



Two Rivers Senior Center

FEBRUARY 2020

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

Head Cook

Amber Monka

Assistant Cook

Penny Fabian

CELEBRATING 66 YEARS OF SERVICE TO THE COMMUNITY!



Valentine's Day
Friday, February 14

10:30 HEART Bingo
25¢ per card (join anytime)

12:00 Valentine's Day Luncheon
Menu
Broccoli Cheese Soup
Roast Beef and Roll
Sour Cream & Chive Mashed Potatoes
Glazed Carrots
Red Velvet Cupcake

Fee: 60 & over: \$5.00 suggested donation
Under 60: \$5.00

Call 920-793-5596 for
your reservation.

WHAT'S INSIDE

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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
- *Wisconsin Parks & Recreation Association

Card Making with Carolee

February 13 @ 1:30 pm

Create your own stamped cards with guidance from Carolee. Each workshop you will take home 3 home-made cards.

\$8.00 Members; \$10.00 Guests
(cash or check only please)
Payment reserves your spot.

All materials are supplied.

Please sign up in the Senior
Center Office at least one
week before class is scheduled.



CREATION STATION

Friday, February 21 @ 10:00 am

Join Miranda from River Woods in creating something fun and new each month.

This month - Balloon Bowls
We have buttons but feel
free to bring in more if you
have them.



Please register in advance to make sure that we have enough materials for everyone.

Register by calling 920-793-5596
FREE to members; \$3.00 guests

Spring Watercolor

*Mondays @ 1:00
March 2 - April 6*

Learn the techniques and processes of watercolor in these relaxed and informal classes, led by Jerry Levanetz. All supplies are provided and you will take home a new piece of art after each class. Sign up for as many classes as you would like.

\$18.00 per class for members

\$23.00 per class for guest

(\$3.00 discount if paid by cash or check)

Pre-registration required - space is limited.

Register in the Senior Center Office or by calling 793-5596
with your credit card payment.

ALIVE & AWARE

7 week WELLNESS Program
at the Two Rivers Senior Center

"Beat the Winter Blues"

February 4 by HomeCare Health & Services

"Acupuncture"

February 11 by Acupuncture By The Lake

"Good Grief"

February 18 by HomeCare Health & Services

"Hospice"

February 25 by Aurora at Home

"Skin Tear Prevention"

March 3 by Holy Family Medical

"End of Life Pre-Planning and Advantages"

March 10 by Lakeshore Family Funeral Homes / Klein & Stangel

"Tinnitus"

March 17 by Holy Family Memorial

All sessions start at 1:30 pm in the Senior Center.
Please register in advance by call 920-793-5596.
FREE for Two Rivers Senior Center members
\$3.00 per session for guests
Light snack provided.

Each session you attend in full, your name will be entered for a door prize at the end of the 7 weeks.

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- Rise 'n Shine Burrito 8
- Two eggs, hashbrowns & toast 7
- Two eggs, two bacon or sausage, hashbrowns & toast 8.5
- Two egg ham & cheese omelet with toast 6.5
- Cranberry maple nut oatmeal brulee 7

Coupon must be presented to server when ordering. No substitutions.
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Two Rivers Senior Center, Two Rivers, WI

A 4C 01-1180

ENERGY ASSISTANCE APPOINTMENTS

Appointments are scheduled on Tuesday morning of February 4, 2020.

Please call the reception desk for your time at 793-5596 (appointments are scheduled in order).

Call 793-5596 to schedule your appointment.

TRUST transportation is available for Senior Center members.



Bake Sale

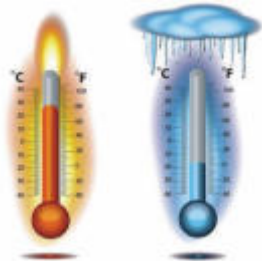
Tuesday, February 18

(8:00-4:00 while supplies last)



Carrot Cake
\$1.50 / piece

Chocolate Chip
Cheesecake
Cookies
\$2.00/2 cookies



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.



Two Rivers Water & Light

February 6, 2020

11:00 am

Everyone is invited to attend this FREE presentation to learn what's new at the utilities, hints on saving electricity and water, and time for Q&A.

Please call 793-5596 to register.

Free Give-Away: LED spot light great for closets or under cabinet lighting.

Foot Care

Includes towel, foot soak, toe nail clipping and light massage.

Call 793-5596 for your appointment.
(8:30 am - 11:30 am)



\$25.00

Checks payable to
Sharon Glandt, RN

Wednesday, Feb 5
Wednesday, Feb 19
Wednesday, Feb 26

\$25.00

Checks payable to
Pat Nickels, LPN

Wednesday, Feb 12

\$25.00

Checks payable to
Lisa Taylor, RN

Friday, Feb 14



Kitchen Wish List Items for February

- * **Cake Mix** (any brand, any flavor)
- * **unsalted butter**
- * **cream cheese**
- * **sugar**
- * **powdered sugar**
- * **mini chocolate chips**



New Recipes In February



**February 11:
Mushroom & Swiss Burger**



**February 24:
Philly Cheesesteak Sloppy Joe**



February 28: Swedish Meatballs



Please see the inserted menu for additional dishes being served. Lunch is open to the public.

Fee: 60 years or older \$5.00 sugg. donation
Under 60 \$5.00 lunch ticket

**Please call at least one day in advance to
make your reservation 793-5596.**

Volunteer Opportunities

We have many volunteer opportunities for you. Whether it's an occasional hour or a set time each week—we have something for everyone (no need to be a member and all ages welcome). Please call Serena at 793-7266 for more information. Some opportunities include: kitchen help, TRUST drivers, meal deliverers, front desk receptionist, office tasks, folding, mailing, organizing, cashiering, special events, set-ups, clean-ups, delivering posters, registration...



