A LOOK AT WHAT’S INSIDE

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Food Truck Wrap Up…………...15
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Instructional Zoom……………...19
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Happy Thanksgiving
Manitowoc Senior Center Information

Membership
Senior Center Membership is open to all 55 years and older

Annual Membership
$30.00 City Residents
$40.00 Non-Residents

Lifetime Membership
$120 City Residents
$150 Non-Residents

Short-Term Passes
Daily Pass: $2.00
Weekly Pass: $5.00

City of Manitowoc Committee on Aging
Ron Von Drachek
Donna Kickland
June Kramer
Ruth Malzahn
Mary Schultz
Allan Brixius
Debbie Bonk
Lydia Groeschel

2020 COA Meetings
at 9:30 a.m.
November 9, 2020

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

Senior Center Information

Address
3330 Custer Street
Manitowoc, WI 54220

General Phone
(920) 686-3060

Center Hours
Monday — Friday
8:00 a.m. — 4:00 p.m.

Gift Shoppe Hours
Open to the public!
Monday — Friday
9:00 a.m. — 3:30 p.m.

Manitowoc Community Meals
For reservations or cancellations please phone 683-4180 by 11:00 a.m. the day before.

Transportation available daily
Menu may vary slightly

To begin receiving Meals on Wheels, or for more information, please contact the Aging Resource Center at (920) 683-4180.

Manitowoc Community Meals are served in cooperation with the Manitowoc County Nutrition Program. Meals take place at the Manitowoc Senior Center, 3330 Custer Street, Monday through Friday at 12:00 noon.

A suggested donation of $5.00 per person by all participants aged 60 years and older ensures continuation of the meal program. Participation is not related to income.

For those under the age of 60, the cost is $8.00.

Manitowoc County Transportation Information
For all your transportation needs, contact the One-Stop Shop/Mobility Manager at 920-686-6977.

Staff
CURT HALL
Senior Center & Parks/Recreation/Zoo Division Manager
chall@manitowoc.org

KATELIN DOROW
Recreation Team Leader
(920) 686-3064

AMANDA ORTH
Administrative Support Specialist
(920) 686-3063

IN PERSON MEALS NOT MEETING AT THIS TIME
Activities & Services

SERVICES
Photocopies/Printed papers $0.20 page
Paper Shredder. No Charge
Maritime Metro Transit Passes $28 month
Assist to Transport Tickets $2 each
Nutrition/Additional Stop Tickets $0.75 each
No fax services available.
*Convenience fee added for credit card purchases.

HEALTH & OUTREACH  *Appointment Required
Blood Pressure Clinic (Conf.Rm) 2nd Wed 9:30a Provided by Felician Village
Foot Care* (Sewing Rm) Mon-Tue-Wed-Thur. Call for Appt.
Legal Counseling* (Conf. Rm) 1st Friday A.M.

PARTICIPATION POLICY
All activities are open to members in good standing. Most activities and facility amenities are for members only. However, guests are welcome to participate in most activities, such as bingo and exercise classes, if a guest pass has been obtained. Guest passes are not valid with Tai Chi, Creative Crafts, or special pricing for trips/parties. Activities which are open to the public will be stipulated as such in the newsletter.

While participating in activities at the 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 is asked to refrain from participating in activities until released by a physician.

CONNECT WITH US ONLINE
Keep up to date with new programs, happenings, or cancellations by visiting us online. The digital version of the Periscope is available on our website and Facebook pages prior to being available in print.

