



# Two Rivers Senior Center

ENHANCING THE LIVES OF  
OLDER ADULTS



1954 • Celebrating **70** years • 2024

APRIL 2024

Photo: Phyllis Barman smiles for the camera at a TRSC choir performance.



# ACTIVITIES AND SERVICES

Call **920-793-5596** for inquiries, appointments, and registration

## Activities

Bingo	Tuesdays @ 1 pm & Fridays @ 9 am
Bowling at The Hook (seasonal)	Wed @ 9:15am
Card Creators	Wednesdays @ 10:00 am
Creation Station	Varies, see Calendar
Cribbage	Wednesdays @ 1:30 pm
Dominoes	Tuesdays @ 1:00 pm
Mahjong	Tuesdays @ 9:30 am
Movie Matinee	Mondays @ 1:00 pm
Quilting	Fridays @ 8:30 am
Red Hattitudes	Third Thursday of the month
Sheepshead	Thursdays @ 1:00 pm

## Exercise

Fitness Fun (virtual)	Mondays @ 10 am
Simply Seniors (P&R)	Tues & Thurs @ 9:15 am
Arthritis Exercise	Tuesdays @ 10:30 am
Let's Get Moving	Tuesdays @ 1:00 pm
Yoga (in person inst.)	Mon & Wed @ 9 am
EnerChi (in person instructor)	Wed @ 2 pm
Cardio Drumming(virtual)	Thursdays @ 9:00 am

## Notice

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.

## Health

Blood Pressure- Second Tuesdays  
Health Screenings- See Calendar  
Foot Care- Monday afternoons & Tuesday & Wednesday Mornings by appointment.

## 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 mgmt. 920-686-6977

## Services

### ADRC Services-

ADRC Benefit Specialist- First Thursday- call ADRC for appt. at 920-683-4180  
Heat Assistance info- November-January 1-800-506-5596  
Home Delivered Meals- Please call the ADRC 920-683-4180

### Two Rivers Senior Center Services-

Books, DVD's, & Puzzles available to borrow  
Chore list (hired help)  
Reassurance Calls- During Regular Hours  
Tax Assistance (AARP) - February - April  
Tours- Call for personal appointment  
Vision Assistance TV Reader available  
\*TRSC Services are open to all

## Dining Room

Lunch:  
Monday - Friday  
@ 11:30 am



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.

# GOVERNANCE & MORE

Call 920-793-5596 for inquiries, appointments, and registration



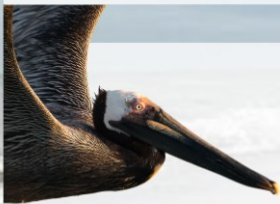
## City of Two Rivers Committee on Aging

Meets the first Monday of each month @ 8:30am. This meeting is an open meeting, all are welcome.

Members- William LeClair, Jackie Ackerman, Lenore McDonough, Kim Graves, PJ Stephens, Jerry Schubring, Jo Yungerman, Kyle Korinek, Betty Bittner.

## 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 that 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 Thurs. of each month at 12pm.

President- Sharon Bauknecht

Vice President- Jan Klein

Secretary- Ruth Kadow

Financial Secretary- Sid Kemp

Treasurer- Cindy Schmidt

Members at large- Cathy Cole, Kim Graves

## 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.

## Staff

### Senior Center Supervisor

Heather Ihlenfeldt

P: 920-793-5590

E: heaihl@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

**Two Rivers Senior Center 920-793-5596**

1520 17th Street, Two Rivers WI 54241



## ADRC Benefit specialist

Contact the ADRC at **920-683-4180** to schedule an appointment to meet with a benefit specialist at the Senior Center the **first Thursday of each month**. The benefit specialist can talk with you about health insurance access, community based services, and housing/ utilities.

## Blood Pressure Screenings

Free blood pressure screenings are available the **second Tuesday of every month** from **10:30 to 11:30 am** , provided by Sharon S. Richardson Community Hospice. Walk-ins welcome. Free to everyone. Call **920-793-5596** to schedule today.

## Foot Care

Call and sign up for a foot soak, nail trim, lotion, and massage with Mary Kaufmann, LPN on Monday Afternoons, Becky Gates, LPN, on Tuesday mornings, or Sharon Glandt, RN, on Wednesday mornings. **By appointment only**. Checks for \$25 payable directly to your nurse. Call **920-793-5596** to schedule today.

**NOW AVAILABLE 3 DAYS A WEEK !**

# COMMITTEE ON AGING

**Next Meetings are Monday, April 1st, and Monday, May 6th @ 8:30 AM in the Library**

The committee on aging is made up of seniors and leaders from the city and school district, whose goal is to shed light and take action on issues affecting the seniors in our community.



