



# Two Rivers Senior Center

ENHANCING THE LIVES OF  
OLDER ADULTS



1954 • Celebrating **70** years • 2024

**AUGUST 2024**

Photo: Barb Rouchlow 2002



# 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 instructor)	Mon & Wed @ 9 am
EnerChi (in person instructor)	Wed @ 10:15 am
Cardio Drumming(virtual)	Thursdays @ 9:00 am

## Notice

Members of the Two Rivers Senior Center consent to allow The Two Rivers Senior Center to use any photographs, videos, sound tracks, or any reproductions of these, to be used in written materials, social media or any other type of media. The Two Rivers Senior Center, a division of Parks & Recreation Department of the City of Two Rivers, is committed to providing an active and productive lifestyle for adults in the community through diversified volunteer opportunities, advocacy for adults, programming for health, recreation, education and community affairs.

## Health

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

## 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 1-800-506-5596  
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



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



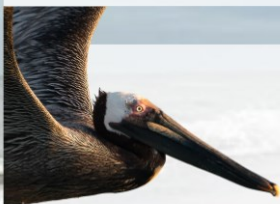
## City of Two Rivers Committee on Aging

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, Ruth Kadow.

## Friends of the Two Rivers Senior Center

The Friends of the Two Rivers Senior Center is a qualifying 501(c)3 corporation and may receive grants from foundations and donations that are tax-deductible to the donors. If you are interested in making a tax-deductible donation, please call 920-793-5596.



## Friends of the Two Rivers Senior Center

**Board** meets the second Thurs. of each month at 12pm.

President- Sharon Bauknecht

Vice President- Jan Klein

Secretary- Ruth Kadow

Financial Secretary- Sid Kemp

Treasurer- Cindy Schmidt

Members at large- Cathy Cole, Kim Graves

## 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



## 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, August 5th, and Monday, September 9th @ 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.



## 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.



### Cemetery Clean-up

- Fall clean up for the cemeteries will be from October 15th thru November 15th.
- Please have all items removed by October 15th so the crews can perform their fall clean up. Thank you!



## 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.

**MARK YOUR CALENDARS!**

# HEALTH & INFORMATION FAIR

## TWO RIVERS SENIOR CENTER

OCTOBER 17TH 8 A.M.- 12 P.M.  
J.E. HAMILTON COMMUNITY HOUSE

### 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](http://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.**

# August Birthday Party

FRIDAY, AUGUST 16TH, 1:30-2:30 PM

ENTERTAINMENT  
BY: AMY  
POTTHOFF!

Come down and enjoy Water,  
Coffee, and Cake!

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

Sign up by August 9th! 920-793-5596

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

## HYGENIA DENTAL SERVICES

Registered Dental Hygenist, Kathy Rezba, will be providing dental cleanings, oral cancer screenings, flouride treatments, and referrals for further treatment when needed.

Appointments available **Fridays 12-4.**

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

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





**2ND ANNUAL**

**BACK TO SCHOOL  
CARNIVAL!**

**Play games and shop for  
school supplies including a  
backpack, lunch bag, and  
school supplies.**

**SIGN UP BY CALLING  
920-793-5596 (REQUIRED)**

**This is a FREE Event!**

# 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](http://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)**

8/2- MAKE UP  
CLASSES FOR  
SENIOR YOGA (9AM)  
AND  
ENERCHI (10:15 AM)

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



# Cork *and* Canvas

**SIGN UP FOR A FUN EVENING OF  
ART, WINE, AND FUN!**

**SIGN UP INCLUDES MATERIALS, SNACKS,  
AND BEVERAGES! SPONSORED IN PART  
BY THE FRIENDS OF THE TWO RIVERS  
SENIOR CENTER.**

*September 26th*  
*6-8 pm*  
**AT THE TRSC**

**\$10**



## Half Page Ad

# 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!

**FIRST 200 PEOPLE EAT FREE!!**

*Sponsors:*



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

# TWO RIVERS SENIOR CENTER RED HATTITUDES

Thursday, August 15th at 11:30 am

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

The Waverly Inn & Pizzeria  
1402 16th Street  
Two Rivers, WI 54241

Sandy is your hostess.

