FALLS EACH YEAR; SOME OF  
THE FALLS ARE FATAL, WHILE OTHERS  
DISABLED CAUSING LOSS OF MOBILITY OR  
INDEPENDENCE.

WE WILL FOCUS ON THESE TWO ISSUES TO  
IMPROVE THE HEALTH AND WELL-BEING  
OF OLDER ADULTS TO HELP THEM LIVE  
SAFELY AT HOME.



**OUR SPRING CRAFT  
FAIR WILL BE HELD  
SATURDAY, APRIL 9TH  
FROM 9:00AM-2:00PM  
WATCH FOR MORE  
INFORMATION IN  
UPCOMING  
NEWSLETTERS!**

## Drawing Group

Join Sarah Marsho from Shady Lane Inc. for a class to take your love for drawing and learning and put it on paper! During this class, you will learn different shading techniques, color schemes, focal points and composition. You will also learn how to use different drawing materials including pencils, charcoal, and oil pastels! You can draw still objects, seasonal scenes, and more! Sarah studied Fine Arts and Communication at St. Norbert College, and cannot wait to share the joy of making art with you! Classes take place on the 2nd and 4th Wednesdays at 10:00 am starting January 12th.





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D 4C 01-1253



# ST. PATRICK'S DAY PARTY

Join us on Thursday, March 17th at 12:15 for a St. Patrick's Day Pizza Party!

After lunch, grab your clues and go on a Leprechaun Hunt to find where they're hidden throughout the Senior Center for a grand prize!

Top it all off with some festive Mint Chip ice cream for dessert!

**Members: \$7    Non-Members: \$10**

**Sign up February 14th-March 11th**

Thank you to our wonderful prize sponsor for this event:



Join Michael McLellan with Anthem Blue Cross Blue Shield for a presentation on:

**Medicare 101**

**Wednesday, March 2nd at 12pm**



STARTING MONDAY,  
FEBRUARY 21ST-



# Youtube Yoga with Curt



JOIN CURT ON MONDAY'S AT NOON TO FOLLOW ALONG WITH A YOGA YOUTUBE VIDEO. CURT WILL BE THERE TO FACILITATE AND DO YOGA ALONG WITH YOU!

THIS ACTIVITY WILL BE ON THE PUNCH CARD SYSTEM

C	A	P	S		G	S	A		W	A	D	E			
A	R	I	L		D	O	W		H	I	K	E	R		
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9	4	2	5	1	6	3	8	7
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6	7	8	3	4	9	1	2	5
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2	6	1	8	7	3	9	5	4
7	9	5	4	6	1	2	3	8
4	8	9	6	3	7	5	1	2
3	2	6	1	8	5	7	4	9
1	5	7	2	9	4	8	6	3

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## **Retirement: Now What?**

**March 1st - 5:00pm, Manitowoc Senior Center**

Presented by:

Wendy Dobrzynski, Executive Director, Circle Wisconsin

Ashley Bender, Executive Director, United Way Manitowoc County, Inc.

Laura Drida, Marketing & Communications Coordinator, United Way Manitowoc County, Inc.

Have you recently retired or maybe you have a countdown clock and know the exact number of days, hours and minutes until you hang up your professional working hat?

Be inspired to fill your calendars with unique travel destinations throughout Wisconsin and beyond as well as fulfilling volunteer opportunities within the community.

*Circle Wisconsin is a state-wide membership organization representing some of the best group-friendly destinations, attractions, restaurants, theaters, casinos, museums and lodging in the state. Our primary mission is to assist you in making sure your next group tour to Wisconsin is filled with FUN!*

*The mission of United Way Manitowoc County, Inc. is to improve lives by mobilizing the caring power of communities throughout Manitowoc County.*

## **Own Your Power Workshop**

**April 4th - 11:00am, Manitowoc Senior Center**

At any stage of life, women can meet changes that feel disruptive.

At 50+, we experience children moving away, retirement, loved ones passing, and physical changes, to name a few.

