

# Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 27, No. 10

October 2022



2717 - 67th Street  
Kenosha, WI 53143  
**Phone: 262-359-6260**

**Senior Center Hours**  
Monday-Friday 8:30am-3:45pm

**Visit us on the web at:**  
[www.kusd.edu/seniorcenter](http://www.kusd.edu/seniorcenter)

**"Like" us on Facebook at:**  
[www.facebook.com/kenoshasenior](http://www.facebook.com/kenoshasenior)

## **Program Director**

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## **Newsletter Editors**

Denise Jacob and Kandy Stull

**Senior Dining** 262-351-6246



## **BOARD OF DIRECTORS**

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## **BOARD MEMBERS**

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<i>MaryAnn Bourget</i>	<i>Nikki Mondia</i>
<i>Joseph Gorecki</i>	<i>Carol Sieber</i>
<i>Joan Hall</i>	<i>Carol Zaruk</i>
<i>Barbara Johnson</i>	

## **Dear Friends,**

When I talk to people about retirement, there is often much discussion about what individuals will do. Many say they will travel, work on their golf game or spend more time with family. Basically, the people I talked to were looking forward to doing the things they couldn't do, while attending to the demands of their jobs. They were looking forward to their leisure activities, but many were also looking forward to having the time to do some volunteer work.



Retirees who have joined the Senior Center go on day trips, take yoga, do crafts, create art, exercise and take ballroom dance lessons. They also find ways and make time to give back to the community. Being a volunteer isn't just beneficial for those being helped. Research shows that volunteering has mental and physical health benefits for those doing the helping and contributes to a positive image of seniors as a healthy and vital part of our society. What better reward than that?

We have volunteer opportunities here at the Senior Center. We are looking for volunteers for our annual Craft Fair on Saturday, November 12th. It's always been successful because we are fortunate to have people who are willing to give their time to make it happen. The Senior Dining program is also looking for volunteers to help serve lunch. They have returned and want the program to grow and be successful. If you want to help with either of these programs, stop at the front desk and sign up.

See you at the Center!  
Sincerely,

*Denise*





## White Christmas at the Fireside Theatre

**Date:** Thursday, December 15, 2022  
**Destination:** Fireside Theatre, Fort Atkinson, WI  
**Prices:** Members: \$98.00, Non-members: \$103.00

**New Trip!**



**Tickets go on sale to members on Tuesday, October 11, 2022.** Numbers will be handed out at 8:30 am and sign up begins at 8:40. You are allowed to sign up for two members only. You must show both membership cards when you purchase your tickets. **Tickets go on sale to non-members on Wednesday, October 15, 2022**

**Trip Description:** Based on the beloved film starring Bing Crosby, Danny Kaye, and Rosemary Clooney, this heartwarming stage adaptation features 17 Irving Berlin songs. Army veterans Bob Wallace and Phil Davis have a successful song-and-dance act following their service in World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a series of romantic mix-ups and a dazzling score including "Blue Skies," "I Love A Piano," and the perennial title song, White Christmas is an uplifting musical any time of year but especially loved at Christmas.

**Menu:** Meal choices: Grilled Pork Ribeye: boneless pork chop seasoned and grilled until perfectly tender and finished with a rich pork demi-glaze. Served with whipped potatoes with garlic and herbed cheese and baby carrots. OR Beef Short Rib: slowly braised in beef stock and dressed with a red wine demi-glaze. Served with whipped potatoes with garlic and herbed cheese and baby carrots. OR Grilled Shrimp: four large gulf shrimp, marinated, grilled, and presented on tomato butter sauce. Served with whipped potatoes with garlic and herbed cheese and baby carrots. All meals include freshly baked breads, bay shrimp and New England bay scallops in a white wine cream sauce for an appetizer. Cranberry orange cheesecake on ginger snap crust for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks. **Please let us know when you purchase your ticket if you will need a gluten-free or a vegetarian option.**

On the day of the trip arrive at the East side of the Shopko parking lot, 5300 - 52nd Street in Kenosha, by 8:30 am to sign in and load the bus.  
The bus will depart Shopko at 8:45 am and return at approximately 6:00 pm.

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## HOLIDAY SHOPPING TRIP

**Tickets on Sale Now!**

**Date:** Thursday, December 1, 2022  
**Location:** Woodfield Mall, Schaumburg, IL  
**Prices:** Members: \$30.00, Non-members: \$35.00



**Trip Description:** Join us for a day of shopping at the beautifully decorated Woodfield Mall. There are nearly 300 stores, restaurants and specialty shops. You can also take the Free Woodfield Trolley and go to IKEA, Marshalls and Costco. Leave the driving to us and get your holiday shopping done. Lunch is on your own wherever you want to eat in the mall.

On the day of the trip arrive at the East side of the Shopko parking lot, 5300 - 52nd Street in Kenosha, by 8:45 am to sign in and load the bus.  
The bus will depart Shopko at 9:00 am and return at approximately 6:00 pm.



## CHRISTMAS PARTY & BANQUET

New Trip!

