



Two Rivers Senior Center

ENHANCING THE LIVES OF
OLDER ADULTS.



FEBRUARY 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	Wednesdays @ 9:15am
Card Creators	Wednesdays @ 10:00 am
Creation Station	Varies, see Calendar
Cribbage	Wednesdays @ 1:30 pm
Dartball	Wednesdays @ 1 pm
Dominoes	Tuesdays @ 1:30 pm
Mahjong	Tuesdays @ 9:30 am
Movie Matinee	Mondays @ 1:00 pm
Quilting	Fridays @ 8:30 am
Red Hattitudes	Third Thursdays @ 12 pm
Sheepshead	Thursdays @ 1:00 pm

Exercise

Arthritis Exercise	Tuesdays @ 10:30 am
Cardio Drumming (virtual)	Wednesdays @ 9 am
Fitness Fun (virtual)	Mondays @ 9 am
Let's Get Moving	Tuesdays @ 1 pm
<i>Simply Senior Exercise</i>	<i>Tues & Thurs @ 9:15 am</i>
<i>(through the Parks & Rec department)</i>	

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- See Calendar

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

Assistance Information
Chore list
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 683-4180
Tours- Call for personal appointment
Reassurance Calls- During Regular Hours
Tax Assistance- February - April
Vision Assistance TV Reader available
Books, DVD's, & Puzzles available to borrow
*TRSC Services are open to all

Dining Room

Lunch: Monday - Friday @ 11:30 am

Guest day passes are available for \$5 at the front window.

Members can bring a friend or family member, or individuals can get a pass for an activity or exercise class. Guests of members must be 18+, Individual guests must be 50+.

GOVERNANCE & MORE

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



City of Two Rivers Committee on Aging

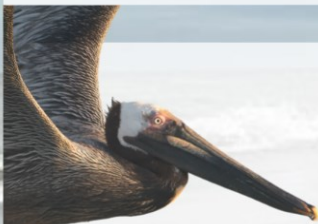
Meets the first Monday of each month.

William

LeClair, Jackie Ackerman, Lenore McDonough, Kim Graves, PJ Stephens, Jerry Schubring, Virginia Coffman, Jo Yungerman, Kyle Kornek.

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 to us 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 Thursday of each month.
@ 12:30

The Friends of the Two Rivers Senior Center is a non-profit organization whose purpose is to support the Two Rivers Senior Center in its mission to provide enrichment and community for older adults.

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

Program Coordinator

Megan Marchant

P: 920-793-5597

E: megmar@two-rivers.org

Nutrition & Volunteer Coordinator

Mary Omillian

P: 920-793-7266

E: maromi@two-rivers.org



Two Rivers Senior Center 920.793.5596

1520 17th Street, Two Rivers WI 54241

TWO RIVERS SENIOR CENTER BUS TRIP POLICIES

Find information on sign-ups, insurance, possible fuel surcharges, medical accommodations, partner match-ups, trip change policies, and more by visiting the Senior Center, or by calling 920-793-5596

2023 Trips

RAHR WEST ART MUSEUM

Thursday, February 9th

GRUMPY OLD MEN

@ **THE FIRESIDE**

Thursday, April 13th

BREWER'S GAME

May 10th

LEGENDS IN CONCERT

@ **THE FIRESIDE**

Thursday, June 29th

BREWER'S GAME

July 6th

ISLAND RESORT CASINO

August 2023

CHICAGO

September 19-21st

CANYON COUNTRY

September 6-13th

COLORFUL COSTA RICA

October 18-27th

ITALY'S AMALFI COAST

November 7-15th

ICELAND'S MAGICAL

LIGHTS

November 13-19th

CHRISTMAS MARKETS OF MONTREAL & QUEBEC CITY

Nov. 30th Dec. 4th

EUROPEAN CHRISTMAS

MARKETS

FEATURING PRAGUE, BUDAPEST, VIENNA

Dec. 10th Dec. 18th

Register by calling 920-793-5596

collette *Travel Show*

February 16th @ 10am

Come and talk with our Collette travel representative about the following trips-

- Canyon Country
- Iceland
- Christmas Markets of Europe

Come and talk with our Premier travel representative about the following trips-

Costa Rica
Italy
Christmas Markets of Montreal
and Quebec City

April 6th @ 10:30am

PREMIER
WORLD DISCOVERY
Travel Show

Travel

The
FireSide, Inc.

