

# ₹ Two Rivers Senior Center

## **JUNE 2020**

#### **LOCATION**

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



#### **HOURS**

M-F 8:00 am - 4:00 pm

#### **STAFF**

#### **Senior Center Supervisor**

Tammy Desten P: (920)793-5590

E: tamdes@two-rivers.org

## **Program Coordinator**

Michelle Michels P: (920) 793-5597

E: micmic@two-rivers.org

#### **Nutrition & Volunteer Coordinator**

Serena Kreie P: (920)793-7266 E: serkre@two-rivers.org

Head Cook Amber Monka Assistant Cook

#### - - - · ·

Penny Fabian

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CELEBRATING 66 YEARS OF SERVICE TO THE COMMUNITY!

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

The Two Rivers Senior Center is an accredited Senior Center with the Wisconsin Association of Senior Centers

The Two Rivers Senior Center is also a member of the following:

- \*Coalition of Wisconsin Aging Groups
  - \*American Society of Aging
  - \*National Council on Aging
- \*Wisconsin Parks & Recreation Association

## Farmer's Market Vouchers

Beginning June 15<sup>th</sup>, 2020 eligible individuals can call the ADRC of the Lakeshore to apply for Farmer's Market Vouchers at 1-877-416-7083. To protect the health and well-being of our community, eligible community members will need to call ahead to complete their application before picking up their vouchers to reduce in person contact time.

A signature will be required at the time of pick up. Vouchers will need to be picked up within one week after applying for them over the phone. If they are not picked up within a week, the vouchers will be released to other eligible participants upon request. In addition, a 24 hour advance notice is required. You must call ahead.

## **Pickup Times and Location:**

June 23<sup>rd</sup> to July 23<sup>rd</sup>, Tuesdays & Thursdays from 9:00 a.m.–10:30 a.m. at ADRC of the Lakeshore parking lot (1701 Michigan Ave. Manitowoc) under the ADRC of the Lakeshore Canopy

June 23<sup>rd</sup>, Tuesday from 1:30 p.m. to 3:30 p.m. at <u>Two Rivers Senior Center</u> parking lot under the ADRC of the Lakeshore Canopy

July 2<sup>nd</sup>, Thursday from 2:00 p.m. to 4:00 p.m. at Kiel Community Center(510 3<sup>rd</sup> Street, Kiel) under the ADRC of the Lakeshore Canopy

Must be 60 and older and meet the following income guidelines

Household Size	Monthly Income	Annual Income
1	\$1,968	\$23,606
2	2,658	31,894
3	3,349	40,182
4	4,040	48,470
5	4,730	56,758
6	5,421	65,046
7	6,112	73,334

For each additional household member, add \$691 monthly, \$8,288 annually.

## Drug Disposal Program provided by Healthiest Manitowoc County

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

For a short video on how this works, please visit: <a href="https://youtu.be/7IPpQfH3bok">https://youtu.be/7IPpQfH3bok</a>

Please call the Senior Center at 920-793-5596 to arrange pick-up.



## Opportunity to help the Senior Center while on-line shopping.

If you shop online, please use **Amazon smile** - the information is on the Amazon site, they will send a donation



to the Friends of the Two Rivers Senior Center. It will not add to your purchase price. Choose the Friends of the Two Rivers Senior Center as your charitable organization of choice.

THANK YOU

# Alive & Aware Wellness Presentations Wednesdays at 1:30 pm

## July 15: Creating Your Own Advanced Directives by Unity Hospice

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

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

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

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

August 12: Your Rights in Long Term Care by WI State Aging & Long Term Care Information pertaining to your rights in long term care as well as rehabilitation. "Become proactive in your health care decisions"

FREE to our members \$3.00 per session for guests

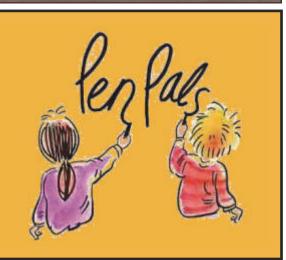
Please register by calling 920-793-5596

## Pen Pals

Are you interested in giving and receiving letters and staying in touch with others? This program is for you!