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 Center. If you wish that your picture not be posted on this site, please inform the Senior Center staff.

www.manitowoc.org/seniorcenter
www.facebook.com/manitowocseniorme
<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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<tbody>
<tr>
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<td><strong>4</strong></td>
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<td><strong>6</strong></td>
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<tr>
<td>9a Caring Cards</td>
<td>9a Senior Crafts</td>
<td>1p Line Dancing</td>
<td>9a Watercolor</td>
<td>6</td>
</tr>
<tr>
<td>3p Adv. Tai Chi</td>
<td>9:30a Wood Carving</td>
<td>1p Bingo</td>
<td>10a EZ Does It</td>
<td></td>
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<tr>
<td>1p Weaving</td>
<td>3p Adv. Tai Chi</td>
<td>3p Adv. Tai Chi</td>
<td>10a Bible Study</td>
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<td><strong>7</strong></td>
<td><strong>8</strong></td>
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<td>9a Caring Cards</td>
<td>9a Senior Crafts</td>
<td>1p Line Dancing</td>
<td>9a Watercolor</td>
<td>11</td>
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<tr>
<td>3p Adv. Tai Chi</td>
<td>9:30a Wood Carving</td>
<td>1p Bingo</td>
<td>10a EZ Does It</td>
<td>1p Zoom Instructional</td>
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<td><strong>12</strong></td>
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<tr>
<td>9a Caring Cards</td>
<td>9a Senior Crafts</td>
<td>1p Line Dancing</td>
<td>9a Watercolor</td>
<td>16</td>
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<tr>
<td>3p Adv. Tai Chi</td>
<td>9:30a Wood Carving</td>
<td>1p Bingo</td>
<td>10a EZ Does It</td>
<td>9:30 Breakfast Bingo</td>
</tr>
<tr>
<td>1p Weaving</td>
<td>3p Adv. Tai Chi</td>
<td>3p Adv. Tai Chi</td>
<td>10a Bible Study</td>
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<td><strong>17</strong></td>
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<tr>
<td>9a Caring Cards</td>
<td>9a Senior Crafts</td>
<td>1p Line Dancing</td>
<td>9a Watercolor</td>
<td>20</td>
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<tr>
<td>3p Adv. Tai Chi</td>
<td>9:30a Wood Carving</td>
<td>1p Bingo</td>
<td>10a EZ Does It</td>
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<tr>
<td>12:30p Monthly Movie</td>
<td>1p Weaving</td>
<td>3p Adv. Tai Chi</td>
<td>10a Bible Study</td>
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<tr>
<td><strong>22</strong></td>
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<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
</tr>
<tr>
<td>9a Caring Cards</td>
<td>9a Senior Crafts</td>
<td>1p Line Dancing</td>
<td>9a Watercolor</td>
<td>26 CLOSED</td>
</tr>
<tr>
<td>3p Adv. Tai Chi</td>
<td>9:30a Wood Carving</td>
<td>1p Bingo</td>
<td>10a EZ Does It</td>
<td></td>
</tr>
<tr>
<td>1p Weaving</td>
<td>3p Adv. Tai Chi</td>
<td>NO TAI CHI</td>
<td>10a Bible Study</td>
<td></td>
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<tr>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
</tr>
<tr>
<td>9a Caring Cards</td>
<td>8:45a Cardio Drumming</td>
<td>1p Line Dancing</td>
<td>8:45a Cardio Drumming</td>
<td>31 CLOSED</td>
</tr>
<tr>
<td>3p Adv. Tai Chi</td>
<td>9a Birthday Bingo</td>
<td>1p Bingo</td>
<td>9a Birthday Bingo</td>
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<tr>
<td><strong>32</strong></td>
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**Note:**
- **CLOSED** indicates a closed day.
- **NO TAI CHI** indicates the absence of Tai Chi activities.
- Events are scheduled from 9am to 6pm unless otherwise noted.
- The schedule includes crafts, dancing, painting, Bible study, and other interactive activities.
- The calendar runs from Monday to Friday.
### Manitowoc County Senior Dining Sites and Home Delivered Meals

