



### ACTIVITIES AND SERVICES

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

#### Activities

Tuesdays @ 1 pm & Fridays @ 9 am Bingo 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 Tuesdays @ 9:30 am Mahjong 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)

Simply Seniors (P&R)

Arthritis Exercise

Let's Get Moving

Senior Yoga (in person inst.)

Cardio Drumming(virtual)

Mondays @ 9 am

Tues & Thurs @ 9:15 am

Tuesdays @ 10:30 am

Tuesdays @ 1:00 pm

Wed @ 9 am

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

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- Sid Kemp, Treasurer- Cindy Schmidt, Board members- Ruth Kadow

#### FRIENDS ANNUAL MEETING

All are welcome to join The Friends of the Two Rivers Senior Center for their annual meeting, which is open to the public. Jan. 12th at 12 pm at the Senior Center.t The Friends are accepting applications for two board seats. Apply at the Senior Center!

#### **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: heaihletwo-rivers.org

#### **Program Coordinator**

Megan Marchant P: 920-793-5597

E: megmaretwo-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, December 4th, and Monday, January 8th @ 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.

The Committee on Aging is looking to fill a board member seat. Apply at the Senior Center today.

# 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.

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



#### 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 FREE!

# T.R.U.S.T.

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.

## Ways members can support the Friends of the Two Rivers Senior Center

\*Donate cash. You can make a one-time cash gift (as for the Back to School Carnival and Giving Tree for Homeless Kids). You can also set up a recurring monthly or annual donation.

\*Donate stocks. Donating shares of appreciated stock (which are shares that have increased in value over the time you've owned them) gives you the opportunity to save on both capital gains taxes and income taxes. This makes your donation larger than if you sold the stock and donated cash.

\*Donate your time or skills.

\*Participate in your employee gift-matching program.

The Friends of the Two Rivers Senior Center is a qualifying 501(c)3 corporation and may receive donations that are tax-deductible to the donors.

Contact 920-793-5596 for information on making a tax-deductible donation

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# CALLING ALL PHOTOGRAPHERS!

#### SHOW US THE BEAUTY OF THE LAKESHORE!

The Two Rivers Senior Center will be holding a photo contest! This contest is open to anyone in the Two Rivers area who would like to participate. We'll be accepting entries starting January 1st. 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!

For questions, or to enter, email megmar@two-rivers.org or call 920-793-5597

# Wanted:

# **ELECTION WORKERS**

We Need You For The 2024-2025 Elections

#### **REQUIREMENTS AND QUALIFICATIONS:**

- Be a qualified elector of the county in which the municipality is located (i.e. an adult citizens of the United States who has resided in the election district for 28 consecutive days and is not otherwise disqualified to vote.
- Be able to read and write fluently in the English language

Training is available and offered before every election

If interested in becoming a election worker, please contact Amanda Baryenbruch at abaryenbruch@two-rivers.org or 920-793-5526

# 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

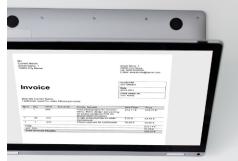
Invasive species - Flora & Fauna with Jim Knickelbine/Director Woodland Dunes Thursday, Jan. 4 • 6:00 PM • Lester Public Library

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





#### **AARP TAX-AIDE 2024**

The AARP Foundation is providing Tax-Aide services, hosted at the Two Rivers Senior Center Monday afternoons and Friday mornings.

Dates and times to follow!

AARP tax preparer volunteers are trained to prepare and electronically file basic federal, state, and Homestead tax returns. Complex returns may be advised to see a professional tax preparer.

#### **AARP TAX VOLUNTEERS**

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

Volunteer tax preparers and client facilitators are needed for the 2024 tax season. Previous experience with tax software is helpful, but not necessary.

To learn more, contact Mary at 793-7266

# Exercise

NO CLASSES DEC. 25 & 26th

### 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.

# Senior Yoga

#### Mondays NO YOGA DEC. 11 @ 9

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

Now a Silver Sneakers class! 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\*

# 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.

# <u>Let's</u> <u>Get</u> <u>Moving!</u>

### 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 inperson instruction, includes yoga & range of motion moves tailored to seniors. All skill levels welcome. In the Behringer room.

