



Two Rivers Senior Center

ENHANCING THE LIVES OF
OLDER ADULTS.

A close-up photograph of a honeybee on a yellow daisy flower. The bee is positioned on the center of the flower, facing left. The background is a soft-focus blue sky with light clouds. The entire image is framed by a yellow circular graphic on the left side.

MAY 2023



ACTIVITIES AND SERVICES

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

Activities

Bingo Tuesdays @ 1 pm & Fridays @ 9 am
Bowling at The Hook (fall) Wednesdays @ 9:15am
Card Creators Wednesdays @ 10:00 am
Creation Station Varies, see Calendar
Cribbage Wednesdays @ 1:30 pm
Dominoes Tuesdays @ 1:30 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

Exercise

Arthritis Exercise Tuesdays @ 10:30 am
Cardio Drumming(virtual) Wednesdays @ 9 am
Chair Yoga (virtual) Thursdays @ 10:00 am
Fitness Fun (virtual) Mondays @ 9 am
Simply Seniors (P&R) Tues & Thurs @ 9:15 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 & 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
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. Guests of members must be 18+, Individual guests must be 50+.

GOVERNANCE & MORE

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



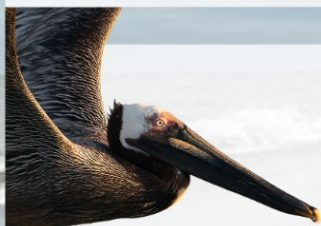
City of Two Rivers Committee on Aging

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, Virginia Coffman, Jo Yungerman, Kyle Korinek.

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- Carol Rabitz

Financial Secretary- Ann Plansky

Treasurer- Cindy Schmidt

Board members- Ruth Kadow, Sid Kemp

A BIG THANK YOU TO THE FRIENDS

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

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Program Coordinator

Megan Marchant

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Nutrition & Volunteer Coordinator

Mary Omillian

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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, 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.

COMMITTEE ON AGING

Next Meetings are Monday, May 1st and Monday,
June 5th @ 8:30 AM in the Library

The May 1st meeting will host the Board of Long
Term Care, giving an Ombudsman Presentation



Services

Stop by and
grab a cup of
coffee, tea, or
hot cocoa from
the coffee cart
any time during
regular hours
for only 25¢