## VOLUNTEERS

We're always interested in welcoming new volunteers at our events and in our regular positions here at the Two Rivers Senior Center. If you are interested in volunteering, but haven't been called, go ahead and give us a call and remind us! Our goal here is to provide volunteer opportunities for anyone that wants to participate.

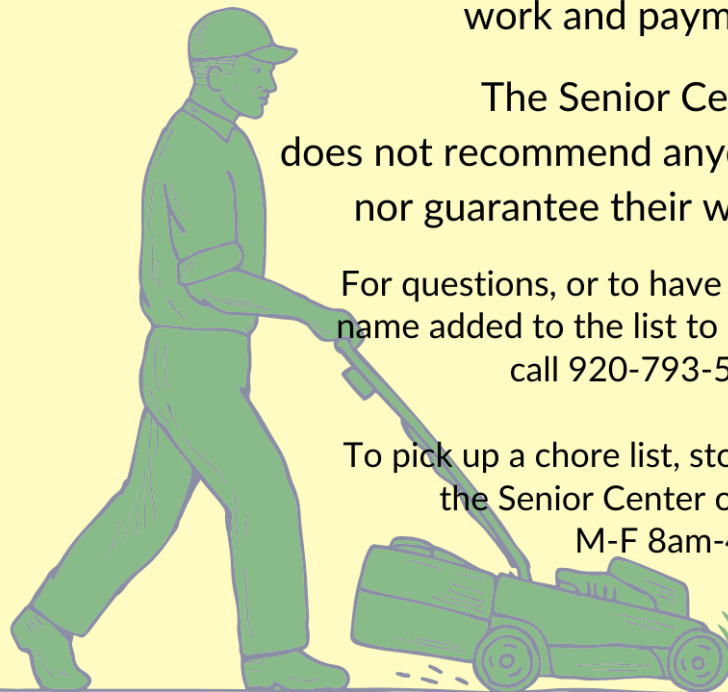
## PEOPLE HELPING PEOPLE CHORE PROGRAM

Open to anyone, the chore list provides a list of members in the community who want to offer services to seniors. It is the responsibility of both parties to agree on work and payment.

The Senior Center does not recommend anyone, nor guarantee their work.

For questions, or to have your name added to the list to help, call 920-793-5596.

To pick up a chore list, stop by the Senior Center office M-F 8am-4pm.



## Pick up our newsletter at these locations !

### Two Rivers

Two Rivers Family Dental  
St. Peter the Fisherman  
The Medicine Shoppe  
Patsy's Mobil Mart  
Delwan Apartments  
Bank First National  
Meadow View  
Northland Lodge  
Lester Library  
St. Luke's Place Apts

### Two Rivers Christian Thrift Store

Mueller Manor  
Community First Bank  
River House Apts  
Fox Valley Credit Union  
Shoreline Credit Union  
Hamilton Care Center  
TREP  
Washington House  
St. Vincent De Paul  
Village Green East

### Village Green West

Schroeder's/ Red Bank Coffee

### Manitowoc

ADRC of the Lakeshore  
Felician Village  
Manitowoc Public Library  
River Wood Estates  
Manitowoc Visitor's Center  
Manitowoc Senior Center  
Manitowoc County Chamber  
Manitowoc Tourist Info Center  
YMCA

All trips to and  
from the Senior Center  
are **FREE!**

# T . R . U . S . T . C A R

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

**The TRUST car vehicle and program are sponsored by the Friends of the Two Rivers Senior Center**

## Memberships

**\$15/yr per person  
\$225 for a lifetime!**

**Stop in and sign up or renew your membership anytime during office hours!**

Membership is open to anyone over 50, grants you access to many of our programs at no additional cost, and is payable by cash or check.

# Join Us!

2024 marks 70 years for our Senior Center from its humble beginnings as The Golden Agers group. We're planning an anniversary party and would like help from our members!

Please join us for a meeting to form a planning committee on April 15th at 2pm in the Koska.

1954 • Celebrating **70** years • 2024



## CALLING ALL PHOTOGRAPHERS!

**SHOW US THE BEAUTY OF THE LAKESHORE!**

*The Two Rivers Senior Center is holding a photo contest! This contest is open to anyone in the Two Rivers area who would like to participate. We are now accepting entries! The last date to submit an entry is June 30th. The 12 winning photographs will be featured in our Senior Center 2025 calendar, as well as on the cover of a 2025 Senior Center Newsletter!*

**WE WILL BE ACCEPTING DIGITAL ENTRIES ONLY.  
CONTACT MEGAN TO RECEIVE AN ENTRY FORM WITH  
CONTEST DETAILS.**

***For questions, or to enter, email [megmar@two-rivers.org](mailto:megmar@two-rivers.org)  
or call 920-793-5597***

## CARS Program

This American Legion program allows folks to donate unwanted vehicles with the proceeds to benefit a non-profit: in this case, **The Friends of the Two Rivers Senior Center!**

For questions or to start your donation, visit:  
[careasy.org/nonprofit/friendsofthetworiversseniorcenter](http://careasy.org/nonprofit/friendsofthetworiversseniorcenter)  
or call 855-500-7433



## HYGENIA DENTAL SERVICES

Registered Dental Hygienist, Kathy Rezba, will be providing dental cleanings, oral cancer screenings, fluoride treatments, and referrals for further treatment when needed.