Now a Silver Sneakers class!

# <u>EnerChi</u>

# 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!

# <u>Cardio</u> <u>Drumming</u>

#### **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 EXERSIZE AT YOUR
OWN PACE!

Call 920-793-5596 to register for classes.

# Silversneakers

Starting December 4th, we're excited to be able to host Silver Sneakers classes with Cathy!

Here's how it works:

Silver Sneakers eligible members- FREE

Not sure if you're eligible? Visit 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!

### **Starting December 4th:**

Mondays 9:00 am- Yoga (Range of Motion)

Wednesdays 9:00 am- Yoga (Range of Motion)

Wednesdays 2:00 pm- EnerChi (Tai Chi/ Qigong)

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

# TWO RIVERS SENIOR CENTER RED HATTITUDES

December 14th at 11:30

Join us for our monthly meeting and lunch at the Lighthouse Inn: 1515 Memorial Drive, Two Rivers, WI 54241

Clara is our hostess.

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

# Energy Assistance Information.

For Energy Assistance Information, call-

800-506-5596

or visithttps://energyandhousing.wi.gov/

# **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 starting November 3rd.

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.







Sponsored by the Franciscan Sisters of Christian Charity

#### Mission & Pastoral Care

November 7th- 16 am

Learn about which and Pastoral Care, and Advance Directive with Roxanne Miner and Chaplain Dan Borches.

#### Cardiology

November 28th- 102

Join Dr. Sama tha Karrahahn in a discussion to better und the project our "numbers". Include a BP Screening.

LAST ONE, DON'T MISS IT!

Call 920-793-5596 to sign up TODAY!

# Wellness Center November 14th 10 am

Learn about the Manness Center, and participate in an active chair exercise class with Maddie Milbrath.

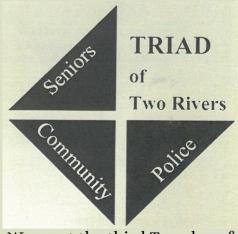
#### **Rehab Plus**

December 5th-10 am

Learn how to reduce your risk of falls with Kelsey Hoffmann.

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

A service organization of law enforcement and seniors for the betterment of our community.



We meet the third Tuesday of the month at City Hall on the 3rd floor at 10:00 am.

Come Join Us!

### <u>Volunteer Opportunity!</u>

The school district is looking for seniors who are interested in being reading buddies for elementary aged kids. If you are interested in being a reading buddy, call us at the Senior Center and leave your name and number, and we will forward you on to the school coordinator for more details.

to sign up, call 920-793-5596

# Sharon S. Richardson

COMMUNITY HOSPICE



#### **Understanding Hospice and Your Hospice Benefit**

#### December 7th-1pm

When a loved one receives a terminal diagnosis, it can be a scary and emotional time. But terminal doesn't necessarily mean immediate, and it doesn't mean being alone. In this presentation learn about hospice services, our hospice team, what comfort care is and how hospice supports your quality of life. Also learn about Medicare benefits for hospice services and how they are accessed and within reach to ensure the best care possible when needed.

Presenter: Tracy Cinealis, CSA, CHSP. Tracy is the Hospice Referral Specialist for Sharon S. Richardson Community Hospice.

#### **Understanding Palliative Care**

#### January 4th-1pm

With incredible advances in medications, medical knowledge and technology, people are now living much longer which can mean that there is a growing population of people living with chronic and complex medical needs. This presentation will provide a better understanding about what palliative care is and how a palliative care team supports care goals and quality of life alongside of you, your family and your doctors to provide: coordination of communication, comfort care, symptom management and caregiver support.

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

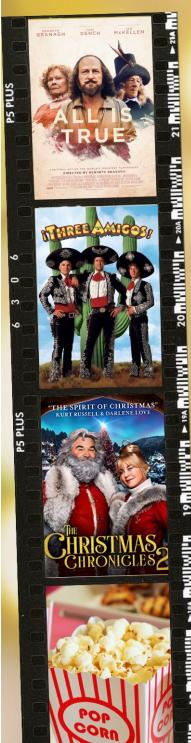
#### April 4th-1pm

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.