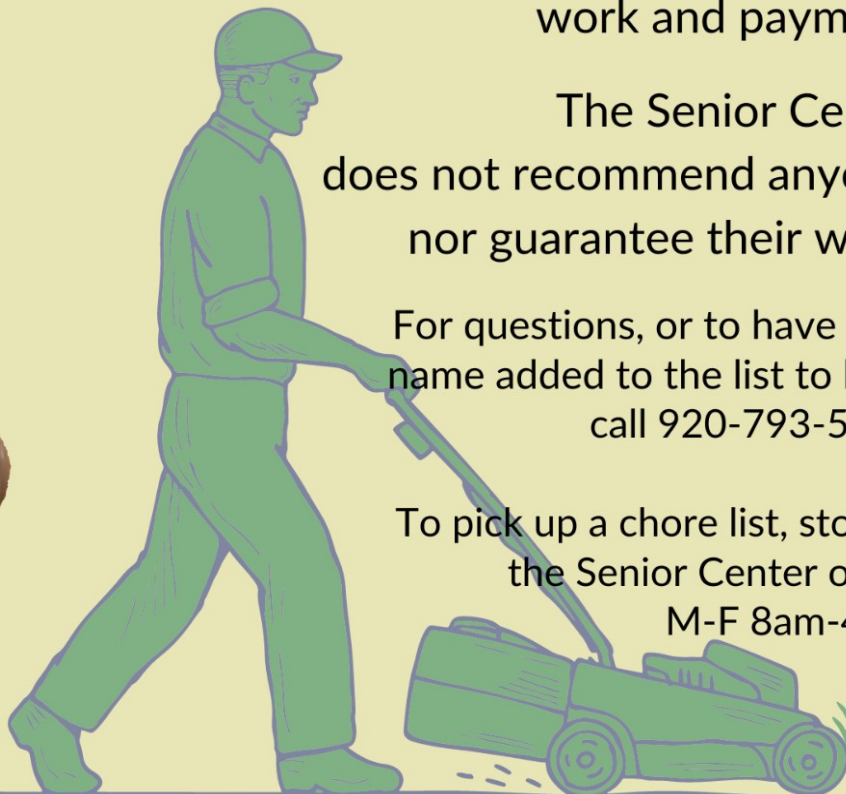
PEOPLE HELPING PEOPLE CHORE PROGRAM

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

Felician Village
Manitowoc Public Library
River Wood Estates
Manitowoc Visitor's Center
Manitowoc Senior Center
Manitowoc County Chamber
YMCA



Services



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

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

Membership Renewals



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.

Spring Yard Clean-up with Froedtert

Froedtert is seeking folks in Two Rivers who are interested in having their yard cleaned up by their crew. If you'd like to participate in this service, call us at 920-793-5596 or stop in to sign up. Clean up dates will depend on number of sign ups.

Services



Memorial Day Parade

Join the Two Rivers Senior Center on May 29th as we participate in this year's Memorial Day Parade!

We'll meet at 7:30 am, and represent the Senior Center in the parade. If you're interested in joining us, call or stop in for more information!

Call 920-793-5596 or stop in to sign up!

Cemetery Clean-up

Cemetery plots need to be clear of all decoration from April 15 to May 15 to allow for our city workers to do some spring cleaning!

SteppingOn

© Clemson, Swann & Mahoney, 2022

1 in 4 people age 65 or older has a fall each year. You don't have to be one of them!

Stepping On has been researched and proven to reduce falls by 30%! Join us as the Two Rivers Senior Center partners with the ADRC of the Lakeshore to offer your community this once weekly- 7 week- falls prevention workshop.

Where: Two Rivers Senior Center
1520 17th Street, Two Rivers WI
Behringer Room

When: Wednesdays from
May 3rd- June 14th (7 weeks)
1:00pm-3:00pm

Suggested Donation: \$10 to help cover class materials

Call 1-877-416-7083 to register and reserve your seat in class. Class size is limited- call today!



Activities

WeCOPE: Connecting with Positive Emotions

This six-session morning workshop is designed to promote emotional awareness through conversation and skill building to help us discover strategies to respond to daily stressors. Join us for light-hearted guided group discussions and practice new ways to improve our ability to manage life's daily challenges in healthy ways. Health and Well-being Educator, Cath Tease will facilitate the workshop. Cath works for the University of Wisconsin-Madison Division of Extension – Manitowoc County.

6 sessions- Mondays April 17 through May 22nd@ 10 AM

Cost: Free

Location: Two Rivers senior Center Library

Call 920-793-5596 to register



Extension
UNIVERSITY OF WISCONSIN-MADISON

ENTER TO WIN A GOODIE BASKET!

Attend either of these classes, clip this coupon, and bring it in to be entered into a drawing for a goodie basket! **Winner will be drawn June 15th!**

Name_____

phone_____

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.



Exercise

One wellness card punch per class. Wellness cards can be purchased at the front desk @ \$10 for 10 punches.

Fitness Fun

**Mondays
@ 9**

Join this eclectic virtual exercise class for all fitness levels. Activities include dancing, cardio, strength training, stretching, yoga, and more! Classes are held in the S.C. Koska room.

Arthritis Exercise

**Tuesdays
@ 10:30**

This class can help get you moving to increase strength and flexibility, reduce joint pain, and help combat fatigue. Classes are held in the S.C. Behringer room.

Cardio Drumming

**Wednesdays
@ 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 S.C. Koska Room.

Senior Yoga

**Thursdays
@ 10**

This is class, with virtual instruction, includes yoga moves tailored to seniors. All skill levels welcome. Classes are held in the S.C. Koska room.

Call 920-793-5596 to register for classes.



