



Two Rivers Senior Center

SEPTEMBER 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

WHAT'S INSIDE

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CELEBRATING 66 YEARS OF SERVICE TO THE COMMUNITY!

Raise A Fork For A
Good Cause



Two Rivers Senior Center - Drive Thru
**SPAGHETTI DINNER
FUNDRAISER**

Tuesday
September
22
4PM-6PM

Pick-up at the
Adams Street
entrance of the
Community House

Spaghetti & Breadstick \$6.00
Chocolate Chip Cookie \$1.00
Brownie \$1.50
Peanut Butter Blondie \$1.50
Bottled Soda \$1.50
Bottled Water \$1.00

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

*Please note that activities in this newsletter
may be subject to change or cancellation.*

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



Meet Makayla
Green, Eastern
Wisconsin's Teen
Miss United States
Agriculture.

FALL PICNIC IN THE PARK

Friday, September 11, 2020

Two Rivers Central Park

12:30-2:30 pm

12:30-2:30 Refreshments Available for purchase

*hamburgers*hot dogs*chips*soda*water*chocolate chip cookies

1:00-2:00 Musical Entertainment by Jerry Krueger

2:00-2:30 Door Prizes and Birthday Baskets

*Pre-registered (at least one day in advance) Two Rivers Senior Center members celebrating their birthday in March-December will be entered in a drawing to win a Birthday Basket.

*All attendees are eligible to enter to win a door prize.

MUST BE PRESENT TO WIN

Everyone is invited to celebrate with the Senior Center.
Pre-registration is appreciated by calling 920-793-5596.

**Please note that this fundraiser will replace the Senior Celebration luncheon previously advertised. **Rain Date set for Friday, September 18, 2020.





Tuesday, September 8

10:30-11:30 am

By appointment only

Provided by Sharon S Richardson
Community Hospice

Call 793-5596 to
schedule your appointment.

Due to proximity, masks are
required for this service.



FOOT CARE

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

September 16

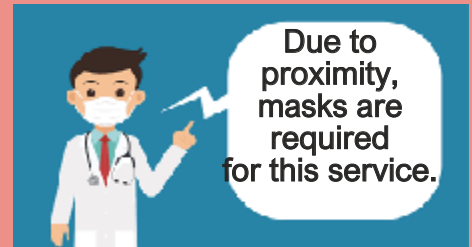
September 23

September 30

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

(Checks payable to Sharon Glandt)

Call 793-5596 to
schedule your
appointment.



Creation Station

Friday, September 18

10:00 am

We will be making welcome signs for you to
hang, or with magnets to put on your fridge.

Room will be set for physical distancing so
space is limited. Must have a minimum of 3.

Registration open through
September 11 by calling 793-5596.

Members FREE; guests \$5

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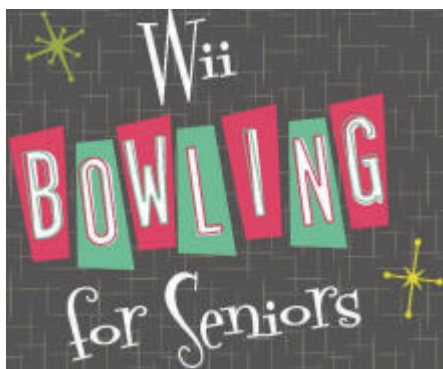


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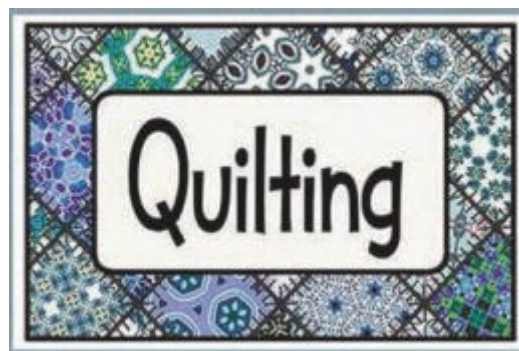


Wii Bowling

Bowling will be from **8:15-9:15 am**, Monday and Thursday mornings.

The room will be set for a maximum of 4 people, so that each person will sit at their own table to provide proper social distancing.

Pre-registration is required by calling 920-793-5596 at least one business day in advance.



Quilting

The Senior Center Library will be open to our quilters from **8:00 am - 2:00 pm** on Fridays.

The room will be set for a maximum of 4 people, to provide proper social distancing.

Pre-registration is required by calling 920-793-5596 at least one business day in advance.



Tuesdays at 1:00 pm
September 1, 15, 29

Please sign-in at the Senior Center front window when you arrive. Please do not arrive before 12:45 pm.

