

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 27, No. 11

November 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

"Like" us on Facebook at:
www.facebook.com/kenoshasenior

Program Director

Denise Jacob
Email: djacob@kusd.edu

Administrative Assistant

Kandy Stull
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Newsletter Editors

Denise Jacob and Kandy Stull

Senior Dining 262-351-6246

BOARD OF DIRECTORS

President:	Bonnie Hausfeld
Vice President:	Judi Kruse-Dohrn
Secretary:	Kathy Flammang
Asst. Secretary:	Barb Van Dyke
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	Coordinator of Recreation

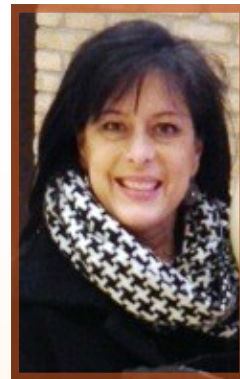


BOARD MEMBERS

Eloda Birch	Phyllis Mattox
MaryAnn Bourget	Nikki Mondia
Joseph Gorecki	Carol Sieber
Joan Hall	Carol Zaruk
Barbara Johnson	

Dear Friends,

Our annual Craft Fair is Saturday, November 12th from 8:30am to 3:00pm. Mark it on your calendar and make sure to tell your friends to come too! It is our biggest fundraiser and we need YOU to help make it a success. One of the best ways to make the craft fair a success... **BUY AND SELL DOOR PRIZE TICKETS!** Tickets are \$1.00 each, six tickets for \$5.00 or an Arm Length for \$20. We have great door prizes again this year. They're on display at the Center. Take time and stop to check out the prizes and buy your tickets. You can also help by baking for the bake sale and/or volunteering the day of the event. We need volunteers to bring in baked goods, sell door prize tickets, sell food and be greeters. Stop by the center or call 262-359-6260 to sign up to work or volunteer to bake. Baked goods need to be brought to the Center on Friday afternoon, November 11th.



Have a Wonderful Thanksgiving. It's a great time of year because it reminds us to give thanks and count our blessings. I am thankful to all of you and this opportunity to work with so many fabulous people.

Wishing you the happiness of good friends and family during your holiday. **Happy Thanksgiving!**

See you at the Center!
Sincerely,

Denise





White Christmas at the Fireside Theatre

2nd BUS TRIP TO WHITE CHRISTMAS

Date: Wednesday, December 21, 2022
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$98.00, SPECIAL Non-Member Price : \$98.00

**Tickets on Sale
Now!**



Tickets On Sale NOW! White Christmas is so popular, we added a second trip. Sign up today and don't miss this fabulous musical!

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.

HOLIDAY SHOPPING TRIP

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

**Tickets on
Sale Now!**



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

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

Description: It's our Annual Christmas Party! Enjoy a delicious lunch buffet, prizes and great entertainment. Our entertainers will take us on a musical journey from Jersey to Vegas with two of the most memorable Jersey Boys, Frank Sinatra and Frankie Valli. 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.

Deadline: Sign up by Monday, November 28, 2022

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



Special Events and Trips for 2022

- | | | |
|-------------------------|---|---|
| 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 and 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> |



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

November 9
Sponsored by Senior Care Patrol

November 16
Sponsored by Compassus Health

November 30
Sponsored by ProMedica

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

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



Kenosha Senior Center Orientation Wednesday, November 30, 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

Blood Pressures Screenings Thursday, November 17, 2022 9am-11am

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

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

Presented by Aurora Health Care

Comfort & 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

Wednesdays at Lord of Life Church. Check
with Kim for dates.

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



Class Updates



- Closed Nov 8 for Elections
- Closed Friday, Nov 11 at Noon
- Closed Nov 24 and Nov 25 for Thanksgiving
- No Line Dancing Monday, Nov 21
- No Cardio Drumming Class on Friday, Nov 4 and Nov 25
- Total Body Conditioning:
No Class on Tuesday, Nov 1 and Nov 8
No Class on Thursday, Nov 24 and Dec 1
- Ballroom Dance:
No Class Tuesday, Nov 8 and Nov 22
Added Class on Tuesday, Nov 29

Check Calendar for all Changes



Celebrating 50 Years!



