



Two Rivers Senior Center

NOVEMBER 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 | Strong Bodies Exercise Class |
| 3 | Lunch at the Center |
| 5 | Wish List |
| 8 | Sweet Treats for the Holidays |
| 9-10 | Trips |
| 11 | Let's Get Moving! Exercise Class |
| 12 | Medicare Part D Assistance |
| 13 | Movies |
| 14 | Quilting |
| 15 | Severe Weather Notice |
| 16 | Energy Assistance |
| 17 | Red Hattitudes |
| 18 | Dartball |
| 20 | Anniversaries |
| 21 | Birthdays |
| 23-24 | Activities and Calendar |
| 25 | Christmas Raffle |
| 27 | Donations |
| 28 | Irrevocable Burial Trusts |

CELEBRATING 67 YEARS OF SERVICE TO THE COMMUNITY!

TWO RIVERS SENIOR CENTER

RUMMAGE SALE

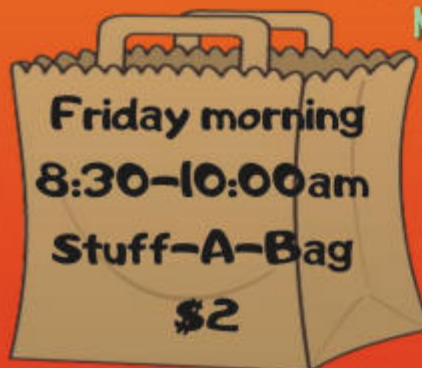
Thursday, November 11
8:30 AM - 6:00 PM

JE Hamilton Community House - Behringer Room
1520 17th St, Two Rivers

**Household Goods, Crafts, Outdoor,
Holiday, Home Decor, Jewelry,
Books, Movies, Cards, & MORE**

**New or gently used items may be dropped
off on Wednesday, November 10, 8:30-3:30.**

No clothes or electronics please.



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



“Strong Bodies”

Exercise Classes

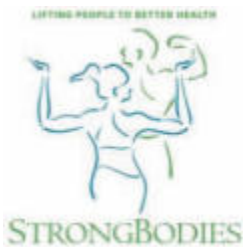
Sitting or Standing

In-person instructor

Mondays & Wednesdays

11:00 am - 12:00 pm

November 1 - December 15



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.

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.

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.



- *Home Delivered Meal Deliverers
- *TRUST Car Drivers
- *Packaging Meals
- *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.



Dine-In at the Senior Center

Monday-Friday
Served at 11:30 am

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

Monday reservations must be called in on Friday before 11:00.

Cost: suggested donation of \$5.25 for those over 60; \$8.25 under 60.



Sheepshead Thursdays 1:00pm

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

Register in advance by calling 793-5596.

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.

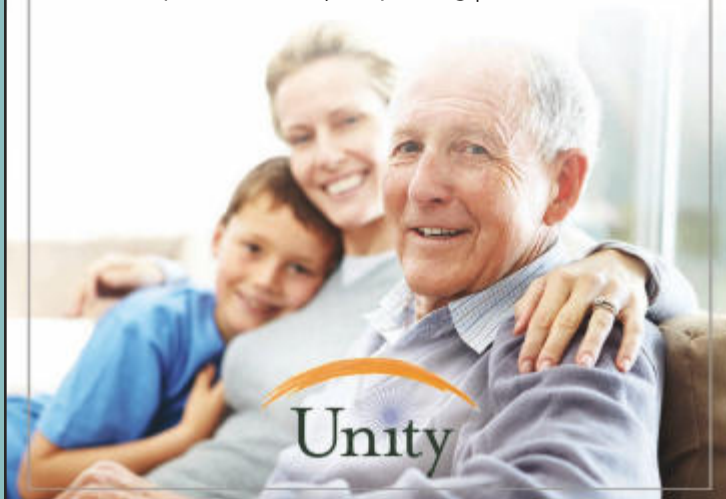
Your Community Owned, Nonprofit Senior Living Facility
1235 S. 24th Street, Manitowoc, WI 54220
920-682-8254
www.shadylaneinc.com

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



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 Crematories On-Site • Funeral Services & Events • Pre-Need Specialists

