

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 27, No. 12

December 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
Email: kstull@kusd.edu

Newsletter Editors

Denise Jacob and Kandy Stull



Senior Dining 262-351-6246

BOARD OF DIRECTORS

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	Coordinator of Recreation



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Barbara Johnson	Carol Zaruk

Dear Friends,

Thank you to all the members and staff who assisted with the Craft Fair this year. YOU are what made the event so successful. Everyone enjoyed the food, baked goods and selection of prizes for the drawings. We are very lucky to have so many people willing to help out. Thank you!



As November ends and we head into the heart of the holiday season, I am reminded of the blessings I have been given and all of the people who bless my life each day. I am grateful to all of you and the Senior Center and all the joy you bring to my life. Take time this holiday season to look for the blessings in your life. Giving thanks is one of the most powerful ways there is to increase our wellbeing. What are you grateful for today?

May your holiday be filled with happiness, peace and love.

See you at the Center!
Sincerely,

Denise





White Christmas at the Fireside Theatre

2nd BUS TRIP TO WHITE CHRISTMAS

Waiting List!

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! 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

Deadline: *Sign up ended November 28, 2022. Check with the front desk for availability*

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.

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

- | | | |
|-------------------------|---|---|
| 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> |
| Wed. Dec. 21, 2022 | - | Fireside Theatre: <i>White Christmas</i> |

The Senior Center will be Closed Friday December 23, 2022 - Tuesday January 2, 2023



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.

Blood Pressures and Bone Density Test Thursday, December 22, 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

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



Mahjong Lessons For Beginners

Tuesdays, December 6, 13 and 20

From 9:30 to 10:30



Slower paced Mahjong lessons for beginners.
Watch a short YouTube video and have practice
time at each lesson.

Call the Center at 359-6260 to sign up.



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

Foot Clinic

Friday, December 9, 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.

Class Updates

- Center Closed Dec 23, 2022—Jan 2, 2023
- Total Body Conditioning: Thursday, Dec 1
and Thursday, Dec 15
- No Comfort 4 A Cause In December
- No Junk Journaling in December

Check Calendar for all Changes



Wednesday, December 14, 2022
9:30am-10:30am

**Come Mingle with Friends and
Enjoy Free Kringle and Coffee**

Call the Center at 262-359-6260 to Sign Up

**Sponsored by
Assisted Living Locators**



2022 Group Holiday Parties



Group	Date	Time	Location
American Issues	December 16	10:00am	Senior Center, Room 106
Art Class	December 14	9:00am	Senior Center, Room 106
Book Discussion	December 12	1:00pm	Waterfront Warehouse, 3322 Sheridan Rd.
Chorus	November 30	12:00pm	Casa Capri, 2129 Birch Rd., Kenosha
Dominoes	December 13	11:30am	Kenosha Senior Center
Exercise Class	December 7	9:30am	Senior Center, Room 111
Golf Game	December 5	1:00pm	Senior Center, Room 111
Line Dancing	December 19	9:00-11:30	Senior Center, Room 121
Mahjong	December 20	1:00pm	Senior Center, Room 111
Sheepshead	December 14	11:30am	Senior Center, Room 106
Tai Chi	December 6	9:45 am	Senior Center, Room 121
Total Body Conditioning	December 20	10:15am	Senior Center, Room 121
Wii Bowling	December 6	12:30pm	Fireside, 2801 30th Avenue, Kenosha
Woodburning/carving	December 19	9:00am	Senior Center, Room 111
Writing for Fun	December 6	10:30am	Gateway Café, 30th Avenue, Kenosha
Yoga	December 19	2:15pm	Senior Center, Room 121

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 20th of this month. You can participate every month.

October Winners!!

Frenesi DeVos, Mary Kruse, Jim LaLonde

Thank You For Participating!

Virtual Stepping On Workshop

Tuesdays, January 10-February 21, 2023
From 9am—11am



In just seven weeks, you will learn:

- How vision, hearing, medication and footwork affect your risk of falling.
- Strength and balance exercises to help maintain physical strength to walk confidently.
- How to make an individualized action plan to stay on your feet and living life fully.