**Knit & Crochet
Since 1974**





**American
Red Cross**

Emergency Preparedness Presentation

Wednesday, November 9, 2022 at 1pm

Learn the basics you need to know to be prepared in an emergency. Learn basic CPR information, emergency phone numbers, supplies needed, medical information to have on hand, etc. Call the front desk at 262-359-6260 to sign up for this program.

Open Ballroom Dance

Wednesdays at 10am

Love to ballroom dance? Looking for people to dance with? Come Wednesday mornings and *Just Dance*. Everybody is welcome! No partners needed. Singles, couples, beginners, intermediate or advanced. This is not a lesson. There is no fee. This is open dance time for anyone interested in ballroom dancing.



FREE BINGO

Tuesday, November 22, 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
Aetna Medicare Solutions**



Bakers Needed

We need your delicious baked goods for the Craft Fair!

Drop off your cookies, breads, cupcakes, pies, or whatever you love to bake, at the Kenosha Senior Center on the afternoon of Friday, November 11th. The Bake Sale is very popular and we sell out every year. So start your ovens and we'll see you on the 11th.

P.S. Don't forget to sign the sheet when you come in so you can be mentioned in the Newsletter in our list of Bakers.

Combination Party

**"Deck The Halls"
And
Cookies, Cocoa
& Carols**



**Friday, December 2, 2022
12:30pm-3:00pm**

Decorate the Senior Center for the Holidays then enjoy Cookies, Cocoa and a Sing-A-Long with the Forever Young Chorus

**Join us for an afternoon
of friendship and
holiday cheer!**

Call the Center at 359-6260 to sign up for this Free event sponsored by
Grand Prairie and Ridgewood



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 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.

September Winners!!

Anita Masi, Mike Schwaiger, James Settle

Thank You For Participating!

THANKSGIVING DANCE

Friday, November 18, 1:30-3:30 pm
Music by Ernie Garner

Dances are FREE and open to the senior public

**Snacks & door prize sponsored by
Selective Hearing**



Celebrating ERNIE GARNER

Ernie started playing music for the Kenosha Senior Center over 15 years ago! He plays music at our monthly dances. We love the way he gets everyone motivated to sing along and dance. He plays a variety of music including rock and roll, ballroom dance and music to line dance to. He brings a wonderful FUN factor to our dances— always willing to dress up in the theme of any dance. Thank you Ernie for all the wonderful years. We look forward to many more!





Let's Celebrate!



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 Lesson	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 Ballroom Dance	Wednesday	10am	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
10			

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm NO Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson	2 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead	3 8:30-10:30am Woodturning by Appt. 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	4 8am8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am NO Cardio Drumming 12-3pm Card making 12-3pm Open Crafting	5 Center Closed
6 Center Closed	7 8:30-10:30am Woodturning by Appt. 9-10am 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	8 Center Closed For Elections  1pm Board Meeting	9 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 9:30am Donut Day 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead 1pm Red Cross Presentation	10 8:30-10:30am Woodturning by Appt. 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	11 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drumming Center Closes at Noon for Craft Fair Set Up	12 Craft Fair 8:30 to 3:00 
13 Center Closed	14 8:30-10:30am Woodturning by Appt. 9-10am 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	15 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 Lesson	16 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 9:30am Donut Day 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead	17 8:30-10:30am Woodturning by Appt. 9-11am Bl. Pressures 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	18 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drumming 1:30pm Thanksgiving Dance	19 Center Closed
20 Center Closed	21 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am NO Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	22 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 Lesson 1pm BINGO	23 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead	24 Center Closed 	25 Center Closed 	26 Center Closed
27 Center Closed	28 8:30-10:30am Woodturning by Appt. 9-10am 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	29 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 Lesson	30 8:30-10:30am Woodturning by Appt. 9am Sr. Center Orientation 9-11am Art Class 9-10am Exercise Class 9:30am Donut Day 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead	Senior Center Hours Monday-Friday 8:30am-3:45pm Closed Saturday and Sunday Phone: (262) 359-6260 Pool Tables are open Monday thru Friday 8:30am-3:30pm except during movies, meetings, dances and closures.		