Activities



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 Meals 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

Activities



Creation Station

CHERRY BLOSSOM PAINTING

Create your own cherry blossom painting using q-tips! Kits will include a canvas, paints, q-tips, and instructions.

To reserve your kit, call 920-793-5596.
Call by Friday, May 19th.

Kits will be ready for pick up May 25th & 26th 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



MAY WORD SEARCH

BUTTERFLY
BUMBLEBEE
GARDENING
CINCO DE MAYO
BLOSSOMS
CATERPILLER
MOTHER'S DAY
SUNSHINE
MAY DAY
FROGS
SOIL
MEMORIAL DAY
PLANTING
LADYBUG

Activities

E	E	P	O	Y	E	B	T	S	G	L	P	C	M
T	T	I	Y	G	E	L	D	U	N	I	O	R	G
L	D	N	A	M	B	O	R	N	I	O	A	L	A
O	Y	E	M	O	U	S	E	S	I	S	D	Y	B
C	M	F	E	T	M	S	I	H	S	L	T	U	G
L	G	Y	D	H	B	O	M	I	I	E	T	U	R
S	N	A	O	E	L	M	A	N	C	T	B	E	U
G	I	D	C	R	E	S	S	E	E	Y	L	D	E
O	N	Y	N	S	B	R	G	R	D	B	U	N	I
R	E	A	I	D	E	I	F	A	D	Y	A	S	D
F	D	M	C	A	E	L	L	E	D	A	R	A	P
L	R	E	E	Y	Y	P	L	A	N	T	I	N	G
C	A	T	E	R	P	I	L	L	A	R	U	I	R
G	G	E	M	E	M	O	R	I	A	L	D	A	Y

May Birthday Party!

All are welcome to come down and
celebrate all of our
friends born in May!

Friday, May 26th from 1-3 pm

ENTERTAINMENT BY RYAN KAUTZER!

cake and refreshments provided!

Sign up ahead by calling 920-793-5596

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



Burn up the dance floor at our
May Birthday Party!



TWO RIVERS SENIOR CENTER **RED HATTITUDES**

THURSDAY, MAY 18TH @ 12:00 PM

Join us to watch the USS Badger come in
to the harbor in Manitowoc at 12,
followed by lunch at 1:30pm at
Dali's Cafe, 202 N. 8th Street, Manitowoc

Call 920-793-5596 to sign up

Marge is our Hostess

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

Activities



MARK YOUR CALENDARS FOR THESE UPCOMING FUNDRAISERS

May 5th **Cinco de Mayo to-go meal** (pre-orders due 4/28)

May 18th-19th **Rummage sale & Bake Sale**

June 22nd **Sundae Thursday**

June 24th **Pancake Breakfast**

July 13th **Senior Center Cookout**

Details to follow!



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**

Activities



Mahjong

Tuesdays
@ 9:30

Join us in
this Chinese
tile memory
game. Don't
know how to
play? We'll
teach you!

In the Library

Bingo

Tuesdays
@ 1:00

Pull up a
chair, bring a
snack, and
join us for a
beguiling
game of
Bingo.

In the Koska

Dominoes

Tuesdays
@ 1:30

Join us and
hop on the
track with
**Mexican
train
dominoes.**

In the Library

Bowling

Wednesdays
@ 9:15

Meet other
seniors at

**On break. Will
resume in the fall!**

\$7.

At the Hook

Cribbage

Wednesdays
@ 1:30

Double
Double run
on down for
some fun
and play
this jaunty
card game.

In the Library

Sheepshead

Thursdays
@ 1:00

Come play
this card
game
derived from
the Bavarian
game
"Schafkopf".

In the Library

Bingo Brunch

Fridays
@ 9:00

Join us for
morning Bingo
and breakfast
treats
sponsored by
community
partners.

In the Koska

NOW SHOWING

MOVIE MATINEE- MONDAYS @ 1 PM

Movies

May 1st- The Best Exotic Marigold Hotel-

Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, some British retirees arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

PG-13. Run time 124 minutes.