The room will be set for a maximum of 18 people to provide proper social distancing. Must be a minimum of 6 participants. Please do not bring any snacks to share.

Pre-registration is required by calling 920-793-5596 at least one business day in advance.

Arthritis Exercise



Arthritis Exercise 10:30 am.

The room will be set for a maximum of 8 people, so that each person will sit at their own table to provide proper social distancing.

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

Pre-registration is required by calling 920-793-5596 at least one business day in advance.

Dartball resumes Wednesdays @ 1 pm starting September 9



- * Room will be set for physical distancing.
 - * All players will have their own set of darts (provided by the Senior Center).
 - * One player will be the scorekeeper.
 - * Please **pre-register at least 2 days in advance**
- 920-793-5596 (to allow for room set-ups).
- * Must have a minimum of 6 participants.



Free Confidential Legal Assistance Appointments for Seniors

Attorney Tom Van Horn is offering 15 minute, free legal assistance via telephone during the time we are closed for the Safer At Home order. These appointments are for general questions and concerns.

Appointments will be scheduled for Tuesday mornings starting at 8:30 am. He will take 5 appointments per day. Please call the Senior Center at 793-5596 to schedule your appointment.



Two Rivers Senior Center **Mission statement**

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



► Reach the Senior Market

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CONTACT

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to you at www.ourseniorcenter.com



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Two Rivers Senior Center, Two Rivers, WI

B 4C 01-1180

Two Rivers Senior Center TRUST Car

The TRUST Car is available on a limited basis for our members.

- *One punch per ride/stop (cards available for \$12.00 with 10 punches/card).
- *Rides must be scheduled at least one business day in advance by calling 920-793-5596.
- *Rides will be scheduled in 30 minute time slots to allow for cleaning.
- *One passenger only per ride.
- *Passenger must ride in the back seat.
- *Passengers will not be allowed to “wait” in the car for their appointment. This is a pick-up and drop-off service only.
- *Masks must be worn by drivers and passengers.
- *Drivers will wipe down and spray the car after each ride/passenger.

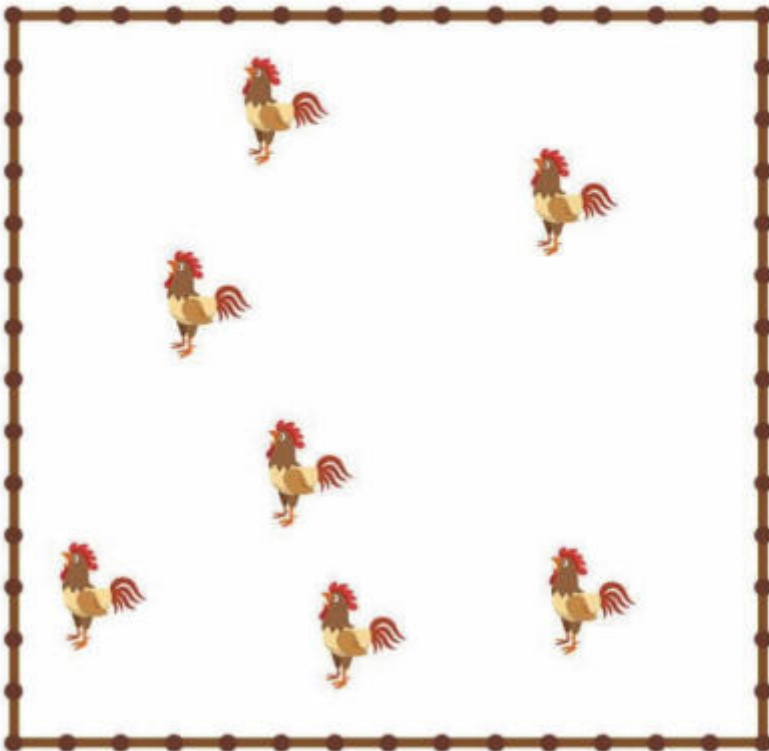
The Two Rivers Senior Center TRUST Car is for members of the Senior Center and only goes within the Two Rivers city limits.

(Senior Center Membership is \$15.00/year for those 50 and older)



Farmer Brown's Brain Bender #1

Use three straight lines to separate each of the roosters into their own area.



**Happy
Grandparents Day**
September 13, 2020

Grandparents are a
delightful blend of
laughter
caring deeds
wonderful stories
and love.



Drive-Up / Walk-Up **Senior Health & Information FAIR**

**Thursday, October 15
9am - 12pm**

**Two Rivers Senior Center
Under the pergola on 17th St**

*Health, wellness, and other
information all in ONE place.*

Area businesses & the Senior Center will be providing brochures, trinkets, coupons, information, an at-your-fingertips resource booklet, an activity booklet and more, which will all be in one FREE easy to carry bag.

