



TWO RIVERS SENIOR CENTER

Enhancing the lives of older adults

FEBRUARY 2026



VIBRANT COMMUNITY COVER SERIES

PHOTO CREDIT: EXPLORE TWO RIVERS, TWO RIVERS, WISCONSIN



ACTIVITIES AND SERVICES

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

Activities

Bingo	Tuesdays @ 1 pm & Fridays @ 9 am
Bowling at The Hook	Wed @ 9:15 am
Bridge Club	Mondays @ 10am
Card Creators	Wednesdays @ 10:00 am
Creation Station	Varies, see Calendar
Cribbage	Wednesdays @ 1:30 pm
Dominoes	Tuesdays @ 1:00 pm
Golf Simulator	Tuesdays 9-11 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 @ 10 am
Simply Seniors (P&R)	Tues & Thurs @ 9:15 am
Arthritis Exercise	Tuesdays @ 10:30 am
Yoga (in person inst.)	M, W & F @ 9 am
Cardio Drumming(virtual)	Mon & Thurs @ 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, and Thursdays by appointment.

Transportation

TRUST Car Door-to-Door 920-793-5596
Assist To Transport 920-682-8820
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 1-833-646-0823
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
Tech assistance- Wednesday Afternoons- Call for an appt.
Tours- Call for personal appointment
Vision Assistance TV Reader available
*TRSC Services are open to all

Dining Room (Koska)

Call Mary at 793-7266 for details
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- Mark Bittner, Jackie Ackerman, Kim Graves, PJ Stephens, Jo Yungerman, Kyle Korinek, Betty Bittner, Ruth Kadow, Bruce Yungerman.

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 10 AM.
President- Sharon Bauknecht
Vice President- Jan Klein
Secretary- Ruth Kadow
Financial Secretary- Ann Plansky
Treasurer- Cindy Schmidt
Members at large- Cathy Cole, Sid Kemp

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: heahl@two-rivers.org

Program Coordinator

Megan O'Connor
P: 920-793-5597

E: megoco@two-rivers.org

Nutrition & Volunteer Coordinator

Mary Omillian
P: 920-793-7266
E: maromie@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, Sharon Glandt, RN, on Wednesday mornings, and one of these three lovely nurses on Thursdays.

By appointment only. Checks for \$25 payable directly to your nurse.

Call **920-793-5596** to schedule today.

**NOW AVAILABLE 4
DAYS A WEEK !**

COMMITTEE ON AGING

Next Meetings are Monday, February 2nd, and Monday, March 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.

WEATHER NOTICE

ANY TIME BAD WEATHER IS PREDICTED, IT IS UP TO THE INDIVIDUAL TO DECIDE IF THEY WANT TO ATTEND SC PROGRAMMING.

IF WE HAVE TO CLOSE THE SENIOR CENTER, IT WILL BE REPORTED ON SEEHAFER BROADCASTING STATIONS, WBAY, AND WFRB, AND OUR FACEBOOK PAGE.

ANYONE REGISTERED FOR A PROGRAM WILL RECEIVE A CALL TO NOTIFY THEM OF THE CLOSURE.

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.

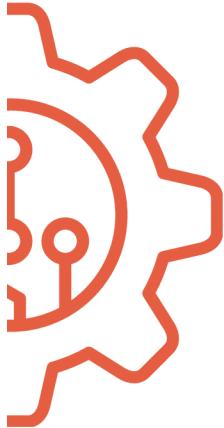
To have your name added to the list to help, call 920-793-5596.

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





TECH FOR SENIORS CLASS SCHEDULE



**JANUARY
21** INTERNET BASICS
10AM-11:30AM- KOSKA ROOM
LEARN THE BASICS ON HOW TO EASILY
NAVIGATE WHAT THE INTERNET HAS TO OFFER!

**FEBRUARY EMAIL BASICS
11** 10:00 AM-11:30 AM- KOSKA ROOM
LEARN HOW TO USE AND MAKE THE MOST OF
YOUR EMAIL!

**FEBRUARY CYBERSECURITY BASICS
18** 10-11:30 AM- KOSKA ROOM
LEARN HOW TO PROTECT YOURSELF
FROM ONLINE THREATS.

**MARCH
11** ANDROID MOBILE DEVICE BASICS
10-11:30 AM- KOSKA ROOM
FOR ANDROID USERS-HOW TO NAVIGATE
YOUR MOBILE PHONE.

**EVERY
WED** OPEN OFFICE HOURS
3:00 PM-4:00 PM- KOSKA ROOM
GET YOUR TECH QUESTIONS ANSWERED
AND PRACTICE NEW SKILLS!



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 Community 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
The Lakehouse - Manitowoc
Manitowoc Senior Center
Manitowoc County Chamber
Manitowoc Tourist Info Center
YMCA

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 of your Two Rivers errands, whether shopping, social, or medical.