May 8th- A Man Called Otto-

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Rated PG-13 . Run time 126 minutes.

May 15th-National Treasure-

Join historian Benjamin Franklin Gates as he races to find and preserve the legendary Templar Treasure before a team of mercenaries snatches it for profit.

Rated PG-13 . Run time 99 minutes.

May 22nd- Into the Woods-

A childless baker and his wife cannot have a child until they follow the bidding of the witch next door to get a cow as white as milk, the cape as red as blood, the hair as yellow as corn, and the slipper as pure as gold. Good thing, then that they've got neighbors named Jack, Little Red Riding Hood, Rapunzel and Cinderella to help them before (and after) Happily Ever

After.—Kathy Li.

Rated PG-13 . Run time 98 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 Lester Public Library. Snacks are sponsored by TRIAD of Two Rivers.

Heart-a-Rama 2023

Thursday, April 27-29 & May 4-6, 2023 - 7:30pm to 10:00 pm

You'll have a blast at this nonprofit variety show that runs six nights! Heart-A-Rama is like SNL—with skits and local comedy. The 2023 Heart-A-Rama features classic skits from the past as well as new entertainment.

Doors open at 6:30; auction for best seat in the house starts at 7:10; performances begin at 7:30.

Learn more about Heart-a-Rama, Visit the Heart-a-Rama FB page, or visit www.heartarama.org

**Rocheleau Gym, J.E. Hamilton Community House
1710 W Park St, Two Rivers, WI 54241**

Spring Fiber Farm Extravaganza

Friday, May 5, 2023 - 10:00am to Sunday, May 7, 2023 - 3:00pm

A FREE open-house-style, three-day event: a self-guided scenic road trip to three nearby farms! Interact with a variety of animals and learn about NE Wisconsin's agri-tourism. Visit LondonDairy, Black Frog Farm (near Maribel), and Velvet Sheep Farms (Sheboygan). Hours are 10 a.m.-3 p.m. each day.

Find the event on Facebook



**TWO
RIVERS**
WISCONSIN



UPCOMING CITY EVENT HIGHLIGHTS

Bird Breakfast & Migration Celebration

Saturday, May 20, 2023 - 8:00am to 11:00am

Celebrate World Migratory Bird Day and the return of many migratory songbirds with comfort food and birding. Guided hikes conducted throughout the morning. Self-guided activities for families also offered.

Breakfast menu: ham, pancakes, fruit compote, real maple syrup and beverage. Reservations open May 1. Place breakfast order (and pay) in advance. Reservations also required for guided bird hikes. Call (920)793-4007 on or after May 1. Funds raised support education and land management programs.

VISIT exploretworivers.com/events/ for a complete list and description of events.

Or call 920-793-5523

RUMMAGE SALE

Thursday, 5/18- 8:30am-3:30pm

Friday, 5/19- 8:30am- 12pm

**Heads up, the
date changed!**

In the Community House- Behringer room

Household goods, crafts, outdoor items, holiday crafts, home decor, books, and more!

You may bring new or gently used items to donate for the sale on Wednesday, **5/17 from 12-4pm.**

No clothes or electronics please.

Surprise "stuff-a-bag" and "everything-for-free" times throughout the sale!



Info



Rummage bake sale!

Stop in at our rummage sale and pick up a plate of assorted treats for only **\$5**

HAPPY BIRTHDAY!

MAY 1

Sharon Bruckschen
Jan LeClair
Sue Weisner

MAY 2

Alice Davis
Margaret Nemetz
Linda Olp
Donna Reilly

MAY 3

Gerald Juckem
Judi Mason

MAY 4

Ida Coy
Cecelia Franks
Joyce LePalm

MAY 5

Terry Casavant
Merry Lee Pankow
James Vanne

MAY 6

Margaret Kappelman
Julie Schroeder

MAY 8

Sharon Stanul
Mary Swetlik

MAY 9

Lloyd Gass
Michael Johaneck
Marion Ralph

MAY 10

Kay Stangel
Sue Wachowski

MAY 11

Molly LaFond
Mary Jane Lukes
Ruth Meier

MAY 12

Jacqueline Ackerman
Yvonne Behrmann
Debbie Dunn
Cindy Hallada
Linda Hansen
Russell Olp
Lorraine Schroeder