**Date:** Friday, December 9, 2022  
**Time:** Doors Open at 11:00 am. Party ends at 2:30 pm  
**Location:** Cortese's Banquet Hall, 1300 Sheridan Rd, Kenosha  
**Price:** Members Only: \$40.00

**Tickets go on sale to members only on Tuesday, October 18, 2022 at 8:40 am.** You are allowed to sign up for two members only. You must show both membership cards when you purchase your tickets.

**Description:** It's our Annual Christmas Party! Enjoy a delicious lunch buffet, prizes and great entertainment. Our Christmas Party is lots of fun and will definitely get you into the holiday spirit!

**Meal:** A buffet of roasted pork loin with natural gravy, mostaccioli, baked chicken, baby carrots, whipped potatoes, fresh baked bread, tossed salad, pasta salad, cookies, coffee and soda.  
Cash bar available.

**Parking:** The entrance to the Banquet Hall is off the back parking lot of Cortese's, located behind the restaurant. Reminder: doors will open at 11am



## St. Charles, Illinois Scarecrow Fest

Tickets on  
Sale Now!

**Date:** Friday, October 7, 2022  
**Destination:** Scarecrow Fest, St. Charles, IL  
**Prices:** Members: \$30.00, Non-members: \$35.00



**Trip Description:** Enjoy over 85 handcrafted scarecrows all around St. Charles. Vote for your favorites and visit the local businesses and restaurants on main street. There will be a Family Zone with live entertainment and family activities, a festive photo op area, specials and promotions throughout town, and the Autumn on the Fox Craft Show in Pottawatomie Park. We will make a stop at the Little Traveler shops in Geneva, IL before heading to the Scarecrow Fest.

**On the day of the trip arrive at the Shopko parking lot, 5300 - 52nd Street in Kenosha, by 9:00am. Park on the far East side of the lot, sign in and load the bus.  
The bus will depart Shopko at 9:15 am and return at approximately 6:30 pm.**

**Kenosha Senior Center Trip Policy:** We understand that plans can change and you may not be able to attend a trip for which you have purchased a ticket, but we cannot issue refunds unless there is a waiting list and we are able to replace you with someone on that list. The reason for this is we do not keep the money you give us for a trip. It goes directly to the venue to pay for the event and the venues do not issue refunds. If you cannot attend a trip call us at 359-6260 and speak with a staff person. We will instruct you what to do, and we will do our best to find a replacement for you. If we are successful, you will be notified to come and pick up your refund.





9:30am-10:30am  
**FREE**  
Coffee and Donuts

October 12  
Sponsored by Brookdale Assisted Living

October 19  
Sponsored by Good Value Pharmacy

October 26  
Sponsored by Wood of Caledonia

Call the Center at 262-359-6260 to sign up

**Kenosha Senior Center Orientation**  
Wednesday, October 26, 2022 at 9:00am



*Learn more about the Senior Center*

- Take a tour
- Learn how to use the Kiosk to sign in
- Find out where to park and where not to park
- Find out how day trips work: What are the 2022 trips? When are they sold? How much do they cost? How to sign up.
- Where to sign up for special events
- Understand the calendar and listings
- Get all your questions answered!

**Call the Senior Center at  
262-359-6260 to sign up today**

**Medicare Open Enrollment is  
October 15 - December 7**



Review your Medicare coverage. It could save you money.  
Free assistance offered by Kenosha County ADRC Benefit Specialists.  
Appointments available.

**Call 1-800-472-8008**



**Blood Pressures and Bone Density Test**  
Thursday, October 13, 2022 9am-11am

Take advantage of monthly health screenings,  
offered right here at the Senior Center

**Interested in a Bone Density Screening?**  
Register for a 15 minute appointment at the front  
desk or call 262-359-6260.

**Interested in a Blood Pressure Screening?**  
No need to register. Just stop in that morning.

**Presented by Aurora Health Care**

## Comfort 4 A Cause

**Creating Quilts, Blankets and Cards For  
Those In Need**

### Card Making

1st Friday at the Senior Center from 12-3

### Open Crafting

1st Friday at the Senior Center from 12-3

### Sewing & Blanket Making

2nd & 3rd Fridays at The Moose Lodge

### Volunteers & Supplies Donated By:

Tabitha's Sisters, Serenity Quilt Shop,  
Southport Quilters Guild, Women Of  
The Moose and Pleasant Prairie Women's  
Club

### Questions?

Call Kim Hemphill 262-914-4543



## THRILLER Kind of FUN!



### Learn Easy Steps to the Thriller Dance

- Tuesday, October 4 at 10am
- Thursday, October 13 at 10:15am
- Tuesday, October 18 at 10am