Pfister Funeral Home
928 S. 14th St., Manitowoc... **920 684-4642**

Jew Family Funeral Services & Crematory
1122 S. 8th St., Manitowoc... **920 682-1568**

Rainhold & Pfister Family Funeral Services
818 State St., Manitowoc... **920 682-0118**

All-Care Crematory and Reception Center, 923 S. 14th St., Manitowoc... **920 684-4642**

www.lakeshorefamilyfuneralhomes.com

Manitowoc County Cremation Specialists

Under State Ownership

Rainhold & Pfister Family Funeral Services
1124 Main St., Kellamsville... **920 732-3535**

Klein & Siegel Funeral Home
1420 22nd St., Two Rivers... **920 793-1396**

Clemenson & Deja Funeral Home
202 S. Liberty St., Vicksburg... **920 775-4433**

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

Lunch Volunteers Needed at the Senior Center

*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 and walk with ease, carry tray, work independently and must wear a hat or hairnet and gloves.



Committee on Aging November 1, 2021 at 8:30 am

Wish List

- ① Margarine/Butter
- ② White chocolate chips
- ③ Ziploc bags (any brand-sandwich, qrt, gal)

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

FOOT CARE

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

November 10, 17, 24

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

(Cash or check payable to Sharon Glandt)

Call 793-5596
to schedule
your
appointment.





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.

SCRABBLE

Thursdays ~ 1:00 pm

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 in advance by calling 920-793-5596.



Members attending the Taking Care of You workshop worked on a session of self-compassion on October 12.

Self-compassion is extending compassion to yourself when you perceive a flaw, failure, or suffering. We practiced being patient, kind and nonjudgmental toward ourselves. Our thoughts have power. Every day we have opportunities to be gentle with ourselves and others.

Kindness matters!

There is still time to join this workshop for this session or watch in the newsletter after the new year for a new workshop - WeCOPE.



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.



**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

**NEVER MISS
A NEWSLETTER!**

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



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.



For more information contact:

Renee Derenne
920.901.7780

Reneedjayslegacy@gmail.com
www.jays-legacy.com

**SUPPORT OUR
ADVERTISERS!**



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



Nick Samorske
Licensed Agent



(920) 621-1813
nsamorske@gmail.com
www.patchadamsgroup.com
2049 McCoy Rd. Sun Prairie, WI

MEDICARE HEALTH PLANS



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

B 4C 01-1180

Two Rivers Senior Center

Sweet Treats for the Holidays

Red Velvet Crinkle Cookies

Thumbprint Cookies

Holiday Toffee Bars

White Christmas Candy

\$3 1/2 dozen
same kind

\$5 1 dozen
assorted

December 9-10, 2021

8:30 am - 3:30 pm

While
Supplies
Last

Two Rivers Senior Center

1520 17th Street

920-793-5596



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.

Panama City Beach, Florida with Bay Bus

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

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 infor-
mation or to book your trip.



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 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

Let's Get Moving!

ATI Physical Therapy staff presents an exercise class geared towards individuals of all ability levels. This class will include cardio exercise, strength building, and improving balance. Full body movements in this class can be done from sitting or standing positions and will help improve the ability to perform activities of daily living.

Tuesdays at 1:00 pm
Starting on November 9

One Wellness punch per class.
 Please register in advance
 by calling 920-793-5596.



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.

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



ADRC
 Aging & Disability Resource Center
 of the Lakeshore

Serving Kewaunee and
 Manitowoc Counties

920-683-4180 or 1-877-416-7083
www.ADRCoftheLakeshore.com

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

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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

THANK YOU to everyone that enjoyed our Open House and to **ALL** of the volunteers that helped make this another great event!



Medicare Part D Help is on the Way!

Choosing the right Medicare Part D prescription plans can be very confusing. A trained volunteer will be at the Two Rivers Senior Center to help you.