GRUMPY OLD MEN THE MUSICAL

April 13th

\$155 per person.

Sign up by stopping in, or
calling 920-793-5596

Lunch and a show with tributes to:
Freddie Mercury-Adele-Rod Stewart-
Elton John-Dusty Springfield

The FireSide Inc.

Legends in Concert



Thursday, June 29th- \$155

Travel

BREWER'S GAME



BREWERS **VS** DODGERS

WEDNESDAY MAY 10TH

BUS FARE &
GAME TICKET

\$82

Discover Canyon Country

featuring Arizona & Utah

September 06 — September 13, 2023

8 Days • 10 Meals

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

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

More information at the Senior Center front
desk, or call 920-793-5596



collette

<https://gateway.gocollette.com/link/1120744>



Colorful Costa Rica

October 18th – October 26th, 2023

9 Days • 14 Meals

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

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



PREMIER
WORLD DISCOVERY

Travel



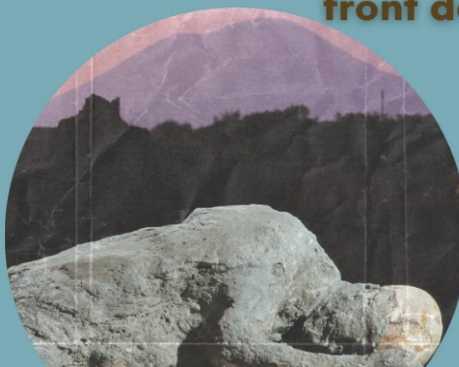
Italy's Amalfi Coast

November 7th – November 14th, 2023

8 Days • 10 Meals

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

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



PREMIER
WORLD DISCOVERY

ICELAND'S MAGICAL NORTHERN LIGHTS

November 13 — November 19, 2023. 7 Days • 11 Meals

Double- \$3,849 pp Single- \$4,349 pp

Save \$250 by signing up before 5/14/23

get More information at the Senior Center front desk,
or by calling 920-793-5596

<https://gateway.gocollette.com/link/1120941>



Travel



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**



CLOSINGS DUE TO SEVERE WEATHER

In the event of a closing due to severe weather, there will be no activities, TRUST car rides, or meals, including Home Delivered Meals.

Radio- WOMT, WCUB, WQTC, WLTU, WLKN, WEMP or SeehaferNews.com

TV- WBAY, WFRV, and WLUK

Social Media- Senior Center Facebook Page

info



Services

FOOT CARE

FOOT SOAK NAIL TRIM LOTION MASSAGE

Monday afternoons
with Mary Kaufmann, LPN

&
Wednesday mornings
with Sharon Glandt, RN

BY APPOINTMENT ONLY.

CALL 920-793-5596 TO SCHEDULE.

PAYMENTS OF \$25 ARE MADE DIRECTLY TO NURSE.

TWO RIVERS SENIOR CENTER

www.two-rivers.org

f FIND US ON
facebook



Why Us

Health Insurance and Access:
Medicare, Medical
Assistance, Income Support,
Food Share, Social Security,
SSI disability, and more.

Community Based Services
Community Options Program
Family Care, and more.

Housing/ Utilities:
Subsidized Housing, Housing
Repair/ Improvement Loans
& Grants, Property Tax
Deferral Program, and more.



BENEFIT SPECIALIST

First Thursday of every
month in the
Two Rivers Senior Center
Conference Room

**Contact the ADRC for an
Appointment**

920-683-4180 to Schedule your
in-person appointment!

