

JULY 2020

LOCATION

1520 17th Street Two Rivers, WI 54241 P: (920)793-5596 www.tworiversseniors.org FB: Two Rivers Senior Center



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

- 2 Alive & Aware Wellness Program
- 3 Foot Care
- 5 Activities Re-starting
- 6 Save the Date
- 8 Pancake Breakfast Fundraiser
- 9-15 | Trips
 - 16 Book Club
 - 17 | Movies
 - 18 Lunch Program
 - 19 Opportunities to Help the Center
 - 20 Anniversaries
 - 21 Birthdays
 - 22 Legal Assistance
 - 23 Kitchen Wish List
 - 24 Activity Calendar & Procedures
 - 25 Senior Celebration
 - 26 | Committees/Transportation
- 27 Donations

CELEBRATING 66 YEARS OF SERVICE TO THE COMMUNITY!



JULY 4TH

Two Rivers will cap off Independence Day with our always popular fireworks

display, shot from the outfield at Walsh Field on 22nd St. Due to COVID concerns, there will be no public access to any area inside the fences at Walsh Field, and there will be no pre-fireworks entertainment. Enjoy the fireworks while practicing safe distancing and viewing the show from Neshotah Park, downtown, your yard or one of the many great viewing locations around the city.

Thank you to all of this year's Community Fireworks Sponsors!

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



Alive & Aware Wellness Program Wednesdays at 1:30 pm

July 15: Creating Your Own Advanced Directives by Unity Hospice If we are over the age of 18 and we don't share our healthcare wishes with those we love, others may take over at the time we are most vulnerable. We will discuss the benefits of advance planning, how to initiate the end-of-life care conversation, advance directive documents, and ensure your end-of-life care plan is known and accessible.

July 29: What's the Difference? by Shady Lane

Learn about the difference between assisted living, nursing homes, and rehab and how the industry woks. Discussion on family care, financial assistance, and the senior housing industry.

August 5: Healthier Choices for a Healthier Life! by The Hearty Olive Learn and discuss the health benefits of olive oil & balsamics added to your meals.

August 12: Your Rights in Long Term Care by WI State Aging & Long Term Care

Information pertaining to your rights in long term care as well as rehabilitation. "Become proactive in your health care decisions"

FREE to our members \$3.00 per session for guests

Pre-Registration required by calling 920-793-5596 No Walk-Ins, Space is Limited

Phone Call Notifications

The Senior Center, with the help of our Friends Board, has implemented a phone call notification program.

Tammy or Michelle will create messages to help keep you informed on what is or will be happening.

The phone number you will receive calls from will be from our main Senior Center phone number: 920-793-5596.

It may take a moment for the recording to kick in once you answer or once your answering machine answers.

We are excited to be able to bring you information more quickly!

STAY HOME IF YOU'RE SICK

If you're sick, stay home, rest, and remember to:



Cover your coughs and sneezes with a tissue or your sleeve.



Wash your hands often with soap and water.



Clean frequently touched surfaces and objects (for example, TV remotes and computers).



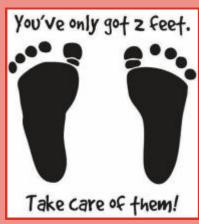
Tuesday, July 14

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 on Tuesday & Wednesday mornings, through July and August, by appointment only.

\$25 includes foot soak, toe nail clipping, towel, & light massage (checks payable to Sharon Glandt).

Call 793-5596 to schedule your appointment.



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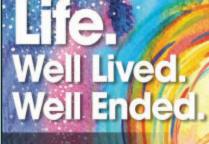
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Wii Bowling will start again on July 13. Bowling will be from 8:15-9:15 am, Monday and Thursday mornings.

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.

Please see page 24 for more details.



Quilting will start again on July 10. 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 3 people, to provide proper social distancing.

Pre-registration is required by calling 920-793-5596.

Please see page 24 for more details.



Get ready to line dance! Classes will resume on July 10 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.

Minimum 4 participants/Maximum 12

Please see page 24 for more details.

Arthritis Exercise



Arthritis Exercise will be available again starting July 7 at 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.

Please see page 24 for more details.

SAVE THE DATE

The following events are being planned to be held at the Community House, but are subject to change based on state, county, city, and health department recommendations.

