



Two Rivers Senior Center

ENHANCING THE LIVES OF
OLDER ADULTS



1954 • Celebrating **70** years • 2024

JULY 2024

Photo: Seniors march in the Memorial Day Parade ca. 2017.



ACTIVITIES AND SERVICES

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

Activities

Bingo Tuesdays @ 1 pm & Fridays @ 9 am
 Bowling at The Hook (seasonal) Wed @ 9:15am
 Card Creators Wednesdays @ 10:00 am
 Creation Station Varies, see Calendar
 Cribbage Wednesdays @ 1:30 pm
 Dominoes Tuesdays @ 1:00 pm
 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
 Let's Get Moving Tuesdays @ 1:00 pm
 Yoga (in person inst.) Mon & Wed @ 9 am
 EnerChi (in person instructor) Wed @ 10:15 am
 Cardio Drumming(virtual) Thursdays @ 9:00 am

Health

Blood Pressure- Second Tuesdays
 Health Screenings- See Calendar
 Foot Care- Monday afternoons & Tuesday
 & Wednesday Mornings by appointment
 Dental Hygenist- Friday afternoons

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
 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



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.

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, Jerry Schubring, Jo Yungerman, Kyle Korinek, Betty Bittner.

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.

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

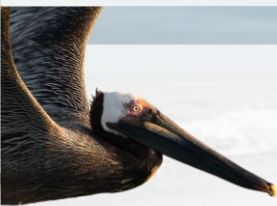
Megan Marchant
P: 920-793-5597

E: megmar@two-rivers.org

Nutrition & Volunteer Coordinator

Mary Omillian
P: 920-793-7266

E: maromi@two-rivers.org



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- Ruth Kadow

Financial Secretary- Sid Kemp

Treasurer- Cindy Schmidt

Members at large- Cathy Cole, Kim Graves


Two Rivers Senior Center 920-793-5596

1520 17th Street, Two Rivers WI 54241




**NO BENEFIT
SPECIALIST IN JULY**

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, July 1st, and Monday, August 5th @ 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.



VOLUNTEERS

We're always interested in welcoming new volunteers at our events and in our regular positions here at the Two Rivers Senior Center. If you are interested in volunteering, but haven't been called, go ahead and give us a call and remind us! Our goal here is to provide volunteer opportunities for anyone that wants to participate.

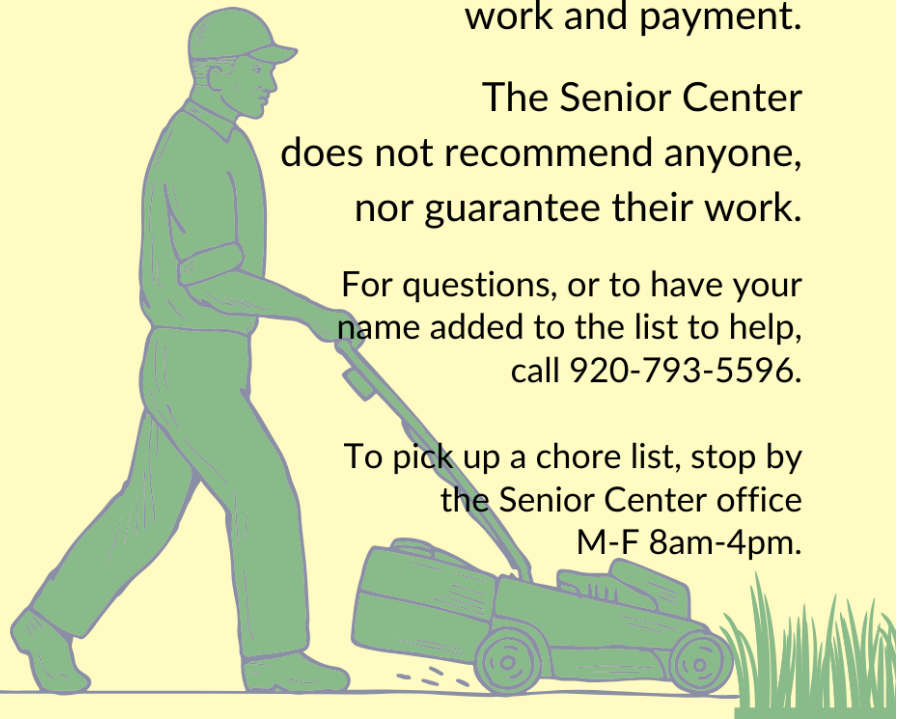
PEOPLE HELPING PEOPLE CHORE PROGRAM

Open to anyone, the chore list provides a list of members in the community who want to offer services to seniors. It is the responsibility of both parties to agree on work and payment.