RSVP by January 5, 2023

ADRC: 262-605-6646 or adrc.kenoshacounty.org

PROVEN TO REDUCE RISKS BY 31%

2022 Craft Fair Profits

	Total Profits
Advertising	\$ 787.00 (expense)
Bake Sale	\$ 977.20
Drawing Prizes	\$3,053.00
Dollhouse	\$ 148.00
Food & Drinks	\$1,312.75
Table Registration	\$1,218.00
Overall Profits	\$5,140.33

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. It's a great way to meet new people, dance and socialize.

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



©LPI

Holiday Dance

Friday, December 16 at 1:30pm

With music by Ernie Garner



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

**Snacks & door prizes sponsored by Senior Care Patrol, Hospice Alliance,
Bruch Funeral Home and Right At Home**

2022 CRAFT FAIR

Thank you to everyone who supported the Craft Fair this year. It was a HUGE success, thanks to all of you! I also want to thank all the members and staff who assisted with the Craft Fair. We are so fortunate to have such a great staff and wonderful volunteers. Thank you!












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
Cardio Drumming	Friday	10:15am	Pre-register for each session
Chorus "Forever Young Chorus"	Thursday	10:30am-Noon	\$2.00 per class
Comfort 4 A Cause	2nd and 3rd Wednesday	12pm-3pm	Free
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-Noon	Free - Bring your own supplies
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
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			

Activity Calendar		KENOSHA SENIOR CENTER				December 2022	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	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.			1 Trip 8:30-10:30am Woodturning by Appt. 9-10am NO Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9am and 12:30pm NO Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge	2 8am8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong No Card Making <u>12:30 Deck the Halls and Cocoa & Carols</u>	3 Center Closed	
4 Center Closed	5 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	6 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson <u>1pm Board Meeting</u>	7 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	8 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9am and 12:30pm NO Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge	9 8:30-1pm Tech Help 9-10am Exercise Class <u>9am Foot Clinic</u> 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>11am-2pm Christmas Party at Cortese's</u>	10 Center Closed	
11 Center Closed	12 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	13 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson	14 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class <u>9:30am Kringle & Mingle</u> 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead	15 Trip 8:30-10:30am Woodturning by Appt. 9-10am NO Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9am and 12:30pm NO Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge	16 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>1:30pm Holiday Dance</u>	17 Center Closed	
18 Center Closed	19 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	20 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm NO Ballroom Dance Lesson	21 Trip 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	22 8:30-10:30am Woodturning by Appt. <u>9-11am Health Screens</u> 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9am and 12:30pm NO Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 1pm Drop in Bridge	23 Center Closed 	24 Center Closed	
25 Center Closed	26 Center Closed 	27 Center Closed 	28 Center Closed 	29 Center Closed 	30 Center Closed 	31 11	

December Word Search

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

AROMA	CHIMNEY	FIREPLACE	HERITAGE
BALSAM	CHRISTMAS	FRIENDS	JACK FROST
BEAUTY	CROWDS	FROSTY THE SNOWMAN	JINGLE BELLS
BOWS	DECEMBER	GARLAND	JOYFUL
BOXES	DECORATION	GATHERINGS	LAUGHTER
CANDLES	DOLLS	GIFTS	LIGHTS
CANDY CANE	DREIDEL	GOODWILL	NORTHPOLE
CAROLS	FAMILY	GOOSE	REJOICE
CELEBRATION	FEAST	GREETINGS	SANTA CLAUS
CHARITY	FESTIVAL	HANUKKAH	STOCKINGS

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

The answer to this puzzle is on page 23

December Recipes

Frozen Peppermint Delight

Ingredients

- 1 package (14.3 ounces) Oreo cookies, crushed
- 1/4 cup butter, melted
- 2 containers (1-1/2 quarts each) peppermint ice cream, slightly softened
- 1 carton (12 ounces) frozen whipped topping, thawed
- Hot fudge ice cream topping, warmed
- Crushed peppermint candy

Directions

1. In a large bowl, combine cookie crumbs and butter. Press into an ungreased 13x9-in. dish. Spread ice cream over crust; top with whipped topping. Cover and freeze until solid. May be frozen for up to 2 months.
2. Just before serving, drizzle with hot fudge topping and sprinkle with peppermint candy.



