



# Two Rivers Senior Center

APRIL 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

### Head Cook

Amber Monka

### Assistant Cook

Penny Fabian

## WHAT'S INSIDE

- 2 Book Club resumes
- 3 Decluttering presentation
- 5 Compassion presentation
- 6 Cinco de Mayo fundraiser
- 8 Blood Pressure Reading
- 9 Rummage Sale
- 10 Bean Bags
- 11 Trust Car
- 12 Taking Care of YOU workshop
- 13 Movie Matinee
- 14 Arthritis Exercise
- 15 Activity & Program Calendar
- 16 Scam presentation
- 17 Strong Bodies exercise class
- 19 Quilting
- 20 National Senior Health & Fitness event
- 21 Birthdays
- 22 Knee Pain & Stiffness presentation
- 23 Fundraising
- 25 Florida trip
- 26 Committees/Transportation
- 27 Donations
- 28 Skin Screenings

CELEBRATING 67 YEARS OF SERVICE TO THE COMMUNITY!



## Volunteer of the Year Congratulations to Tera Holewinski 2020 Volunteer of the Year

I feel very honored to be Volunteer of the Year for such an amazing organization. I never would have thought so much good would come out of an unexpected injury. I was unable to work and was fortunate enough to run into Michelle Michels at a friend's house. Shortly after meeting her I was volunteering twice a week as a receptionist. I also helped with office duties, fundraisers, organizing, card making, mailings, and whatever they needed me to do. That was 3 years ago. Since then, I've gotten engaged to a wonderful man (who has also volunteered delivering home delivered meals). I also got my first puppy in 2020. I appreciate the encouragement and advice I received and continue to receive from members and fellow volunteers. I am very proud to be a part of The Two Rivers Senior Center. The members and staff have been an asset to me just as much as I have been to them. It's such a positive and upbeat place to be. Not only did volunteering help me get through the time I was off of work, but I also gained invaluable skills and contacts that have helped me gain employment as a fulltime office assistant. I know this past year has been especially difficult and I was happy to help in any way I could. The Two Rivers Center staff and volunteers truly care. I look forward to being a part of future fundraisers, activities, and programs!

Please help us in congratulating Tera and thanking her for all that she does for the Senior Center.

### *Please note that activities in this newsletter*

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





## BOOK CLUB

Come read with us!

**On Wednesday, May 19 at  
9:30am the group will  
be discussing:  
All the Light We Cannot See  
by Anthony Doerr**

Stop at the Senior Center  
after April 21 to check out  
your copy (limited large  
print and audio copies will be  
available on first come basis).

**Pre-registration required for  
discussions by calling  
920-793-5596.**



## Friday's at 9am

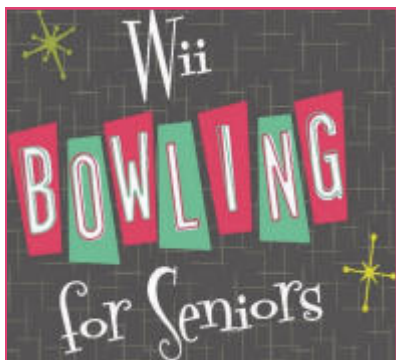
Line Dancing returns starting on  
**April 9. Dance your way into  
fitness, help build muscle, do  
some cardio, and have fun!**

**Pre-registration is required  
calling 920-793-5596  
(at least one day in advance).  
Class size is limited.**

## Wii Bowling

**Mondays**

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.  
Please see the calendar for times.  
**Pre-registration is required by  
calling 920-793-5596  
at least one business day  
in advance.**



## Easter Cookie Sale

**APRIL 1 & 2 ~ 9AM-3PM**  
*While Supplies Last*

*Assortment of Easter  
cut-out cookies*

*Decorated \$6.50 per dozen  
Plain \$6.00 per dozen*

*Two Rivers Senior Center  
1520 17th Street*

*Pre-Orders  
Accepted through  
March 19  
920-793-5596*



# Decluttering: What do I do with all my stuff?

Wednesday, April 14  
9-10 am

We live with it, walk around it, we may have drawers, cupboards, garages, and basements filled with lots of stuff! Join us for this “self-starter” on to how to begin to deal with the stuff in our lives. We will talk about getting started with the process, looking at important documents, what to keep and what to shred. We will look at various ways to distribute the transfer of our non-titled property. One size does not fit all, but hopefully you will discover some ways to get started!