The Senior Center does not recommend anyone, nor guarantee their work.

For questions, or to have your name added to the list to help, call 920-793-5596.

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



Pick up our newsletter at these locations !

Two Rivers

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

Two Rivers Christian Thrift Store

Mueller Manor
Community First Bank
River House Apts
Fox Valley Credit Union
Shoreline Credit Union
Hamilton Care Center
TREP
Washington House
St. Vincent De Paul
Village Green East

Village Green West

Schroeder's/ Red Bank Coffee

Manitowoc

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

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

T . R . U . S . T . C A R

TWO RIVERS UNIQUE SENIOR TRANSPORTATION

The Two Rivers Senior Center TRUST car is available to take you to do all your Two Rivers errands, whether shopping, social, or medical.

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

TRUST car cards must be used, and can be purchased in office or from the driver for \$15. Each card holds 10 punches, with each stop requiring a punch.

Members must call at least one day ahead of time to schedule a ride. Rides can be scheduled months ahead, but no rides can be scheduled for same day pick up.

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

The TRUST car vehicle and program are sponsored by the Friends of the Two Rivers Senior Center

Memberships

**\$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.

LIBRARY HOUSEKEEPING

We're getting organized!

Books are now in order alphabetically by author, and movies are now in order alphabetically by title. Please help keep these in order by leaving all book, movie, and puzzle returns and donations at the front desk. As you browse, help keep things tidy by making sure that items you pull from the shelves to look at are put back where you found them. Thank you!

CARS Program

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

For questions or to start your donation, visit:
careasy.org/nonprofit/friendsofthetworiversseniorcenter
or call 855-500-7433



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.

July

Birthday Party



FRIDAY, JULY 19TH, 1:30-2:30 PM

Come down and enjoy Water,
Coffee, and Cake!

Birthday prize drawing for folks with
July birthdays. Enter at the door to win!

Sign up by July 12th! 920-793-5596

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

ENTERTAINMENT
BY: FERNANDO
PLAYING 50'S & 60'S
CLASSICS!

SPONSORED BY:



HAMILTON
HEALTH SERVICES

HYGENIA DENTAL SERVICES

Registered Dental Hygienist, Kathy Rezba, provides dental cleanings, oral cancer screenings, fluoride treatments, and referrals for further treatment when needed. Appointments available **Fridays 12-4**.

Dental Cleanings: \$225
Fluoride Treatments: \$35
Medicaid co-pays: \$50

Sign up through the Senior Center by calling **920-793-5596**

Great Lakes Quiz

1. All of the Great Lakes combined contain ____ gallons of water.
A) 3 Quadrillion B) 16 Million C) 8 Trillion D) 6 Quadrillion
2. There are ____ lighthouses along the Great Lakes.
A) 200 B) 75 C) 300 D) 115
3. What is the name of the 30-40 ft long "monster" that allegedly lives in Lake Erie?
A) Chelli B) Bessie C) Betsy D) Miggie
4. The Great Lakes were carved by glaciers ____ years ago.
A) About 2,000 B) More than 12,000 C) 1.2 Million D) 500
5. Lake Michigan has the longest freshwater coastline in the U.S. How long is it?
A) 7,420 mi. B) 3,288 mi. C) 500 mi. D) 8,550 mi.

Answers: 1.D, 2.D, 3.B, 4.B, 5.B

Exercise

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

Senior Yoga

**Mondays
@ 9**

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

Silver Sneakers 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. 1 wellness punch.

Senior Yoga

**Wednesdays
@ 9**

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

Silver Sneakers class!

Cardio Drumming

**Thursdays
@ 9**

Join this fun group for 60 minutes of drumming at your own pace, led by a virtual instructor. All levels welcome. Classes are held in the Koska Room. 1 wellness punch.

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. 1 wellness punch.

Let's Get Moving!