Rudolph Cheese Ball Recipe

Ingredients

- 2 8 oz. blocks of cream cheese at room temperature
- 3 1/2 cups sharp cheddar cheese at room temperature
- 1 oz. package ranch seasoning mix
- 1 1/2 cups crushed pecans
- 2 black olives
- 1 cherry tomato
- 2 original sized pretzels

Directions

1. Let cream cheese and sharp cheddar come to room temperature. In the bowl of a stand mixer fitted with a paddle attachment, combine cream cheese, cheddar cheese and ranch dressing mix.
2. Transfer cheese mixture to a sheet of plastic wrap and use plastic to form cheese mixture into a ball. Refrigerate for at least 4 hours, or overnight. Can be made several days ahead.
3. Right before serving, press crushed pecans into cheese ball. Place on a serving plate. Slice the tips off of two black olives and one cherry tomato. Use toothpicks to secure to cheese ball. Add pretzels for antlers and serve.

December Birthdays

John Marron	Dec 01	Donna Hyland	Dec 12	Chris Green	Dec 23
Christina Grosch	Dec 02	Leonard Willems	Dec 12	Joyce Placzkowski	Dec 24
Carolyn Jacobs	Dec 02	Lourdes Thielen	Dec 12	Kay Vignali	Dec 24
Caroline Warner	Dec 02	Barbara Jenel	Dec 13	Julie Sakara	Dec 24
Todd Upchurch	Dec 02	Dorothy Karasti	Dec 13	Tom Hipsak	Dec 25
Robin Reif	Dec 02	Shirley Seymour	Dec 13	Peter Sieber	Dec 25
Mary Fumo	Dec 02	Alan Wegner	Dec 13	Sandy Kuhl	Dec 25
Joan Behringer	Dec 03	Nancy Kaprelian	Dec 13	Marilyn Skipper	Dec 25
Sharon Davidson	Dec 03	Kathy Jorgensen	Dec 14	Roxanne Canovi	Dec 25
James Keckeisen	Dec 03	Diana Shidagis	Dec 14	Pat Lundy	Dec 26
Debbie Keslov	Dec 03	Eva Wiechert	Dec 14	Belkys Driscoll	Dec 27
Debra Bezotte-Sterba	Dec 04	Anita Wrobel	Dec 14	Stephanie Finkelstein	Dec 27
Rita Niemann	Dec 04	Gary Hunt	Dec 14	Patricia Koessl	Dec 27
Nadine Winker	Dec 04	Charlene Stevens	Dec 14	Joleen Rongholt	Dec 27
Carol Cairo	Dec 05	Teresa High	Dec 14	Susan Bangs	Dec 28
Mary Ann Mancusi	Dec 05	Darla Childers	Dec 15	Linda Lyons	Dec 28
Judi Coughlin	Dec 06	Carol Higgins	Dec 15	Bernie Flores	Dec 28
Leona Luckason	Dec 06	Arturo Miranda	Dec 15	Pat Lawler	Dec 29
Joyce Reece-Hill	Dec 06	Vickie White	Dec 15	Mary Lou Viola	Dec 29
Diana Kreuser	Dec 07	Carol Ann Hall	Dec 16	Mike Schwaiger	Dec 29
William Ennis	Dec 08	Terry Hardman	Dec 16	Brenda Pierce	Dec 29
Gerd Wiechert	Dec 08	Barbara Van Dyke	Dec 16	Kim Hemphill	Dec 30
Jill Robinson	Dec 08	Joyce Fitchett	Dec 17	Brenda Jass	Dec 30
Tony Vignali	Dec 09	Debra Beales	Dec 18	Judy Swanson	Dec 30
Bruce Wells	Dec 09	Annie Fredriksson	Dec 18	Ruth Caracciolo	Dec 31
Dorothy Isenberg	Dec 10	Kay Leslie	Dec 18	Richard Van Duyn	Dec 31
Gary Mink	Dec 10	Rosemary Mutchler	Dec 19		
Wendi Schneider	Dec 10	Pat Tews	Dec 19		
Gail Tefts	Dec 10	Jeffrey Wold	Dec 19		
James Komarec	Dec 11	Linda Svoboda	Dec 19		
Angel Negron	Dec 11	Nikki Mondia	Dec 21		
Carol Kessler	Dec 11	Gina Cerminara	Dec 21		
Michael Harloff	Dec 11	Jim Davis	Dec 23		
Leroy Hoecherl	Dec 12	Michael DeFazio	Dec 23		



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



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 at the Senior Center Location December 23–January 2

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

Next session sign up will be in January

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.