This bag will also include breakfast/snack items sponsored by Jacobson Insurance and Community First Credit Union.

*Bags limited to the first 250 people.

Door Prizes sponsored by area businesses & the Senior Center.

MORE INFO:

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



9 Things You Should Do to Your Home Before Fall Starts

1. Clean, or possibly replace, your gutters.

You're so used to your gutters working properly -and draining thousands of gallons of water from your roof yearly - that you forget they could use a little TLC. If they're clogged, you can end up with a flooded interior and damaged exterior. So clean them, and if necessary, replace them.



2. Check for drafts.



Heat loss through windows is responsible for 25-30 percent of heating energy use, according to the U.S. Department of Energy. But it doesn't have to be that way, because weatherstripping is simple and probably the most cost-effective way to keep heating costs down. **Pro tip:** To check if you have a draft issue, close a door or window on a strip of paper. If the paper slides easily, you need to update your weatherstripping.

3. Drain your outdoor faucets.

Say it with me now: "I will turn off all outdoor faucets before winter!" Drain and disconnect all garden hoses from outside spigots to prevent any water freezing. Not doing this can result to pipes bursting.

4. Bring your outdoor furniture in.

Yes, your furniture is outdoor furniture. No, that does not mean you should test the label by leaving it outside through snowstorms. It cost you money and time to set that outdoor space up, so if you want to get another summer season out of it you should store it in a garage or shed. If you don't have anywhere to store the items, you should cover it in a waterproof furniture cover or tarps.



5. Fix any cracks in your driveway.

I know, I know - this seems tedious and is one of those things where you're like, "eh, it'll be fine!" But, it could very easily not be fine. When water gets into cracks it freezes, expands, and can make the crack even bigger. Enough small cracks can turn into big cracks, and eventually the concrete can crumble. Use a concrete crack sealer, fill up cracks, & be done with it.

6. Change your filters.



This is another thing in your house that might be costing you more money than it should be. If your filters are clogged, it's harder to keep your home at the temperature you want it to be which will increase your heating bills. Clean these filters *monthly*, not just before the fall.

7. Fertilize your lawn.

You know what they say: The best offense is a good defense. If you want to keep your lawn looking great in the spring and summer, you need to prep it for the fall and winter. Roots are still active when the grass isn't growing, so applying fertilizer will prevent winter damage. Doing this will also help your lawn turn green faster in the spring, which is crucial, because who wants to look at a sad lawn once it gets nice out?

8. Test winter equipment.

Hi, I'm here from the future, where your snow blower isn't working and you're stuck inside and can't get your car out to buy a new one. Seriously, just check it all now and make your life easier later.



9. Change your batteries.



Once a year you should be checking to make sure all smoke detectors and carbon monoxide devices are working. Since you're already testing everything else out, you might as well add this on.

<https://www.housebeautiful.com/lifestyle/cleaning-tips/a22652916/fall-home-maintenance-checklist/>

Mike & Ike Trivia



Answer the following questions and turn them in by September 18th at 4:00 pm for a chance to win a prize. Answers can be dropped off at the Senior Center front window during business hours, by mailing them to the Senior Center (1520 17th St.), or via email to micmic@two-rivers.org.

1. How many Mike & Ike packages are in the container?
2. How many calories are in one Mike & Ike candy?
3. Buttered Popcorn is a candy flavor? True or False
4. What is the most preferred candy color?
5. On average, how many pieces of candy are produced in 7 hours?
6. What are the Cherri & Bubb candy flavors?
7. What is the package color of the Jolly Joes?
8. Name 2 of the original flavors.
9. Mike & Ike is a delicious, chewy, taffy candy. True or False
10. Name one difference between the Mike flavors and the Ike flavors.

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Two Rivers Senior Center, Two Rivers, WI

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DASH EATING PLAN

Tips To Reduce Salt and Sodium

HEALTHY EATING, PROVEN RESULTS

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

zucchini

Swiss cheese

bread

EASY TIPS FOR DINING OUT

Move the salt shaker away.

This simple first step could become second nature.

Research the restaurant's menu before going out.

Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.

Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.

A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.

Choose fruit or vegetables instead of salty snacks, chips, or fries.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



NIH

National Heart, Lung, and Blood Institute

Where's the sodium?

Most of the sodium we eat comes from added salt in packaged or prepared foods. Only a small amount occurs naturally in foods. Check Nutrition Facts labels and choose foods with lower sodium levels.