**Tuesdays
@ 1:00**

This class is lead by staff from ATI physical therapy, and focuses on range of motion. Classes are held in the Behringer room. 1 wellness punch.

EnerChi

**Wednesdays
@ 10:15am**

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.

Silver Sneakers class!

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

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



Silver Sneakers

sign up for 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!

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

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

Wednesdays 10:15 am- EnerChi (Tai Chi/ Qigong)

7/17- YOGA AT
LONDONDAIRY ALPACA
FARM. NO ENERCHI.

7/31- NO SENIOR YOGA
OR ENERCHI. MAKE UP
CLASS 8/2

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

Sign up for a special Senior
CHAIR YOGA FIELD TRIP TO:
London Dairy Alpaca Ranch

WEDNESDAY, JULY 17TH

9 AM - 10 AM

With an optional ranch tour after class! The cost for just yoga is \$3.00. The tour is an additional \$5.00, with all proceeds going to the Londondairy Alpaca Ranch. Sign up required by July 10th. Carpooling available.



70th Anniversary Celebration

August 7th, 3-6 pm
Central Park West

The whole city is invited to come help the
Two Rivers Senior Center celebrate 70
years of service in our community!

Entertainment by: Blue Suede Cadillacs
Concessions by: H&P concessions

Stop by for good food and music, vendors, a
raffle drawing, a history of the Senior Center
display, and celebratory cake!

Sponsors:

SEEHAFFERNEWS
COM



Also made possible by a generous sponsorship given
in memory of Bill Reinert.

TWO RIVERS SENIOR CENTER RED HATTITUDES

Thursday, July 18th at 11:30 am

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

Perkins Restaurant
4525 Calumet Ave
Manitowoc, WI 54220

Clara is your hostess.

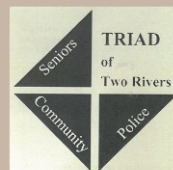
WE ARE ALWAYS
LOOKING FOR PEOPLE
TO HAVE FUN WITH
US. IF INTERESTED,
INQUIRE AT THE
SENIOR CENTER



TRIAD *fundraiser*

Stop in at the Senior Center and pick up your Kwik Trip car wash card to support TRIAD.

\$36 each



Sharon S. Richardson

COMMUNITY HOSPICE



Rebuilding: Purpose After Caregiving and Loss

September 5th- 1pm

Being a caregiver may provide you with a deep sense of purpose. As a long-term caregiver, that role becomes a large part of your identity. So, what happens when caregiving ends? Do you lose your sense of self? A part of grief that we may be less aware of is losing our sense of self because we are no longer a caregiver. In this session, we will explore how grief and loss impact our identity and learn strategies for coping and rebuilding purpose after loss.

Caring for the Caregiver: Flourishing

November 7th- 1pm

The holidays are a time for families and friends to gather and make lifetime memories, but when you are grieving loss of a loved one, it can be a difficult time as well. The holidays may serve as a reminder of a loss, but also of tradition and celebration. Learn about the importance of making decisions that feel right for you, and tips for practicing self compassion during the holiday season.

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.

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.

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



NOW SHOWING
 MOVIE MATINEE- MONDAYS @1PM

July 1st- Lincoln-

With the nation embroiled in still another year with the high death count of Civil War, President Abraham Lincoln brings the full measure of his passion, humanity and political skill to what would become his defining legacy: to end the war and permanently abolish slavery through the 13th Amendment. -IMDb

Rated PG-13. Run time 2 hr 30 minutes.

July 8th- The Music Man-

When Harold Hill, a traveling con man, arrives in River City, he convinces the locals to start a band by purchasing the uniforms and instruments from him. His intention is to flee as soon as he receives the money. As Harold begins to develop feelings for Marian, he faces a difficult decision about skipping town. -IMDb

Rated G . Run time 2 hrs 35 mins.

July 15th- Hidden Figures-

Three brilliant African-American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit. -IMDb

Rated PG. Run time 2 hr 07 minutes.

July 22nd-Flaming Star-

In this Western set on the Texas frontier, Pacer Burton (Elvis Presley) is the mixed-race son of a white rancher (John McIntire) and his second wife, Kiowa woman Neddy (Dolores del Río). When some local racists cause Neddy's death by preventing the doctor from coming to her aid, a war between the whites and the tribe erupts. As the war threatens to drive a wedge between Pacer and his white brother, Clint (Steve Forrest), he takes matters into his own hands.- IMDb

Rated PG. Run time 1 hr 41 minutes.