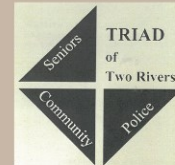
WE ARE ALWAYS  
LOOKING FOR PEOPLE  
TO HAVE FUN WITH  
US. IF INTERESTED,  
INQUIRE AT THE  
SENIOR CENTER



# TRIAD *fundraiser*

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

## \$36 each



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# Sharon S. Richardson

COMMUNITY HOSPICE



## **Rebuilding: Purpose After Caregiving and Loss**

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**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**

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**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.

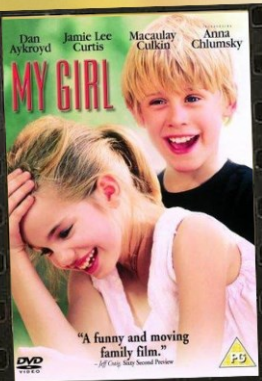
Make sure to mark your calendars and sign up today!

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.

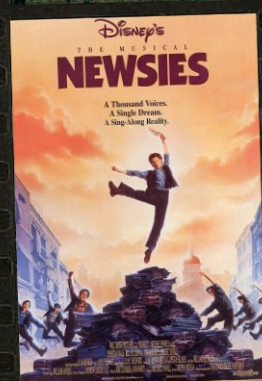
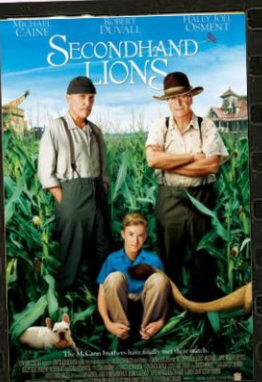
**Refreshments and snacks for all educational programs provided by:  
The Friends of the Two Rivers Senior Center**

# NOW SHOWING

MOVIE MATINEE- MONDAYS @1PM



21  
20A  
20  
19A  
19  
18A  
18  
17A



P5 PLUS

P5 PLUS

6

### August 5th- My Girl-

Tomboy Vada Sultenfuss has good reason to be morbid: her mother died giving birth to her, and her father operates a funeral service out of their home. The other kids think she's a freak, and it certainly doesn't help that her best friend, Thomas J. Sennett (Macaulay Culkin), is a boy. To make matters worse, Vada is desperately in love with her English teacher, Mr. Bixler. What's an 11-year-old girl to do?-IMDb  
 Rated PG. Run time 1 hr 42 minutes.

### August 12th- Secondhand Lions-

A shy adolescent boy, Walter, is taken by his greedy mother to spend the summer with his two hard-boiled great-uncles, Hub and Garth, who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit. -IMDb  
 Rated PG . Run time 1 hr 51 mins.

### August 19th- Newsies-

In this musical, homeless New York City newsboy Jack "Cowboy" Kelly befriends two newcomers to his trade, brothers David and Les Jacobs. When publisher Joseph Pulitzer sets new rules that make it harder for the young newspaper salesmen to make a buck, the boys go on strike. Bryan Denton, a journalist who's sympathetic to their plight, gives them some tips in public relations, as the newsboys' battle grips the city. - IMDb  
 Rated PG. Run time 2 hr 01 minutes.

### August 26th- Peppermint-

Riley North awakens from a coma after surviving a brutal attack that killed her husband and daughter. When the system shields the murderers from justice, Riley sets out to transform herself from citizen to urban guerrilla. Channeling frustration into motivation, the young widow spends years in hiding -- honing her mind, body and spirit to become an unstoppable force. Eluding the underworld, the police and the FBI, Riley embarks on a deadly quest to deliver her own personal brand of punishment.- IMDb  
 Rated R. Run time 1 hr 41 minutes.

