



Two Rivers Senior Center

SEPTEMBER 2021

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

Meal Site Coordinator
Kim Graves
kimgraves@two-rivers.org

WHAT'S INSIDE

- 2 Fall Picnic in the Park
- 3 Senior Safety Presentation
- 5 Wish List
- 6 Open House Fundraiser
- 8 Dining at the Senior Center
- 9-12 Trips
- 13 Movie Matinee
- 16 Protecting Yourself from Scams
- 17 Creation Station
- 18 Strong Bodies Exercise Class
- 20 Happy Anniversary
- 21 Birthdays
- 23-24 Activities and Calendar
- 20 Happy Anniversary
- 21 Birthdays
- 26 Committees/Transportation
- 27 Irrevocable Burial Trusts

CELEBRATING 67 YEARS OF SERVICE TO THE COMMUNITY!

Two Rivers Senior Center OPEN HOUSE

Thursday, September 23, 2021 - 4-6pm

Tours

Door Prizes

Bake Sale

Food & Beverages

Available for purchase:
Spaghetti & Meatballs, Pizza,
Water, Soda, Beer, Wine
1st 50 people to enjoy dinner will
receive a free goody bag!



1520 17th Street
920-793-5596

ALL ARE WELCOME!

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

*National Recreation & Park Association

*Wisconsin Parks & Recreation Association





Dominoes Tuesdays 1:30 pm

An afternoon with a friendly game of dominoes.

Register now to join in the fun!
920-793-5596

Card Creators Wednesdays @ 10:00 am

Create cards from scratch, cut out pictures and greetings from used cards, or create cards using the cut-outs. We have everything you need to create the beautiful cards that the Senior Center uses to send to our members for various occasions. Scissors, glue, stamps, paper, embellishments and more to help your creativity flow.

Register in advance by calling 793-5596.



Mahjong Tuesdays 9:30am

Join other members in this memory skills game. Think outside of the box while you develop new strategies.

Not sure how to play? Join us and we will teach you!

Call 793-5596 to register.

Safety Tips For Senior Citizens



Being cautious increases
your safety and
well-being!

Senior Safety

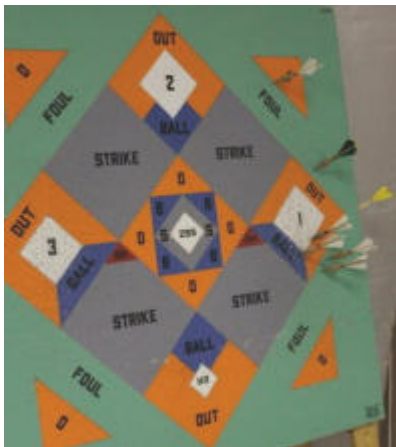
Thursday, Sept 9
10:00 am

Personal safety tips for older
adults presented by the
Two Rivers Police Department.

Register at 920-793-5596

Dartball Resumes

Wednesdays @ 1:00pm
Starting September 15

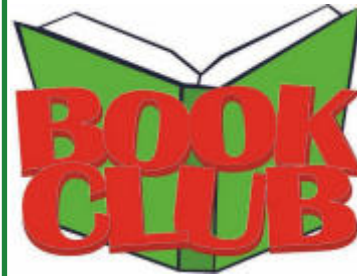


Call
793-5596 to
sign-up

Red Hattitudes

Thursday, September 16
12:00 pm
Whiskey D's
1215 26th Street, Two Rivers

Let's do lunch!
Marilyn and Sandy will be
your meeting hostesses.



*"It's good for
your brain."*

Wednesday, Sept. 15
9:30 am

The group will be discussing:
The Wedding Dress
By Rachel Hauck

Next Month:
The Lost Symbol By Dan Brown

Register by calling 920-793-5596.

*Books can be picked up at the Two
Rivers Senior Center and are provided
by the Lester Public Library*



DEJA & MARTIN FUNERAL CHAPELS

A Legacy of Life

*Respectfully Serving Families
for Generations*

Ken Kasper & Mike Eckley
Directors

(920) 793-1756

1506 18th St., Two Rivers, WI 54241



"It's my life and they respect that."

Local long-term care supports and services
delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

Shimek's FURNITURE

home furnishings • decorating

(920) 684-8771 • Manitowoc

www.shimeksfurniture.com

We Proudly Display A Large Selection
Of Apartment Size Sofas & Dining Sets

Largest Selection of
Power Lift Recliners in the Area

Family Owned and Operated Since 1919



Assisted Living Shady Lane

Virtual
Tours
Available

Choose accommodations from apartment living to a
single room with privacy of independent living, security
of having neighbors, and medical personnel around 24/7.

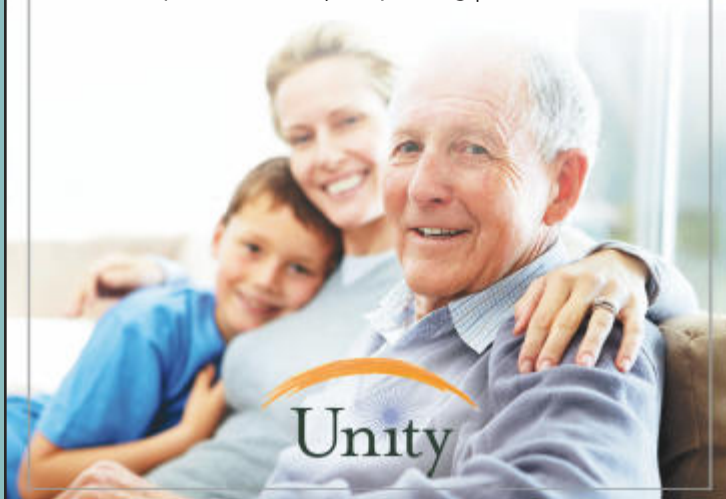
Your Community Owned, Nonprofit Senior Living Facility
1235 S. 24th Street, Manitowoc, WI 54220
920-682-8254
www.shadylaneinc.com

SOONER IS BETTER

for quality living
during serious illness

Hospice adds life to days when you can't add days to life.
When comfort and dignity matter most, rely on Unity for
expert medical, emotional and spiritual support.