July 29th- Sense & Sensibility-

When Elinor Dashwood's father dies, her family's finances are crippled. After the Dashwoods move to a cottage in Devonshire, Elinor's sister Marianne is torn between the handsome John Willoughby and the older Colonel Brandon. Meanwhile, Elinor's romantic hopes with Edward Ferrars are hindered due to his prior engagement. -IMDb

Rated PG . Run time 2 hrs 16 mins.

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

**Will resume in
the fall.**

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



CARD CREATORS

Wednesdays @10am
Two Rivers Senior Center Library

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

The card creators are a group of member-volunteers who make cards that get sent to members, Home Delivered Meal participants, and more on behalf of the Senior Center. Thank you card creators!

Quilting Group

Join this creative group and make quilts with materials provided by the Senior Center. Don't know how to quilt? We'll teach you! The quilter's hard work gets sent to area organizations and individuals in need. Thank you quilters!

**Fridays at 8:30 am in
the Library**

Call 920-793-5596 to register



Creation Station

CLOTHESPIN BUTTERFLIES

Use the instructions & materials provided and whatever else you can find to create these beautiful butterflies!

To reserve your kit, call 920-793-5596.
Call by Friday, July 12th.

Kits will be ready for pick up July 19th 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

HAPPY BIRTHDAY!

JULY 1

Lee Neubert
Floyd Shillcox
Robin Wagner

JULY 2

Richard Brotski
Audrey Gagnon
Donnie Polifka

JULY 3

Julie Carter
Eldona Daffner
Kim Graves
Diane Warner

JULY 4

Judi Bodwin
Jayne Mueller
Vincent Vogel

JULY 7

Karen Konop
Sue Matczynski
Nancy Valenta

JULY 8

Diane Rudebeck
Judy Stefaniak

JULY 10

Barbara Samz

JULY 11

Patricia Baumann
Marilyn Kadow
Joyce Repenn
Pat Shedal

JULY 12

Patricia Ciha
Nancy Rameker
Lynn Rysticken

JULY 13

Carol Hansen
John Oswald
Carol Thompson-Selner

JULY 14

Beatrice Cisler
Marion Kushava
Stephen Schwartz
Donald Siehr

JULY 15

Roxanne Dyzak
Amanda Kober
Alice Kornely
Barb Kussman
Ken Mott
Karen Samz
Jerry Walters

JULY 16

Georgia Brotski
Diane Hagerty
Peter T. Harlow
Elizabeth Meyers
Gilbert St. Pierre

JULY 17

Colleen Gordon
Robin Polsene

JULY 18

Wayne Krall
Jean Ploger
Gerald Staral

JULY 19

Sandra Becker

JULY 21

Charles Crabb
Janet LeClair
Lucille Tess

JULY 22

Lois Schroeder
Philip Zaidel

JULY 23

John Hermann

JULY 24

Sally Eckardt
Don Noworatzky
Emmy Rebitz

JULY 26

Susie Carlson

JULY 27

Janet Graycarek
Joy Walters

JULY 28

Jeanne Walvoord

JULY 29

Kay Abendroth
Denise Kluck
Shirley Jarvis

JULY 30

Sherrie Culligan
Alison Hunner
Judy Johnson
Tracy Phillips

JULY 31

Alice Mohr
Theresa Pilzak
Amy Potthoff
Mike Sauer



July 6

Paul & Nancy Rameker

July 9

Donald & Carol Ahrndt

July 15

Robert & Jean Hermann

July 21

Greg & Judy Goodchild

July 29

Dave & Sandra Boehm

Happy Anniversary

Upcoming Trips

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

2024

BREWERS VS. LA DODGERS
August 15th

SOLD OUT

ONEIDA CASINO
August 29th

ATLANTIC CITY, NEW YORK CITY, AND PHILADELPHIA
September 21st- 27th

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

DAY TRIP TO APPLETON
December 5th

ONE SPOT LEFT!

