

# Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 2

February 2023



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

Denise Jacob

Email: [djacob@kusd.edu](mailto:djacob@kusd.edu)

## Administrative Assistant

Kandy Stull

Email: [kstull@kusd.edu](mailto:kstull@kusd.edu)

## 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  
**Treasurer:** Bryan Mogensen  
Coordinator of Recreation

## BOARD MEMBERS

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

## Dear Friends,

It's winter and as the weather gets colder, it's tempting to hibernate and not come out until spring. As I type this, it is 24 degrees outside – ugh! But hibernating can cause us to eat more and move less, resulting in wider waists, slower metabolisms and feeling down, making spring seem so far away. You can help prevent that from happening by taking advantage of the programs and activities offered at the Kenosha Senior Center. We have several fitness and dance classes, including Line Dance, Open Ballroom Dancing, Tai Chi, Yoga, Total Body Conditioning, and Exercise Class that will help you stay active and fit during these cold months. We have a wonderful lunch program, run by KAFASI, where you can meet new friends and enjoy a healthy lunch. We have Bingo, dances, educational presentations, movies, card games and more that will get you out of the house and help keep you feeling good. Check out our monthly events calendar on page 11 to see all the activities offered and make plans to visit the Center today.

With just a little planning now, you can stay fit, feel more energetic, and welcome spring with a smile.

*Wishing you continued Health and Happiness in 2023*

*See you at the Center!*

*Sincerely,*

*Denise*



# New Trip

## The Music Man

**Date:** Thursday, April 6, 2023  
**Destination:** Fireside Theatre, Fort Atkinson, WI  
**Prices:** Members: \$100.00, Non-members: \$105.00



**Tickets go on sale to members on Tuesday, February 14, 2023.**

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, February 15, 2023**

**Trip Description:** Strike up the band for Broadway's brassiest musical comedy. Winner of eight Tony Awards including Best Musical, THE MUSIC MAN has delighted audiences the world over with its rollicking tale of the fast-talking, charming con man, the prim but passionate librarian, the bumbling mayor, and all the colorful characters that make this show a classic. Add such wonderful songs as "Goodnight My Someone," "The Wells Fargo Wagon," and "76 Trombones" and you have a guaranteed gilt-edged great time for all.

**Menu:** Meal choices: Chicken Piccata: Skinless Breast of Chicken dipped in egg, lightly breaded, sautéed to a golden brown, resting on a Velouté Lemon Cream Sauce and garnished with tiny Caper Buds and French-Fried Parsley. Served with Roasted Yukon Gold Potato Wedges and Honey Glazed Baby Carrots. OR Barbecued Ribs : A Half Rack of our Signature Lean Pork Back Ribs glazed with our special Barbecue Sauce, slowly roasted until the tender meat falls from the bone. Served with Roasted Yukon Gold Potato Wedges and Honey Glazed Baby Carrots. OR Cracker Crusted Cod: Baked Cod, lightly seasoned and topped with Lemon Butter and Cracker Crumbs. Served with Roasted Yukon Gold Potato Wedges and Honey Glazed Baby Carrots. All meals include freshly baked breads, Cream of Shiitake Mushroom Soup and Raspberry Swirl Cheesecake 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.**

**\*\*\*NEW BUS LOCATION \*\*\* NEW BUS LOCATION \*\*\* NEW BUS LOCATION \*\*\***

**On the day of the trip arrive at the Indian Trail High School Parking lot, 6800 - 60th Street in Kenosha, by 8:30am to sign in and load the bus. The bus will depart at 8:45 am and return at approximately 6:00pm.**

**\*\*\*\*You will get more specifics about where to park at Indian Trail when you purchase your ticket\*\*\*\***

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**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.