FREE

BLOOD PRESSURE SCREENINGS

**The Second Tuesday
of each month
10:30-11:30 am**

**Call 920-793-5596
and schedule your appointment.
Walk-ins welcome.
Free to everyone.**

*Provided by Sharon S. Richardson
Community Hospice*

AARP TAX AIDE 2023

The AARP Foundation is providing Tax-Aide services, hosted at the Two Rivers Senior Center February 1 through April 14.

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.

Call 920-793-5596 to learn more about eligibility, and how to sign up.



Services



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

Membership Renewals

Stop in and begin or renew your membership anytime during office hours!

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

Pick up our newsletter at these locations !

Two Rivers

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

Two Rivers Christian Thrift
Store
Mueller Manor
Community First Bank
River house Apts
Fox Valley Credit Union
Shoreline Credit Union
Hamilton Care Center
TREP
Washington House
St. Vincent De Paul

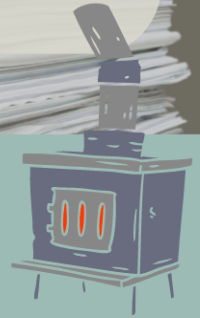
Village Green East
Village Green West
Schroeder's/ Red Bank Coffee

Manitowoc

Felician Village
Manitowoc Public Library
Rover Woods
Manitowoc Visitor's Center
Manitowoc Senior Center
Manitowoc County Chamber
YMCA

Services

For energy assistance, call 920-683-4300
and schedule an appointment.



ADRC LUNCH PROGRAM

DINE IN AT THE SENIOR CENTER

MONDAY- FRIDAY @ 11:30 AM

**RESERVATIONS REQUIRED BY 11:00 AM THE DAY BEFORE. CALL
920-793-5596 TO MAKE YOUR RESERVATION!**

SUGGESTED DONATION OF \$6.50 FOR THOSE OVER 60



Services



Starting in 2023,
the suggested donation
for lunch is **\$6.50**

Stop by and
grab a cup of
coffee, tea, or
hot coco 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.

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.



KNOWING THE DIFFERENCE BETWEEN A COLD, THE FLU, AND COVID-19 *

SYMPTOMS	COLD	FLU	COVID-19
Sneezing	✓		
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Fatigue (tiredness)		✓	✓
Fever or feeling feverish/chills		✓	✓
Muscle pain or body aches		✓	✓
Headache		✓	✓
Vomiting and diarrhea (more common in children than adults)		✓	✓
Change in or loss of taste or smell			✓

*Patients may experience only some or all of these symptoms.

Still unsure? Have questions? Contact your health care provider today.

<https://medcom.uiowa.edu/theloop/we-stand-together/knowning-the-difference-a-cold-vs-the-flu-vs-covid-19>

Two Rivers Environmental Advisory Board presents:
Status of our Waters
Tuesday, February 7, 2023 - 6:00pm

Presented by Titus Seilheimer, fisheries specialist at UW Sea Grant Institute.

The Two Rivers Environmental Advisory Board works closely with city departments and committees regarding natural resources and environmental issues, and in doing so, consults with a valuable network of experts. This infrastructure-meets-environment series features some of the committee's go-to consultants.

Lester Public Library 1001 Adams St, Two Rivers, WI 54241

Creative Partners Paint Day
Friday, February 10, 2023 - 6:00pm to 9:00pm

For ages 6-14: A fun night of painting with your best creative sidekick.

All supplies furnished. Fee is \$20/pair for residents; \$27/pair for nonresidents. \$5 per additional child. Space is limited. Register here by Feb. 3.

Two Rivers Parks and Recreation Department-
Behringer Room, J.E. Hamilton Community House
1710 W Park St. (920)793-5592



**TWO
RIVERS**
WISCONSIN

UPCOMING CITY EVENT HIGHLIGHTS

The Price is Right
Saturday, February 25, 2023 - 6:00pm

Great prizes are up for grabs—including \$1,000 cash and four box seats to the Timber Rattlers! Win a \$50 prize for "best group shirt," so get to work on your design...Doors open at 6 p.m., and play starts at 7. Proceeds help provide quality youth leagues and field upkeep at local youth sports parks. Tickets are \$20.

