

▼ Two Rivers Senior Center

DECEMBER 2019

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 - 4:30 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

WHAT'S INSIDE

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The Two Rivers Senior Center is an accredited Senior Center with

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

the Wisconsin Association of Senior Centers

*Coalition of Wisconsin Aging Groups

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



Looking for a stocking stuffer or Christmas gift for that special senior?

The Senior Center has the following suggestions:

- *Lunch Tickets: \$5.00/meal
- *Wellness Class Punch Cards(good for 10 classes):

\$10.00 members \$15.00 guests

*Trust Car Punch Cards: \$12.00 (good for 10 rides)

*Membership Gift Certificate: \$15.00/yr (new or renewal)

Card Making with Carolee

January 9 & February 13 @ 1:30 pm

Create your own stamped cards with guidance from Carolee. Each workshop you will take home 3 home-made cards.

\$8.00 Members; \$10.00 Guests (cash or check only please) All materials are supplied.

Please sign up in the Senior Center Office at least one week before class is scheduled.





RED HATITTUDES Lunch Date

Thursday, December 12 11:30 @ Lighthouse Inn

Our hostess this month is Clara.

Interested in becoming a member, contact the Senior Center at 920-793-5596, or Sandy at 920-553-3233.



Friday, December 6 10:30 am

Join in the Christmas spirit while we enjoy and sing along with the Two Rivers Senior Center chorus, when they sing Christmas songs for us.

Please call 793-5596 to register and so that St Nick brings enough treats for everyone.



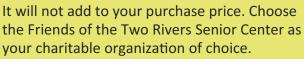
Bowling at Rudy's

We are looking for league bowlers and substitutes.

Wednesdays 9:15 am

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.



THANK YOU



Lightly Salted Mixed Nuts \$2.50

Two Rivers
Senior Center





The Two Rivers Senior Center will be closed on the following days:

Tuesday, December 24 Wednesday, December 25 (Merry Christmas)

Wednesday, January 1 (2020 Happy New Year)



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

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LOOKING TO

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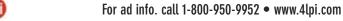


SAVE at the Water's Edge 1515 Memorial Dr., Two Rivers, WI • (920) 793-4524

- Two French toast triangles & two bacon or sausage 5.5
- Rise 'n Shine Burrito 8
- Two eggs, hashbrowns & toast 7
- Two eggs, two bacon or sausage, hashbrowns & toast 8.5
- Two egg ham & cheese omelet with toast 6.5
- Cranberry maple nut oatmeal brulee 7

Coupon must be presented to server when ordering. No substitutions. Valid Mon-Sat Only. Coupon not valid on Holidays or with Captain's Card. One coupon per group. Valid through Dec. 30, 2019





Volunteer Hours

Please be sure that you are entering your volunteer hours at the computer at the Senior Center Front Desk (where you check in every time you are in the building).

There are a variety of volunteer categories listed so please be sure you are entering your time correctly.

Please ask Senior Center Staff if you have any questions.

Listed are the categories and examples.

Community Volunteer (Two Rivers churches, Point Beach, Concession Stands, Main St.,

Two Rivers St. Vincent de Paul, Washington House)

Drive for TRUST (drives the Senior Center Trust car)

Instructor (unpaid class instructor at our Senior Center)

Kitchen (food prep, dishes, set-ups for Center meals)

Home Delivered Meals (drives and/or delivers HDM for Two Rivers or Mishicot)

Receptionist (Senior Center front desk or office help)

Senior Center Volunteer (anything at our Center that involves helping the staff for Senior Center activities, events, fundraisers, etc)

Please be sure you have entered all of your volunteer hours for 2019 into the computer by December 31!

If you have any questions about volunteering or how to log your hours, please see the Senior Center staff.



CREATION STATION

Friday, December 20 10:00 am

Join Miranda from River Woods in creating something fun and new each month.

This month - GUMBALL ORNAMENTS



Please register in advance to make sure that we have enough materials for everyone.

Register by calling 920-793-5596 FREE to members; \$3.00 guests

Foot Care

Includes towel, foot soak, toe nail clipping and light massage.

Call 793-5596 for your appointment.

(8:30 am - 11:30 am)



\$25.00 Checks payable to **Sharon Glandt, RN Wednesday, Dec 11**



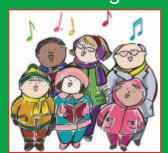
\$25.00 Checks payable to **Lisa Taylor, RN Friday, Dec 13**

\$25.00 Checks payable to Pat Nickels, LPN Wednesday, Dec 18

December Chorus Performances

All performances begin at 10:00 am unless noted.