Let us help. Choose UnityHospice.org | (800) 990-9249



in affiliation with



**Better Hearing
Starts Here.**

hfmhealth.org/hearing



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: careers@4lpi.com | www.4lpi.com/careers

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicommunities.com
or (800) 950-9952 x5887

Lakeshore Family Funeral Homes

• Affordable Services • Private Crematorium On-Site • Funeral Services • Pre-Need Specialists • Pet Cremations

Pfeiffer Funeral Home

928 S. 14th St., Manitowoc... 920 684-4642

Jane Family Funeral Services & Crematory

1122 S. 8th St., Manitowoc... 920 682-1568

Reishold & Pfeiffer Family Funeral Services

818 State St., Manitowoc... 920 682-0118

All-Care Crematory and Reception Center, 925 S. 14th St., Manitowoc... 920 684-4642

Reishold & Pfeiffer Family Funeral Services

1124 Main St., Kellenburg... 920 732-3535

Klein & Stangel Funeral Home

1420 22nd St., Two Rivers... 920 793-1396

Christianson & Deja Funeral Home

202 S. Liberty St., Vicksburg... 920 775-4433

www.lakeshorefamilyfuneralhomes.com

Manitowoc County Cremation Specialists

Under State Ownership

Care free living at Village Green Apartments!



- One Bedroom
- On Local Bus Route
- Heated Storage Space
- On-Site Laundry Facilities
- Heat, Water, Electric & Trash Included
- Pet Friendly (breed and size restrictions apply)

**Apartments
Available Now**

VILLAGE GREEN EAST
2401 Polk St Two Rivers
794-7961

VILLAGE GREEN WEST
2602 Forest Ave Two Rivers
794-8713

TTY: 711 An equal opportunity
provider and employer

Persons age 62 and up, or those handicapped or with certain
disabilities, who meet HUD Section 8 income limits are eligible

Domnitz Flowers LLC

81 Years and Growing

"Flowers For All Occasions"



1714 Eleventh St.
Two Rivers, WI 54241

(920) 794-8600

Scott & Becky Domnitz

www.domnitzflowers.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com Two Rivers Senior Center, Two Rivers, WI

A 4C 01-1180

Falls Prevention
Thursday, September 23
10:00 am



Wisconsin ranks 2nd in fall-related deaths in the U.S. which is more than twice the national rate. Also, approximately 40% of people admitted to a nursing home had a fall in the 30 days prior to admission. These statistics are important to note as September is Fall Prevention Awareness Month.

Angie Pietroske from the Aging and Disability Resource Center of the Lakeshore will be presenting. She is a certified facilitator of the Stepping On falls prevention course and works closely with the Wisconsin Institute for Healthy Aging.

She will be discussing various topics related to factors you may not be aware of that can influence your fall risk and offer tips and suggestions to lower your risk or fear of having a fall.

Call 793-5596 to register for the presentation.



Committee on Aging

September 13, 2021 at 8:30 am

Wish List

- ① Baking Chips
(chocolate, white chocolate, mint, butterscotch, etc.)
- ② Pepperoni Slices
- ③ Paper Napkins

Donations are accepted Mon-Fri at the Senior Center front desk window between 8am-4pm. **THANK YOU!**

FOOT CARE

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

September 15, 22, 29

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

(Cash or check payable to Sharon Glandt)

Call 793-5596
to schedule
your
appointment.





Two Rivers Senior Center

Open House Fundraiser

Spaghetti & Meatballs \$6

Pizza

Cheese \$4

Sausage \$5

Senior Center Supreme \$6

Includes: Cheese, Sausage, Mushrooms, Black Olives, Peppers, Onions

Beverages available for purchase:

Water, Soda, Beer, Wine

BAKE SALE

4-6pm

September 23, 2021

1520-17th St

920-793-5596

1st 50 people to enjoy
dinner will receive a free
goodie bag!



**MEADOW
VIEW**
ASSISTED LIVING

346 Scandinavian Court
Denmark, WI 54208
Office: 920-863-5362
Stacie Erdman
Operations Manager

4606 Mishicot Rd.
Two Rivers, WI 54241
Office: 920-794-1950
Christina Meseberg
Executive Director



2115 Cappaert Road, Manitowoc, WI 54220
Phone: 920-686-1797
Tammy Wagner
Executive Director

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicommunities.com
or (800) 950-9952 x5887

PLEASANT & ENJOYABLE LIVING

- 55 and above tenants and/or disabled
- Daily activities • 24 hour security building
- One bedroom • Pet friendly
- Heat & electrical included • Free Wi-Fi



Contact Tina
at 920-682-7320 or
email: river.hill@att.net
Mon-Fri: 8am-2pm



RIVER HILL APARTMENTS
1500 North 3rd Street | Manitowoc, WI 54220

Do you want to stay living in your home?