Virtual Presentation by UW-Madison  
Extension

Space is limited. Please pre-register by  
calling 920-793-5596.

*If you are interested  
in viewing this  
presentation at  
home, please call us  
for the link.*



## In the Garden

flower	soil	gloves
bloom	water	seed
grow	sun	plant



f a k l v g u z p s  
l w a t w r b f l e  
o e g b l o o m c e  
w m j r n w t h w d  
e g l s o i l f a s  
r p c u g r e e t g  
b o i n w a h e e z  
g l o v e s d k r l  
d q u y p l a n t f

### 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.





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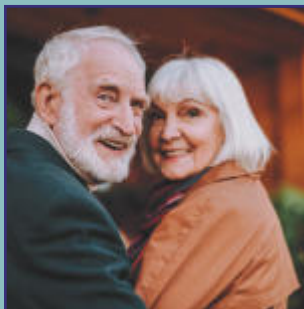
Your Community Owned, Nonprofit Senior Living Facility  
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## Your health is our priority.



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[hfmhealth.org/primary-care](http://hfmhealth.org/primary-care)



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Unity

➤ Reach the Senior Market

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CONTACT

Jeff Parkinson to place an ad today!  
[jparkinson@4LPi.com](mailto:jparkinson@4LPi.com) or (800) 950-9952 x5887

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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**

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For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

Two Rivers Senior Center, Two Rivers, WI

A 4C 01-1180



# Developing Connections & Belonging through Family History

Wednesday, April 21  
9-10 am

Whether you know all there is to know about your family history or you're just starting to consider digging in a little deeper, this session is for you! Join us while we learn tips and tricks to uncover meaningful family stories that help you feel more connected to your roots.

Virtual Presentation by UW-Madison Extension

Space is limited. Please pre-register by calling 920-793-5596.

*If you are interested in viewing this presentation at home, please call us for the link.*

## Kitchen Wish List Items

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

*\*Dry Ranch Seasoning*

*\*Italian Dressing*

*\*Butter*

*\*Canned Fruit*



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

**THANK YOU!**

## FOOT CARE

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

April 14, 21, 28

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

(Checks payable to Sharon Glandt)

Call 793-5596 to  
schedule  
your  
appointment.



## Compassion

Wed, April 7  
9-10 am



Divided. Disconnect-ed. Tired. This last year has been a challenge and we sometimes have found ourselves critical of others or ourselves, angry at what is happening, or exhausted from all that we see we have to do or have not gotten done. Learn some skills and techniques of compassion resilience, for others as well as for ourselves as we learn how to connect to others, even if they are different, listen without breaking our boundaries or values, and giving ourselves the grace to be who we are.

Virtual Presentation by  
UW-Madison Extension

Space is limited. Please pre-register by calling 920-793-5596.

*If you are interested in viewing this presentation at home, please call us for the link.*



# Cinco de Mayo To-Go



**Everyone's  
Invited**

**Wednesday, May 5th 4-6pm  
Two Rivers Senior Center  
1520 17th Street**

**Pork Carnita \$8**

**Chicken Fajita \$8**

**Cheese Quesadilla \$4**

**Refried Beans (side) \$1**

**Spanish Rice (side) \$1**

**Virgin Margarita (lime or strawberry) \$3**

All entrees include  
sour cream, street  
corn & chips.

*All pre-orders will be entered in a  
chance to win a prize.*

*Pre-Order by April 16 at  
920-793-5596*

*Walk-ins on May 5th  
(while supplies last)*

**Sponsored by:**





► Reach the Senior Market

# ADVERTISE HERE

CONTACT

Jeff Parkinson to place an ad today!  
jparkinson@4LPi.com or (800) 950-9952 x5887



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

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### 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.ourseniorcenter.com**



For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

Two Rivers Senior Center, Two Rivers, WI

B 4C 01-1180

# FREE BLOOD PRESSURE CHECK



**Tuesday, April 13  
10:30-11:30**

*Provided by Sharon S Richardson  
Community Hospice*

**Call 793-5596 to schedule  
your appointment  
at the Senior Center**



Please patronize  
our advertisers.  
They help us GROW.



