



# Two Rivers Senior Center

---

ENHANCING THE LIVES OF  
OLDER ADULTS.

SEPTEMBER 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 @ 1:00 pm  
Early Birds meeting                      Thursdays @ 10 am  
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 @ 9 am  
Simply Seniors (P&R)                      Tues & Thurs @ 9:15 am  
Arthritis Exercise                      Tuesdays @ 10:30 am  
Let's Get Moving                      Tuesdays @ 1:00 pm  
Senior Yoga (in person instructor)    Wed @ 9 am  
Qigong (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 & 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.

# GOVERNANCE & MORE

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



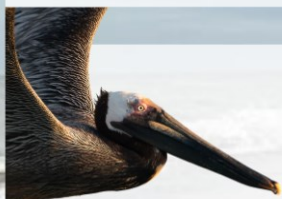
## City of Two Rivers Committee on Aging

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

P: 920-793-5590

E: [heaihl@two-rivers.org](mailto:heaihl@two-rivers.org)

### Program Coordinator

Megan Marchant

P: 920-793-5597

E: [megmar@two-rivers.org](mailto:megmar@two-rivers.org)

### Nutrition & Volunteer Coordinator

Mary Omillian

P: 920-793-7266

E: [maromi@two-rivers.org](mailto: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, 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, September 11th, and  
Monday, October 2nd @ 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.



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

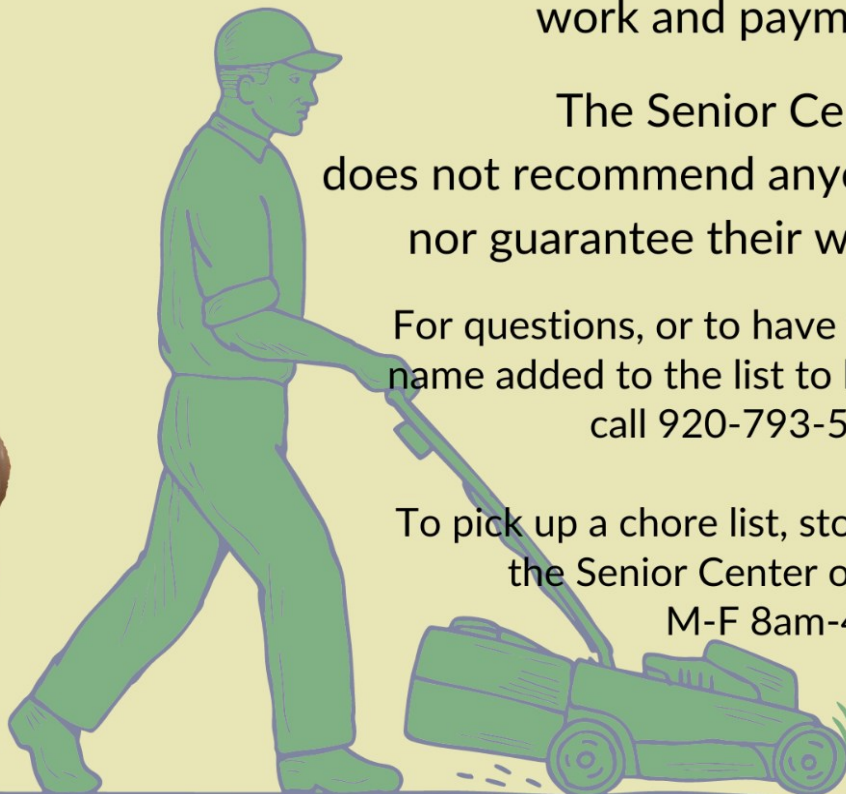
## PEOPLE HELPING PEOPLE CHORE PROGRAM

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

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

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

## Membership Renewals

**\$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.

# HEALTH & INFORMATION FAIR

## TWO RIVERS SENIOR CENTER

OCTOBER 19TH 8 A.M.- 12 P.M.  
J.E. HAMILTON COMMUNITY HOUSE

**This FREE community event is meant to provide information to seniors on the health and safety resources available to them in our community.**

**Stop in and enjoy a continental breakfast, visit vendors for helpful information and goodies, get a hearing screening, flu shot, vitals check, and injury screening, enter to win door prizes, and more!**



### **18th Annual Kites Over Lake Michigan**

**Sat. Sept. 2, 2023 & Sun. Sept. 3, 2023 (All day)**

Experience one of the largest kite festivals in the Midwest: incredible displays of giant show kites; precision stunt teams performing amazing aerial ballet with their kites; and spectacular and colorful ground displays! Saturday activities begin at 11 a.m. On Sunday, free kite-making for kids from 9-11 a.m., then more kite flying and performances until 4 p.m.