### Perform the Thriller Dance in Costume

At the Halloween Dance on Friday, October 21st

Performance at 2:45pm







## Ballroom Dance Lessons with Gerald

**Everybody is Welcome!**

Singles, Couples, Beginners, Intermediate, Advanced

**When:** 1st, 2nd and 3rd Tuesdays of the month

**Where:** Kenosha Senior Center in Room 121

**Time:** 1:00pm

**Fee:** \$7.00



## Let's Dance!

### Special Events and Trips for 2022

Thurs. October 6, 2022	-	Lake Geneva Luncheon Cruise & Show
Fri. October 7, 2022	-	St. Charles, Illinois: <i>Scarecrow-Fest</i>
Sat. November 12, 2022	-	Kenosha Senior Center: <i>Holiday Craft Fair</i>
Thurs. December 1, 2022	-	Woodfield Mall: <i>Holiday Shopping Trip</i>
Fri. December 2, 2022	-	<i>Deck the Halls &amp; Cookies, Cocoa and Carols Party</i>
Fri. Dec. 9, 2022	-	<i>Senior Center Christmas Party at Cortese's</i>
Thurs. Dec. 15, 2022	-	Fireside Theatre: <i>White Christmas</i>

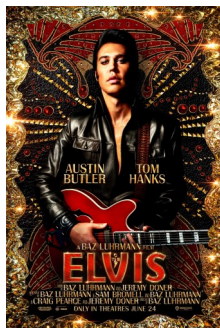
## Movie

Friday, October 14th at 1pm

### ELVIS

The life of American music icon Elvis Presley, from his childhood to becoming a rock 'n roll and movie star in the 1950's. The movie is told from his manager, Colonel Tom Parker's point of view.

Run-Time 2 hour 39 minutes  
Rated PG-13



## Movie and Quarterly Meeting

Thursday, Oct. 27th at 1pm

Movie to follow:

### Marry Me

Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd.



Run Time: 1 hour 52 minutes  
Rated: PG-13

## Mahjong Lesson Video and Demonstration

Tuesday, October 18 at 12:30pm

Mahjong is a 4 player game of skill, strategy, calculation and a bit of chance. The game is played with a set of 166 tiles based on Chinese characters and symbols. It has been played for hundreds of years.

If you'd like to learn about Mahjong, come watch the video and see a demonstration of the game.

**Everybody is Welcome!**

Beginners, Intermediate, Advanced



Call the Center at  
359-6260 to sign up



## FREE BINGO

Tuesday, October 25, 2022 at 1pm

For Senior Center Members

- **Register** by Noon, on the Thursday before BINGO. Call 262-359-6260 to register.
- **CARDS:** When you come to the Center, you will get a card.

Sponsored by  
Robin Way Assisted Living



## Foot Clinic

Friday, October 14, 2022 from 9-Noon



The Foot Clinic is offered by the Kenosha Visiting Nurse Association at the Senior Center every other month. Foot service includes a foot soak, nail care and lotion application for \$35.00. Call the Senior Center at 359-6260 to make an appointment. You need to sign up by the 1st Friday of the month. You can pre-register for future months.

## Find The Logo Contest



We have hidden our Kenosha Senior Center Logo somewhere in this newsletter. It is a miniature version of the logo. Look carefully throughout the newsletter and if you are lucky enough to find it, call the front desk at 262-359-6260 or email [kstull@kUSD.edu](mailto:kstull@kUSD.edu) with your name, phone number and where the logo was located. We will do a random drawing of all the correct entries for a prize at the end of the month. Please submit entries by the 24th of this month. You can participate every month.

**August Winners!!**

Jan Merrick, Victoria Savino &  
Jennie Ruhle

**Thank You For Participating!**

# **HALLOWEEN DANCE AND COSTUME PARTY**

Friday, October 21, 1:30-3:30 pm  
with music by Ernie Garner  
and a performance of *Thriller*



