



THE PERISCOPE

Navigating our senior community toward important and noteworthy information.

The Manitowoc Senior Center's Monthly Newsletter February 2025

A LOOK AT WHAT'S INSIDE

Activities & Calendar.....	3-4
Meditation.....	5
Holiday Party Pictures.....	6
March Trip.....	7
Spring Card Making Class.....	8
Entertainment Groups.....	9
St. Patrick's Day Party.....	10
Keep Your Mind Sharp.....	11
Groups looking for players...	12
June Trip.....	13
April Trip.....	15
Wish List.....	16
Spring Scavenger Hunt.....	17
Adult Rec Programs.....	18
Snow Shoe Rentals.....	19
Collette Trips.....	21
Bingo & Buffet Pictures.....	22
Premier Trips.....	23
May Trip.....	24



**Valentine's
Party**

Friday, Feb 14th 2025

**MEMBERS \$7
NON-MEMBERS \$10
NO REFUNDS**

12:00 LUNCH
HAM, CHEESY POTATOES,
VEGETABLES, DESSERT, COFFEE

12:30 ENTERTAINMENT
MUSIC BY BECKY MARKVARDT

MANITOWOC SENIOR CENTER
3330 CUSTER STREET
920-686-3060

Say Valentine "OWL" BE YOURS



PRE-REGISTER BY JANUARY 31ST, 2025



MANITOWOC SENIOR CENTER

Mission Statement: The mission of the Manitowoc Senior Center is to promote active, healthy, productive, and independent lifestyles. We accomplish this by providing education, recreation, social, wellness, and volunteer opportunities for citizens.

CONTACT US

Address: 3330 Custer St., Manitowoc

Phone: 920-686-3060

Email: seniorcenter@manitowoc.org

Hours: Monday - Friday | 8am - 4pm

Gift Shoppe Hours: Mon - Fri | 9am - 3:30pm

Staff

Curt Hall - Park and Rec Division Manager
chall@manitowoc.org | 920-686-3061

Michelle Michels - Recreation Team Leader
mmichels@manitowoc.org | 920-686-3064

Tari Gunzel - Administrative Support Specialist
tgunzel@manitowoc.org | 920-686-3063

Elena Zavala-Seasonal Office Assistant-Rec
seniorcenter@manitowoc.org | 920-686-3060

Jan Klein - Seasonal Office Assistant-Rec
seniorcenter@manitowoc.org | 920-686-3060

The Senior Center is a division of the Department of Public Infrastructure along with the Aquatic Center, Lincoln Park Zoo, and the Recreation divisions.

MEMBERSHIP

Open to all 50 years and older. Fee + tax

Annual

\$30 city resident | \$40 non-resident

Lifetime

\$220 city resident | \$250 non-resident

Short Term Pass

\$5 day | \$10 week

COMMITTEE ON AGING

Chair: Allan Brixius

Co-Chair: Debbie Bonk

Members:

Jennifer Hudon

June Kramer

Ruth Malzahn

Mary Schultz

Lynn Kalista

Al Chizek

The Committee on Aging advises on policies regarding Senior Center fundraising, fund allocations, recommendation of expenditures for equipment, programs, and for other matters as deemed necessary.

Open Meetings are held in the Senior Center Classroom at 1:30pm. Please watch the calendar for dates.

TRANSPORTATION

One-Stop Shop/Mobility Manager

920-686-6977

Assist-to-Transport \$2 | Nutrition \$.75

ADRC of the Lakeshore MEALS

Senior Center Dine-In (M-F, 11:30 am)

Home Delivered Meals (M-F, 11am-1pm)

For more information or to reserve your meal call the ADRC at 920-683-4384.

Senior Center groups—please submit your information for next month by the 13th of this month. Please submit this in writing to the office or via email:
seniorcenter@manitowoc.org.

CONTINUOUS ACTIVITIES

Bible Study: Thursday 10am
Bingo: Wednesday 1pm
Bingo: 2nd, 4th, & 5th Friday 9:30 am
Book Club: 1st Monday 11am, every other month
Caring Cards: Monday 9am
*Core, Strength & Balance: Mon 9am
Cribbage: Friday 1pm
Dominoes: Monday 1pm
Drawing Group: 2nd & 4th Wednesday 10am
EZ Does It Line Dancing: Thursday 10am
Hand & Foot: Wednesday & Thursday 12:30pm
Hearts: Monday & Thursday 9:30am
*Line Dancing: Wednesday 1pm
Mahjong: Wednesday 12pm
Movie: 3rd Friday 12pm
Red Hatters: 2nd Friday 1:30pm
SE Asian Group: Friday 10:30 am
Scrabble: Friday 10am
Senior Crafts: Tuesday 8am
Sheepshead: Tuesday & Thursday 1pm
Table Tennis Group: Tuesday & Thursday 10am
*Tai Chi- Advanced: Monday & Wednesday 3pm
*Tai Chi- Advanced: Tuesday & Thursday 3pm
Ukulele: Wednesday 10am
Walk Away the Pounds: Thursday 8am
Watercolor Painting: Thursday 9am
Weaving: Tuesday 1pm
Wood Carving: Tuesday at 9:30 am
*Yoga, Chair: Monday 10am
*Yoga, Mat: Wednesday 9am

**Punch card required*

SEASONAL ACTIVITIES

*Cardio Drumming: Tuesday 9am (Sept-May)
*Core, Strength & Balance: Thurs 8:30am (Sept-May)
*Pickleball : Daily 10:00am (Citizen Park)
Silver Memories Choir: Monday 1pm (Sept-May)
*Pilates: Friday 9am (Sept-May)
*Tai Chi-Beginners: Mon & Thur 2pm (Jan-June)

**Punch card required*

SERVICES | OUTREACH

Blood Pressure: 2nd Fri 8:30am & 4th Wed 11:00am
Diabetes Support : (see calendar)
Foot Care: call 920-654-2036
Golden K: Tuesday 9am
Legal Counseling: by appointment
Mystic Moods Band: Wed. 10:30am
Parkinson's Support: 3rd Wed. 1pm
Winter Walking: Daily 8am
(Citizen Park) (Nov-April)

PARTICIPATION

PARTICIPATION POLICY:

All Activities are open to current members. Most activities and facility amenities are for members only. Guests are welcome to participate in most activities if a day or week pass has been purchased. (Guest passes are not valid for members only pricing on trips and parties.) Activities which are open to the public will be stipulated as such in the newsletter. While participating in activities at the Senior Center, courtesy shall be shown to all persons at all times. Discrimination towards any person for any reason will not be tolerated. Any person who, to their knowledge, is carrying a communicable disease/illness will be asked to refrain from participating in activities until released from a physician.