**Two Rivers High School**

**4519 Lincoln Ave**

**Two Rivers, WI 54241**

### **Ethnic Fest**

**Saturday, September 16, 2023 - 9:30am to 5:00pm**

Music and dance representing the Hmong community, Ukraine and more. Great food, a parade of flags, family activities, and arts and crafts vendors.

ORGANIZER: Two Rivers Main Street

Phone: 920-794-1482

Email: [office@tworiversmainstreet.com](mailto:office@tworiversmainstreet.com)

**Downtown Two Rivers**

**1717 E Park Street**

**Two Rivers, WI 54241**



**TWO  
RIVERS**  
WISCONSIN

### **UPCOMING CITY EVENT HIGHLIGHTS**

### **National Alpaca Days**

**Saturday, September 23, 2023 - 10:00am to 3:00pm**

A free family-friendly open house. Interact with the alpacas as the gentle animals roam the pasture and property. See the new spring crias (alpaca babies)! The Alpaca Threads gift store and South American Wine Store will also be open—perfect for early holiday shopping!

**London Dairy Alpaca Ranch**

**6827 State Highway 147**

**Two Rivers, WI 54241**

VISIT [exploretworivers.com/events/](https://exploretworivers.com/events/) for a complete list and description of events.

Or call 920-793-5523

### **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.**

**NEW**

# *Exercise*

*STARTING SEPTEMBER 13th*

## Qigong

**Wednesdays @ 2pm  
Behringer room**

Join Cathy Hendricks as she guides you through the ancient mindful practice of qigong. Qigong (pronounced Chee Gong), was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit. The goal of qigong is to improve and maintain health through slow, meditative movements which are gentle and smooth, while focusing on mindful breathing, focus, and visualization.

Each qigong class is two wellness punches. Wellness cards can be purchased at the front desk for \$10

# Exercise

One wellness card punch per class for Fitness fun, Arthritis Exercise, and Cardio Drumming. Two punches for Senior Yoga and Qigong. 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, and more! Classes are held in the S.C. Koska room.  
1 wellness punch.

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

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

## 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 S.C. 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.  
2 wellness punches.

## Qigong

**Wednesdays  
@ 2pm**

Improve and maintain health through slow, meditative movements which are gentle and smooth, while focusing on mindful breathing, focus, and visualization. In the Behringer room.  
1 wellness punch.

## 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 Behringer Room.  
1 wellness punch.

**NO YOGA  
or QIGONG  
SEPT. 6th**



# 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

### WINE CORK PUMPKIN

Put together this festive fall friend using the corks, ribbon, and paper provided. You will need to provide glue.

To reserve your kit, call 920-793-5596.  
Call by Friday, September 15th.

Kits will be ready for pick up August 22nd 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**



# TWO RIVERS SENIOR CENTER **RED HATTITUDES**

THURSDAY, SEPTEMBER 17TH

@ 11:30 PM

Join us for lunch at 11:30 pm at-  
Riverhouse- Main room  
1523 16th Street.  
Two Rivers, WI 54241

Sandwiches, dessert, coffee & water provided.  
Games to follow. Donations to benefit the  
Humane Society.

Call 920-793-5596 to sign up

Diane Stage is our Hostesses

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



# NEW

THE *Early Birds*



STOP ON DOWN AND CATCH UP WITH  
FRIENDS, NEW AND OLD! ENJOY COFFEE,  
TEA, OR COCOA FOR ONLY 25¢ FRESH  
BAKERY WILL BE AVAILABLE COURTESY  
OF THE FRIENDS OF THE TWO RIVERS  
SENIOR CENTER.