MAY 13

Marie Boulanger
Dorothy Garceau
Barb Schweitzer

MAY 14

Carol Benthein
Darla LeClair

MAY 15

Joyce Schubring
Mary Jo Vertz

MAY 16

Bonnie Kern
Bonnie Wilker

MAY 17

Roger Murray

MAY 18

Paul Case
Cindy Hogan
Lois Vanne

MAY 20

Leon Laurin

MAY 21

Jan Donatell

MAY 23

Frank Ciha
Dorothy Gibbs
Ronald Klein
Eva Mueller
Dick Ruehr

MAY 24

Anna Fechner
Carol Heller
Audrey Hansen
Sharon Rudolph

MAY 25

Gary Clark
Gerald Schimek

MAY 26

Marc Boren
Pat Hanson
Mary LeVene
Paul Marshall
Carol Ploeckelmann
Geraldine Ramseth
Dorothy Wolf

MAY 27

Mary Wallace

MAY 28

Tera Holewinski
J'Ette Koeppel
David Pfeifer

MAY 29

Allen Haws
Mary Star
Dorothy Tinkham-Delo

MAY 30

Sandra Curtis
Robert Goodine

MAY 31

Janice Kraynik

Birthdays



A n n i v e r s a r i e s

May 1

James & Sharon
Wondrash

May 2

Eugene & Joyce
Schubring

May 3

Robert & Sharon
Rudolph

May 4

Todd & Roni
Mueller

May 9

Benjamin & Nancy
Valenta

May 10

Lee & Judy
Stefaniak
Joe & Carol Siebold

May 11

Don & Lillian
Osmunson
Mitchell & Diane
Kurtz
Phillip & Gail
Zaidel

May 14

Thomas & Sandra
Becker

May 17

Allen & Katherine
Beranek
Tom & Ginger
Steltz
Michael & Dian
Polich

May 18

Dave & Sonja
Devore

May 19

Daniel Kirk &
Mary Mauer-Kirk

May 20

Nick & Marian
Doszkewycz
Keith Rowe &
Gertrude Walsh
Dennis & Mary
Sweltik
Ron & Linda
Francisco

May 21

Barry & Joyce
Morrison

May 22

Vincent & Arlene
Vogel

May 24

Eddie & Sandra
Byrd
Charles & Diana
Smoker

May 25

Stephen & Trudy
Stransky

May 27

Bill & Betsy
Freiberg

May 29

John & Sandra Lee
Kleckner

May 31

Tim & Karen
Myers
Thomas Mitnacht
& Maria Urbina





2023 Trips



BREWER'S GAME

Wednesday, May 10th

LEGENDS IN CONCERT @ THE FIRESIDE

Thursday, June 29th

BREWER'S GAME

Thursday, July 6th

ISLAND RESORT CASINO

August 20th-21st

CANYON COUNTRY

September 6-13th

CHICAGO

September 19-21st

COLORFUL COSTA RICA

October 18-26th

ITALY'S AMALFI COAST

November 7-14th

ICELAND'S MAGICAL LIGHTS #1

November 13-19th

ICELAND'S MAGICAL LIGHTS #2

November 27- December 3rd

CHRISTMAS MARKETS OF MONTREAL & QUEBEC CITY

Nov. 30th Dec. 4th

EUROPEAN CHRISTMAS MARKETS

featuring Prague, Budapest, & Vienna
Dec. 10th-18th

CHRISTMAS STARS

December 8th



**WALK THOSE FINGERS THROUGH THE TRAVEL SECTION
OF YOUR NEWSLETTER FOR TRIP DETAILS!**

** Call for availability. Sign up today! 920-793-5596*



1000 MEMBER BASH!

We did it! Thanks to all of you, we have reached an important milestone. We're on our way back to pre-pandemic numbers, reaching 1000 members in March! come celebrate with us!