Tuesday, Dec 3: Manitowoc Healthcare Center Thursday, Dec 5: Hamilton Care Center Friday, Dec 6: Two Rivers Senior Center Starting at 10:30 with St Nick goodies Tuesday, Dec 10: Northridge Thursday, Dec 12: Southbrook Manor Friday, Dec 13: River's Bend Tuesday, December 17: Meadow View Friday, December 20: Village Green East





Thank You

to the Two Rivers Lioness for making and donating these Thanksgiving Turkey Candy Holders for our Home Delivered Meal recipients.

Volunteer Opportunities

We have many volunteer opportunities for you. Whether it's an occasional hour or a set time each week—we have something for everyone (no need to be a member and all ages welcome).



Please call Serena at 793-7266 for more information on opportunities. Some opportunities include: kitchen help, TRUST drivers, meal deliverers, front desk receptionist, office tasks, folding, mailing, organizing, cashiering, special events, set-ups, clean-ups, delivering posters, registration...

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.



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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. Signups can be taken over the phone with payment by credit card, or in person with payment by cash or check. 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.

UPCOMING TRIPS

Christmas Stars
December 12, 2019 (pg 10)
Waiting List

Escape to Margaritaville March 25, 2020 (pg 9) Just Released

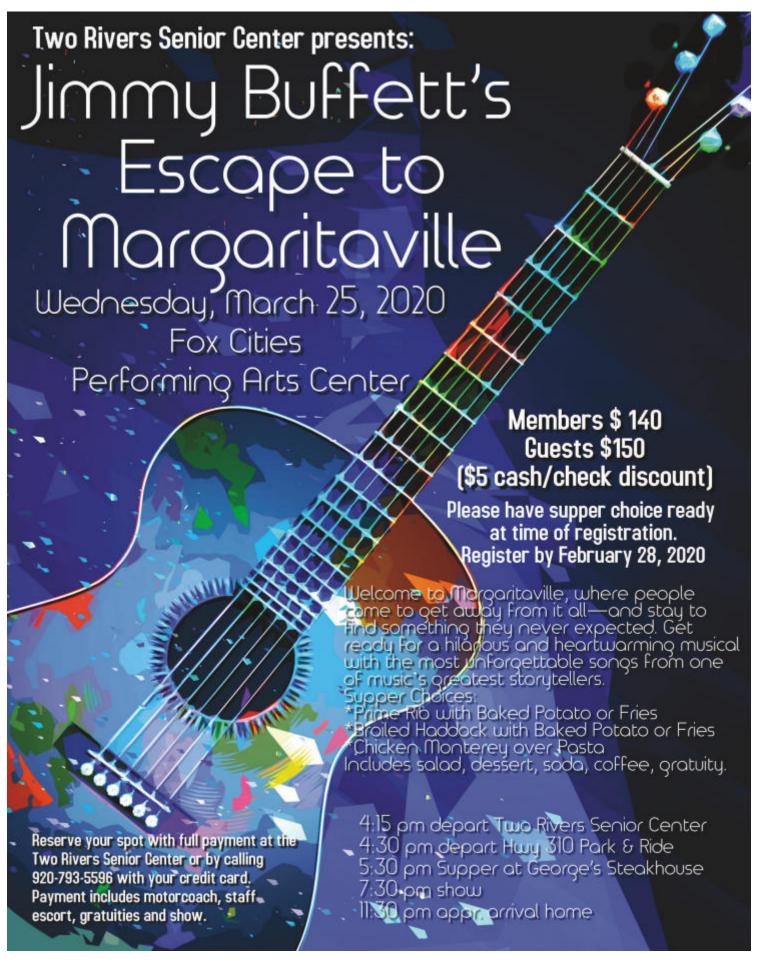
Hawaii 3 Island Adventure March 3-11, 2020 (pg 10)

Bavaria & Austria
Sept 9-17, 2020 (pg 10)

Rome & Tuscany
Oct 27-Nov 4, 2020 (pg 10)

Watch for more 2020 trips in the upcoming newsletters.