Please call Michelle 920-793-5597 to sign up.

Must be a Two Rivers Senior Center member.



## Phone Call Notifications

AND

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

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

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

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

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

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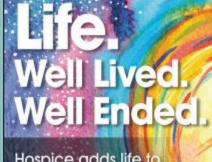
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Unity Hospice is a caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital.



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# **SAVE THE DATE**

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

- Sunday, July 19 (6-8pm): Strawberry Shortcake & Ice Cream Fundraiser at the Lakeshore Wind Ensemble Concert in the Park
- Saturday, August 15 (7:30-10:30am): Pancake Breakfast Fundraiser in conjunction with the Cool City Classic Car Show
- Friday, September 11 (12:00 NOON): Senior Celebration with lunch and entertainment. We will also celebrate all the monthly birthdays that we have missed during this time.
- Tuesday, September 22 (4-6pm): Spaghetti Dinner & Bake Sale Open House
- 🕑 Friday, October 9 (4-6pm): Fish Boil & Bake Sale Fundraiser
- Friday, November 6 (8:30am-1:30pm): Rummage Sale
- Thursday, November 26 (12:00 NOON): Community Sponsored Thanksgiving Dinner
- Thursday, December 17 (12:00 NOON): Senior Center Christmas Celebration with lunch and entertainment
- Thursday, December 31 (12:00 NOON): Senior Center Noon Year's Eve Party with lunch, entertainment, and a countdown to noon



## Free Confidential Legal Assistance Appointments for Seniors

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

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





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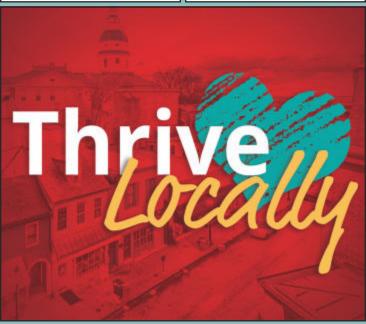


Contact Tina at 920-682-7320 or mail: river.hill@att.net

## RIVER HILL APARTMENTS

1500 North 3rd Street | Manitowoo WI 5423





# NEVER MISS A NEWSLETTER!

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







# Christmas Stars

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



\$90 Members \$100 Guests

> \$5 cash/check discount

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

Registration May 15-Nov. 13

This spectacular, holiday-themed extravaganza celebrates and honors the joy of the season with a mix of secular and religious music, dance, scenes, and plenty of fun. A wonderful live nativity wraps up the show. Join us for a delightful celebration of the most wonderful time of the year!

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

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

Two Rivers Senior Center "Always an Adventure"



## Columbus, OH October 18-24, 2020

## Highlights:

\*Franklin Park Conservatory and Botanical Gardens

\*Culinary Experience & Halloween Extravaganza

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

\*Schmidt's Restaurant & Sauasage

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\*The Wilds-10,000 acre Conservation

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

\*Ohio State University Tour

\*Phoenix Bat Company

\*Fair Oaks Farms

\*National Museum of the United States Air Force

\*Free time to explore downtown
Columbus



## FRE MAUES

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

\$1100

## Optional Travel Guard Insurance

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

## 2021 Memories Shows

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

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

Two Rivers Senior Center 1520 17th St

Two Rivers, WI 54241

-dropping it off at the Center

-email choices to info@tworiversseniors.org

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

Four Old Broads

Blind Dating at Happy Hour

The Housekeeper

Hog Wash

**Desperate Measures** 

Catfish Moon

What is Susan's Secret?

Assisted Living: The Home...for the Holidays





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Stop in and see why we are different than the others





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

Based on the smash hit 1991 Disney movie and dating back to a late 18th-century classic French fairy tale, Beauty and the Beast tells the story of Belle, a beautiful and intelligent young woman who feels out of place in her provincial French village.