Appointments available  
**Fridays 12-4 starting May 3.**

Dental Cleanings: \$225  
Fluoride Treatments: \$35  
Medicaid co-pays: \$50

Sign up through the Senior Center  
by calling **920-793-5596**

### THE SALVATION ARMY MOBILE PANTRY AT THE SENIOR CENTER



The Salvation Army Mobile Pantry will include the Two Rivers Senior Center on its deliveries!

On the 2nd Friday of each month they will be in the Senior Center parking lot on 18th Street to distribute meals to folks who have reserved a food box.

To reserve a food box, please call The Salvation Army to make an appointment.

**920-684-7117 M-TH 9am- 4pm.**

### Environmental Advisory Board 2024 Educational Series

Invasive species - Flora & Fauna with Jim Knickelbine/Director Woodland Dunes  
Thursday, Jan. 4 • 6:00 PM • Lester Public Library

Exploring Local Ecosystems with Nancy Gill  
Thursday, Feb. 1 • 6:00 PM • Lester Public Library

Stormwater with Public Works Director Matt Heckenlaible & Engineer Scott Ahl  
Thursday, March 7 • 6:00 PM • Behringer Room @ Community House

Climate Change with Governor's Task Force on Climate Change member Mike Peters of WPPI Energy  
Thursday, April 4 • 6:00 PM • Behringer Room @ Community House

Recycling Information with County Recycling Center Operations Manager Jon Reisenbuechler  
Tuesday, May 7 • 6:00 PM • Lester Public Library



# Rummage

SALE

May 23rd 9am-3p & 24th 9am-12pm

We are accepting crafts, outdoor items, holiday wares, home and kitchen goods, decor, books, and more!

**You may drop off new or gently used donations for the rummage sale on Tuesday, May 21st from 9am-3pm.**

Stuff-a-bag for \$1 from 1-3 on the 23rd  
Everything is free from 10-12 on the 24th

**NO CLOTHES OR ELECTRONICS PLEASE**



# Exercise

One wellness card punch per class for Fitness fun, Arthritis Exercise, and Cardio Drumming. Wellness cards can be purchased at the front desk @ \$10 for 10 punches.

\*See the next page for Silver Sneakers details\*

## Fitness Fun

**Mondays  
@ 10**

Join this eclectic virtual exercise class for all fitness levels. Activities include dancing, cardio, and more! Classes are held in the Koska room.  
1 wellness punch.

## Senior Yoga

**Mondays  
@9**

This class, with in-person instruction, includes yoga & range of motion moves tailored to seniors. All skill levels welcome. In the Behringer room.

Now a Silver Sneakers class!

## Arthritis Exercise

**Tuesdays  
@ 10:30**

This class can help get you moving to increase strength and flexibility, reduce joint pain, and help combat fatigue. In the Behringer room.  
1 wellness punch.

## Let's Get Moving!

**Tuesdays  
@ 1:00**

This class is lead by staff from ATI physical therapy, and focuses on range of motion. Classes are held in the Behringer room.  
1 wellness punch.

## Senior Yoga

**Wednesdays  
@9**

This class, with in-person instruction, includes yoga & range of motion moves tailored to seniors. All skill levels welcome. In the Behringer room.

Now a Silver Sneakers class!

## EnerChi

**Wednesdays  
@ 2pm**

A mix of Tai Chi and Qigong, this class improves and maintains health through slow, meditative movements, while focusing on mindful breathing, focus, and visualization. In the Behringer room.

Now a Silver Sneakers class!

## Cardio Drumming

**Thursdays  
@ 9**

Join this fun group for 60 minutes of drumming at your own pace, led by a virtual instructor. All levels welcome. Classes are held in the Koska Room.  
1 wellness punch.

CLASSES ARE GEARED FOR A WIDE RANGE OF ENDURANCE LEVELS. CLASSES ARE ADAPTABLE, SO EXERCISE AT YOUR OWN PACE!

**Call  
920-793-5596  
to register  
for classes.**



# Silver Sneakers

sign up for Silver Sneakers classes with Cathy!

Here's how it works:

**Silver Sneakers eligible members- FREE**

Not sure if you're eligible? Visit [silversneakers.com](http://silversneakers.com) to check your eligibility and find your member ID, or ask your instructor.