2022 Craft Fair Prize Winners

<u>Winner</u>	<u>Prize</u>	<u>Donated By:</u>
1 Tina Fonk	\$100 Gift Certificates and Vera Bradley	Piasecki-Althaus Funeral Home
2 William Dohrn	The Natural Print	Artist John Gehring
3 Sam Kaprelian	Sophia Loren Print	Artist John Gehring
4 Diane West	Down on the Farm	Home Instead Senior Care
5 Don Holman	Be a Packer Backer	Home Instead Senior Care
6 Therese Kavalauskas	Fireball Fun! (\$100 Certificate)	Brookdale Senior Living
7 Roger Wright	Cleaning "Maid" Easy	Nikki Mondia
8 Denise Hrynewycz	Baby Basket	Kathy Mentink
9 Paul Wade	Fall Tea Warmup	Assisted Living Locators
10 Janet Beland	Crafters Delight	Kenosha Senior Living
11 Amy Nordloh	Cuisinart Kitchen Collection	Ridgewood and Grande Prairie
12 Janet Beland	Live, Love, Bake	Robin Way Senior Living
13 Arturo Miranda	Fall Fun Basket	CarePatrol
14 Toni S.	Wine Basket	Library Terrace
15 Debbie	Happy Harvest	Promedica
16 Kathy Schmitz	Souper Fall Treats	Hospice Alliance
17 Delorse Stettner	Un'wined'd and Relax	Right at Home
18 Judy Wade	Christmas Spirit	Home Helpers
19 Lili	Cozy Packer Basket	Pleasant Point, North Point and Kenosha Senior Living
20 Lynne Ingham	Through the Grapevine	Senior Companion Program
21 Judy Wade	Mangia!	Home Instead
22 Jill	Elegantly Bashful	Kathy Mentink
23 James Davis	Handmade Quilt	Senior Center Member
24 Anita Riley	Handmade Quilt and Needlepoint Pillow	Barbara Beaulieu
25 Amy Busick	Winter Warmth	Kenosha Senior Center Member
Ann Bailey	Dollhouse Drawing Winner	James Settle

2022 Craft Fair Volunteers

Anita Masi	Frannie Thaniotis	Pam Gough
Anita Alter	Gina Thomas	Peter Sieber
Annie Fredriksson	Jane Haubrich	Phyllis Mattox
Beth Luschenat	Joan Hall	Ron Mengel
Carla Scofield	Jolene Schneider	Shirley Lawler
Carol Zaruk	Judi Kruse-Dohrn	Suzie Keller
Carol Sieber	Julie Mengel	Theresa DeBettignies
Cathie Salerno	Karen Peterson	Thino Chairez
Darlene Safransky	Kathy Flammang	
Diane Anderson	Kathy Hayden	
Donna Hyland	Lynette Stoner	
Elaine Rodriguez	Mary Ann Bourget	
Eloda Birch	Nadine Gabriel	



If your name didn't make it on our lists, but you helped us out in any way, we thank you and appreciate what you did for the Craft Fair. We couldn't do it without all of you!

2022 Craft Fair Bakers

Barbara Johnson	Fran Thaniotis	Lillian Weiss	Sandy Aker
Bonnie Schultz	Georgene Dworak	Linda Wikel	Sandy Ehnou
Brenda Vite	Gina Thomas	Linda Lyons	Shirley Seymour
Brenda Walentowski	Jan Merrick	Lori Sidlo	Shirley Pitts
Brenda Verborg	Jane Haubrich	Lynette Stoner	Starr Wold
Carol Sieber	Janet Bonaretti	Margaret Kendall	Theresa DeBettignies
Carol Zaruk	Janice Laufenberg	Margie Slavik	Virginia Rustia
Cassandra Rodriguez	Janice Sacramento	Marilyn Tercek	Wanda Wienkers
Cathie Riley	Jeanine Belhumeur	Marty Ludwig	
Cheryl Lessman	Joan Riemer	Mary Rose Davison	
Cindy Gehrke	John Gehring	Millie Nutini	
Claudia Schiller	Joyce Johnsen	Nancy Nichi	
Deloris Jass	Judi Kruse-Dohrn	Nikki Mondia	
Delorse Stettner	Judi Maegaard	Norma Pagel	
Denise Mosher	Kari Riley	Pat Stanley	
Diana Stone	Kathy Flammang	Pat Petree	
Eloda Birch	Kathy Matthews	Patricia Murphy	
Eve Lawler	Kathy Schultz	Paula Pollock	