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

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

## Members \$135 Guests \$145

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

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

6:30 pm

approximate arrival home



September 28 - October 3

Sign up between

April 15 - Aug 26

Highlights:

\*Big Springs

\*Ferry to & from Mackinac Island

\*Two Nights on Mackinac Island at the Bicycle Street Inn

\*Horse-Drawn Carriage Tour of the Island

\*Grand Hotel Grand Luncheon Buffet

\*"Mighty Mac" - Mackinac Bridge

\*Lunch & Tram/Winery Tour at Castle Farms

\*Step-on Guide of Earl Young Mushroom Homes

\*Two Nights in Traverse City

\*Old Mission Peninsula and Lighthouse

\*Chateau Chantal Winery

\*Drive through Sleeping Bear Dunes National Lakeshore

\*Gerald R Ford Presidential Museum

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

\*One Night in Stevensville

\*Scenic Drives throughout Michigan

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

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

Price Includes:

\*Lodging for 6 days, 5 nights

\*5 Breakfasts, 6 Lunches, 3 Dinners

\*Tours and Attraction Fees

\*Taxes and Gratuities

\*Deluxe Motorcoach Transportation

\*Staff Escort

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

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

#### TWO RIVERS SENIOR CENTER BUS TRIP POLICIES

## Trip Sign Up

Sign up for trips will be taken as trips are announced or as per the date on the flyers. Signups can be taken over the phone with payment by credit card, or in person with payment by cash, check or credit card. One person can sign up multiple participants.

#### Day Trip Bus Loading Order

The computer system keeps track of sign up order and names will be called according to the sign up list. There may be seats reserved in the front or in the back of the bus for medical purposes.

#### Medical Pass

If a traveler needs to sit in a particular area on the bus, a medical release from a physician must be on file in our office. Accommodations are made accordingly.

#### **Cancellation Policy**

Refunds are not issued if a participant cannot make a trip, but, depending on the date of cancellation, the Senior Center may call people on the waiting list and if someone fills in, a partial/full refund may be issued. Cancellations for bus trips up to two weeks prior to the trip date, will be non-refundable. Insurance may be offered for extended trips. Reservations are non-transferable unless authorized by the Two Rivers Senior Center office. (Any same day transfers will incur a \$15.00 fee payable before joining the trip).

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, and we'll introduce you to another traveler on the trip.



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## Casino Trips Multi-Day Tours Extended Tours

Book soon for for the following tours

BAY BUS 2019 PANAMA CITY BEACH, FLORIDA TOUR-JAN. 31 - MARCH 2, 2020 Emerald Beach Resort - Prices Starting At \$1,300.00 Per Person (Double Occupancy) 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 Phone# for sign up is 920-468-7738 or 920-680-3977, Craig or Diane

## 7wo Rivers Family Restaurant

Open 6:00 AM to 8:00 PM 7 days a week

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8a.m. - 1p.m.

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# At the Fireside Theatre Thursday, September 10, 2020

From the creators of Evita and Jesus Christ Superstar comes one of the most popular musicals of the last 50 years. This telling of the biblical story of Joseph and his brothers is filled with great music, costumes, laughter, joy, and heart. Utilizing many different styles of music from pop/rock to country to musical comedy this sparkling show follows young Joseph as he faces adversity and triumphs through his dreams and his strong, unwavering faith.

## Members \$145 Guests \$155

(\$5 cash/check discount)

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

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

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

# MENU

Butternut Squash Soup Fresh Baked Breads

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

Brandy Old Fashioned Cake Coffee, Tea, and Milk





## Concerts in the Park

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

July 2...The Sugar Bush Boys\*
July 8...Manitowoc Marine Band (6:30 pm)\*

July 16...Clipper City Chordsman\*
July 19...Lakeshore Wind Ensemble and
Senior Center Strawberry Shortcake &
Ice Cream Sale

July 23...Two Rivers Community Band\* July 30...Bella Musik\*

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



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Movies On-Line: Please visit (and Like) our Facebook page: Two Rivers Senior Center. This month we will post a link (Monday's at 1:00 pm but the link will be available on our feed at any time after that) to a free movie that you can watch at home. Watch in the bottom right corner for the "skip the ads" and click on it when it pops up. Some movies may have ads (commercials).