UPCOMING CLASSES: 5/2/24- Caring for the caregiver: Flourishing. 9/5/24-Rebuilding: Purpose After Caregiving and Loss. 11/7/24- Grief Through the Holidays

Call 920-793-5596 to sign up TODAY!





#### December 4th- All Is True-

The year is 1613, and Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground. Devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family. Haunted by the death of his only son, Hamnet, he struggles to mend the broken relationship with his wife and daughters. In so doing, he is ruthlessly forced to examine his own failings as a husband and father. - IMDb Rated PG-13. Run time 1 hr 41 minutes.

#### **December 11th-Three Amigos-**

Three cowboy movie stars from the silent era -- Dusty Bottoms (Chevy Chase), Lucky Day (Steve Martin) and Ned Nederlander (Martin Short) -- are fired when one of their movies bombs. In what seems to be a career-saving offer, young Mexican woman Carmen (Patrice Martinez) offers them a high-paying gig in her village. The three jump at the opportunity, expecting to do their typical act, but Carmen believes they are really heroes and asks them to rid her village of bad guy El Guapo (Alfonso Arau). -IMDb Rated PG. Run time 1 hr 44 mins...

#### **December 18th- Christmas Chronicles 2-**

Teenager Kate Pierce is reunited with Santa Claus when a troublemaker threatens to cancel Christmas -- forever.- IMDb Rated PG. Run time 1 hr55 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.

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

NO CLASSES OR ACTIVITIES DEC. 25-26th

# NO CLASSES OR ACTIVITIES DEC. 25-26th

# CARD

Wednesdays @10am
Two Rivers Senior Center Library

PRE-REGISTER BY CALLING 920-793-5596

The card creators are a group of membervolunteers 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

ORIGAMI HEART BOOKMARK

Use the instructions provided to make some festive winter origami heart bookmarks!

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

Kits will be ready for pick up December 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

TO ISENGARD

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neath them. But
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arched gate under

# HAPPY BIRTHDAY!

#### **DECEMBER 1**

Pat DeWitt Edmond Meyer Clara Zimmer

#### **DECEMBER 2**

Donna Kryzenski

#### **DECEMBER 3**

**Judy Root** 

#### **DECEMBER 4**

Patricia Bannen Alan Leidig Sue Porter John Rabitz Gail Terry

#### **DECEMBER 5**

Beatrice Lawler Olive Press

#### **DECEMBER 6**

Joan Lesperance

#### **DECEMBER 8**

Arlene Klimish

#### **DECEMBER 9**

Arlene Kolarik Geraline Pilon

#### **DECEMBER 10**

Philip Smogoleski Todd Spaeth

#### **DECEMBER 11**

Dianne Stage

#### **DECEMBER 12**

Sandra Toshak

#### **DECEMBER 13**

Donna Fehrman Judy Theys

#### **DECEMBER 14**

Judith Hagedorn Bonnie Schrimpf

#### **DECEMBER 15**

Florence Decker Stella Johanek Jo Yungerman

#### **DECEMBER 16**

Jean Morin Charlene Neubert

#### **DECEMBER 17**

Bette Messman Nicholas Schaden

#### **DECEMBER 18**

Norene Brylski George Korkos Marie Rocheleau Sue Sprang

#### **DECEMBER 20**

Laurel Bradley Barbara Coley Sharon Stueck

#### **DECEMBER 21**

Caroline Payette

#### **DECEMBER 22**

Noel Hansen

#### **DECEMBER 23**

Judith Gretz Rosemary Heideman Carol Schmitt

#### **DECEMBER 24**

Margaret Burgett Jean Kouba David Mueller

#### **DECEMBER 25**

Carol Schwantes

#### **DECEMBER 27**

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

#### **DECEMBER 28**

Mary Kaufmann Mary Wilson

#### **DECEMBER 30**

Leigh Coenon Ann DeFere Judith Dolan Michael Kouba Kristine LaFond William Musial

#### **DECEMBER 31**

Sharon Kornely



# December Birthday Holiday Party

# Cookie Sale!

WE WILL HAVE COOKIES FOR SALE! \$8/DOZEN \$5 HALF DOZEN

# Raffle!

JOIN US AND ENTER TO WIN A BASKET IN OUR BASKET RAFFLE!