- Tuesday, September 22 (4-6pm): Spaghetti Dinner & Bake Sale Open House
- Friday, October 9 (4-6pm): Fish Boil & Bake Sale Fundraiser
- Friday, November 6 (8:30am-1:30pm): Rummage Sale
- 💽 Thursday, November 26 (12:00 NOON): Community Sponsored Thanksgiving Dinner
- Thursday, December 17 (12:00 NOON): Senior Center Christmas Celebration with lunch and entertainment
- Thursday, December 31 (12:00 NOON): Senior Center Noon Year's Eve Party with lunch, entertainment, and a countdown to noon



Enjoy a joke! Joke Day is July 1

- Why do we tell actors to "break a leg?"
- 2. Where do cows go for entertainment?
- 3. Why did the melon jump in the lake?
- 4. How does the ocean say hello?
- 5. Why can't your head be 12" long?



Because then it would be a "foot"

- 4. It "waves"
- 3. It wanted to be a "water"-melon.
 - . The "MOOO" adT .
- . Because every play has a "cast"

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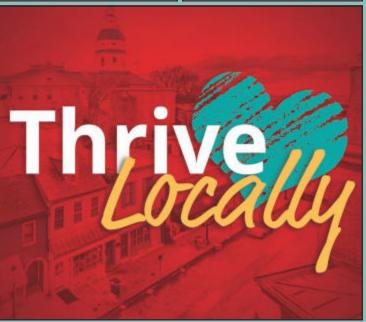


Contact Tina at 920-682-7320 or mail: river.hill@att.net

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NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com





Christmas Stars

Xavier Fine Arts Theatre, Appleton Thursday, December 10, 2020



\$90 Members \$100 Guests

> \$5 cash/check discount

Price includes: \
coach bus, staff
escort, supper, show

Registration May 15-Nov. 13

This 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. A wonderful live nativity wraps up the show. Join us for a delightful celebration of the most wonderful time of the year!

Supper at Cobblestone Creek: Broasted Chicken, Baked Haddock, Beef Tips, Mashed Potatoes & Gravy, Sage Dressing, Macaroni Salad, Italian Salad, Green Beans, Dinner Rolls, Coffee, Milk and Dessert.

Stop in the Two Rivers Senior Center, mail your full payment, or call with a credit card to reserve your spot. 920-793-5596 3:45 pm Depart Two Rivers Senior Center 4:00 pm Depart Hwy 310 Park & Ride Approximate Time Home 9:00 pm

Two Rivers Senior Center "Always an Adventure"



Columbus, OH October 18-24, 2020

Highlights:

*Franklin Park Conservatory and Botanical Gardens

*Culinary Experience & Halloween Extravaganza

*German Village-233 acres on the National Register of Historic Places

*Schmidt's Restaurant & Sauasage

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*The Wilds-10,000 acre Conservation

Center & Safari Park - Take a trip to Africa without a passport!

*Ohio State University Tour

*Phoenix Bat Company

*Fair Oaks Farms

*National Museum of the United States Air Force

*Free time to explore downtown
Columbus



FRE MAUES

Motorcoach, admissions, lodging, staff escort, gratuities, 5 breakfasts, 6 lunches, and 4 dinners. \$50 cash/check discount \$350 due at signing Balance due by September 16

\$1100

Optional Travel Guard Insurance

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

2021 Memories Shows

We are looking ahead to some of our day trips to the Memories Theater. Below are the shows they are offering. Please let us know if you would be interested in any by either:

-circling your choices on this form & mailing it to us at

Two Rivers Senior Center

1520 17th St

Two Rivers, WI 54241

-dropping it off at the Center

-email choices to info@tworiversseniors.org

This will help us decide which we may choose to see.

Four Old Broads

Blind Dating at Happy Hour

The Housekeeper

Hog Wash

Desperate Measures

Catfish Moon

What is Susan's Secret?

Assisted Living: The Home...for the Holidays





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



- Rent assistance programs based on income
- Patios/decks, laundry facilities, community room
- Groceries, dental & medical in village & nearby cities
- Seniors 62 & older, disabled/handicapped 18 & older
- Subsidized USDA RD housing "Mixed Use" facility





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Stop in and see why we are different than the others





Thursday, November 12, 2020 at The Palace Theater in the Dells

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.