**A punch card will be available for all of Cathy's classes directly through her. Prices are as follows:**

**Senior Center Members- \$10 for a 5 class punch card**

**Non-Members- \$20 for a 5 class punch card**

**Drop in to try a single class for \$5!**

There will be no YOGA class  
April 22nd or 29th

starting in May, EnerChi will  
follow Wednesday Yoga at 10  
am

**Mondays 9:00 am- Yoga (Range of Motion)**  
**Wednesdays 9:00 am- Yoga (Range of Motion)**  
**Wednesdays 2:00 pm- EnerChi (Tai Chi/ Qigong)**

**Location: Two Rivers Senior Center**  
**1520 17th Street**  
**Two Rivers, WI 54241**

# MAGEE ELEMENTARY CHOIR

**APRIL 30TH**

The Senior Center is one of the stops on McGee Elementary's choir tour! We'd love to gather a good crowd to show our support! Meet in the Koska room at 10:45 am to enjoy their performance!

# TWO RIVERS SENIOR CENTER RED HATTITUDES

Thursday, April 18th at 11:30 am

Join the Red Hattitudes for their meeting and a meal at:

Whiskey D's  
1215 26th Street  
Two Rivers, WI 54241

Sandy & Glenda are your hostesses.

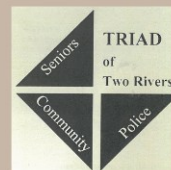
WE ARE ALWAYS  
LOOKING FOR PEOPLE  
TO HAVE FUN WITH  
US. IF INTERESTED,  
INQUIRE AT THE  
SENIOR CENTER



## TRIAD *fundraiser*

Stop in at the Senior Center and pick up your Kwik Trip car wash card to support TRIAD.

\$36 each



# Potato and Pea Chowder

4 servings

## Ingredients

2 Tbsp. extra-virgin olive oil  
1 medium leek, white and pale green parts only, thinly sliced, rinsed, patted dry  
3 garlic cloves, thinly sliced  
¼ cup dry white wine  
1 lb. baby potatoes, unpeeled, cut into thick wedges  
6 cups low-sodium vegetable broth  
2 tsp. Diamond Crystal or 1 tsp. Morton kosher salt  
Freshly ground black pepper  
1 cup heavy cream  
1 cup shelled fresh or frozen peas  
2 tsp. Worcestershire sauce or soy sauce  
¼ cup coarsely chopped dill, plus sprigs for serving



## Preparation

### Step 1

Heat 2 Tbsp. extra-virgin olive oil in a large heavy pot over medium-high. Cook 1 medium leek, white and pale green parts only, thinly sliced, rinsed, patted dry, and 3 garlic cloves, thinly sliced, stirring occasionally, until lightly browned and slightly softened, about 3 minutes.

### Step 2

Add ¼ cup dry white wine and cook, stirring often, until almost completely evaporated, about 2 minutes. Add 1 lb. baby potatoes, unpeeled, cut into thick wedges, 6 cups low-sodium vegetable broth, 2 tsp. Diamond Crystal or 1 tsp. Morton kosher salt, and a few grinds of freshly ground pepper. Bring to a boil and cook, uncovered, until potatoes are very tender, 20–25 minutes.

### Step 3

Reduce heat to medium. Using a potato masher, coarsely mash some of the potatoes a few times to break up into smaller pieces. Add 1 cup heavy cream and 1 cup shelled fresh or frozen peas; cook until peas are tender, about 5 minutes. Remove from heat and stir in 2 tsp. Worcestershire sauce or soy sauce and ¼ cup coarsely chopped dill.

### Step 4

Ladle chowder into bowls; top with dill sprigs and season with pepper.

# Energy Assistance Intake Day

Wisconsin Home Energy Assistance Program (WHEAP) facilitators will be at the Two Rivers Senior Center **April 18th and 25th** to sign residents up for the energy assistance program.

To sign up for an appointment, call the Two Rivers Senior Center at:  
**920-793-5596**

*homeenergy+*<sup>sm</sup>



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## Sharon S. Richardson

COMMUNITY HOSPICE

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### How to Start the Conversation: Your Care Needs and Wishes

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#### April 4th- 1pm

Whether you are in need of more care or you are the person providing care, having a conversation about needs can be difficult. Being a caregiver may start with shopping for groceries, picking up medication or attending a doctor's appointment. Later, you may find yourself taking more time off from work, preparing meals, handling bills and potentially facing caregiver burnout. The same goes for the person who is receiving care. It may start with receiving assistance with errands, shopping, cleaning your home when suddenly you find yourself needing more care. Who will start the conversation? The caregiver or the care receiver? In this presentation, we will discuss some basic techniques that can be used to initiate a conversation about care as well as examine when additional help is needed.