*Thursdays 10-11 am*

# September Birthday Party!

ENTERTAINMENT BY:  
**BOB WELSH**

**FRIDAY, SEPTEMBER 29TH  
FROM 12-3 PM**

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

**MENU: Soup and Sub  
Sandwiches, Chips, and  
Apfelkuchen.**

**Sign up by September 22nd!  
920-793-5596**

# OPE!

## STARTING IN OCTOBER

**OUR MONTHLY BIRTHDAY PARTIES WILL BE  
ON THE 3RD THURSDAY OF EACH MONTH.**

**THIS IS IN AN EFFORT TO KEEP US SANE,  
WHICH IS IN EVERYONE'S BEST INTEREST.**



# EDUCATIONAL OPPORTUNITIES

## Victim Service Attorney Presentation and Q&A.

## Basic budgeting and Dealing with Financial Strain

**October 5th**

Join Victim Service Attorney Sonia Komisar of the Elder Financial Empowerment Project in an informational presentation on abuse of Powers of Attorney, guardianships, Representative Payees, and Personal Representatives. A presentation will be provided from 9-11 am. Sonia will be available to answer questions and review Powers of Attorney, guardianships, etc. and run credit checks for suspicious activity. from 12-3 pm. All in the Koska room.

**October 3rd**

Kory Krauss from Catholic Charities Financial Health Services presents on basic budgeting and dealing with financial strain from 3-4 pm in the Koska room.

## **Coming December 7th Understanding Hospice**

with Sharon S. Richardson  
Community Hospice  
more info to follow

**Call 920-793-5596 to sign up TODAY!**

# 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**

## **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  
@ 1:00

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

## September 11th-Walk. Ride. Rodeo-

Nationally ranked barrel racer Amberley Snyder barely survives an automobile accident. Now paralyzed from the waist down, she fights to earn back her place in the sport she loves.- IMDb  
Not rated. Run time 1 hr 39 minutes.

## September 18th-Deep Impact-

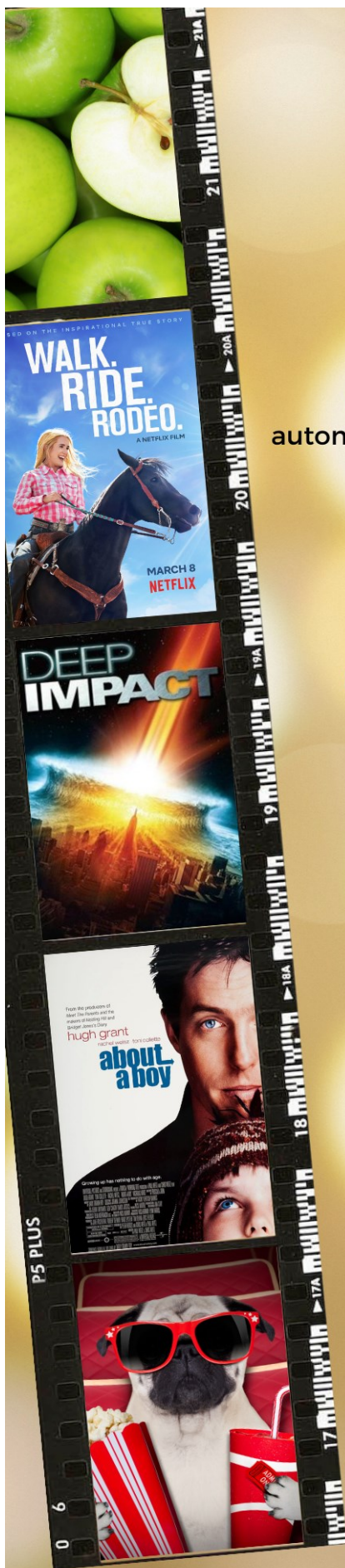
A comet is hurtling toward Earth and could mean the end of all human life. The U.S. government keeps the crisis under wraps, but crack reporter Jenny Lerner (Tea Leoni) uncovers the truth -- forcing U.S. President Beck (Morgan Freeman) to announce his plan. Grizzled astronaut Spurgeon "Fish" Tanner (Robert Duvall) and his team will land on the comet and lay explosives, hopefully deterring the object from its doomsday course. If not, humanity will have to prepare for the worst. -IMDb  
Rated PG-13 . Run time 2 hrs.