Two Rivers Unique Senior Transportation T.R.U.S.T. Car

The Senior Center TRUST Car is available to take you to do your Two Rivers errands. Schedule your shopping trip, visit to a friend, pharmacy, doctor or dentist, hair appointment and bank visits. Please call at least the day before (or earlier!) so that we can schedule your ride (920-793-5596). This service is for those 50 years & older, living in Two Rivers. We ask that you be a member of the Senior Center (just \$15 a year to have all membership privileges). TRUST cards are purchased - 10 punches on each card, one punch per ride/stop. Rides are scheduled at times between 8:15-3:45 Maintenance expenses are sponsored by the Friends of the Senior Center, fundraisers, as well as funds received from the rides.

► Reach the Senior Market

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CONTACT

Colleen Mancheski to place an ad today!
cmancheski@lpiseniors.com or (800) 950-9952 x2687



MEADOW
VIEW

346 Scandinavian Court
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4606 Mishicot Rd.
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Christina Meseberg
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Phone: 920-686-1797

Tammy Wagner
Executive Director

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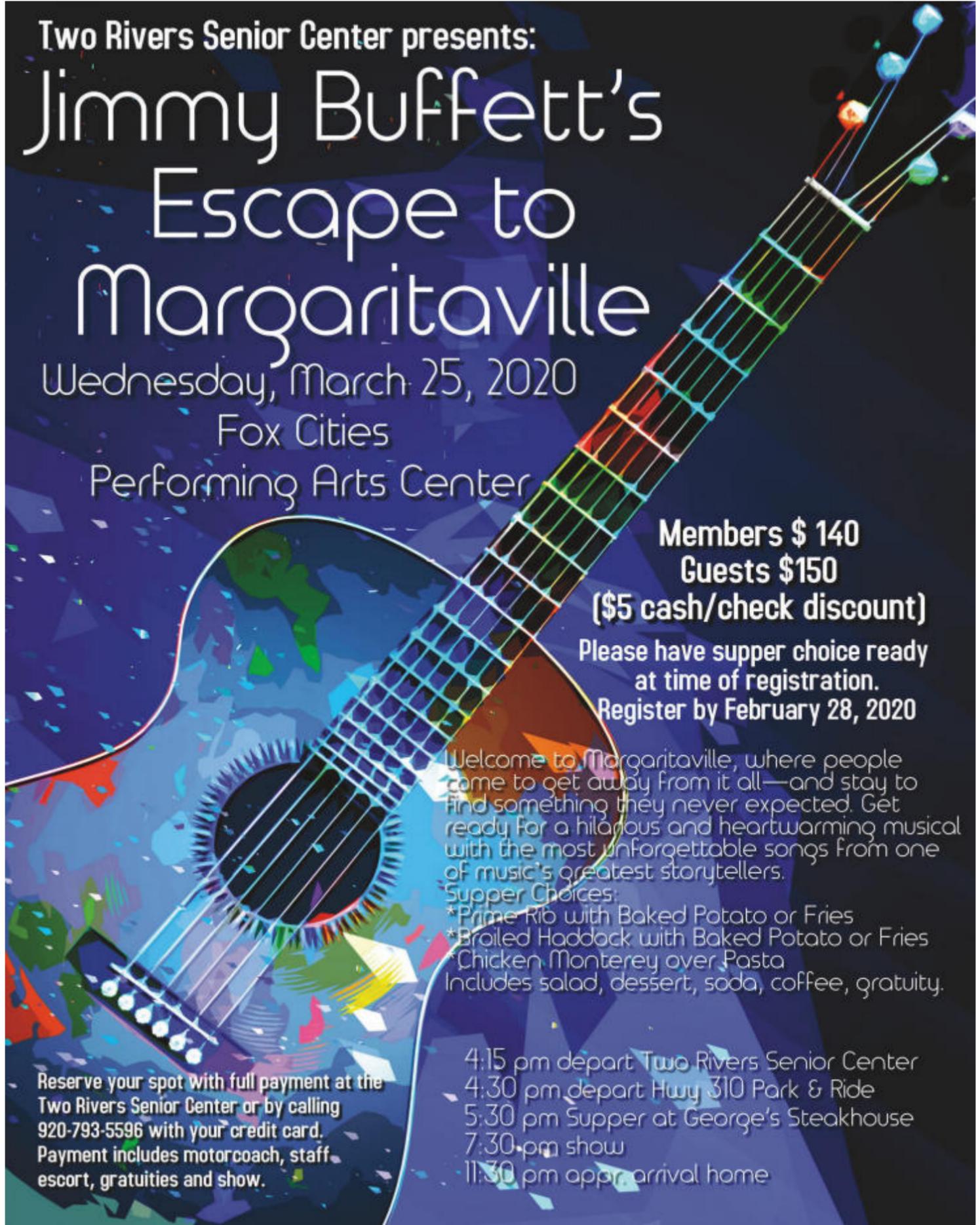
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Two Rivers Senior Center, Two Rivers, WI

B 4C 01-1180



Two Rivers Senior Center presents:
**Jimmy Buffett's
Escape to
Margaritaville**

Wednesday, March 25, 2020

Fox Cities
Performing Arts Center

Members \$ 140

Guests \$150

(\$5 cash/check discount)

**Please have supper choice ready
at time of registration.**

Register by February 28, 2020

Welcome to Margaritaville, where people come to get away from it all—and stay to find something they never expected. Get ready for a hilarious and heartwarming musical with the most unforgettable songs from one of music's greatest storytellers.

Supper Choices:

*Prime Rib with Baked Potato or Fries

*Broiled Haddock with Baked Potato or Fries

*Chicken Monterey over Pasta

Includes salad, dessert, soda, coffee, gratuity.