## **RETURN TO ME**

Monday, June 1 Rated PG (1 hr 55 min)

Bob Rueland loses his wife in a car accident. A year later, still grieving, he meets Grace Briggs, a shy waitress an Irish/Italian restaurant run by her grandfather Marty. Bob immediately falls for Grace and she's attracted to him as well, but what he doesn't know is that a year ago Grace was the recipient of a heart transplant – and that Elizabeth was the donor. Starring: David Duchovny, Minnie Driver, James Belushi (2000)



## THE ULTIMATE LEGACY

Monday, June 8

Rated PG (1 hr 39 min)

An entitled young man with wanderlust must prove himself worthy of a new stipulation in his grandmother's will after her passing. The question before the law firm responsible for its execution is which will come first: the demise of the estate, or the realization of the heir that dealing with the past is the only path to true freedom?

Starring: Logan Bartholomew, Bill Cobbs, Ali Hillis (2015)



## **BEFORE WE GO**

Monday, June 15

Rated PG-13 (1 hr 35 min)

Chris Evans and Alice Eve star as two strangers whose chance encounter in Grand Central Terminal sparks a nighttime adventure through New York City that will change their lives forever. (2015)



## **WORDS AND PICTURES**

Monday, June 22

Rated PG-13 (1 hr 55 min)

Prep school English teacher Jack Marcus meets his match in Dina Delsanto — an abstract painter, and the new art teacher on campus. He challenges her to a lively philosophical debate of the impact of words vs. pictures and, in the process, sparks an unlikely romance.

Starring: Clive Owen, Juliette Binoche (2014)



## **TRESPASS**

Monday, June 29 Rated R (1 hr 31 min)

Held for ransom, a married couple's predicament grows increasingly dire amid the discovery of betrayal and deception .

Starring: Nicholas Cage, Nicole Kidman (2011)



## **Lunch Program**

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

Guidelines for these meals are as follows:

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



June 2020				
Mon	Tue	Wed	Thu	Fri
1 Turkey & Cheese S/W Small Side Salad Fresh Banana Cookie-Milk	2 Beef & Cheddar Wrap Carrot Sticks Fresh Apple Graham Crackers-Juice	3 Ham & Swiss S/W Radish Bites Fresh Orange Dessert Bar-Milk	4 Cheese & Sausage Tray Potato Salad Fresh Banana Mini Muffin-Juice	5 Pizza Casserole Small Side Salad Fresh Apple Bear Cookies-Milk
8 Salami Sandwich Pretzels Fresh Orange Jello-Cup-Juice	9 Chicken Caesar Pasta Fresh Banana Rice Krispy Bar Milk	10 Bologna & Cheese S/W Celery Sticks Fresh Apple Cookie-Juice	Egg Salad Sandwich Carrot Sticks Fresh Orange Teddy Grahams-Milk	12 Cheeseburger Small Side Salad Potato Chips Banana Bar-Juice
15 Ham Salad Sandwich Celery Sticks Fresh Orange Cookie-Milk	16 Macaroni Salad with Ham & Peas Fresh Apple Graham Crackers-Juice	17 Mini Turkey &Swiss S/W Carrot & Dill Dip Fresh Banana Craisins-Milk	18 Chicken Parmesan Wrap Potato Salad Fresh Orange Cookie-Juice	Hot Dog Potato Chips Fresh Apple Dessert Bar-Milk
22 Beef Sticks & Cheese Celery & Peanut Butter Fresh Banana Teddy Grahams-Juice	23 Roast Beef & Cheese S/W Carrot Sticks Fresh Orange Mini Muffin-Milk	24 Ham & Mozzarella Wrap 3-Bean Salad Fresh Apple Cookie-Juice	25 Tuna Pasta Salad Celery Sticks Fresh Banana Graham Cracker-Juice	26 Turkey & Bacon Wrap Small Salad Fresh Orange Bear Cookie-Milk
29 Macaroni & Cheese Broccoli & Dill Dip Fresh Banana Mini Muffin-Juice	30 Chicken Ranch Roll-ups Carrot Raisin Salad Fresh Apple Teddy Grahams-Milk			

Menu Subject to Change Base on Product Availability

## Ways to Keep Your Food Fresh Longer

**Cheese** - add butter on the cut edge of cheese to keep it from drying out. Another way is to wrap the cheese with wax paper, put in a plastic bag, and store in refrigerator.