For more information and to reserve your table, contact
Beach Bash- beachbashtr@yahoo.com

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

VISIT exploretworivers.com/events/ for a complete list and description of events.
Or call 920-793-5523



You Shop. Amazon Gives.

Follow the set up instructions on their site, and you'll be making a donation to the Friends of the Two Rivers Senior Center as the organization Amazon gives to when you shop their site at no cost to you!

Info



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!

Movies

NOW SHOWING

MOVIE MATINEE- MONDAYS @1 PM

Feb. 6th- Green Book-

This film is inspired by the true story of a 1962 tour of the Deep South by African American pianist Don Shirley and Italian American bouncer and later actor Frank "Tony Lip" Vallelonga, who served as Shirley's driver and bodyguard..

Rated PG-13. Run time 130 minutes.

Feb. 13th- Wonder-

This film is based on a book of the same name, and follows a boy named August Pullman with Treacher Collins syndrome as he navigates middle school.

Rated PG . Run time 113 minutes.

Feb. 20th- Top Gun-

A popular 1986 action flick starring Tom Cruise. This screenplay was inspired by an article titled "Top Guns", written by Ehud Yonay and published in California magazine three years earlier.

Rated PG . Run time 110 minutes.

Feb. 27th- Parenthood-

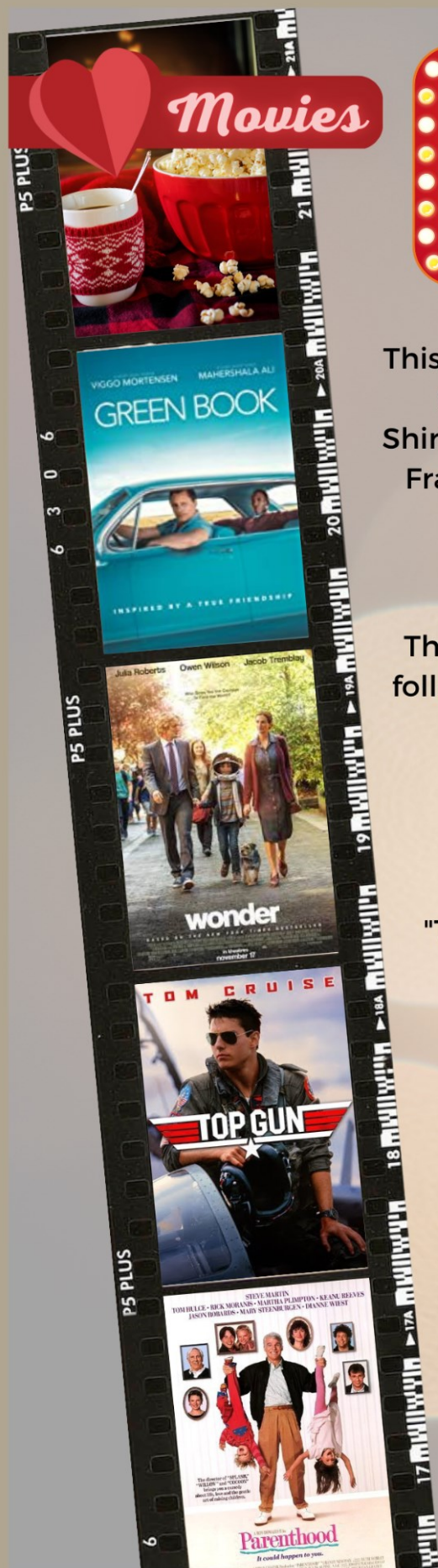
Three Buckman siblings attempt to raise their children - each in their own different style - and deal with the joys and sorrows that the process brings..