Reserve your spot with full payment at the Two Rivers Senior Center or by calling 920-793-5596 with your credit card.

Payment includes motorcoach, staff escort, gratuities and show.

4:15 pm depart Two Rivers Senior Center

4:30 pm depart Hwy 310 Park & Ride

5:30 pm Supper at George's Steakhouse

7:30 pm show

11:30 pm approx arrival home



Capitol Cuisine - Taste of Madison Thursday, April 16, 2020

Enjoy a guided tour around the many neighborhoods that make up Wisconsin's fastest growing city. We will learn about the "Four Lakes" history and how it became the Capitol City. Highlights include: the UW-Madison campus, "Big Bug Hill, Capitol Square, Shorewood Hills, and State Street. We will have guided tours at the State Capitol and the Governor's Executive Residence in Maple Bluff. Along the way we will fill goodie bags of tasty treats that define the city and state. Lunch is included at Great Dane Pub & Brewery (see below for choices) and we will have ice cream at Babcock Hall and cocktails (or coffee) with a great view...plus a snack from Ian's Pizza on our way home.



\$133 Members
\$143 Guests

\$5 cash or
check
discount

Includes= coach bus, tour escort, meals, goodies,
staff escort, gratuities.

Departs 7:00am from Senior Center
7:30am from Mtwc Perkins Park & Ride
Approximate Time Home: 9:00pm
REGISTER BY MARCH 20

Lunch Choices (at time of registration):

- *Mustard Glazed Grilled Salmon with carrot puree, roasted mushrooms, & sauteed brussel sprouts
- *Webster Street Chicken with roasted white meat, Granny Smith apples, dried cranberries, walnuts, Gorgonzola Cheese, mixed greens & tomato with a Honey Citrus dressing
- *Short Rib Stroganoff with mushrooms, roasted carrots, peas, & pasta

Stop in the Two Rivers Senior Center office or call with your credit card to reserve your spot. Full payment required at time of registration. 920-793-5596

REGISTRATION FEBRUARY 3 - MARCH 20

Two Rivers Senior Center *Always an Adventure * In cooperation with KBC

Holland's Tulip Time & The Eastern Shores of Lake Michigan Tour

May 4 - May 8, 2020

Our journey begins traveling around Lake Michigan through South Haven and up to Saugatuck where we will enjoy a sand schooner ride through the Saugatuck Dunes. In Holland we will stay at the Courtyard Marriott Downtown Holland. This upscale hotel is just minutes from the city and includes many amenities.

Highlights of Tulip Time:

- *Holland City Tour with Dutch-costumed guide.
 - *Windmill Island Gardens featuring America's only authentic working Dutch windmill-de Zwaan
 - *The Dutch Food Court at Marktplaats
 - *Nelis' Dutch Village
 - *"People's Parade" with reserved grandstand seating
 - *Veldheer's Tulip Farm and Deklomp Wooden Shoe & Delft Factory
 - *Dutch lunch served by local church volunteers
 - *Dinner & a performance by The Texas Tenors
 - *Two-hour dinner cruise on the Holland Princess
 - *Family-style dinner at The Beechwood Grill
 - *Frederik Meijer Gardens and Sculpture Park with time to look through the indoor gardens and take a tram through the sculpture gardens.
 - *"Fiddle Fire" show by the Panning Family
- On the way home we will spend time in Indiana at the Albanese Candy Factory, lunch at Tiebel's Family Restaurant, and The Shrine of Christ's Passion.

The Two Rivers Senior Center in cooperation with KBC Tours

Travel Guard Optional Cancellation Insurance

	35-59 yrs	60-69 yrs	70-74 yrs	75-79 yrs
single	\$101	\$137	\$184	\$225
dbl/tpl/quad	\$75	\$103	\$143	\$176

\$1715 single
\$1275 double
\$1120 triple
\$1075 quad

\$50 cash/check discount
 \$350 down payment due at signing. Opens Feb 3.

(Cancellation insurance optional, due with down payment-see chart. Any/All cancellations must go through Travel Guard Group Plan. The Two Rivers Senior Center will not process any cancellations.)
 Balance Due by April 3.

Price Includes:
 motorcoach, tour escort, admissions, dinner cruise, entertainment, reserved parade seating, 4 breakfasts, 4 lunches, 3 dinners and gratuities.

Sign up between February 3 - April 3 at the Two Rivers Senior Center or by calling 793-5596 with your credit card.

2020 Bus Trips - Save the Dates

July 7-9: Baraboo, The Dells, & The Driftless

Ringling Mansion, Al Ringling Theater, Log Cabin Lunch, drive through Devil's Lake State Park, International Crane Foundation, Rick Wilcox Magic Show, Driftless Glen Distillery Lunch, "Legally Blonde" at the Palace Theater and 2 nights at the Ho-Chunk Hotel. *\$825 single/ \$725 dbl/ \$700 trpl/ \$685 quad (\$25 cash/check discount). \$250 due at signings. Registration opens March 2.*

September 10: Joseph and The Amazing Technicolor Dreamcoat

This telling of the biblical story of Joseph and his brothers is filled with great music, costumes, laughter, joy, and heart. Utilizing many different styles of music from pop/rock to country to musical comedy this sparkling show follows young Joseph as he faces adversity and triumphs through his dreams and his strong, unwavering faith - at the Fireside Theater. *\$145 members; \$155 guests (\$5 cash or check discount) Registration opens March 2.*