**November 2020**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
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<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Chicken Breast Roasted Sweet Potatoes Wax Beans WW Bread Rice Krispy Bar</td>
<td>Pineapple Glazed Ham Scalloped Potatoes Broccoli Rye Bread Spice Cake</td>
<td>Chili Chicken Salad on WW Cucumber Salad Warm Applesauce Lemon Pie</td>
<td>Shephard's Pie Brussel Sprouts Carrot Raisin Salad Bread Golden Salad</td>
<td>Lasagna Capri Blend Veggies Mandarin Oranges French Bread Black Forest Cake</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Chicken Stir Fry Brown &amp; White Rice Steamed Carrots Pineapple Peanut Butter Cookie*</td>
<td>Turkey Broccoli Bake Lettuce Salad Country Blend Veggies Tropical Fruit Vanilla Pudding</td>
<td>Bratwurst on WW Bun Caesar Potatoes Baked Beans Banana Pumpkin Fluff</td>
<td>Baked Chicken Mashed Potatoes &amp; Gravy Winter Blend Veggies Rye Bread Winter Fruit Salad</td>
<td>Salmon Whipped Sweet Potatoes Coleslaw Rye Bread Frosted Brownie</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Ham &amp; Bean Soup Egg Salad on Wheat Peaches Apple Crumb Bar</td>
<td>Polish Sausage &amp; Sauerkraut on Bun Creamy Potato Salad Zucchini Strawberries Angel Food Cake</td>
<td>Turkey Noodle Casserole Winter Squash Grapes Chocolate Chip Cookie</td>
<td>Chicken Pizza Bake Romaine Salad Grape Tomatoes Potato Buck WW Bread Cherry Cake</td>
<td>Sloppy Joe on WW Bun German Potato Salad Peas &amp; Carrots Dreamsicle Fluff</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>Meatloaf Potato Casserole Broccoli WW Bread Black Bean Brownie</td>
<td>Turkey Breast Mashed Potatoes &amp; Gravy Stuffing Green Beans Cranberry Sauce Dinner Roll Pumpkin Pie Square</td>
<td>Baked Spaghetti Romaine Salad Mixed Veggies Golden Salad</td>
<td></td>
<td>CLOSED</td>
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<tr>
<td>30</td>
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<td></td>
</tr>
<tr>
<td>Beef Stroganoff Egg Noodles Brussel Sprouts Mandarin Oranges Blueberry Cake</td>
<td></td>
<td></td>
<td></td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

**Notes:**

*Please note, our kitchen is NOT a nut-free facility.

This menu does not include Two Rivers or Mishicot Meal Sites.

Menu may be subject to change.
All Collette Vacations Trips are open to public of all ages! You do not have to be a senior or a member of the senior center! Questions? Call the center at 686-3060 or Collette at 1-800-468-5955.

Itineraries are available in the senior center lobby or online at www.gocollette.com

SHADES OF IRELAND
May 1, 2021
10 days/13 meals | $3,649 Dbl
Deadline: January 15, 2021

NATIONAL PARKS OF AMERICA
September 11, 2021
12 days/16 meals | $5,049 Dbl
Deadline: March 11, 2021

SOUTHERN CHARM HOLIDAY
December 5, 2021
7 days/9 meals | $2,899 Dbl
Deadline: June 4, 2021

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www.angelusseniorliving.com
RAFFLE BASKET DONATIONS NEEDED!

All raffle basket donations may be dropped off at the Senior Center office by Friday, November 13. Raffle tickets for the baskets will then be available for purchase starting Monday, November 23!

Raffle basket ideas:
- Sports fan
- Wine & chocolates
- Gift cards to local restaurants/shops
- Games
- Handmade items
- Spa day
- Gardening items
- Coffee/Tea lovers

Thank you for your support!

~RAFFLE BASKET FUNDRAISER~

Raffle baskets will be on display starting November 23 at the Senior Center and raffle tickets will be sold November 23 - December 16!

Watch for more information in the upcoming newsletter on a New Year's Time Capsule!
PICKLEBALL MATCHES

Monday Instructionals
Tuesday & Thursday Matches

Singles and Doubles

SIGN-IN 11:00 A.M.