Pizza, cake, music by Stevie Keys, door prizes, and more!

MAY 12TH- 4-6PM
CALL AND RESERVE YOUR SPOT TODAY!



Travel

BREWER'S GAMES!



TM

Brewers VS Dodgers
MAY 10TH @ 10 AM **\$82**

Brewers VS Cubs
JULY 6TH @ 10AM **\$100**

Join us to watch our team hit one out of the park! Bus ride and ticket included.

Lunch is on your own, so either enjoy some ballpark favorites, or bring a bag lunch.

No cash at the ballpark.

*The times listed above are departure times.



Thursday, June 29th

Costs include a bus ride to
Fort Atkinson's famous
Fireside theater for lunch
and a show with tributes
to:

Freddie Mercury-Adele-
Rod Stewart-Elton John-
Dusty Springfield

COST- \$155



Travel



Island Resort **Casino**

August 20-21st

\$156 single/ \$108 Double Occupancy

**Hop on this bus trip to the Island Resort and
Casino in Harris, MI. Enjoy poker, bingo, and
more. Meals on your own at one of three on
site eateries. Sign up by July 15th!**

**Call 920-793-5596 for more info
or to sign up!**



Travel

Chicago Weekday Getaway

This Diamond Tours trip Includes two night's lodging, 2 breakfasts, 2 dinners, and visits to The Museum of Science and Industry, Chicago 360, A Skyline Cruise, Navy Pier, The Field Museum, and a night of dinner with entertainment.

September 19th- 21st

3 Days, 2 Nights- \$450
(per person as double occupancy)

Find more information at the Senior Center front desk, or by calling 920-793-5596

Discover Canyon Country

featuring Arizona & Utah. September 06 — September 13, 2023.

Double- \$3,249pp Single- \$4,049pp

Save \$50 per person by signing up before 3/6/23



**SOLD
OUT!**



Colorful Costa Rica

October 18th — October 26th, 2023

9 Days • 14 Meals

DOUBLE- \$3,499 PP - SINGLE- \$4,199 PP

Find more information at the Senior Center front desk, or by calling 920-793-5596



Italy's Amalfi Coast

November 7th — November 14th, 2023. 8 Days • 10 Meals

DOUBLE- \$3,749PP - SINGLE- \$4,274PP

Find more information at the Senior Center front desk, or by calling 920-793-5596



ICELAND'S MAGICAL NORTHERN LIGHTS

November 27 — December 3, 2023. 7 Days • 11 Meals

Double- \$3,049 pp Single- \$3,545 pp



ICELAND TRIP #1 IS
SOLD OUT!
THIS IS ICELAND
TRIP #2!
SIGN UP TODAY!

Get more info at the Senior Center, or by calling 920-793-5596

Christmas Markets of Montreal & Quebec City

November 30th — December 4th, 2023

5 Days • 6 Meals

DOUBLE- \$2,949PP - SINGLE- \$3,2549PP

Find more information at the Senior Center front desk, or by calling 920-793-5596



Travel



Visit the Christmas markets of Prague, Vienna, Dresden, and Budapest.

Visit a castle, a candy workshop, and a palace. Take a train ride, and dine with locals.

European Christmas Markets

Prague

Vienna

Budapest

Dec. 10th — Dec. 18th, 2023

9 Days • 11 Meals

DOUBLE- \$2,999 PP - SINGLE- \$3,499 PP

*rates are before 6/11/23. Call for rates after 6/11/23.

The Xavier Performing Arts Center Presents:

CHRISTMAS STARS

Join us for a holiday favorite! The cost will include bus ride, dinner, and the show. Seating is limited! More information coming soon!

WATCH
FOR
DETAILS!!