### Caring for the Caregiver: Flourishing

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#### May 2nd- 1pm

Caregiving can be gratifying for both you and the person you are caring for, but the stress and responsibilities that come with it cannot be denied. Finding a balance between caregiving and your self care is essential to everyone's well being. In this presentation, learn how to recognize signs of caregiver fatigue and how fatigue can stress the nervous system. Also gain a better understanding of how to tune into your body to provide some TLC to nourish your nervous system so you can flourish as a caregiver.

WATCH FOR THESE UPCOMING SHARON S. RICHARDSON CLASSES:

9/5/24- Rebuilding: Purpose After Caregiving and Loss.

11/7/24- Grief Through the Holidays

## ENTER TO WIN WITH OUR EDUCATION RAFFLE!

EVERY TIME YOU COME TO A CLASS, YOU  
CAN ENTER YOUR NAME IN OUR RAFFLE  
TO WIN A GIFT BASKET.

One name will be picked each month.  
Make sure to mark your calendars and  
sign up today!

The Senior Center will be hosting a wide range of educational classes geared to help you be empowered to manage your financial and personal health. Sign up today for classes brought to you by Catholic Charities Financial Health Services, The Elder Financial empowerment Project, Froedtert & HFM, And Sharon S. Richardson Hospice.



Refreshments and snacks for all educational programs provided by:  
The Friends of the Two Rivers Senior Center



**NOW SHOWING**  
 MOVIE MATINEE- MONDAYS @1PM

**April 1st- Ferris Bueller's Day Off-**

Ferris Bueller (Matthew Broderick) has an uncanny skill at cutting classes and getting away with it. Intending to make one last duck-out before graduation, Ferris calls in sick, "borrows" a Ferrari, and embarks on a one-day journey through the streets of Chicago. On Ferris' trail is high school principal Rooney (Jeffrey Jones), determined to catch him in the act. - IMDb  
 Rated PG-13. Run time 1 hr 38 minutes.

**April 8th- Driving Miss Daisy-**

When Daisy Werthan crashes her car, her son, Boolie, arranges for her to have a chauffeur, an African-American driver named Hoke Colburn. Daisy and Hoke's relationship gets off to a rocky start, but they gradually form a close friendship over the years, one that transcends racial prejudices and social conventions. -IMDb  
 Rated PG . Run time 1 hrs 39 mins.

**April 15th- Never Too Late-**

A group of seniors makes plans to break out of their retirement home to achieve their unrealized dreams before it's too late.- IMDb  
 Rated PG-13. Run time 1 hr 35 minutes.

**April 22nd- Overboard-**

Snobbish and wealthy Joanna Stayton (Goldie Hawn) is living a life of leisure with her husband, Grant (Edward Herrmann), when she falls off their yacht and suffers amnesia. Grant takes the opportunity to rid himself of the demanding Joanna -- but Dean (Kurt Russell), a widowed carpenter with four kids who once worked for Joanna, arrives and claims she's his wife. Joanna can't remember her past identity, but has trouble believing that she was ever meant to be a working-class mother of four.- IMDb  
 Rated PG-13. Run time 1hr 52 min.

**April 29th- The Shakiest Gun in the West-**

In 1870, bumbling Philadelphia-based dentist Jesse W. Haywood (Don Knotts) travels west to set up a practice in the frontier. There, he meets Penelope Cushings (Barbara Rhoades), a pretty bandit who has agreed to investigate an Indian gun-smuggling operation in exchange for her freedom. - IMDb  
 Rated G. Run time 1 hr 41 minutes.

**Pre-register by calling 920-793-5596. Space is limited**

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





# IT'S ALL FUN AND GAMES...

Come and join in the fun! To sign up ahead of time,  
give us a call at 920-793-5596

## Bowling

Wednesdays  
@ 9:15  
At the Hook

**Meet at The Hook!**

## Mahjong

Tuesdays  
@ 9:30  
In the Library

## Cribbage

Wednesdays  
@ 1:30  
In the Library

## Bingo

Tuesdays  
@ 1:00  
In the Koska

## Sheepshead

Thursdays  
@ 1:00  
In the Library

## Dominoes

Tuesdays  
@ 1:00  
In the Library

## Bingo Brunch

Fridays  
@ 9:00  
In the Koska



# CARD CREATORS

Wednesdays @10am  
Two Rivers Senior Center Library

**PRE-REGISTER BY CALLING  
920-793-5596**

The card creators are a group of member-volunteers who make cards that get sent to members, Home Delivered Meal participants, and more on behalf of the Senior Center. Thank you card creators!