Thursday, December 21st from 12-2 pm

Entertainment by: Dave Ehlert Variety Entertainer

MENU: hot ham sandwiches, sides, & cake

LUNCH WILL BE SERVED AT 12 PM, WITH ENTERTAINMENT TO FOLLOW AT 1 PM.

Sign up by December 15th! 920-793-5596

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



JOIN US AT THE FIRESIDE FOR:

# NUNSENSE: A MUSICAL COMEDY

MAY 30TH

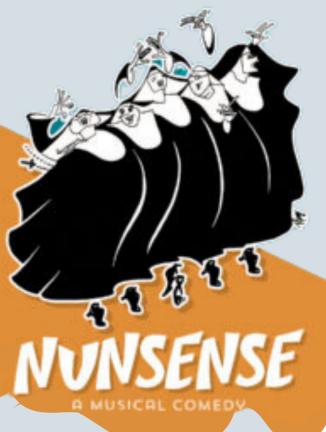
**MEMBERS: \$120** 

**NON-MEMBERS: S130** 

Stop by the Senior Center to sign up today!

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 longrunning hit show that's "sinfully" hilarious and definitely habit forming! - firesidetheatre.com



# Upcoming Trips

2023

**CHRISTMAS STARS** 

December 8th

**EUROPEAN CHRISTMAS MARKETS** 

featuring Prague, Budapest, & Vienna

Dec. 10th-18th

2024

**PUERTO VALLARTA** 

February 16th-22nd

SPOTLIGHT ON THE FRENCH RVIERA

March 21st-29th