CONNECT WITH US ONLINE:

Keep up to date with new programs, activities, events, or cancellations by visiting us online.

FACEBOOK PAGE DISCLAIMER:

The Senior Center Facebook page was created to enhance communication with the City. The page will primarily be used for outgoing communication and to keep members informed. Occasionally, there may be pictures posted from events, classes or groups at the Senior Center. If you wish that your picture not be posted on this site, please inform the Senior Center Staff.

Websites

www.manitowoc.org/seniorcenter

www.manitowoc.org/recreation

Facebook

Manitowoc Senior Center

Manitowoc Parks and Recreation Division

Manitowoc Family Aquatic Center

MON	TUES	WED	THUR	FRI
				
3 9a Caring Cards 9a Core, Strength & Balance 9:30a Hearts 10a Chair Yoga 10a-1p Pickleball @ CP 11a Book Club 1p Dominoes 2p Silver Memories (away) 2p Beg. Tai Chi 3p Adv. Tai Chi	4 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving 10a Table Tennis 10a-1p Pickleball @ CP 11a Diabetes Support 1p Sheepshead 1p Weaving 3p Adv. Tai Chi	5 9a Mat Yoga 10a Ukulele Group 10a-1p Pickleball @ CP 10:30a Mystic Moods 12p Mahjong 12:30p Hand & Foot 1p Line Dancing 1p Bingo 3p Adv. Tai Chi	6 8a Walk Away the Pounds 8:30a Core, Strength, Balance 9a Watercolor 9:30a Hearts 10a Legal Counsel 10a Table Tennis 10a Line Dancing 10a Bible Study 10a-1p Pickleball @ CP 12:30p Hand & Foot 1p Sheepshead 2p Beg. Tai Chi 3p Adv. Tai Chi	7 9a Pilates 10a Scrabble 10a-1p Pickleball @ CP 10:30a SE Asian Grp 1p Cribbage
10 9a Caring Cards 9a Core, Strength & Balance 9:30a Hearts 10a Chair Yoga 10a-1p Pickleball @ CP 1p Dominoes 1p Silver Memories 2p Beg. Tai Chi 3p Adv. Tai Chi	11 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving 10a Table Tennis 10a-1p Pickleball @ CP 1p Sheepshead 1p Weaving 3p Adv. Tai Chi	12 9a Mat Yoga 9a Travel Show 10a Ukulele Group 10a Drawing Group 10:15a Meditation 10a-1p Pickleball @ CP 10:30a Mystic Moods 12p Mahjong 12:30p Hand & Foot 1p Line Dancing /Bingo 3p Adv. Tai Chi	13 8a Walk Away the Pounds 8:30a Core, Strength, Balance 9a Watercolor 9:30a Hearts 10a Table Tennis 10a Line Dance 10a Bible Study 10a-1p Pickleball @ CP 12:30p Hand & Foot 1p Sheepshead 2p Beg. Tai Chi/3p Adv. TaiChi	14 8:30a Blood Pressure 9a Pilates 9:30a Bingo 10a Scrabble 10a-1p Pickleball @ CP 10:30a SE Asian Grp 12p Valentine Party 1p Cribbage 11:30a Red Hatters (away)
17 9a Caring Cards 9a Core, Strength & Balance 9:30a Hearts 10a Chair Yoga 10a-1p Pickleball @ CP 1p Dominoes 2p Silver Memories (away) 2p Beg. Tai Chi 3p Adv. Tai Chi	18 Election 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving 10a Table Tennis 10a-1p Pickleball @ CP 1p Sheepshead 1p Weaving 3p Adv. Tai Chi	19 9a Mat Yoga 10a Ukulele Group 10a-1p Pickleball @ CP 10:30a Mystic Moods 12p Mahjong 12:30p Hand & Foot 1p Bingo 1p Parkinson's Support Grp 1:30p Line Dancing (away) 3p Adv. Tai Chi	20 8a Walk Away the Pounds 8:30a Core, Strength, Balance 9a Watercolor 9:30a Hearts 10a Table Tennis 10a Line Dance 10a Bible Study 10a-1p Pickleball @ CP 12:30p Hand & Foot 1p Sheepshead 2p Beg. Tai Chi/3p Adv. TaiChi	21 9a Pilates 10a Scrabble 10a-1p Pickleball @ CP 10:30a SE Asian Grp 12p Monthly Movie 1p Cribbage
24 9a Caring Cards 9a Core, Strength & Balance 9:30a Hearts 10a Chair Yoga 10a-1p Pickleball @ CP 1p Dominoes 1p Silver Memories 2p Beg. Tai Chi 3p Adv. Tai Chi	25 8a Senior Crafts 9a Cardio Drumming 9a Golden K 9:30a Wood Carving 10a Table Tennis 10a-1p Pickleball @ CP 1p Sheepshead 1p Weaving 3p Adv. Tai Chi	26 9a Mat Yoga 10a Ukulele/Drawing Group 10a-1p Pickleball @ CP 10:30a Mystic Moods 11a Blood Pressure 12p Mahjong 12:30p Hand & Foot 1p Line Dancing/Bingo 3p Adv. Tai Chi	27 8a Walk Away the Pounds 8:30a Core, Strength, Balance 9a Watercolor 9:30a Hearts 10a Table Tennis/Line Dance 10a Bible Study 10a-1p Pickleball @ CP 12:30p Hand & Foot 1p Sheepshead 2p Beg. Tai Chi/3p Adv. TaiChi	28 9a Pilates 9:30a Bingo 10a Scrabble 10a-1p Pickleball @ CP 10:30a SE Asian Grp 1p Cribbage

MEDITATION @ 10:15 a.m.