**Two Rivers Senior Center  
Membership**

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

## Free Confidential Legal Assistance Appointments for Seniors

Attorney Tom Van Horn is offering 15 minute, free legal assistance via telephone. 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 for availability and to schedule your appointment.



## Red Hattitudes

After careful consideration, the Red Hattitudes will begin meeting again starting in June 2021.



**Watch your June  
newsletter for all  
the details!**

Walking in the gym is open Monday-Friday from 6-8am for Two Rivers Senior Center members. At this time there is no charge to walk in the gym.





# Rummage Sale



**Thursday, May 20**  
**4-6pm: Pre-Sales**

**Friday, May 21**  
**8:30am-1:30pm: Sale**  
**2:30-3pm: Free**

**Two Rivers  
Senior  
Center**

**1520 17th St  
Community House**

**Crafts, holidays, books, movies, yarn, outdoor, home decor, puzzles, greeting cards, and more!**

*Gently used items can be donated  
Thursday, May 20 8:30am-3pm only.  
No clothing or electronics please.  
Drop off at the Senior Center.*



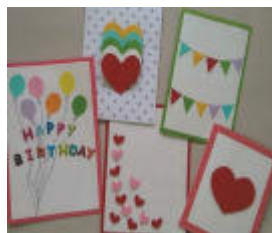
## Dementia 201 April 6 ~ 1-2 pm



Discussion on how caregivers can handle different behaviors and symptoms of dementia.

This presentation is full - please call 793-5596 if would like to be on the waiting list.

## Card Creators



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.

The library will be available on Wednesdays for this program. Please see the calendar for times. Participants must pre-register at least one day in advance by calling 793-5596. Maximum of 6 people.

Room will be set for social distancing.

## Let's Talk BAGS!! Bean Bags!!



Wednesdays at 1pm  
starting on May 12.

- ♦ OUTDOOR - by the pergola
  - ♦ May move into the Behringer Room if rain
- ♦ 2 man teams
  - ♦ Teams drawn at the start of each game
- ♦ 4 or games per day
- ♦ Varied game rules/ scoring options

Call 920-793-5596 by  
May 7th to register for  
the May 12th games.

Interested but cannot  
make the 12th - please  
call to let us know so we  
can keep this going.





# HAPPY ANNIVERSARY

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

April 2

Ronald & Donna Kryzenske

April 8

Romy & Jennie Petri

April 18

Joel & Ann O'Connell

April 19

John & Janet Wilsmann

April 20

James & Linda Konop

April 23

Bruce & Jo Yungerman

April 25

Ronald & Sharon Desten

William & Joan Theodorou

April 26

Bob & Joan Brault

April 30

Melvin & Diane Danay



## 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 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: Monday 9-12

Tuesday 9-3

Wednesday 9-3

Thursday 9-3

No Friday rides at this time



Call 920-793-5596 for more information or to schedule your ride.

### PARK LANE APARTMENTS

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Two Rivers Senior Center, Two Rivers, WI

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# Taking Care of YOU Workshop

Mondays & Wednesdays

10:00-10:30am

June 2 - June 28

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 these eight 30-minute sessions throughout June.

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

Space is limited. Free to members and guests.

## Take 'n Make Creation Station

Members FREE;  
guests \$3

To reserve your starter garden kit,  
call 793-5596 by Friday, April 16.

Kits will be ready for pick-up  
April 22-23 (8am-4pm)  
at our front window.

*You will need  
your own  
scissors.*



## Gardening for Life

Wednesday, April 28 ~ 9-10 am

Learn tips and techniques for gardening with ease, protecting your joints, preventing injuries and to enhance your well being. Participants will learn about tools, techniques and plant selection which will allow them to garden throughout life, despite physical challenges whether you are young in age or just young at heart.

Virtual Presentation by  
UW-Madison Extension

Space is limited.  
Please pre-register by  
calling 920-793-5596.

*If you are interested in viewing this  
presentation at home, please call us  
for the link.*







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

### THE PURSUIT OF HAPPYNESS

Monday, April 5

Rated PG-13 (1 hr 57 min)

Chris Gardner is smart and talented, but his dead-end salesman job barely pays the bills. When he and his son are evicted, they face trying times as a desperate Chris accepts an unpaid internship at a stock brokerage firm.