## Quilting Group

Join this creative group and make quilts with materials provided by the Senior Center. Don't know how to quilt? We'll teach you! The quilter's hard work gets sent to area organizations and individuals in need. Thank you quilters!

**Fridays at 8:30 am in  
the Library**

Call 920-793-5596 to register



## Creation Station

MOTHER'S DAY CARD

Use the instructions materials provided and whatever else you can find to create a Mother's Day card!

To reserve your kit, call 920-793-5596.  
Call by Friday, April 12th.

Kits will be ready for pick up April 19th at the Senior Center front desk.

One kit per person. Additional kits may be purchased for the guest price of \$5.

**Members FREE, Guest \$5**

# HAPPY BIRTHDAY!

## APRIL 1

Dave DeVore  
Sonja DeVore  
susanne Hinkle  
Laura Prellwitz

## APRIL 2

Donald DeWitt  
Jacque Dickensheid  
Judy Goodchild  
Ethel Petrashek  
Paul Reilly

## APRIL 3

Lucille DeWein  
Sandra Fonda  
Wanda Swiggum

## APRIL 5

Teri Hatleberg  
Janice Pagel  
Joyce Zoerb

## APRIL 6

Dave Boehm  
Daniel Kirk

## APRIL 8

Virginia Coffman  
Kenneth Walvrod

## APRIL 10

Helen Belonger  
Peggy Karman  
Nancy Schultz

## APRIL 11

Kim Ching  
Ronald Olson

## APRIL 12

Lori Hansen-Stein  
Carol Rabitz  
Patricia Reeths-Schultz  
Debbie Wochos

## APRIL 13

Debra Augustine  
Rosemary Bodart  
Marilyn Miller  
Sue Zur

## APRIL 14

Avis Bleick  
Roger Karman  
Linda Konitzer

## APRIL 15

Linda Pakarek  
Joan Schmid

## APRIL 16

Cyndi Teuke  
Lois Thorndson

## APRIL 17

Geraldin Belz  
Ronald Desten

## APRIL 18

Lou Ann Gray  
Mary Ann Kirchman

## APRIL 19

Donna Coenen  
Robert Nicholson

## APRIL 20

Marlene Guehlstorf

## APRIL 21

Ronald Ciha

## APRIL 22

Rick Blahnik  
Jean Huempfner  
Richard Kornely

## APRIL 23

Nancy Denfeld

## APRIL 24

Joan Eis  
Carol Swoboda  
Joyce Wilfert  
Kathryn Zeman

## APRIL 25

Jan Lane

## APRIL 26

Joan Brault  
Judith Delfosse

## APRIL 28

Allen LeClair  
Lenore McDonough

## APRIL 30

Jacquelynn Collins  
James Prellwitz Jr.  
Jerry Schubring



# Happy Anniversary



*April 2*

Ronald & Donna Kryzenske

*April 23*

Bruce & Jo Yungerman

*April 8*

Romy & Jennie Petri

*April 25*

Ronald & Sharon Desten

*April 18*

Joel & Ann O'Connell

*April 26*

Robert & Joan Brault

*April 19*

John & Janet Wilsmann

*April 27*

Norman Shanks  
& Debra Frenn

*April 29*

Franklin & Kathryn Zeman

# APRIL

## *Birthday Party*



**Friday,**

**April 19th**

**1:30-2:30 pm**

Entertainment by:  
Lee & Lloyd!

**Come down and enjoy  
Water, Coffee, and Cake!**

**Birthday prize drawing for folks  
with April birthdays. Enter at the  
door to win!**

***Sign up by April 12th! 920-793-5596***

Event Sponsored by the  
Friends of the Two Rivers Senior Center  
Balloon creations donated by  
Dazzling Creations

# Upcoming Trips

"LET YOUR FINGERS DO THE WALKING" THROUGH THE TRAVEL SECTION OF YOUR NEWSLETTER FOR TRIP DETAILS!

## 2024

### NUNSENSE: A MUSICAL COMEDY AT THE FIRESIDE

May 30th

### BREWERS VS. LA DODGERS

August 15th

### PAINTED CANYONS OF THE WEST

September 10th- 18th

### ATLANTIC CITY, NEW YORK CITY, AND PHILADELPHIA

September 21st- 27th

### CAPE COD AND THE ISLANDS

September 21st- 27th

### HIGHLIGHTS OF ENGLAND, SCOTLAND, & WALES

October 30th- November 8th

### SPOTLIGHT ON SAN ANTONIO HOLIDAY

November 30th- December 4th

## 2025

### CLASSICAL GREECE DISCOVERY

February 9th-19th

### SPOTLIGHT ON WASHINGTON D.C.

March 27th- April 1st

### IRELAND: DUBLIN, CORK, & GALWAY

April 27th - May 4th

*\*Call for availability.*

**Sign up today! 920-793-5596**

**More Information Coming Soon!**

Holiday trip to Appleton which includes: Paine Art Center Nutcracker Exhibit, lunch, and shopping at Fox Valley Mall!