## September 25th-About a Boy-

A comedy-drama starring Hugh Grant as Will, a rich, child-free and irresponsible Londoner in his thirties who, in search of available women, invents an imaginary son and starts attending single parent meetings. As a result of one of his liaisons, he meets Marcus, an odd 12-year-old boy with problems at school. Gradually, Will and Marcus become friends, and as Will teaches Marcus how to be a cool kid, Marcus helps Will to finally grow up. -IMDb  
Rated PG-13 . 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 Lester Public Library. Snacks are sponsored by TRIAD of Two Rivers.



## *Sonnet 73: That time of year thou mayst in me behold*

By: William Shakespeare

That time of year thou mayst in me behold  
When yellow leaves, or none, or few, do hang  
Upon those boughs which shake against the cold,  
Bare ruin'd choirs, where late the sweet birds sang.  
In me thou see'st the twilight of such day  
As after sunset fadeth in the west,  
Which by and by black night doth take away,  
Death's second self, that seals up all in rest.  
In me thou see'st the glowing of such fire  
That on the ashes of his youth doth lie,  
As the death-bed whereon it must expire,  
Consum'd with that which it was nourish'd by.  
This thou perceiv'st, which makes thy love more strong,  
To love that well which thou must leave ere long.



# **T**WO RIVERS SENIOR CENTER **hanksgiving Community Meal**

**You're invited to The Two Rivers  
Senior Center's community  
Thanksgiving meal, held at the J.E.  
Hamilton Community House!**

**Thursday, November 23rd @ 12**

**REGISTRATION IS REQUIRED  
SPACE IS LIMITED**

**Sign up today to enjoy this free holiday meal  
prepared by the Two Rivers Senior Center and  
their generous sponsors.**

**Registration deadline November 2nd.**

**Call 920-793-5596 to reserve your spot today!**



# HAPPY BIRTHDAY!

**SEPTEMBER 1**

Carla Kincaid

**SEPTEMBER 2**

Sandra Carsok  
Karen Karstaedt  
Marie Riha  
Gary Smith

**SEPTEMBER 3**

Dawn Boren  
Robert Ernestes  
Jim Wochos

**SEPTEMBER 4**

Kay Knutson  
Barbara Powell

**SEPTEMBER 5**

Ruth Kadow  
Janice Koch

**SEPTEMBER 6**

Shan Bergeon  
MaryAnn Moore  
Clarence Navachek  
D'Ann Reeths  
Arnold Wanek

**SEPTEMBER 7**

Hugh Foster  
Donna Olson  
Jim Skarvan  
Margaret Steffens  
John Wallace

**SEPTEMBER 8**

Sharon Bauknecht  
Paul LeVene  
Gary McVey  
Bob Pfefferkorn  
Karen VanSistine  
Patricia Wilson