Need **QUALITY**
In-Home supports
to help you?



Let **JAY's LEGACY HOME CARE**
provide professional, personally
tailored, and compassionate
in-home supports
that keeps you independent,
healthy, and living at home.



**JAY'S LEGACY
HOME CARE**

For more information contact:

Renee Derenne
920.901.7780
Reneedjayslegacy@gmail.com
www.jays-legacy.com

NEVER MISS A NEWSLETTER!

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





Dine-In at the Senior Center

Monday-Friday
Served at 11:30 am

Starting Monday, Sept. 20th

**Reservations required by 11:00am
the prior day or sooner.
920-793-5596**

To help with this program we are in need of volunteers. Please contact Serena at 793-7266 for more information or to sign-up for a volunteer opportunity.

*Dine-In Meal Service Volunteer(s):

This opportunity is available Monday-Friday (as many days per week as you are interested in) from 11am-12:30pm. Responsibilities include assisting with attendance, carrying trays to guests, pour & refill coffee and water, hand out condiments, help clear and clean tables. Must be able to stand, carry tray, work independently and must wear a hat or hairnet and gloves.

*Wrapping Silverware:

This opportunity is available once or twice a week for about an hour or two during our normal business hours. Responsible to place a set of silverware (fork, knife, spoon) in a napkin and place a paper napkin band around each set. Must be able to work independently and must wear a hat or hairnet and gloves.





TRIPS AND TOURS

TWO RIVERS SENIOR CENTER "ALWAYS AN ADVENTURE"

BUS TRIP POLICIES

Trip Sign Up

Sign up for trips will be taken as soon as the trip is announced in our newsletter. Signups can be taken person or via the mail with payment by cash or check. One person can sign up multiple participants.

Cancellation Policy

Refunds are not issued if a participant cannot make a trip; however, we may notify anyone on a potential wait list depending on the date of cancellation. 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).

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.

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.

Taste of Milwaukee
Wednesday, September 1, 2021

\$85 Members
\$95 Guests
Includes motorcoach transportation, tour guide, staff escort, lunch, "goodie bag", taxes and gratuities.

7:15 am Depart Two Rivers Senior Center
7:30 am Depart Perkins Park & Ride
5:30 pm return

On this "Taste of Milwaukee" tour, we'll travel through the city of Milwaukee, learning about the history and different ethnic backgrounds of the city. Our step-on tour will give you an overview of the city and the background of each of the neighborhoods. We'll visit areas such as Washington Park, Third Street, Lincoln Park, and the North Shore. As we travel along, we'll enjoy primary treats that define the neighborhood - from cheese, cannoli and custard to bakery, beer, bratwurst, and brandy. Everyone will receive a "goodie" bag and it will be continually filled as we travel about the town. We'll also stop for a Polish family-style lunch at Polonez featuring pierogi, potato pancakes, and polish sausage. Bring your appetite for an educational and fun-filled day in Milwaukee!

Waiting List

Stop in the Two Rivers Senior Center or mail full payment (cash or check only) to reserve your spot.
1520 17th Street - 920-793-5596

ALWAYS AN ADVENTURE

We invite You to travel with the Two Rivers Senior Center

We invite anyone (preferably 21 years or older) to join us on any of our day trips, short trips and extended trips.

All trips are released in the monthly editions of the newsletter, which is when registration begins. Reservations are held by making the required deposit or payment.

Please call 920-793-5596 if you have any questions.



The Two Rivers Senior Center Presents:



SPIRITS **of the** **SHORELINE**

Tuesday, October 26, 2021

On this tour we will skirt the shoreline of Lake Michigan between Two Rivers and Milwaukee learning about the strange happenings, unique characters, curious places, and mysterious history of the lakeshore communities. Lunch & Spirits will be included. Be prepared for plenty of tricks and/or treats along the way!

Members \$120
Guests \$130

Includes motorcoach, tour guide, staff escort, lunch, "trick or treat" bag to fill, taxes and gratuities.

7:30 am Depart Senior Center
7:45 am Depart Perkins Park & Ride
6:00 pm approximate arrival home



Stop in at the Two Rivers Senior Center or mail full payment (cash or check only) to reserve your spot.
1520 17th St ~ Two Rivers
920-793-5596



Always an Adventure

Panama City Beach, Florida with Bay Bus

Stays ranging from January 31-March 2, 2022
1st two weeks, 2nd two weeks, or full month

These condos go fast so now is the time to
make your reservation!



1-2 bedroom ocean front condos include full kitchen, washer & dryer, and linens. All resorts have heated pool, and are a walk or trolley ride away from shopping, restaurants, and bars and have ocean views with access to the beach. Many have a fitness center, hot tub, restaurant and/or bar on-site. Rates between \$1500-\$3900 (all cash payments eligible for 3% off). Down payment determined by your resort choice: Calypso, Emerald Beach (almost full), Origin Beach.

**Call 920-793-5596 or stop at the Two Rivers Senior Center
for more information or to book your trip.**

PARK LANE APARTMENTS

422 PARK LANE | MISHICOT, WI

Ken Beine • 920-755-4078 • www.mishicohousing.com



IMMEDIATE OPENINGS | LOW-RENT HOUSING
FOR SENIORS OR • HANDICAPPED, DISABLED

- 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



Rent based on 30% of income, less medical. This Institution is an Equal Opportunity Provider and Employer.