November Word Search

G	N	E	B	U	R	R	P	A	D	D	K	Y	J	E	L	L	O	M	O	L	D	H
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Happy Thanksgiving!



The answer to this puzzle is on page 23

APPLES

AROMA

BAKING

CANDIED

CANDLES

COFFEE

COOKING

CORNUCOPIA

CRANBERRIES

DINNER

FAMILY

FOOD

FOOTBALL

GATHERING

GLAZED

GRANDPARENTS

GRAVY

GREEN BEANS

HELPING

JELLO MOLD

MASHED

MEMORIES

NOVEMBER

PARADE

PLATTER

PLENTY

POTATOES

PUMPKIN PIE

ROASTING

ROLLS

SAUSAGE

SAVORY

SERVING

SHARING

STUFFING

SWEET

TABLECLOTH

THANKFUL

TURKEY

YAMS

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

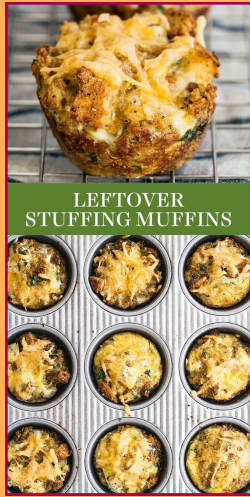
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1		3	7		9			4
3				9	7		4	
6					1	7	3	
4	7			3		2		1



The answer to this puzzle is on page 23

November Recipes

LEFTOVER STUFFING MUFFINS



INGREDIENTS

- 3 1/2 cups leftover stuffing*
- 1 cup cubed leftover cooked turkey
- 6 large eggs
- 2 tablespoons milk
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon salt
- Freshly cracked pepper, to taste
- 1/2 cup shredded Medium Cheddar Cheese
- Leftover cranberry sauce or gravy, if desired



INSTRUCTIONS

1. Preheat the oven to 375°F. Generously and thoroughly grease a standard muffin tin.
2. Divide the stuffing and turkey between all 12 cups without packing in the mixture.
3. In a medium bowl, whisk together the eggs, milk, salt, pepper, and parsley. Divide the egg mixture among the cups, filling each just over half full to give room for the muffins to expand as they bake. Sprinkle with the cheese.
4. Bake the muffins for 25-30 minutes or until lightly golden brown and crispy on the top. Allow the muffins to cool slightly, then run a knife around the edges to loosen and remove each muffin. Serve warm or store in the fridge in an airtight container for up to 3 days. Reheat in the oven or microwave.

CARAMEL APPLE DUMP CAKE

INGREDIENTS

- 2 (20 oz) cans apple pie filling
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg, optional
- 1 1/2 cups caramel squares, sliced in half
- 1 box yellow cake mix
- 3/4 cup (1 1/2 sticks) melted butter

INSTRUCTIONS

1. Preheat oven to 350°F. Grease a 13×9 casserole dish and set aside.
2. In a medium sized bowl, mix together apple pie filling, cinnamon and nutmeg. Pour into the casserole dish and smooth with a spatula.
3. Arrange caramel squares on top of apple filling layer and then top with yellow cake mix. Smooth cake mix into an even layer.
4. Pour melted butter evenly on top of the cake mix. You can add more cinnamon on top of the butter if you would like.
5. Bake for 45 minutes or until the top is lightly browned and the edges are bubbling.
6. Scoop into serving bowls and top with ice cream and caramel sauce, if desired.