Grains		Serving Size	Milligrams of Sodium
Cooked cereal, rice, pasta (unsalted)	1/2 cup	0-15	
Ready-to-eat packaged cereal	1/2 cup	0-360	
Bread	1 slice	120-210	
Vegetables			
Fresh or frozen, cooked without salt	1/2 cup	0-70	
Canned or frozen with sauce	1/2 cup	190-430	
Pasta sauce, jarred	1/2 cup	270-490	
Fruits			
Fresh, frozen, canned	1/2 cup	0-5	
Dairy			
Milk	1 cup	110	
Yogurt	1 cup	85-190	
Natural cheeses	1 1/2 oz	90-480	
American cheese, processed	1 slice	200-240	
Nuts, Seeds, and Legumes			
Nuts, unsalted	1/3 cup	0-5	
Nuts, salted	1/3 cup	70-260	
Beans, cooked from dried or frozen (unsalted)	1/2 cup	0-10	
Beans, canned	1/2 cup	130-450	
Meats, Fish, and Poultry			
Fresh or frozen meat, fish, poultry	3 oz	55-75	
Fresh or frozen poultry, with broth	3 oz	100-170	
Tuna, canned, water pack	3 oz	140-180	
Turkey breast, lunch meat	3 oz	540-810	
Ham, lean, roasted	3 oz	920-950	

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



NIH

National Heart, Lung, and Blood Institute



Alive & Aware Raffle Winner

We weren't able to have any in-person presentations, but materials were made available to those that signed up. Those that signed up were also entered into a drawing and Doris was the winner of this beautiful basket donated by Unity Hospice. Thank you to all the presenters, Unity, and those that signed up.



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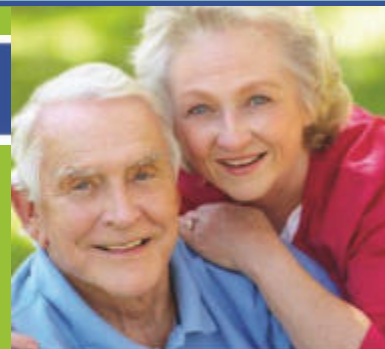
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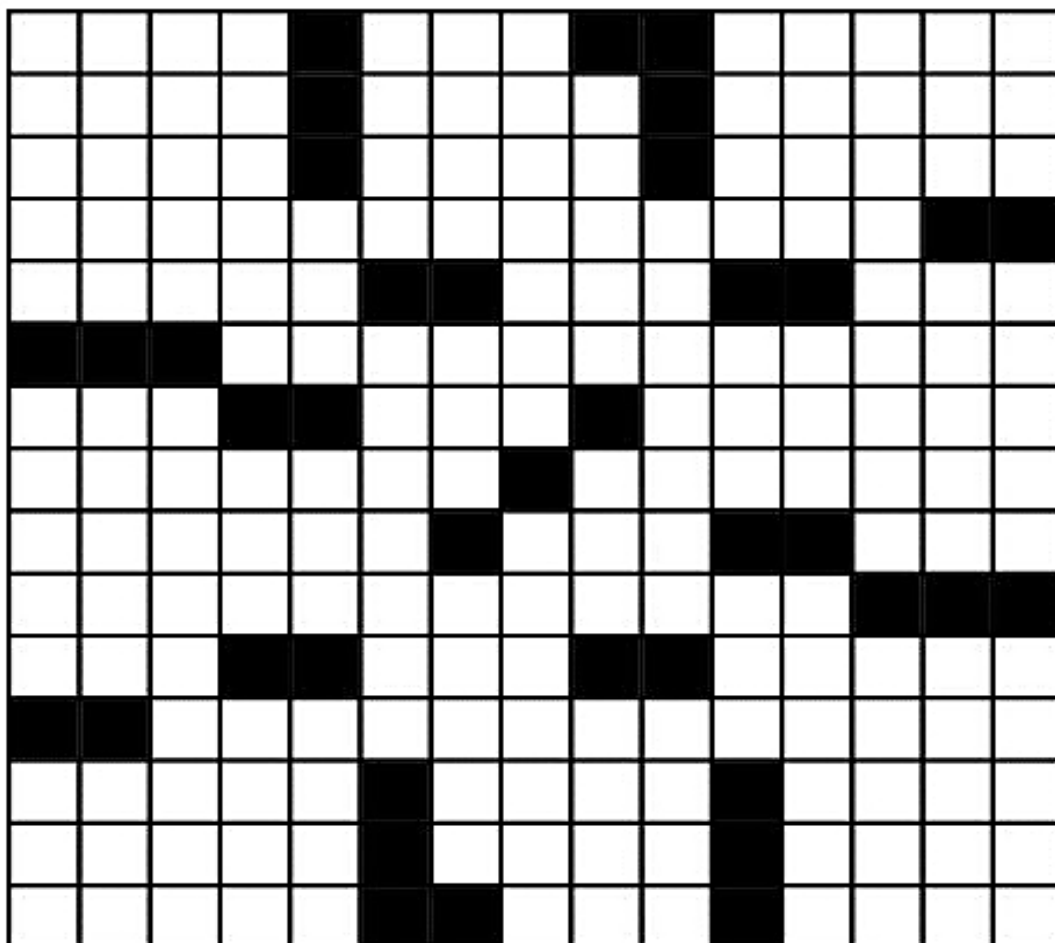
Two Rivers Senior Center, Two Rivers, WI