**Asparagus** - cut the stems and then keep them in a jar half filled with water. Put a plastic bag over it and refrigerate.

**Berries** - Rinse with a combination of ten parts water to one part vinegar before putting them in the refrigerator. Put them berries in the solution, swirl and rinse them with it.

**Green Onions** - cut onions and store them in a clean plastic bottle (like a recycled water bottle). Whole green onions can be stored in a tall glass 1/2 full of water.

**Bananas** - Cover the stalk with aluminum foil or plastic wrap.

**Lettuce** - put lettuce in a bowl with paper towel and cover.

**Potatoes** - store apples with potatoes in a cool area to keep them from sprouting (but one rotten apple will spoil all the others).

**Brocolli/Celery**—Wrap them in aluminum foil.

**Ginger** - Slice in thin layers and place in a plastic bag in the freezer.

Milk can be frozen.

**Sour Cream/Cottage Cheese** - turn the tub upside down in the refrigerator to slow down the growth of bacteria. **Mushrooms** - store unwashed mushrooms in a paper bag.

**Eggs** - crack eggs into an ice cube tray (one egg per cube) and freeze.

Peeled Vegetables - store in a closed glass jar.











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## **HOSPICE** is

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- Trusted care both in your home or at a care facility
  - Local care team and volunteers
    - Responsive to your needs
      - Non-profit



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## **HAPPY ANNIVERSARY**

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



June 1

Wolf & Betty Kannegiesser Peter & Mary Kober

June 2

Donald & Dorothy Konop Robert & Ruth Kornely Glenn & Carol Shedivy

June 3

Hugh & Liz Foster Leon & Maria Laurin

June 4

Harold & Jean Ney

<u>June 8</u>

Nicholas & Jean Schaden

June 9

Del & Judy Blazer

June 10

Dan & Connie Blashka

<u>June 12</u>

Grahame & Catherine Campbell Roy & Holly Engelland

June 13

Ronald & Audrey Gagnon David & Sarah Gallagher

June 14

Jack & Linda Eis

<u>June 15</u>

John & Mary Wallace

June 17

Paul & Mary LeVene

June 19

Bob & Kathy Pfefferkorn

June 20

Clifford & Helen Wesolaski

June 22

Tom & Jean Mulhaney Lee & Charlene Neubert June 24

Norman & Judy Johnson Mark & Sue Ollendorf Kenneth & Charlotte Swade

<u>June 25</u>

Gerald & Barbara Glaser James & Luvine Mielke

<u>June 26</u>

Don & Deanna Hallwachs

June 27

Russell & Bonnie Shambeau James & Lois Vanne Richard & Doris Wier

June 28

Marvin & Joan Eis

<u>June 29</u>

Lloyd & Ruth Gosz Matt & Karen Konop Harlan & Bonnie Krizizke



Our June Rummage Sale has been Cancelled.

PLEASE DO NOT bring any donations to the Senior Center. We are still planning to have a sale in fall/winter. Watch the fall newsletters for dates and information.

## In-Home Foot Care

During the Safer at
Home Order, Lisa Taylor,
RN will come to your
home to provide full
service foot care including foot
soak, nails, calluses, & lotion/
massage.

\$45 per person per home visit.

Please call Lisa at 920-475-2183 to set up your appointment.