**Dances are FREE and open to the senior public so dress up and bring your friends!**

**Snacks & door prize sponsored by  
Aetna Medicare Solutions**





# Celebrating 50 Years!

*Happy Halloween*









## ***Kenosha Senior Center Class & Activity List***

**Classes, activities and fees are subject to change. Call 262-359-6260 to confirm an activity**

Class/Activity	Days	Times	Cost
American Issues	Wednesday and Friday	10:00am - Noon	Free
Art Class	Wednesday	9:00am - 11:00am	\$5.00 per class & your own supplies
Ballroom Dance	1st, 2nd, 3rd Tuesday	1:00pm	\$7.00
Bingo for Members	4th Tuesday (Check Calendar)	1:00pm	Free
Bridge, Drop-In	Thursday	1:00pm	Free
Book Discussion	Monday	2:15pm	Free
Card Making with Comfort 4 A Cause	1st Friday	12pm-3pm	Free
Cardio Drumming	Friday	10:15am	Pre-register for each session
Chorus"Forever Young Chorus"	Thursday	10:30am-Noon	\$2.00 per class
Cribbage	Friday	10:15am	Free
Dances-Monthly	One Friday a Month (Sept. thru June)	1:30-3:30pm	Free
Dominos	Tuesday	1:00pm	Free
Drop-In	Monday thru Friday	When Center is Open	Free
Euchre	Thursday	1:00pm	Free
Exercise Class	Monday, Wednesday & Friday	9:00am - 10:00am	\$1.00 per class
Foot Clinic	2nd Friday every other month	9-12:30pm by appt.	\$35.00
Junk Journal Crafting	Thursday	9-11am 12:30-2:30pm	First lesson \$5, then Free
Knit & Crochet	Friday	9:00am - 11:00 am	Free - Bring your own supplies.
Line Dance with Norm	Monday	9:00am –10:30am	\$5.00 per class
Mahjong	Tuesday and Friday	T: 1:00 pm, F: 10:15 am	Free
Movies	One Fri. a Month & After Qrtly Mtgs.	1:00pm	Free
Open Crafting with Comfort 4 A Cause	1st Friday	12pm-3pm	Free
Ping Pong	Monday and Thursday	9:00am-Noon	Free
Pool (Billiards) - Open	Monday thru Friday	Closed during events	Free
Sheepshead	Tuesday and Wednesday	T:8:30am W:1:00pm	Free
Tai Chi	Tuesday	9:45am	\$3.00 per class
Tech Help with Sara	Friday	8:30am-1:00pm by appointment	\$20.00/hour session
Total Body Conditioning Strength Training Class	Tuesday and Thursday	T:11:00am Th:9:00am	\$2.00 per class
Trips	One or Two a Month	See Newsletter	See Newsletter
Walking Group: "Goldens on the Go"	Summer: Wednesday & Friday	8:00am & 10:00 am	Free
Wii Bowling	Thursday/Monday during taxes	12:30pm - 3:00pm	\$5.00 sign up fee
Wood Burning	Monday	9:00 - 11:00 am	Free - Bring your own supplies.
Wood Carving	Monday	9:00 - 11:00 am	Free - Bring your own supplies.
Woodturning	Monday thru Thursday	8:30-10:30am by appt.	First lesson \$20, then \$1 per class
Writing for Fun	Tuesday	10:30 - 11:30 am	Free - Bring your own supplies.
Yoga (Chair)	Monday	1:00pm	\$1.00 per class
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Activity Calendar		KENOSHA SENIOR CENTER				October 2022	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	<b>HAPPY HALLOWEEN!</b>					<b>1</b> Center Closed	
<b>2</b> Center Closed	<b>3</b> 8:30-10:30am Woodturning by Appt. 9-10am NO Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>4</b> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun <u>10am Thriller Dance Practice</u> 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance	<b>5</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 1pm Sheepshead	<b>6</b> 8:30-10:30am Woodturning by Appt. 9-10am NO Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9am and 12:30pm Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge	<b>7</b> 8am8:30-1pm Tech Help <u>9am Foot Clinic</u> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:15am NO Cardio Drumming	<b>8</b> Center Closed	
<b>9</b> Center Closed	<b>10</b> 8:30-10:30am Woodturning by Appt. 9-10am NO Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>11</b> <u>8:40am Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance <u>1pm Board Meeting</u>	<b>12</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 1pm Sheepshead	<b>13</b> 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning <u>10:15am Thriller Dance Practice</u> 9-Noon Ping Pong 10:30am Chorus 9am and 12:30pm Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge	<b>14</b> 8:30-1pm Tech Help <u>9am Foot clinic</u> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:15am Cardio Drumming  <u>1pm Movie</u>	<b>15</b> Center Closed	
<b>16</b> Center Closed	<b>17</b> 8:30-10:30am Woodturning by Appt. 9-10am NO Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>18</b> <u>8:40am Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun <u>10am Thriller Dance Practice</u> 11-12pm Total Body Conditioning <u>12:30pm Mahjong Lesson</u> 1pm Dominos/Mahjong 1pm Ballroom Dance	<b>19</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 1pm Sheepshead	<b>20</b> 8:30-10:30am Woodturning by Appt. <u>9-11am Health Screens</u> 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9am and 12:30pm Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge	<b>21</b> 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:15am Cardio Drumming  <u>1:30pm Halloween Dance and Thriller Dance Performance</u>	<b>22</b> Center Closed	
<b>23</b> Center Closed	<b>24</b> 8:30-10:30am Woodturning by Appt. 9-10am NO Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>25</b> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm NO Ballroom Dance  <u>1pm BINGO</u>	<b>26</b> 8:30-10:30am NO Woodturning <u>9am Sr. Center Orientation</u> 9-11am Art Class 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 1pm Sheepshead	<b>27</b> 8:30-10:30am NO Woodturning 9-10am NO Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9am and 12:30pm Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge  <u>1pm Meeting &amp; Movie</u>	<b>28</b> 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:15am NO Cardio Drumming	<b>29</b> Center Closed	
<b>30</b> Center Closed	<b>31</b> 8:30-10:30am NO Woodturning by Appt. 9-10am NO Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am NO Line Dance 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>Senior Center Hours</b> Monday-Friday 8:30am-3:45pm Closed Saturday and Sunday Phone: (262) 359-6260  Pool Tables are open Monday thru Friday 9am-3:30pm except during movies, meetings, dances & closures.					

