

Two Rivers Senior Center

DECEMBER 2022

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

Heather Ihlenfeldt
P: (920)793-5590
E: heahl@two-rivers.org

Program Coordinator

Megan Marchant
P: (920) 793-5597
E: megmar@two-rivers.org

Nutrition & Volunteer Coordinator

Mary Omillian
P: (920)793-7266
E: maromi@two-rivers.org

ENHANCING THE LIVES OF OLDER ADULTS

Christmas Party

FRIDAY

DEC | 16 | 1 PM

JOIN US FOR
REFRESHMENTS, COOKIE
DECORATING, BASKET
RAFFLE, AND CHOIR
PERFORMANCE

WHAT'S INSIDE

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LET'S GO GNOME HUNTING!

Find these sassy gnomes hiding throughout your newsletter!



ACTIVITIES & SERVICES

Please call 793-5596 for more information or to schedule an appointment.

Activities

Bingo Tuesdays @ 1 pm & Fridays @ 9 am
Bowling at The Hook Wednesdays @ 9:15am
Card Creators Wednesday 10:00 am
Creation Station Varies, see Calendar
Cribbage Wednesday 1:30 pm
Dartball Wednesdays @ 1 pm
Mahjong Tuesdays 9:30 am
Movie Matinee Mondays 1:00 pm
Quilting Fridays 8:30 am
Red Hattitudes Third Thursdays @ 12 pm
Sheepshead Thursdays 1:00 pm

Travel

Day Trips
Mini Getaways
Extended Trips
International Travel

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

Membership Fees for Those Over 50

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

Exercise

Arthritis Exercise Tuesdays @ 10:30 am
Cardio Drumming (virtual) Wednesdays @ 9 am
Chair Yoga Fridays @ 9 am
Fitness Fun (virtual) Mondays @ 9 am
Let's Get Moving Tuesdays @ 1 pm



*Simply Senior Exercise Tuesday & Thursday 9:15 am
(through the Parks & Rec department)*

Health

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

Dining Room

Lunch Monday - Friday @ 11:30 am

Services

Assistance in Your Home Info Chore list
Books & DVD, Puzzles Available to borrow
Benefit Specialist First Thursday
Heat Assistance November-January
Home Delivered Meals Please call the ADRC 683-4180

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.

PLEASE SIGN UP by calling 920-793-5596

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.

Guest day passes are available for \$5 at the front window.

Members can bring a friend or family member, or individuals can get a pass for an activity or exercise class. Guests of members must be 18+, Individual guests must be 50+.

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.



TWO RIVERS SENIOR CENTER MEMBERSHIP

\$15.00 per person, annual
\$225.00 per person, lifetime

COMMITTEES/BOARDS

City of Two Rivers Committee on Aging

Meets the first Monday of each month. William LeClair, Jackie Ackerman, Lenore McDonough, Gerald Lyons, PJ Stephens, Jerry Schubring, Virginia Coffman, Jo Yungerman, Kyle Kornek.

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 920-793-5596.

Friends of the Two Rivers Senior Center Board

Meets the second Thursday of each month. @ 12:30 Barb Schweitzer-President, Jan Klein -Vice President, Carol Rabitz -Secretary, Cindy Schmidt -Treasurer, Ann Plansky -Financial Secretary, Sharon Bauknecht, and Bonnie Jonas -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.

Friends of the Two Rivers Senior Center

BOARD OPENING

The Friends of the Two Rivers Senior Center is looking for someone who wants to get involved and provide a voice for our Two Rivers seniors. Must be a member of the Senior center to be on the board.

FOR MORE INFORMATION, CALL 920-793-5596

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

VOLUNTEERS NEEDED

IN THE LAST MONTH, WE'VE BEEN SO THANKFUL TO ALL OF OUR LONG TIME VOLUNTEERS, AND HAPPY TO SEE NEW VOLUNTEERS JOINING US!

WE'RE STILL IN NEED OF VOLUNTEERS TO HELP WITH THE FOLLOWING;

HDM DELIVERY DRIVER SUBS
TRUST CAR DRIVERS SUBS

PEOPLE HELPING PEOPLE CHORE PROGRAM



This program is a referral program provided by 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.

Stop in or give us a call 920-793-5596, if you would like to have your name added to the list, or if you would like a copy of 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.