Hawaii 3 Dsland Adventure 9 Days departing March 3, 2020

Highlights:

- *3 Osland Tours: Oahu, Hawaii, Maui
- *2 National Parks: Volcanoes, Haleakala
- * Dearl Harbor
- *Black Sand Volcanic Beach
- *Kailue Kona
- *Lahaina Village
- *Hawaiian Luau on Maui

\$5075 double / \$6875 single

\$300 down payment; bal due by 12/19/19

Stop in the Senior Center for a brochure or to sign up
and find out about discounts. 920-793-5596



Rome & the Country Roads of Tuscany 9 days departing October 27, 2020

Highlights:

- *Tours: Siena, Florence City, Rome City
- *Sienna Walking Tour
- *Leaning Tower of Pisa
- *St. Peter's Basilica
- *Tuscany Winery Visit & Tasting

\$3895 double / \$4520 single

\$500 down payment; \$1000 due by 08/13/20

Stop in the Senior Center for a brochure or to sign up and find out about discounts, 920-793-5596





Travel with us

We offer opportunities to travel in safety with a group. No worries at all for you, everything is organized and all the details have been addressed. Leave the planning and driving to us. We invite anyone (preferably age 21 or older) to join us on any of our trips.

When you travel with us you are helping to support the Home Delivered Meals and Nutrition Program, TRUST car, and many other programs & activities provided through the Two Rivers Senior Center.



Kitchen Wish List Items for December

*Chocolate Chips

*Butter

*Hershey's Kisses

*Creamy Peanut Butter

*Brown Sugar



New Recipes In December



December 4: Chicken Parmesan December 20: Tossed Salad with Veggies





Please see the inserted menu for additional dishes being served. Lunch is open to the public.

Fee: 60 years or older \$5.00 sugg. donation Under 60 \$5.00 lunch ticket

Please call at least one day in advance to make your reservation 793-5596.



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ENERGY ASSISTANCE APPOINTMENTS

Appointments are scheduled on Tuesday mornings of December 3 & 17, 2019 and January 14, 2020. Please call the reception desk for your time at 793-5596 (appointments are scheduled in order). Call 793-5596 to schedule your appointment. TRUST transportation is available for Senior Center members.

- 1. SOCIAL SECURITY NUMBERS for EVERYONE in household.
- 2. PHOTO ID for adults attending appointment
- 3. **HEATING COST:** Natural Gas customers bring your most recent Wisconsin Public Service bill. (You do not need to call **WPS** for a statement)
 - *Propane and Fuel Oil customers call your fuel supplier for a "Year Usage Statement".
- 4. **ELECTRIC COST** one year statement <u>printout</u> from your electric supplier (the last 12 months. In addition, bring along your current electric bill.
 - (WPS or WE Energy customer you only need to bring your latest bill).
- 5. Know the type of **WATER HEATER** fuel source: Electric, Gas, or Propane
- 6. Proof of <u>GROSS INCOME</u> in the three months prior to month of application. Bring checks with PAY DATES in those three months. <u>Example</u>: If your appointment is in the month of **November** we will require **August, September and October** income.
- 7. 2018 Federal Income Tax Return / 2018 Wisconsin Homestead Credit
- 8. **Lease/rental agreement if heat and/or electricity are included in rent. HUD Certification Page** if it applies. If you do not have a lease/rental agreement, please have a *landlord inquiry* form completed (available at the Manitowoc County Job Center)
- 9. Other information may be requested at the time of appointment for which you will have 30 days to return documentation.

INCOME GUIDELINES FOR THE 2019-2020 HOME ENERGY PLUS PROGRAM YEAR

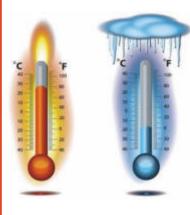
60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD	3 MONTH	ANNUA	AL.
SIZE	INCOME	INCOM	E
1	\$ 7,168.25	\$28,67	3
2 3	\$ 9,374.00	\$37,49	6
3	\$11,579.50	\$46,31	8
4	\$13,785.25	\$55,14	1
5	\$15,991.00	\$63,96	4
6	\$18,196.50	\$72,78	6
7	\$18,610.00	\$74,44	0
8	\$19,023.75	\$76,09	5



The Home Energy Plus Program uses a previous three month income test which is annualized to determine program income eligibility.

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.





Serving struggling older adults by creating and advancing effective solutions that help them secure the essentials.

2019 AARP Volunteer Tax-Aide Federal/WI Income Tax Preparation Service

The Two Rivers Senior Center offers this program (geared toward elderly, low income taxpayers in need of assistance).

AARP volunteers are trained to prepare and electronically file **Homestead** or **Simple** Income Tax returns. Please stop in or call the Two Rivers Senior Center 793-5596 to schedule your appointment.

Appointments will be scheduled on Thursdays starting February 6, 2020.

Please stop in before your scheduled appointment to pick up your information packet which includes your intake/interview form. You will need to bring the completed intake/interview form to your appointment with the other necessary paperwork.