Rated PG-13 . Run time 124 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 Two Rivers Lester Library. Snacks are sponsored by TRIAD of Two Rivers.





Anniversaries

February 3

**Curtis & Geraldine
Ramseth**

February 14

**Gary & Gesine
McVey**

February 25

**Jim & Lynn
Skarvan**

February 11

**John & Jacque
Moseler**

February 23

**Patrick & Sue
Zur**

February 28

**Keith & Roberta
Galbraith**

Anniversaries





Birthdays

FEBRUARY 1

Alice Gordon
Sharon Kitzerow
Ruth Petri
Lou Ann Smith
Mike Yelmene

FEBRUARY 2

Mike Monka
Jean Mulhaney
Karen Zander

FEBRUARY 3

Allen Beranek
Connie Hendries
Julie Hippert

FEBRUARY 4

Alice Haen
Dan Zachek

FEBRUARY 6

Dine Grimmer
Elizabeth Otto
Donna Piotrkowski
Stephen Theiss

FEBRUARY 7

Joyce Marczak

FEBRUARY 8

Jim Ernst
David Franz
Eunice Kuehl
Mary Jo Mott

FEBRUARY 9

Jan Klein

FEBRUARY 10

Dan Tegen

FEBRUARY 11

Casimer Drenski
Marlene Hartlich

FEBRUARY 12

Joyce Marcelle
Barbara Sitkiewitz

FEBRUARY 13

Betsy Freiberg
Janet Haws
Ellen Rehrauer

FEBRUARY 14

Keith Galbraith

FEBRUARY 15

Ronald Gordon
Lee Kirchman
Betty Strathmann
Franklin Zeman

FEBRUARY 16

Lisa Bowie

FEBRUARY 17

Carol Shedivy

FEBRUARY 18

Rosie Cyr
Nancy Gamble
Gail Shimulunas

FEBRUARY 19

Rita Klein
Mary Rehrauer
Arlene Vogel

FEBRUARY 20

Cindy Breuchel
Sandy Larson
Diann Moore

FEBRUARY 21

Charles Curtis
Mary Peterik
Mary Stegemann

FEBRUARY 22

Barb Ott

FEBRUARY 23

Roxanne Wirrer

FEBRUARY 24

Tim Abendroth
Theo Lynne Hoffman
Linda Kurtz
Larry Wilker
Karen Verhaagh

FEBRUARY 25

Robert L. Hoffman
Cathy Lambries

FEBRUARY 26

Teresa Brendemuehl
David Gallagher
John Koerner
Barbara Nordstrom

FEBRUARY 27

Mel Koeppe
Jim Michalek

FEBRUARY 28

Dorothy Krejcarek
Lee Pilger
Gene Stec



ARTHRITIS EXERCISE

TUESDAYS @ 10:30

This class will help increase strength and flexibility, reduce joint pain, and help combat fatigue. Uses one wellness card punch.

Register ahead at
920-793-5596

CARDIO DRUMMING

Wednesdays @ 9:00 am

Virtual Instruction. Sessions 30-60 min.
All levels welcome.
Exercise at your own pace.

Please pre-register
920-793-5596



One wellness punch per session



LET'S GET MOVING!

TUESDAYS @ 1PM

**COMMUNITY HOUSE
BEHRINGER ROOM**

Register Now!
920-793-5596

Activities



RED TEAM **BLUE TEAM**

WEDNESDAYS AT 1PM

KOSKA ROOM

REGISTER BY CALLING 920-793-5596

1520 17TH ST TWO RIVERS WI

WWW.HEAHL@TWO-RIVERS.ORG

FITNESS FUN

Mondays 9:00 am

Virtual exercise classes for all levels.
Dancing, cardio, strength training,
stretching, yoga, and more!

One wellness punch per class.
Please pre-register by calling
920-793-5596



Activities



CRIBBAGE

Don't get behind that skunk line!