September 28-October 3: Mackinac Island

Details coming soon. *Pricing TBD Registration opens April 15.*

October: Columbus, OH Extended Trip

Details coming soon. *Pricing TBD Registration opens April 15.*

November 12: Beauty and the Beast

Based on the smash hit 1991 Disney movie and dating back to a late 18th-century classic French fairy tale, Beauty and the Beast tells the story of Belle, a beautiful and intelligent young woman who feels out of place in her provincial French village. - at the Palace Theater in the Dells. *\$135 members; \$145 non-members (\$5 cash or check discount) Registration opens May 15.*

December: Christmas Stars

Our spectacular, holiday-themed extravaganza celebrates and honors the joy of the season with a mix of secular and religious music, dance, scenes and plenty of fun! - at Xavier Fine Arts Theatre in Appleton. *Pricing TBD Registration opens May 15.*

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Two Rivers Senior Center, Two Rivers, WI

C 4C 01-1180

"What Happens in Vegas"

at The Fireside Theater

Thursday,
June 18
2020

For over 70 years Las Vegas has been the entertainment capital of the world. Just about every great entertainer has appeared in Las Vegas over the last seven decades. The world's best singers, dancers, musicians, and comedians have flocked to this city where dreams become reality. This show will pay tribute to many of those legendary performers from Frank Sinatra and the Rat Pack to the contemporary artists of today. What happens in Vegas won't stay in Vegas - it's here for you to enjoy!

Members \$145
Guests \$155

\$5 cash/check discount

REGISTRATION: February 3-May 28

Lunch: Fresh Summer Salad with Raspberries, Mangoes, Candied Pecans, and Cheddar Cheese on Arugula & Kale with Raspberry Vinaigrette served with Freshly Baked Breads. Reuben Chicken: Skinless Breast of Chicken, dipped in egg and lightly breaded & sauteed to a golden brown, topped with Reuben Pate with Corned Beef, Sauerkraut, and Swiss Cheese, resting on a Garlic Cream Sauce. Served with Yukon Gold Potato Wedges and Green Beans with Parisian Carrots. Lemonade Cake: A refreshing rich lemon cake garnished with Strawberry Sauce and fresh Whipped Cream. Coffee, Tea and Milk

Reserve your spot with full payment at the Two Rivers Senior Center or by calling 793-5596 with your credit card.

7:25am depart Two Rivers Senior Center
7:45am depart Mtwc Perkins Park & Ride
6:00pm approximate arrival home

BASEBALL GAME

Wednesday, June 24, 2020

Brewers VS Blue Jays

Members \$78

Guests \$88

\$3 cash/check discount

9:00 AM DEPART TWO RIVERS SENIOR CENTER
9:20 AM DEPART MTWC PERKINS PARK & RIDE
5:30 PM APPROXIMATE ARRIVAL HOME

Reservations February 3 - June 3
in the Two Rivers Senior Center
or by calling 793-5596 with your
credit card. Full payment
required at time of reservation.

Highlights of Bavaria & Austria Oberammergau Passion Play

9 days departing September 9, 2020



Highlights:

* Tours

-Munich -Salzburg
-Vienna -Marienplatz

*Reserved Seating at the Passion Play

*The Sound of Music site in Mondsee

*Scenic Danube River Cruise

\$5875 double / \$7425 single

Call for availability

Stop in the Senior Center for a brochure or to sign up and find out about discounts. 920-793-5596

Rome & the Country Roads of Tuscany

9 days departing October 27, 2020



Highlights:

*Tours: Sienna, Florence City, Rome City

*Sienna Walking Tour

*Leaning Tower of Pisa

*St. Peter's Basilica

*Tuscany Winery Visit & Tasting

\$3895 double / \$4520 single

\$500 down payment; \$1000 due by 08/13/20

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BAY BUS 2019 PANAMA CITY BEACH, FLORIDA TOUR - JAN. 31 - MARCH 2, 2020

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Phone# for sign up is 920-468-7738 or 920-680-3977, Craig or Diane

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SUNDAY BREAKFAST BUFFET
8a.m. - 1p.m.

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Joseph W. Debilzen

Financial Advisor

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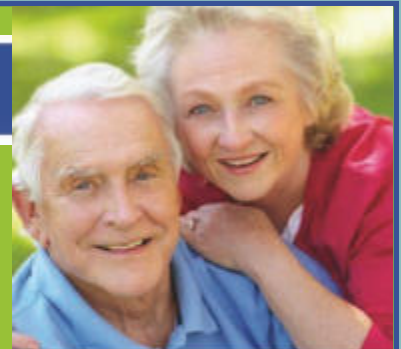
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Two Rivers Senior Center, Two Rivers, WI

D 4C 01-1180

TWO RIVERS SENIOR CENTER BUS TRIP POLICIES

Trip Sign Up

Sign up for trips will be taken as trips are announced or as per the date on the flyers. Signups can be taken over the phone with payment by credit card, or in person with payment by cash, check or credit card. One person can sign up multiple participants.

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.

Cancellation Policy

Refunds are not issued if a participant cannot make a trip, but, depending on the date of cancellation, the Senior Center may call people on the waiting list and if someone fills in, a partial/full refund may be issued. 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).

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, and we'll introduce you to another traveler on the trip.



Hoppy Leap Year

Stop in the Senior Center for
a Leap Year Activity Booklet.

Chorus Rehearsal 9:30 am - 11:00 am Thursday, February 27

Join now to
learn our songs
for our
St Patrick's
performances!





Free Confidential Legal Assistance Appointments

The 3rd Tuesday of the month, an attorney from Nash Law Firm volunteers to spend a few minutes answering questions that you may have about estate planning, will documents and many other topics.