**SEPTEMBER 9**

Denise Elfering  
Roberta Galbraith  
Thomas Garceau  
Jeff Tannler

**SEPTEMBER 10**

Linda Fencil  
Jim Jansky

**SEPTEMBER 11**

Anne Dirkman  
Hazel Kowalsky  
Noel Krueger  
Ronald Kryzenske

**SEPTEMBER 12**

Brenda Birringher

**SEPTEMBER 13**

Marion Stegeman

**SEPTEMBER 14**

Matt Konop  
Penny Marquardt  
Sharon Stone

**SEPTEMBER 15**

Terese Kubsh  
Ricky Pelishek

**SEPTEMBER 16**

Carol Blaszczyk  
Sharon Reisbeck  
PJ Stephens

**SEPTEMBER 18**

Patrick Elliott

**SEPTEMBER 19**

Grahame Campbell  
Christian Dekok  
Ruth Gass  
Debi Germann  
Janice Wartick

**SEPTEMBER 20**

Francis Bonfigt  
Tamra Fricke  
Jean Hanson  
Mary Kiel

**SEPTEMBER 22**

Doris Mueller  
Dorothy Siehr

**SEPTEMBER 23**

Ralph Wedekind  
Kenneth Zeman

**SEPTEMBER 24**

Mary Blohowiak  
Ann Durocher  
Diana Smoker  
Gerald Schuster

**SEPTEMBER 25**

Stephanie Harrison  
Ruth Zeman

**SEPTEMBER 26**

Cathy Cole

**SEPTEMBER 27**

Richard DuValle  
Robin Krueger  
Dale Vertz

**SEPTEMBER 28**

Mercy Moreno  
Pam Werth

**SEPTEMBER 29**

Karen Karbowski  
Marlene Schultz  
John Wilsman

**SEPTEMBER 30**

Linda Justema

**September 1**

John & Donna Spevacek  
Ernie Toshack & Sandra  
Goodson

**September 2**

Marvin & Barbara  
Schermetzler

**September 3**

Gerald & Geraldine  
Lyons

**September 4**

Mike & Bonnie Monka  
Gene & Janice Pagel

**September 5**

David & Sandy Abts

**September 7**

Gerald & Kathleen  
Meneau

**September 8**

Noel & Jean Hanson  
Allen & Janet Haws

**September 9**

Bruce & Linda Hammes

**September 10**

Roger & Peggy Karman  
James & Joyce Wilfert

**September 11**

Thomas & Diane Brotski  
Jack & Jane Hermann  
Michael & Stella Johanek  
William & Alice Mohr

**September 12**

Kenneth & Jeanne Walvoord

**September 16**

James & LaVonne  
Whitehouse

**September 17**

Charles & Sandra Curtis  
Wayne & Dorothy Krall  
Daniel & Sandra  
Shambeau

**September 20**

Raymond & Kathryn  
Kronfrost  
Kennard & Barbara  
Powell

**September 22**

Joseph & Diane Eggers

**September 23**

John & Marie LaFond  
Thomas & Jana  
Markvart  
Donald & Dorothy Siehr

**September 24**

Mike & Barb Sauer

**September 25**

Robert & Anne Dirkman  
David & Mary Franz  
John & Barbara Oswald

**September 26**

John & Mary Schultz

**September 27**

Richard & Katherine Wիրrer

**September 28**

Burton & Judy Root

**September 29**

Arky & Judy Englebert  
Jerome & Gail Levanetz

**September 30**

Dale & Sue Schnicke



# Happy Anniversary

## 2023 Trips

### CANYON COUNTRY

September 6-13th

**SOLD OUT!**

### 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

## 2024 Trips

### PUERTO VALLARTA

February 16th- 22nd

### SPOTLIGHT ON THE FRENCH RIVIERA

March 21st- 29th

### PAINTED CANYONS OF THE WEST

September 10th- 18th

### 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

*Watch for more in 2024!*

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

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

# collette TRAVEL SHOW

**October 31st @ 9 am**  
**San Antonio Christmas  
Painted Canyons**



Sign up today to attend these shows and learn more  
about our exciting upcoming trips!



**September 21st @ 2 pm**  
**Puerto Vallarta**

**PREMIER**  
WORLD DISCOVERY  
**TRAVEL SHOW**

# ICELAND'S MAGICAL NORTHERN LIGHTS

November 27 — December 3, 2023

7 Days • 11 Meals

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

**STOP IN TODAY!  
SIGN UP DEADLINE  
IS SEPTEMBER 14TH!**

***THERE ARE ONLY 4 SPOTS LEFT!***

TAKE A NORTHERN LIGHTS CRUISE,  
VISIT THINGVELLIR NATIONAL PARK  
THE SKOGAR MUSEUM  
THE LAVA EXHIBITION CENTER  
VIEW BREATHTAKING GLACIERS, LAVA  
FIELDS, AND LAGOONS!

***SIGN UP TODAY!***

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

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



# 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



**Stop in today!  
Sign up deadline  
is September  
15th!**



**& PREMIER**  
WORLD DISCOVERY



## *European Christmas Markets*

**Stop in today!  
Sign up deadline  
is October 11th!**

**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.**

**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.*



# Christmas Stars

Presented by: XAVIER FINE ARTS THEATER

Friday, December 8th, 2023

JOIN US IN APPLETON FOR THIS SPECTACULAR SHOW FEATURING SINGING & DANCING BY ACTORS OF ALL AGES. THIS SHOW FEATURES A MIX OF SECULAR AND RELIGIOUS MUSIC IN A VARIETY OF STYLES. A FAMILY STYLE DINNER OF CHICKEN, HADDOCK, TIPS, SIDES, COFFEE, MILK, & DESSERTS AT COBBLESTONE CREEK IN BRILLION IS INCLUDED.