FOR MORE INFORMATION, PLEASE CALL
(920) 686-3060

Give Thanks

Acorn
Blessed
Gobble
Leaves
Pie
Pilgrims
Pumpkin
Thankful
Thanksgiving
Turkey

GNUNISALYEDCGBPNN
HNECQRUZQTQYWNOL
PKIBFFRCGFFLBBT
WUPVKBLESSENDZ
ACMNIRAJIAPOLVQ
VWAPNGCCVGYLEIZ
UHZRKISEVRFVEQ
TWNRPISKQLMBG
YEKRUTNZNLCLXV
AZOFOPQQACRRLZ
SUTDDYCHJIYHUGOW
DDEVBTTADJXTLXQ
JLTYBRNPCINCIND
DDHMJZHBCQXVPHY
WPIBZAAFYANOPGO
**Lights in Lincoln Park**

**9th Annual Drive-Thru Light Show**

More than 70 wild animal light displays, many animated, and drive-thru arches. Plus numerous other lighting effects.

Nov. 27—Dec. 12
Thursday—Friday—Saturday

December 17 to 29
Every Night

5-8 p.m., $5.00 per car

**FAMILY NIGHT FUN WALK**

Enjoy walking through the Lights in Lincoln Park. See more than 70 wild animals and other lighting effects!

Wednesday, Dec. 30, 5-8 p.m.
Adults, $5.00  •  Families, $10.00

**Sponsored by:**

Lincoln Park Zoological Society

Proceeds go towards zoo improvements, educational programming, and expanding the light show.

---

**Concerned about Medicare fraud?**

**Give us a call...**

**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:**

888-818-2611

Email: smp-wi@gwar.org

gwar.org/senior-medicare-patrol

Wisconsin SMP
Empowering Seniors to Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

---

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- Homemade Desserts!
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- Dine-in or Carry-out

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682-1081
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---

**WINTER WALKING**

**Monday - Friday | 8:00 am - 10:30 am**

**Monday, November 2, 2020 - Friday, April 23, 2021**

**At the Citizen Park Gymnasium**

930 N. 16th St., Manitowoc, WI

**FREE!**

No walking will be held on: November: 26, December: 24, 25, and 31 | January: 1

Please bring clean, dry shoes to walk in!

920.686.3060 | manitowoc.org
ACROSS
1. All thumbs
2. *Do this to Shorty
3. Practice in the ring
4. Popular aquarium dweller
5. Fertility clinic stock
6. Dreamy
7. Brightest star in Cygnus
8. Romanian money
9. Athlete's stage
10. *Ferris Bueller's time away
11. *He always rings twice
12. G in music
13. Dissenting clique
14. Billy's Harry to _____'s Sally
15. "Brave New World" drug
16. Europe's highest volcano
17. Hunts for food
18. No-noses
19. The Masters' game
20. *It's all about her
21. Greyish brown
22. *King of Siam's governess
23. *Private that had to be saved
24. *Bonnie's partner
25. *The hills are alive with the sound of it
26. "Fear of Flying" author Jong
27. Annoying tiny biters
28. *There's something about her
29. Telephoned
30. Bright
31. Eagle's nest
32. *Bonnie's partner
33. Give the cold shoulder
34. Musician's time to shine
35. Kathmandu country
36. Wooden shoes
37. Skirt's edge
38. Olden day calculators
39. Like worthless promise
40. Not happening
41. "Don't _____ around the bush"
42. "-zoic" periods
43. Some like it this way
44. Sudden occurrence of disease
45. Crimson rival
46. Power system
47. "Rock the ____" by The Clash
48. Deal with it
49. Happy Gilmore's peg
50. Bird's groomer
51. Tap choice
52. *Dr. Strangelove learned to love it, two words
53. *No country for these guys, two words
54. *One green one in John Wayne flick
55. "Eureka!"
56. Erasable programmable read only memory
57. Woven wall hanging
58. Soldier's bed
59. "All the world's a ____"
60. R in RIP
61. First among siblings
62. "-zoic" periods
63. Not happening
64. "-zoic" periods
65. Tow rope alternative
66. At this point
67. Does something wrong
68. "Don't _____ around the bush"
69. Mares' meal
70. "-zoic" periods
71. Not happening
72. *Some like it this way