## 2023 Special Events and Trips

Fri. February 17, 2023	-	Valentine's Dance
Fri. March 17, 2023	-	St. Patrick's Day Dance
Spring 2023	-	Gambling Trip
Thurs. April 6, 2023	-	Fireside Theatre: The Music Man
Fri. April 28, 2023	-	Kentucky Derby Dance
Fri. May 19, 2023	-	Spring Dance
Summer 2023 (tentative)	-	<i>Kenosha Kingfish Ballgame</i>
Thurs. May 12, 2023	-	Fireside Theatre: Grumpy Old Men
Fri. June 16, 2023	-	Summer Dance
Thurs. July 6, 2023	-	Brewers vs Cubs in Milwaukee
Thurs. July 13, 2023	-	Fireside Theatre: Legends in Concert
Thurs. Aug 10, 2023	-	Kenosha Senior Center: <i>Annual Picnic</i>
Summer 2023 (tentative)	-	State Fair Park: <i>Wisconsin State Fair</i>
Fri. September 15, 2023	-	Dance
Thurs. October 5, 2023	-	Fireside Theatre: Titanic The Musical
Fri. October 27, 2023	-	Halloween Dance
Sat. Nov. 11, 2023	-	Kenosha Senior Center: <i>Holiday Craft Fair</i>
Fri. November 17, 2023	-	Thanksgiving Dance
Thurs. November 30, 2023	-	Woodfield Mall: <i>Holiday Shopping Trip</i>
Fri. December 1, 2023	-	Kenosha Senior Center: <i>Deck the Halls Party and Cookies , Cocoa and Carols Party</i>
Fri. Dec. 8, 2023 (tentative)	-	<i>Kenosha Senior Center Christmas Party</i>
Fri. December 15, 2023	-	Holiday Dance
Thurs. Dec. 14, 2023	-	Fireside Theatre: <i>Scrooge The Musical</i>

**Additional Trips may be added for Spring and Summer.**  
**Check monthly for updates.**

**ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!**

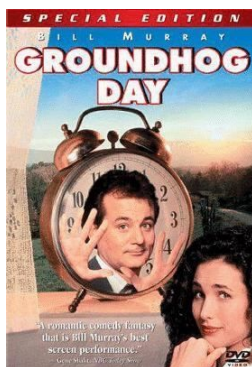


## Movie

Friday, February 10th at 1pm

### Groundhog Day

A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage.



Run-Time 101 minutes

Rated PG

## Junk Journal Crafting

Thursdays from 9:00am-Noon

### What is a Junk Journal?

Part journal, part scrapbook and part art project. Every junk journal is a unique handmade book, made up of recycled and up-cycled materials.

### FREE—Just bring your own supplies

Not sure what to bring? Stop by any Thursday and meet the group. They can help you with supplies.

## Foot Clinic

Friday, February 10, 2023 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.

**EVERYONE  
IS WELCOME HERE**



9:30am-10:30am

**FREE**

Coffee and Donuts

Wednesday, February 15, 2023

Sponsored by Compassus Hospice

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

## Blood Pressures Screenings

Thursday, February 23, 2023 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 4 A Cause

Creating Quilts, Blankets and Cards For  
Those In Need

### Card Making

2nd and 3rd Wednesdays at the Kenosha Senior Center from 12-3

### Sewing & Blanket Making

1st and Last Thursdays at Lord of Life Church from 9:30am-2:30pm

### 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





## Painting Barn Quilts



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

### December Winners!!

Judy Gross, Peggy Amadio, Susan Graves

**Thank You For Participating!**

## Kenosha Senior Center Orientation Wednesday, February 22, 2023 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**

## FREE BINGO

**Tuesday, February 28, 2023 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  
Galloway Senior Living**



**American  
Red Cross**

## Volunteers Needed

Make this year count! Resolve to volunteer with the American Red Cross and make a difference in 2023. Communities across the country count on the Red Cross for help every day — and volunteers are at the heart of this support in local communities.

Volunteers are urgently needed in our community.

To learn more, please visit  
[www.redcross.org/volunteer](http://www.redcross.org/volunteer) or reach out to  
Amber at [amber.carey@redcross.org](mailto:amber.carey@redcross.org).

## Free Tax Aid AARP

**Thursdays, February 2 thru April 6, 2023  
9:00 am - 2:30 pm by appointment**

Tax-Aide is a free program sponsored by the IRS & AARP that provides income tax counseling, primarily to persons with low or moderate income, who are age 60 and over. The Kenosha Senior Center is one of the locations where their volunteers help people.