February 12, March 19, April 16

What to bring:

*A mat if you have one you prefer or we have mats for your use *Blanket or heavy sweater

*What to wear: Anything that you are comfortable & warm in *What to expect: Lying still for 30 minutes *Chairs available to help assist getting up & down

Cost: Sr Center Members: One punch card punch. Non-Members: Day Pass (\$5).

Let go of the stress that everyday life brings!



Personal Fitness Instruction

The Senior Center is offering personal fitness instruction with a certified trainer.

6 sessions (once or twice a week)

\$120 members

\$150 non-members

Call 920-686-3060



Friday Movie: Harold and Maude February 21 @ 12 pm

Young, rich and obsessed with death, Harold finds himself changed forever when he meets lively septuagenarian Maude at a funeral.

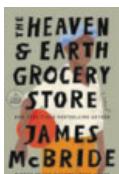
1971 * 1h 31m * PG

Members free. Non-members day pass.
Snacks provided by Frontida Assisted Living

Senior Center Groups

If your group will not be meeting on its regular day, please let staff know. We can note it on the calendar and doors and if new people show up, we can inform them of the change in schedule and let them know when to return.

Thank you!



Book Club ~ Monday, February 3 ~ 11:00 am

The group will be discussing
The Heaven and Earth Grocery Store by James McBride

Heart Health: Simple Steps to a Stronger Heart

Feb. 11 @ 10:00 am

Dr. Michael Tapscott, Sports Medicine & Family Practice Physician at Prevea, will discuss tips for maintaining heart health. Topics include:

- Heart-healthy habits
- Warning signs of heart issues
- Manage high blood pressure & cholesterol
- Safe physical activity



With easy-to-understand information & helpful advice, he aims to empower seniors to take proactive steps toward a healthier heart & better quality of life.

Pre-registration is not required.

Public is invited.

Healthy snacks will be provided.





Thank you to the volunteers, COA members & the Silver Memories for making the Holiday Party festive. A special thanks to Family Dollar for donating the holiday necklaces & glasses.



Holiday Party

Home *care*
Health Services & Hospice



“A passion to serve since 1974”

RN's • Therapists • Companions
Bath Service • Housekeepers • Hospice
Medication Checks • Cleaning Service



684-7155

www.homecarehealth.org

Lakeshore Family Funeral Homes

• Affordable Services • Private Crematories On-Site • Funerals On-Site • Pet Cremations
• Locally Owned & Operate • Pre-Need Specialists • Catering Available

Pfeiffer Funeral Home
928 S 14th St, Manitowoc... **920 684-4642**

Jens Family Funeral Services & Crematory
1122 S 8th St, Manitowoc... **920 682-1568**

Reinbold & Pfeiffer Family Funeral Services
818 State St, Manitowoc... **920 682-0118**

All-Care Crematory and Reception Center, 925 S 14th St, Manitowoc... **920 684-4642**

www.lakeshorefamilyfuneralhomes.com
Manitowoc County Cremation Specialists
Under Same Ownership

“It's my life and they respect that.”

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

**Do you know
how to report Medicare fraud?**

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Contact
Senior Medicare Patrol
888-818-2611
www.smpwi.org

Wisconsin Senior Medicare Patrol



SMP
Senior Medicare Patrol
Preventing Medicare Fraud



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Manitowoc Senior Center, Manitowoc, WI

A 4C 01-1253



The Manitowoc Senior Center presents

An Evening Out with the Ladies of Country

Friday, March 14, 2025

Grab your date, some friends, or just come for the fun! Enjoy a land & sea (and dessert) buffet at Altona Supper Club and then head to the Weill Center for the Ladies of Country Show: A star studded tribute to Dolly, Shania, Reba & Martina.

3:15 arrive at Senior Center
3:30 board bus and depart
4:30 Altona Supper Club
7:30 show starts at Weill Center



\$145 members; \$160 non-members

Register by March 7 at the Senior Center or by calling 920-686-3060 with your credit card.

Payment due at time of registration

Please see the Manitowoc Senior Center handbook for trip policies.



Blood Pressure Screenings

February 14 @ 8:30 am
(sponsored by Harbor View)

February 26 @ 11:00 am
(sponsored by Compassus)

Public Welcome—No Fee

Spring Card Making Class

March 19 @ 10:00 am



Registration required.

Free to Senior Center members

Group Table Tennis

Tuesdays & Thursdays
10a-12p

Join others to play table tennis.

Free: Senior Center Members
Day Pass: Non-Members



Pilates

Fridays @ 9:00 am

Pilates involves a series of precise movements to strengthen your core muscles while making you more flexible. The focus is on controlled techniques rather than intense cardio, making it suitable for beginners.

*A punch card is required for members.
Day pass for non-members.
Registration not required.*



Parkinson's Support Group

February 19 @ 1:00 pm
Manitowoc Senior Center

The group will hold its regular meeting featuring Anne Spieker, Caregiver Support Specialist with the ADRC. She will present on “Tools for Caregivers” & “Stepping On” (avoiding falls).

All are welcome to attend.

Light refreshments will be served.

For more information or to make a reservation, contact Cathy Hughes @ 920-287-1514 or Allan J. Brixius @ 920-242-2350

The Caring Card group will NOT meet the entire month of February.
They will resume March 3.



The Manitowoc Senior Center does **not** have a **tax service**.

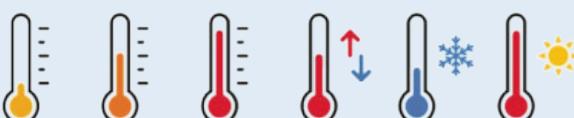
If we get information on any available services, we will advertise in the newsletter and on our Facebook page: Manitowoc Senior Center.

The temperature....

...is different in different rooms in the Senior Center - please dress in layers.

...is different on different days in the Senior Center - please dress in layers.

...is different on Senior Center bus trips - please dress in layers.