DOWN
1. It would
2. Pauper's permanent state
3. Europe's highest volcano
4. Hunts for food
5. No-noses
6. The Masters' game
7. *It's all about her
8. Greyish brown
9. Database command
10. Lord Byron's composition
11. *King of Siam's governess
12. *Private that had to be saved
13. a.k.a. tears of Chios
14. Fauna's partner
15. Mozart's "L'____ del Cairo"
16. Eponymous comic strip character
17. *The hills are alive with the sound of it
18. "Fear of Flying" author Jong
19. Annoying tiny biters
20. *There's something about her
21. Telephoned
22. Bright
23. Eagle's nest
24. *Bonnie's partner
25. Give the cold shoulder
26. Musician's time to shine
27. Kathmandu country
28. Wooden shoes
29. Skirt's edge
30. Olden day calculators
31. Like worthless promise
32. Not happening
33. "Don't _____ around the bush"
34. "-zoic" periods
35. Not happening
36. Some like it this way
More Fun & Games

Here’s where YOU can find copies of our monthly newsletter, the Periscope!

- Associated Bank-Franklin
- Bank First Nat’l-8th
- Bank First Nat’l-Custer
- Mtwc Public Library
- Shipbuilders CU-Wash.
- United One CU-S. 10th
- YMCA
- Associated Bank—Festival
- Visitor Information Ctr
- Wells Fargo-Calumet
- ADRC
- Adv. Family Chiropractic
- St. Vincent DePaul
- St. Mary’s Home
- Felician Village
- Shady Lane
- Bethany Church
- North Ridge
- River’s Bend
- Garfield Gardens
- Manitou Manor
- Parkview Haven
- Regency House
- River Hills Apts
- Southbrook Manor
- Valley View Apts

Solution: Page 16
ACROSS
1. Cry of sorrow
5. Quick kiss
9. Night twinklers
14. A la ____
15. Burn reliever
16. Holland export
17. Minute particle
18. Hit
19. Metal suit
20. Most stern
22. Grouchy
23. Junior
24. Speak wildly
25. Bring to court
26. Holds
27. Went up
32. Auto type
35. Voice range
39. Footstool
42. Bottom-row key
43. Tread
45. Robbery
46. Response
49. ____ capita
50. Exclamation of triumph
51. Calcutta dress
53. Vane dir.
56. Juan's father
59. Amuse
61. Colder
62. Tanks
63. Secondhand
64. Trio number
65. Ohio lake
66. Speed contest
67. Young people
68. Religious order
69. Bolted

DOWN
1. Pile up
2. Gambling game
3. Embellish
4. Half (prefix)
5. Spaghetti and ziti
6. Actress ____ DeGeneres
7. Of the seashore
8. Retained
9. ____ of Liberty
10. Soup bowl
11. Gifts to charity
12. Wild disorder
13. Lively
26. Sombrero, e.g.
28. Quit
29. ____ Moore of "Ghost"
30. Periods in history
31. Fender blemish
32. Practice boxing
33. She (Fr.)
34. Statistics
35. Passenger vehicle
38. China's continent
40. That group's
41. "____ the ramparts..."
44. Trap
47. Lurch
48. "____ Something About Mary"
49. Established in advance
52. Garret
53. Twangy
54. Brother's daughter
55. Stopped
56. Heartthrob Brad ____
57. Tooth discomfort
58. Urgent
59. Preceding nights
60. Grass

Solution: Page 16
Next discussion:
December 7th at 11am

Book:
The Coincidence of Coconut Cake

You’ve Got Mail meets How to Eat a Cupcake in this delightful novel about a talented chef and the food critic who brings down her restaurant—whose chance meeting turns into a delectable romance of mistaken identities. Set in the lovely, quirky heart of Wisconsin, The Coincidence of Coconut Cake is a charming love story of misunderstandings, mistaken identity, and the power of food to bring two people together.