If you are a woman who's feeling discouraged, hesitant, or distracted and ready to feel more empowered, confident, and present in your life, this workshop is right up your alley.

We'll tap into your wisdom and life experiences to clarify what thriving look likes for you and explore how you can make it sustainable.

You'll leave this workshop with tools and inspiration to take the first steps toward what you desire.

As author Jon Kabat-Zinn said, "wherever you go, there you are." There's no getting away from ourselves, so let's make this life an enjoyable experience throughout the process of aging boldly.

*Laurie Crawford is a women's empowerment coach and emerging leaders coach. With more than 30 years of experience in leadership positions, Laurie is an inspirational change agent and collaborative relationship builder. Prior to coaching, she worked in the public, private, non-profit and education sectors.*



## Upcoming presentations:

### **MARCH 9TH, 10AM - HOSPITAL INDEMNITIES**

- What are they?
- What do they cover?
- What do they cost?
- Who qualifies for this coverage?
- Can you afford your medical bills if you get sick?

### **APRIL 13TH, 10AM - LIFE INSURANCE**

- What types of life insurance are there and how are they different?
- Why should I review my life insurance?
- Do I need life insurance when I hit a certain age?
- Can my life insurance be taken away?
- Are there living benefits to my life insurance?

### **MAY 11TH, 10AM - FUNERAL TRUSTS**

- What are they?
- How can they help me?
- Who qualifies for them?

### **JUNE 8TH, 10AM - NEW TO MEDICARE INFORMATIVE PRESENTATION**

- What are they?
- How can they help me?
- Who qualifies for them?



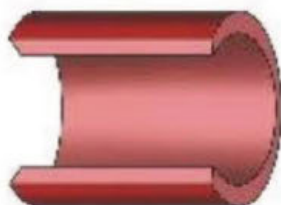
## Keep doing the things you love.

### Catch health problems before they go too far.

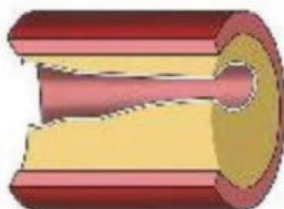
Life Line Screening offers a 5-screening package to provide peace of mind or early detection for risks of stroke and cardiovascular disease. The combination of these tests helps detect problems—**before you have symptoms** and while you and your doctor can still take action...so you can keep doing the things you love.



### Plaque buildup can lead to cardiovascular disease, stroke and aneurysms.



A normal artery allows blood to flow through easily.



Plaque buildup in the arteries reduces your blood flow and can be dangerous if left untreated.

### Register now to check the health of your arteries

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Please call toll-free **888-814-0416** to register for your screening  
or visit <https://llsa.social/HSC>

Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.

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F 4C 01-1253



# Cherry Thumbprint Cookies

## Cherry Jam Ingredients:

- 1 cup whole cherries
- 1/4 cup sugar
- 1 tsp lemon juice

## Cherry Jam Instructions:

- Finely chop cherries
- Combine cherries, sugar and lemon juice in a small saucepan
- Heat over medium heat for 8-10 minutes until thickened
- Cool



## Cookie Ingredients:

- 1/2 cup unsalted butter, room temperature
- 1/2 powdered sugar
- 1 egg yolk
- 1/2 tsp vanilla extract
- 3/4 cup + 2 tbsp flour
- 2 tbsp cornstarch

## Cookie Instructions:

- Preheat oven to 350F
- Cream butter and powdered sugar until light and fluffy
- Add egg yolk and vanilla extract, beat until well combined
- Mix in flour and cornstarch, stir until just combined
- Roll dough into 12 balls and create a heart shape in the center of each ball using two thumbprints joined at the bottom
- Fill the thumbprint with cooled cherry jam
- Bake for 10-12 minutes, or until lightly golden brown

# Medicare Presentations with Deb Gabriel



Save the date for these  
upcoming presentations!

Tuesday, March 22nd at 1:30pm  
Tuesday, July 26th at 1:30pm  
Tuesday, September 20th at 1:30pm

Deb will be talking about Medicare 101:  
Understanding the A, B, C and D's of Medicare

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## WELCOME NEW MEMBERS!