# Trip Meeting. April 16th @ 10am

Join Cathy Hendricks in the Koska room of the Senior Center to learn more about travel to Dublin, Cork, and Galway in Ireland!

Call 920-793-5596 to sign up today!

# The Fireside, Inc.

JOIN US AT THE FIRESIDE FOR:

## NUNSENSE: A MUSICAL COMEDY

**MAY 30TH**

**MEMBERS: \$120**

**NON-MEMBERS: \$130**

Stop by the Senior Center to sign up today!

Sign up Deadline 4/26

Call 920-793-5596 for more information

Join us for a madcap revue with a hysterical, anything-goes, good natured sense of fun. The Little Sisters of Hoboken are in dire financial straits. It seems they must raise enough money to bury the last four of 52 dearly departed nuns who were accidentally poisoned by the convent cook, Sister Julia (Child of God). The five remaining sisters perform with quick paced, comic flair and high-spirited singing. It's an outrageous premise for a long-running hit show that's "sinfully" hilarious and definitely habit forming! - firesidetheatre.com

Price includes travel, a meal, and a show.



**NUNSENSE**  
A MUSICAL COMEDY

# Atlantic City New York City PHILADELPHIA

**September 21-27th 2024**

Spend **7 days and 6 nights** touring Atlantic City, New York city, and Philadelphia! Highlights include 3 nights at an Atlantic City Hotel, a guided tour of New York City and Philadelphia, with stops at The Rockefeller Center, Times Square, and Independence Hall.

**Single- \$1354 Double- \$1075. \$75 downpayment due upon sign up. Final payment due 7/14.**

**Diamond Tours**<sup>inc</sup>  
Bringing Group Travel to a Higher Standard<sup>®</sup>

## *Cape Cod & The Islands*

**September 21- 27th \$3,325 pp (double)**  
when you book before 7/8/24

Join Premier on this 6 night tour featuring Cape Cod and Boston, with stops in Martha's Vineyard, Provincetown, and Newport. Visit Nantucket Island, Plymouth rock, a cranberry bog, Breaker's Mansion, and enjoy a New England Lobster dinner.

**Call Heather to sign up today!**

**920-793-5596**







# *Highlights of England, Scotland, and Wales*

October 30- November 8th \$4049 pp (double)

Final Payments due 8/15/24

Enjoy tours of Edinburgh and London. Witness Buckingham Palace's Changing of the Guard. Visit Edinburgh Castle, Stratford-Upon-Avon, Salisbury Cathedral, Stonehenge, The Roman Baths Museum, and more!

Call Heather to sign up today!

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# *San Antonio Holiday*

Nov. 30- Dec. 4th \$2029 pp (double)

when you book before 6/30/24

Visit The Mission in San Jose, The Alamo, El Mercado, Fredricksburg, The National Museum of the Pacific War, the Historic Pearl District, go on a Paseo del Rio cruise, and more!

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# Brewers vs. LA Dodgers August 15th

**Members: \$60**

**Non-Members: \$70**

**Price includes tickets, transportation, and a boxed lunch of a sandwich, chips, cookie, and a bottle of water from Subway.**

# 2025

## CLASSICAL GREECE DISCOVERY

February 9-19th

Enjoy stops in Athens, Delphi, and Olympia. Take a cooking class, dance class, and a choice of tours!

3,099 pp Double  
3,699 pp Single

Book before 8/10/24  
for these rates!

## SPOTLIGHT ON WASHINGTON D.C.

Mar. 27th - Apr. 1st

Tour the U.S. Capital building, Arlington National Cemetery, Mt. Vernon, WWII Memorial, the Smithsonian, & more!

2,999 pp Double  
3,699 pp Single

Book before 9/27/24  
for these rates!

## IRELAND: DUBLIN, CORK, & GALWAY

Apr. 27th - May 4th

Visit St. Patrick's Cathedral, the Temple Bar District, Cobh Heritage Centre, Blarney Castle, Cliffs of Moher, & more!

4,134 pp Double

Don't miss the Ireland trip meeting April 16th @10am!