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# October Word Search

J	O	U	M	G	F	S	C	A	S	I	C	O	W	B	O	Y	R	H	I	K	A	B
P	Z	L	M	C	R	L	A	A	G	H	A	S	T	L	Y	K	S	A	M	H	L	R
B	A	R	H	H	I	A	A	K	C	E	A	N	I	R	E	L	L	A	B	M	A	O
P	P	V	I	I	G	D	P	S	B	K	G	E	I	R	E	E	U	S	N	U	R	O
T	O	E	N	L	H	N	R	P	H	N	L	K	N	B	Y	I	K	T	A	M	M	M
I	C	N	S	L	T	H	I	E	A	L	P	E	Q	E	D	K	A	R	Y	M	I	S
L	T	O	T	I	E	C	A	G	S	R	I	R	L	A	I	B	O	O	F	Y	N	T
N	O	T	A	N	N	S	A	U	H	S	I	G	J	S	A	I	L	N	A	C	G	I
O	B	S	E	G	I	P	L	P	N	T	U	T	H	T	R	Z	C	A	C	D	H	C
O	E	E	R	A	N	H	J	P	E	T	M	P	I	T	F	A	Q	U	E	N	A	K
M	R	V	T	V	G	C	I	V	V	P	E	A	P	O	A	R	A	T	P	E	Y	F
S	F	A	U	K	B	E	W	B	O	C	P	D	R	V	N	R	P	Q	A	T	R	K
U	C	R	O	W	N	O	R	D	L	U	A	C	D	E	Q	E	Z	Y	I	E	I	N
N	D	G	K	D	B	Y	R	A	C	S	H	A	L	L	O	W	E	E	N	R	D	A
P	W	U	O	B	L	A	C	K	C	A	T	F	A	N	G	S	I	S	T	P	E	R
X	H	N	M	U	T	U	A	P	U	M	P	K	I	N	D	M	A	K	E	U	P	P



## Happy Halloween!



AFRAID	CACKLE	FACE PAINT	MASK
ALARMING	CAPE	FANGS	MOONLIT
APPARITION	CAULDRON	FLASHLIGHT	MUMMY
ASTRONAUT	CHILLING	FRIGHTENING	NIGHTMARE
AUTUMN	CLOAK	GHASTLY	OCTOBER
BALLERINA	COBWEB	GRAVESTONE	PRANK
BEAST	COWBOY	HALLOWEEN	PRETEND
BIZARRE	CROWN	HAUNTED	PUMPKIN
BLACK CAT	DRESS UP	HAYRIDE	SCARY
BROOMSTICK	EERIE	MAKE UP	TREATS

### Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.

## Sudoku Puzzle #1

		4				6		
9			8					
	2		5	4		3		9
3	8		6					1
			3		8	5		7
		1		7	4	8		3
	5		1			2		
			2	3	6	4	7	

The answer to this puzzle is on page 23



# SUDOKU





# GHOST PRETZELS

## INGREDIENTS

- 30 mini pretzels
- 1/2 (12oz) bag white chocolate chips (equal to 6oz or 1 cup)
- 1/2 tsp coconut oil or shortening, for thinning the chocolate
- 1 (.88oz/25g) pkg. candy eyeballs

## STEPS (if you dare)

- Line a baking sheet with wax paper, parchment paper, or a silicone baking mat. Set aside.
- Melt the white chocolate and coconut oil (or shortening) in a glass bowl in the microwave, for short 10-20 second bursts, until melted.
- Immediately dip pretzels, one at a time, in the bowl, using a fork to turn the pretzel over. Shake off excess chocolate from the pretzel with the fork. Be sure to shake the chocolate out of the bottom hole, so it looks like an open mouth -- screaming. Place chocolate dipped pretzels on the prepared baking sheet.
- Immediately press two eyeballs into the top two holes for eyes -- add a little extra chocolate if needed.
- Repeat with remaining pretzels. Work quickly. Heating the chocolate again only once, if needed.
- Allow pretzels to rest and harden. Place in freezer for 10 minutes to speed up the process. Peel pretzels off the baking sheet and enjoy!



## INGREDIENTS

# Witches Finger Sandwiches

- 1 can (11 oz) refrigerated Pillsbury™ Original Breadsticks (12 Count)
- 6 small slices pepperoni
- 12 (2/3-oz.) slices American pasteurized process cheese food
- 3/4 cup finely shredded lettuce

## STEPS (to scare your friends!)

- Preheat oven to 375°F. Separate dough into 12 strips. Place flat on ungreased cookie sheet; do not twist. With sharp knife or kitchen scissors, cut 2 small triangles from one end of each dough strip to form a point that resembles a fingertip. Lightly score breadsticks in center to resemble knuckles.
- Cut each pepperoni slice into 2 pointed ovals to resemble 2 fingernails. Place 1 pepperoni piece on each breadstick.
- Bake at 375°F. for 13 to 15 minutes or until golden brown. If necessary, reapply "fingernails" with small dot of ketchup.
- Split each breadstick. Cut each cheese slice into strips and place in breadstick, overlapping strips. Top each with lettuce. If desired, serve with mustard, mayonnaise or ketchup. Serve warm or cold.