D 4C 01-1180

Crossword Fill In #01

3 LETTER WORDS

AIR
ALA
CAM
DAL
DOS
EAT
EST
ETA
ETC
FRO
GET
HOE
MAO
ODD
OUR
RES
REV
SLY
SPA
TIS
TNT
YAK



4 LETTER WORDS

A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
OLLA
OPAH
REST
ROUÉ
RUSH

SAYS
VINO

5 LETTER WORDS

ADYTA
ANTSY
ARÊTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON

SHALE
SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

6 LETTER WORDS

ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS

EHRlich
GAROTTE

NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS

EXTREMITY
TURNABLE

12 LETTER WORDS

CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS

ARCHIMANDRITE
MIXED METAPHOR



Get ready to line dance! Classes will resume on October 2 at 9:00 am.

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

Pre-registration is required by calling 920-793-5596 at least one business day in advance.

Minimum 4 participants/Maximum 12

REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY SHEEP
7. poFISHnd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

hey seniors

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Two Rivers Senior Center, Two Rivers, WI

E 4C 01-1180



MOVIES

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

***Pre-registration required** by calling 793-5596 at least one business day in advance. The room will be set for a maximum of 13 people, so that each person will sit at their own table to provide proper social distancing.

***Please do not arrive before 12:45 pm.** Sign-in required (at the Senior Center front desk window) upon arrival

Movie Matinees, along with refreshments, are sponsored by

**TRIAD of Two Rivers*

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

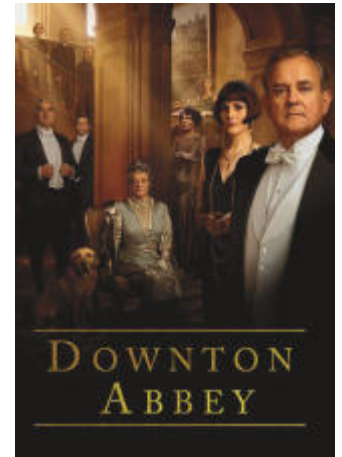
DOWNTON ABBEY

Monday, September 14

Rated PG (2 hr 2 min)

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.

Starring: Hugh Bonneville, Michelle Dockery, Allen Leech, Phyllis Logan (2019)



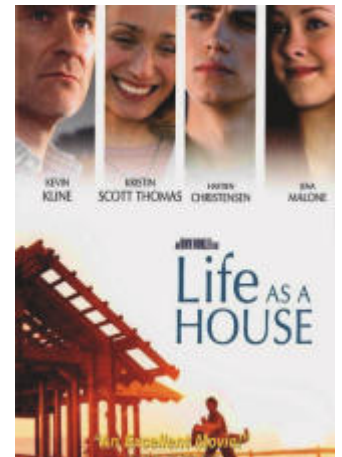
LIFE AS A HOUSE

Monday, September 21

Rated R (2 hr 4 min)

Faced with a sobering diagnosis of terminal cancer, George (Kevin Kline) decides to construct a beautiful new house on his land overlooking the Pacific Ocean, while at the same time trying to connect with his estranged son (Hayden Christensen). Kristin Scott Thomas and Mary Steenburgen co-star in this moving dramedy that speaks eloquent volumes about the fragility – and resilience – of the human condition.

Starring: Kevin Kline, Kristin Scott Thomas, Hayden Christensen (2001)



FIGHTING WITH MY FAMILY

Monday, September 28

Rated PG-13 (1 hr 48 min)

Born into a tight-knit wrestling family, Paige and her brother Zak are ecstatic when they get the once-in-a-lifetime opportunity to try out for WWE. But when only Paige earns a spot in the competitive training program, she must leave her family and face this new, cut-throat world alone. Based on the incredible true story, this heartwarming comedy follows Paige as she proves that what makes her different is the very thing that can make her a star.

Starring: Florence Pugh, Nick Frost, Vince Vaughn, Dwayne Johnson (2019)





Opportunity to help the Senior Center while on-line 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

amazonsmile
You shop. Amazon gives.

If you find that your garden has given you more produce than you can eat, we would be happy to use any donations in the kitchen for our Home Delivered Meal Program.