WEDNESDAYS @ 1:30 PM

FOR MORE INFORMATION OR TO SIGN UP CALL 920-793-5596



BINGO

TUESDAYS @ 1 PM

Please pre-register by calling
920-793-5596

Thank you to all of our volunteer hosts!

*Bingo must be called on the last number
revealed to be a good bingo.



Activities



MEXICAN TRAIN DOMINOES

Tuesdays @ 1:30 PM

Have fun with other
members playing dominoes
with a twist. Hop on the
train and stay on track with
this fun game!

Pre-register at 920-793-5596

SHEEPSHEAD

Thursdays @ 1:00 pm

Have fun socializing while
playing this trick-taking game
with other members.

Register in advance by calling
920-793-5596





SENIOR BOWLING

AT THE HOOK LANES AND GAMES
(Formerly Rudy's Bowling Alley)

WEDNESDAYS @ 9:15-11:30 AM

CALL 920-793-5596 TO RESERVE YOUR
SPOT. MEET AT THE HOOK.

\$7 per
session

Activities

BINGO

brunch

FRIDAY MORNINGS @ 9

COME PLAY BINGO AND ENJOY A LIGHT BRUNCH
CALL 920-793-5596 TO SIGN UP TODAY!



NEW

MAHJONG

TUESDAYS @ 9:30 am

Join other members in this
memory skills game.

Not sure how to play?
Join us and we'll teach you!

Register by calling
920-793-5596

SOUP-ER BOWL SOUP SALE

Beef & Barley Soup
Pints \$6 Quarts \$10

Pick up only- February 8th thru the 10th,
or while supplies last!



Activities

Valentine's Day Meal

Enjoy a spaghetti supper with garlic knots, salad, and cheesecake torte dessert. Come stag or with a partner.

Dine-in at 4:30 PM

Pick-up between 3-5 PM

Registration required. Pre-order for drive thru or pick-up. Call 920-793-5596



Feb
20th

Game Night & Potluck

5-8 PM

Bring a
dish to
pass and a
game to
share!

Sign up by calling 920-793-5596



TWO RIVERS SENIOR CENTER RED HATTITUDES

THURSDAY, FEBRUARY 16TH @ 11 PM

Join us for lunch at
The Family Restaurant, 3015 Tannery Rd,
followed by bingo at the Senior Center at 1:15.
Bring a \$5.00 prize.

Call 920-793-5596 to sign up

Sandy is our Hostess

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



HAPPY *February* BIRTHDAY PARTY

Come and help us celebrate all of those folks born in February!

We'll provide the cake and refreshments, as well as a Frank Sinatra impersonator! All are welcome.

Party go-ers with February birthdays can enter to win a door prize!

Friday, February 24th from 1-3pm

Pre-Register by calling 920-793-5596

Balloons provided by Dazzling Creations



COMMITTEE ON AGING

**Next Meetings are
Monday, February 6th
and Monday, March 6th
at 8:30 AM
in the Library**



Activities

Puzzlers

A wealthy family lived in a big circular house. They had a maid, a butler, and a gardener. The parents were going to a party, so they tucked the younger kids into bed and kissed them goodnight and said goodbye, and kissed the older kids goodnight. When the parents came home, all the kids were gone—they had been kidnapped. The authorities asked the butler, maid, and gardener what they were doing at the time of the kidnapping. The butler says he was organizing the library, the maid says she was dusting the corners, and the gardener says he was watering the plants.

Who's lying and actually kidnapped the kids?

Answer: The maid—she said she was dusting the corners, but the family lives in a circular house, so there are no corners.



CARD CREATORS

Wednesdays @10am
Two Rivers Senior Center Library

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

AFTER HOURS ACTIVITIES

Interested in
After hours Game
Nights or Movie
Nights?

Call 920-793-
5596 and let us
know!