Limited books are available for the book discussion club. Inquire at the office. If you have already read the book, feel free to join us for the discussion! The Book Discussion Club at the Manitowoc Senior Center is a collaborative effort with our friends at the Manitowoc Public Library. *Members only activity. No charge.
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Spacious Kitchen and Dining Areas
Secure-Smoke Free Elevator
Community Room Activities
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Pet Friendly

Rent based on 30% of adjusted gross income - 62 and older

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1523 16th Street • Two Rivers
920-901-9162

Start at $525/month
INCOME LIMITS APPLY
1 Person = $16,001 - $31,260
2 People = Up to $35,700

River House
Independent Senior Living

1523 16th Street • Two Rivers
920-901-9162

www.Doneff.com

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

Manitowoc Senior Center, Manitowoc, WI

D 4C 01-1253
Our outdoor Food Truck Fiesta was a huge success! Thank you to everyone that stopped by to enjoy great entertainment from Jerry Voelker and the Jolly Gents as well as delicious food from Brian’s Smokehouse and The Cookie Crate! We appreciate everyone who purchased books and puzzles from our sale too!

Cardio Drumming

Where: 3330 Custer St, Manitowoc
When: Starting November 23rd.
Monday's and Friday's at 8:45 am

Drumming speed will be curated to your comfortability
$2 for members
$4 for non-members

Covid Guidelines: Masks required
<table>
<thead>
<tr>
<th>Manistou Manor Apartments</th>
<th>Manitowoc Housing Authority</th>
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<tbody>
<tr>
<td>Rent is based on 30% of adjusted gross income</td>
<td>Preference for those 50 years and older, disabled, and veterans</td>
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<td>• All utilities included</td>
<td>• All utilities included</td>
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<td>• Smoke free housing</td>
<td>• Smoke free housing</td>
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<td>• New windows and appliances</td>
<td>• New windows and appliances</td>
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<td>• Pet friendly, $50 pet deposit</td>
<td>• Pet friendly, $50 pet deposit</td>
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<td>• Off street parking &amp; garages</td>
<td>• Off street parking &amp; garages</td>
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</tbody>
</table>

Stop by or call (920) 684-5865 to set up a tour!

housing@manitoumanorwi.com
http://manitoumanor.weebly.com
1433 North Sixth Street • Manitowoc, WI

NOT JUST A PLACE TO LIVE...IT'S YOUR HOME!
You can now return your movies to the library! The Movie Drop Box is located right next to the Book Return Box!

The Senior Center Gift Shoppe is OPEN

Christmas items available starting November 9th!

- Hours: Monday - Friday 9:00am - 2:30pm
- Only 2 customers are allowed in the Shoppe at one time
- Please sanitize prior to entering
- Masks are REQUIRED to be worn in the Gift Shoppe by both customers and staff
- Please maintain safe social distancing

Congrats
to our Beginners Tai Chi group on their graduation from the class!
More information coming soon on sign up for the next Beginners class!
5 WAYS TO MAKE YOUR HOME A HEALTHIER PLACE TO BE

Our homes are our sanctuaries. It’s more important than ever to ensure your home is a safe and healthy environment for you and your family. Indoor air quality can have a negative effect on your health, and the air inside your home is oftentimes more polluted than the air outside. Explore five effective wellness design principles that can lead to better indoor air quality and an overall healthier home.

1. Increase natural light. One of the most effective ways for improving the interior environment of your home is by bringing in more sunlight. Sunlight also provides numerous health and wellness benefits:
   - helping the body to produce vitamin D
   - boosting productivity
   - promoting better sleep by helping the body maintain its circadian rhythm
   - improving your mood and energy

Consider large windows and window combinations. Casement windows, which are available in dramatic sizes, create a stronger connection to the outside. Certified by ENERGY STAR, homeowners can opt for more glass in their windows while continuing to prioritize energy efficiency.