Elder Benefit Services at the Senior Center

What can the Elder Benefit Specialist do for you?

*Health Insurance and Access: Medicare, Senior Care, and Medical Assistance

*Income Support: Food Share, Social Security, SSI Disability and more

*MORE

Must be 60 years or older.

Please call the ADRC 683-4180 or at 1-877-416-7083 to schedule your appointment at the Two Rivers Senior Center for December 5 or January 2.

The ADRC looks forward to working with you.

Elder Benefit Services at the Two Rivers Senior Center

Homestead Tax Credit only

If you rent or pay property taxes, and qualify, we can help you apply for the Homestead Tax Credit.

Appoinments can be made for February 6, March 5, April 2 by calling the ADRC at 683-4180.

To qualify you must be 62 years old (as of Dec 31, 2019) and have an annual household income of \$24,680.00 or less.

Please be sure to ask the ADRC for a complete list of qualifications and the information you will need for your appointment.



^{*}Community-Based Services: Community Options Program, Family Care and more

^{*}Housing/Utilities: Subsidized Housing, Housing, Repair/Improvement -Loans & Grants,

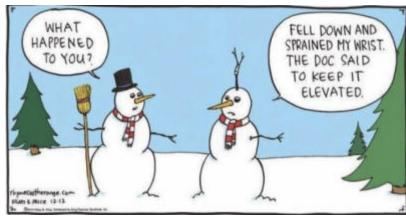
6Tips to Avoid Slips in the Winter

- When outside wear shoes or boots with heavy treads for increased traction and avoid icy areas.
- Keep walkways, stairways, and other work areas clear by removing hazards like snow immediately.
- Look where you are going and have your hands ready to steady yourself should you slip.
- Avoid carrying heavy loads that may compromise your balance.
- Mark hazardous areas by using signs, cones, or barricades to warn pedestrians.
- Make yourself visible to drivers by wearing a brightly colored jacket or clothing.











FOR FOUR GENERATIONS **MEMORIALS - MARKERS MAUSOLEUMS**

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

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Bake Sale



Tuesday, December 17

(8:00-4:30 while supplies last)

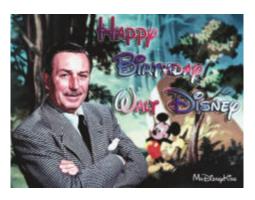
Christmas Holly Jolly Bars \$1.00 each

Peanut Butter Kiss Cookies 3 for \$1.00



Double Fun Trivia

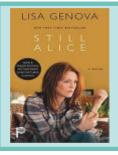
Thursday, December 5 10:00 am



AND



Snacks and Prizes will be provided. Bring a Friend for FREE for this event! Sign up now by calling 920-793-5596.



BOOK CLUB MEETING WEDNESDAY, DECEMBER 18 @ 9:30 AM

The group will be discussing: Still Alice by Lisa Genova Next Month: Walking Across Egypt by Clyde Edgerton

FREE Blood Pressure Readings

Tuesday, December 10 @ 10:00 am Sponsored by River's Bend Health & Rehab

Thursday, December 19 @ 10:00 am **Sponsored by Hamilton Care Center**





Free Confidential **Legal Assistance Appointments**

The 3rd Tuesday of the month, Attorney Van Horn volunteers to spend a few minutes answering questions that you may have about estate planning, will documents and many other topics.

Schedule a personal appointment for: December 17 between 8:00 am-9:00 am Call 793-5596





The Senior Center staff would like to give a big THANK YOU to everyone that helped make our Thanksgiving Dinner a great success. This is only possible because of you!

To all of the sponsors and the many, many volunteers...

THANK YOU!



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DECEMBER MOVIE MATINEES

(Showing at 1:00 pm)



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

Movie Matinees, along with refreshments, are sponsored by

*TRIAD of Two Rivers *The FRIENDS of the Two Rivers Senior Center.

WON'T YOU BE MY NEIGHBOR

Monday, December 2 Rated PG-13 (1 hr 34 min)

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since.

Starring: Fred Rogers (2018)



HOTEL RWANDA

Monday, December 9

Rated PG-13 (2 hr 2 min)

Amid the holocaust of internecine tribal fighting in Rwanda that sees the savage butchering of hundreds of thousands of men, women and children, one ordinary hotel manager musters the courage to save more than 1,000 helpless refugees.

Starring: Don Cheadle, Sophia Okonedo, Joaquin Phoenix, Nick Nolte (2004)



GIFTED

Monday, December 16 Rated PG-13 (1 hr 41 min)

When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7-year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved.