CARD CREATORS

Wednesdays @10am
Two Rivers Senior Center Library

PRE-REGISTER BY CALLING 920-793-5596

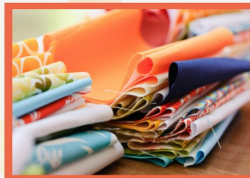
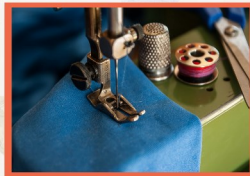
QUILTING

Fridays

8:30 am - 2:30 pm

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

Register in advance by
calling 920-793-5596



AFTER HOURS ACTIVITIES



We're thinking about starting an evening game night and movie night, and we want to know what you think!

Call us at 920-793-5596

and let us know if you're interested!

Take 'n Make Creation Station



Wooden Mod Podge Ornaments

Each kit will contain a wooden ornament, mod podge, paper, ribbon, and accessories.

To reserve your kit,
call 920-793-5596
by Friday, December 9th.

Kits will be ready for pick up
December 15th & 16th
(8 am- 4 pm) at our front desk
window.

One kit per person. Additional
kits may be ordered for the
guest price.

Members FREE Guests \$5

TWO RIVERS SENIOR CENTER BUS TRIP POLICIES

TRIP SIGN UP- Sign up for trips will begin as soon as the trip is announced in our newsletter. Stop in or mail in your payment to reserve your spot. You may reserve a spot for others.

CANCELLATION POLICY- Cancellations for trips can be accepted up to two weeks prior to the trip. Reservations are non-transferable unless authorized by the Senior Center office. Refunds cannot be issued if a participant cannot make a trip. If a cancellation is made, participants on the wait list may be contacted.

INSURANCE- Insurance may be offered for extended trips. Trip insurance covers things like illness or injury before or during a trip, or other unforeseen circumstances that may require you to cancel your trip.

FUEL SURCHARGE- Due to fluctuating gas prices, a surcharge may be necessary. If a fuel surcharge is needed, participants will be notified as soon as the fuel rate is locked in. At that time, participants may choose to get a refund for their trip, or to pay the additional charge to remain on the trip.

DAY TRIP BUS LOADING ORDER- Participants will be called to board the vehicle in the order that they signed up for the trip. There may be seats reserved in the front or back of the bus for medical reasons.

MEDICAL- Any medical accommodations can be made per physician's order. Accommodations by physician's order can be kept on file in the senior center office. Participants must be independent or travel with a caregiver. In the case of an illness, a trip escort will ensure participants receive proper medical care, but the escort is required to stay with the group.

PARTNER LIST- Don't like to travel alone? Put your name on our partner list!

TRIP CHANGES- While all care is taken to keep the scheduled itinerary, there may be an occasion when a substitution is made due to unforeseen circumstances.