Lunch at the Palace includes a mixed green salad topped with feta cheese, mandarin oranges and craisins served with warm bread sticks. Slow roasted pork tenderloin medallions atop an apple and cranberry puree, served with a garlic encrusted baked potato, fresh steamed broccoli, cauliflower, and carrots.

Three scoops of Fruity Rainbow sherbert. Coffee, Tea, and Water.

Members \$135 Guests \$145

\$5 cash/check discount
Price includes: motorcoach, lunch
& gratuity, staff escort, show.
Reserve your spot, with full
payment, between May 15 - Oct 22
at the Two Rivers Senior Center
or call 920-793-5596 with your
credit card payment.

7:30 am depart Two Rivers Senior Center 7:50 am depart Mtwc Perkins Park & Ride

6:30 pm

approximate arrival home



September 28 - October 3

Sign up between

April 15 - Aug 26

Highlights:

*Big Springs

*Ferry to & from Mackinac Island

*Two Nights on Mackinac Island at the Bicycle Street Inn

*Horse-Drawn Carriage Tour of the Island

*Grand Hotel Grand Luncheon Buffet

*"Mighty Mac" - Mackinac Bridge

*Lunch & Tram/Winery Tour at Castle Farms

*Step-on Guide of Earl Young Mushroom Homes

*Two Nights in Traverse City

*Old Mission Peninsula and Lighthouse

*Chateau Chantal Winery

*Drive through Sleeping Bear Dunes National Lakeshore

*Gerald R Ford Presidential Museum

*Cocktail/Dinner/Sunset Cruise on the Holland Princess Victorian Paddle Wheel Boat

*One Night in Stevensville

*Scenic Drives throughout Michigan

*More detailed information available at the Two Rivers Senior Center or online at www.tworiversseniors.org or our FB page.

Sign up at the Two Rivers Senior Center or by calling 920-793-5596.

Price Includes:

*Lodging for 6 days, 5 nights

*5 Breakfasts, 6 Lunches, 3 Dinners

*Tours and Attraction Fees

*Taxes and Gratuities

*Deluxe Motorcoach Transportation

*Staff Escort

Price per person: \$1740 single \$1340 double \$1225 triple \$1175 quad (\$50 cash/check discount) \$350 due at signing

Travel Guard		single	dbl/trp/quad
Optional	35-59 yrs	\$101	\$75
Cancellation	60-69	\$137	\$103
Insurance due at	70-74	\$184	\$143
signing	75-79	\$225	\$176

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).

<u>Participants Must Be Independent</u> 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.



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See trip details at our website: www.baybusgb.com Phone# for sign up is 920-468-7738 or 920-680-3977, Craig or Diane

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UPGRADE TO A







At the Fireside Theatre Thursday, September 10, 2020

From the creators of Evita and Jesus Christ Superstar comes one of the most popular musicals of the last 50 years. 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.

Members \$145 Guests \$155

(\$5 cash/check discount)

Reserve your spot March 2 – August 20, with full payment, at the Two Rivers Senior Center or by calling 920–793–5596 with your credit card payment.

Includes: motorcoach, staff escort, lunch & gratuity, and show.

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

MANU

Butternut Squash Soup Fresh Baked Breads

Beef Short Ribs slowly braised in beef stock and dressed with a red wine demi-glaze. Served with Garlic and Herb Whipped Potatoes and Roasted Shaved Brussel Sprouts with Bacon.

Brandy Old Fashioned Cake Coffee, Tea, and Milk



The Lost Symbol by Dan Brown will be available to check out at the Senior Center front window, starting July 6.

Discussion will on August 19 at 9:30am in the Senior Center Library. 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.

The Wedding Dress by Rachel Hauck will be available to check out at the Center starting at the August 19th discussion.

Pre-registration is required for the August 19th discussion by calling 920-793-5596. Please see page 24 for more details.



Concerts in the Park

At this time the City of Two Rivers is planning to resume our Concerts in the Park Series starting in July (subject to change). Al concerts will be held at Central Park (or in the Community House if inclement weather) from 6-8pm.

July 2...The Sugar Bush Boys* July 30...Bella Musik* August 6...Dorf Kapelle* August 13...Sundae Thursday August 20...Tony Rocker–Elvis* August 27...Jerry Voelker & Jolly Giants*

*Enjoy a beverage or two at the Senior Center beverage stand.



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UPGRADE TO A

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MOVIES

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

*Pre-registration required by calling 793-5596. 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.