Thrive Locally

The Medicine Shoppe® PHARMACY

Caring beyond prescriptions.™

FREE Daily Delivery

- SmartFill auto-refill program makes refilling medication easy
- Medicine-On-Time bubble-packaging program helps organize medications

1500 Washington St., Two Rivers

794-1225

www.medicineshoppe.com/tworivers

**Stop in and see why we are
different than the others**

ADRC

Aging & Disability Resource Center
of the Lakeshore

Serving Kewaunee and
Manitowoc Counties

920-683-4180 or 1-877-416-7083

www.ADRCotheLakeshore.com

Manitowoc's finest affordable senior retirement community

VALLEY VIEW APARTMENTS

Call Today (920) 684-4554

Spacious Kitchen
and Dining Areas
Secure-Smoke Free
Elevator
Community Room
Activities
On Bus Route
On Site Laundry



Pet Friendly

Rent based on 30% of adjusted gross income - 62 and older



1485 North 7th Street • Manitowoc, WI



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952
or visit www.lpicommunities.com/advertising



For ad info. call 1-800-950-9952 • www.lpicommunities.com Two Rivers Senior Center, Two Rivers, WI

C 4C 01-1180

The Two Rivers Senior Center invites you:

Christmas Stars

Xavier Fine Arts Theatre, Appleton

A spectacular Broadway-style holiday-themed extravaganza featuring singers, dancers & actors ages five through senior citizen, featuring a fabulous mix of secular and religious music, celebrating the joy of the yuletide season in a wide range of styles. Family Style Dinner included before the show at Cobblestone Creek in Brillion (broasted chicken, haddock, tips, sides, dessert, coffee & milk)

THURSDAY, DECEMBER 2ND, 2021

\$95 Members

\$105 Guests

cash or
check only

4:00pm Depart Senior Center

4:15pm Depart Hwy 310 Park & Ride

ALWAYS AN ADVENTURE



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. Space is limited. Sign-in required (at the Senior Center front desk window) upon arrival

*Movie Matinees are sponsored by the Two Rivers Lester Library.
 Refreshments are sponsored by TRIAD of Two Rivers.*

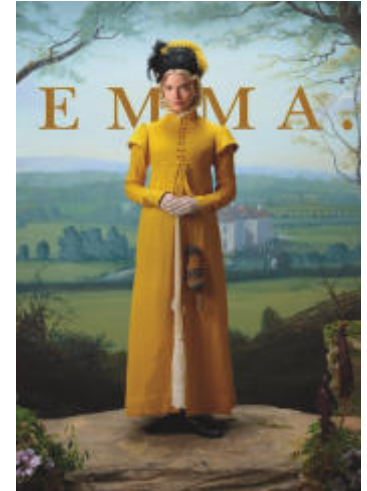
EMMA

Monday, September 13

Rated PG (2 hr 4 min)

Beautiful, clever, and rich, Emma Woodhouse is a restless "queen bee" without rivals in her sleepy little English town. In this glittering satire of social class, Emma must navigate her way through the challenges of growing up, misguided matches and romantic missteps to realize the love that has been there all along.

Starring: Anya Taylor Joy, Johnny Flynn, Miranda Hart, Josh O'Connor (2020)



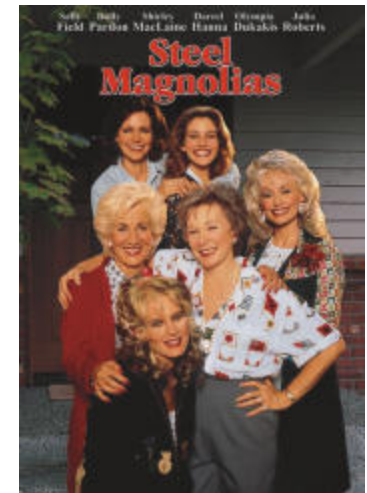
STEEL MAGNOLIAS

Monday, September 20

Rated PG (1 hr 59 min)

This bittersweet drama follows the abiding friendship among five tight-knit women who congregate at a beauty parlor in a small Louisiana town to laugh, cry and discuss their lives.

Starring: Sally Field, Dolly Parton, Shirley MacLaine, Julia Roberts (1989)



LAND

Monday, September 27

Rated PG-13 (1 hr 29 min)

Edee, in the aftermath of an unfathomable event, finds herself unable to stay connected to the world she once knew, and in the face of that uncertainty, retreats to the magnificent, but unforgiving, wilds of the Rockies. After a local hunter brings her back from the brink of death, she must find a way to live again.

Starring: Robin Wright, Kim Dickens, Warren Christie (2021)





Taking Care of YOU Workshop

Tuesdays from 10-11am
September 14—November 2

Everyone enjoyed this so much the first time, we have teamed up to offer it again!

Learn effective stress reduction strategies for your body, mind, and spirit. We will explore self-care topics, practical strategies, and experiences. Through self-reflection and small group activities we will practice responding rather than reacting, consider ways to become more joyful and aware of the mind-body connection. Cath Tease, Health and Well-Being Educator with UW-Extension Manitowoc County will facilitate.

Pre-register by calling 920-793-5596.

Free to members and guests. Join as many sessions as you would like.



HOFMANN MONUMENTS, INC.