NUNSENSE: A MUSICAL COMEDY AT THE FIRESIDE

May 30th

BREWER'S VS. LA
DODGERS

August 15th

PAINTED CANYONS
OF THE WEST

September 10th-18th

CAPE COD AND THE ISLANDS

September 21st-27th

HIGHLIGHTS OF ENGLAND, SCOTLAND, & WALES

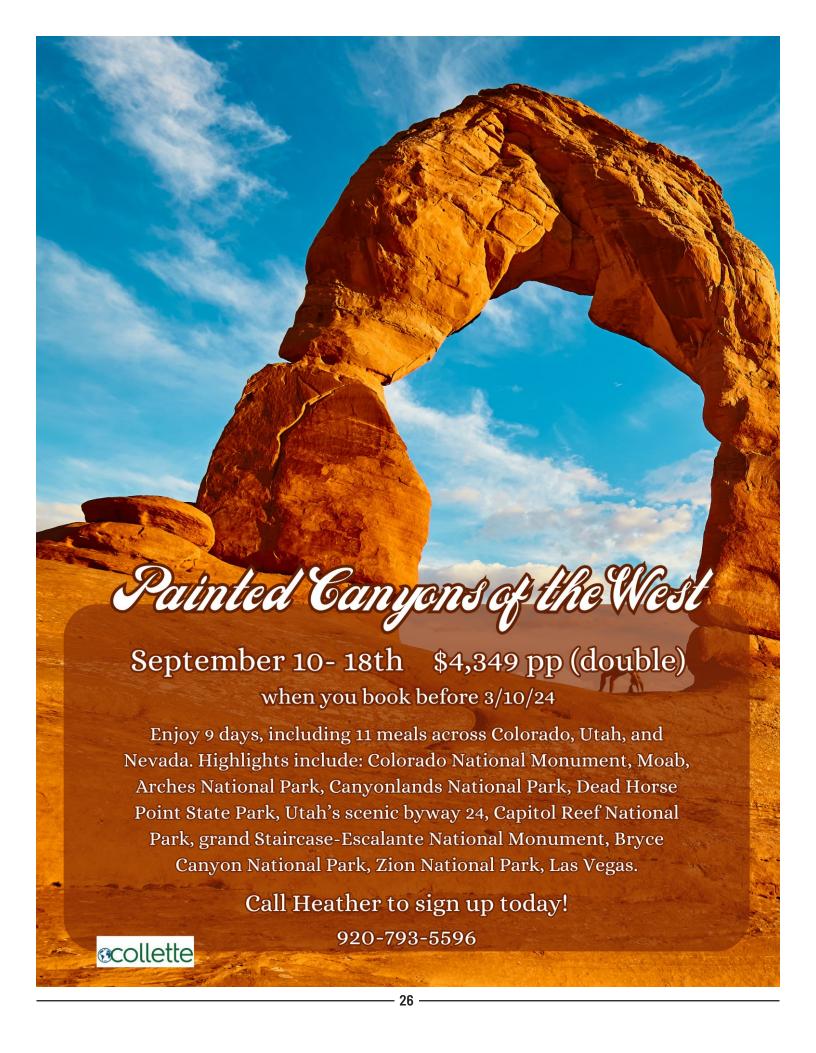
October 30th-November 8th

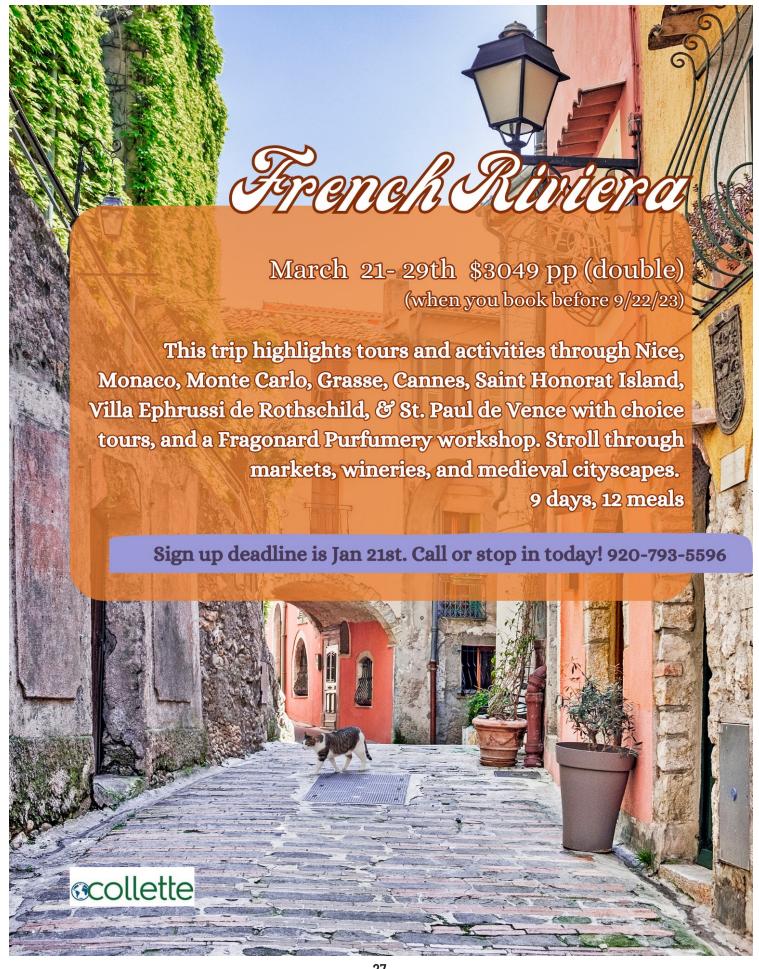
SPOTLIGHT ON SAN ANTONIO
HOLIDAY

November 30th- December 4th

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

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



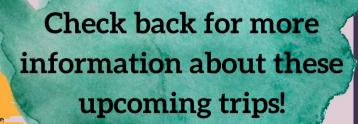


# Brewers vs. LA Dodgers August 15th

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

Members: \$60

Non-Members: \$70



**Day Trip to Oneida Casino!** 

Diamond Tours trip to Atlantic City, New York City, and Philadelphia!

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

### **MORE IN 2024!**

Come down to the Senior Center to pick up more information!