# October

## BIRTHDAYS

Joseph Miller	Oct 01	Therese DeFazio	Oct 13	Mary Kruse	Oct 22
Pat Petree	Oct 02	Joan Kollman	Oct 13	William Ostenberg	Oct 22
Carol Schlevensky	Oct 02	Renee Brown	Oct 13	Gail Papineau	Oct 22
Carol Schulze	Oct 02	James Bailey	Oct 14	Paul Rutkowski	Oct 22
Kathleen Keitel	Oct 03	Susan Lawler	Oct 14	Jean Thompson	Oct 22
Helene Wood	Oct 03	Barb Dumke	Oct 15	Frances Iorio	Oct 23
Harold Smith	Oct 03	Brenda Franti	Oct 15	Donald Peden	Oct 23
Roy Baietto	Oct 04	Ritchie Sutton	Oct 15	Deborah Wiersum	Oct 23
Jerry Kreie	Oct 04	Eric Aho	Oct 16	Beverly Witcher	Oct 23
Carol Sieber	Oct 04	Marisa Fiore	Oct 16	Douglas Merow	Oct 23
Richard Gallo	Oct 05	Betty Cozine	Oct 17	Rose Marie Gaudio	Oct 24
Jodi Diderrich	Oct 06	Dick Schmidt	Oct 17	Nancy Foss	Oct 25
Gloria Isola	Oct 06	Phyllis Mattox	Oct 18	Janice Jackson	Oct 25
Noreen Jeffson	Oct 06	Randy Vanosdol	Oct 18	Barbara Lincoln	Oct 25
Gary Matye	Oct 06	Andrew Vacca	Oct 18	Donna Patterson	Oct 25
Ellen Potthast	Oct 06	Mary Salani	Oct 18	Lynette Stoner	Oct 25
Cathie Riley	Oct 06	Patricia Carrel	Oct 19	Donn Beck	Oct 25
Cynthia Baumann	Oct 07	Shirley Krause	Oct 19	Larry Haseman	Oct 26
Nancy Callahan	Oct 08	Tom Hessefort	Oct 19	Jerry Packman	Oct 27
Ellen Hall	Oct 08	Donna Biscardi	Oct 20	Valerie Smith	Oct 27
Rosemarie Huetten	Oct 08	Betty Burt	Oct 20	Jacqueline Krifka	Oct 28
Betty Migliano	Oct 08	Mary Larsen	Oct 20	Nancy Davis	Oct 29
Avonna Prager	Oct 08	Kenda Perroni	Oct 20	Paul Gehrke	Oct 29
Ruth McGee	Oct 09	Joan Richio	Oct 20	Faith Meeker	Oct 29
Gloria Cottingham	Oct 10	Lorraine Schneider	Oct 20	Darlene Sura	Oct 29
Starr Wold	Oct 10	Roberta Bloner	Oct 21	Valarie Serafini	Oct 29
Betty Cruz	Oct 12	Lucille Rangel	Oct 21	Victor Muller	Oct 30
Dorian Harper	Oct 12	Gina Thomas	Oct 21	Peter Wilson	Oct 30
Dorinda Macik	Oct 12	Darlene Drake	Oct 22	Sheri Zaionc	Oct 31

## Sudoku Puzzle #2

### Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.

	1	3			2			
		2		4			6	7
8			7					
	5	8			7			3
	2				5	1		9
			6					8
9					1	2		
2		7	5			4	8	
6			2					



I ♥ Sudoku

The answer to this puzzle is on page 23

# Senior Dining is Back!

## Fellowship, Food and Fun

Sit Down Meals Served at 11:30am

Suggested donation is \$3.00



- 🍎 Meals include dessert and beverage
- 🍎 Open to anyone 60+ and their spouse, regardless of age
- 🍎 Great way to meet new friends
- 🍎 Menus available at the Senior Center or on-line at [kafasi.org/nutrition.html](http://kafasi.org/nutrition.html)

**Call 262-351-6246 to make a reservation  
by 10:30am the prior day**

*In-Person Senior Dining ... More than just a meal*

**No carry outs offered at the Senior Center site**  
**See details below for carry out options**

### Meal Options For Anyone Age 60 or Older

**Call 262-658-3508 to make a reservation for any site  
by 10:30am the previous day**

#### In Person Dining

- Parkside Redeemer, 2620 14th Place. Call 262-552-7737 at least 24hrs in advance to reserve a meal.
- Kenosha Senior Center, 2717 67th Street. Call 262-351-6246 at least 24hrs in advance to reserve a meal.
- Westosha Senior Center, 19200 93rd Street. Bristol. Call 262-358-5554 at least 24hrs in advance to reserve a meal.

#### Hot and Cold Meal Curbside Pick-up (Hours are 11:30am-12:30pm)

- **Wednesday and Friday** - Village Pub of Silver Lake, 307 N. Cogswell Dr., Silver Lake
- **Thursday** - Kenosha Achievement Center, 1218 79th Street in Kenosha

At time of pick-up seniors will receive one meal that is hot and ready to eat and a second meal to put in the refrigerator to eat later. There is no fee for food but a donation of \$4.00 per meal (\$8.00 total) is requested.