Bonnie Kern  
Gary Smith  
Kathleen Freudenrich

## 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, February 14, 2022. This includes all updated information for any groups that have monthly submissions.

Emails may be sent to: [aorth@manitowoc.org](mailto:aorth@manitowoc.org)

## Golden K Kiwanis Club Speakers

The Golden K Kiwanis Club hold their meetings each Tuesday morning at 9:30 a.m. at the Manitowoc Senior Center. They invite you to join them!



- |        |                                          |
|--------|------------------------------------------|
| Feb 1  | Crossing Guard Breakfast                 |
| Feb 8  | Belinda Gilbert - The Crossing           |
| Feb 15 | Jennifer Schmoldt - Painting Pathways    |
| Feb 22 | Jessica Wanserski - Mtw Cty Env Hlth Mgr |

<https://us02web.zoom.us/j/82776885908>  
Passcode is 958797

For more info: 920-682-3639

**Visitors Welcome!**

**Save your Tabs for HABITAT!**

## Red Hat Chit Chat



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

What a regal day we had! Paid homage to our out-going Queen - Terry Prigge and welcomed our new Queen - Mary Ann Brault. Turnout was pretty good considering the health challenges we are experiencing. Of course, the food was delicious and there was even some carryout for those concerned.

We were treated by the blaze of royalty as the past queens came dressed in their finest and glitziest, including their own crowns. Our new queen all aglow, ready to take on her new imperial responsibilities.

She was awarded many gifts with special red-hatters meaning including a red teddy bear, an eye mask to close her eyes when needed, a candle to let her light shine, a sash, and more.

As has been custom, Mary Ann was required to swear by, of course, a vivacious red hat to do and be a happy, caring, and fun-loving Queen and lead her members with fun and laughter.

Think of the trouble the world would save if it would pay some attention to nonsense. EB White

Be sure to mark your calendars for our next meeting which will be on Valentine's Day itself!! Do bring a Valentine card, home-made if you are able. Won't it be fun to bring one of them home????  
Laurie Shawhan

For information or questions, contact Queen Mary Ann Brault at 682-9175.





### Monthly Movie:

Tuesday, February 8 at 12:30 pm

# LEGALLY BLONDE

She's a California sorority gal who'll do anything to keep her man. Even if it means going all the way...to law school! Reese Witherspoon stars with Luke Wilson, Selma Blair, Matthew Davis and Victor Garber in a knock-out comedy with a heart of gold - and hair to match! Elle Woods (Witherspoon) is a California blonde with couture clothes, fabulous friends and the hottest boyfriend on campus. So when Warner Huntington III (Davis) suddenly dumps her and heads for Harvard Law School, Elle takes matters into her own perfectly manicured hands. She enrolls too! Now getting Warner back should be a snap, right? Wrong! Elle's about to begin the toughest fight of her life - for love, honor, justice and respect for blondes everywhere!



### Friday Flick:

Friday, February 25 at 12:30 pm

# TROY

Brad Pitt picks up a sword and brings a muscular, brooding presence to the role of Greek warrior Achilles in this spectacular retelling of *The Iliad*. Orlando Bloom and Diane Kruger play the legendary lovers who plunge the world into war, Eric Bana portrays the prince who dares to confront Achilles, and Peter O'Toole rules Troy as King Priam. Director Wolfgang Petersen recreates a long-ago world of mighty warships, clashing armies, the massive fortress city and the towering Trojan Horse.



### HIDDEN HANDS CONTEST

We have hidden our Hidden Hands Logo somewhere in this newsletter. If you have the patience to hunt for it and are lucky enough to find it, fill out an entry form with your guess! We will have a random drawing of all the correct entries for the month to win a special Valentine's treat! Good luck!



Last Months Logo was hidden on page: 15 in the heart

Congratulations to: Lois Kubsh

**One entry per person, per month, please.**

**Submit your entry by: Monday, February 14th**