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

Members can buy a TRUST card for \$15 either at the Senior Center front desk, or directly from the driver. Cash or check are accepted. Each card has 10 punches on it, and each stop takes one punch.

Members must call at least one day ahead of time to schedule a ride, as there are no same day rides scheduled. Rides can be scheduled months ahead!

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

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



Memberships

**\$20/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 50 years and older. A Senior Center membership grants you access to many of our programs at no additional cost such as Movie Matinees, Mahjong, Bridge Club, Card Creators, Fitness Fun, Cardio Drumming, Sheepshead, trip discounts, parties, and more!

Memberships are payable by cash or check. We cannot accept cards at this time.

ATTENTION

Newsletter Fee Update for 2026

For 2026 annual fee to have our newsletter mailed to you has **increased from \$25 to \$30**. This small increase is necessary to help cover the rising cost of postage. We appreciate your understanding and continued support as we work to keep you informed and connected.

Membership Fee Update for 2026

For 2026, our annual membership fee has **increased from \$15 to \$20**. The last time our membership fee was adjusted was in 2016, and after a decade, we are implementing a **modest \$5 increase**. This adjustment will help us cover rising operational costs and the increased expenses associated with services and programming for seniors. We appreciate your understanding and continued support as we work to maintain the quality programs and resources our members value. If you would like assistance paying your fees, please contact Heather at 793-5590 to discuss our Golden Givers assistance program, made possible by the Friends of the Two Rivers Senior Center.

WAYS MEMBERS CAN SUPPORT **THE FRIENDS OF THE TWO RIVERS SENIOR CENTER**

- Name the Friends of the Two Rivers Senior Center as the beneficiary of your non-probate assets. This is a way to donate that doesn't cost you anything during your lifetime.
- If you are a member of Thrivent, designate the Senior Center as a recipient of your Thrivent Choice Dollars. You can also lead a Thrivent Action Team to benefit the Senior Center.
- Donate an old car and designate the Senior Center as the recipient of the funds. Information can be found at careeasy.org
- Purchase greeting cards (anytime), raffle tickets (when offered), and TRUST car tickets for yourself or to donate to someone else.
- Collect aluminum tabs and used ink cartridges, and donate them to the Senior Center
- Donate your time or skills.
- Participate in your employee gift matching programs.
- Donate Cash.
- Donate Stocks.
- Make qualified charitable distributions from your retirement account.
- Leave a bequest in your will.

The Friends of the Two Rivers Senior Center is a qualifying 501 c3 corporation and may receive donations that are tax-deductible to the donors. Contact Heather, the Senior Center Supervisor, at 920-793-5590 for information on making a tax-deductible donation.

Raffle basket items-

The Senior Center is in search of items suitable for raffle baskets. Items must be new. Puzzle books, knickknacks, Skin care items, local gift cards, and shelf stable treats are some examples of sought after items. You can turn items in to the Senior Center front desk.



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

Bridge Club

Mondays
@ 10:00
In the SC Library

Bowling

Wednesdays
@ 9:15
At the Hook

Mahjong

Tuesdays
@ 9:30
In the SC
Library

Cribbage

Wednesdays
@ 1:30
In the SC
Library

Bingo

Tuesdays
@ 1:00
In the Koska
Room

Sheepshead

Thursdays
@ 1:00
In the SC
Library

Dominoes

Tuesdays
@ 1:00
In the SC
Library

Bingo Brunch

Fridays
@ 9:00
In the Koska
Room

Play Canasta? The Senior Center is putting out feelers to get a regular group together to play. If you're interested in playing at the Senior Center, please call Megan at 793-5597.



Exercise

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

Senior Yoga

**Mondays,
Wednesdays,
&
Fridays
@ 9**

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

Fitness Fun

Mondays

@ 10

Join this eclectic virtual exercise class for all fitness levels. Activities include dancing, cardio, and more!

Classes are held in the Koska room.