Personal appointments will be offered on Mondays and Tuesdays from 9-3:

November 1, 2, 8, 9, 15, 16, 22, 23, 29, 30

December 6, 7

**Make your appointment now by
calling the ADRC office
at 920-683-4180.**

Items you must bring with you:

- *Medicare Card
- *Income information from 2020
- *Printed list of all medications from your pharmacy



MOVIES

FREE for Members; Non-Members are welcome for \$3.00 each.
 *Pre-registration required by calling 793-5596 in advance. Space is limited.
 Sign-in 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.*

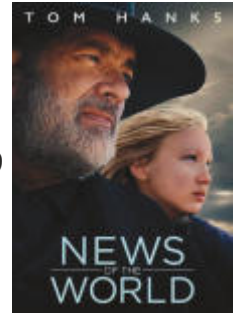
NEWS OF THE WORLD

Monday, November 1

Rated PG-13 (1 hr 58 min)

Five years after the Civil War, Captain Jefferson Kyle Kidd moves from town to town as a non-fiction storyteller. In the plains of Texas, he crosses paths with a 10-year-old girl raised by the Kiowa people. Kidd agrees to deliver the child where the law says she belongs. As they travel hundreds of miles into the unforgiving wilderness, the two face tremendous challenges of both human and natural forces as they search for a place they can call home.

Starring: Tom Hanks, Helena Zengel, Michael Angelo Covino (2020)



RBG

Monday, November 8

Rated PG-13 (1 hr 37 min)

Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg – including her career-defining work in gender-discrimination law – this engaging documentary charts her journey to becoming a justice on America's highest court.

Starring: Ruth Bader Ginsburg, Gloria Steinem, Bill Clinton (2018)



FATIMA

Monday, November 15

Rated PG-13 (1 hr 53 min)

In 1917, outside the parish of Fatima, Portugal, a 10-year-old girl and her two younger cousins witness multiple visitations of the Virgin Mary, who tells them that only prayer and suffering will bring an end to WW I. Word of the sighting spreads across the country, inspiring religious pilgrims to flock to the site in hopes of witnessing a miracle. Based on a true story.

Starring: Joaquim de Almeida, Goran Visnjic, Stephanie Gil (2020)



HOME FOR THE HOLIDAYS

Monday, November 22

Rated PG-13 (1 hr 43 min)

Every year, Claudia dreads her trip home for Thanksgiving. Between her parents, her sardonic brother and her overdramatic sister things are bad enough. But this year, Claudia has more reason for angst. She's lost her job and is dealing with her daughter's revelation about her sexual activities. Jodie Foster directs this ode to dysfunction.

Starring: Holly Hunter, Anne Bancroft, Robert Downey Jr (1995)



BOOK CLUB

Monday, November 29

Rated PG-13 (1 hr 44 min)

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results.

Starring: Diane Keaton, Jane Fonda, Candice Bergen, Don Johnson (2018)



TAKE CARE



Taking Care of YOU Workshop

Tuesday, November 2
10-11am

Learn effective stress reduction strategies for your body, mind, and spirit.

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.



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 in advance by calling 793-5596.

Space is limited.



HOFMANN MONUMENTS, INC.

FOR FOUR GENERATIONS
MEMORIALS - MARKERS
MAUSOLEUMS

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

“We Help People”



793-1266



SUPPORT OUR ADVERTISERS!



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

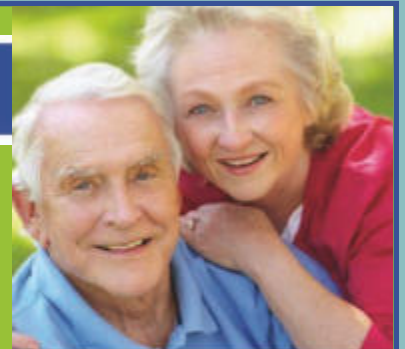


Contact us at: careers@4lpi.com | www.4lpi.com/careers

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.lpicomunities.com

Two Rivers Senior Center, Two Rivers, WI

D 4C 01-1180

***The Senior Center may close due to Severe Weather.
When the Senior Center is closed, there are NO activities, classes,
exercise classes, programs, Trust Car rides, lunch, and No Home
Delivered Meal deliveries.***

Tune into one of the following for closing announcements:



Radio: WDOR (910AM or 93.9 FM), WOMT (1240AM),
WCUB (980AM), or WHBL (1330AM)



Television: WBAY, WFRV, and WLUK

Staff will also send out a mass call to let our members know if we will be closed.