- **Call (262) 671-0848 to set up your appointment.** The phone line is open from 8:30am until 3:30pm Mon. thru Fri. You will get an answering machine. Leave a message and someone will return your call to make your appointment.
- **Or go online to [www.aarp.org/findtaxhelp](http://www.aarp.org/findtaxhelp)** to make your appointment.

## Class Updates

- No Chorus for February. They will return in March
- No Tai Chi on Tuesday, February 28th

Check Calendar for all Changes

# ***Valentine's Day Dance***

**Friday, February 17, 2023**

**1:30pm - 3:30pm**

*with Ernie Garner!*

Dances are FREE & Open to the Senior Public



Snacks & Door Prizes Sponsored by  
Care Patrol, Hospice Alliance, Right at Home  
And Bruch Funeral Home



# 2022 Holiday Festivities





*A BIG Thanks  
to our Sponsors!*

**Holiday Dance Sponsors:** Bruch Funeral home, Right At Home, Hospice Alliance and Care Patrol

**Cookies, Cocoa and Carols Sponsor:** Grand Prairie Health and Rehabilitation Center and Ridgewood Care Center






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

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

<b>Class/Activity</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
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	10:30am	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			



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			<b>1</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheephead	<b>2</b> 8:30-10:30am Woodturning by Appt. 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	<b>3</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum.	<b>4</b> Center Closed
<b>5</b> Center Closed	<b>6</b> 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 12:30pm Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>7</b> 8:30-10:30am Woodturning by Appt. 8:30am Sheephead 9:30am Mahjong Lesson 1 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson	<b>8</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 12-3pm Comfort 4 A Cause 1pm Sheephead	<b>9</b> 8:30-10:30am Woodturning by Appt. 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	<b>10</b> 9-10am Exercise Class <u>9am Foot Clinic</u> 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am NO Cardio Drumming  <u>1pm Movie Groundhog Day</u>	<b>11</b> Center Closed
<b>12</b> Center Closed	<b>13</b> 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 12:30pm Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>14</b> <u>Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheephead 9:30am Mahjong Lesson 2 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>	<b>15</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 10am Open Ballroom Dance 12-3pm Comfort 4 A Cause 1pm Sheephead	<b>16</b> 8:30-10:30am Woodturning by Appt. 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	<b>17</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum.  <u>1:30pm Valentine's Day Dance</u>	<b>18</b> Center Closed
<b>19</b> Center Closed	<b>20</b> 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 12:30pm Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>21</b> CLOSED FOR ELECTIONS 	<b>22</b> 8:30-10:30am Woodturning by Appt. <u>9am Sr. Center Orientation</u> 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheephead	<b>23</b> 8:30-10:30am Woodturning by Appt. <u>8:30am-11am Health Screens</u> 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	<b>24</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum.	<b>25</b> Center Closed
<b>26</b> Center Closed	<b>27</b> 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 12:30pm Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>28</b> 8:30-10:30am Woodturning by Appt. 8:30am Sheephead 9:30am Mahjong Lesson 3 9:45am NO Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson  <u>1pm BINGO</u>	<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 8:30am-3:30pm Except during movies, meetings, dances and when the building is closed.			

# February Word Search

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

ADORE  
 BELOVED  
 CANDY  
 CHOCOLATE  
 DESIRE  
 FEBRUARY  
 HEART  
 LOVE  
 RED  
 SWEETHEART



AFFECTION  
 BEMINE  
 CARDS  
 CUPID  
 DEVOTION  
 FLOWERS  
 HONEY  
 LOVEBIRDS  
 ROMANCE  
 SWEETS

AMOROUS  
 BOUQUET  
 CHERISH  
 DARLING  
 EMBRACE  
 FOURTEENTH  
 HUGS  
 PINK  
 ROSES  
 TEDDYBEAR



ARROW  
 CANDLELIGHT  
 CHERUB  
 DEAR  
 ENDEARMENT  
 FRIENDS  
 KISSES  
 POEM  
 SECRETADMIRER  
 TENDERNESS

## Sudoku Puzzle #1

### 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.



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



# Strawberry Valentines Chex Mix

## Ingredients

- 4-6 cups Rice Chex cereal
- 1 8- oz bag Strawberry Candy Melts OR
- 1 bag of white chocolate baking chips {12 oz} AND
- 1 box of Strawberry Creme Jell-O Pudding\*\* {pudding NOT gelatin!}
- Valentines M&M's and/or Sprinkles