Starring: Will Smith, Jaden Smith, Thandie Newton (2006)



### LOVE, WEDDINGS & OTHER DISASTERS

Monday, April 12

Rated PG-13 (1 hr 30 min)

Interweaving multiple story threads, this romantic comedy follows a collection of colorful characters who put together the perfect wedding day for happy couples – even though their own relationships are anything but ideal.

Starring: Diane Keaton, Jeremy Irons, Maggie Grace, Andrew Bechelor (2020)



### MILLION DOLLAR ARM

Monday, April 19

Rated PG (2 hr 4 min)

Looking to save his failing business, sports agent J.B. Bernstein launches a reality show to find India's best cricketers, with the goal of turning them into professional baseball players and signing them to Major League contracts

Starring: Jon Hamm, Aasif Mandvi, Suaj Sharma, Alan Arkin (2014)



### TESLA

Monday, April 26

Rated PG-13 (1 hr 42 min)

Brilliant, visionary Nikola Tesla fights an uphill battle to bring his revolutionary electrical system to fruition, then faces thornier challenges with his new system for worldwide wireless energy. The film tracks Tesla's uneasy interactions with his fellow inventor Thomas Edison and his patron George Westinghouse. Another thread traces Tesla's sidwinding courtship of financial titan J.P. Morgan, whose daughter Anne takes a more than casual interest in the inventor.



# Arthritis Exercise

Tuesdays 10:30 am

The room will be set for a maximum of 12 people, and will be set to provide proper social distancing.

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

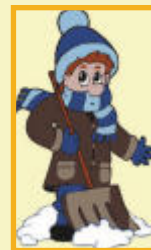


Pre-registration is required at least one business day in advance by calling 920-793-5596.

## 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 Senior Center member there is a \$2.00 charge for the chore 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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**BAY BUS 2019 PANAMA CITY BEACH, FLORIDA TOUR - JAN. 31 - MARCH 2, 2020**  
**Calypso Resort** - Prices Starting At \$1,395.00 Per Person (Double Occupancy)

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

### Casino Trips Multi-Day Tours Extended Tours

## Edward Jones

MAKING SENSE OF INVESTING

### Joseph W. Debilzen

Financial Advisor

Member SIPC

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Bus. 920-682-4029

Cell 920-629-1601

[joe.debilzen@edwardjones.com](mailto:joe.debilzen@edwardjones.com)

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



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Two Rivers Senior Center, Two Rivers, WI

D 4C 01-1180



# Two Rivers Senior Center Activity Calendar April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 6-8 Walking/Members 9:15 Simply Seniors (P&R)  <b>Easter/Spring Cookie Sale 9-3</b>	<b>2</b> 6-8 Walking/Members 8:30 Quilting  <b>Easter/Spring Cookie Sale 9-3</b>
<b>5</b> 6-8 Walking/Members NO Committee on Aging 9:00 Wii Bowling 1:00 Movie: The Pursuit of Happyness	<b>6</b> 6-8 Walking/Members 8:30 Legal appts.via phone 9:15 Simply Seniors (P&R) 10:30 Arthritis Exercise 1:00 Dementia 201 1:00 Bingo	<b>7</b> 6-8 Walking/Members 9:00 Compassion Presentation 10:00 Card Creators	<b>8</b> 6-8 Walking/Members 9:15 Simply Seniors (P&R) 12:30 Friends Board Meeting	<b>9</b> 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing
<b>12</b> 6-8 Walking/Members 9:00 Strong Bodies 10:30 Wii Bowling 1:00 Movie: Love, Weddings, and Other Disasters	<b>13</b> 6-8 Walking/Members 8:30 Legal appts.via phone 9:15 Simply Seniors (P&R) 10:30-11:30 Blood Pressure 10:30 Arthritis Exercise 1:00 Bingo	<b>14</b> 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 9:00 Decluttering Presentation 10:30 Card Creators	<b>15</b> 6-8 Walking/Members 9:15 Simply Seniors (P&R)	<b>16</b> 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing  Last Day to reserve a Creation Station Kit
<b>19</b> 6-8 Walking/Members 9:00 Strong Bodies 10:30 Wii Bowling 1:00 Movie: Million Dollar Arm	<b>20</b> 6-8 Walking/Members 8:30 Legal appts.via phone 9:15 Simply Seniors (P&R) 10:30 Arthritis Exercise 1:00 Bingo	<b>21</b> 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 9:00 Developing Family Connections Presentation 10:30 Card Creators  Book Club book pick-up	<b>22</b> 6-8 Walking/Members 9:15 Simply Seniors (P&R)  <i>Volunteer Luncheon To-Go (by invite)</i>  Creation Station pick-up	<b>23</b> 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing  Creation Station pick-up
<b>26</b> 6-8 Walking/Members 9:00 Strong Bodies 10:30 Wii Bowling 1:00 Movie: Tesla	<b>27</b> 6-8 Walking/Members 8:30 Legal appts.via phone 9:15 Simply Seniors (P&R) 10:30 Arthritis Exercise 1:00 Bingo	<b>28</b> 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Strong Bodies 9:00 Gardening Presentation 10:30 Card Creators	<b>29</b> 6-8 Walking/Members 9:15 Simply Seniors (P&R) 10:00 Florida trip meeting 1:00 Smarter Consumer Presentation	<b>30</b> 6-8 Walking/Members 8:30 Quilting 9:00 Line Dancing