ADRC LUNCH PROGRAM

**DINE IN AT THE SENIOR CENTER
MONDAY- FRIDAY @ 11:30 AM**

**RESERVATIONS REQUIRED BY 11:00 AM THE DAY
BEFORE. CALL 920-793-5596 TO MAKE YOUR
RESERVATION!**

SUGGESTED DONATION OF \$6.00 FOR THOSE OVER 60

ORNAMENT DECORATING

**Saturday, Dec. 10th
8 AM to 12 PM**



**Stop by the Two Rivers
Senior Center and
enjoy decorating
ornaments with teens
from our community.**

DISCOVER AMERICA'S MUSIC CITIES



March 05 – March 12, 2023

- 8 Days
- 10 Meals

DOUBLE- \$3,149PP

SINGLE- \$3,849PP

More information at the Senior Center front desk, or call 920-793-5596

<https://gateway.gocollette.com/link/1120984>



Discover Canyon Country

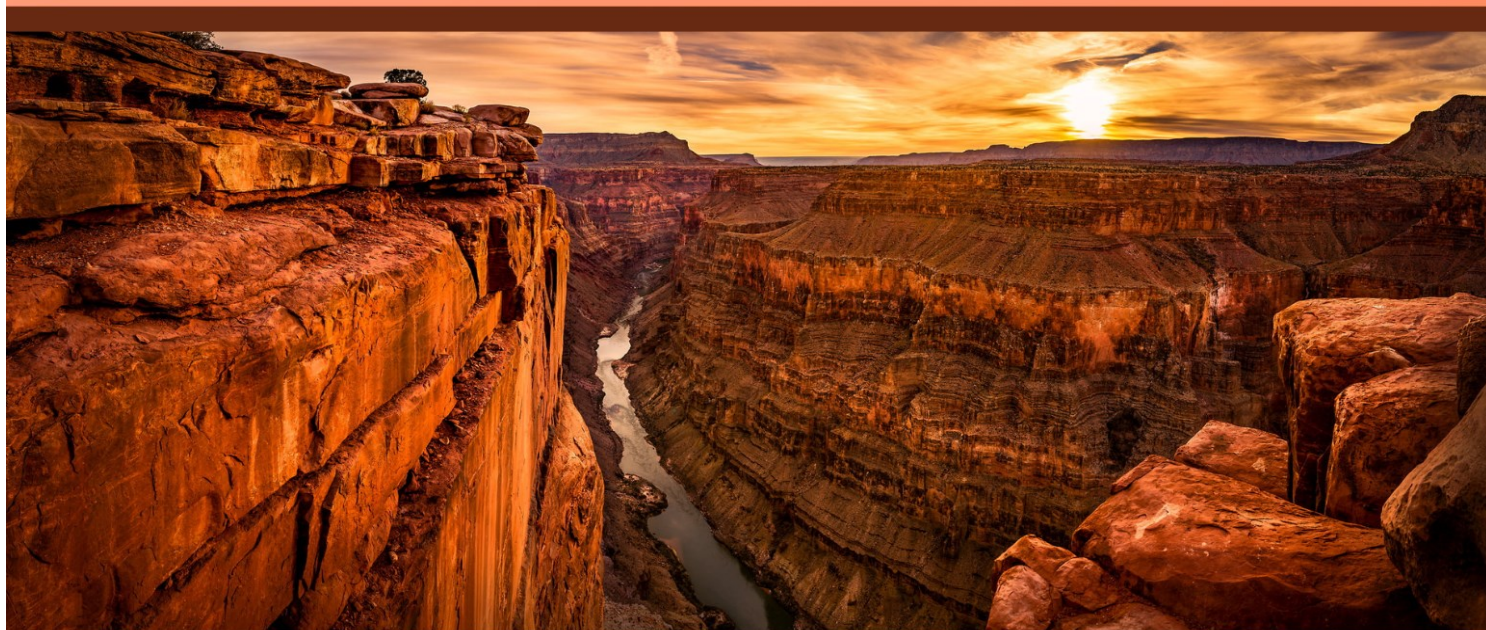
featuring Arizona & Utah
September 06 — September 13, 2023
8 Days • 10 Meals

Double- \$3,249pp Single- \$4,049pp
Save \$50 per person by signing up before 3/6/23

Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell Cruise, Rafting on Horseshoe Bend, Bryce Canyon National Park, Zion National Park, Las Vegas

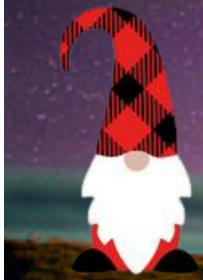
More information at the Senior Center front desk, or call 920-793-5596

<https://gateway.gocollette.com/link/1120744>



collette

ICELAND'S MAGICAL NORTHERN LIGHTS



NOVEMBER 13 – NOVEMBER 19, 2023
7 DAYS • 11 MEALS

DOUBLE- \$3,849 PP SINGLE- \$4,349 PP
SAVE \$250 BY SIGNING UP BEFORE 5/14/23

Reykjavík, Northern Lights Cruise, Search for the Northern Lights, Golden Circle,
Thingvellir National Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss, Skógar
Museum, Skógafoss, Jökulsárlón Glacial Lagoon, Skaftafell National Park &
Vatnajökull Glacier, Blue Lagoon

MORE INFORMATION AT THE SENIOR CENTER FRONT DESK, OR CALL 920-793-5596

[HTTPS://GATEWAY.GOCOLLETTE.COM/LINK/1120941](https://gateway.gocollette.com/link/1120941)



& gocollette

UPCOMING TRIPS

BRANSON CHRISTMAS

December 4-9th

*Registration Closed

CHRISTMAS STARS

Thursday, December
8th

*Registration Closed

AMERICA'S MUSIC CITIES

March 5-12th

Pg. 8

CANYON COUNTRY

September 6-13th

Pg. 9

ICELAND'S MAGICAL LIGHTS

November 13-19th

Pg. 10



IT'S TIME TO
Travel

WE'D LOVE TO HEAR YOUR
IDEAS FOR DAY TRIPS,
MINI AND EXTENDED TRIPS,
AND INTERNATIONAL TRIPS,
FOR 2023 AND 2024

**WHERE SHOULD WE
GO NEXT?**

920-793-5596

CALL OR STOP BY TODAY!