**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

COOKIE MIX IN A JAR

Use the instructions & ingredients provided to make a batch of home made cookies!

To reserve your kit, call 920-793-5596.  
Call by Friday, August 9th.

Kits will be ready for pick up August 16th 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!

## **AUGUST 1**

Kay Mott  
Russell Shambeau

## **AUGUST 2**

Mary Sue Eesley  
Dale Havlichek  
Nancy Pietroske

## **AUGUST 4**

Jane Dworak  
Linda Eis  
Gertrude O'Hara  
Paul Rameker  
Rita Schilder  
Gary Yauger

## **AUGUST 5**

Janr Stedl

## **AUGUST 6**

Robert Herman  
Helen Schmidt

## **AUGUST 7**

Charles Becker  
Jeanette Korinek

## **AUGUST 8**

Sharon Desten

## **AUGUST 10**

Larry Cosby  
Barbara Glaser  
Charles Greene  
Marilyn Saduske

## **AUGUST 11**

Dana Skarda

## **AUGUST 13**

Marlene Hermann  
Sandra Kozlowski  
Jennie Petri  
Shirley Shimulunas

## **AUGUST 14**

Gene Pagel

## **AUGUST 16**

Karen Cavanaugh

## **AUGUST 17**

Donna Benzinger  
Chow Chong  
Claude Koch  
Nancy Piskule  
Barbara Pitroski  
Cindy Schmidt