## Enjoying a Virtual Presentation



## St Patrick's Day Dinner To-Go

## Be A Smarter Consumer

Thursday, April 29 ~ 1:00 pm



Susan Bach will help us learn how to spot and avoid common scams. Join us at the Senior Center for this virtual presentation.

Room will be set for social distancing so space is limited. Call 793-5596 to reserve your spot. Presentations are open to members & guests at no charge.



*If interested in the link to watch at home,*

# hey seniors

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Two Rivers Senior Center, Two Rivers, WI

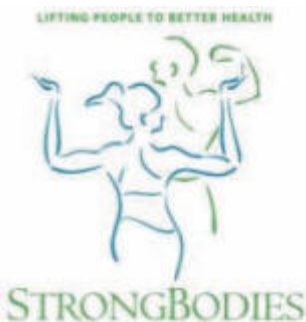
E 4C 01-1180



# “Strong Bodies”

Exercise Classes @ 9:00 am  
Mondays & Wednesdays  
April 12-June 8

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.*

**Pre-Registration is required by calling 793-5596.**  
Enjoy one, a few, or all of the classes.

**Two Rivers Senior Center**  
1520 17th St  
Two Rivers WI

*One Wellness Card Punch per class.*  
*(10 punches \$10 members; \$15 non-members)*





## BINGO - Tuesdays at 1:00 pm

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.**

## "Cooking with Friends"

Two Rivers Senior Center Cook Book  
\$10.00

Over 100 recipes, with pictures, organized into a bound cook-book for you to enjoy. Stop in for your copy today.



## 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!**



**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.

**DISCLAIMER**



### 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](http://adrcofthelakeshore.com)



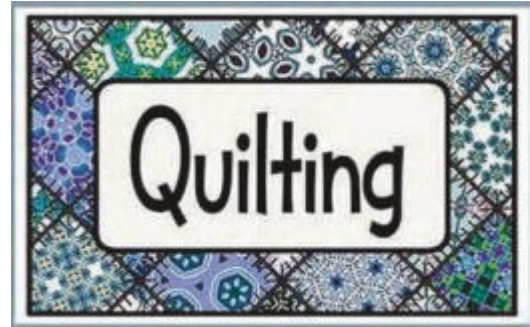
## Drug Disposal Program

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 be thrown away with the household trash.

Pick-up at the  
Senior Center front  
window.

### Easy as...



The Senior Center Library will be open to our quilters from 8:30 am - 2:30 pm on Friday's

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.

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Two Rivers Senior Center, Two Rivers, WI

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# National Senior Health & Fitness Day at the Two Rivers Senior Center

Wednesday, May 26 ~ 8:30-1:00

## 8:30am: Yoga

Silver Sneakers Yoga for all levels provided by the ymca

SilverSneakers®  
FITNESS



## 9am: Strong Bodies

Chair or standing strength training virtual program for all levels provided by the UW-Madison Extension Health & Wellbeing program



## 9:30-11am Blood Pressure

Blood Pressure Readings provided by Sharon S Richardson



## 10am: Taking Care of YOU

Explore mindfulness and the power of the present moment, presented by the UW-Extension Manitowoc



## 11am-1pm: Screenings by ATI

Dizziness/Vertigo	Neck
Hip	Back
Knee	Wrist
Foot/Ankle	Shoulder
Elbow	Hand/Finger



## 11am-12:30pm: QPR Suicide Prevention Training

Learn how to help prevent suicide and save lives by using 3 easy to learn steps presented by Prevent Suicide Manitowoc County



Please call  
920-793-5596  
register for any of  
these programs.  
This event is open  
to members and  
guests at no charge.  
Space is limited.