# BIRTHDAYS

## Members Celebrating Birthdays this Month

#### JUNE 1

June Keller Mark Pupeter Junette Fabian Gerry Walesh Gertrude Rivest Barbara Keckner

## JUNE 2

Laveda Grimm Jerome Levanetz Victoria Hrudka

## JUNE 3

Herbert Bunke Joan Luckow Robert Sebanz June Yakoubek Lyda Penn Delcie Dick

## JUNE 4

Katherine Beranek Mary Brigham Julie Schaefer Chris Komoroski Leland Koeser

## JUNE 5

Darlene Kakuk Beverly Schmidt Alice Gauthier Melvin Danay Lindy Backus

## JUNE 6

Kay Fechner Kathy Fischer

## JUNE 7

Ruby Mueller Gerald Schmidt Jeannette Thomas Roxanne Retzlaff Edward Plansky

## JUNE 8

Shirley Barner Janet Parma Greg Goodchild Glenn Zimmer

## JUNE 9

Marion Wiltman

## **JUNE 10**

Aggie Ollendorf Barb Gnadt Lois Erickson

## JUNE 11

Mary Sebanz

## **JUNE 12**

Dorothy Blasczcyk Diane Leidig

## **JUNE 13**

Sandy Kleckner Lois Posvic Catherine Minor Dennis Petri

#### **JUNE 14**

Mary Lee Schweiger Sandra Klein June Pasch

#### **JUNE 15**

Donald Ahrndt Sally Hunner Monica Wilson

## **JUNE 16**

Barry Morrison Floyd Knitter Lloyd Nemetz

#### **JUNE 17**

Ann O'Connell Pat Waier Gary Wesenberg

## JUNE 18

Eugene Schubring Bonnie Shambeau Harold Ney

#### **JUNE 19**

Carole Weld Carol Thomas Nancy Mueller Beverly Markovics

## JUNE 20

Allan Duval Barbary Yauger Mary Jane Raatz Marge Henrickson Kay Bryce

## **JUNE 21**

Kenneth Benfield Janice Kakes Rosana Jasmer Diane Ebert Denise Kraning

#### **JUNE 22**

Geri Heusterberg Patricia Schettl Ken Wieczorkowski Marcia Donlon Clarice Snyder Jeannette Roberts

## JUNE 24

Kenneth Swade Jean Ney Jerry Johnson

## JUNE 25

Richard Wier Scott Paulow Dean Ebert

#### JUNE 26

Wolf Kannegiesser Marvin Schermetzler Bill Freiberg

## JUNE 27

Karen Ewald Geraldine Lyons Romy Petri Shari St John Linda Harlow

## JUNE 28

James Wisnowski Arleen Houssaye

## **JUNE 29**

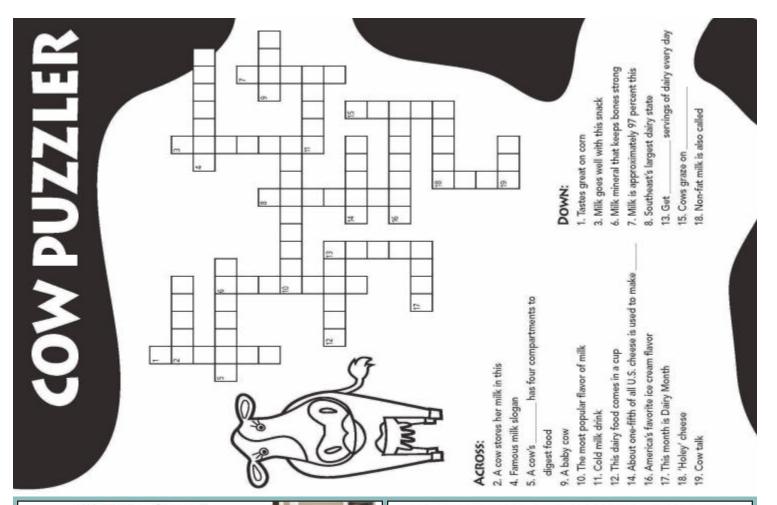
David Warden James Stueck

## JUNE 30

Darlene Jacquart Peter Schoepp Richard Bates Paul Francisco



Happy Birthday



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## **SPREAD THE WORD**

A Thriving, Vibrant Community Matters



SUPPORT OUR ADVERTISERS

## **Two Rivers Senior Center**



# Old or Unwanted Vehicle? We will take it!

Just one call to the Center and we will take care of the details.