Senior Center Class



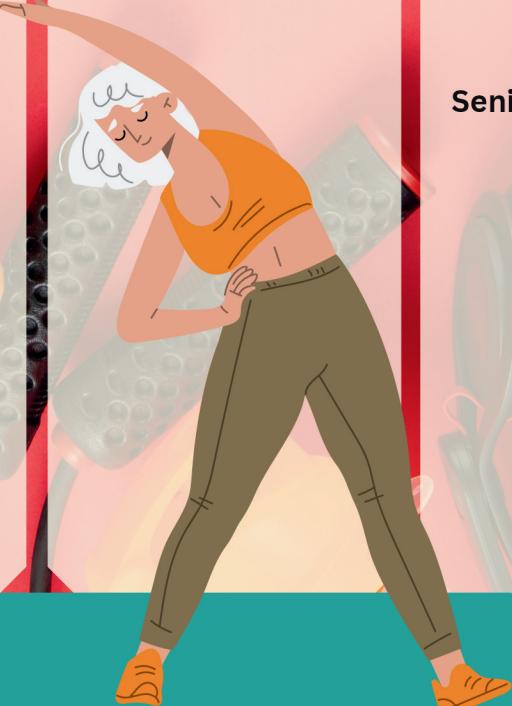
Arthritis Exercise

Tuesdays

@ 10:30

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

Senior Center Class

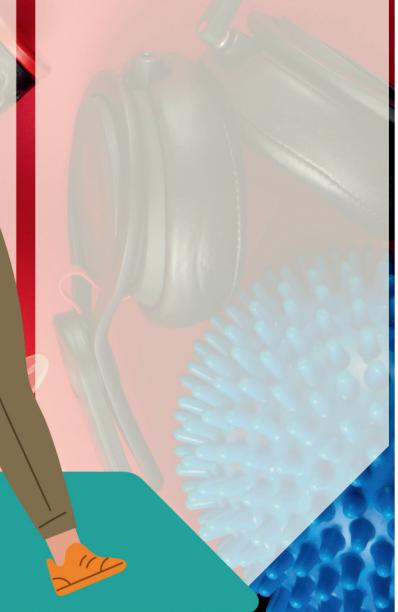


Cardio Drumming

**Mondays
&
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.

Senior Center Class



THANK YOU!

WE APPRECIATE YOU!

GENERAL DONATIONS

Lou Ann Smith, and Thank you to 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

JANUARY HOME DELIVERED MEAL VOLUNTEERS

1st Anderson Real Estate LLC, Hamilton Health Services, The Two Rivers School District, Grace Church, Two Rivers Fire Department, Two Rivers Fish Derby Inc., and all the individuals who drive for us!

TREP Birthday cake kits

The Two Rivers Senior Center is putting together birthday cake kits for TREP to give out, and is taking donations of the following items:

- Boxes of cake mix
- Canned frosting
- large birthday gift bags
- 9x13 disposable aluminum cake pans
- Birthday candles
- Cans of White soda

This project is ongoing, so there is no deadline! Please drop off your donations to the Two Rivers Senior Center front desk.



GOLF SIMULATOR SENIOR CENTER HOURS!

The Senior Center has reserved the simulator every Tuesday from 9-11 am for members to come and play all of the games that the simulator has to offer, such as-



Golf, Cornhole, Bowling, Foot golf,
Disc Golf, Soccer, Dodgeball,
Hockey, Pitching, and more!

**CALL OR STOP IN
TO SIGN UP TODAY!**

920-793-5596



SteppingOn

© Clemson, Swann & Mahoney, 2022

Back by popular demand, the Aging and Disability Resource Center's Stepping On class will have another session in the spring, which will run from **March 11th through April 22nd**.

This 7 week workshop will teach you how:

- To spot fall hazards.
- How vision, medications, and footwear affect your balance.
- Easy at-home exercises to build strength and improve balance.
- How to safely get back up if you ever take a tumble.

Call 920-793-5590 to sign up today!

UPCOMING EVENTS

KUMMER, LAMBERT,
FOX, GLANDT &
NELSON, LLP

LEGAL APPOINTMENTS

The law offices of Kummer, Lambert, Fox, Glandt, and Nelson, LLP will be offering appointments to consult on general legal matters.

The next appointment dates are:
February 26th and March 26th from 1:30 -3:30 pm.
Each appointment is 30 minutes maximum.

Call the Senior Center at 920-793-5596 to make an appointment.

STEPPING UP YOUR NUTRITION

Mark your calendars! This nutrition information class will be held on April 27th from 1-3 pm. WATCH THE NEWSLETTER FOR MORE INFORMATION!

Sip and Swipe: Beginner Technology Class

Join the Aging and Disability Resource Center for this two-part class that teaches you technology basics in a safe, secure environment.
February 25 & March 4th 2-4 pm @ The ADRC.

Call the ADRC to register today!

877-416-7083

Book Club?

The Senior Center, in partnership with the Lester Public Library, is looking to revive our monthly book club. If you are interested in joining, please call Megan and ask to have your name added to the list. Once we have a handful of interested members, we'll hold a meeting to get organized. 920-793-5597

Cork & Canvas

Spring Edition



Join Megan and paint these adorable spring shoes. Enjoy a casual atmosphere and light snacks and refreshments, both soft and hard.