**1-Frozen Meal Pack    2-DIBS2.0    3-Hot Meal Pick Up 9:30am-11:30am on Tuesday - KAFASI, 7730 Sheridan Rd.**

Participants are able to pick up 1, 2, or all 3 options on a weekly basis at one of the pick-up sites listed above.

**Option 1:** Each pick up will include 5 frozen meals with beverages and crackers. There is no fee for food but a donation of \$3.00 per meal is requested.

**Option 2:** Available are 7 shelf stable meal recipes complete with the ingredients needed to make them in two reusable grocery bags. There is no fee for this, but a donation of \$10.00 is requested.

**Option 3:** A hot meal ready to go complete with a beverage and side. Suggested donation is \$3.00.





# *Kenosha Senior Center*

## **GROUP FITNESS CLASSES**

**Get Active Stay Healthy!**

**Call the Senior Center a 262-359-6260 with Questions**

### **Total Body Conditioning *with Denise***

**Tuesday at 11am & Thursday at 9am**

**Fee: \$2.00 per class**

This strength training class incorporates body weight resistance along with hand weights and resistance bands to achieve a total body workout. Exercises are designed to increase muscular strength & endurance with flexibility balance & core work for the perfect workout.

### **Chair Yoga *with Denise***

**Monday at 1pm**

**Fee: \$1.00 per class**

This class involves a series of seated and standing postures to improve balance, increase strength, lubricate joints and increase mobility. Movements are connected with breath work, to calm and focus the mind. The class ends with a quiet meditation.

### **Exercise *with Kat and Jessica***

**Monday, Wednesday and Friday at 9am**

**Fee: \$1.00 per class**

This class combines safe stretching and strengthening exercises designed to increase muscular strength, range of motion and activity for daily life. Exercises are performed while seated.

### **Tai Chi *with Jacky and Trish***

**Tuesday at 9:45am**

**Fee: \$3.00 per class**

Tai Chi is a gentle Chinese martial art that involves fluid, choreographed movements. It's an effective exercise for seniors because it is low-impact and can be performed anywhere. Join this class and improve your balance, coordination, flexibility and overall quality of life.

### **Cardio Drumming Class *with Denise***

**Fridays at 10:15am**

**Fee: \$20.00 for a 10 week session**

**August 26 - November 4, 2022**

***The current session is sold out***

Low impact workout that helps drum off pounds and relieve stress! This fun class uses exercise balls and sticks choreographed to music. Strengthen stabilizer muscles, improve endurance and enhance overall fitness. The class is done standing but can be modified for a seated workout. Space is Limited.



# *Kenosha Senior Center*

## **Holiday** **Craft Fair**

**Saturday, November 12, 2022**

**8:30am - 3:00pm**

**Beautiful Hand Made Crafts ~ Delicious Lunch ~ Amazing Drawings**

### **FAMOUS FOR OUR BAKE SALE**

**Bakers Get Ready!**  
**We need your yummy treats**  
**for our Bake Sale**  
**Bake or buy baked goods and**  
**drop them off on**  
**Friday, November 11th**  
**after 12pm**



### **Knit & Crochet Group** **Friday 9am-11am**

**Want to learn how to knit or crochet? Want to meet new people?**  
**Stop in Friday mornings and meet the group. Someone will get you started.**

**Everyone Welcome!**  
**Beginners, Intermediate and Advanced**



# Kenosha Senior Center Memberships

For anyone at least 55 years old (or the spouse of a current member, if you are under 55)

**Join Today**

**Current Membership**  
2022-2023 Memberships Run From  
July 1, 2022 thru June 30, 2023



## **Membership Form**

You can pick up a form at the Senior Center or find one online at  
[www.kusd.edu/seniorcenter](http://www.kusd.edu/seniorcenter)

## **Membership Card**

Renewing Members: You already have your white *Forever Card*  
No return envelope is needed.

New Members: A card will be given to you when you turn in your registration form.

## **Membership Payment**

Fee: \$12.00 per year for those in the KUSD boundaries, \$50 if you live outside the boundaries and \$12 if you moved outside the KUSD boundaries and have a current membership (grandfathered in at the \$12 rate).

**Questions?** Call 262-359-6260





## WORDS OF WISDOM

If you can give your child only one gift, let it be enthusiasm. - *Bruce Barton*

The simplest toy, one which even the youngest child can operate, is called a grandparent. -*Sam Levenson*

Not in doing what you like but in liking what you do is the secret of happiness. - *J.M. Barrie*

You have power over your mind—not outside events. Realize this, and you will find strength. -*Marcus Aurelius*

## Senior Athletic Passes

These passes are good for entrance into Kenosha middle and high school home athletic events for this school year. Members of the Kenosha Senior Center may receive one FREE pass each year. Non-members may purchase a pass for \$5.00 each.



**Support Our Student Athletes!**

Passes available at the Kenosha Senior Center

## Class Updates

- No Exercise Class on Mondays Oct 3, 10, 17, 24 and 31
- No Total Body Conditioning Class on Thursdays Oct 6 and 27
- No Cardio Drumming Class on Fridays Oct 7 and 28
- No Chair Yoga Oct. 31
- No Woodturning Oct 26, 27 and 31

Check Calendar for all Changes

## Technology Lessons With Sara

Patient and knowledgeable technology lessons for your smart phone, laptop, tablet, smartwatch or other personal electronic device.