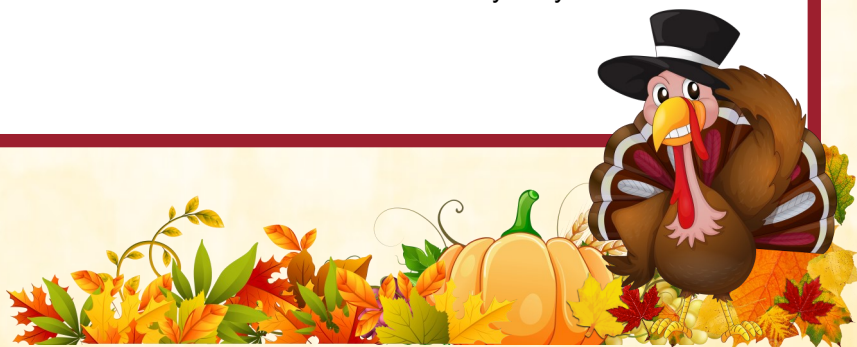


NOVEMBER

BIRTHDAYS



Carlene Conoscenti	Nov 01	Linda Ventura	Nov 09	Kathy Agnew	Nov 22
David Drake	Nov 01	Patty Masterson	Nov 10	Nancy Hanson	Nov 22
Cindy Gehrke	Nov 01	Danny Norris	Nov 10	Nancy Helbling	Nov 22
Sharon Larsen	Nov 01	Linda Bazata	Nov 12	Beverly McPherson	Nov 22
Paula Pollock	Nov 01	Sandra Schmidt	Nov 13	Janine Romnek	Nov 22
Nancy Lehrke	Nov 02	Mara Augustine	Nov 14	Louis Chiappetta	Nov 22
Ronald Christensen	Nov 04	Karen Hofmann	Nov 15	Thomas Rizzo	Nov 23
Frank Perri	Nov 04	Rosemary Hunkeler	Nov 15	Clifford Galster	Nov 23
Joan Slatkay	Nov 04	Michelle Fisset	Nov 15	Barbara Hart	Nov 23
Kevin Walker	Nov 04	Michael Moore	Nov 16	Barbara Schmidt	Nov 24
Carol Schweinfurth	Nov 04	Susan McIntyre	Nov 17	Sonny Skinner	Nov 24
Toni Hanson	Nov 04	Jerry Swanson	Nov 18	Paul Miller	Nov 24
Carl Drechsler	Nov 05	Janine Bjurman	Nov 19	David Covey	Nov 25
Mike Reif	Nov 05	Rick Kanka	Nov 19	Dale Alleman	Nov 25
Peggy Guibault	Nov 06	Gregory Sjuggerud	Nov 19	Hans Binder	Nov 27
Lois Rayburn	Nov 06	Ethel Spieker	Nov 19	Margaret Townsley	Nov 27
Mary Bryant	Nov 07	Nancy Demske	Nov 20	Sam Kaprelian	Nov 27
Elaine Lambert	Nov 07	Judith Malek	Nov 20	Mary Walther	Nov 27
Gerald Wagner	Nov 07	Lydia Brown	Nov 21	Olger Bergerson	Nov 28
Geraldine DeBoer	Nov 08	Cynthia Parker	Nov 21	Gary Karshen	Nov 28
Dennis Dolan	Nov 08	Steve Romanowski	Nov 21	John Weiss	Nov 28
Mary Hotle	Nov 08	Katherine Schultz	Nov 21	Gerri Nau	Nov 29
Helen Anderson	Nov 09	Jeff Romnek	Nov 21	Geri Strifling	Nov 29
Sharon Floyd-Golden	Nov 09	Steven Fredriksson	Nov 21	Theresa DeBettignies	Nov 30
Karl Schmidt	Nov 09	Connie McCurdy	Nov 21	Roman Hrynewycz	Nov 30



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.

