



Two Rivers Senior Center

Enhancing the lives of older adults.

January 2023

ACTIVITIES & SERVICES

Please call 793-5596 for more information or to schedule an appointment.

Activities

- Bingo Tuesdays @ 1 pm & Fridays @ 9 am
- Bowling at The Hook Wednesdays @ 9:15am
- Card Creators Wednesday 10:00 am
- Creation Station Varies, see Calendar
- Cribbage Wednesday 1:30 pm
- Dartball Wednesdays @ 1 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

Travel

- Day Trips
- Mini Getaways
- Extended Trips
- International Travel

Please see the calendar or in the newsletter for additional one-time or short-term activities that we may offer.

Membership Fees for Those Over 50

- Annual\$15.00 per person
- Lifetime\$225.00 per person

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

Simply Senior Exercise Tuesday & Thursday 9:15 am (through the Parks & Rec department)



Health

- Blood Pressure Second Tuesday
- Health Screenings See Calendar
- Foot Care See Calendar

Dining Room

- Lunch Monday - Friday @ 11:30 am

Services

- Assistance in Your Home Info..... Chore list
- Books & DVD, Puzzles..... Available to borrow
- Benefit Specialist First Thursday
- Heat Assistance..... November-January
- Home Delivered Meals..... Please call the ADRC 683-4180
- Newcomer Tour Call for personal appointment
- Reassurance Calls During Regular Hours
- Tax Assistance..... February - April
- Vision Assistance TV Reader Available

Disclaimer:

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.

PLEASE SIGN UP by calling 920-793-5596

Do you see an event or an activity that you would like to attend? Joining us for lunch? Please stop in or call in advance so that we can get you registered for all classes, activities, lunches, etc.

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+.

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.



TWO RIVERS SENIOR CENTER MEMBERSHIP

\$15.00 per person, annual
\$225.00 per person, lifetime

COMMITTEES/BOARDS

City of Two Rivers Committee on Aging

Meets the first Monday of each month. William LeClair, Jackie Ackerman, Lenore McDonough, Gerald Lyons, 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 Barb Schweitzer-President, Jan Klein -Vice President, Carol Rabitz -Secretary, Cindy Schmidt -Treasurer, Ann Plansky -Financial Secretary, Sharon Bauknecht, and Bonnie Jonas -members.

Nutrition Project Council

The council meets 4 times a year. The Nutrition Coordinator as well as representatives from every dining site discuss information related to the Nutrition Program, Aging & Disability Resource Center of the Lakeshore, legislative changes, senior issues and much more.

Friends of the Two Rivers Senior Center

BOARD OPENING

The Friends of the Two Rivers Senior Center is looking for someone who wants to get involved and provide a voice for our Two Rivers seniors. Must be a member of the Senior center to be on the board.

FOR MORE INFORMATION, CALL 920-793-5596

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 management..... 920-686-6977

Friends of the Two Rivers Senior Center

ANNUAL MEETING

Join The Friends of the Two Rivers Senior Center for their Annual Meeting, which is open to the public.

THURSDAY, JANUARY 26TH @ 1 PM

FOR MORE INFORMATION, CALL 920-793-5596

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.





CARD CREATORS

Wednesdays @10am
Two Rivers Senior Center Library

PRE-REGISTER BY CALLING 920-793-5596

QUILTING

Fridays

8:30 am - 2:30 pm

Volunteer quilters use material, supplies, and sewing machines provided by the Senior Center. Projects made using these items are donated to various causes and groups through out the year.

Register in advance by calling 920-793-5596



AFTER HOURS ACTIVITIES



We're thinking about starting an evening game night and movie night, and we want to know what you think!

Call us at 920-793-5596

and let us know if you're interested!

Take 'n Make Creation Station



Foam Snowfriends

Each kit contains the materials for two foam snow friends.

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

Kits will be ready for pick up January 19th & 20th (8 am- 4 pm) at our front desk window.

One kit per person. Additional kits may be ordered for the guest price.

Members FREE Guests \$5

TWO RIVERS SENIOR CENTER BUS TRIP POLICIES

TRIP SIGN UP- Sign up for trips will begin as soon as the trip is announced in our newsletter. Stop in or mail in your payment to reserve your spot. You may reserve a spot for others.