WORDS OF WISDOM



Love the giver more than the gift.
Brigham Young

*Christmas will always be as long as we stand heart
to heart and hand in hand.*
Dr. Seuss

*There are three stages of man: he believes in
Santa Claus; he does not believe in Santa Claus;
his is Santa Claus.* Bob Phillips

*Never worry about the size of your Christmas tree.
In the eyes of children, they are all 30 feet tall.*
Larry Wilde

Kenosha Senior Center Memberships

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

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 Fees
\$12.00 per year for those in the KUSD boundaries,
\$50 if you live outside the boundaries
\$12 if you moved outside the KUSD boundaries and
kept your membership current (grandfathered in)

Questions? Call 262-359-6260



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The Legacy at St. Joseph's
Community Based Residential Facility
The Legacy at St. Joseph's
stands out from the rest!
Call to schedule a personal tour
262-925-8125 or 262-925-8115
9244 29th Ave. Kenosha

Senior Medicare Patrol
*Protect Your Personal Information
Detect Suspected Fraud
Report Suspicious Claims*
www.smpwi.org / 888-818-2611

Michelle Lewis
Licensed Agent for Humana
Take the Mystery Out of Medicare Advantage
262-278-8708 (TTY: 711)
mlewis58@humana.com



Monthly Jokes



What kind of music do Elves like?
Wrap music!

I don't know who's worse, the people
who sign their cats' names on Christmas
cards or the cats who refuse to sign!

What did the peanut butter say to the
grape on Christmas?
'Tis the season to be jelly!

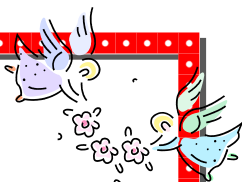
What do you call a bankrupt Santa?
Saint Nickel-less!

In Memoriam

Our deepest sympathy is
extended to the family & friends of

Harriette Socha, David Fude

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



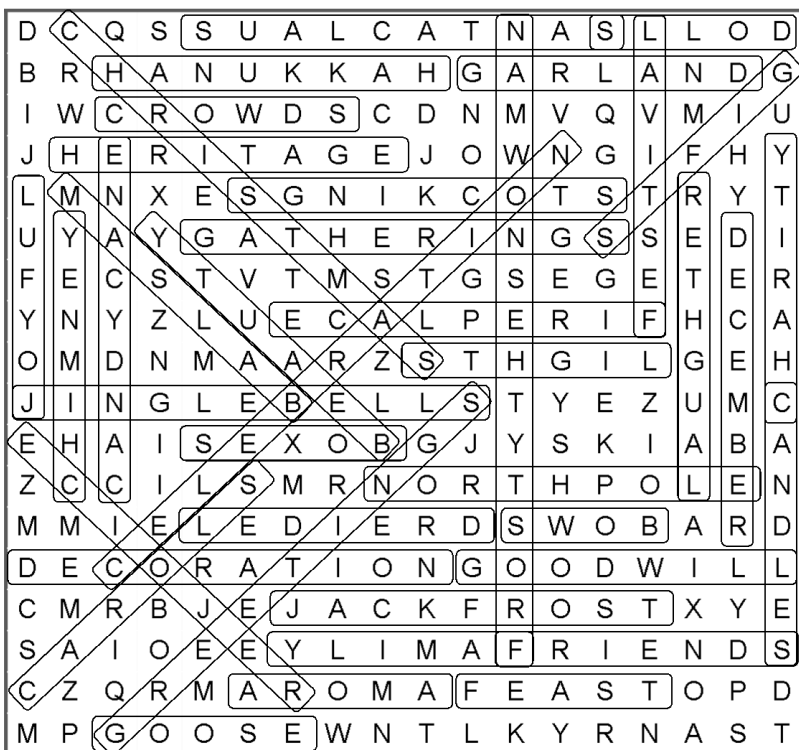
Kenosha Senior Center Newsletter:
December 2022 Published Irregularly

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

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

Answer to Sudoku Puzzle #2 on page 17

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

Happy Holidays
And Thank You
To Our
Advertisers!



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

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