Create

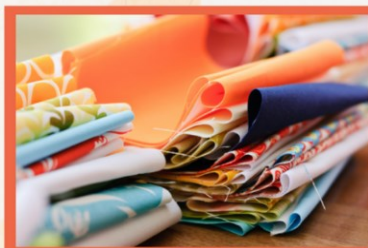


QUILTING



Fridays 8:30 am - 2:30 pm

Register by calling 920-793-5596





Create



Creation Station

MINI CHALK BOARD SIGN

Each kit contains the materials for one mini chalkboard magnet.

To reserve your kit, call 920-793-5596.
Call by Friday, February 10th.

Kits will be ready for pick up February 16th & 17th
between 8am and 4pm 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





Volunteer



VOLUNTEER MEETING

**THURSDAY, FEBRUARY 16TH @ 1PM
IN THE KOSKA**

All Senior Center volunteers are invited to attend a meeting to discuss the year ahead, and answer questions.

Office volunteers, TRUST car drivers,
Kitchen Volunteers, and Home Delivered
Meals drivers—
please attend if at all possible.

Please register to attend by calling 920-793-5596

February 2023

Two Rivers/Mishicot Area Dine In and Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
		Chili Ham Salad on Wheat Cucumber Salad Warm Applesauce Cherry Cake	Shepard's Pie Carrot Raisin Salad Brussel Sprouts White Bread Rice Krispie Bar	Lasagna Peaches Capri Blend Veggies French Bread Apple Pie Square
6	7	8	9	10
Egg, Ham, & Cheese Scramble Diced Sweet Potatoes Tropical Fruit Muffin Yogurt	Baked Chicken Mashed Potatoes Carrots WW Dinnier Roll M&M Bar	Brat on WW Bun Caesar Potatoes Baked Beans Golden Salad	French Bread Pizza Romaine Salad Country Blend Veggies Banana	Fish Sandwich on Wheat Bun w/Tartar Sauce Red Potatoes Coleslaw Black Forest Cake
13	14 Valentine's Day	15	16	17
Beef Vegetable Soup Egg Salad on WW Mandarin Oranges Rice Krispie Bar	Meatballs & Gravy Mashed Potatoes Broccoli WW Bread Angel Food Cake w/ Strawberries	Turkey Noodle Casserole Winter Squash Baked Beans Chocolate Chip Cookie	Chicken Pizza Bake Romaine Salad Tomato Wedges Potato Bucks WW Bread Frosted Cake	Beef Tips Mashed Potatoes & Gravy Corn WW Dinner Roll Lemon Bar
20	21	22	23	24
Meatloaf Whipped Sweet Potatoes Broccoli WW Bread Orange	Philly Style Mac & Cheese w/Chicken Mixed Veggies Peaches WW Bread Vanilla Pudding	Salmon Cheesy Potatoes Three Bean Salad WW Dinner Roll Banana	Baked Chicken Mashed Potatoes & Gravy Carrots WW Bread Raspberry Bar	Pork w/Fried Rice Stiry Fry Veggies Baby Corn Pears Fortune Cookie
27	28	1	2	3
Chicken Vegetable Pasta Apricots Garlic Bread Black Bean Brownie	Tator Tot Casserole Wax Beans Mandarin Oranges WW Bread Poke Cake	IMMUNE BOOSTING FOODS OF THE MONTH	MILK: Contains vitamin D which boosts immunity, keeps bones strong, and regulates mood.	BROCCOLI: Did you know broccoli contains more vitamin C than an equal serving of an orange?
6	7	Notes		
				



Thank You

THANK YOU!

WE APPRECIATE YOU!

GENERAL DONATIONS

Pearl Bauknecht, Liz Markle, Robert Goodine, Sharon & Karen, Virginia Coffman, Barb Schweitzer, Judy Goodchild, and all those who donated anonymously!

SUPPORTING BUSINESSES AND ORGANIZATIONS

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

HOME DELIVERED MEAL DELIVERERS

Grace Church, St. Peter the Fisherman, Two Rivers High School, Two Rivers School Staff, Good Shepherd Lutheran Church, Two Rivers Fire Department, and all the individuals who drive for us!

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