Foot Care

**NOW OFFERED:
MORNINGS & AFTERNOONS**

By appointment only: \$25 per session

Let staff know if you would like an appointment with Sharon RN- Mornings, or Mary LPN- Afternoons

MENU OF SERVICES

- ✓ Foot Soak
- ✓ Nail Trim
- ✓ Lotion and Massage

REGISTRATION:
920-793-5596 ☎
two-rivers.org ☎

**TWO RIVERS
SENIOR CENTER**

www.two-rivers.org

**f FIND US ON
facebook**

BENEFIT SPECIALIST

Why Us

Health Insurance and Access: Medicare, Medical Assistance, Income Support, Food Share, Social Security, SSI disability, and more.

Community Based Services
Community Options Program
Family Care, and more.

Housing/ Utilities:
Subsidized Housing, Housing Repair/ Improvement Loans & Grants, Property Tax Deferral Program, and more.

The First Thursday of Every Month
Two Rivers Senior Center
Conference Room

Contact the ADRC for an Appointment

920-683-4180 to Schedule your in-person appointment!

TWO RIVERS SENIOR CENTER RED HATTITUDES

THURSDAY, DECEMBER 15TH @ 12 PM

Join us for a meeting and lunch at Lighthouse Inn
1515 Memorial Drive, Two Rivers.
Call 920-793-5596 to sign up

Clara is our Hostess

WE ARE ALWAYS LOOKING FOR PEOPLE TO HAVE FUN WITH US. IF INTERESTED, INQUIRE AT THE SENIOR CENTER



COMMITTEE ON AGING

**Next Meetings are
Monday, December 5th
and Monday, January 2nd
at 8:30 AM
in the Library**

DID YOU KNOW?

**YOU ONLY HAVE TO BE
50 TO BE A MEMBER OF
THE SENIOR CENTER!**

SIGN UP TODAY BY CALLING 920-793-5596

FREE CHRISTMAS COMMUNITY MEAL

-December 21st-

**First Presbyterian Church 502 N. 8th
Street. Manitowoc**

**Call 920-682-4688, or stop by the Senior
Center and see their flyer for more details.**

FOR ENERGY ASSISTANCE, CALL 920-683-4300

AND SCHEDULE AN APPOINTMENT



FREE

BLOOD PRESSURE SCREENINGS

**Tuesday December 13th
10:30-11:30 am**

**Call 920-793-5596 to schedule your appointment
at the Senior Center. Walk-ins welcome. Free to everyone.**

Provided by Sharon S. Richardson Community Hospice





SENIOR BOWLING

AT THE HOOK LANES AND GAMES
(Formerly Rudy's Bowling Alley)

WEDNESDAYS @ 9:15-11:30 AM

CALL 920-793-5596 TO RESERVE YOUR
SPOT. MEET AT THE HOOK.

\$7 per
session

AARP TAX VOLUNTEERS

The AARP Foundation is recruiting volunteers for its Manitowoc County Tax-Aid service, hosted by the Two Rivers Senior Center.

Volunteer tax preparers and client facilitators are needed for the 2023 tax season.
Previous experience with tax software is helpful, but not necessary.

To learn more, visit aarpfoundation.org/taxaide or call 920-663-8196 and leave a message.



BINGO

TUESDAYS @ 1 PM

Please pre-register by calling
920-793-5596

Thank you to all of our volunteer
hosts!

*Bingo must be called on the
last number revealed to be a
good bingo.

BINGO *brunch*

FRIDAY MORNINGS @ 9

COME PLAY BINGO AND
ENJOY A LIGHT BRUNCH

CALL 920-793-5596 TO SIGN
UP TODAY!