# THANK YOU!

## WE APPRECIATE YOU!

### GENERAL DONATIONS

*Bruce & Jo Yungerman, Sharon & Karen, Virginia Coffman, Patrick Gagne, Delores Dworak, Eunice Kuehl, The Quilt Shop of Two Rivers, and all those who donated anonymously!*

### SUPPORTING BUSINESSES AND ORGANIZATIONS

*Covered Wagon Restaurant, Deja & Martin Funeral Home, Dominitz Flowers, Felician Village, Holy Family Memorial/ Froedtert, Inclusa, Jay's Legacy Home Care, Lakeshore Family Funeral Homes/ Klein & Stangel, Lester Public Library, Manitowoc Health & Rehab, Maritime Metro Transit, Meadow View Assisted Living, Park Lane Apartments/ Mishicot housing, Patch Adams & Associates, Shady Lane Senior Living, Sharon S. Richardson Community Hospice, Society of St. Vincent De Paul, The Bay at North Ridge, The Medicine Shoppe, Two Rivers TRIAD Committee, Unity Hospice, Valley View Apartments, VFW #1248 (Veterans of Foreign Wars- Two Rivers), Village Green East & West*

### MARCH HOME DELIVERED MEAL VOLUNTEERS

*Good Shepherd, Grace Congregational UUC, Two Rivers School District, 1st Anderson Real Estate LLC, Two Rivers Rotary, Hamilton Home, Northland Lodge, and all the individuals who drive for us!*

## KITCHEN VOLUNTEERS NEEDED!

#### **Job Duties:**

Package cold and hot meals for meal recipients, as directed, in a clean and safe manner. Load coolers for delivery by route, ensuring completeness and accuracy. Assist in serving lunch at Senior Center, wash dishes, clean and sanitize work areas.

**For more information, contact Mary at:  
920-793-7266**

#### **Requirements:**

No food service experience is needed; our staff will guide you. Volunteers should enjoy working in teams and be able to adhere to safety and health codes, stand for long periods of time and work within time constraints. Weekday availability between 8:00 am and - 1:00 pm.



**JOIN**

**US!**

## TWO RIVERS SENIOR CENTER **MEMBERSHIP**

\$15 per person-annually  
\$225 per person-lifetime

CASH OR CHECK PAYMENTS ONLY

Open to anyone 50+ years of age. We offer wonderful opportunities to stay engaged, socialize, maintain wellness, have fun, and so much more!



## **ADRC LUNCH PROGRAM**

**MONDAY-FRIDAY @ 11:30 AM**

**Sign up for the ADRC lunch program and dine in at the Two Rivers Senior Center. Reservations required by 11:00 AM the day before. Call 920-793-7266 to make your reservation.**

**Suggested Contribution of \$6.50 for those over 60**

# April 2024

## Two Rivers/Mishicot Area Dine In and Home Delivered Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Baked Chicken Whipped Potatoes & Gravy Carrots WW Bread Fruited Jello	Swedish Loaf Potato Casserole Broccoli WW Dinner Roll Chocolate Chip Cookie	Chicken Caesar Salad Vegetable Bean Soup Dinner Roll Chocolate Mousse	Lasagna Capri Blend Veggies Peaches French Bread Apple Pie Square	Beef Tacos Refried Beans Corn Golden Salad
8	9	10	11	12
Chili Chicken Salad on WW Bread Three Bean Salad Cold Applesauce Cherry Cake	Shepard's Pie Hubbard Squash Broccoli White Bread Rice Krispie Bar	Pineapple Glazed Ham Cheesy Potatoes Brussel Sprouts Rye Bread Tropical Fruit	Chicken Ala King Whipped Sweet Potatoes Wax Beans WW Dinner Roll Fresh Fruit	Salmon Potato O'Brien Cabbage & Carrots WW Bread Bread Pudding
15	16	17	18	19
Meatloaf Mashed Potatoes & Gravy California Blend Veggies Rye Bread Chocolate Pudding Torte	Beef Casserole Romaine Salad Country Blend Veggies Garlic Bread Stick Banana	Brat on WW Bun Caesar Potatoes Baked Beans Fruit Salad	Pork Roast Baby Red Potatoes Green Beans WW Bread Pumpkin Bar	Chicken Stir Fry Brown/White Rice Carrots Pineapple Peanut Butter Cookie*
22	23	24	25	26
Beef Stroganoff Mashed Potatoes & Gravy Corn WW Dinner Roll Fruit & Yogurt Parfait w/Granola	Tuna Noodle Casserole Winter Squash Grapes Biscuit Lemon Bar	Southwest Chicken Romaine Salad Tomato Wedges Potato Bucks WW Bread Black Bean Brownie	Meatballs & Gravy Mashed Potatoes Broccoli WW Bread Fruited Jello w/Whipped Topping	Chicken Dumpling Soup Ham Salad on Rye Cucumber Salad Pears Chocolate Chip Bar
29	30	1	2	3
Hamburger on WW Bun German Potato Salad Raw Carrots/ Cucumbers w/ Hummus Apple Bar	Egg, Ham, & Cheese Scramble Diced Sweet Potatoes Tropical Fruit Mini Muffin Yogurt	*Contains nuts. Please note, our kitchen is NOT a nut- free facility.		