FOR FOUR GENERATIONS
MEMORIALS - MARKERS
MAUSOLEUMS

TODD & KEVIN HOFMANN
3104 Memorial Dr., Two Rivers
794-7541

“We Help People”



793-1266



PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS
SPECIAL
OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

- Paid Training
- Some Travel

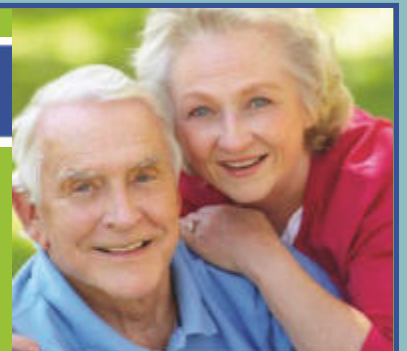


Contact us at: careers@4lpi.com | www.4lpi.com/careers

Partners in caring
for you.

Offering Assisted Living, Dementia Care and Respite Care, our pledge is to serve each resident with kindness, respect, compassion and professionalism.

While we encourage our residents' independence, we will be nurturing their spirit, preserving their dignity and involving their families.



CARE PARTNERS
Country Terrace
ASSISTED LIVING
THE RIGHT CHOICE, CLOSE TO HOME.

1858 Mirro Dr. • Manitowoc • 920-684-2077
www.carepartners-countryterrace.com



For ad info. call 1-800-950-9952 • www.lpiconmunities.com Two Rivers Senior Center, Two Rivers, WI

D 4C 01-1180

Elder Benefit Services:

- *Health Insurance and Access: Medicare, Senior Care, Medical Assistance
- *Income Support: Food Share, Social Security, SSI Disability & more
- *Community Based Services: Community Options Program, Family Care & more
- *Housing/Utilities: Subsidized Housing, Housing, Repair/Improvement Loans & Grants, Property Tax Deferral Program & more
- *MORE ~ Must be 60 or older.



Please call the ADRC at 683-4180 or 1-877-416-7083 to schedule your in-person appointment at the Two Rivers Senior Center the first Thursday every month.

A Little Autumn Humor

What is the cutest season?

Awwwtumn.

What did one autumn leaf say to another?

I'm falling for you.

What do you call a tree's least favorite month?

Sep-timber!

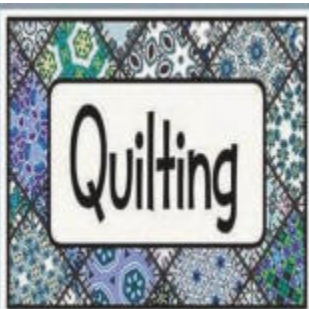
HAPPY FIRST DAY OF FALL!

Wednesday, September 22nd



The Senior Center Library will be open to members for quilting from 8:30 am - 2:30 pm on Friday's.

Volunteer quilters use material, supplies, and sewing machines provided by the Senior Center. All items made using these items are donated to various causes and groups throughout the year.



Please register by calling 793-5596.



Sheepshead
Thursdays 1:00pm

No card playing on Sept 23

Have fun socializing while playing this trick-taking game with other members.

Register by calling 793-5596 in advance.

Protecting Yourself from Scams Targeting Seniors

Thursday, September 30, 2021 @ 10:00 am

People over the age of 65 lose more money to scams than any other age group. During this presentation, find out what these scams are, why seniors are most vulnerable, and what you can do to protect yourself.

Presented by Susan Bach, Regional Director of the Better Business Bureau of WI.

Free - Open to the Public

Please
pre-register by calling
920-793-5596



hey seniors

Bus
Passes
ONLY \$30.00

**TAKING THE BUS IS
SAFE • AFFORDABLE • RELIABLE**

www.maritimemetro.com

MMT
MARITIME METRO TRANSIT
920.686.3560

Jack Raatz
(920) 793-1780

Lon Raatz
(920) 553-4805



CONTRACTORS

POLE & STEEL BUILDINGS
FARM • COMMERCIAL • RESIDENTIAL

4233 Maplewood Road
Two Rivers, WI 54241

Manitowoc
Health & Rehabilitation
Center



Our Goal is the same as
Your Goal...
Surgery, Rehab and Home
We make it simple.

**Skilled Nursing Care, Respite Care,
Therapy Services 7 days a week.**
Call (920) 683.4100
to plan your recovery.

www.manitowochrc.com
2021 S. Alverno Rd. • Manitowoc

RIVER'S BEND
HEALTH SERVICES



The Right Choice
for your short-term
and long-term care
needs.

CALL US FOR A TOUR
TODAY!

960 S Rapids Rd.
Manitowoc, WI 54220
920-684-1144
riversbendhs.com

Find us on



at
**THE
COVERED
WAGON .llc**

- Great Breakfasts • Daily Specials
- Homemade Desserts!
- Soup & Salad Bar Daily
- Dine-in or Carry-out

2013 N. Rapids Rd., Manitowoc
682-1081

10% Off Entire Bill
(Mon-Thurs. only with ad)

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicommunities.com
or **(800) 950-9952 x5887**



Making Life Easier for You!

Felician Village at Home
supports the health &
well-being of people living in
their own home as they age.



felicianvillage.org • (920) 684-7171, ext. 425



For ad info. call 1-800-950-9952 • www.lpicommunities.com Two Rivers Senior Center, Two Rivers, WI

E 4C 01-1180

FREE
BLOOD PRESSURE
CHECK



Tuesday, September 14
10:30-11:30

Provided by
Sharon S Richardson
Community Hospice

Call 793-5596 to schedule
your appointment
at the Senior Center.
Walk-ins welcome.
Free to Everyone

Take 'n Make
Creation Station



Felt Flowers

Members \$3
guests \$5

To reserve your kit, call 793-5596
by Friday, September 17

Kits will be ready for pick-up
September 23-24 (8am-4pm)
at our front desk window.