Call us when you have a vehicle of any kind that you no longer need. We will arrange to have it picked up within two days, and you will receive a tax donation receipt.

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

Call 793-5590

## Kitchen Wish List Items for June

\*chocolate chips semi-sweet, milk chocolate \*shredded coconut

\*peanut butter

\*flour

\*sugar



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

Donations will be accepted Mon-Fri between 8am-4pm. Please call 793-5596 for information on how to drop off your donation(s).

THANK YOU!

## **Our Mission**

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

## **DISCLAIMER:**

Members of the Two Rivers Senior Center consent to allow The Two Rivers Senior Center to use any photographs, videos, sound tracks, or any reproductions of these, to be used in written materials, social media or any other type of media. The Two Rivers Senior

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.



## 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

## **Fun Facts about Dairy**

- 1. 73% of calcium available in the food supply is provided by milk
- 2. Chocolate milk's combination of fluids, carbs, and protein helps to rehydrate and refuel muscles after a workout.
- 3. Cheddar is the most popular cheese in the U.S.
- 4. Vanilla is America's favorite flavor of ice cream.
- 5. The first cow arrived in America in 1611. Until the 1850's, nearly every family had its own cow.
- 6. 95% of U.S. dairy farms are family-owned and operated.
- 7. Milk arrives at the grocery store within 48 hours of leaving the farm.
- 8. The average cow produces 8 gallons of milk per day. That's over 100 glasses!



9. Cows drink 30-50 gallons (a bathtub full) of water every day.

- 10. Cows eat 100 pounds of feed a day, which is like eating 300 peanut butter and jelly sandwiches.
- 11. Cows cannot see red.
- 12. Cows can smell up to 6 miles away.
- 13. You can lead a cow up stairs, but not down. Their knees cannot bend properly to walk down.
- 14. Cows spend 30 minutes drinking, 3-5 hours eating, and 12-14 hours resting each day.

## Peanut Butter Cheesecake Ice Cream

- \*8 oz light cream cheese, room temp
- \*4 oz light vanilla yogurt
- \*1/3 c peanut butter
- \*1 tsp vanilla
- \*1-14oz can fat free sweetened condensed milk
- \*16 oz whipped topping, low fat or sugar free, thawed
- \*1/2 c peanut butter cups, chopped
- \*12 chocolate covered graham cracker cookies
- \*1 Tbl butter, softened
- 1. Crush graham cookies in food processor. Add butter and pulse until blended together.
- 2. Beat cream cheese, yogurt, milk, vanilla, and peanut butter with a mixer in a large bowl until smooth. Fold in whipped topping.
- 3. Add graham mixture and chopped peanut butter cups and fold into the mixture, but leave chunky.
- 4. Place mixture in covered bowl or pan and freeze 4 hours or overnight.





## **COMMITTEES/BOARDS**

## City of Two Rivers Committee on Aging

Meets the first Monday of each month. William LeClair, Elizabeth Roidt, Richard Langman, Donna Reilly, Lenore McDonough, RuthAnn Hearley, Jerry Schubring, Gerald Lyons, Dave Schmaling.

## Friends of the Two Rivers Senior Center

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

## Friends of the Two Rivers Senior Center Board

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

## **Nutrition Project Council**

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

## **Committee on Aging**

The Two Rivers Committee on Aging identifies concerns of older citizens and makes recommendations regarding policy and procedures to best protect the well-being, rights, and quality of life of older citizens.

Committee on Aging meets the first Monday of each month at 8:30 am in the Community House.

Members are appointed by the City Manager and confirmed by the City Council to serve a 3 year term.

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

## **TRANSPORTATION**

TRUST Car Door-to-Door	920-793-5596
Assist To Transport	920-682-8823
Maritime Metro (bus)	920-686-3560
One-Stop-Shop/Mobility Management	920-686-6977

## **Cash Donations**

All cash donations to the Friends of the Two Rivers Senior Center will be used for TRUST car, Meals on Wheels, Programs, Special Events and projects around the senior center as they arise. Tax deductible receipt available per your request for your donation.