Schedule a personal appointment for:
February 18 at 8:00 am
Call 793-5596



**Stop by the
Senior Center to have
your Blood Pressure
checked by a nurse
from a local business.**

Tuesday, February 11 at 10:30-11:30
Sharon S Richardson Community Hospice

Tuesday, February 18 at 10:00-11:00
Hamilton Care Center



RED HATTITUDES

Lunch and Bingo

Thursday, February 20

Two Rivers Senior Center

**Please call 793-5596 at least one day in
advance to make your reservation.**

Lunch is served promptly at noon.

\$5.00 sugg. donation for 60 and older

Please bring a \$5.00 prize for Bingo.

Our hostess this month is Dianne.

*Interested in becoming a member, contact the Senior
Center at 920-793-5596, or Sandy at 920-553-3233.*



Bowling at Rudy's

Wednesdays 9:15 am

Bowlers always welcome!



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Buffet
With soup
& salad bar
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Two Rivers Senior Center, Two Rivers, WI

E 4C 01-1180

MOVIE MATINEE



FEBRUARY MOVIE MATINEES

(Showing at 1:00 pm)

FREE for Members; Non-Members are welcome for \$3.00 each.

Movie Matinees, along with refreshments, are sponsored by

**TRIAD of Two Rivers *The FRIENDS of the Two Rivers Senior Center.*

THE PEANUT BUTTER FALCON

Monday, February 3

Rated PG-13 (1 hr 33 min)

Zak, a young man with Down syndrome, runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck. On the road, Zak meets Tyler, a small-time outlaw who becomes Zak's unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor, a kind nursing-home employee charged with bringing Zak back, to join them.

Starring: Shia LeBeouf, Dakota Johnson, John Hawkes (2019)



AN OFFICER AND A GENTLEMAN

Monday, February 10

Rated R (2 hr 4 min)

Dreams of being a Navy pilot prompt Zack Mayo to enroll in officer training school, where he runs afoul of a drill instructor who senses the cadet's loner instinct and aims to school him on the importance of teamwork – or break him in the process. In the meantime, Mayo romances a working girl, ignoring warnings to steer clear of the local lasses out to bag hotshot Navy flyboys.

Starring: Richard Gere, Debra Winger, Louis Gossett Jr (1982)



ON THE BASIS OF SEX

Monday, February 17

Rated PG-13 (2hr 0 min)

Inspired by the powerful true story of a young Ruth Bader Ginsburg, On the Basis of Sex depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a ground-breaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time.

Starring: Felicity Jones, Kathy Bates, Ruth Bader Ginsburg (2018)



LEAP YEAR

Monday, February 24

Rated PG (1 hr 40 min)

Anna chooses February 29 to propose marriage to her "perfect" boyfriend, Jeremy, sure he'll accept because of an Irish custom. But after meeting charming innkeeper Declan en route to Dublin, Anna must evaluate her original plans

Starring: Amy Adams, Matthew Goode, Adam Scott (2010)





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

2019 AARP Volunteer Tax-Aide Federal/WI Income Tax Preparation Service

The Two Rivers Senior Center offers this program (geared toward elderly, low income taxpayers in need of assistance). AARP volunteers are trained to prepare and electronically file **Homestead** or **Simple** Income Tax returns. Please stop in or call the Two Rivers Senior Center 793-5596 to schedule your appointment.

Appointments will be scheduled on Thursdays starting February 6, 2020.

Please stop in before your scheduled appointment to pick up your information packet which includes your intake/interview form. You will need to bring the completed intake/interview form to your appointment with the other necessary paperwork.

Elder Benefit Services at the Two Rivers Senior Center

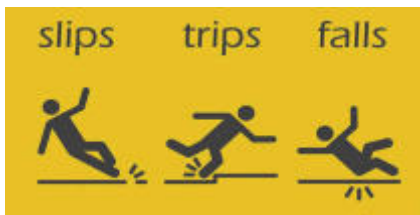
Homestead Tax Credit only

If you rent or pay property taxes, and qualify, we can help you apply for the Homestead Tax Credit.

Appointments can be made for February 6, March 5, April 2 by calling the ADRC at 683-4180.

To qualify you must be 62 years old (as of Dec 31, 2019) and have an annual household income of \$24,680.00 or less.

Please be sure to ask the ADRC for a complete list of qualifications and the information you will need for your appointment.



Wednesday, April 22 10:00 am

**Join the Two Rivers Fire Department
at the Senior Center for discussions about**

**Slips, Trips, and Falls
&
Medical Information - what you need and why.**

EMERGENCY MEDICAL IDENTIFICATION CARD	
In an emergency where I am unconscious or unable to communicate, please read both sides of this card to know who to contact and the special care I must have.	
This card was filled in on _____ (date)	
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ADDRESS _____	
CITY _____	STATE _____ ZIP _____
TELEPHONE _____	FAITH _____
NOTIFY IN EMERGENCY	
My Doctor: NAME _____	
CITY _____	PHONE# _____
Also, Please Notify: NAME _____	
CITY _____	PHONE# _____
(SEE OTHER SIDE)	

HAPPY BIRTHDAY

Birthday Celebration

Wednesday, February 19 @ 12:00 PM

Join us for our specially prepared Birthday Lunch and Birthday Cake. Attendees sharing a birthday this month are eligible to win a Birthday Basket!

Everyone is welcome to join us to celebrate!

All Lunch Prices:

Over 60 - \$5.00 suggested donation

Under 60 - \$5.00 lunch ticket (purchase in office)

Please **MAKE YOUR RESERVATION**
1 DAY IN ADVANCE or SOONER...
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Two Rivers Senior Center, Two Rivers, WI

F 4C 01-1180

HAPPY ANNIVERSARY

JOIN US IN CONGRATULATING OUR MEMBERS
CELEBRATING YEARS OF WEDDED BLISS.

February 4

Leonard & Yvonne Henrickson

February 14

Gary & Gesine McVey

February 21

Lionel & Claudia Halonen

February 23

Patrick & Sue Zur



Cards for sale!!