2025

CLASSICAL GREECE DISCOVERY
February 9th-19th

HOLLAND TULIPS & RHINE RIVER CASTLE CRUISE
March 26th- April 4th

SPOTLIGHT ON WASHINGTON D.C.
March 27th- April 1st

IRELAND: DUBLIN, CORK, & GALWAY

April 27th - May 4th

ALASKA: CALL OF THE WILD
July 24th - 30th

ALBUQUERQUE BALLON FIESTA & SANTA FE
October 3rd - 8th

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

CLASSICAL GREECE DISCOVERY

February 9-19th

Enjoy stops in Athens, Delphi, and Olympia. Take a cooking class, dance class, and a choice of tours!

3,099 pp Double

3,699 pp Single

Book before 8/10/24 for these rates!

collette

SPOTLIGHT ON WASHINGTON D.C.

Mar. 27th - Apr. 1st

Tour the U.S. Capital building, Arlington National Cemetery, Mt. Vernon, WWII Memorial, Smithsonian Institute, & more!

2,999 pp Double

3,699 pp Single

Book before 9/27/24 for these rates!

collette

IRELAND: DUBLIN, CORK, & GALWAY

Apr. 27th - May 4th

Visit St. Patrick's Cathedral, the Temple Bar District, Cobh Heritage Centre, Blarney Castle, Cliffs of Moher, & more!

4,134 pp Double

PREMIER
WORLD DISCOVERY

TRAVEL SHOW

Join Premier
September 12th at 1 PM

Learn more about:

Holland tulips Rhine River Cruise

Alaska: Call of the Wild

Albuquerque Balloon Fiesta & Santa Fe

Call 793-5596 To sign up today!

Holiday trip to Appleton

Thursday, December 5th

Take a bus from the Two Rivers Senior Center bound for a day out in Appleton! We'll stop at the Paine Art Center for a tour of their holiday nutcracker display, then head to the Fox River Mall for shopping and lunch on your own.

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

Cost: \$25 members, \$30 non-members

Sponsored in
part by:





**Brewers vs. LA Dodgers
August 15th**

SOLD OUT

**Members: \$60
Non-Members: \$70**

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

ONEIDA CASINO DAY TRIP!

AUGUST 29th - ONLY \$30 PER PERSON!

Depart from the Senior Center at 8:30am, and return around 4pm.
Bingo sales begin at 9am, with games until 1pm. Lunch will be on your own.
Call 920-793-5596 or stop in to sign up by July 29th!

Atlantic City & New York City & PHILADELPHIA

September 21-27th 2024

Spend **7 days and 6** nights touring Atlantic City, New York city, and Philadelphia! Highlights include 3 nights at an Atlantic City Hotel, a guided tour of New York City and Philadelphia, with stops at The Rockefeller Center, Times Square, and Independence Hall.

Single- \$1354 Double- \$1075. \$75 downpayment due upon sign up. Final payment due 7/14.

Diamond Tours
Bringing Group Travel to a Higher Standard

Cape Cod & The Islands

September 21- 27th \$3,325 pp (double)

when you book before 7/8/24

Join Premier on this 6 night tour featuring Cape Cod and Boston, with stops in Martha's Vineyard, Provincetown, and Newport. Visit Nantucket Island, Plymouth rock, a cranberry bog, Breaker's Mansion, and enjoy a New England Lobster dinner.



Highlights of England, Scotland, and Wales

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

Final Payments due 8/15/24

Enjoy tours of Edinburgh and London. Witness Buckingham Palace's Changing of the Guard. Visit Edinburgh Castle, Stratford-Upon-Avon, Salisbury Cathedral, Stonehenge, The Roman Baths Museum, and more!



San Antonio Holiday

Nov. 30- Dec. 4th \$2029 pp (double)

when you book before 6/30/24

Visit The Mission in San Jose, The Alamo, El Mercado, Fredricksburg, The National Museum of the Pacific War, the Historic Pearl District, go on a Paseo del Rio cruise, and more!



HOLLAND TULIPS & RHINE RIVER CASTLES CRUISE

March 26th - April 4th

Features Amsterdam & 7 nights aboard the Amadeus Cara. Highlights include a stop in Mannheim for a Speyer walking tour, Cologne for a tour and beer tasting, and a canal cruise and sight seeing in Amsterdam.

Rates start at \$5445 pp Double.