CANCELLATION POLICY- Cancellations for trips can be accepted up to two weeks prior to the trip. Reservations are non-transferable unless authorized by the Senior Center office. Refunds cannot be issued if a participant cannot make a trip. If a cancellation is made, participants on the wait list may be contacted.

INSURANCE- Insurance may be offered for extended trips. Trip insurance covers things like illness or injury before or during a trip, or other unforeseen circumstances that may require you to cancel your trip.

FUEL SURCHARGE- Due to fluctuating gas prices, a surcharge may be necessary. If a fuel surcharge is needed, participants will be notified as soon as the fuel rate is locked in. At that time, participants may choose to get a refund for their trip, or to pay the additional charge to remain on the trip.

DAY TRIP BUS LOADING ORDER- Participants will be called to board the vehicle in the order that they signed up for the trip. There may be seats reserved in the front or back of the bus for medical reasons.

MEDICAL- Any medical accommodations can be made per physician's order. Accommodations by physician's order can be kept on file in the senior center office. Participants must be independent or travel with a caregiver. In the case of an illness, a trip escort will ensure participants receive proper medical care, but the escort is required to stay with the group.

PARTNER LIST- Don't like to travel alone? Put your name on our partner list!

TRIP CHANGES- While all care is taken to keep the scheduled itinerary, there may be an occasion when a substitution is made due to unforeseen circumstances.

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 \$6.00 FOR THOSE OVER 60

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

\$7 per meal

DISCOVER AMERICA'S MUSIC CITIES

NASHVILLE
NEW ORLEANS
MEMPHIS

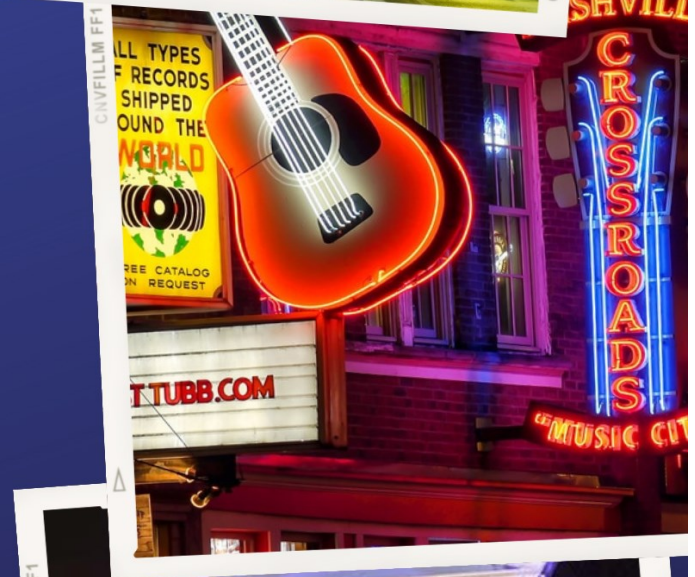
March 05 – March 12, 2023

- 8 Days
- 10 Meals

DOUBLE- \$3,149PP
SINGLE- \$3,849PP

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

<https://gateway.gocollette.com/link/1120984>



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

Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell Cruise, Rafting on Horseshoe Bend, Bryce Canyon National Park, Zion National Park, Las Vegas

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

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



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

Reykjavík, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss, Skógar Museum, Skógafoss, Jökulsárlón Glacial Lagoon, Skaftafell National Park & Vatnajökull Glacier, Blue Lagoon

MORE INFORMATION AT THE SENIOR CENTER FRONT DESK. OR CALL 920-793-5596

[HTTPS://GATEWAY.GOCOLLETTE.COM/LINK/1120941](https://gateway.gocollette.com/link/1120941)



2023 TRIPS

RAHR WEST ART MUSEUM

Thursday, February 9th

AMERICA'S MUSIC CITIES

March 5-12th

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

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

CALL 793-5596 OR STOP IN TO SIGN UP TODAY!

The Fire Side, Inc.