NEW

Coffee Cart

M-F 8AM- 4PM

Stop in and check out
our new coffee cart
station. Bring a friend
and stay a while. The
cart will be available
8am to 4pm weekdays.

25¢

Teen Volunteer opportunity!

**Ornament Making at
the Senior Center!**

December 10th

From 8am-12pm

*Students are invited to come to the senior center to help
make ornaments for the senior center to sell.*

*Students will receive credit for volunteer hours served and also a letter
of recommendation for their school file.*

Refreshments and supplies will be provided.

Call 920-793-5596 to sign up or email heahh@two-rivers.org



T.R.U.S.T. CAR

TWO RIVERS UNIQUE SENIOR TRANSPORTATION

The Two Rivers Senior Center TRUST car is available to take you to do all your Two Rivers errands, whether shopping, social, or medical.

This service is for members of the Senior Center who are living in Two Rivers.

TRUST car cards must be used, and can be purchased in office or from the driver for \$15. Each card holds 10 punches, with each stop requiring a punch.

Members must call at least one day ahead of time to schedule a ride. Rides can be scheduled months ahead, but no rides can be scheduled for same day pick up.

For more information or to schedule a ride, call 920-793-5596



MAHJONG

TUESDAYS @ 9:30 am

Join other members in this
memory skills game.

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

Register by calling
920-793-5596



MEXICAN TRAIN DOMINOS

Tuesdays @ 1:30 PM

Have fun with other
members playing dominos
with a twist. Hop on the
train and stay on track with
this fun game!

Pre-register at 920-793-5596



SHEEPSHEAD

Thursdays @ 1:00 pm

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

Register in advance by calling 920-793-5596



Dec. 5th- Christmas Chronicles-

Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.

Featuring Kurt Russell and Goldie Hawn.
Rated PG. Run time 1 hour 43 minutes.

Dec. 12th- Christmas with the Kranks-

Join Jamie Lee Curtis, Tim Allen, and Dan Aykroyd in this family comedy filled with mishap, neighborly rivalry, and heartfelt holiday kindness.
Rated PG. Run time 1 hour 38 minutes.

Dec. 19th- Miracle on 34th Street-

Join us for this holiday classic from 1947 featuring Edmund Gwenn, Natalie Wood, Maureen O'Hara, and John Payne, and watch as one little girl learns that miracles really do happen.
Not Rated . Run time 1 hour 41 minutes.

FREE for members. Non-members are welcome, just stop in for a \$3.00 guest pass.
Pre-register by calling 920-793-5596. Space is limited

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





Noon YEARS CELEBRATION!

**TUESDAY, JANUARY 3RD FROM 12-3 PM
FOR LIVE MUSIC WITH LEE & LLOYD
& IN HOUSE LUNCH**

**COME JOIN US FOR HOMEMADE POTATO SOUP,
HAM AND CHEESE SANDWICHES, DESSERTS
AND BEVERAGES.**

Anniversaries

December 2

James & Caroline
Payette

December 14

Timothy & Cindy
Howard

December 15

Herbert & Marian
Bunke

December 16

Ron & Arleen
Houssaye

December 19

John & Theresa
Tegen

December 20

Ken & Judy Ray

December 22

Dale & Mary Jo
Vertz

December 26

Frederick & Mary
Specht

THE CHOIR IS BACK IN ACTION!

JOIN US IN THE KOSKA FOR
CHOIR PRACTICE.

THURSDAYS @ 3 PM

DECEMBER 1ST, 8TH, AND 15TH

TO PREPARE FOR OUR CHRISTMAS
SHOW DEBUT ON DECEMBER 16TH.

To sign up or for more
information, call
920-793-5596

Help the Senior Center while 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



Christmas CARD SALE

5 FOR \$1.00

NEW GREETING CARDS FOR ALL
EVENTS AND HOLIDAYS SOLD AT
THE SENIOR CENTER FRONT
WINDOW.