You will need your own scissors and glue.



Friday's @ 9am

Dance your way into fitness, help
build muscle, do some cardio, and
have fun!

Please register in advance
by calling 920-793-5596.



SCRABBLE

Thursdays
1:00 pm

No Scrabble Sept. 2 or 23

Looking for some fun where you can
put your brain to work and enhance
your well-being? Enjoy a game of
Scrabble with other members!

Register by calling 920-793-5596.

“Strong Bodies”

Exercise Classes @ 9:00 am
Mondays & Wednesdays
August 2—September 22



Evidence-based, chair or standing strength training program for all levels provided by the UW-Madison Extension Health & Wellbeing program and being offered at the Two Rivers Senior Center.



Strength training has been shown to reduce the risk of chronic diseases such as diabetes, heart disease, osteoporosis and arthritis, as well as make you feel good, healthy, & alive.

Enjoy one, a few, or all of the classes.

One Wellness Card Punch per class.

(10 punches \$10 members; \$15 non-members)

Register in advance by calling 793-5596.

Arthritis Exercise Tuesdays 10:30 am

This class will help increase strength and flexibility, reduce joint pain, and help combat fatigue.

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



Please register
in advance
by calling
920-793-5596.



Download the Free **myHuTerra App** or bring in qualifying receipts to earn money for the Friends of the Two Rivers Senior Center when shopping locally or on-line.

Call 920-793-5596 for more information.



The City of Two Rivers is hiring crossing guards.



Applications can be found online at www.two-rivers.org, picked up at Customer Service, Parks & Recreation Office, or Senior Center. You may also request an application by emailing jjackson@two-rivers.org.

\$10.74 per hour & up to 10 hours per week.

Applications can be submitted via email to jjackson@two-rivers.org or mailed to:
City of Two Rivers
Attn: Human Resources
1717 E. Park Street
Two Rivers, WI 54241



- *Home Delivered Meal Deliverers
- *TRUST Car Drivers
- *Kitchen Help
- *Front Desk Receptionist
- *Special Events
- *Lunch Help

If your interested in helping once a week, once a month, or once in a while, please call Serena, Volunteer Coordinator at 793-7266 for more details.



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicommunities.com
or (800) 950-9952 x5887



We provide **FREE** estimates for new installations of heating and cooling equipment. No pressure – just the answers you need to make an informed decision.



(920) 686-7378 www.ManitowocHeating.com

SUPPORT OUR ADVERTISERS!



because...
comfort at home
matters.

Sharon S. Richardson
COMMUNITY HOSPICE

Comfort at home matters because Sharon S. Richardson Community Hospice encourages and supports your desire to live life to the fullest in a way that makes you the most comfortable. Our Hospice and Palliative Care team provide comfort care wherever you call home.

SSRHospiceHome.org

Phone: (920) 467-1800 | Toll-free: (866) 467-2011
W2850 State Road 28 Sheboygan Falls, WI 53085
4411 Calumet Ave, Suite 4 Manitowoc, WI 54220



For ad info. call 1-800-950-9952 • www.lpicommunities.com Two Rivers Senior Center, Two Rivers, WI

F 4C 01-1180

HAPPY Anniversary

September 1

John & Donna Spevacek

September 2

Marvin & Barbara
Schermetzler

September 3

Gerald & Geraldine Lyons

September 4

Mike & Bonnie Monka
Gene & Janice Pagel

September 5

David & Sandy Abts

September 8

Allen & Janet Haws

September 10

Roger & Peggy Karman
James & Joyce Wilfert

September 11

Michael & Stella Johanek
William & Alice Mohr

September 16

James & LaVonne
Whitehouse

September 17

Chuck & Sandy Curtis
Wayne & Dorothy Krall

September 20

Ken & Barb Powell

September 23

Donald & Dorothy Siehr

September 24

Mike & Barb Sauer

September 25

Robert & Anne Dirkman
John & Barbara Oswald

September 26

Kenneth & Marcy Kirchman

September 28

Burt & Judie Root

September 29

Jerome & Gail Levanetz

September 30

Dale & Suzanne Schnicke



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, get references, 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 Two Rivers Senior Center member there is a \$2.00 charge for the chore list. Categories include; Concrete, garage cleaning, mowing lawn, edging, painting, snow removal, house cleaning, cooking, laundry, moving, pet care, window washing, car washing, etc

If you are interested in being on the list, please call 793-5596 to sign up.



SHOP ON-LINE

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.



Celebrating September Birthdays



September 1
Marilee Hanshew
Jean Herman
Joyce Hochhalter

September 2
Marie Riha
Karen Karstaedt
Sandi Carsok
Gary Smith

September 3
Jim Wochos
Joy Sonnenburg

September 4
Alfred DeBauche
Kay Knutson
James Korinek
Barb Powell
Jean Wondrash

September 5
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
Ellen Schmidt
Hazel Kowalsky
Ronald Kryzenske
Anne Dirkman

September 13
Marion Stegeman

September 14
Matt Konop

September 15
Terese Kubsh
Ricky Pelishek
Cheryl DeBleyzer

September 16
Carol Blaszczyk
Pamela Stephens
Sharon Reisbeck

September 17
Theresa Schmelzle

September 18
Lois Hillmer
Donald Swoboda

September 19
Don Heusterberg
Ruth Gass
Grahame Campbell
Jan Wartick

September 21
Patrick Darnell

September 22
Fritz Specht
Joyce Wegner
Dorothy Siehr

September 23
Ralph Wedekind
Kenneth Zeman

September 24
Ann Durocher
Gerald Schuster
Diana Smoker
Mary Blohowiak
Barbara Kleckner

September 25
Ruth Zeman

September 26
Catherine Cole

September 27
James Myers
Adeline Waskow
Dale Vertz
Judith Bruckner

September 28
Leona Siebert
Mercy Moreno
Keith Kelliher

September 29
Marlene Schultz
John Wilsmann

September 30
Linda Justema



BINGO - Tuesdays at 1:00 pm

*Dates listed on the
Activity Calendar*

The fourth Tuesday of
every month Hamilton
Health Services will host
Bingo.