Starring: Chris Evans, Mckenna Grace, Lindsay Duncan (2017)



PHILOMENA

Monday, December 23

Rated PG-13 (1 hr 35 min)

Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. Starring: Judi Dench, Stove Coogan, Ruth McCabe (2013)



WALL STREET: MONEY NEVER SLEEPS

Monday, December 30

Rated PG-13 (1 hr 41 min)

Trader Jake tries to mend the broken relationship between his fiancée, Winnie, and her father, Gordon Gekko, while avenging the fate of his mentor, Lou, by getting close to Wall Street's new megalomaniac, Bretton James. Centered on the 2008 financial crisis, director Oliver Stone's follow-up is a modern-day ode to unfettered capitalism and, of course, greed.

Starring: Michael Douglas, Shia LaBeouf, Susan Sarandon (2010)



























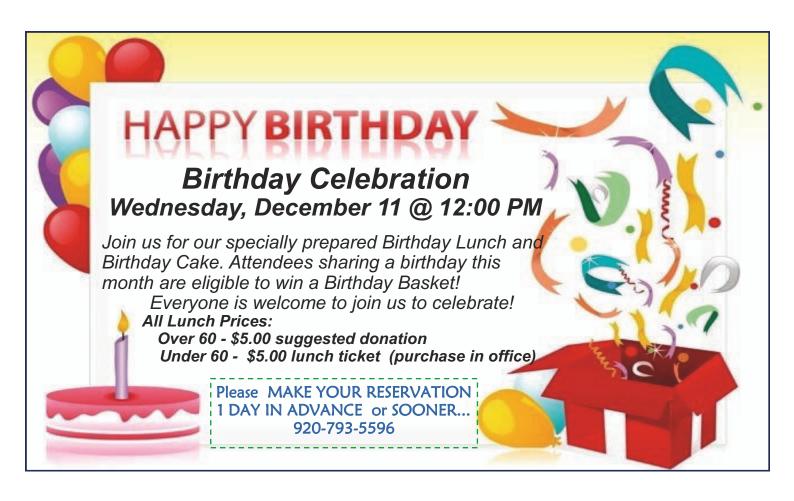




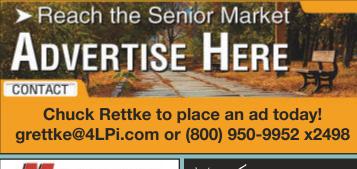
















Heating & Air Conditioning

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Sharon S. Richardson COMMUNITY HOSPICE



Proudly Serving Families in Manitowoc County



HOSPICE is

Your Family and Friends Dignity and **Quality of Life** An Experience

Sharon S. Richardson Community Hospice is:

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



4411 Calumet Ave. Suite 4 Manitowoc WI 54220 920.374.4180 www.ssrhospicehome.org

HAPPY ANNIVERSARY

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

December 2

James & Caroline Payette

December 15

Herbert & Marian Bunke

December 16

Ron and Arleen Houssaye

December 19

John & Theresa Tegen

December 20

Ken & Judy Ray

December 26

Fritz & Mary Specht

December 27

Dale & Mary Jo Vertz

December 29

Robert & Mary Sebanz

Transportation

TRUST Car Door-to-Door.	920-793-5596
Assist To Transport	920-682-8820
ADRC Mobility	920-683-4180
Aurora Transport	920-794-5000
Maritime Metro (bus)	920-683-4560
Tickets, passes and maps are	e available at the Park & Rec Dept.

Old or Unwanted Vehicle? We will take it!

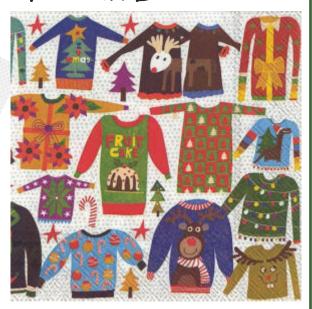
Just one call to the Center and we will take care of the details.

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

Ugly Sweater Contest Tuesday, December 17



Judging during Bingo 1/2 Time
2:10 pm

Come enjoy an afternoon of
Bingo (50¢ per Card) and
wear your Ugly Christmas

Sweater

The Senior Center Library offers shelves full of books, DVD's and puzzles available for our members to take home and enjoy without a due date. Just stop down,

browse to your heart's content and select your favorites! When you are finished, bring them back for others to enjoy.



BIRTHDAY TREATS

Want to have a treat on your birthday? We have a list of options for you to choose from to treat the noon lunch guests, including bars, tortes, ice cream and more. When you treat, we treat. You will receive a mini cake with a candle & a special happy birthday from the group. Please stop in to pick the date and your treat with payment. Treat Costs vary.