Tuesday, April 14th 5-7 PM

Call 920-793-5596 or stop in to sign up by Friday, 4/3!



HAPPY BIRTHDAY!

FEBRUARY 1

Alice Gordon
Jennifer Hudon
Sharon Kitzerow
Gregory Morgan
Ruth Petri
Lou Ann Smith

FEBRUARY 1

Robert Gahl
Mike Monka
Jean Mulhaney
Christine Reagan
Barb Wachowski
Karen Zander

FEBRUARY 3

Allen Beranek
Connie Hendries
Julie Hippert

FEBRUARY 4

Dan Zacheck

FEBRUARY 5

Renee McDougall
Cheryl Pitrie
Sandra Way

FEBRUARY 6

Mark Bittner
Darlene Goldschmidt
Diane Grimmer
Ricky Henrickson
Dan Krizizke
Linda LeClair
Stephen Theiss

FEBRUARY 7

Joyce Marczak

FEBRUARY 8

David Franz
Eunice Kuehnl
Jeanette Meunier
Mary Jo Mott
Carol Schultz

FEBRUARY 9

John Hebel
Jan Klein

FEBRUARY 10

Dan Tegen

FEBRUARY 11

Casimer Drenski
Marlene Hartlich
Rita Lorrigan
Carol Wachholz

FEBRUARY 12

David Hilke
Joyce Marcelle
Barbara Sitkiewitz

FEBRUARY 13

Betsy Freiberg
Janet Haws

FEBRUARY 14

George Bamman
Keith Galbraith
Ralph Schlüter

FEBRUARY 15

Jeff Hansen
Larry Wensauer

FEBRUARY 16

Lisa Bowie

FEBRUARY 17

Carol Jaeger
Ken Ray
Carol Shedyiv

FEBRUARY 18

Nancy Gamble
Ruth Klein
Gail Shimulunas

FEBRUARY 19

Rita Klein
Mary Rehrauer
Arlene Vogel

FEBRUARY 20

Sharon Arnold
Cindy Breuchel
Linda Forry
Mary Karbon
Sandy Larson
Diann Moore
Alice Sheehan

FEBRUARY 21

Charles Curtis
Gerald Kirk
Mary Peterik
Mary Stegemann

FEBRUARY 22

Donna Franz
Barb Ott

FEBRUARY 23

Shelby Bohman
Eugene Warner

FEBRUARY 24

Tim Abendroth
Lynne Frank
Linda Kurtz
Theo Lynne Hoffman
Larry Wilker

FEBRUARY 25

Robert L Hoffman
Robert Klabunde

FEBRUARY 26

Teresa Brendemuehl
David Gallagher
Cheryl Gibbs
Barbara Nordstrom

FEBRUARY 27

Patricia Klein
Terry Mattie
Jim Michalek

FEBRUARY 28

Lee Pilger
Gene Stec

FEBRUARY 29

Walter Duval

Happy Anniversary

February 11

John & Jacque Moseler

February 21

James & Cindy Haese

February 14

Sid & Sue Kemp

February 23

Patrick & Sue Zur

February 14

Gary & Gesine McVey

February 28

Keith & Roberta Galbraith

PIE SALE!

WHOLE = \$15

SLICES = \$3

RASPBERRY CUSTARD

APPLE

RHUBARB CUSTARD

CHERRY

PECAN

PRE ORDERS STRONGLY RECOMMENDED. STOP IN OR CALL 920-793-5596
ORDER BY 3/6 **PICK UP 3/12 & 13**

CARS Program

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

For questions or to start your donation, visit:

careeasy.org/nonprofit/friendsofthetworiversseniorcenter
or call 855-500-7433



COFFEE WITH A COP

Come chat with Police Department officers at the Two Rivers Senior Center!