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



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

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

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

No Senior Dining November 8, 11, 24 and 25



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 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 10:30am

Fee: \$20.00 for a 10 week session

August 26 - November 18, 2022

The current session is sold out (see Denise for drop-in options)

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**



More Fun with Ernie Garner



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

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

Knowing yourself is the beginning of all wisdom.
- Aristotle

The fool doth think he is wise, but the wise man knows himself to be a fool.
- William Shakespeare

Count your age by friends, not years. Count your life by smiles, not tears.
- John Lennon

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.
- W.T. Purkiser

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



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



Kenosha Place Senior Living

Assisted Living - Memory Care - Respite Care
5048 Green Bay Road - (262) 652-5149

Piasecki Funeral Home

Every Detail Counts
Every Memory Matters
3720 - 39th Avenue / 262-658-4101

Right At Home

Bathing to Housekeeping
2 Hours to 24 Hour Care
Kenosha 654-5410 / Racine 619-4155
www.rightathome.net/kenosharacine

Elizabeth Goldberg

Answers To All Your Medicare Questions
Call for a FREE review of Medicare Options
262-206-9223
egoldberg.eg@gmail.com



Monthly Jokes



If the Pilgrims were still alive today, what would they be famous for?

Their age!

Why was the turkey ruined on Thanksgiving?

I have no idea, but I suspect fowl play.

What do you call a turkey on the day after Thanksgiving? **Lucky!**

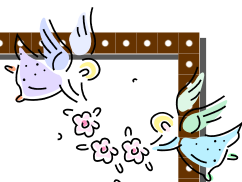


In Memoriam

Our deepest sympathy is
extended to the family & friends of

Harriette Socha

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



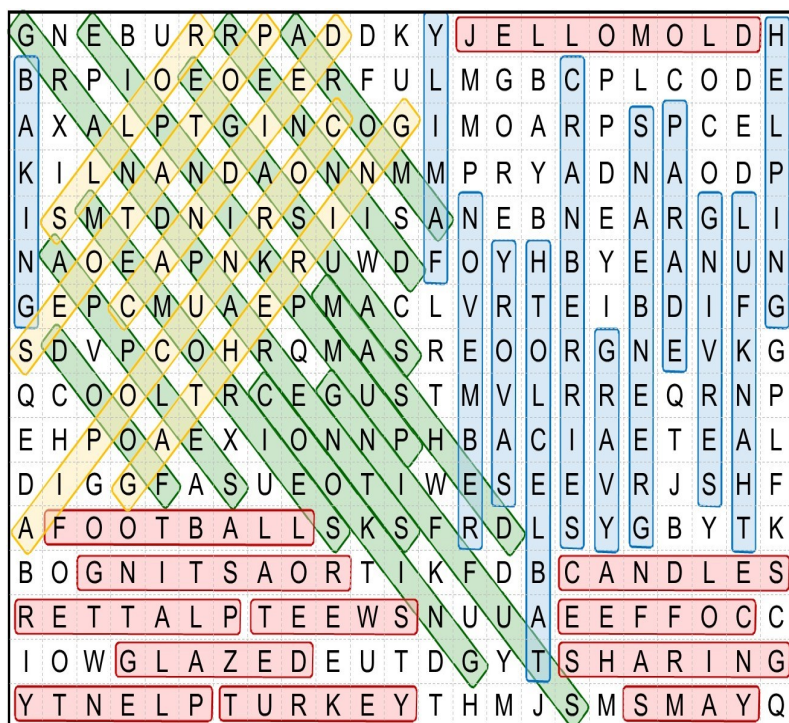
Kenosha Senior Center Newsletter:
November 2022 Published Irregularly

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

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

Answer to Sudoku Puzzle #2 on page 17

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





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

**Non-Profit Org.
U.S.
POSTAGE
PAID
Kenosha, WI
Permit No. 515**

Current Resident or