Flighlights of England, Scotland, and Wales



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

**collette** 

Nov. 30- Dec. 4th \$2029 pp (double) when you book before 6/30/24

September 21-27th \$3325 pp (double)

# THANK YOU!

#### **WE APPRECIATE YOU!**

#### **GENERAL DONATIONS**

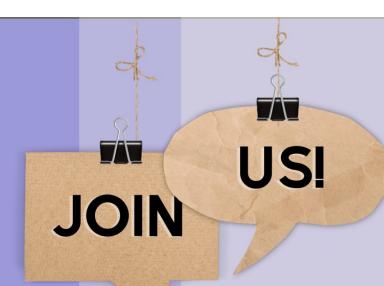
Sharon & Karen, Virginia Coffman, Patrick Gagne, Delores Dworak, Carol Benthien, Tom & Jean Mulhaney, Margaret Kappelman, Bruce & Jo Yungerman, and all those who donated anonymously!

# 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

#### NOVEMBER HOME DELIVERED MEAL VOLUNTEERS

St. Peter the Fisherman, Two Rivers Fire Department, Kiwanis, Rotary, Two Rivers School Staff, and all the individuals who drive for 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!



NO CONGREGATE LUNCH DEC. 25-26TH

## **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

### December 2023

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

| NO HOME DELIVERED  MEALS  DEC. 25-26th   |  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
|  |  | 2911 - 1 1 1 1 1  | 1 30 1 1 1 1 1 1 1   | 1  |
|  |  |   |  | Sweet & Sour<br>Chicken w/Baby<br>Corn<br>Brown & White Rice                             |
|  |  |   |  | Pears Fortune Cookie   |
| 4  | 5  | 6   | 7  | 8  |
| Spaghetti<br>w/Meatsauce<br>over WW Noodles<br>Peas<br>Applesauce<br>Brownie                 | Split Pea Soup<br>Turkey on WW Bread<br>Mandarin Oranges<br>M&M Bar                  | Pork Roast<br>Baby Red Potatoes<br>Carrots<br>WW Bread<br>Spiced Apples                         | Lemon Pepper<br>Chicken<br>Rice<br>Side Salad<br>Winter Fruit Salad<br>Strawberry Pretzel<br>Bar | Meatloaf<br>Mashed Potatoes<br>California Blend<br>Veggies<br>Apricots<br>Oatmeal Cookie |
| 11   | 12   | 13  | 14   | 15   |
| Chicken Taco Bake<br>Refried Beans<br>Corn<br>WW Bread<br>Golden Salad                       | Baked Chicken<br>Whipped Potatoes &<br>Gravy<br>Carrots<br>WW Bread<br>Fruited Jello | Swedish Meatballs<br>Potato Casserole<br>Broccoli<br>WW Dinner Roll<br>Chocolate Chip<br>Cookie | Chicken Caesar<br>Salad<br>Vegetable Bean<br>Soup<br>Dinner Roll<br>Chocolate Mousse             | Lasagna<br>Capri Blend Veggies<br>Peaches<br>French Bread<br>Apple Pie Square            |
| 18   | 19   | 20  | 21   | 22   |
| Seasoned Chicken Breast Whipped Sweet Potatoes Wax Beans WW Dinner Roll Butterscotch Pudding | Chili<br>Chicken Salad on<br>Wheat<br>3 Bean Salad<br>Warm Applesauce<br>Cherry Cake | Shepard's Pie<br>Carrot Raisin Salad<br>Broccoli<br>White Bread<br>Rice Krispie Bar             | Christmas Meal Ham Mashed Potatoes Green Beans Dinner Roll Christmas Cake                        | Salmon Potatoes O'Brien Cabbage & Carrots Rye Bread Bread Pudding                        |
| 25   | 26   | 27  | 28   | 29   |
| Closed for the<br>Christmas Holiday  | Closed for the<br>Christmas Holiday  | Brat on WW Bun  | Chicken Rice<br>Casserole<br>Romaine Salad<br>Country Veggies<br>Garlic Breadstick<br>Banana     | Tomato Ravioli Soup<br>Ham Salad on Rye<br>Cucumber Salad<br>Pears<br>Chocolate Chip Bar |
| ***************************************  |  | Notes   |  | Aging & Disability Resource Center of the Lakeshore                                      |