Lunch Cost: Over 60 \$5.00 suggested donation. Under 60 \$5.00 lunch ticket

Everyone is welcome for lunch! All lunch prices are the same for members and non members. We are a county run nutrition site.



BIRTHDAYS

Members Celebrating Birthdays this Month

DECEMBER 1

Pat DeWitt Clara Zimmer Edmund Meyer Sue Stock Mary Meyer

DECEMBER 2

Richard Rocheleau

DECEMBER 3

Judie Root Diana Glover

DECEMBER 4

Pat Bannen John Rabitz Gail Terry Sue Porter

DECEMBER 5

Beatrice Lawler Olive Press Dale Schnicke

DECEMBER 6

Jo Marie Swanson

DECEMBER 9

Arlene Kolarik Ruth Krueger Helen Wesolaski Frances Weier

DECEMBER 10

Philip Smogoleski Marlene Eslinger Ken Schwab

DECEMBER 11

Dorothy Monka
Dianne Stage
Connie Kronforst

DECEMBER 12

Elizabeth Tirner Sandra Stevens

DECEMBER 13

Judy Theys Sandra Byrd Donna Fehrman

DECEMBER 14

Bonnie Jonas Judith Hagedorn Bonnie Schrimpf

DECEMBER 15

Florence Decker Stella Johanek Don Rivest Jo Yungerman

DECEMBER 16

Char Neubert

DECEMBER 17

Nicholas Schaden Sandra Yelmene Marilyn Zich Bettie Messman

DECEMBER 18

Bill Reinert
Marie Rocheleau
Sue Sprang
Walter Dura

DECEMBER 19

William Braun

DECEMBER 20

Caroline Curtis Sharon Stueck Barb Vaness Daniel Shambeau

DECEMBER 21

Caroline Payette

DECEMBER 22

Margaret Fencl Anne Poplawski

DECEMBER 23

Judith Gretz Carol Schmitt

DECEMBER 24

Margaret Burgett Jean Kouba Mary Jo Rosinsky

DECEMBER 25

Donna Beck Carol Schwantes

DECEMBER 26

Herman Gagnon Louis Rocheleau Gert Walsh

DECEMBER 27

Edward Gauthier Shirley Glaser Allison Havel Bob Schroeder

DECEMBER 28

Janet Hauck Michele Hallwachs Mary Wilson

DECEMBER 29

Andrew Wichlacz

DECEMBER 30

Ann DeFere Judith Dolan Michael Kouba Kristine LaFond Sue Noworatzky James Wondrash

DECEMBER 31

Anna Mae Dickenson Sharon Kornely Debbie Samz John Skattebo



Happy Birthday

PO-KE-NO

Wednesday, January 22 10:30 am Snacks & Prizes

Please register by calling 793-5596

Members: Free Guests: \$3.00





HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-891-6806









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- · Paid Training
- Overnight Travel Required
- · Expense Reimbursement

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Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



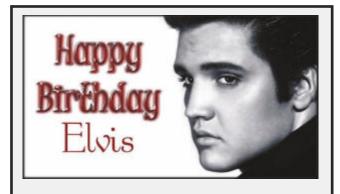
There's no cost to you! (888) 612-8951

We're paid by our partner communities

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.







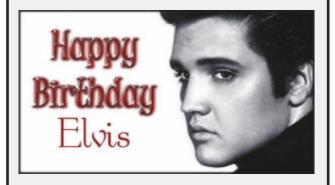
How well do you know the King of Rock & Roll?

Elvis Trivia Fun
Wednesday
January 8
10:30 am
Prizes
Birthday Treats

Best dressed Elvis will win a prize!

Please register by calling 793-5596

Members FREE Guests \$3.00



Cards for sale!!

New greeting cards for all events & holidays sold at the Center
Only 10¢ each



Effective January 2, 2020 - cards will be 25¢ each.

FRIENDS of the Senior Center Annual Meeting

Thursday, January 30th in the Senior Center Library Open Meeting at 1:00 pm

ALL Two Rivers Senior Center Members are welcome to attend.

Agenda:

- *Review annual report
- *Vote for new Board Members
- *Discuss 2020 Senior Center goals



Save the Date



Two Rivers Water & Light presentation
Thursday, February 6, 2020
11:00 am

Everyone is invited to attend this FREE presentation.

Please call 793-5596 to register.

Free Give-Away: LED spot light great for closets or under cabinet lighting.