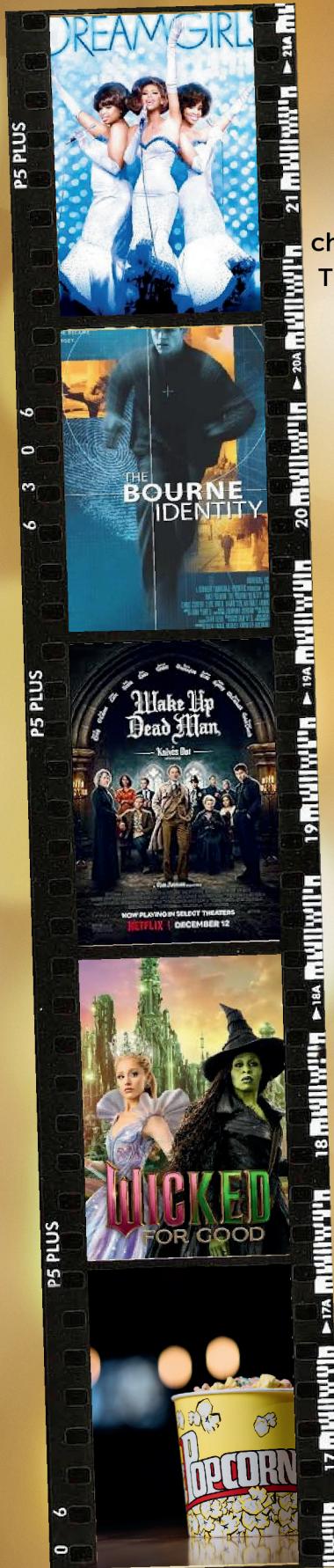
10-11 AM

NEXT MEETINGS:
February 4th
March 1st
April 1st



NOW SHOWING

MOVIE MATINEE- MONDAYS @ 1PM



February 2nd- Dreamgirls-

Deena (Beyoncé Knowles), Effie (Jennifer Hudson) and Lorrell (Anika Noni Rose) form a music trio called the Dreamettes. When ambitious manager Curtis Taylor Jr. (Jamie Foxx) spots the act at a talent show, he offers the chance of a lifetime, to be backup singers for a national star (Eddie Murphy). Taylor takes creative control of the group and eventually pushes the singers into the spotlight. However, one becomes the star, forcing another out, which teaches them about the high cost of fame. - IMDb
Rated PG-13. Run time 2 hrs 10 minutes.

February 9th- Bourne Identity-

A man, salvaged, near death, from the ocean by an Italian fishing boat. When he recuperates, the man suffers from total amnesia, without identity or background, except for a range of extraordinary talents in fighting, linguistic skills and self-defense that speak of a dangerous past. He sets out on a desperate search-assisted by the initially rebellious Marie, to discover who he really is, and why he's being lethally pursued by assassins. - IMDb
Rated PG-13. Run time 1 hr 59 min.

February 16th- Wake up Dead Man: A Knives Out Mystery

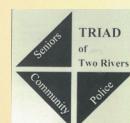
A baffling death inside a quiet church draws Benoit Blanc into a tense investigation where faith secrets and suspicion blur as a close community turns against itself. - IMDb
Rated PG-13. Run time 2 hr 24 min..

February 23rd- Wicked: For Good-

Now demonized as the Wicked Witch of the West, Elphaba lives in exile in the Ozian forest, while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good.- IMDb
Rated PG. Run time 2 hr 17 min..

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.



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 quilters 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

COOKIE CUTTER BIRD FEEDERS

Follow the directions provided to create these delicious Bird treats!

To reserve your kit, call 920-793-5596.
Call by Friday, February 13th.

Kits will be ready for pick up February 27th
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

Creation Station Sponsored By:



For all your insurance needs



P.A. Wargin Agency, Inc. (920) 794-1114

www.pamwargin.com • teamwargin@amfam.com

Brewer's Game vs Giants

THURSDAY, JUNE 4, 2026
\$159 per person

PRICE INCLUDES:

\$36 FOOD / DRINK VOUCHER
COVERED SEATING AT THE BREWERS VS. GIANTS GAME
DELUXE MOTORCOACH TRANSPORTATION
PERSONALIZED TOUR DIRECTOR.

DEPART THE S.C. AT 9:30 AM

DEPART MANITOWOC PARK & RIDE AT 10 AM

RETURN AT 6 & 6:30 PM



Planned With You In Mind

Step in to sign up today!

TREP Birthday cake kits

The Two Rivers Senior Center is putting together birthday cake kits for TREP to give out, and is taking donations of the following items:

- Boxes of cake mix
- Canned frosting
- large birthday gift bags
- 9x13 disposable aluminum cake pans
- Birthday candles
- Cans of White soda

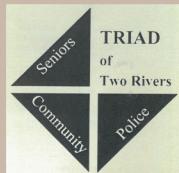
This project is ongoing, so there is no deadline! Please drop off your donations to the Two Rivers Senior Center front desk.



TRIAD *fundraiser*

Stop in at the Senior Center and pick up your Kwik Trip car wash card to support TRIAD. Each card is worth 5 ultimate car washes.

\$36 each



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 Thursday 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.

Two Rivers Senior Center *Red Hattitudes*

Thursday, February 19th
at 12:00 pm

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

Montana Rae's
1713 East Street
Two Rivers, WI 54241

Sandy is your hostess.