JOIN US!
April 13th

\$155 per person.
Sign up by stopping in, or
calling 920-793-5596



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

Thursday, Januray 5th
Two Rivers Senior Center
Conference Room

Contact the ADRC for an Appointment

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



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.



COMMITTEE ON AGING

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



Coffee Cart

M-F 8AM- 4PM

Stop in and check out our new coffee cart station. Bring a friend and stay a while. The cart will be available 8am to 4pm weekdays.

25¢

FREE



BLOOD PRESSURE SCREENINGS

Tuesday January 10th
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

ENERGY ASSISTANCE

Call 920-683-4300
& Schedule an
Appointment



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

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.





**TWO RIVERS
SENIOR CENTER**

www.two-rivers.org

 **FIND US ON
facebook**

TWO RIVERS SENIOR CENTER
RED HATTITUDES

THURSDAY, JANUARY 19TH @ 12 PM

Join us for a meeting and lunch
at Casa Mexico 1513 Washington St, Two
Rivers, **followed by our annual meeting at
The Senior Center @1 PM**
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**



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.



BINGO
brunch

FRIDAY MORNINGS @ 9

COME PLAY BINGO AND
ENJOY A LIGHT BRUNCH

CALL 920-793-5596 TO SIGN
UP TODAY!



NEW



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



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



MEXICAN TRAIN DOMINOES

Tuesdays @ 1:30 PM

Have fun with other members playing dominos 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



Jan
23rd

Board Game

Night & Potluck

5-8 PM

Bring a dish to pass and a game to share!

Sign up by calling 920-793-5596



Jan. 9th- Imitation Game-
Benedict Cumberbatch is Turing, who decrypted German intelligence messages for the British government during World War II.
Rated PG-13. Run time 115 minutes.

Jan. 16th- The Little Rascals-
This 1994 comedy re-imagines our favorite Our Gang characters. Join the gang for mishap and adventure.
Not Rated . Run time 85 minutes.

Jan. 23rd- Queen Bees-
Follow Helen, as she adjusts to life in assisted living, where making new friends turns out to be more an adventure than she imagines. Romantic comedy.
Rated PG-13 . Run time 100 minutes.

Jan. 30th- Mama Mia-
Based on the Musical of the same name, this movie follows the story of Sophie as she learns about her mother's past to the music of ABBA.
Rated PG-13 . Run time 109 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.



Noon YEARS
CELEBRATION!

**TUESDAY, JANUARY 3RD FROM 12-3 PM
FOR LIVE MUSIC WITH LEE & LLOYD
& IN HOUSE LUNCH**

**COME JOIN US FOR HOMEMADE POTATO SOUP,
HAM AND CHEESE SANDWICHES, DESSERTS
AND BEVERAGES.**

Anniversaries

January 8

**Daniel & Audrey
Becker**

January 11

**Terry & Kathryn
Casavant**

January 15

**Lee & Mary Ann
Kirchman**

January 19

**John & Barbara
Nortstrom**

January 23

**Dave & Donna
Musial**

January 26

**Norman Jr. & Debra
LaPalm**

PLASTIC GROCERY BAGS

We're in need of clean plastic grocery bags for our Home Delivered Meals program deliveries.

Please bring your donations to the Senior Center. Thank You!



Help the Senior Center while Shopping.

If you shop online, please use **Amazon smile** - the information is on the Amazon site, they will send a donation to the Friends of the Two Rivers Senior Center. It will not add to your purchase price. Choose the Friends of the Two Rivers Senior Center as your charitable organization of choice.

THANK YOU



ATI PHYSICAL THERAPY PRESENTATION SESSIONS

MONDAY, JANUARY 9TH [AT] 10 AM

Steven Vogel, DPT- Fall Prevention Inside and Outside the Home

MONDAY, JANUARY 26TH [AT] 10 AM

Jessica Anderson OTR/L, MOT, CLT, DNC- Lipedema, What is it?