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

- * Canned Fruits and Vegetables
- * Dried Milk or Evaporated Milk
- * Canned or Dried Soups
- * Canned Meat or Fish
- * Instant or Ready-to-Eat Cereals
- * Peanut Butter
- * Crackers
- * Jam or Jelly
- * Instant Coffee, Tea or Cocoa
- * Bread and Cheese
- * Granola Bars
- * Canned Juices
- * Bottled Water

- * Battery Operated Radio
- * Flashlights
- * Extra Batteries
- * Medications
- * Medical Supplies, First Aid Kit
- * Toilet Paper
- * Hand Soap or Hand Sanitizer
- * Extra Blankets
- * Extra Coats, Hats and Gloves



Don't forget about your pet.

Pets need special attention in cold weather just like we do.



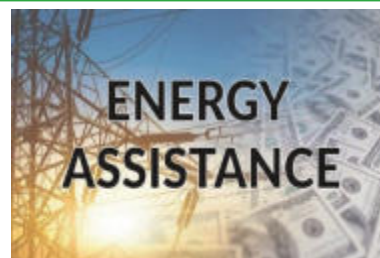
- * Limit exposure to cold temperatures.
- * Wipe off paws, legs and stomach when they come in from being outside.
- * Pay attention to your pet's paws as they may bleed from snow or ice.
- * Be sure to clean their feet when they come in, as pets can digest salt, antifreeze or other potentially dangerous chemicals while licking their paws.

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.



Call 920-683-4300 to schedule an appointment. Applications will be processed by phone.

WHEAP 60% Wisconsin Median Income For FFY 2022 (2021 - 2022)

Household Size	One Month Income	Annual Income
1	\$2,591.92	\$31,103
2	\$3,389.42	\$40,673
3	\$4,186.92	\$50,243
4	\$4,984.42	\$59,813

hey seniors

Bus Passes
ONLY \$30.00

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

www.maritimemetro.com



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



- 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, November 9
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**



Sock Turkey

**Members \$3
guests \$5**

To reserve your kit, call 793-5596
by Friday, November 12

Kits will be ready for pick-up
November 18-19 (8am-4pm)
at our front desk window.

*You will need your own
brown sock, scissors, & glue.*

Red Hattitudes

**Thursday, November 18
12:00 pm
Lunch & Games at Lonz's
4317 Tannery Rd**

Sandy & Marge our hostesses
this month.



We are always
looking for people to
have fun with us.
If interested inquire at
the Senior Center.
920-793-5596

**THURSDAY 11/25 AND FRIDAY 11/26
WE WILL BE CLOSED**

Happy Thanksgiving!

Arthritis Exercise

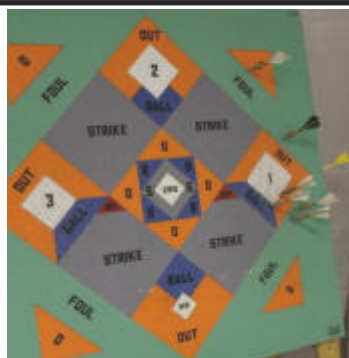
Tuesdays 10:30 am

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.



Dartball

Wednesdays
1:00pm

Call 793-5596 to sign-up

New players welcome!

(Two Rivers Senior Center members)

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.

Easy Sweet Potato Casserole in the Microwave

- *2# sweet potatoes
- *1/4 cup packed brown sugar
- *1/4 cup butter

- *Topping choices: brown sugar, cinnamon, nutmeg, mini marshmallows, and pecans



Poke half-inch holes into 2 lbs. of sweet potatoes. Place in the microwave on high for 5-8 minutes. Carefully peel and slice the potatoes, and add them to a microwave-safe dish with 1/4-cup packed brown sugar and 1/4-cup butter. Mash until smooth and microwave for 2 minutes. Sprinkle with your choice of topping(s) then microwave for 2-4 more minutes. Enjoy!

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.



Help the Senior Center while Holiday 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



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

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

**SUPPORT OUR
ADVERTISERS!**



because...

comfort
at home

Sharon S. Richardson
COMMUNITY HOSPICE

matters.