New greeting cards for
all events &
holidays sold at the
Center

Only 25¢ each



The Senior Center Library offers shelves full of books, DVD's and puzzles available for our members to take home and enjoy without a due date. Just stop down, browse to your heart's content and select your favorites! When you are finished, bring them back for others to enjoy.



Opportunity to 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**

SUCCESSFUL PEOPLE

Read every day

Compliment

Embrace Change

Forgive others

Talk about ideas

Continuously learn

Accept responsibility for their failures

Have a sense of gratitude

Set goals and develop life plans

UNSUCCESSFUL PEOPLE

Watch TV every day

Criticize

Fear change

Hold a grudge

Talk about people

Think they know it all

Blame others for their failures

Have a sense of entitlement

Never set goals



Old or Unwanted Vehicle? We will take it!

Just one call to the Center and we will take care of the details.

Call us when you have a vehicle of any kind that you no longer need. We will arrange to have it picked up within two days, and you will receive a tax donation receipt.



HELP THE SENIOR CENTER BY RECYCLING!



Bring in your can tabs and used personal printer ink cartridges and we will turn them into cash for programs!

*soda & beer can tabs *soup & vegetable can tabs *other tabs



BIRTHDAYS



Members Celebrating Birthdays this Month

FEBRUARY 1

Sharon Kitzerow
Ruth Petri
Filvia Bohman
Lou Ann Smith
Alice Gordon

FEBRUARY 2

Lucy Duval
Mike Monka
Jean Mulhaney

FEBRUARY 3

Paul Rosinsky
Connie Hendries
Allen Beranek
Julie Hippert
Sharon Wondrash
Kay Francisco

FEBRUARY 4

Dan Zachek
Alice Haen
Sharon Otte

FEBRUARY 6

Allan Forst Geimer
Diane Grimmer
Stephen Theiss
Earl Wagner

FEBRUARY 7

Joyce Marczak
Brenda Koprowski

FEBRUARY 8

Eunice Kuehnl
David Franz

FEBRUARY 9

Janice Klein

FEBRUARY 10

Elizabeth Humphreys
Deana Murch
Dan Tegan
Irene Kotarek
Ricky Roubal

FEBRUARY 11

Casimer Drenski
Marvin Eis
Marlene Hartlich

FEBRUARY 12

Joyce Marcelle
Henry VanEss
Doris Wier
Barbara Sitkiewitz
Mary Swoboda

FEBRUARY 13

Janet Haws
Ruth Sleger
Betsy Freiberg
Pat Sampe
Christine Elger
Debra Lapalm

FEBRUARY 14

Rhonda Carlson

FEBRUARY 15

Betty Strathmann
Franklin Zeman
Jean Hartwig
Ronald Gordon

FEBRUARY 17

Bernard Pavlik
Carol Shedivy
Ken Ray
Barbara Grimm
Carol Jaeger

FEBRUARY 18

Rosie Cyr
Nancy Gamble
Sue Moistner

FEBRUARY 20

Diann Moore

FEBRUARY 21

Chuck Curtis
John Fischer

FEBRUARY 22

Claudia Halonen
Barb Ott

FEBRUARY 23

Eugene Warner
Roxy Wirrer

FEBRUARY 24

Larry Wilker
Tom Steltz
Floyd Hanes
Linda Kurtz
Theo Lynne Hoffman
Sherrie Guetschow

February 25

Bob Hoffman
Cathy Lambries

FEBRUARY 26

David Gallagher
Sandy Monka
Barbara Nordstrom
Clark Shoblaska
Teresa Brendemuehl

FEBRUARY 27

Mel Koeppe
Jim Michalek
Carol Grumann

FEBRUARY 28

Dorothy Krejcarek
Lee Pilger
Gene Stec



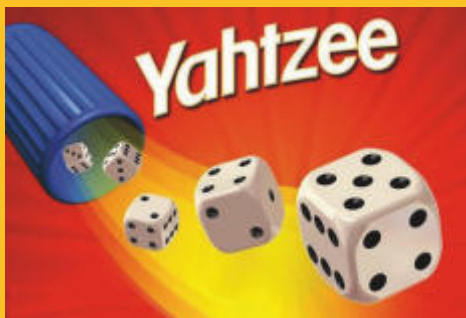
BIRTHDAY TREATS

Want to have a treat on your birthday? We have a list of options for you to choose from to treat the noon lunch guests, including bars, tortes, ice cream and more. When you treat, we treat. You will receive a mini cake with a candle & a special happy birthday from the group. Please stop in to pick the date and your treat with payment. Treat Costs vary.

Lunch Cost: Over 60 \$5.00 suggested donation. Under 60 \$5.00 lunch ticket

Everyone is welcome for lunch! All lunch prices are the same for members and non members. We are a county run nutrition site.





Wednesday, February 12
10:00 am

Use our oversized dice and play a friendly game of Yahtzee.

Light snacks and prizes.
Please sign-up at 793-5596
Members: FREE; Guests: \$3

2020 February Fun Days

Enjoy the following days on your own or with your family or friends.

February 1: Eat Ice Cream for Breakfast Day
February 2: Groundhog Day
February 4: Thank your Mailman Day
February 7: Send a Card to a Friend Day
February 11: Make a Friend Day
February 14: Valentine's Day
February 16: Do a Grouch a Favor Day
February 17: Random Act of Kindness Day
February 18: National Drink Wine Day
February 20: Love Your Pet Day
February 22: Intern't'l World Thinking Day
February 25: Mardi Gras / Fat Tuesday
February 26: Ash Wednesday
February 29: Leap Day

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Two Rivers Senior Center, Two Rivers, WI

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AARP
Driver Safety
Refresher Course

AARP DRIVER SAFETY

Thursday, May 21

12:15 registration; 12:30-4:30 class

*Defensive driving techniques, new traffic laws and rules of the road.