2. Invest in safe materials. Potentially harmful VOCs, or “volatile organic compounds,” are gases emitted from certain common household products, including paints, varnishes and cleaning supplies. Exposure to VOCs can lead to eye, nose and throat irritation, headaches, dizziness, and over time, can even cause organ damage, according to the EPA. However, “zero-VOC” and “low-VOC” options exist and selecting these alternatives will minimize the potential for these common pollutants to impact the air quality in your home, helping reduce health risks to you and your family.

3. Foster ventilation. Ventilation helps your home rid itself of moisture, smoke, cooking odors and indoor pollutants. Natural ventilation is a great alternative to air conditioning in moderate climates.

4. Eliminate dust. Accumulated dust can irritate the eyes, lungs and skin and further aggravate the symptoms of people living with allergies. Sometimes attempts to free a home of dust only end up kicking up more debris. To avoid this, use wet dusting methods. When it’s time to empty vacuum bags and canisters, do so carefully — this is one task that may be best to perform outdoors. Finally, make maintaining a dust-free home easier by investing in an air purifier. Consider also selecting machine washable curtains, furniture covers and other fabrics.

5. Decorate with plants. Decorating your living spaces with plants is not only a beautiful design statement, but plants act as natural air purifiers, absorbing toxicants and converting indoor carbon dioxide into oxygen.

Improving the interior environment of your home is vital. Fortunately, there are many effective steps you can take to promote healthy indoor spaces!
Instructional Zoom
Bring your smartphone, tablet or laptop

Time: 100 pm
Date: Thursday, November 12th

Join us at the Senior Center for an instructional Zoom class. Zoom is a video conferencing tool that allows users to meet online and chat with each other. With Winter fast approaching, this will be a beneficial tool to stay connected with one another while in the comfort and safety of your own home!

Protect Wisconsin’s Seniors,
Report Elder Abuse.

Elder Abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect. Unfortunately, Elder Abuse is a growing problem in Wisconsin, negatively impacting the lives of our senior citizens and their families.

If you feel that you are a victim of Elder Abuse or you believe it has been inflicted upon someone you know or love, REPORT IT!

Call the Wisconsin Elder Abuse Hotline
1-833-586-0107
or visit ReportElderAbuseWI.org

Respect Your Elders
REPORT ABUSE
Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? No matter your situation, we can help you get answers to your Medicare questions, like:

• What is Original Medicare and are there other health care options?
• What do Medicare Parts A, B, C and D mean?
• What are the differences between Medicare and other health coverage?
• Is Original Medicare enough health coverage for me?
• Are my prescriptions covered?
• How much will it cost?
• Do I have deadlines to enroll?

As your independent health care resource, we can offer you Medicare plans from several private insurance companies. So you’re guaranteed to get the plan that may be best for you.

Contact us
and get answers to your Medicare questions today.
Kelly Anhalt-Koenig Carrie Baumann
Licensed Sales Agent
American Senior Benefits
920-698-6304
carriebaumann.myasbagent.com
Leftover Thanksgiving Sandwich

Ingredients: (makes 2 sandwiches)
2 tbsp mayonnaise
2 tbsp dijon mustard
4 slices sourdough, toasted
2 c. leftover roasted turkey
1/2 c. leftover mashed potatoes
1/4 c. cranberry sauce
1/2 c. leftover stuffing
1/4 c. gravy, warmed

Directions:
1. In a small bowl, mix together mayo and mustard. Spread mixture on one side of two slices of bread.
2. Top each of the two slices of bread with 1 cup of turkey, 1/4 cup of mashed potatoes, 1/8 cup of cranberry sauce, 1/4 cup of stuffing and then 1/8 cup of gravy.
3. Place second pieces of bread on top to complete sandwiches. Serve immediately.
Birthday Bingo takes place the last Monday of each month at 1:00pm (*check calendar). If you are celebrating a birthday this month and bring a cake to share, you will receive two free Bingo cards to play. (Center will provide Ice Cream). Normal play: cards are $0.50 each (max of 4 cards per person). All money taken in is given out as prizes! Have Fun & Good Luck!