**April 2**  
Don DeWitt  
Judy Goodchild

**April 3**  
Lucille DeWein  
Sandy Fonda  
Jean Haefner  
Elizabeth Roidt

**April 5**  
Janice Pagel  
Florence Schmidt  
Joyce Zoerb

**April 6**  
Dave Boehm  
Debbie Farr

**April 8**  
Dennis Swoboda

**April 10**  
Helen Belonger  
Peggy Karman  
Elaine Kutil  
Nancy Schultz

**April 11**  
Lois Struck

**April 12**  
Erlene Korinek  
Maria Laurin  
Carol Rabitz  
Debbie Wochos

**April 13**  
Rosemary Bodart  
Marilyn Miller  
Sue Zur

**April 14**  
Avis Bleick  
Roger Karman

**April 15**  
Linda Pekarek  
Joan Schmid

**April 16**  
Cyndi Teuke  
Lois Thronson

**April 17**  
Geraldine Belz  
Ronald Desten

**April 18**  
Lou Ann Gray  
Betty Malach

**April 19**  
Renee Anderson  
Donna Coenen  
Wayne Hansen  
Richard Laurent

**April 20**  
Marlene Guehlstorf  
Mary Pecore  
Audrey Shambau  
Connie Willems  
Lynn Zunker

**April 21**  
Ronald Ciha

**April 22**  
Jean Huempfer  
Richard Kornely

**April 23**  
Nancy Denfeld  
Marie Wanek

**April 24**  
Joan Eis  
Carol Swoboda  
Joyce Wilfert  
Kathryn Zeman

**April 26**  
Joan Brault  
Judy Delfosse  
Janice Puls  
Theresa Tegen

**April 27**  
Randall Amberg  
Dorothy Nichols  
Adeline Svacina

**April 28**  
Ruth Koudelka  
Allen LeClair  
Lenore McDonough  
Sharon Wojta  
Rodger Zunker

**April 29**  
Marty Drury  
Harlan Krizizke



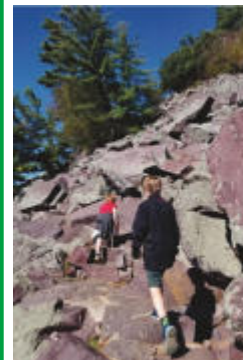
# Devil's Lake Virtual Hike

Thursday, May 13  
9:30 am

Join the UW-Madison Geology Museum on a virtual hike at Devil's Lake State Park. Enjoy the beautiful bluffs and forest while learning about the interesting geological and historical story Devil's Lake has to tell.

This virtual presentation will be at the Senior Center. Room will be set for social distancing so space is limited.

Call 920-793-5596  
to reserve your spot.



To view at home,  
please call 793-5596  
for the Zoom link.



Find us on:  
**facebook®**

**Two Rivers Senior Center**

# Knee Pain & Stiffness

Wednesday, May 12

12:30 pm



Join Dan Fecht from ATI Physical Therapy to find out the main causes of knee pain and stiffness as we age. As spring and summer are upon us, learn tips and tricks for improving knee pain and stiffness to help you enjoy gardening, walking, and other activities.



Room will be set for social distancing. Space is limited.  
Pre-register by calling 793-5596.



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## Help support our Senior Center.

### RECYCLE

Bring in can tabs and ink cartridges that we can turn into cash for programs!

Can tabs (soda & beer can tabs, soup & vegetable can tabs, etc)



Bring in your old or unused home printer ink cartridges (only the



### 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.



### Old or Unwanted Vehicle? We will take it!

Just one call to the Center (920-793-5596) 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.