PREMIER
WORLD DISCOVERY

ALASKA: CALL OF THE WILD

July 24th - 30th

Go on a land journey featuring a rail ride from Anchorage to Denali, a tundra wilderness tour at Denali National Park, look for seals, sea otters, whales, and more by the face of a glacier at Kenai Fjords National Park, and a day out to shop and relax in Seward.

\$5625 pp Double

PREMIER
WORLD DISCOVERY

ALBUQUERQUE BALLOON FIESTA & SANTA FE

October 3rd - 8th

Start your journey in Albuquerque at the Balloon Fiesta and a stroll through Old Town. Then head up to Santa Fe and visit the Indian Pueblo Cultural center and Los Alamos Bradbury Science Museum. Take the "high road to Taos" for the day, then return to Santa Fe for a city tour and farewell dinner.

\$3575 pp Double

PREMIER
WORLD DISCOVERY

THANK YOU!

WE APPRECIATE YOU!

GENERAL DONATIONS

Gary Karstaedt, Sharon & Karen, Virginia Coffman, Patrick Gagne, Jeanette Thomas, The Quilt Shop of Two Rivers, 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

JUNE HOME DELIVERED MEAL VOLUNTEERS

Good Shepherd, Grace Church, Two Rivers School District, 1st Anderson Real Estate LLC, St. Peter the Fisherman, Hamilton Home, Northland Lodge, Rotary Club, Jirschele Insurance, and all the individuals who drive for us!





JOIN

US!

TWO RIVERS SENIOR CENTER **MEMBERSHIP**

\$15 per person-annually
\$225 per person-lifetime

CASH OR CHECK PAYMENTS ONLY

Open to anyone 50+ years of age. We offer wonderful opportunities to stay engaged, socialize, maintain wellness, have fun, and so much more!



ADRC LUNCH PROGRAM

MONDAY- FRIDAY @ 11:30 AM

Sign up for the ADRC lunch program and dine in at the Two Rivers Senior Center. Reservations required by 11:00 AM the day before. Call 920-793-7266 to make your reservation.

Suggested Contribution of \$6.50 for those over 60

July 2024

Two Rivers Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5
Tator Tot Casserole Wax Beans Mandarin Oranges WW Bread Vanilla Pudding	Chef Salad Turkey & Bean Soup French Bread Banana Bar	Sloppy Joe on WW Bun Cold Potato Salad Baked Beans Fresh Fruit	Closed - 4th of July	Chicken Vegetable Pasta Apricots Garlic Bread Black Forest Cake
8	9	10	11	12
BBQ Shredded Pork on WW Bun Cheesy Potatoes Buttered Lima Beans Raspberry Bar	Beef Tips & Gravy Mashed Potatoes & Gravy Green Beans WW Bread Pumpkin Bar	Sweet & Sour Chicken Brown/White Rice Stir Fry Veggies Pears Honey Castella Cake	Meatloaf Whipped Sweet Potatoes Broccoli WW Bread Orange	Split Pea Soup Turkey on WW Peaches Tapioca Pudding
15	16	17	18	19
Pork Roast Baby Red Potatoes Carrots WW Bread Spiced Apples	Lemon Pepper Chicken Rice Pilaf Side Salad Winter Fruit Salad Strawberry Pretzel Bar	Roast Turkey Mashed Potatoes California Blend Veggies WW Dinner Roll Oatmeal Cookie	Spaghetti w/Meatsauce over WW Noodles Peas Applesauce Black Bean Brownie	Sphepard's Pie Mixed Veggies Mandarin Oranges WW Bread Chocolate Chip Bar
22	23	24	25	26
Swedish Loaf Potato Casserole Broccoli WW Dinner Roll Chocolate Chip Cookie	Chicken Caesar Salad Vegetable Bean Soup Dinner Roll Chocolate Mousse	Lasagna Capri Blend Veggies Peaches French Bread Apple Pie Square	Beef Tacos on Soft Shells Refried Beans Corn Golden Salad	Baked Chicken Whipped Potatoes & Gravy Carrots WW Bread Fruited Jello
29	30	31		
Philly Style Mac & Cheese w/Chicken Broccoli Apricots White Bread Carrot Cake	Pineapple Glazed Ham Cheesy Potatoes Brussel Sprouts Rye Bread Tropical Fruit	Salmon Potato O'Brien Cabbage & Carrots Rye Bread Bread Pudding		
		Notes	Menu Subject to change.	
				