CALL 920-793-5596 TO REGISTER

BIRTHDAYS



Members Celebrating Birthdays • JANUARY 2023

JANUARY 1

Fredrick Stoeger
Ken Wick

JANUARY 2

Judy Wanish

JANUARY 3

Chris Bauknecht
Tammy Ricks

JANUARY 4

Margo Anderson
Dale Coenen
William Stegemann

JANUARY 5

Cyndee Andrews
Gloria Mlada
Karolyn Swoboda

JANUARY 6

Edd Kornely
Diane Schmidt
Peter Schroeder

JANUARY 7

Constance Pawlowski

JANUARY 8

Pam Fanslau

JANUARY 9

Marlene O'Neill
Elizabeth Palmer
Barb Sauer

JANUARY 10

Catherine Campbell
Kathryn Casavant
Patricia DeWitt
Joyclyn Gerroll
Peggy Mueller
Judy Ratajczak

JANUARY 11

Mary Franz
Patricia Neumann

JANUARY 12

Sue Ollendorf
Kristy Sherrod

JANUARY 13

Jo Dube
Sandra Smith
Benjamin Valenta

JANUARY 14

Thomas Becker
Robert Hearley
Debbie Mrotek

JANUARY 15

Janell Herteau

JANUARY 17

Vincent Alber
Liz Foster
Gene Renard

JANUARY 18

Tom Mulhaney
Donald Sleger
Chris Wilfert

JANUARY 19

Gaylynn Hendrick
Gene Peterson

JANUARY 20

Jan Coenen

JANUARY 21

Rosemarie Bugs
Bill Johnson
Rich Langman
Thomas Zur

JANUARY 22

Daphne Greif
Ann Plansky

JANUARY 23

Doug Albright
Barbara McDonald

JANUARY 24

Mary Lou Dederling
Deborah Palumbo
Keith Rowe

JANUARY 25

Sandy Brantmeier
Bonnie Monka
Joal Peugeot
Michael Staudt

JANUARY 26

David Abts
Barbara Broths
Ronald Pilzak

JANUARY 27

Mary Ann Pries
Paula Roaten

JANUARY 28

Michael Canty
Paul Hagerbusch
Mary Mauer

JANUARY 29

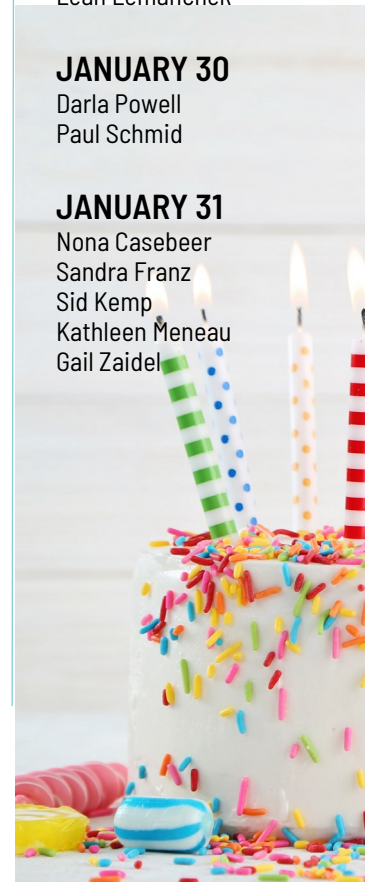
Judy Alber
Pearl Bauknecht
Leah Lemanchek

JANUARY 30

Darla Powell
Paul Schmid

JANUARY 31

Nona Casebeer
Sandra Franz
Sid Kemp
Kathleen Meneau
Gail Zaidel



Native Bees of Wisconsin: Virtual Badger Talk

Tuesday, January 17, 2023 - 6:00pm

A free virtual event organized by Woodland Dunes Nature Center & Preserve.

Wisconsin is home to 500 kinds of native bees. Discover the diversity and life histories of these important pollinators. Learn how you can create and manage habitat for them, using native plants and bee-friendly gardening practices. Speaker Susan Carpenter is the Native Plant Garden curator and gardener at the UW-Madison Arboretum.

To register and get the link, call (920)793-4007 or email jessicaj@woodlanddunes.org.

Trail Camera Highlights

Thursday, January 19, 2023 - 1:00pm to 2:00pm

A guided winter walk to look for signs of animals caught on the Woodland Dunes trail cams. And see some of the best images captured of critters who live there.

Dress for the weather. Space is limited.

Registration required by Monday, Jan. 16. Call (920)793-4007 or email jessicaj@woodlanddunes.org.