Unit 165- Two Rivers FUNDRAISER

The American Legion Auxiliary is selling Kwik Trip gift cards with a value of either **\$10 or \$20** to raise money to assist veterans with a range of needs.

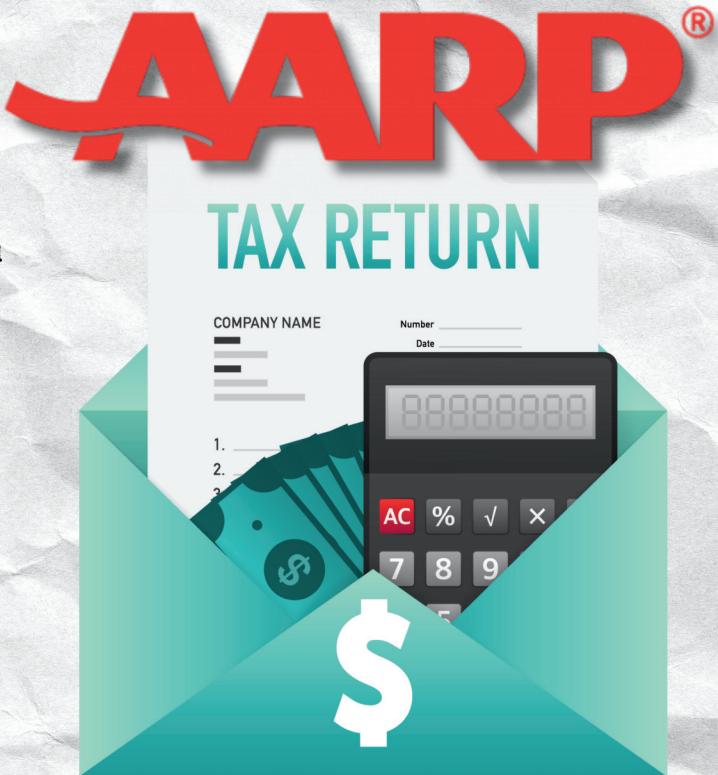
Kwik Trip Gift cards will be available for purchase by cash or check at the Two Rivers Senior Center, or by contacting the auxiliary by email: auxwipost165tr@gmail.com or on Facebook



AARP TAX PREPARATION SIGN UP!

NOW OPEN- as of January 2nd, the Senior Center is taking appointments for the 2026 tax season. Call 920-793-5596 to sign up for an appointment.

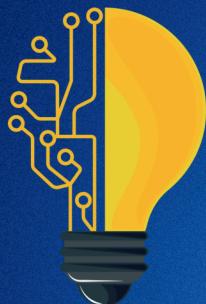
Appointments are required. This is a very popular program, so making appointments well in advance is recommended, even if you have not yet received all of your documents.



Tech assistance appointments available now!

By appointment only. Stop in or call to make an appointment to sit with DeAngelo, a high school student, who would like to help seniors with basic technology questions.

Call 920-793-5596



You can have our monthly newsletter and activity calendar emailed to you each month FREE! Email your information to Megan at megoco.two-rivers.org to sign up!

Upcoming Trips

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

2026

SUNNY PORTUGAL

March 5th - 14th

DOOR COUNTY YOGA RETREAT WITH CATHY

April 21st - 23rd

A CULINARY JOURNEY THROUGH TUSCANY & FLORENCE

April 21st - 30th

DISCOVER AMERICA'S MUSIC CITIES

April 30th - May 7th

HOLLAND TULIP TIME

May 7th - 10th

BREWER'S VS GIANTS

June 4th

ICELAND EXPLORER

June 10th - 17th

MAJESTIC CANADIAN ROCKIES

June 14th - 20th

MACKINAC ISLAND

October 6th - 9th

SOUTH PACIFIC WONDERS

October 13th - 27th

DISCOVER JAPAN BY BULLET TRAIN

November 5th - 17th

CHRISTMAS MARKETS OF MONTREAL AND QUEBEC CITY

December 10th - 16th

**Call for availability.*

Sign up today! 920-793-5596

2027

INFORMATION INCOMING SOON!



Chair Yoga Retreat w/Cathy

DATES: APRIL 21 - 23, 2026

Register today through the Two Rivers Senior Center



What's Included

- Transportation from Two Rivers
- A stop at Oneida Casino
- 2 nights lodging with breakfast
- \$25 Resort certificate
- Welcome gathering w/hors d'oeuvres
- Daily Yoga & Meditation
- Door County Candle Company private candle making class
- Local wine tasting
- A stop at the Mulva Cultural Center
- Lots of fun!