Two Rivers Parks & Recreation

Sundae Thursday

June 22, 2023

25 CENT ICE CREAM SUNDAES

5:30PM ENTERTAINMENT, CHILDRENS GAMES & INFLATABLES

6:00PM ICE CREAM EATING CONTEST: PRE-REGISTER
920.793.5592

6:30PM TWO RIVERS COMMUNITY BAND

EXPLORETWORIVERS.COM



Info

Donations Needed!

Our pancake breakfast is right around the corner! This year we're asking for donations of **regular and sugar free maple syrup**, and **KRUSTEAZ BRAND pancake mix that requires water only**. Please bring donations to the Senior Center front desk. Thank you!

And don't forget to save the date! The pancake breakfast will be June 24th. Volunteers always welcome! Call or stop by to sign up today!



Do You Dig Trees?

The Senior Center is looking for volunteers to join in with TR kids and the Parks & Rec. department to plant trees at the newly renovated Central Park in June.

Call 920-793-5596 and let us know if you'd like to help make this project an inter-generational community project. Watch our newsletters for more details!



THANK YOU!

WE APPRECIATE YOU!

GENERAL DONATIONS

Jackie Ackerman, Sharon & Karen, Virginia Coffman, Nancy Rosenthal, Ricky Pelishek, Patricia Schettl, Jeanette Thomas, Glenn Kruse, 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, Meadowview 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

APRIL HOME DELIVERED MEAL VOLUNTEERS

St. Peter the Fisherman, Two Rivers High School, Rotary, Good Shepard Lutheran Church, and all the individuals who drive for us!

**PLEASE PATRONIZE OUR ADVERTIZERS. THEY
HELP US GROW!**



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!

Info



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 donation of \$6.50 for those over 60

May 2023

Two Rivers/Mishicot Area Dine In and Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna Side Salad Green Peas Garlic Breadstick Mandarin Oranges	2 Split Pea Soup Turkey on WW Cucumber Salad M&M Bar	3 Egg, Ham, & Cheese Scramble Diced Sweet Potatoes Tropical Fruit Muffin Yogurt	4 Swedish Meatballs Egg Noodles California Blend Veggies Apricots Strawberry Pretzel Bar	5 Cinco De Mayo Taco Bake Spanish Rice Corn Fresh Fruit Tres Leches Cake
8 Hamburger on WW Bun Baked Beans Coleslaw Apple Bar	9 Baked Chicken Whipped Potatoes & Gravy Green Beans WW Bread Fruited Jello	10 Shepard's Pie Broccoli Carrot Raisin Salad White Bread Rice Krispie Bar	11 Vegetable Bean Soup Ham Salad on Wheat Pears Bread Pudding	12 Salmon Potatoes O'Brien Carrots Rye Bread Cake
15 Seasoned Chicken Breast Whipped Sweet Potatoes Wax Beans WW Dinner Roll Butterscotch Pudding	16 Chicken Ala King Peas Apple Biscuit Beet Brownie	17 Chili Egg Salad on Wheat Three Bean Salad Warm Applesauce Cherry Cake	18 Meatloaf Potato Casserole Corn WW Dinner Roll Chocolate Mousse	19 Tator Tot Casserole Romaine Salad Peaches French Bread Pumpkin Pie Square
22 Chicken Stir Fry Brown & White Rice Carrots Pineapple PB Cookie*	23 Swedish Loaf Mashed Potatoes & Gravy California Blend Veggies Rye Bread Chocolate Pudding Torte	24 Brat on WW Bun Caesar Potatoes Baked Beans Golden Salad	25 Pineapple Glazed Ham Cheesy Potatoes Brussel Sprouts Rye Bread Spice Cake	26 Chicken Dumpling Soup Roast Beef & Cheddar on WW Broccoli Cauliflower Salad Pears M&M Bar
29 CLOSED - Memorial Day	30 Turkey Noodle Casserole Winter Squash Three Bean Salad Rye Bread Chocolate Chip Cookie	31 Meatballs Mashed Potatoes & Gravy Broccoli WW Bread Strawberries Angel Food Cake	1	2
5	6	Notes *Contains nuts. Please note, our kitchen is NOT a nut- free facility.		
 Menu				