## Directions

1. Measure out Chex cereal into a large bowl. Note: if you're using the Strawberry Candy Melts, you'll use 4 cups of cereal. If you're using the white chocolate chips + pudding mix, you'll use 6 cups of cereal.
2. Pour chocolate into a small glass dish. Add 1/2 tsp shortening, if desired, to help the chocolate coat the cereal easier. Microwave for 1 minute 20 seconds. Let sit in the microwave for 3 minutes. Remove and gently stir. If chocolate leaves its shape and looks smooth, it's done. If not, return to the microwave in 15 second increments, letting it sit for 2-3 minutes each time, until melted and smooth.
3. If you used White Chocolate Chips + Pudding Mix: Add 4 TBSP of the strawberry creme pudding into the white chocolate and stir gently until smooth. Add 2 drops of red food coloring, if desired.
4. Pour the chocolate mixture over the Chex cereal and stir gently to coat.
5. Transfer cereal mixture to a large piece of wax paper. Sprinkle with M&M's and Valentines sprinkles, if desired. Let cool to set. Break pieces and store in an airtight container to save. Candy can be made up to 3-4 days ahead, if desired. It saves well!

# Valentine Pizzas

## Ingredients



- 1 can (13.8 oz) refrigerated Pillsbury™ Classic Crust Pizza Crust or 1 can (11 oz) refrigerated Pillsbury™ Thin Crust Pizza Crust
- 1 can (8 oz) pizza sauce
- 24 slices turkey pepperoni with 70% less fat
- 3/4 cup shredded mozzarella cheese (3 oz)



## Directions

1. If using classic crust: Heat oven to 425°F. Lightly spray or grease large cookie sheet. If using thin crust: Heat oven to 400 F. Spray or grease 15x10-inch or larger dark or nonstick cookie sheet.
2. Unroll dough on work surface. With sharp knife or pizza cutter, cut dough into 4 rectangles. Place rectangles on cookie sheet. Cut 1-inch slit in center of wide edge of each dough portion; on opposite wide edge across from slit, pinch dough together to shape point of heart. Slightly separate each cut slit, and gently press dough into a 6x5-inch heart, creating slight rim on edge of dough.
3. Divide pizza sauce evenly onto hearts, spreading to within 1/2 inch of edges. Top each with 6 slices pepperoni and 3 tablespoons cheese.
4. Bake classic crust 13 to 16 minutes, thin crust 9 to 13 minutes, or until crust edges are golden brown and cheese is melted.