Entertainment Groups

Golden Girls: 1:30p

February 19 ~ Mtwc Health & Rehab

Silver Memories: 2:00p

February 3 ~ Manitou Manor

February 17 ~ Southbrook Manor

Red Hatters

Celebrate Red Hatters Birthday on Fri., Feb 14 @ 11:30 am at the Lighthouse Inn, Two Rivers. Bring a Valentine & dress glitzy! Call Queen Debra Wellens @ 920-336-8139 with any questions.



The 5.5% sales tax will now be added to Senior Center and Recreation memberships, activities, classes, events, etc.
Sorry for the inconvenience and Thank You for your understanding.



at THE
**COVERED
WAGON** .llc

- Great Breakfasts • Daily Specials
- Homemade Desserts!
- Soup & Salad Bar Daily
- Dine-in or Carry-out

2013 N. Rapids Rd., Manitowoc 682-1081

10% Off Entire Bill
(Wed & Thurs. only with ad)

RIVER HILL APARTMENTS

1500 North 3rd Street, Manitowoc, WI 54220

- 55 and above tenants and/or disabled.
- One Bedroom Apartments
- Heat/Electric/Wi-Fi Included
- Elevator
- Exercise Room
- Pet Friendly
- Friday Bingo



Office and Model Open Weekdays 8am to 2pm
Call Tina today at 920-682-7320



Energy Assistance Wisconsin Home Energy Assistance Program (WHEAP)

Manitowoc County: Partners for
Community Development
1-833-646-0823

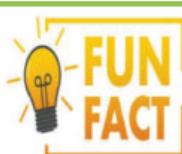
Applications for WHEAP:

<https://manitowoccountywi.gov/departments/aging-and-disability-resource-center/community-resources/energy-assistance/>

Nail Nippers



To make an appointment to get your toe nails trimmed at the Manitowoc Senior Center, please call 920-654-2036 or 715-614-0611.



Michelle's favorite flower:
Daisy

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Manitowoc Health & Rehabilitation Center



Our Goal is the same as
Your Goal...
Surgery, Rehab and Home
We make it simple.

Skilled Nursing Care, Respite Care,
Therapy Services 7 days a week.
Call (920) 683.4100
to plan your recovery.

www.manitowochrc.com
2021 S. Alverno Rd. • Manitowoc

Gabriel Insurance Services

Medicare Advantage • Medicare Supplements
Auto • Home • Life • Short Term Medical

Deb Gabriel, Owner & Licensed Agent

2525 Washington Street • Manitowoc, WI 54220
(920) 374-4944 • deb@gabrielinsuranceservices.com



**SUPPORT OUR
ADVERTISERS!**



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Manitowoc Senior Center, Manitowoc, WI

B 4C 01-1253

Manitowoc Senior Center presents:

St. Patrick's Day Party

Monday, March 17, 2025

12:00 Baked Potato Bar & Dessert

Enjoy a baked potato with fixings including chili, sour cream, cheese, bacon, green onions, broccoli

12:30 Musical entertainment by **Dave Ross Music**



Members \$5

Non-Members \$8

No Refunds / Dine-In Only

Pre-registration, with payment,
required by March 7th.

**Sponsored in part by
Festival Foods**



Keeping Your Mind Sharp: Tips for Lifelong Cognitive Health

April 8 @ 10:00 am

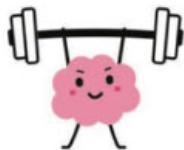
Dr. Michael Tapscott, Sports Medicine & Family Practice Physician at Prevea, will explore practical strategies to boost brain health & enhance your mental acuity.

Through easy-to-follow advice & interactive discussions, he will inspire you to take a proactive approach towards sustaining mental vitality & enjoy an active, full life.

Pre-registration is not required.

Public is invited.

Healthy snacks will be provided.



Weaving Group

Did you know the weavers take special orders? They can make rugs, placemats, runners and/or mug rugs. Prices vary depending on size and materials needed. Stop in the weaving room on Tuesday afternoons or call the Senior Center at 920-686-3060.

Place your order today!



A senior living community celebrating active lifestyles

Felician Village at Home • Membership Program

The Gardens • Independent living

The Court & The Villa • Assisted living

St. Mary's Home • Long-term care

Next Step • Rehab unit

1635 S. 21st St., Manitowoc

(920) 684-7171 • felicianvillage.org



[Felician Village](http://felicianvillage.org)

Bus Passes
ONLY \$30.00

hey seniors

**TAKING THE BUS IS
SAFE • AFFORDABLE • RELIABLE**

www.maritimemetro.com



PAIR-A-DICE TOURS OF WISCONSIN

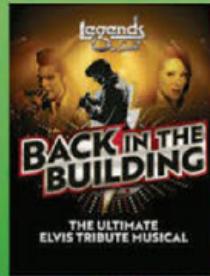


920-242-1867
PAIRADICETOURS.COM

317 Riverview Dr, Manitowoc, WI 54220

The Fireside \$135

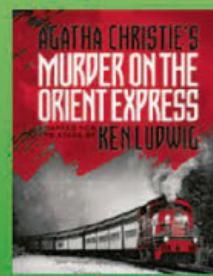
Jan 19



8:00 a.m. Manitowoc
8:15 a.m. Valders

MEMORIES \$100

Apr 27



Mar 23 Apr 12



11:00 a.m. Valders 5:00 p.m.
11:15 a.m. Manitowoc 5:15 p.m.



PICKUPS: Manitowoc Perkins Park n Ride, Valders Dollar General

All reservations for seats must be received 30 days prior to show date



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Manitowoc Senior Center, Manitowoc, WI

C 4C 01-1253

Where to Find the Periscope

Advanced Family Chiropractic

Angelus Senior Living

Associated Bank

Bank First National

Bethany Church

Chamber of Commerce

Felician Village

Garfield Gardens

HFM Wellness Center

Lakehouse Manitowoc

Lakeshore ADRC

Manitou Manor

Manitowoc Public Library

North Ridge

Parkview Haven

Regency House

River Hills

Rivers Bend

Rob's Family Market

Shady Lane

Shipbuilders Credit Union

Southbrook Manor

Shipbuilders Credit Union

Southbrook Manor

St. Mary's Home

St. Vincent DePaul

TR Senior Center

United One

US Bank

Visitor Center

YMCA



Reminder!