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



Happy Anniversary

November 4

Dean & Diane Ebert

November 6

Don & Patricia DeWitt

November 8

Robert & Ruthann Hearley

November 9

Richard & Georgia Brotski

Don & Jane Bonfigt

November 10

David & Dianne Stage

November 12

Melvin & Judith Hagedorn

Kenneth & Mary Meyer

Charles & Betty Peterson

November 22

Lloyd & Marge Nemetz

November 23

Ronald & Kay Bernhardt

November 25

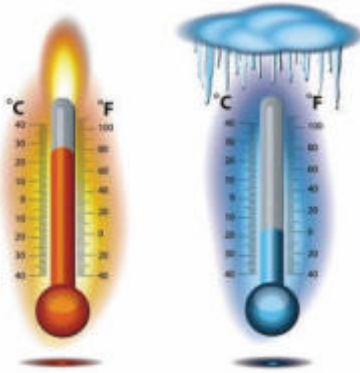
Charles & Frances Weier

November 28

Ronald & Janice Klein



The temperature is...



...different in different rooms of the Community House - please dress in layers.

...different on different days in the Community House - please dress in layers.

...different in the Trust Car or on Bus Trips - please dress in layers.



Attention Senior Center and Two Rivers Community Volunteers

Please be sure to enter your hours in the computer at our front desk window by December 30th. If you have any questions please call 920-793-5596 or ask at the front desk window.



NOVEMBER

BIRTHDAYS

November 1

Kay Koach
Joel O'Connell
Sharon Baetz
Gesine McVey

November 2

Mary Kober

November 3

Judy Pilger
Edith Rusboldt
Lucy Zeldenrust
Linda Schwartz

November 4

Karen Murauskas

November 5

Doris Glesner

November 6

Chris Blimel
John Nordstrom
Pauline Rusch

November 7

Roni Mueller
Marcela Goedjen
Lynne Skarvan
Julie Denfeld

November 8

Bernadine Wachtel
DeeAnn Keip
Marjorie Ihssen
Bruce Yungerman

November 9

Marcy Kirchman
Linda Langman
Stella Crabb

November 10

Diane Albright
Marlene Kars
Dennis Swetlik

November 11

Claire Schroeder

November 12

Todd Mueller

November 13

Collette Tegen
Carole Anhalt
Nancy Rosenthal

November 14

Barbara Oswald
Dorothy Spang

November 15

Bob Rank
Crystal O'Neill

November 16

Doris Mattie
Howard Havlichek
Peggy Converse

November 17

Phyllis Reinert

November 19

Bill Dean
Marilyn Stadler
Jeanne Jandrin

November 20

Marie Richards
Barbara Schermetzler
Marlis Skwor
Joann Budnik

November 21

Ann Marie Lodl
Joanne Vogt
Robert Bonfigt
Gail Levanetz

November 22

Marilyn Schmitt
Brenda Smith
Sue Lemberger

November 23

Snooker DeWitt
Marie Hayes
Elizabeth Wallander
Julie Klein
Carol Kamyszek
Sharon Lieding
John Stueck
Nancy Tuma

November 24

Betty Peterson
Sara Parkos
James DeWein
Catherine Zellner

November 25

Ruth Gosz

November 26

Pat Gasparino
Alice Eder
Trudy LeClair

November 27

Harlas Luckow
Jean Sauer

November 29

Nancy Drury

November 30

Debra Jones



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

Please be sure to get your passports stamped and then drop off your stamped passport by December 15th.

Prizes will be announced and awarded in January.



Cards for sale!!

New greeting cards for all events and holidays sold at the Senior Center

Only 25¢
each



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

Thrive
Locally

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 *Call if interested*
 Card Creators Wednesday 10:00 am
 Chorus *Call for information*
 Creation Station Varies, see Calendar
 Cribbage Wednesday 1:30 pm
 Mahjong Tuesday 9:30 am
 Movie Matinee Monday 1:00 pm
 Quilting Friday 8:30 am
 Red Hattitudes Third Thursday
 Scrabble Thursday 1:00 pm
 Sheepshead Thursday 1:00 pm

Exercise

Arthritis Exercise Tuesday 10:30 am
 Let's Get Moving Tuesday 1:00 pm
 Line Dancing *Looking for instructor*
 Strong Bodies Monday & Wednesday 11:00am
 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 Reader Available