Please be sure to Thank
your volunteer hosts!

Please register by calling
920-793-5596 in advance.

Walking in
the gym is
open Monday-
Friday from
6-8am for
Two Rivers Senior
Center members.



Two Rivers Senior Center
www.tworiversseniors.org



Find us on:
facebook®



CRIBBAGE

Wednesdays 1:30pm

Members will have fun while enhancing memory formation & exercising cognitive skills.

Please call 793-5596 to register.

2021 Journey Around the World

Members - Pick up your passport packet at the Senior Center front window any time and enjoy a journey around the world.

Puzzles, recipes, games, crafts and more. Enjoy the packet and find out how to get your passport stamped after visiting countries.

Passports will be collected in December 2021 and you could be eligible to win a prize!



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

1-855-225-4251

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS SPECIAL OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.950.9952

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today!
jparkinson@lpicomunities.com
or (800) 950-9952 x5887



ACTIVITIES & SERVICES

Activities

Bingo Tuesday 1:00 pm
 Book Club Third Wednesday 9:30 am
 Card Creators..... Wednesday 10:00 am
 Chorus Resumes soon
 Creation Station.....Varies, see Calendar
 Cribbage Wednesday 1:30 pm
 Dominoes Tuesday 1:30 pm
 Mahjong Tuesday 9:30 am
 Movie MatineeMonday 1:00 pm
 Quilting..... Friday 8:30 am
 Red Hattitudes..... Third Thursday
 Sheepshead Thursday 1:00 pm

Exercise

Arthritis Exercise..... Tuesday 10:30 am
 Line Dancing Friday 9:00 am
 Walking..... Monday - Friday 6:00 am

*Simply Senior Exercise..... Tues & Thur 9:15 am
 (through the Parks & Rec department)*

Health

Blood Pressure..... Second Tuesday
 Health Screenings See Calendar
 Foot Care See Calendar

Services

Assistance in Your Home Info Chore list
 Books & DVD, Puzzles Available to borrow
 Benefit Specialist First Thursday
 Educational Presentations..... See Calendar
 Heat Assistance..... November-January
 Home Delivered Meals/Call 683-4180 (ADRC)
 Newcomer Tour-Call for personal appointment
 Reassurance Calls..... During Regular Hours
 Vision Assistance TV ReaderAvailable

Travel

Day Trips
 Mini Getaways
 Extended Trips
 International Travel

Please see the calendar or the newsletter for additional one-time or short-term activities.

PLEASE SIGN UP by calling 793-5596

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



Two Rivers Senior Center Membership

\$15.00 per person, annual
\$225.00 per person, lifetime
cash or check payments only


Open to anyone 50+ years of age. We offer a wonderful opportunities to stay engaged, socialize, maintain wellness, have fun and so much more!

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 lifestyle for adults in the community through diversified volunteer opportunities, advocacy for adults, programming for health, recreation, education and community affairs.



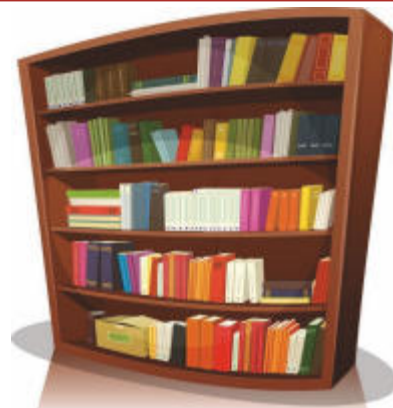
Two Rivers Senior Center Activity Calendar September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 6-8 Walking/Members 9:00 Strong Bodies 10:00 Card Creators 1:30 Cribbage Taste of Milwaukee Trip	2 6-8 Walking/Members 8:00 Benefit Specialist 9:15 Simply Seniors (P&R) 1:00 Sheephead NO Scrabble	3 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing
6 	7 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 1:00 Bingo 1:30 Dominoes	8 6-8 Walking/Members 9:00 Strong Bodies 10:00 Card Creators 1:30 Cribbage	9 6-8 Walking/Members 9:15 Simply Seniors (P&R) 10:00 Senior Safety 12:30 Friends Board Meeting 1:00 Sheephead 1:00 Scrabble	10 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing 12:30 Fall Picnic in the Park
13 6-8 Walking/Members 8:30 Committee on Aging 9:00 Strong Bodies 1:00 Movie: Emma	14 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:00 Taking Care of You 10:30 Arthritis Exercise 10:30-11:30 Blood Pressure NO Bingo 1:30 Dominoes	15 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 10:00 Card Creators 9:30 Book Club 1:00 Dartball 1:30 Cribbage	16 6-8 Walking/Members 9:15 Simply Seniors (P&R) 12:00 Red Hattitudes Whiskey D's 1:00 Sheephead 1:00 Scrabble	17 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing Last Day to reserve a Creation Station Kit
20 6-8 Walking/Members 9:00 Strong Bodies 11:30 Lunch 1:00 Movie: Steel Magnolias	21 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:00 Taking Care of You 10:30 Arthritis Exercise 11:30 Lunch 1:00 Bingo / 1:30 Dominoes	22 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 10:00 Card Creators 11:30 Lunch 1:00 Dartball 1:30 Cribbage	23 6-8 Walking/Members 9:15 Simply Seniors (P&R) 10:00 Falls Prevention presentation 11:30 Lunch NO Sheephead NO Scrabble Creation Station pick-up Open House 4-6 PM	24 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing 11:30 Lunch Creation Station pick-up
27 6-8 Walking/Members 11:30 Lunch 1:00 Movie: Land	28 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:00 Taking Care of You 10:30 Arthritis Exercise 11:30 Lunch 1:00 Bingo / 1:30 Dominoes	29 6-8 Walking/Members 8:30 Foot Care appts. 10:00 Card Creators 11:30 Lunch 1:00 Dartball 1:30 Cribbage	30 6-8 Walking/Members 9:15 Simply Seniors (P&R) 10:00 Protecting Yourself from Scams Targeting Seniors 11:30 Lunch 1:00 Sheephead 1:00 Scrabble	