Please drop off donations at the Senior Center front window Monday-Friday 8am-4pm.

Thank you!!



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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.

September 1

John & Donna Spevacek

September 2

Marvin & Barbara Schermetzler

September 3

Gerald & Geraldine Lyons

September 4

Mike & Bonnie Monka

Gene & Janice Pagel

September 7

LeRoy & Dorothy Krejcarek

September 8

Allan & Janet Haws

September 10

Roger & Peggy Karman

September 11

William & Alice Mohr

September 16

James & LaVonne Whitehouse

September 17

Chuck & Sandy Curtis

Wayne & Dorothy Krall

September 20

Ken & Barb Powell

September 22

Joseph & Diane Eggers

September 23

John & Maria LaFond

Donald & Dorothy Siehr

September 24

Mike & Barb Sauer

September 25

Robert & Anne Dirkman

September 28

Burt & Judie Root

September 29

Jerome & Gail Levanetz

September 30

Dale & Suzanne Schnicke



Drug Disposal Program

provided by Healthiest
Manitowoc County

The Senior Center has Dispose Rx packets. These at-home medication disposal packets are comprised of materials that are FDA-approved for oral medications and provide a simple, convenient and effective solution for the disposal of unused or expired medications. Packets are designed to be used by adding the solution and water to your used with pills, tablets, capsules, liquids and powders that can then can be throw away with the household trash.

Pick-up at the
Senior Center front
window.

Easy as...



COVID-19

Symptoms of Coronavirus Disease



Even if you have only one symptom,

GET TESTED.



Birthdays

Members Celebrating Birthdays this Month

SEPTEMBER 1

Marilee Hanshew
Jean Herman

SEPTEMBER 2

Marie Riha
Sandi Carsok

SEPTEMBER 3

Jim Wochos

SEPTEMBER 4

Alfred DeBauche
Kay Knutson
James Korinek
Barb Powell
Jean Wondrash

SEPTEMBER 5

Don Hallwachs
Janice Koch
Ruth Kadow

SEPTEMBER 6

Shan Bergeon
MaryAnn Moore
Clarence Novachek

SEPTEMBER 7

Rose Byrne
John Wallace
Hugh Foster
Jim Skarvan
Margaret Steffens

SEPTEMBER 8

Paul LeVene
Bob Pfefferkorn
Gary McVey
Sharon Bauknecht
Patricia Wilson
Karen VanSistine

SEPTEMBER 9

Denise Elfering
Lois Williams
Roberta Galbraith

SEPTEMBER 10

Lilas Rosinsky

SEPTEMBER 11

LeRoy Krejcarek
Ellen Schmidt
Hazel Kowalsky
Ronald Kryzenske
Anne Dirkman

SEPTEMBER 13

Marion Stegeman

SEPTEMBER 14

Penny Marquardt
Matt Konop

SEPTEMBER 15

Terese Kubsh
Diane Wick
Ricky Pelishek
Cheryl DeBleyzer

SEPTEMBER 16

Carol Blaszczyk
Sharon Reisbeck

SEPTEMBER 17

Theresa Schmelzle
Mary Jo Steiner

SEPTEMBER 18

Patrick Elliott
Donald Swoboda
Delores Lyons

SEPTEMBER 19

Don Heusterberg
Ruth Gass
Jan Wartick

SEPTEMBER 20

Mary Kiel
Richard Mott

SEPTEMBER 22

Fritz Specht
Joyce Wegner
Dorothy Siehr
Pat Provot

SEPTEMBER 23

Ralph Wedekind
John Becker
Kenneth Zeman

SEPTEMBER 24

Bob Bergeon
Ann Durocher
Gerald Schuster
Diana Smoker
Mary Blohowiak
David Kleckner

SEPTEMBER 25

Lester Koeppel
Marion Pinchard
Ruth Zeman

SEPTEMBER 26

Catherine Cole
Tina DeRosier

SEPTEMBER 27

Richard DuValle
James Myers
Adeline Waskow
Dale Vertz
Cathy Shallue

SEPTEMBER 28

Shirley Steinhauer
Mercy Moreno
Keith Kelliher

SEPTEMBER 29

Marlene Schultz
John Wilsmann

SEPTEMBER 30

Linda Justema



Senior Center Front Desk/Front Window

Our front desk has moved to the front window of the Senior Center office. This is where you can come to renew your membership, check out books, movies, or puzzles, sign up for activities and/or register for activities you are at the Center for, and for any other questions or business you have at the Senior Center.

If you or someone you know would be interested in volunteering at our front desk window (9am-1pm, once a week or less), please contact Serena at 793-5596.



Pictured: Connie Kronforst, one of our volunteer desk receptionists, at the front desk/window, behind the plexiglass.