Senior Center activities are for members whose dues are paid.

If you need to pay your dues, please stop at the front desk to renew your membership or become a member.

Members - please make sure to scan in once per day when you visit the Senior Center.

Visitors are welcome to join groups with the purchase of a day or week pass.

If you have any questions, please stop by the front desk and a staff member would be happy to help you.

Thank You

Thank you!
TO OUR SPONSORS

American Senior Benefits
Covered Wagon Restaurant
Felician Village
Froedtert Holy Family Memorial
Gabriel Insurance Services
Home Care Health & Hospice
Lakeshore Family Funeral Homes
Manitou Manor
Manitowoc Heating & Refrigeration
Metro Transit
Molina Healthcare
Pair-A-Dice Tours of WI LLC
Park Regency Management LLC
River Hills Apartments
Shady Lane
The Bay at North Ridge
Unity Hospice
Wisconsin Senior Medicare Patrol



Golden K Kiwanis Club Speakers **Tuesdays @ 9:00 a.m.**

Feb. 4—Abbey Quistorf, Chamber of Commerce

Feb. 11—Kevin Cullen, Maritime Museum

Feb. 18—Crossing Guard Breakfast (not open to public)

Feb. 25—Manitowoc Yacht Club

*Call 920-682-3639 for more information.
Presentations are open to the public.*

Dominoes, Cribbage & Billiards

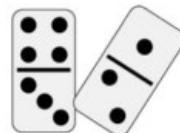
These groups are looking for more players.

Dominoes ~ every Monday @ 1:00 pm

Cribbage ~ every Friday @ 1:00 pm

Billiards ~ Mon, Tues & Wed @ 9:00 am

Call us at 920-686-3060 with questions.



The Manitowoc Senior Center Presents



Members

\$105

Non-Members

\$125

JUNE 12TH, 2025

The Riverside Ballroom

9:30 arrive at SC

9:45 board bus and depart

11:00 bar opens (drinks not included)

12:00 lunch (family style chicken dinner with dessert, coffee, and water)

1:00 show

4:30 approximate arrival home

**DADDY D'S
PRODUCTION**

Register by May 16th at the Senior Center office or

by calling 920-686-3060 with your credit card.

Payment in full due at registration.



Please see the Manitowoc Senior Center handbook for our cancellation policy.

THRIVE LOCALLY



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@lpicommunities.com

(800) 950-9952 x2538



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502



My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

WE'RE HIRING!

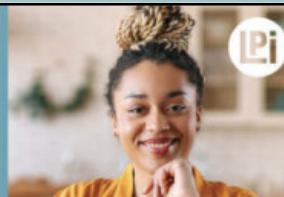
AD SALES EXECUTIVES

BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?

To advertise here
visit [lpicommunities.com
/adcreator](http://lpicommunities.com/adcreator)

DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?



Engaging,
ad-supported
print and digital
newsletters to reach
your community.

[Visit lpicommunities.com](http://Visitlpicommunities.com)



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Manitowoc Senior Center, Manitowoc, WI

D 4C 01-1253

Manitowoc Senior Center presents

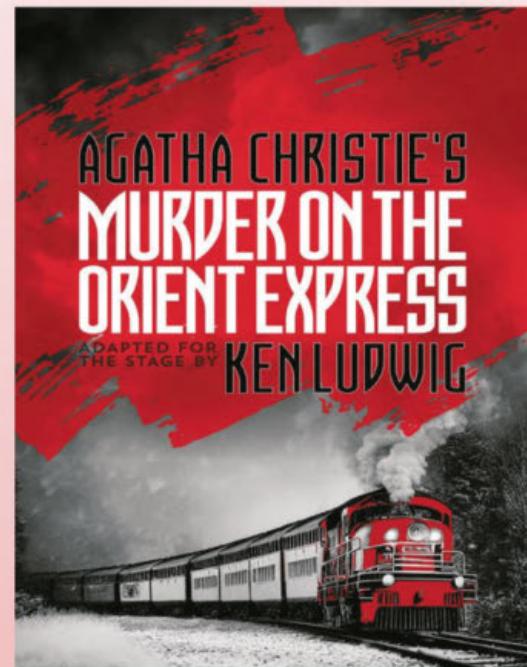
Murder on the Orient Express

Fireside Theatre

Friday, April 18, 2025

members \$180 ~ non-members \$195

Just after midnight, a snowdrift stops the Orient Express in its tracks. The luxurious train is surprisingly full for the time of the year, but by the morning it is one passenger fewer. An American tycoon lies dead in his compartment, stabbed eight times, his door locked from the inside. Isolated and with a killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer – in case he or she decides to strike again. Join us for this theatrical thriller from the Queen of Crime with both intellectual and comedic twists and turns, masterfully adapted for the stage by Ken Ludwig.



Register by March 14th at the senior center office or by calling 920-686-3060 with your credit card payment. Payment in full and lunch choice due upon registration.

Lunch Choices:

- *Chicken & Ribs**
- *Grilled Mahi-Mahi**
- *Mediterranean Short Rib**
- *Vegetarian Pasta Primavera**



7:30 arrive at Senior Center

7:45 board bus and depart

11:15 lunch

1:30 show

6:30 approximate time home

Please see the Manitowoc Senior Center handbook for more information and trip cancellation policies.

Wishlist

If you're out shopping, consider picking up a few things to donate. Volunteers bake goodies for trips, special events, & some activities. Items may also be used for upcoming fundraisers for the Senior Center.