*Dealing with aggressive drivers

*Safely driving in bad weather

Must Pre-Register by calling 793-5596

\$15.00 AARP Members
\$20.00 Non-AARP Member
(pay at class)



Upon completion you may be eligible to receive an auto insurance discount.
Contact your agent for details or eligibility.

This program is supported by a generous grant from Toyota to AARP Foundation.

Mardi Gras Winter Carnival

Wednesday, February 26

10:00 am



Snowman Builder
Bead Toss
Kissing Booth
Chicken Chase
Concentrating Penguins

Games~Snacks~Prizes
Mardi Gras attire encouraged

Members: Free

Guests: \$3.00

Call 793-5596 to register.

BOOK CLUB MEETING
WEDNESDAY, FEBRUARY 19
9:30 AM

The group will be discussing:

Dead Boogie,
a Loon Lake Mystery
by Victoria Houston

Next Month: **Plainsong**
by Kent Haruf



*Books including
large print are
provided by the
**Lester Public
Library***

Please call 793-5596 for more information on any of the following

Activities

BingoTuesday & Friday 1:15 pm
 Birthday LunchVaries, See Calendar
 Board Games..... Monday - Friday
 Book Club Third Wednesday 9:30 am
 Bowling at Rudy's.....Wednesday 9:15 am
 Card CreatorsWednesday 10:00 am
 ChorusVaries, see Calendar
 Creation StationVaries, see Calendar
 Cribbage Wednesday 1:30 pm
 Dartball Wednesday 1:30 pm
 Dominoes Tuesday 1:15 pm
 Frustration Monday - Friday
 Golf..... Resumes in Spring
 Knit & StitchFriday 1:15 pm
 Mahjong..... Tuesday 9:30 am
 Movie Matinee..... Monday 1:00 pm
 Quilting.....Friday 8:00 am
 Sheepshead.....Thursday 1:00 pm
 Travel
 Day TripsVaries
 Mini Getaways.....Varies
 Extended TripsVaries
 International TravelVaries
 Wii Bowling Monday, Tuesday, Thursday 8:30 am

Please see the calendar or the newsletter for additional one-time or short-term activities that we may offer.

Membership Fees for Those Over 50

Annual\$20.00 per person (\$5 cash/check discount)
 Lifetime . \$230.00 per person (\$5 cash/check discount)

PLEASE SIGN UP by calling 793-5596

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

Exercise

Arthritis Exercise.....Tuesday 10:30 am
 Line Dancing Friday 9:00 am
 Simply Senior Exercise.... Tuesday & Thursday 9:15 am
 Silver Sneakers Range of Motion
 Monday & Wednesday 11:15 am
 Silver Sneakers Yoga. Monday & Wednesday 10:15 am
 WalkingMonday - Friday 6:00 am

Health

Blood Pressure.....Varies, see Calendar
 Health Screenings See Calendar
 Foot Care See Calendar

Dining Room

Coffee & Visit Monday - Friday
 Lunch Monday - Friday 12:00 noon

Services

Assistance in Your Home Info.....Chore list
 Books & DVD, Puzzles Available to borrow
 Benefit Specialist First Thursday
 Heat Assistance November-January
 Legal Assistance..... Third Tuesday
 Meals on WheelsPlease call the ADRC 683-4180
 Newcomer Tour.....Call for personal appointment
 Reassurance CallsDuring Regular Hours
 Tax Assistance February - April
 Vision Assistance TV Reader Available

DISCLAIMER:

Members of 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.

Two Rivers Senior Center





FEBRUARY

Activities found in **PINK** on this calendar can be found with more information in this month's newsletter.

Two Rivers Senior Center Activity Calendar February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Committee on Aging 8:30 Wii Bowling 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: The Peanut Butter Falcon	4 Energy Assistance 8:30 Energy Assistance by appt 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Mahjong 10:30 Exercise-Arthritis 1:15 Dominoes 1:15 Bingo 1:30 A&A: Shoo the Winter Blues	5 9:00 Foot Care with Sharon by appt 9:15 Bowling at Rudy's 10:00 Card Creators 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Dartball 1:30 Cribbage	6 Water & Light AARP Tax Appointments ADRC Homestead Tax Appointments 8:30 Wii Bowling 9:15 Simply Seniors Exercise 11:00 Water & Light Presentation 1:00 Sheephead	7 8:00 Quilting 9:00 Line Dancing 1:15 Bingo with River Woods 1:15 Knit & Stitch
10 8:30 Wii Bowling 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: An Officer & A Gentleman	11 Blood Pressure 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Mahjong 10:30 Exercise-Arthritis 10:30 Blood Pressure Readings 1:15 Dominoes 1:15 Bingo with Hamilton Care 1:30 A&A: Acupuncture	12 Yahtzee 9:00 Foot Care with Pat by appt 9:15 Bowling at Rudy's 10:00 Card Creators 10:00 Yahtzee 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Dartball 1:30 Cribbage	13 Card Making AARP Tax Appointments 8:30 Wii Bowling 9:15 Simply Seniors Exercise 12:30 Friends Board Meeting 1:00 Sheephead 1:30 Card Making with Carolee	14 Valentine's Day 8:00 Quilting 8:30 Foot Care with Lisa 9:00 Line Dancing 10:30 HEART Bingo 12:00 Valentine's Lunch 1:15 Bingo 1:15 Knit & Stitch
17 8:30 Wii Bowling 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: On the Basis of Sex	18 Bake Sale 8:00 Legal Assistance by appt 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Mahjong 10:00 Blood Pressure Readings 10:30 Exercise-Arthritis 1:15 Dominoes 1:15 Bingo A&A: Good Grief	19 Birthday Lunch 9:00 Foot Care with Sharon by appt 9:15 Bowling at Rudy's 9:30 Book Club 10:00 Card Creators 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Dartball 1:30 Cribbage	20 Red Hatitudes AARP Tax Appointments 8:30 Wii Bowling 9:15 Simply Seniors Exercise 11:45 Red Hatitudes @ Sr Center 1:00 Sheephead	21 Creation Station 8:00 Quilting 9:00 Line Dancing 10:00 Creation Station 1:15 Bingo 1:15 Knit & Stitch
24 8:30 Wii Bowling 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: Leap Year	25 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Mahjong 10:30 Exercise-Arthritis 1:15 Dominoes 1:15 Bingo with Mtwc Health A&A: Hospice	26 Mardi Gras Winter Carnival 9:00 Foot Care with Sharon by appt 9:15 Bowling at Rudy's 10:00 Card Creators 10:00 Mardi Gras Winter Carnival 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Dartball 1:30 Cribbage	27 AARP Tax Appointments 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Chorus Rehearsal 1:00 Sheephead	28 8:00 Quilting 9:00 Line Dancing 1:15 Bingo 1:15 Knit & Stitch