Investment

Double Occupancy at Stone Harbor Resort in Sturgeon Bay.
Hold your space with a \$100 deposit.
Total Cost \$550/pp
Single Supplement add'l \$75
Minimum 12ppl to hold retreat so register early!



Holland Tulip Time

May 7-10th



Travel to Holland, Michigan to take in the sights and sounds of their annual Tulip time Festival. Highlights include Windmill Island Gardens, Veldheer Tulip Gardens, and a guided tour of Holland, MI. Performance opportunities include The Texas Tenors, The Volksparade, and The Suite Surrender Theater Show. Transportation, 3 nights accommodation, 3 breakfasts, 1 lunch, and 2 dinners, and a personalized tour guide.

Per Person
Occupancy:

\$1748 Single
\$1448 Double
\$1378 Triple

\$500 due at reservation.
Stop in to sign up today!



Mackinac Island

October 6-9th



Catch the ferry out to Mackinac Island to enjoy a 3 night stay at The Grand Hotel. Get out and experience the Soo Locks, a horse drawn carriage tour, and shops galore. Enjoy an elegant evening at The Grand Hotel, with a 5 course dinner and a performance by the Grand Hotel Orchestra. Take time for shopping and exploration on the Island, including stops at artisan shops and boutiques, and of course, fudge!

Per Person
Occupancy:

\$2,765 Single
\$2,199 Double

\$500 due at reservation.
Stop in to sign up today!

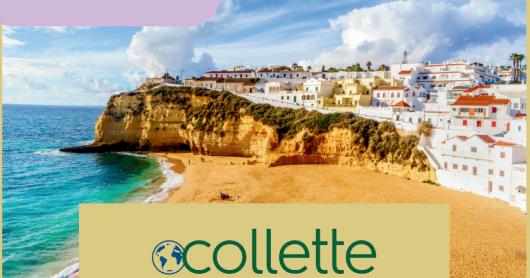
BOOK NOW

CALL: 920-793-5596
FOR MORE INFORMATION



with the
**Two Rivers
Senior Center**

2026



SUNNY PORTUGAL

Enjoy a choice of art or commerce walking tour in Lisbon, Visit a cork factory, Evora, Alentejo, Lagos, Algarve, Portimao, Setubal, Portugese Riviera, Obidos, and a walking tour of the National Palace of Sintra, or a UNESCO world Heritage Site. Final payment 12/5/25

\$3,999 pp Double

March 5 -14, 2026



A CULINARY JOURNEY THROUGH TUSCANY & FLORENCE

5 nights in Tuscany followed by 2 nights in Florence. Attend a pasta making class, wine tasting, guided talking tours, with delicious food experiences throughout. Activity level 4 . Final payment due 1/21/26
\$5,149 pp Double

April 21 - 30, 2026



DISCOVER AMERICA'S MUSIC CITIES

Enjoy stops in Nashville TN, Memphis TN, Oxford MS, and New Orleans LA. Visit the French Quarter, Jazz Revue, Grammy Museum, Graceland, a Civil Rights Tour, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, and a choice of Goo Goo Cluster Candy or Johnny Cash Museum tours. Final Payment due 1/30/26

\$3,799 pp double

April 30 - May 7, 2026



ICELAND EXPLORER

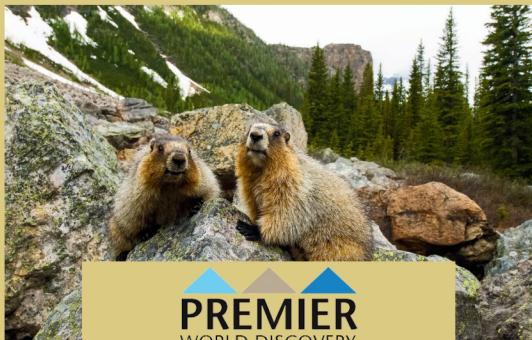
Spend 5 nights in breathtaking Reykjavik. Visit museums, hot springs, The Blue Lagoon, national parks, waterfalls, and more. Activity level 3.
Final payment due 3/10/26

\$5,199 pp Double

June 10 - 17, 2026

BOOK NOW

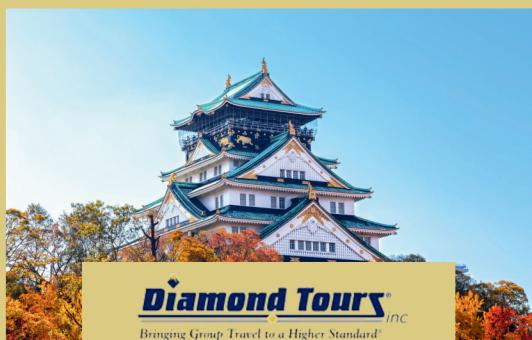
CALL: 920-793-5596
FOR MORE INFORMATION



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with the
**Two Rivers
Senior Center**