**MEMBERS \$105**

**GUESTS \$115**

4:15 DEPARTURE FROM TWO RIVERS SENIOR CENTER

4:30 PM DEPARTURE HWY 310 PARK & RIDE

*Cash or Check only. Sign-up.*

*Full payment required for registration.*

*Deadline September 26th*

**Stop in today!  
Sign up deadline  
is Nov. 10th!**



## Puerto Vallarta

**All Inclusive Resort 🌴 Feb. 16- 22nd 🌴 \$2949 pp (double)**

Resort amenities: access to 4 restaurants, themed dinner nights, beach front snack bars and wait service, poolside wait service, spa services and shopping. Included in your fare: Roundtrip airfare, 6 nights at Paradise Nuevo Vallarta, All meals and Drinks during your stay, and more!

**Sign up deadline is Dec 1st. Call or stop in today! 920-793-5596**

# *French Riviera*

March 21- 29th

\$3049 pp (double)

when you book before 9/22/23



# *Cape Cod*

September 21- 27th

\$3325 pp (double)



# *Painted Canyons*

September 10- 18th

\$4,349 pp (double)

when you book before 3/10/24



## Coming

## 2024!



October 30- November 8th

\$4049 pp (double)

# *British Isles*



Nov. 30- Dec. 4th

\$2029 pp (double)

when you book before 6/30/24

# *San Antonio*

# THANK YOU!

## WE APPRECIATE YOU!

### GENERAL DONATIONS

*Sharon & Karen, Virginia Coffman, Patrick Gagne, Paul Creviere, Nancy Cohen, Leonard Wavrunek, Karen & Gerald Schuster, St. Peter the Fisherman's Sheepshead Marathon Group, all those who donated anonymously, and everyone who donated school drive supplies!*

### 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*

### AUGUST HOME DELIVERED MEAL VOLUNTEERS

*St. Peter the Fisherman, Lakeshore United Methodist Church, Kiwanis Club, Rotary Club, and all the individuals who drive for us!*



*In Loving Memory*

*Of Gloria Mlada, by Judy Goodchild*



**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**

# September 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
				Chicken Ala King Green Peas Apple Biscuit Lemon Bar
4	5	6	7	8
Closed - Labor Day	Chicken Stir Fry Brown/White Rice Carrots Pineapple PB Cookie*	Bratwurst on WW Bun Caesar Potatoes Baked Beans Raspberry Bar	Scalloped Potatoes & Ham Romaine Salad Country Blend Veggies Rye Bread Banana	Chicken Dumpling Soup Turkey & Cheese on Rye Cucumber Salad Pears Apple Bar
11	12	13	14	15
Baked Chicken Mashed Potatoes & Gravy Corn Dinner Roll Golden Salad	Philly Style Mac & Cheese w/Chicken Mixed Veggies Peaches WW Bread Tapioca Pudding	Meatloaf Whipped Sweet Potatoes Broccoli WW Bread Black Bean Brownie	Stuffed Pepper Casserole Mixed Fruit Dinner Roll Poke Cake	Pork w/Fried Rice Stir Fry Veggies Baby Corn Applesauce Fortune Cookie
18	19	20	21	22
Beef Vegetable Soup Egg Salad Sandwich on WW Mandarin Oranges Rice Krispie Bar	Meatballs & Gravy Mashed Potatoes Broccoli WW Bread Angel Food Cake & Strawberries	Turkey Noodle Casserole Winter Squash Three Bean Salad Chocolate Chip Cookie	Chicken Pizza Bake Romaine Salad Tomato Wedges Potato Bucks WW Bread Frosted Cake	Beef Stroganoff Mashed Potatoes Corn WW Dinner Roll Pumpkin Bar
25	26	27	28	29
Egg, Ham, & Cheese Scramble Diced Sweet Potatoes Tropical Fruit Mini Muffin Yogurt	Lasagna Green Beans Peaches Garlic Bread Lemon Bar	Swedish Loaf Mashed Potatoes & Gravy California Blend Veggies Rye Bread Chocolate Pudding Torte	Baked Chicken Mashed Potatoes & Gravy Carrots WW Dinner Roll M&M Bar	Shredded Beef on WW Bun Cheesy Potatoes Baked Beans Apple
2	3			
*Contains nuts. Please note, our kitchen is NOT a nut-free facility.				