# February Birthdays

Jean Anever Moran	Feb 01	Diane Rice	Feb 12	Wendy Bastian	Feb 20
Darlene Safransky	Feb 01	Ellen Albrecht	Feb 13	Jeanne Becker	Feb 20
Debra Gitzlaff	Feb 02	Joyce Hart	Feb 13	Antonia Loyola	Feb 20
Michael Sacco	Feb 02	Kathy Hayden	Feb 13	Richard McGinnis	Feb 20
Jim Hanson	Feb 02	Nancy Honert	Feb 13	Karen Falkenstern	Feb 21
Robert Bruncker	Feb 03	Rae Ann Ostenberg	Feb 13	June Salb	Feb 21
Theresa DiCello	Feb 03	Roger Dibbles	Feb 14	Mary Jane Weiss	Feb 21
Lori Higgins	Feb 03	Arnold Zillmer	Feb 14	Jim Lalonde	Feb 22
Helen Rodrig	Feb 03	Donna Bailey	Feb 14	Kathleen Wilson	Feb 22
Jim Grant	Feb 04	Jerome Butterfield	Feb 14	James Hadley	Feb 22
Jon Maresh	Feb 04	David Kaley	Feb 14	Richard DeVries	Feb 23
Eloda Birch	Feb 05	Joseph Mrazek Sr.	Feb 14	Gerald Wilcoxon	Feb 23
Phyllis Holcomb	Feb 05	Mary Frances Chachula	Feb 15	Ron Karaway	Feb 24
Judy Wade	Feb 05	John Kavalauskas	Feb 15	Jean Schultz	Feb 24
Sara Jane Khoury	Feb 06	Josephine Schmidt	Feb 15	Sheila Shema	Feb 24
Lynn Kortright	Feb 07	Phyllis Fonk	Feb 16	Elinor Barber	Feb 24
Sandie Horton	Feb 08	Keith Lehrke	Feb 16	Douglas Klatt	Feb 24
Julie Mengel	Feb 08	Frances Maxwell	Feb 16	Mary Beth Drechsler	Feb 25
Nancy Stoebe	Feb 08	Robert Bastian	Feb 17	Terri Henkes	Feb 25
Lana Woller	Feb 08	Florence Kowalczyk	Feb 17	Delores O'Hanlon	Feb 25
Delaina Seip	Feb 08	Mark Matye	Feb 17	Nancy Cairo	Feb 25
Dan Brandes	Feb 09	Diane Istvanek	Feb 18	Pamela Brown	Feb 25
Vi Pataky	Feb 10	Audrey Paul	Feb 18	Judith Reynolds	Feb 26
Diane Boheen	Feb 10	Truman Andrews	Feb 19	Terry Andrews	Feb 27
Virginia Rustia	Feb 11	Eileen Schlosser	Feb 19	Clinton Beth	Feb 27
Norma Murphy	Feb 12	Cathy Schwaiger	Feb 19	Gary Kovacs	Feb 27
Judy Engelbrecht	Feb 12	Clara Conway	Feb 19	Thomas Richards	Feb 27
Kang Yoo	Feb 12			Christine White	Feb 27



## 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	

# SUDOKU

The answer to this puzzle is on page 23



# Senior Dining

## 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 Senior Dining February 21, 2023 for Elections**

### 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.



# 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 and Heather*

**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 9 week session**

**Dates: January 20, 2023—April 14, 2023**

***The current session is sold out. See Denise about 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.



## Closing the Senior Center due to Inclement Weather

When the Kenosha Unified School District closes all schools or goes to all virtual learning due to inclement weather, the Kenosha Senior Center will also be closed and no lunch will be served in the building that day.

**Listen to local area news or visit the Kenosha Unified Schools website at [www.kusd.edu](http://www.kusd.edu) for school closing announcements.**

During severe weather, it's best to stay home and off roads unless absolutely necessary. Stay safe and stay warm this winter.

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## 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

*Memory Screen Mondays*

**8 a.m. - noon**  
**262-605-6646**  
Appointments recommended

**ADRC**  
Kenosha County  
Aging & Disability Resource Center

20

## Grief Share is #1 Grief Support Program

Grief Share- is a faith-based 13-week support group program for adults grieving the death of a family member or friend, sponsored by Piasecki Funeral Home. It is facilitated by certified grief coach, Pastor Charlie Hansen & assisted by Anne Wasilevich and Roger Rodriguez. Each week the GriefShare group will watch a video on grief and recovery subjects. After viewing the video, you will spend time as a support group, discussing what was presented in that week's video seminar and what is going on in your lives. This GriefShare group starts Wed, Feb 22<sup>nd</sup>, 2023, 5:30 p.m. to 7:30 p.m. at Holy Spirit Community Church, 5900 11<sup>th</sup> Ave.

There is a \$20 workbook fee.

Please register at <https://www.griefshare.org/groups/157372>

Contact Anne with questions 262-658-4101 or [anne@piaseckifuneral.com](mailto:anne@piaseckifuneral.com)



## NEW SESSION BEGINS

### Mahjong Lessons For Beginners

Four Lessons on Tuesdays  
February 7, 14, 28 and March 7  
9:30am to 10:30am



Slower paced Mahjong lessons for beginners. Each week will be a different lesson. Watch a short YouTube video and have practice time.

Call 262-359-6260 to Sign Up.