Lifetime Memberships Available Pay Just Once!

Membership at the Center is open to anyone 50 + years of age and is a wonderful way to stay engaged, socialize, maintain wellness, have fun and so much more!



Our annual fee is \$20 per person or \$230 for a Lifetime membership (\$5 cash/check discount)

COMMITTEES/BOARDS

City of Two Rivers Committee on Aging

Meets the first Monday of each month. William LeClair, Elizabeth Roidt, Richard Langman, Donna Reilly, Lenore McDonough, RuthAnn Hearley, Jerry Schubring, Gerald Lyons, Dave Schmalung.

Friends of the Two Rivers Senior Center

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

Friends of the Two Rivers Senior Center Board

Meets the second Thursday of each month. Barb Schweitzer-President, Paul LeVene-Vice President, Betty Becker –Secretary & Treasurer, Bonnie Jonas-Financial Secretary, Tom Van Horn, Clifford Wesolaski, and Carol Rabitz-members.

Nutrition Project Council

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

Two Rivers Site Representative: Patrick Gagne

Committee on Aging

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

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

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

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

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, Meals on Wheels, Programs, Special Events and projects around the senior center as they arise. Tax deductible receipt available per your request for your donation.



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, 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 member there is a \$2.00 charge for this list.

Stop in or give us a call 793-5596, if you would like to have your name added to the list.

Categories include; Concrete, garage cleaning, mowing lawn, edging, painting walls, snow removal, house cleaning, cooking, laundry, moving, pet cleaning, pet walking, window washing, car washing, etc...

Thank You for your Donation

General

Pat Casavant, Paul Hubbartt, Shirley Jarvis, Julie Klein, Patricia Krueger,
Gerald & Geraldine Lyons, Elaine Meek, Karen Schuster

Thanks to all and to the numerous anonymous donations, and donations of cards,
books, magazines, movies, small trinkets, crafts, yarn, etc. that we receive each month.



Supporting Businesses & Organizations

ADRC of the Lakeshore
Aurora Medical Center
Bank First National
Bay Bus
Care Partners Assisted Living
Covered Wagon Restaurant
Deja & Martin Funeral Home
Dominitz Flowers
Edward Jones/Joseph Debilzen
Felician Village
Fox Hills Resort
Hamilton Care Center (Bingo, Blood Pressure)
Hofmann Monuments, Inc
Klein & Stangel Funeral Home
Lakeshore Family Funeral Homes
Lester Public Library (Book Club Books)
Lighthouse Inn
Manitowoc Health & Rehab
Manitowoc Heating
Manitowoc Metro Transit
Meadowview Assisted Living

Mishicot Housing Corp
Parkview Haven Apartments
River Hills Apartments
River's Bend Health Service
River Woods Place (sponsor, Bingo, Creation Station)
Sauve's Office & Supply
Schaus Roofing & Mechanical
Shady Lane Senior Living
Sharon S Richardson Hospice (sponsor, Blood Pressure)
Shimek's Furniture
Society of St. Vincent De Paul
The Medicine Shoppe
Two Rivers Family Restaurant
Two Rivers TRIAD Committee
Unity Hospice
Valley View Apartments
VFW #1248 (Veterans of Foreign Wars Two Rivers)
Village Green East & West
Wisconsin Management Co., Inc

In Loving Memory

In Memory of Betty Tirner by Sandy Beyer.

In Memory of Betty Tirner by the Family of Betty Tirner.

Birthday Donations

Dolly Franks
Glenda Sherman

Cash birthday donations are used to purchase birthday baskets items for baskets that are raffled to lucky members who are celebrating their Birthday and attending the Birthday dinner.



We are honored and exceptionally grateful when you and your loved ones think of the Two Rivers Senior Center when donating from an estate.

Thank You to Marcella Drab for the donation to upgrade the Senior Center kitchen.
Our condolences to her family & friends.

Thank you to Georgia Beamish for the donation.
Our condolences to her family and friends.

THANK YOU

...to our Card Creator Group that sent out over 2300 Christmas Cards to Senior Living Facilities, VA-Veteran Homes, and our Home Delivered Meal Recipients.
They also create cards throughout the year for various holidays, events, and more.

***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, noon 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 (CH 2) or WFRV (CH 5)

If a winter storm is predicted, please try to keep some of the following food and items on hand to use if you get snowed in and/or the Senior Center (lunch) or other businesses are closed.

- * 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

- * 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



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.