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.

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...



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Two Rivers Senior Center



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.

Motor boats, snowmobiles, anything with a motor, running or not is eligible for this service at no cost or effort for you.



September Kitchen Wish List Items

We thank you for any and all of the donations that you give to help our nutrition program.

**chunky peanut butter*

**butter*

**brown sugar*

**brownie mix*

**cake mix (any)*



Donations are accepted Mon-Fri
between 8am-4pm at the
Senior Center front window.

THANK YOU!

Apple Pie Baked Apples

Ingredients:

3 granny smith apples
3 pink lady apples
1 Tblsp warm water
2 tsp cornstarch
Juice from 1/2 lemon
1+ tsp cinnamon
1/3 + cup sugar
1 refrigerated pie crust
1 large egg,
beaten with 1 Tblsp milk
Caramel, for drizzling



1. Preheat oven 375. Peel and dice one green apple and one red apple. Slice off tops of remaining apples and hollow them out using a melon baller.
2. In a small bowl, whisk together warm water and cornstarch
3. In a small saucepan over medium heat, melt butter. Add diced apples, lemon juice, cinnamon, and sugar. Bring to a simmer and cook until apples are tender, about 5 minutes. Add in the cornstarch mixture and cook 5 more minutes.
4. Place hollowed out apples in a baking dish and fill each with the cooked apple mixture.
5. On a piece of wax paper, roll out the dough and cut into 4 circles. Slice each circle into thin strips. Make a lattice top on each apple, trimming excess.
6. Brush crust with egg wash and sprinkle with cinnamon and sugar. Bake until apples are tender and crust is golden, 28-30 minutes
7. Drizzle with caramel before serving.

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 Activity Calendar September 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 6-8 am Walking/Members 8:30 Legal via phone appts. 10:30 Arthritis Exercise 1:00 Bingo	2 6-8 am Walking/Members	3 6-8 am Walking/Members 8:15-9:15 Wii Bowling	4 6-8 am Walking/Members 8:00-2:00 Quilting
7 	8 6-8 am Walking/Members 8:30 Legal via phone appts. 10:30 Arthritis Exercise 10:30-11:30 Blood Pressure 1:00 <u>NO</u> Bingo	9 6-8 am Walking/Members 1:00 Dartball	10 6-8 am Walking/Members 8:15-9:15 Wii Bowling 12:30 Friends Board Meeting	11 6-8 am Walking/Members 8:00-2:00 Quilting 12:30-2:30 Fall Picnic in the Park
14 6-8 am Walking/Members 8:15-9:15 Wii Bowling 1:00 Movie: Downton Abbey	15 6-8 am Walking/Members 8:30 Legal via phone appts. 10:30 Arthritis Exercise 1:00 Bingo	16 6-8 am Walking/Members 9:00 Foot Care appts. 1:00 Dartball	17 6-8 am Walking/Members 8:15-9:15 Wii Bowling	18 6-8 am Walking/Members 8:00-2:00 Quilting 10:00 Creation Station
21 6-8 am Walking/Members 8:15-9:15 Wii Bowling 1:00 Movie: Life As a House	22 6-8 am Walking/Members 8:30 Legal via phone appts. 10:30 Arthritis Exercise 1:00 <u>NO</u> Bingo 4-6 Spaghetti & Bake Sale drive-thru fundraiser	23 6-8 am Walking/Members 9:00 Foot Care appts. 1:00 Dartball	24 6-8 am Walking/Members 8:15-9:15 Wii Bowling	25 6-8 am Walking/Members 8:00-2:00 Quilting
28 6-8 am Walking/Members 8:15-9:15 Wii Bowling 1:00 Movie: Fighting with My Family	29 6-8 am Walking/Members 8:30 Legal via phone appts. 10:30 Arthritis Exercise 1:00 Bingo	30 6-8 am Walking/Members 9:00 Foot Care appts. 1:00 Dartball		

We are happy to be able to offer some activities, programs, and classes at the Two Rivers Senior Center. Safety in doing so remains important to us.

Everyone will need to adhere to the following procedures:

*Class sizes will be limited to maintain social distancing. You **MUST** PRE-REGISTER, at least one business day in advance, by calling 920-793-5596. There will not be any walk-ins allowed for classes, activities, programs, etc.

*You **MUST** sign-in at the Senior Center office window **BEFORE** going to your class. Please have your punch card ready if needed.

*Please do not come early or stay late. In order to keep having classes, and to start returning to some of our other regular classes, we must keep the flow of traffic moving and at a minimum.

*Masks, worn properly, are encouraged.

*Please do not come to the Center if you have a cough, fever, or feel ill.