# 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

*Love is that condition in which the happiness of another person is essential to your own.*

*Robert A. Heinlein*

*Loving is not just looking at each other, it's looking in the same direction.*

*Antoine de Saint-Expuery*

*Who, being loved, is poor?*

*Oscar Wilde*

*A man is not where he lives, but where he loves.*

*Latin Proverb*

*We need not think alike to love alike.*

*Francis David*

## Going on Medicare?

**Wednesday, February 22, 2023**



The Kenosha County Aging & Disability Resource Center (ADRC) offers no-cost, unbiased, Medicare workshops for those who are new to Medicare, or those who want to learn more. Trained benefit specialists will be available to answer your questions and discuss the decisions you'll need to make, including the basics of Medicare coverage, options for private health and drug coverage, and public benefits that can help with health care costs. **RESERVATIONS REQUIRED.** Call the ADRC at 262-605-6646 OR 1-800-472-8008

**HAPPY  
GROUNDHOG  
DAY**



**Thursday, February 2, 2023**

## Featured Advertisers

### **Kenosha Place Senior Living**

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

### **Smile Doctors of Kenosha**

*Brian Danielewicz, D.D.S.*

*New Patients Welcome*

7003 - 39th Avenue, (262) 657-7942

[www.kenoshadentist.com](http://www.kenoshadentist.com)

### **Kenosha Visiting Nurse Association**

*Quality Healthcare at Home*

(262) 656-8400 - [www.kvna.net](http://www.kvna.net)



## **Monthly Jokes**



Is your name chapstick? **Cause you're da balm!**

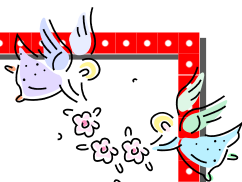
Why should you fall in love with a pastry chef? **He'll never dessert you.**

What do elephants say on Valentine's Day?  
**I love you a ton.**

What did the farmer give his wife on Valentine's day?  
**Hogs and Kisses**

How did the telephone propose to its girlfriend? **He gave her a ring!**

## In Memoriam



Our deepest sympathy is extended to the family & friends of all who have recently suffered a loss. Our hearts, thoughts & prayers are with you.

Kenosha Senior Center Newsletter:  
February 2023 Published Irregularly

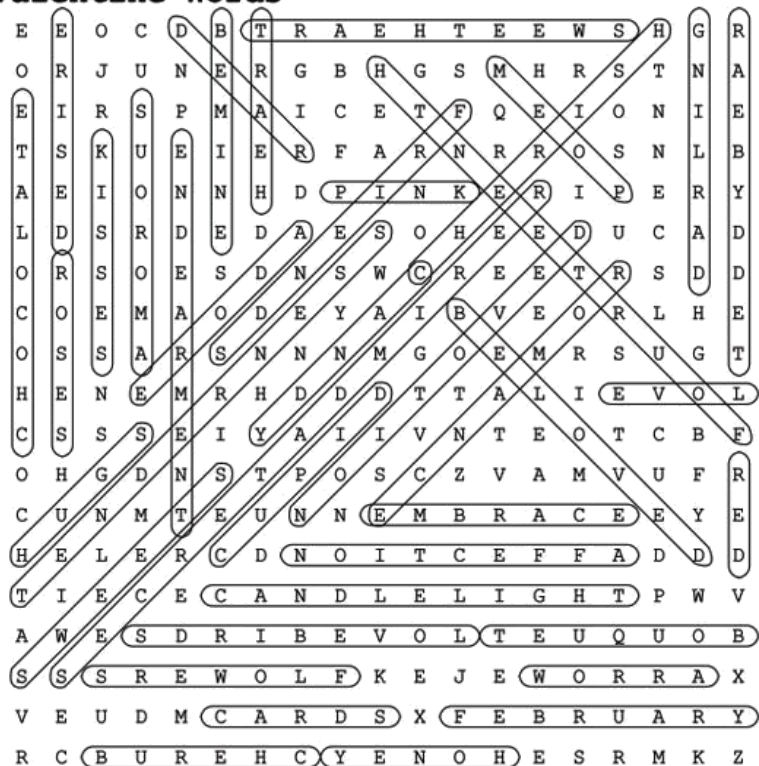
Kenosha  
Senior Center  
2717 - 67th Street  
Kenosha, WI 53143



Member Wisconsin Association  
of Senior Centers

Answer to the Word Search from page 12

### Valentine Words



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

*Thank you*  
to our  
**ADVERTISERS**





**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

**2023**  
**February**