Fee: \$20 for a 1 hour Session  
Available Fridays 8:30-1pm by appointment

**Call Sara At 262-359-9773**  
To Schedule Your Lesson

## Featured Advertisers

### **Vincent Dattilo**

United Health Care  
*Licensed Agent for Medicare Solutions*  
262-744-4676  
Vince.medicareagent@gmail.com

### **Home Instead**

*Serving Kenosha and Racine Counties*

- 24 hour care
- Dementia care
- Hospice Support
- Personal care
- And more

Call 262-598-0290 or visit  
HomeInstead.com/RacineWI

### **Grace Parrish**

*Broker Associate / Mobile Notary*  
*Senior Real Estate Specialist*  
Cell (262) 914-5338  
gracesells4u2@gmail.com



## **Monthly Jokes**

A senior is sitting at a bar when a young woman walks in and sits down a few seats over.

The senior man gets up, shuffles over to her, leans in, and asks, "So... do I come here often?"

What health insurance do Halloween creatures use? - **Medi-scare!**

What happened to the man who got behind on payments to his exorcist?  
**He got repossessed!**



## In Memoriam

Our deepest sympathy is  
extended to the family & friends of

Olga Randall, Joan Beland,  
Carol Rancine

and all who have recently suffered a loss.  
Our hearts, thoughts & prayers are with you.



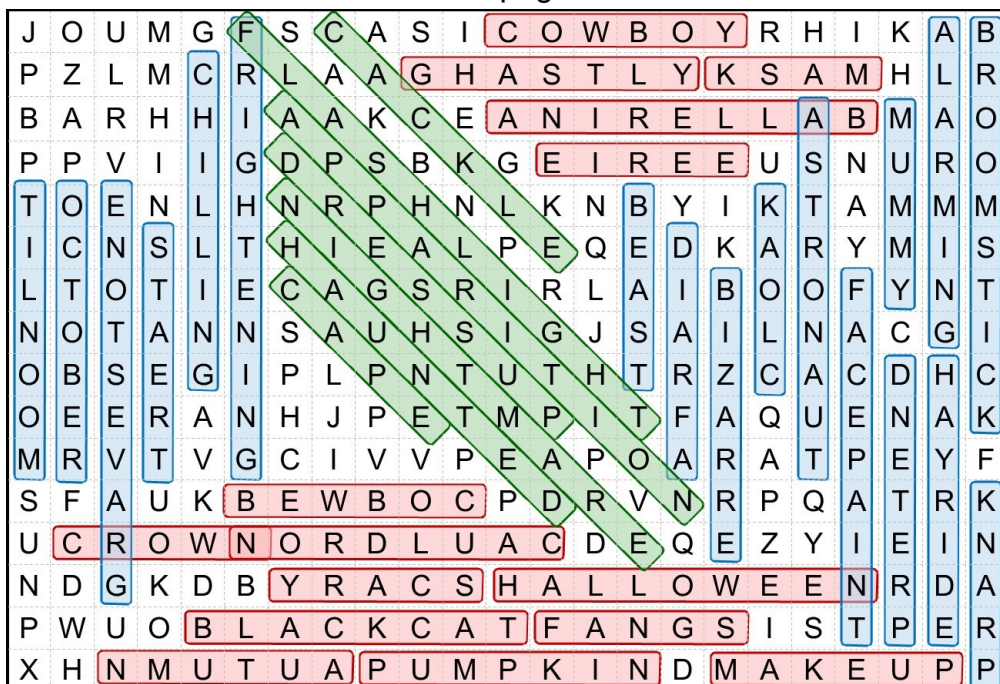
Kenosha Senior Center Newsletter:  
October 2022 Published Irregularly

Kenosha  
Senior Center  
2717 - 67th Street  
Kenosha, WI 53143



Member Wisconsin Association  
of Senior Centers

Answer to the Word Search from page 12



Answer to Sudoku Puzzle #1 on page 13

8	1	4	7	9	3	6	5	2
9	3	5	8	6	2	7	1	4
7	2	6	5	4	1	3	8	9
3	8	7	6	2	5	9	4	1
2	4	9	3	1	8	5	6	7
5	6	1	9	7	4	8	2	3
4	5	3	1	8	7	2	9	6
1	9	8	2	3	6	4	7	5
6	7	2	4	5	9	1	3	8

Answer to Sudoku Puzzle #2 on page 17

7	1	3	8	6	2	9	5	4
5	9	2	1	4	3	8	6	7
8	6	4	7	5	9	3	1	2
1	5	8	9	2	7	6	4	3
4	2	6	3	8	5	1	7	9
3	7	9	6	1	4	5	2	8
9	8	5	4	7	1	2	3	6
2	3	7	5	9	6	4	8	1
6	4	1	2	3	8	7	9	5



**Kenosha Senior Citizens Council, Inc.**  
2717 - 67th Street  
Kenosha, WI 53143

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