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 November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 6-8 Walking/Members 8:00 Committee on Aging 11:00 Strong Bodies 11:30 Lunch 1:00 Movie: News of the World * Medicare Part D Appointments *	2 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 * Medicare Part D Appointments *	3 6-8 Walking/Members 10:00 Irrevocable Burial Trust 10:00 Card Creators 11:00 Strong Bodies 11:30 Lunch 1:00 Dartball 1:30 Cribbage	4 6-8 Walking/Members 8:00 ADC Benefit Specialist 9:15 Simply Seniors (P&R) 11:30 Lunch 1:00 Sheephead 1:00 Scrabble	5 6-8 Walking/Members 8:30 Quilting 11:30 Lunch
8 6-8 Walking/Members 11:00 Strong Bodies 11:30 Lunch 1:00 Movie: RBG * Medicare Part D Appointments *	9 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30-11:30 Blood Pressure 10:30 Arthritis Exercise 11:30 Lunch / 1:00 Bingo 1:00 Let's Get Moving! * Medicare Part D Appointments *	10 6-8 Walking/Members 8:30 Foot Care appts. 10:00 Card Creators 11:00 Strong Bodies 11:30 Lunch 1:00 Dartball 1:30 Cribbage	11 6-8 Walking/Members 9:15 Simply Seniors (P&R) 11:30 Lunch 12:30 Friends Board Meeting 1:00 Sheephead 1:00 Scrabble Rummage Sale 8:30-6:00	12 6-8 Walking/Members 8:30 Quilting 11:30 Lunch Last Day to reserve a Creation Station Kit Rummage Sale Stuff-A-Bag 8:30-10:00 am
15 6-8 Walking/Members 11:00 Strong Bodies 11:30 Lunch 1:00 Movie: Fatima * Medicare Part D Appointments *	16 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch / 1:00 Bingo 1:00 Let's Get Moving! * Medicare Part D Appointments *	17 6-8 Walking/Members 8:30 Foot Care appts. 10:00 Card Creators 11:00 Strong Bodies 11:30 Lunch 1:00 Dartball 1:30 Cribbage	18 6-8 Walking/Members 9:15 Simply Seniors (P&R) 11:30 Lunch 12:00 Red Hattitudes 1:00 Sheephead 1:00 Scrabble Creation Station pick-up	19 6-8 Walking/Members 8:30 Quilting 11:30 Lunch Creation Station pick-up
22 6-8 Walking/Members 11:00 Strong Bodies 11:30 Lunch 1:00 Movie: Home for the Holidays * Medicare Part D Appointments *	23 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch / 1:00 Bingo 1:00 Let's Get Moving! * Medicare Part D Appointments *	24 6-8 Walking/Members 8:30 Foot Care appts. 10:00 Card Creators 11:00 Strong Bodies 11:30 Lunch 1:00 Dartball 1:30 Cribbage	25 CLOSED 	26 CLOSED
29 6-8 Walking/Members 11:00 Strong Bodies 11:30 Lunch 1:00 Movie: Book Club * Medicare Part D Appointments *	30 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch / NO Bingo 1:00 Let's Get Moving! * Medicare Part D Appointments *			

Two Rivers Senior Center

CHRISTMAS ★ RAFFLE ★



*A variety of baskets to choose from!
Baskets filled with goodies
for you or give them as gifts.*

You Could Win!

December 6-10 ~ 9am-3pm

\$1 per ticket / 6 for \$5 / 20 for \$10

*Winners will be announced
December 10 starting at 3pm
(do not need to be present to win)*

1520 17th Street ~ 920-793-5596

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.

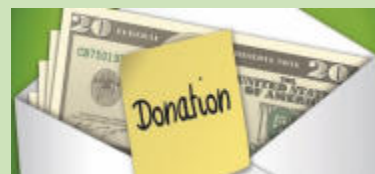
People interested in being on this committee can call Tammy at 920-793-5590 or stop at the Senior Center to pick up your Committee Volunteer Application.

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

Karen & Sharon, Nancy Brown, Dale Coenen,
Caroline Curtis, James & Lucille DeWein,
Rita Janda, Shirley Jarvis,
Gary Karstaedt, Jennifer St. George



In memory of Bill Reinert by Phyllis Reinert.
In memory of Joyce Casavant by Rosemary Heideman.

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
Patch Adams & Associates
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 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.

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.



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.