Eggs



Butter



Decaf coffee



Aluminum foil



***Monetary donations can be made to the Senior Center in honor of, in memory of, for specific items, or just in general.*

Welcome

New Members

Dawn Fruzen	Joan Schiesl
Debra Popp	Joan Schiesl
Marcia Andrews	Dean Najmayer
Phil Stangel	John Bruce
Amy Meyer	John Bruce
Mary Strzyzewski	Julie Klumpp
Luanne Chappell	Jim Klumpp
Rita Schilder	Janice Schiesl
Barbara Welnetz	Peggy Seidl
Sue Rozmarynoski	Robert Welch
Thomas Schulz	Rosa Cervantes
Judith Schulz	Susan Menges
Debra Creviere	Mary Carpenter
Paul Creviere	

Bingo

We have very limited cash on hand; please try and bring the correct money for bingo cards.

Bingo cards are 50¢ each with a limit of 4 cards so have your quarters and singles ready.

\$\$\$\$

**Scan Your Senior Center Card
Thank you!**



**Driving
Manitowoc
County
forward.**



HFMhealth.org

**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

AD CREATOR STUDIO



Ipicommunities.com/adcreator

**SUPPORT OUR
ADVERTISERS!**

Edward Jones

Member SIPC



Andrew J Ziolkowski

Financial Advisor

4712 Expo Dr Ste #2

Manitowoc, WI 54220

920-684-3396

edwardjones.com



For ad info. call 1-800-950-9952 • www.ipicommunities.com

Manitowoc Senior Center, Manitowoc, WI

E 4C 01-1253

MANITOWOC RECREATION PRESENTS:

Spring Scavenger Hunt

March 24-30, 2025

Use the clues to help you find the following parks, places, etc. Take a picture of yourself at each and send it to recreation@manitowoc.org (or stop in at the rec office with your pictures) for a chance to win a prize.

- Bundle up, put on your skates, and have fun.
- Eighteen holes to "putter" around.
- Grab your paddle and ball and play on one of the 6 new courts.
- RAMPP It Up in the "Morning Sun".
- Sherlock and Watson are known for howling, especially under the moon.
- This mother eagle protects the eggs in her nest along the lakeshore.
- Those 50 and older can exercise, play games, wood carve, weave, socialize and more.
- The park in Manitowoc that is over 71 acres and you can enjoy many recreational activities year-round including disc golf, fishing, cross-country skiing, hiking, soccer and more.
- A place for the kids and the dogs to play.
- X-sports CompleX



This flyer can also be picked up at the rec office.

Manitowoc Rec Office
3330 Custer Street
Mon-Fri 8am-4pm
920-686-3060



All adults welcome!

SHAPE-UP

Fitness Class

Winter 2025

Mondays & Wednesdays

6:30 pm

Session 1: Jan. 6 - Jan. 29

Session 2: Feb. 10 - Mar. 5

Classes held at the Manitowoc Senior Center Gym

All around fitness class with a cardio mix of standard aerobics, interval training, and kickboxing. tone through stretching, basic Pilates and strength training using light dumbbells.

All fitness levels welcome!

Please bring your own mat and weights.



City Residents \$25/session
Non Residents \$35/session

Register by January 2:

on-line:

<https://www.manitowoc.org/25/Recreation>

phone: 920-686-3060

in person: 3330 Custer St



PARKS & RECREATION
CITY OF MANITOWOC

WINTER WEATHER

The Manitowoc Senior Center will be closed by the Mayor's proclamation.

Listen to local radio/ TV stations for announcements on closing of the [ADRC meal sites & home delivered meals](#) due to severe weather. *This does not mean the Senior Center is closed.*

Radio stations: WDOR (910 AM, 93.9 FM), WOMT (1240 AM), WCUB (980 AM), WHBL (1330 AM).

TV stations: WBAY (Ch 2), WFRV (Ch 5)

Facebook: Manitowoc Senior Center
ADRC of the Lakeshore

Please use your discretion when going out in winter weather.



BUTTS & GUTS



Thursdays at 6:00 pm

session 1: January 16-February 20

session 2: March 6-April 10

Strengthen your glutes and core in this low impact class using standard exercises along with some Pilates and Yoga moves and poses.

All adults and fitness levels welcome.

Classes are held in the assembly room at the senior center.

\$25 city residents

\$35 non-residents



Register by January 9, 2025

on-line: <https://www.manitowoc.org/25/Recreation>

phone: 920-686-3060

in person: 3330 Custer St (Rec Office/Senior Center)

WINTER Walking

Monday - Friday | 8:00 am - 10:00 am

November 4, 2024 - April 25, 2025

**AT THE CITIZEN PARK GYMNASIUM
930 N 10TH ST. MANITOWOC, WI**

FREE!

Mondays, Wednesdays, Fridays - counter clockwise
Tuesdays, Thursdays - clockwise

PLEASE BRING CLEAN, DRY SHOES TO WALK IN

****Children MUST be accompanied by an adult at all times.****

920.686.3060 | manitowoc.org

Facebook: Manitowoc Parks and Recreation Division





November 4, 2024 - April 26, 2025

PICKLEBALL

at Citizen Park Rec Center
Monday-Friday 10:00am-1:00pm
Please bring clean, dry, shoes

PUNCH CARD REQUIRED

Purchase at the Senior Center

Senior Center Members

Facilitated Program Punch Card: 5 punches \$10
10 punches \$15
20 punches \$25

Non-members: 1 punch \$5
5 punches \$20

RIFLERY

WINTER 2025
JANUARY 8-MARCH 13, 2025

Wednesdays 5:30 pm
Wednesdays 6:30 pm
Thursdays 5:30 pm

Classes meet at the Manitowoc County Sheriff's Department
1025 S. 9th St
*Rifles and jackets provided.
*Space is limited

Ages 8 and up
Residents \$45
Non-Residents \$64.00

First time participants must purchase a \$15 book at time of registration (one per family)

Register by January 2
on-line: manitowoc.org/25/Recreation
phone: 920-686-3060
in-person: 3330 Custer St.

 PARKS & RECREATION
CITY OF MANITOWOC

Snowshoe Rentals

\$8/day
\$20/3 days

Children's and Adult Sizes

Available at the
Manitowoc Senior Center &
Recreation Office
Monday-Friday ~ 8a-3:30p
3330 Custer Street
920-686-3060



PICKLEBALL LESSONS

Tuesdays 4-5 pm
Citizen Park Rec Center

Mar 4 - Apr 8
2025

\$35 city residents
\$45 non-residents

Basic Pickleball instruction for ages 8 and up held at the Citizen Park Rec Center.