# Two Rivers Unique Senior Transportation T.R.U.S.T. Car

The Senior Center TRUST Car is available to take you to do your Two Rivers errands. Schedule your shopping trip, visit to a friend, pharmacy, doctor or dentist, hair appointment and bank visits. Please call at least the day before (or earlier!) so that we can schedule your ride (920-793-5596). This service is for those 50 years & older, living in Two Rivers. We ask that you be a member of the Senior Center (just \$15 a year to have all membership privileges). TRUST cards are purchased -10 punches on each card, one punch per ride/stop. Rides are scheduled at times between 8:15-3:45 Maintenance expenses are sponsored by the Friends of the Senior Center, fundraisers, as well as funds received from the rides.



## Lifetime Memberships Available Pay Just Once!

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



Our annual fee is \$20 per person or \$230 for a Lifetime membership (\$5 cash/check discount). Checks can be made payable to: Two Rivers Senior Center

## Thank You for your Donation

## **General Donations**

Renee Anderson
Richard Bates
Dolly Franks
Allen Grenier
Jerry Shimek,
PJ Stephens & Tracey Koach
Jo Marie Swanson



In memory of Walter Fink
by The Seven Brothers Social Club

## **THANK YOU!!**



Thank you
Chris Bauknecht and
Suzanne Schnicke
for making masks for
the Senior Center
Members for their
return to activities
& fun at the Center.

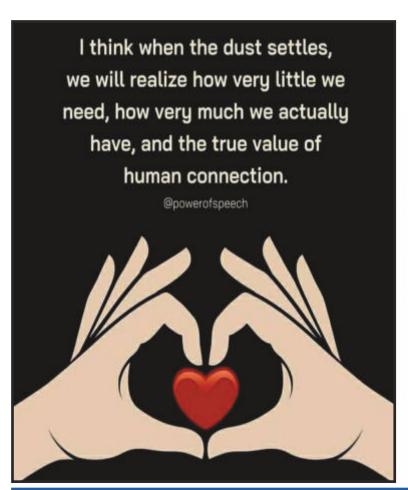
## **Supporting Businesses & Organizations**

ADRC of the Lakeshore Bank First National **Bay Bus** Care Partners Assisted Living Covered Wagon Restaurant Deja & Martin Funeral Home **Dominitz Flowers** Edward Jones/Joseph Debilzen Emanuel United Methodist Church Felician Village Grace Congregational United Church Hofmann Monuments, Inc Klein & Stangel Funeral Home Lakeshore Family Funeral Homes Lighthouse Inn Manitowoc Health & Rehab Manitowoc Heating Manitowoc Metro Transit Meadowview Assisted Living Mishicot Housing Corp Par 5 Resort River Hills Apartments River's Bend Health Service St Peter the Fisherman Sauve's Office & Supply Schaus Roofing & Mechanical Shady Lane Senior Living Sharon S Richardson Hospice (sponsor, Blood Pressure) Shimek's Furniture Society of St. Vincent De Paul

The Medicine Shoppe

Two Rivers Family Restaurant
Two Rivers Kiwanis
Unity Hospice
Valley View Apartments
VFW #1248 (Veterans of Foreign Wars Two Rivers)
Village Green East & West
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FLAG
RED
WHITE
BLUE
STARS
STRIPES
PLEDGE
FOURTEENTH
JUNE
OLD
GLORY
BETSY
ROSS

## Fun Days in June

June 4: National Cheese Day - YUM

June 8: World Ocean Day—What will you do to help protect this environment and it's living

creatures? <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a>

v=G52dUQLxPzg

June 10: National Iced Tea Day - ENJOY!

June 14: Flag Day

June 18: International Picnic Day - Plan a picnic by the lake, at your favorite peaceful place, or right in your own yard.

June 23: National Pink Day

June 30: National MaiTai Day - here's a no alcohol version:

\*1/2 c lemon-lime soda

\*1/4 c pinapple juice

\*1/2 c orange juice

\*1 Tbls grenadine (or cherry juice).

Mix all together and top with an orange or lime, or cherries slice if desired.