Please call 793-5596 for more information on any of the following

Activities BingoTuesday & Friday 1:15 pm Birthday LunchVaries, See Calendar Board Games...... Monday - Friday Book Club Third Wednesday 9:30 am Bowling at Rudy's......Wednesday 9:15 am Card CreatorsWednesday 10:00 am ChorusVaries, see Calendar Creation StationVaries, see Calendar Cribbage Wednesday 1:30 pm Dartball Wednesday 1:30 pm Dominoes Tuesday 1:15 pm Frustration Monday - Friday Golf...... Resumes in Spring Knit & StitchFriday 1:15 pm Mahiong......Tuesday 9:30 am Movie Matinee......Monday 1:00 pm Quilting...... Monday 9:00 am

Please see the calendar or the newsletter for additional one-time or short-term activities that we may offer.

Sheepshead......Thursday 1:00 pm

Day TripsVaries
Mini Getaways.....Varies

Extended TripsVaries
International TravelVaries
Wii BowlingMonday & Tuesday 8:30 am

Membership Fees for Those Over 50

Travel

Annual	\$15.00 per person
Lifetime	\$225.00 per person

PLEASE SIGN UP by calling 793-5596

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

Two Rivers Senior Center



Exercise Arthritis Exercise.....Tuesday 10:30 am

ı	,
	Cardio Drummingresumes in January
	Line Dancing Friday 9:00 am
	Simply Senior Exercise Tuesday & Thursday 9:15 am
	Silver Sneakers Range of Motion
	Monday & Wednesday 11:15 am
	Silver Sneakers Yoga. Monday & Wednesday 10:15 am
	WalkingMonday - Friday 6:00 am
	Zumba Gold resumes in January
	Zumba Gold - Seated resumes in January
ı	

Health

Blood Pressure	Varies, see Calendar
Health Screenings	See Calendar
Foot Care	See Calendar

Dining Room

Coffee & Visit	Monday - Friday
Lunch	. Monday - Friday 12:00 noon

Services

00.1.000	
Assistance in Your Home Info	Chore list
Books & DVD, Puzzles	Available to borrow
Benefit Specialist	First Thursday
Heat Assistance	November-January
Legal Assistance	Third Tuesday
Meals on WheelsPlease cal	the ADRC 683-4180
Newcomer TourCall for pe	ersonal appointment
Reassurance Calls	ouring Regular Hours
Tax Assistance	February - April
Vision Assistance TV Reader	Available

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.

	Two Rivers Senior (r Center Activity Calendar December 2019	dar December 2019	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Committee on Aging 8:30 Wii Bowling 9:00 Quilting 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: Won't You Be My Neighbor 1:00 Medicare Part D by appt	8:30 Energy Assistance by appt 8:30 Wil Bowling 9:00 Medicare Part D by appt 9:15 Simply Seniors Exercise 9:30 Mahjong 10:00 Chorus @ Mtwc Healthcare 10:30 Exercise-Arthritis 1:15 Dominoes 1:15 Bingo Christmas Cookie frosting	49:15 Bowling at Rudy's NO Card Creators 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Dartball 1:30 Cribbage Christmas Cookie frosting	5 Double Fun Trivia 8:30 Wii Bowling 9:00 ADRC Benefit Specialist 9:15 Simply Seniors Exercise 10:00 Double Fun Trivia 10:00 Chorus @ Hamilton Care 1:00 Sheepshead Christmas Cookie Sale	6 9:00 Line Dancing 10:30 Chorus performance 1:15 Bingo with River Woods 1:15 Knit & Stitch Christmas Cookie sale
8:30 Wii Bowling 9:00 Quilting 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: Hotel Rwanda 6:00 Group Home Sing-A-Long	10 8:30 Wii Bowling 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Mahjong 10:00 Blood Pressure by River's Bend 10:00 Chorus @ Northridge 10:30 Exercise-Arthritis 1:15 Dominoes 1:15 Bingo with Hamilton Care Center	11 Birthday Lunch 9:00 Foot Care with Sharon by appt 9:15 Bowling at Rudy's 10:00 Card Creators 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Dartball 1:30 Cribbage	8:30 Wii Bowling 8:30 Wii Bowling 9:15 Simply Seniors Exercise 10:00 Chorus @ Southbrook 11:30 Red Hattiftudes 12:30 Friends Board Meeting 1:00 Sheepshead Christmas Stars Trip	8:30 Foot Care with Lisa 9:00 Line Dancing 10:00 Chorus @ River's Bend 1:15 Bingo 1:15 Knit & Stitch
8:30 Wii Bowling 9:00 Quilting 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: Gifted 4:00 Kentucky Pot Luck	8:00 Legal Assistance by appt 8:30 Energy Assistance by appt 8:30 Energy Assistance by appt 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Mahjong 10:00 Chorus @ Meadow View NO Exercise-Arthritis 1:15 Dominoes 1:15 Bingo/ 2:10 Ugly Sweater Contest	9:00 Foot Care with Pat by appt 9:00 Foot Care with Pat by appt 9:15 Bowling at Rudy's 9:30 Book Club 10:00 Card Creators 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Dartball 1:30 Cribbage	19 Christmas Party 8:30 Wii Bowling 9:15 Simply Seniors Exercise 10:00 Blood Pressure by Hamilton Care 11:00 Christmas Entertainment 1:00 Sheepshead	20 Creation Station 9:00 Line Dancing 10:00 Creation Station 10:00 Chorus @ Village Green E. 1:15 Bingo 1:15 Knit & Stitch
8:30 Wii Bowling NO Quilting 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: Philomena	closed December 24 g 22	sed December 24 g 25 Merry Chrístmas	26 8:30 Wii Bowling 9:15 Simply Seniors Exercise 1:00 Sheepshead	27 9:00 Line Dancing 1:15 Bingo 1:15 Knit & Stitch
8:30 Wii Bowling NO Quilting 10:15 Silver Sneakers Yoga 11:15 Silver Sneakers ROM 1:00 Movie: Wall Street: Money Never Sleeps	31 Noon Year's Eve 8:30 Wii Bowling 9:15 Simply Seniors Exercise 9:30 Mahjong NO Exercise-Arthritis 11:00 Noon Year's Entertainment NO Dominoes NO Bingo	The following classes will not be held in December: Cardio Drumming Zumba Gold Zumba Gold	Activities found in RED on this calendar can be found with more information in this month's newsletter.	December