INTO THIN AIR: DEATH ON EVEREST

Monday, July 20

Rated NR (1 hr 30 min)

Jon Krakauer joins a team of mountain climbers making the journey to the top of Mount Everest. Krakauer has come along to write an article, but when conditions turn deadly, his only concern is survival.

Starring: Peter Horton, Nathaniel Paker, Richard Jenkins (2015)



FINDING YOUR FEET

Monday, July 27

Rated PG-13 (1 hr 51 min)

When 'Lady' Sandra Abbott discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

Starring: Imelda Staunton, Timothy Spall, Celia Imrie (2018)



Two Rivers Senior Center TRUST Car

We are happy to announce our TRUST Car will be running again for our members starting July 7 with the following regulations:

- *Tuesday, Wednesdays, and Thursdays from 9:00am-12:30pm.
- *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.
- *Limited to two rides per day.
- *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.



Please call 793-5596 for more information or to schedule a ride.

Lunch Program

The Aging & Disability Resource Center of the Lakeshore is excited to announce a new food program for Senior Citizens during this COVID-19 pandemic at the Two Rivers Senior Center. Bag lunches will include a sandwich/wrap, fruit, chips or crackers, dessert, beverage.

Guidelines for these meals are as follows:

- *Must pre-order at least 2 business days in advance by calling 793-5596.
- *Must be 60 or older.
- *Pick-up between 11am and noon.
- *Pick-up will be at the Adams St entrance.
- *Suggested donation for the bag lunch will be \$3.00.
- *Pick up of these meals will be done with food safety protocols and social distancing.

		July 2020		
Mon	Tue	Wed	Thu	Fri
		Macaroni Salad w/ Ham & Peas Small Side Salad Dessert Bar-8oz Milk	2 Mini Roast Beef & Cheese Cole Slaw Potato Chips Fresh Apple-4oz Juice	3 Observed Holiday
6 Turkey & Cheese S/W Celery Sticks Fresh Banana Cookie 8oz Milk	7 Beef & Cheddar Wrap Carrot Sticks Fresh Apple Graham Crackers 4oz Juice	8 Chicken Caesar Pasta w/ Tri-Colored Rotini Fresh Banana Teddy Grahams 8oz Milk	9 Salami Sandwich Potato Chips Fresh Orange Mini Muffin 4oz Juice	Pizza Pasta Small Side Salad Fresh Apple Belly Bear Cookies 80z Milk
Macaroni & Cheese Broccoli & Dill Dip Fresh Orange Teddy Grahams 4oz Juice	Ham & Swiss S/W Celery Sticks Fresh Banana Peanut Butter 8oz Milk	Turkey & Bacon Wrap Carrot Sticks Fresh Apple Cookle 4oz Juice	Head Street Street Street Street Radish Fresh Orange Rice Krispy Bar 802 Milk	Tuna Pasta Salad Celery Sticks Fresh Banana Graham Crackers 4oz Juice
20 Chicken & Ranch Roll-up Carrot Sticks Fresh Apple Cookie Boz Milk	21 Beef Sticks Cheese Whips Celery Sticks w/ Peanut Butte Pkt Teddy G's-4oz Juice	22 Ham & Mozzerella Wrap Carrot Sticks Fresh Banana 8oz Milk	23 Roast Beef & Cheese SAW Pretzels Fresh Orange Mini Muffin 4oz Juice	Potato Chips Fresh Apple Dessert Bar- 8oz Milk
Salami Sandwich Potato Salad Fresh Orange Jello Cup-8oz Milk	19 Ham and Mozz Wrap 3-Bean Salad Fresh Apple Gram Cracker-4oz Juice	20 Turkey and Cheese Pack Hard Boiled Egg Pretzels Fresh Banana-8ozMilk	21 Chicken Caesar Pasta Fresh Banana Teddy Grahams 4oz Juice	Cheeseburger Small Side Salad Potato Chlps Dessert Bar-8oz Mill

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

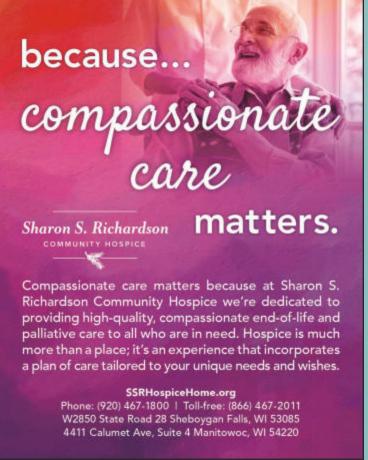


If you find that your garden has given you more produce than you can eat, we would be happy to use any donations in the kitchen for our Home Delivered Meal Program.