BIRTHDAYS



Members Celebrating Birthdays • DECEMBER 2022

DECEMBER 1

Pat DeWitt
Edmund Meyer
Sue Stock
Clara Zimmer

DECEMBER 2

Donna Kryzenske

DECEMBER 3

Judie Root

DECEMBER 4

Patricia Bannen
Alan Leidig
Gail Terry

DECEMBER 5

Beatrice Lawler
Olive Press

DECEMBER 6

Joan Lesperance
Jo Marie Swanson

DECEMBER 9

Arlene Kolarik
Frances Weier

DECEMBER 10

Joy Anderson
Philip Smogoleski

DECEMBER 11

Dianne Stage

DECEMBER 12

Sandra Stevens

DECEMBER 13

Judy Theys

DECEMBER 14

Judith Hagedorn
Bonnie Jonas
JoAnn Maki
Bonnie Schrimpf

DECEMBER 15

Florence Decker
Stella Johaneck
Jo Yungerman

DECEMBER 16

Jean Morin
Charlene Neubert
Philip Rehrauer

DECEMBER 17

Bette Messman
Nicholas Schaden

DECEMBER 18

Sue Sprang

DECEMBER 20

Sharon Stueck

DECEMBER 21

Caroline Payette

DECEMBER 22

Donna Potykus

DECEMBER 23

Judith Gretz
Carol Schmitt

DECEMBER 24

Margaret Burgett
Jean Kouba
May Jo Rosinsky

DECEMBER 25

Holly Johnson
Carol Schwantes

DECEMBER 26

Bruce Hammes
Gertrude Walsh

DECEMBER 27

Edward Gauthier
Shirley Glaser
Alison Havel
Ann Howard
Barbara Kintopf
Anthony Reindl

DECEMBER 28

Michele Hallwachs
Janet Hauck
Mary Kaufmann
Mary Wilson

DECEMBER 30

Leigh Coenen
Ann DeFere
Judith Dolan
Michael Kouba
Kristine LaFond
Sue Noworatzky

DECEMBER 31

Sharon Kornely



December 3 - 9:00 am - 4:00 pm

Intro to Gel Printing Workshop @ Hamilton Wood Type & Printing Museum. Learn fun ways to create new book covers, collage papers, or backgrounds for your letterpress printing. No experience necessary. For ages 18+. Learn more and register 920-794-6272. \$125

December 10 @ 8:00 am - 12:00 pm

For 7th-12th graders. Make ornaments for the Senior Center to sell. Students receive credit for volunteer hours and a letter of recommendation for their school file. Refreshments and supplies are provided. To sign up, call (920)793-5596.

December 15 @ 6:00 pm - 8:00 pm

Trivia Night: Best Christmas Movies. Tapped on the Lakeshore 3114 Memorial Drive. Form a team of up to six to compete! Call 920-657-1770

December 16 @ 5:30 pm - 8:30 pm

Holiday Ink & Drink
Hamilton Wood Type & Printing Museum 1816 10th St.
Create one-of-a-kind posters with vintage type and enjoy adult beverages. Learn more and register 920-794-6272
\$45



**TWO
RIVERS**
WISCONSIN

UPCOMING CITY EVENT HIGHLIGHTS**December 16 @ 6:00 pm - 7:30 pm**

Family Sledding Night @ Washington Park 2901-2999 Adams St. A night on the hill at Washington Park with sledding, music and s'mores. BYOS (bring your own sled). Event is weather- and snow-dependent. Free

December 17 @ 9:00 am - 3:00 pm

City-to-City Candy Cane Hunt
Visit parks in Two Rivers and Manitowoc and search for candy canes to earn chances at an awesome prize!
FREE Call (920)793-5592 for more information.

**VISIT exploretworivers.com/events/ for a complete list and description of events.
Or call 920-793-5523**



ARTHRITIS EXERCISE

TUESDAYS @ 10:30

This class will help increase strength and flexibility, reduce joint pain, and help combat fatigue. Uses one wellness card punch.

Register ahead at
920-793-5596

CARDIO DRUMMING

Wednesdays @ 9:00 am



Virtual Instruction
Sessions 30-60 min.
all levels
Exercise at your
own pace

Please pre-register
920-793-5596

One wellness punch
per session

TWO RIVERS SENIOR CENTER

★★★★★



Dart Ball

★★★★★

RED TEAM

BLUE TEAM

WEDNESDAYS AT 1PM

KOSKA ROOM

REGISTER BY CALLING 920-793-5596

1520 17TH ST TWO RIVERS WI

WWW.HEAHL@TWO-RIVERS.ORG

LET'S GET MOVING!