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)

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-deductable donation, please call 793-5596.

Friends of the Two Rivers Senior Center Board

Meets the second Thursday of each month.
Barb Schweitzer-President, Paul LeVene-Vice President, Betty Becker –Secretary & Treasurer, Bonnie Jonas-Financial Secretary, Tom Van Horn, Clifford Wesolaski, 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, 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.



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, 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 member there is a \$2.00 charge for this list.

Stop in or give us a call 793-5596, if you would like to have your name added to the 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...

Thank You for your Donation

General

Allen & Kathy Beranek, Doris Glesner, Shirley Jarvis, Linda Pekarek, Louie Rusch, Mike & Barb Sauer, Betty Tirner

Thanks to all and to the numerous anonymous donations, and donations of cards, books, magazines, movies, small trinkets, crafts, yarn, etc. that we receive each month.



Supporting Businesses & Organizations

ADRC of the Lakeshore Aurora Medical Center Bank First National Bay Bus **Brothers Dairy** Care Partners Assisted Living Covered Wagon Restaurant Deja & Martin Funeral Home **Dominitz Flowers** Edward Jones/Joseph Debilzen Felician Village Fox Hills Resort Hamilton Care Center Hofmann Monuments, Inc. Klein & Stangel Funeral Home Lakeshore Family Funeral Homes Lester Public Library Lighthouse Inn Manitowoc Health & Rehab Manitowoc Heating Manitowoc Metro Transit

Meadowview Assisted Living The Medicine Shoppe Mishicot Housing Corp Parkview Haven Apartments River Hills Apartments River's Bend Health Service River Woods Place Sauve's Office & Supply Schaus Roofing & Mechanical Shady Lane Senior Living Sharon S Richardson Hospice Shimek's Furniture Society of St. Vincent De Paul The Medicine Shoppe Two Rivers Family Restaurant Two Rivers TRIAD Committee **Unity Hospice** Valley View Apartments
VFW #1248 (Veterans of Foreign Wars Two Rivers) Village Green East & West Wisconsin Management Co., Inc.

Birthday Donations

Dolly Franks Glenda Sherman

Cash birthday donations are used to purchase birthday baskets items for baskets that are raffled to lucky members who are celebrating their Birthday and attending the Birthday dinner.





HELP THE SENIOR CENTER BY RECYCLING!

Bring in your can tabs and used personal printer ink cartridges and we will turn them into cash for programs!

*soda & beer can tabs *soup & vegetable can tabs *other tabs



The Senior Center may close due to Severe Weather. When the Senior Center is <u>closed</u>, there are NO activities, classes, exercise classes, programs, Trust Car rides, noon 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 (CH 2) or WFRV (CH 5)

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.