MAJESTIC CANADIAN ROCKIES

Spend 5 nights in Banff National Park! Explore Banff National Park with tours on Emerald, Peyto, and Moraine lakes, The Columbia Icefields, and more. Activity Level 2. Final payment deadline 3/14/26

\$4,225 pp Double

June 14 - 20, 2026

SOUTH PACIFIC WONDERS

Start your tour of the South Pacific in Cairns, Australia. Experience a guided tour of the Reforestation Nature Park, a tour of the Great Barrier Reef in a glass bottom boat, and stops in Sydney and Christchurch. End your tour in Queenstown with a trip on a coal fired lake cruise. Final payment due 7/5/26

\$8,449 pp Double.

October 13th - 27th, 2026

DISCOVER JAPAN BY BULLET TRAIN

Catch the bullet train through Tokyo, Kyoto, Hiroshima, and Himeji. Take a tour through the Imperial Palace and Eitai Gardens of Tokyo. Visit the Tsukiji fish market, Mt. Fuji, Hiroshima Peace Memorial Park & Museum, Himeji Castle, and more! Tour activity level 3.

Final payment due 8/5/26

\$8,249 pp Double.

November 5th - 17th, 2026

CHRISTMAS MARKETS OF MONTREAL & QUEBEC

Visit Quebec City's German Christmas Markets, Montreal's Christmas Markets, Montmorency Falls, The Maple Sugar Shack, The Buche de Noel Workshop, and more! Final payment due 9/11/26

\$8,249 pp Double.

December 10th - 16th, 2026

Congregate Lunch Open House

Sponsored by the Friends of the Two Rivers Senior Center

Curious about eating lunch at the Senior Center? Sign up for one of our quarterly “try-it Friday” lunch dates! These Friday meals are free to anyone 60+ who is interested in trying out lunch and meeting friends, new and old, here at the Senior Center, either for the first time, or after a lengthy hiatus!

Just like with any congregate meal, you must sign up by **11 am the day before**, and completing the Older Americans Act paperwork is required, which can be filled out when you come to dine with us. The first “try-it Friday” will be: **FRIDAY, MARCH 27 @ 11:30am.**

MENU: BAKED CHICKEN, MASHED POTATOES, VEGGIE BLEND, DINNER ROLL, CHOCOLATE PUDDING TORTE

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

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 \$7.00 for those over 60

2026

Two Rivers/Mishicot
Area Dine In & Home
Delivered Meals

February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken tacos, refried beans, corn, golden salad 	3 Beef pepper steak, potato casserole, broccoli, WW dinner roll, strawberry pretzel bar	4 Lasagna, capri blend veggies, peaches, apple pie square	5 Chicken Caesar salad, broccoli cheddar soup, dinner roll, chocolate mousse	6 Tilapia, potato O'Brien, cabbage & carrots, rye bread, bread pudding
9 Meatballs, egg noodles, wax beans, fresh fruit, peanut butter cookie*	10 Chili, sweet 'n' sour chicken wrap, three bean salad, applesauce, lemon bar	11 Baked chicken, whipped potatoes & gravy, carrots, whole wheat bread , cherry cake	12 Ham, cheesy potatoes, green beans, dinner roll, pears	13 Seafood pasta, romaine salad, country blend veggies, Valentine cookie
16 Orange chicken, brown/white rice, broccoli, pineapple, dreamsicle cake	17 Meatloaf, mashed potatoes & gravy, winter blend veggies, rye bread, chocolate pudding torte 	18 Brat on WW bun, Caesar potatoes, baked beans, golden salad	19 Bacon cheeseburger casserole, romaine salad , carrots, banana	20 Chicken dumpling soup, ham salad on rye, cucumber salad, pears, polka dot bar
23 Beef stroganoff, mashed potatoes & gravy, corn, WW dinner roll, mixed berry & yogurt parfait w/ granola	24 Beef vegetable soup, ham & turkey sandwich, Mandarin oranges, angel food cake w/ strawberries	25 Pesto chicken, romaine salad w/ tomato wedges, potato bucks, WW bread, black bean brownie	26 Tuna noodle casserole, winter squash, grapes, chocolate chip cookie 	27 Salisbury steak, mashed potatoes & gravy, broccoli, WW bread, fruitied Jello w/ whipped topping

*Contains nuts.

Please note: our kitchen is NOT a nut-free facility.



Menu subject to change.

Items in red are highlighted in this month's nutrition education handout.