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

Thank you!!





make an informed decision

(920) 686-7378 www.ManitowocHeating.com

684-5559

HAPPY ANNIVERSARY

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

July 5

Paul & Susan Case

Jack & Mary Jane Raatz

July 6

Paul & Nancy Rameker

July 7

Alfred & Christine DeBauche

July 9

Donald & Carol Ahrndt Pat & Bonnie Wichlacz

July 11

Snooker & Pat DeWitt

July 15

Robert & Jean Herman

July 23

Mike & Linda Tollefson

July 24

Wayne & Audrey Hansen

July 26

Paul & Pat Hanson

July 29

Dave & Sandra Boehm Dennis & Janet Harle <u>July 30</u> Peter & Marlis Skwor



Nature Hunt Bingo

Get 5 in a row - up, down, across or diagonal to win!



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.





Members Celebrating Birthdays this Month

JULY 1

Carol Parker Floyd Shillcox Lee Neubert

JULY 2

Audrey Gagnon Richard Brotski James Konop

JULY 3

Edona Daffner Diane Warner Julie Carter Margaret Robertson

JULY 4

David Stage Vincent Vogel Judi Bodwin

JULY 5

Sharon Jobelius Dolores Janda

JULY 7

Karen Konop Nancy Valenta Mary Ann Kaufmann Mary VanLeishout Robert Dirkman

JULY 8

Janice VanDrisse Judy Stefaniak John Tegen JoEllen Roberts Mary Ann Cherveny

JULY 9

Katherine Wirrer Peter Craven

JULY 10

Gertrude Wichlacz

JULY 11

Pat Shedal Lynn Kaminski

JULY 12

Patricia Ciha Nancy Rameker

JULY 13

Susan Case Eunice Hansen Jan VanEycke Janet Harle

JULY 14

Andrea Koehler Marion Kushava Donald Siehr Bea Cisler Patty Dose Stephen Schwartz Karin Charland

JULY 15

Rita Janda Kathleen Wondrash Barb Kussman Jerry Walters Alice Kornely Deborah Heise Karen Samz Teresa Fish Amanda Kober

JULY 16

Marjorie Barta Elizabeth Myers Georgia Brotski Peter Harlow

JULY 17

Bonnie Krizizke Colleen Gordon Lionel Halonen Robin Polsene Peter LeClair

JULY 18

Wayne Krall Melanie Anhalt

JULY 19

Sandy Becker Bill Porter

JULY 20

Winnie DeBauche Gerald Stoltzman

JULY 21

Janet LeClair Charles Crabb Lucille Tess Delores Sisel

JULY 22

Donna Spevacek Lois Schroeder Philip Zaidel

JULY 24

Emmy Rebitz Jane Dugan Don Noworatzky

JULY 25

Nancy Schroeder

JULY 26

Susie Carlson Karen Schuster Bill Webster Ken Powell

JULY 27

Joy Walters Janet Graycarek Nancy Kunesh Bonnie Tonkin

JULY 28

Sue Lewis Victor Murauskas

JULY 29

Shirley Jarvis Burt Root Denise Kluck Kay Abendroth

JULY 30

Charlotte Guile Judy Johnson Susan Rapp Laurette Poltzer Suzanne Pilon

JULY 31

Modesta Olson Mike Sauer Jeanette Peterman Alice Mohr Theresa Pilzak Stanley Snyder





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 today. Please call the Senior Center at 793-5596 to schedule your appointment.





Committee on Aging Meeting Monday, July 6 8:00 am

Sign in at the Senior Center front window when you arrive.



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.

Call 793-5590

Kitchen Wish List Items for July

- *cream cheese
- *powdered sugar
- *Krusteaz Pancake Mix
- *Regular Coffee
- *Napkins
- *butterscotch chips



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

Donations will be accepted Mon-Fri between 8am-4pm at the 17th Street entrance (by the Parks & Rec sign).

THANK YOU!

Our Mission

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.