*NO FOOD ALLOWED AT THIS TIME*

Because… compassionate care matters.

Sharon S. Richardson Community Hospice

Compassionate care matters because at Sharon S. Richardson Community Hospice we’re dedicated to providing high-quality, compassionate end-of-life and palliative care to all who are in need. Hospice is much more than a place; it’s an experience that incorporates a plan of care tailored to your unique needs and wishes.

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

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Spread the Word
A Thriving, Vibrant Community Matters

SUPPORT OUR ADVERTISERS
Welcome Senior Center New Members!

Geraldine Bellin

The Lakeshore Red Hatters meet the 2nd Friday of every month at the Manitowoc Senior Center at 1:30 p.m.

With Covid-19 springing up all over in Wisconsin, sadly we will not be meeting for awhile. We want you all to be safe and healthy. We sure do miss our teas and being able to chat with everyone. My sister Chris and I went to Door County a few weeks back and we stopped in at the Tannenbaum Christmas Store in Sister Bay. It is truly a Christmas haven!! On the German Christmas tree we found Red Hat ornaments. I had our picture taken!! They are so cute and was a surprising find !!! November 3rd is election day. I for one will be happy to have all the political ads off the air!! November is also Thanksgiving. We have a lot to be thankful for, family, friends, food, and more food! I hope everyone can celebrate this holiday in the happiest and safest way possible.

Have a super safe and fun month until next time, Yvonne Stock

Golden K Kiwanis Club Speakers

The Golden K Kiwanis Club hold their meetings each Tuesday morning at 9:00 a.m. at the Manitowoc Senior Center. They invite you to join them.

Nov 3 | Lt. Jenny Moffitt, Salvation Army
Nov 10 | Mark Holzman, MPSD
Nov 17 | Jim Knicklebine, Woodland Dunes
Nov 24 | Lillian Lamoreux, Hope House

For more info: 920-682-3639
Visitors Welcome!
Save your Tabs for HABITAT

For information or questions contact the Queen, Terry Prigge at 683-3008

Newsletter Information

If you have information that you would like included in the next issue of the Periscope, please submit it in writing or email by Monday, November 23, 2020. This includes all updated information for any groups that have monthly submissions. Emails may be sent to aorth@manitowoc.org
We have hidden our Senior Center Hands Logo somewhere in this newsletter. If you have the patience to hunt for it and are lucky enough to find it, either fill out an entry form, email or call in your guess! We will have a random drawing of all the correct entries of the month to win a Gift Certificate for A Two Scoop Sundae from Culver’s, the sponsor for this month’s contest. Good Luck!

Last Month’s Logo was located on page 22 in the O of Birthday Bingo

Congratulations to: Diane Budnik

One entry per person, per month, please. Submit your entry by Monday, November 23, 2020

Tuesday, November 17th at 12:30p

The Secret: Dare to Dream
Rated PG | Romance/Drama
1 hour, 47 mins

Miranda Wells is a hardworking young widow who’s struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray’s presence reignites the family’s spirit -- but he carries a secret that could change everything.

Feel free to bring a cushion or blanket to make your chair more comfortable.

Cost: Members-Free | $1 per guest.

THANK YOU to FAMILY VIDEO for providing the DVD for our Movie of the Month!

~ MOVIE TIME ~

Thank you to FAMILY VIDEO for providing the DVD for our Movie of the Month!

Friday Flick

NO MOVIE BEING SHOWN.
SENIOR CENTER CLOSED FOR THANKSGIVING