There are at least 40 Beatles Songs in this picture. How many can you find?



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 Schmalting.

Friends of the Two Rivers Senior Center

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

Friends of the Two Rivers Senior Center Board

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

Nutrition Project Council

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

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.



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.



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). Checks can be made payable to: Two Rivers Senior Center





Thank You for your Donation

General Donations

Nancy Brown, Dolly Franks, Dan Kleckner, Paul & Mary LeVene,
Judi Mason, and the Two Rivers Community Gardens

Supporting Businesses & Organizations

ADRC of the Lakeshore
Covered Wagon Restaurant
Deja & Martin Funeral Home
Dominitz Flowers
Felician Village
Good Shepherd Lutheran Church
Grace Congregational United Church of Christ
Hofmann Monuments, Inc
Lakeshore Family Funeral Homes
Lester Public Library
Manitowoc Health & Rehab
Manitowoc Heating
Manitowoc Metro Transit
Meadowview Assisted Living
Par 5 Resort
Park Lane Apartments/Mishicot Housing Corp
River Hill Apartments
River's Bend Health Service
Rotary Club of Two Rivers
Sauve's Office & Supply
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 Fire Department
Two Rivers TRIAD Committee
Unity Hospice
Valley View Apartments
VFW #1248 (Veterans of Foreign Wars Two Rivers)
Village Green East & West



Covid Scam Alerts - Beware, Be Cautious, Be Safe

*You will never need to give money or your social security number to anyone calling to see if you have been in contact with someone with Covid-19. Legitimate tracers only need your health information.

*Do not respond to texts, emails, or calls about checks from the gov't.

*Test kits have not been approved by the FDA (neither for the virus nor for anybody testing). If



Aging & Disability Resource Center of the Lakeshore

Resources for adults over 60 and adults with disabilities. Serving Manitowoc and Kewaunee Counties
920-683-4180 or 1-877-416-7083 ~ adrcofthelakeshore.com

Summer Starburst Answers and Winner

1. What year did Starburst debut in America? **1967 (see #5)**
2. Name one of the original Starburst fruit flavors.
Strawberry, orange, lemon, lime (lemon and lime have both been discontinued but there is a lemon-lime flavor now)
3. What state are Starbursts currently made in? **Waco, Texas**
4. What vitamin are Starbursts a good source of? **Vitamin C—they are made with real fruit juice**
5. Starburst originated in Canada in 1960 under the name Opal Fruits. true or false **False—they originated in the UK in 1960 under the name Opal Fruits**
6. When the lime flavor was dropped, what flavor replaced it? **Cherry**
7. Starbursts are a taffy candy. true or false **true**
8. How many Starbursts come in the standard pack? **12**
9. Strawberry sour green apple is one of today's Starburst flavors. true or false **true**
10. Guess how many packs of Starbursts are in this jar? **31**

The winner with the most correct answers...Geraldine Lyons!! Congratulations.
Thanks to everyone that played!!

Two Truths and a Lie Answers and Winner

Which staff member belongs to which two truths and a lie, and...which is the lie.

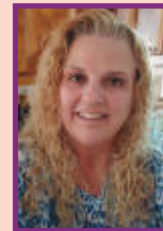
- *I can play the saxophone.
- *I have won an art contest.
- *~~I know how to drive a motorcycle.~~



- *~~I vacationed in Italy.~~
- *I like to swim.
- *I won a Caribbean Cruise.



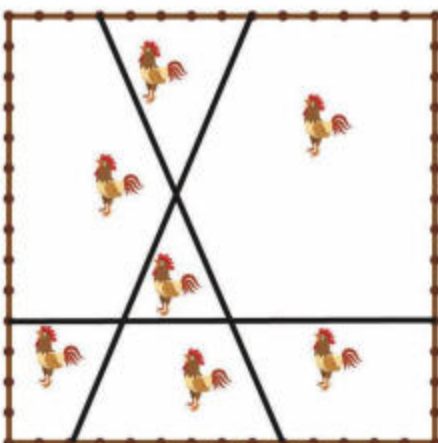
- *I have my degree in education.
- *~~I know how to tap dance.~~
- *I was born in South Carolina.



The winner with the most correct answers...Mike Sauer!!
No one got any of them correct so we put everyone that played into a drawing.
Thank you to everyone that played!!

Farmer Brown's Brain Bender #1

SOLUTION



Crossword Fill In #01

SOLUTION

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

REBUS FOR YOU!

SOLUTIONS

1. Red in the face
2. Green eggs & ham
3. Backrub
4. All thumbs
5. Two left feet
6. Black sheep of the family
7. Big fish in a little pond
8. Tennis shoes
9. Long time, no see
10. All in a day's work