Register by February 25, 2025

*Must have at least 6 participants.
on-line: www.manitowoc.org/25/Recreation
phone: 920-686-3060
in-person: 3330 Custer St
(rec office/senior center)

Call us today for all of your questions:

- Medicare - Supplements, Advantage plans (Part C) & Prescriptions (Part D)
- Life Insurance/Funeral Trusts
- Annuities
- Marketplace/Short Term Medical



American
SENIOR BENEFITS
Putting people back into the people business



Kelly Anhalt-Koenig
(920)698-6304

Carrie Baumann
(920) 254-1611



Shady Lane



Reaching the
Hearts & Hands
That Need
it Most.

Shady Lane Assisted Living

Call to schedule your personalized tour!
(920) 682-8254
1235 S. 24th St. | Manitowoc

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

REGENCY HOUSE
SENIOR
APARTMENTS

Stress and Worry Free Living!!!!
NO Yard Work-NO Lawn Mowing
No Headaches!

ACROSS FROM THE SENIOR CENTER,
SHOPPING, BANKING, GROCERIES, & BUSLINE
(920) 684-1531
929 SOUTH 31ST STREET,
MANITOWOC



Rent is based on 30% of adjusted gross income
Preference for senior, disabled, and veterans.

- All utilities included
- Smoke free housing
- DirecTv package offered
- Pet friendly, \$200 pet deposit
- Off street parking & garages
(GARAGES ON AVAILABILITY)

MANITOWOC
HEATING
& REFRIGERATION SERVICES INC.



We provide **FREE** estimates for new installations of heating and cooling equipment. No pressure—just the answers you need to make an informed decision.

(920) 686-7378 • www.ManitowocHeating.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Manitowoc Senior Center, Manitowoc, WI

F 4C 01-1253

NOT JUST A PLACE TO LIVE...IT'S YOUR HOME!

Call (920) 684-5865

<http://manitoumanorwi.com>

1433 North Sixth Street • Manitowoc, WI

MANITOWOC SENIOR CENTER PRESENTS:




Shades of IRELAND
September 19-28, 2025

Single \$5,699/Double \$4,999/Triple \$4,949
cancellation fees applicable

HIGHLIGHTS: Dublin, Irish Evening, Kilkenny, Waterford Crystal Factory or Medieval Museum & Wine Vault, Blarney Castle, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay

For more information pick up a brochure at the Manitowoc Senior Center or contact David's House Of Travel (920)-684-6117. Make sure to tell them the Manitowoc Senior Center sent you!

IN PARTNERSHIP WITH:  

Manitowoc Senior Center presents:

Nashville & the Smoky Mountains Holiday

November 29-December 6, 2025





Highlights: Grand Ole Opry Show, Historic RCA Studio B, Country Music Hall of Fame, Gaylord Opryland Resort Dinner and Holiday Show, Dollywood, Great Smoky Mountains National Park, Asheville, Biltmore Estate

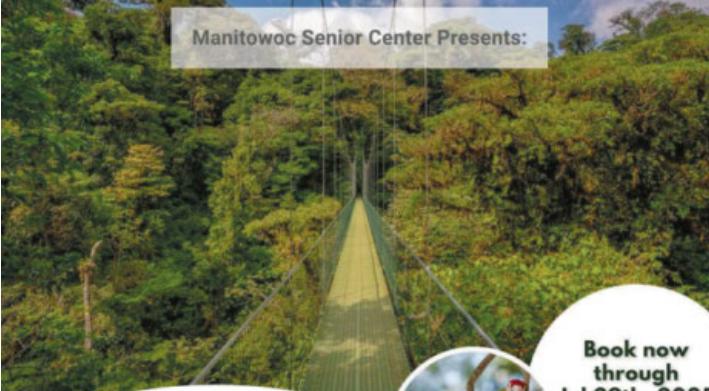
Single \$5299
Double \$4199
Triple \$4149



Book before
May 29, 2025
and save
\$200
per person

For more information,
pick up a brochure at
the Manitowoc Senior
Center or contact
David's House of
Travel 920-684-6117

Manitowoc Senior Center Presents:




Tropical Costa Rica
January 29 - February 6, 2026

Double \$3749
Single \$4249
Triple \$3719

Book now through Jul 29th, 2025 & Save \$600 per person

Highlights: San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour, Monteverde Hanging Bridges or Canopy Adventure, Guanacaste

Deposit of \$698 per person due upon reservation
Optional Insurance \$549
Final Payment due October 31, 2025

For more information or to reserve your spot contact David's House of Travel: 920-684-6117
Be sure to tell them the Manitowoc Senior Center sent you!

In partnership with 



Bingo & Buffet

Thank you to all the volunteers who helped with our Bingo & Buffet. This was one of the biggest parties we've had in a while! Many of the volunteers were our regulars including COA members, but we also had a few new people step up to help out with this event. We couldn't put on events such as this one without volunteers; we appreciate each and every one of you!



Thank You to our **BINGO**
Sponsors/Callers/Helpers

Angelus Senior Living
Northland Lodge
Frontida
Network Health
Felician Village
Harbor View

Debbie W, Phyllis H,
Sheila F, Deb S,
Anna K, Mary S.,
Karen S., Ralph S.

You help make
bingo possible!



because...
comfort
at home
matters.

Sharon S. Richardson
COMMUNITY HOSPICE



Comfort at home matters because Sharon S. Richardson Community Hospice encourages and supports your desire to live life to the fullest in a way that makes you the most comfortable. Our Hospice and Palliative Care team provide comfort care wherever you call home.

SSRHospiceHome.org

Phone: (920) 467-1800 | Toll-free: (866) 467-2011
W2850 State Road 28 Sheboygan Falls, WI 53085
4411 Calumet Ave, Suite 4 Manitowoc, WI 54220



The Bay

AT NORTH RIDGE
HEALTH AND REHABILITATION CENTER

Let Us
Help!