## **AUGUST 18**

Ken LeGreve  
Gail Zahn

## **AUGUST 19**

Marie Gates  
Linda Konop  
Thomas Mittnacht

## **AUGUST 20**

Daniel Kleckner

## **AUGUST 21**

Sandra Beyer  
Dennis Gaber

## **AUGUST 22**

Dolores Dyzak  
Joan Taddy

## **AUGUST 23**

Joan Goessel  
Kay Keller  
Judy Rank

## **AUGUST 24**

Sandy Abts  
Betty Fink  
Irma Rocha

## **AUGUST 25**

Ann DeWitt  
Karen Strohm  
Norman Wick

## **AUGUST 26**

Pat Cassavant  
Patrick Gagne  
Ruth Huaboldt  
Janet Malfroid  
Charles Smoker

## **AUGUST 27**

Kevin Hagerty

## **AUGUST 28**

LaVerne Bretl  
Ted Melanson  
Wayne Mueller  
Annette Rohrer  
Janet Wilsmann

## **AUGUST 29**

Jane Ihlenfeldt  
Lee Kaste

## **AUGUST 31**

Steve Becker  
Dan Blashka  
Geraldine Smith





*Happy Anniversary*

*August 7*

Larry & Bonnie Wilker

*August 12*

Dan & Collette Tegen  
Gerald & Gay Wavrunek

*August 15*

Eugene & Diane Warner

*August 17*

Bill & Mary Dean

*August 19*

Jerry & Joy Walters

*August 22*

John & MaryAnn Rabitz

*August 31*

Wayne & Nancy Mueller

# Upcoming Trips

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

*\*Call for availability.*

**Sign up today! 920-793-5596**

**2024**

**BREWERS VS. LA DODGERS**

August 15th

**SOLD OUT**

**SIGN UP CLOSED**

**HIGHLIGHTS OF ENGLAND, SCOTLAND, & WALES**

October 30th- November 8th

**ONEIDA CASINO**

August 29th

**CANCELLED**

**SPOTLIGHT ON SAN ANTONIO HOLIDAY**

November 30th- December 4th

**ATLANTIC CITY, NEW YORK CITY, AND PHILADELPHIA**

September 21st- 27th

**SIGN UP CLOSED**

**DAY TRIP TO APPLETON**

December 5th

**CAPE COD AND THE ISLANDS**

September 21st- 27th

**SIGN UP CLOSED**

**ONE SPOT LEFT!**

**2025**

**CLASSICAL GREECE DISCOVERY**

February 9th-19th

**IRELAND: DUBLIN, CORK, & GALWAY**

April 27th - May 4th

**SOLD OUT**

**HOLLAND TULIPS & RHINE RIVER CASTLE CRUISE**

March 26th- April 4th

**ALASKA: CALL OF THE WILD**

July 24th - 30th

**SPOTLIGHT ON WASHINGTON D.C.**

March 27th- April 1st

**ALBUQUERQUE BALLON FIESTA & SANTA FE**

October 3rd - 8th

## Holiday trip to Appleton

**Thursday, December 5th**

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

Take a bus from the Two Rivers Senior Center bound for a day out in Oshkosh & 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

Sponsored in part by:





**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!**

# TRAVEL SHOW

Join Collette

**August 22nd at 1 PM**

Learn more about:

- Spotlight on Washington D.C.
- Discover Switzerland, Austria, and Bavaria
- Classical Greece Discovery

**Call 793-5596 To sign up today!**





**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!**

**CANCELLED**

Due to low sign ups.  
Sorry for any inconvenience.

round 4pm.  
be on your own.  
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.**



# *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!





## 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

**FULL  
BOOKED**

## **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**

*Bruce & Jo Yungerman, Sharon & Karen, Virginia Coffman, Patrick Gagne, 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*

## **JULY HOME DELIVERED MEAL VOLUNTEERS**

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

*We'd like to extend a sincere thank you to the family of Betty Tirner for the generous gift made in her memory.*





**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**

# August 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30	31	1 Chicken Ala King Whipped Sweet Potatoes Three Bean Salad WW Dinner Roll Fresh Fruit	2 Pulled Pork on WW Bun Peppercorn Pasta Salad Cold Applesauce Cherry Cake
5 Chicken Alfredo Pasta Romaine Salad Country Blend Veggies Garlic Breadstick Banana	6 Pork Roast Boiled Red Potatoes Pears WW Bread Chocolate Chip Bar	7 Chicken Stir Fry Brown/White Rice Carrots Pineapple Peanut Butter Cookie*	8 Meatloaf Mashed Potatoes & Gravy California Blend Veggies Rye Bread Chocolate Pudding Torte	9 Brat on WW Bun Caesar Potatoes Baked Beans Golden Salad
12 Meatballs Mashed Potatoes & Gravy Broccoli WW Bread Fruited Jello w/Whipped Topping	13 Tuna Noodle Casserole Carrots Grapes Biscuit Lemon Bar	14 Beef Stroganoff Mashed Potatoes & Gravy Corn WW Dinner Roll Fruit, Yogurt, & Granola Parfait	15 Chicken Dumpling Soup Ham Salad on Rye Cucumber Salad Angel Food Cake & Strawberries	16 Italian Chicken Romaine Salad Tomato Wedges Potato Bucks WW Bread Black Bean Brownie
19 Scalloped Potatoes & Ham Broccoli WW Dinner Roll Fresh Melon	20 Stuffed Pepper Casserole Country Blend Veggies Pears Dinner Roll Poke Cake	21 Hamburger on WW Bun German Potato Salad Cucumbers & Hummus Apple Bar	22 Egg, Ham, & Cheese Scramble Diced Sweet Potatoes Tropical Fruit Mini Muffin Yogurt	23 Baked Chicken Mashed Potatoes & Gravy Peas WW Bread Peanut Butter Bar*
26 Chef Salad Chicken Tortellini Soup French Bread Banana Bar	27 Fish Sandwich on WW Bun Boiled Red Potatoes Carrots Fruited Lemon Fluff	28 Chicken Vegetable Pasta Apricots Garlic Bread Black Forest Cake	29 Sloppy Joe on WW Bun Cold Potato Salad Baked Beans Fresh Fruit	30 Tator Tot Casserole Wax Beans Mandarin Oranges WW Bread Vanilla Pudding
31 *Contains nuts. Please note, our kitchen is NOT a nut-free facility.	1 Menu subject to change.	Notes 		