TUESDAYS @ 1PM

**COMMUNITY HOUSE
BEHRINGER ROOM**

Register Now!

920-793-5596



FITNESS FUN

Mondays 9:00 am

Virtual exercise classes for all levels.
Dancing, cardio, strength training,
stretching, yoga, and more!

One wellness punch per class.

Please pre-register by calling
920-793-5596



IT'S BACK! CHAIR YOGA

FRIDAYS @ 9 AM

CALL 793-5596 TO RESERVE YOUR SPOT.
SPACE IS LIMITED.
\$5 PER CLASS

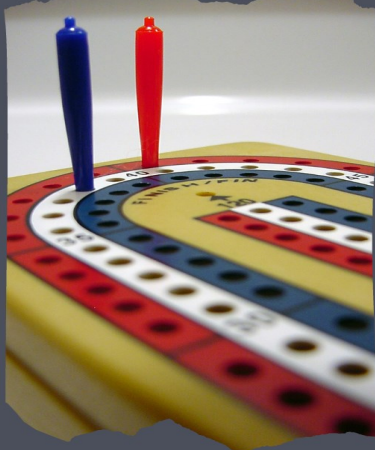


CRIBBAGE

Don't get behind that skunk line!

WEDNESDAYS @ 1:30 PM

FOR MORE INFORMATION OR TO SIGN UP CALL 920-793-5596





ELDER BENEFIT SERVICES

DO YOU HAVE QUESTIONS REGARDING INSURANCE OR PUBLIC BENEFITS? ARE YOU 60 YEARS OLD OR OLDER? AN ELDER BENEFIT SPECIALIST WILL BE AVAILABLE BY APPOINTMENT AT THE TWO RIVERS SENIOR CENTER THE FIRST THURSDAY EVERY MONTH. PLEASE CALL THE ADRC OF THE LAKESHORE AT 920-683-4180 TO SCHEDULE AN APPOINTMENT.

CALLING ALL UGLY SWEATERS

JOIN IN THE FUN AT OUR CHRISTMAS PARTY! WEAR THE "UGLIEST" SWEATER YOU CAN FIND (OR MAKE YOUR OWN!) AND GET A FREE TICKET FOR THE BASKET RAFFLE.

DEC 16TH
@ 1 PM



Birthday parties are making a comeback!

Starting in 2023, we'll be having a birthday party at the end of the month for anyone who's had a birthday in that month. All are welcome, so come down and celebrate!

DID YOU KNOW?

Renewing your Senior Center membership is easy!

1. Call or stop in to grab a renewal form.
2. Pay your dues by check or cash. (\$15 annually, or \$225 lifetime).

Not sure of when your membership expires? Call or stop in anytime and we can look it up for you!

Upon expiration, members will receive a reminder letter in the mail.

CLOSINGS DUE TO SEVERE WEATHER

In the event of a closing due to severe weather, there will be no activities, TRUST car rides, or meals, including Home Delivered Meals.

Radio- WOMT, WCUB, WQTC, WLTU, WLKN, WEMP or SeehaferNews.com

TV- WBAY, WFRV, and WLUK

Social Media- Senior Center Facebook Page

KNOWING THE DIFFERENCE BETWEEN A COLD, THE FLU, AND COVID-19 *

SYMPTOMS	COLD	FLU	COVID-19
Sneezing	✓		
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Fatigue (tiredness)		✓	✓
Fever or feeling feverish/chills		✓	✓
Muscle pain or body aches		✓	✓
Headache		✓	✓
Vomiting and diarrhea (more common in children than adults)		✓	✓
Change in or loss of taste or smell			✓

*Patients may experience only some or all of these symptoms.

Still unsure? Have questions? Contact your health care provider today.



THANKS FOR DONATING!

WE APPRECIATE YOU! GENERAL DONATIONS

Sharon & Karen, Lodge 142 Better Life, Virginia Coffman, Barb Schweitzer, Judy Goodchild, Judy Johnson, Shirley Jarvis, and all those who donated anonymously!

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In memory of Mary Ann Philipps
from Kelly and David Aldag

A Christmas Carol

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

Ali Baba
Christmas
Ebenezer
Ghosts
Nephew

Belle
Clerk
England
Humbug
Scrooge

Charles Dickens
Cratchit
Fred
Marley
Tiny Tim