**TWO
RIVERS**
WISCONSIN

UPCOMING CITY EVENT HIGHLIGHTS**Picture Perfect Paint Night**

Friday, January 27, 2023 - 6:00pm to 9:00pm @ Hamilton Community House in the Behringer Room

All the supplies and instructions needed to create a fun masterpiece alongside your partner.

Instructor is Loretta Reed. Fee is \$60/couple for residents; \$75/couple for nonresidents. Two 16" x 20" canvases included.

Register online by Jan. 20. (920)793-5592

VISIT exploretworivers.com/events/ for a complete list and description of events.

Or call 920-793-5523



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
Exercise at your own pace

Please pre-register
920-793-5596

One wellness punch per session

TWO RIVERS SENIOR CENTER

★★★★

★★★★

RED TEAM

BLUE TEAM

WEDNESDAYS AT 1PM

KOSKA ROOM

REGISTER BY CALLING 920-793-5596

1520 17TH ST TWO RIVERS WI

WWW.HEAIHL@TWO-RIVERS.ORG

LET'S GET MOVING!

TUESDAYS @ 1PM

COMMUNITY HOUSE
BEHRINGER ROOM

Register Now!

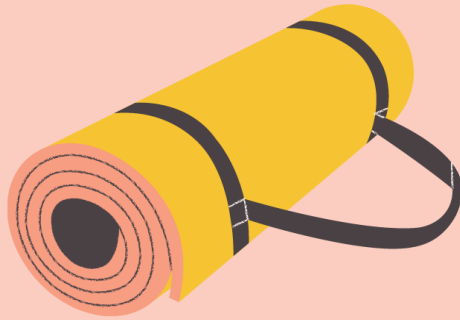
920-793-5596



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



CRIBBAGE

Don't get behind that skunk line!

WEDNESDAYS @ 1:30 PM

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

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, and fun, and so much more!

HAPPY *January* BIRTHDAY PARTY

Come and help us celebrate all of those snow babies born in January!

We'll provide the cake and refreshments, as well as live music by Lee & Lloyd

Friday, January 27th from 1-3pm

Pre-Register by calling 920-793-5596



ELDER BENEFIT SERVICES

DO YOU HAVE QUESTIONS REGARDING INSURANCE OR PUBLIC BENEFITS? ARE YOU 60 YEARS OLD OR OLDER? AN ELDER BENEFIT SPECIALIST WILL BE AVAILABLE BY APPOINTMENT AT THE TWO RIVERS SENIOR CENTER THE FIRST THURSDAY EVERY MONTH. PLEASE CALL THE ADRC OF THE LAKESHORE AT 920-683-4180 TO SCHEDULE AN APPOINTMENT.

DID YOU KNOW?

Renewing your Senior Center membership is easy!

1. Call or stop in to grab a renewal form.
2. Pay your dues by check or cash. (\$15 annually, or \$225 lifetime).

Not sure of when your membership expires? Call or stop in anytime and we can look it up for you!

Upon expiration, members will receive a reminder letter in the mail.

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

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.



THANKS FOR DONATING!

WE APPRECIATE YOU! GENERAL DONATIONS

John Stueck, Sharon & Karen, VFW 1248, Gerald Schmidt, Virginia Coffman, Barb Schweitzer, Judy Goodchild, Kathy & All Beranek, Carol Schwantes, Julie Klein, and all those who donated anonymously!

SUPPORTING BUSINESSES AND ORGANIZATIONS

Covered Wagon Restaurant, Deja & Martin Funeral Home, Domnitz 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!

**PLEASE PATRONIZE OUR ADVERTIZERS. THEY
HELP US GROW!**

In Loving Memory

In memory of Bernie Pavlik and Marion
Domnitz- from Judy Goodchild

Rahr-West Art Museum

The Art Experience



**Join us on a local day trip to The
Rahr West Art Museum in Manitowoc!**

**Thursday, February 9th
9:30 AM - 2 PM**

Includes a guided tour of the museum and mansion, time for browsing, and lunch.

\$35- includes lunch @

 **Dali's Cafe**

Call 920-793-5596, or stop in to sign up