We offer customized rehabilitation and care, and use the latest therapies and specialty care programs for post-acute, complex and long term care patients. We also specialize in vent and trach care.

(920) 682-0314 | 1445 N. 7th • Manitowoc

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Manitowoc Senior Center, Manitowoc, WI

G 4C 01-1253

Manitowoc Senior Center Presents



**Colorado
Rockies, Rails &
Western National Parks**

June 15 - 23, 2025 ~ 9 Days

Highlights: Durango & Silverton Railroad, Pikes Peak Cog Railway, Royal Gorge Railway, Mesa Verde Nat'l Park, Arches Nat'l Park, Canyonlands Nat'l Park, Great Sand Dunes Nat'l Park, Grand Junction, Vail, Moab, Utah, Denver, Dead Horse Point State Park, Garden of the Gods, U.S. Olympic Training Center, Cowboy Dinner & Show



**\$4275 pp double
\$5475 pp single**

Find out how to **SAVE \$100** per person if paid in full by March 17. For more information, or registration information, stop at the Senior Center to pick up your brochure.

**Travel Show
February 12
9:00 am**

Manitowoc Senior Center presents:



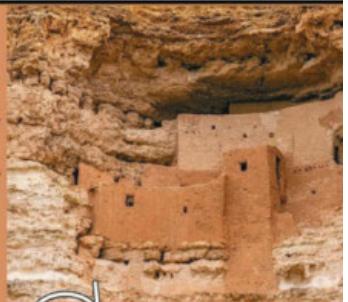
Great Trains & Grand Canyons
October 19, 2025 ~ 6 days

HIGHLIGHTS

Two Rail Journeys, Grand Canyon Railway, Verde Canyon Railroad, Grand Canyon Nat'l Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome, Chuckwagon Supper & Show

**Double \$3675
Single \$4575**

SAVE \$100 PP



For more information, or to register, stop at the Manitowoc Senior Center to pick up your brochure.



**Albuquerque Balloon Fiesta
& Santa Fe** October 3, 2025 ~ 6 Days

Highlights: Albuquerque Balloon Fiesta, Old Town, Santa Fe City Tour, Indian Pueblo Cultural Center, Los Alamos Science Museum, Loretto Chapel, Taos Pueblo, Taos, High Road to Taos

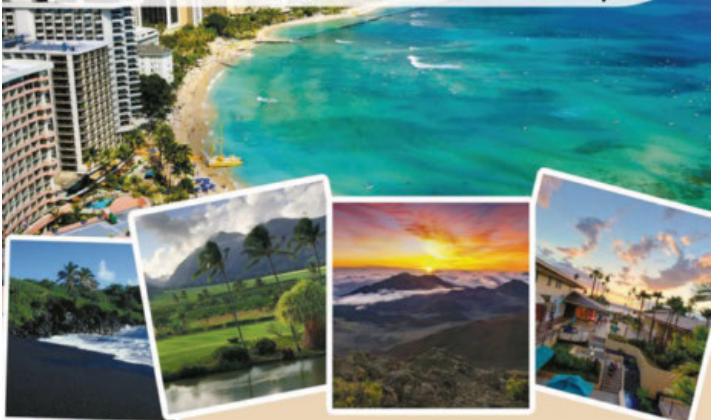
**\$3775 pp double
\$4675 pp single**

Find out how to **SAVE \$100** per person if paid in full by July 5th. For more information, or registration information, stop at the Senior Center to pick up your brochure.



Manitowoc Senior Center Presents:

Hawaii 3 Island Adventure
November 4th - 12th, 2025 ~ 9 Days



Highlights: Multi Night Resort Stays, 3 Island tours, Two National Parks, Honolulu City Tour, Pearl Harbor, USS Arizona Memorial, Volcanoes Nat'l Park Visitor Ctr., Black Sand Volcanic Beach, Kailua Kona, Maui Tropical Plantation, Iao Needle, Whalers Village, Hawaiian Luau on Maui

**\$6175 pp double
\$8375 pp single**

Find out how to **SAVE \$100** per person, for more information, or how to register by stopping at the Senior Center to pick up your brochure.



Manitowoc Senior Center presents

A Day in Illinios

Tuesday, May 20, 2025

members \$180 ~ non-members \$195

6:30 arrive at Senior Center

6:45 board bus and depart

10:30 Fischer Nut Store

12:15 Lunch at Hungry Mule

2:00 Sanfilippo Estate Guided Tour

6:15 Culvers stop (on your own)

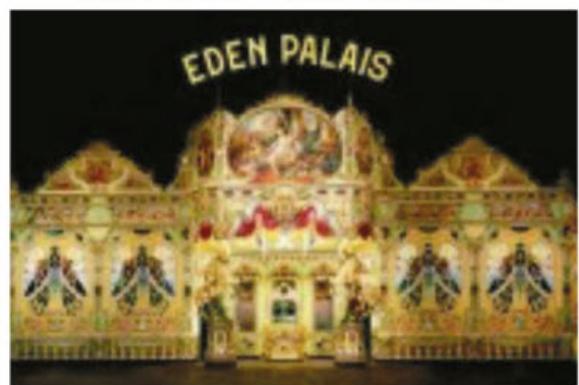
9:15 approximate arrival home

Register by May 2nd at the senior center office or by calling 920-686-3060. Payment in full and lunch choice due at registration.

There will be a lot of walking.

Lunch choices: Black Angus Cheeseburger, Gyro Sandwich, Caprese Sandwich, Roasted Chicken Club, Tomato Basil Soup and Caesar Salad

Sanfilippo Estate (Sanfilippo Place de la Musique) is a private estate that spans over 57 acres with a 6,000 Tudor-styled sq foot home and is known worldwide for its magnificent collections of beautifully restored antique music machines, phonographs, arcade and gambling machines, chandeliers, art glass, the world's largest restored theatre pipe organ, and the most spectacular European salon carousel in existence. Jasper Sanfilippo started working at his father's nut business when he was 9 years old and over the decades built the business into the first national, major nut supplier, acquiring Fischer Nut brand in 1995.



Please see the Manitowoc Senior Center handbook for cancellation policy.