Enjoy our fundraisers! Watch in the newsletter, on our Facebook page: Two Rivers Senior Center, on our website: [www.tworiversseniors.org](http://www.tworiversseniors.org), and on posters throughout the community for upcoming fundraisers and how you can participate.

Current and upcoming fundraisers:

- \*Cooking with Friends Cookbook
- \*Easter Cut-Out Cookies
- \*Cinco de Mayo
- \*Rummage Sale



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



Join us at our Fundraisers!  
See our newsletter, website or Facebook page for upcoming fundraisers.

**WE PUT THE  
FUN  
IN FUNDRAISING**

# Boost Your Nutrients, Boost Your Health

As we age, our bodies need special nutrients to help keep us healthy! Important nutrients to focus on are Calcium, Vitamin D, Vitamin B12, Dietary Fiber, Potassium, and Fat.

Calcium and Vitamin D keep our bones strong as we age. These nutrients can be found in dark green leafy vegetables, sardines and salmon, eggs, and dairy products like milk or yogurt.

When we get older, Vitamin B12 starts to get harder for our bodies to absorb. This vitamin helps to keep our red blood cells healthy. Try eating more enriched cereal, low-fat beef, liver, and fish like trout, salmon, and tuna to increase Vitamin B12 levels.

To help lower the risk of heart disease and type 2 diabetes, be sure to include foods that are high in dietary fiber. Foods such as whole-grain breads, oatmeal, beans, peas, broccoli, and fruit like pears, berries, and apples provide dietary fiber.

Use less salt on foods and eat foods that contain potassium to lower high blood pressure. Foods high in potassium include bananas, cantaloupe, and oranges, vegetables like beets, Brussels sprouts, and potatoes, beans, and low-fat or fat-free dairy products.

Lastly, eat more healthy fat and less unhealthy fat. Healthy fats, like those found in nuts, seeds, vegetable and extra virgin olive oil, avocados, salmon, sardines, lake trout, and whole eggs can help to reduce the risk of heart disease.

Smoothies are a great way to give our bodies the nutrients that they need, all packed into one drink! They are also a great way to add more fruits and veggies into the day. Here is a simple smoothie recipe that tastes great and gives our bodies needed nutrients to start the day. Add a mixture of fruits or veggies to boost the nutrients even more!

*Anna Nushart*  
Dietetic Intern with FoodWise &  
University of Wisconsin – Green Bay

## Green Machine Nutrient Booster Smoothie

**Total Servings:** 2

**Total Time:** 5 minutes

### INGREDIENTS

- 1 banana
- 2 mandarin oranges or 1 orange
- 2 cups frozen strawberries or berries
- 2 cups Spinach
- ½ cup plain or vanilla Greek yogurt
- ½ cup 2% milk
- (Optional Mix-ins)
  - 2 Tbsp flax seeds
  - 2 Tbsp chia seeds
  - ¼ cup avocado



### INSTRUCTIONS

1. Add yogurt, chopped banana, peeled orange, and frozen strawberries to blender.
2. Pour milk over the top and add additional mix-ins such as flax seeds, chia seeds, or avocado.
3. Blend until smooth.

**ENJOY**





## Panama City Beach, Florida

Stays ranging from January 31-March 2, 2022

**Informative meeting and reservations  
Thursday, April 29 at 10:00am.**

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

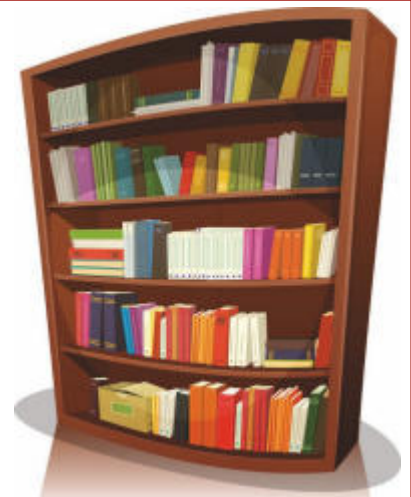
1-2 bedroom ocean front condos include full kitchen, washer & dryer, and linens. All resorts have heated pool, and are a walk or trolley ride away from shopping, restaurants, and bars and have ocean views with access to the beach. Many have a fitness center, hot tub, restaurant and/or bar on-site. Rates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

Craig (owner/operator) from Bay Bus LLC will join us for this informative meeting which will include a full schedule of events. Reservations can be made at the meeting. Please mention the Two Rivers Senior Center when you reserve your trip (as the Senior Center will receive a commission for those that we have referred).