FREE - Just a reminder that we have books, puzzles, and movies in our library that are **free** for members.



We are BUSTING AT THE SEAMS
We appreciate all of the cards, books, and puzzles you are donating, but at this time, we are respectfully declining these donations.



Old or Unwanted Vehicle? We will take it!

Save the hassle and give us a call at 920-793-5596 when you have a vehicle of any kind that you no longer need. We will help arrange to have it picked up within two days, & 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.



National Honey Month

Honey is one of nature's most versatile natural products! Did you know about some of these honey uses outside the kitchen?

- Combine 1 quart of warm water with 1 teaspoon of honey until the honey is diluted and soak your hair in it after shampooing to help give your locks a natural shine.
- Create a simple homemade face wash by mixing a drop of honey with warm water in your hand and then rubbing the mixture all over your face.
- Relax in the bath tub by adding honey and olive oil to your bath water for a moisturizing skin conditioner.
- Add honey, along with ginger and lemon juice, to your tea or oatmeal to help calm your nerves. Some even say it can help settle an upset stomach, too.



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.

COMMITTEES/BOARDS

City of Two Rivers Committee on Aging

Meets the first Monday of each month. William LeClair, Elizabeth Roidt, Lenore McDonough, RuthAnn Hearley, Jerry Schubring, Gerald Lyons, Jerry Juckem, PJ Stephens, Kim Graves

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. **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, Home Delivered Meal program, Programs, Special Events and projects around the senior center as they arise. Tax deductible receipt available per your request for your donation.



TRUST CAR

Two Rivers Unique Senior Transportation

The Senior Center TRUST Car is available to take you to do your Two Rivers errands:

*Schedule a shopping trip *Visit a friend *Pick up something at the pharmacy
*Doctor or dentist appointments *Hair appointments *Bank visits *...and more

Must call at least the day before (or earlier!) to schedule your ride at 920-793-5596. No same day rides will be given.

This service is for members of the Senior Center for errands within Two Rivers city limits (just \$15 a year to have all membership privileges).

TRUST cards are purchased for \$12.00 per card with 10 punches on each card, one punch per ride/stop.

Hours:

Tuesday 9-3
Wednesday 9-3
Thursday 9-3
Friday 9-12



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



Thank You for your Donation

General Donations

Lisa Bandy, Delores Dworak, Shirley Jarvis,
Gary & Karen Karsteadt, Alice Kornely, Nancy LeClair, Betty Saunders,
Linda Schwartz, Jeannette Thomas

Supporting Businesses & Organizations

ADRC of the Lakeshore
Covered Wagon Restaurant
Deja & Martin Funeral Home
Dominitz Flowers
Felician Village
Hofmann Monuments, Inc
Holy Family Memorial
Inclusa
Jays Legacy Home Care
Lakeshore Family Funeral Homes/Klein &
Stangel
Lester Public Library
Manitowoc Health & Rehab
Manitowoc Heating
Manitowoc Metro Transit
Meadowview Assisted Living
Park Lane Apartments/Mishicot Housing
Corp
River Hill Apartments
River's Bend Health Service
Shady Lane Senior Living
Sharon S Richardson Hospice
Shimek's Furniture
Society of St. Vincent De Paul
The Medicine Shoppe
Two Rivers Community Gardens
Two Rivers TRIAD Committee
Unity Hospice
Valley View Apartments
VFW #1248 (Veterans of Foreign Wars
Two Rivers)
Village Green East & West

Thank You for helping with the Home Delivered Meal Program

Good Shepherd Lutheran Church
Grace Congregational United Church of
Christ
Lakeshore Methodist Church
Rotary Club of Two Rivers
St. Peter the Fisherman
Two Rivers Fire Department
Two Rivers Kiwanis



Irrevocable Burial Trusts

Wednesday, November 3
10:00 am



Learn about irrevocable burial trusts and why they are an important part of funeral and estate planning as well as who offers them and the differences between them.

Presented by Randy Kolarik from Betterlife

Please pre-register by calling 920-793-5596.
Free for anyone to attend.

Autumn Word Search

Word List

Chilly
Football
Gourd
Hayride

Apple
Cranberry
Crisp
Maize

Pumpkin Pie
Rake
Acorn
Orange

Yellow
Red
Brown

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