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

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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

Two Rivers Senior Center Activity Calendar July 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6-8 am Walking/Members 9:00 Foot Care	2 6-8 am Walking/Members	3 CLOSED
6 6-8 am Walking/Members 8:30 Committee on Aging	7 6-8 am Walking/Members 10:30 Arthritis Exercise	8 6-8 am Walking/Members	9 6-8 am Walking/Members 8:15-9:15 Wii Bowling	10 6-8 am Walking/Members 8:00-2:00 Quilting 9:00 Line Dancing
13 6-8 am Walking/Members 8:15-9:15 Wii Bowling	14 6-8 am Walking/Members 10:30 Arthritis Exercise 10:30-11:30 Blood Pressure	6-8 am Walking/Members 1:30 Alive & Aware: Creating Your Own Advance Directives	16 6-8 am Walking/Members 8:15-9:15 Wii Bowling	17 6-8 am Walking/Members 8:00-2:00 Quilting 9:00 Line Dancing
20 6-8 am Walking/Members 8:15-9:15 Wii Bowling 1:00 Movie: Into Thin Air: Death on Everest	21 6-8 am Walking/Members 10:30 Arthritis Exercise	22 6-8 am Walking/Members	23 6-8 am Walking/Members 8:15-9:15 Wii Bowling	24 6-8 am Walking/Members 8:00-2:00 Quilting 9:00 Line Dancing
27 6-8 am Walking/Members 8:15-9:15 Wii Bowling 1:00 Movie: Finding Your Feet	28 6-8 am Walking/Members 10:30 Arthritis Exercise	29 6-8 am Walking/Members 1:30 Alive & Aware: What's the Difference?	30 6-8 am Walking/Members 8:15-9:15 Wii Bowling	

We are happy to be able to start offering some activities, programs, and classes at the 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 for everything except walking (with social distancing). 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.





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 Schmaling.

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-deductable 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 <u>anyone 50 + years</u> of age and is a wonderful way to stay engaged, socialize, maintain wellness, have fun and so much more!





Thank You for your Donation

General Donations

Dolly Franks, Marlene Hartlich,
PJ Stephens & Tracey Koach,
Gerald & Geraldine Lyons, Marilyn Quirk





In memory of Bill Ahearn by Judy Goodchild.

THANK YOU!!



Thank you to our Volunteer Quilters for making masks for the Senior Center Members for their return to activities & fun at the Center.

Supporting Businesses & Organizations

ADRC of the Lakeshore Bank First National Bay Bus Care Partners Assisted Living Covered Wagon Restaurant Deia & Martin Funeral Home **Dominitz Flowers** Edward Jones/Joseph Debilzen Felician Village Good Shepherd Lutheran Church Grace Congregational United Church of Christ Hofmann Monuments, Inc Klein & Stangel Funeral Home **Lakeshore Family Funeral Homes** Lester Public Library Lighthouse Inn Manitowoc Health & Rehab Manitowoc Heating Manitowoc Metro Transit Meadowview Assisted Living Mishicot Housing Corp Par 5 Resort River Hills Apartments River's Bend Health Service Rotary Club of Two Rivers St. Peter the Fisherman Catholic Parish 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





Staying Safe during Exercise and Physical Activity

There's a way for almost every older adult to exercise safely and get meaningful benefits. To play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.
- Wear appropriate shoes for your activity.
- Warm up before exercising, and cool down afterwards.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during, and after your workout session, even if you don't feel thirsty.
- Dress appropriately for the temperature outdoors, or opt for an indoor activity if it's very hot or cold.
- If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

Endurance. Listen to your body. Your breathing may become faster, but you should still be able to talk.

Strength. You will need a chair to do many of the strength exercises on the Go4Life website. Be sure to choose one that is sturdy.

Balance. Have that sturdy chair handy or a person nearby to hold on to for your balance exercises if you feel unsteady.

Flexibility. Always warm up before stretching exercises—a few minutes of walking works well.

National Institute on Aging National Institutes of Health

U.S. Department of Health & Human Services



Quick Tip

Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

VISIT

www.nia.nih.gov/Go4Life

- Read more safety tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.





City of Two Rivers Water & Light Recycle Event

Tuesday, August 25 at 1415 Lake Street later Light For more information: https://www.trwaterandlight.com/recycle-event or call 793-5550