**Room will be set for social distance, space is limited - call 920-793-5596 to reserve your spot at this meeting.**

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

*Please call ahead to make sure the library is open for visitors (we do have some activities and the library is closed to visitors during these times).*



### ***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.*

## 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.

### **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, 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.



### **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 Senior Center members (just \$15 a year to have all membership benefits). TRUST cards are purchased - 10 punches on each card, one punch per ride/stop. Rides are scheduled at various times throughout the week. 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 \$15 per person or \$225 for a Lifetime membership (cash or check).

Checks can be made payable to: Two Rivers Senior Center







# *Thank You for your Donation*

## **General Donations**

Sharon Bauknecht, Allen & Kathy Beranek, Judy Goodchild,  
Shirley Jarvis, Rita Janda, Kay Koach, Sherry Rickmeier,  
Barb Schweitzer, Jeannette Thomas, Karen VanSistine



In memory of David Wotachek by the Wotachek Family

## **Supporting Businesses & Organizations**

ADRC of the Lakeshore  
Covered Wagon Restaurant  
Deja & Martin Funeral Home  
Dominitz Flowers  
Felician Village  
Hofmann Monuments, Inc  
Holy Family Memorial  
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  
Salvation Army of Manitowoc County  
Sauve's Office & Supply  
Shady Lane Senior Living  
Sharon S Richardson Hospice  
Shimek's Furniture  
Society of St. Vincent De Paul  
The Medicine Shoppe  
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

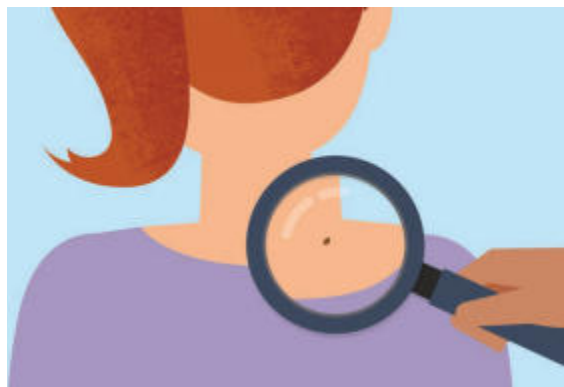
Thank You for helping with the  
Home Delivered Meal Program  
Good Shepherd Lutheran Church  
Grace Congregational United Church of Christ  
Lakeshore Methodist Church  
Rotary Club of Two Rivers  
St. Peter the Fisherman  
Two Rivers Fire Department  
Two Rivers High School  
Two Rivers Kiwanis



# Skin Screenings

Tuesday, May 25

8:15-10:15 am



Brittney Ullness PA-C from Forefront Dermatology will be providing skin screenings at the Senior Center. Skin screenings can detect melanoma and other skin cancers early.

Screenings are no charge and open to members and guests.

Walk-ins will be accepted but to reserve a scheduled time, please call 920-793-5596 at least one day in advance.



## Food Pantry

NO ONE – NO SENIOR CITIZEN, NO CHILD, NO ADULT, NO FAMILY – NO ONE in our community should be going hungry. The Two Rivers Ecumenical Food Pantry is here to provide food assistance to anyone in need.

The pantry hours are Monday 8:30 till Noon, Wednesday from 9:00 till 12:30, and Friday from 8:30 till Noon. The pantry phone number is 920-793-5364. All you have to do is call on any morning when the pantry is open and we will give you a pick-up time. During these pandemic times we cannot not allow clients to enter the pantry. However, we will pack your food and put the cart outside with your first name and last initial on. The food pantry is located at 1902 22<sup>nd</sup> Street in Two Rivers. We look forward to a time soon when we can again serve you inside the building.



## Annual Spring Cleanup

### SPRING CEMETARY CLEAN-UP

April 15-May 15

All decorations, natural or artificial, including solar lights, are to be removed from grave spaces to allow for general clean-up of the cemeteries.

Note: Anyone desiring to retain their winter decorations, natural or artificial (including solar lights), must remove decorations prior to April 15<sup>th</sup>. New summer decorations may be placed after May 15.