

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 3

March 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

"Like" us on Facebook at:

www.facebook.com/kenoshasenior

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Senior Dining 262-351-6246

BOARD OF DIRECTORS

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Dear Friends,

Are you worried about memory problems? Do you ask questions like, "What was I looking for in the fridge?" "Where are my keys?" "What did I come to the store to get?" "What's your name again?" Sound familiar? You are not alone.

Everybody forgets things from time to time. In most cases, these are normal memory lapses, but it's difficult to recognize when it might be something more. The best way to know if your memory loss is something to be concerned about is to have a memory screen. Getting screened is a great way to track changes over time.

The Kenosha County Aging & Disability Resource Center offers free, confidential memory screens every Monday from 8am-Noon. Call 262-605-6646 to make an appointment and take advantage of this great program!

See you at the Center!

Sincerely,

Denise





BUS TRIPS

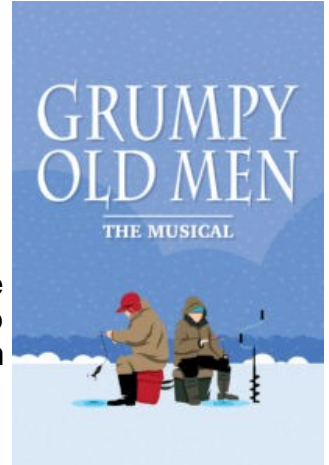
New Trip

Grumpy Old Men

Date: Friday, May 12, 2023
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$100.00, Non-members: \$105.00

Tickets go on sale to members on Tuesday, March 14, 2023.

Numbers will be handed out at 8:30am and sign up begins at 8:40am. 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, March 15, 2023**



Trip Description: This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based on the 1993 film, this stage adaptation captures the lovable crotchety characters through twinkling humor, great songs, and the affectionate depiction of a small town that feels like home to everyone.

Menu: All meals include freshly baked breads, a chopped salad which is a mixture of finely diced spring greens, hard-boiled egg, red onion, grape tomato, avocado, cucumber, Jones cherrywood smoked bacon chips, and Wisconsin cheddar cheese, topped with The Fireside's pepper cream dressing and crisp tortilla ribbons. All meals also include garlic parmesan orzo and a corn & red pepper medley.

Meal choices: Pretzel Crusted Stuffed Chicken: Skinless breast of chicken stuffed with Havarti cheese, dipped in egg, rolled in pretzel crumbs, sautéed to a golden brown and baked, served with a balsamic raspberry sauce. OR Grilled Pork Ribeye : A boneless pork chop seasoned and grilled until perfectly tender and finished with a rich pork demi-glaze. OR Rainbow Trout: seasoned with salt, pepper, and lemon butter and baked to perfection. Oreo Delight for dessert. Crushed Oreo cookies in homemade vanilla frozen custard with a layer of fudge in an Oreo crust. 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 and a map showing you where to park at Indian Trail when you purchase your ticket******

BUS TRIPS

Current Trips

The Music Man

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

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 guilt-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 and a map showing you where to park at Indian Trail when you purchase your ticket******

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.

Movie

Friday, March 10th at 1pm

The Lake House

Sandra Bullock and Keanu Reeves reunite to star in this romantic tale of two people who find a love strong enough to span the years separating the couple living in The Lake House. As lonely Dr. Kate Forster (Bullock--Crash) exchanges letters with architect Alex Wyler (Reeves--Matrix films), a correspondence grows into love, but the two realize that they are living in the same house two years apart. To be together, they must unravel the mystery behind their extraordinary romance.

Run-Time 1 hour 45 minutes

Rated PG



Blood Pressures and Bone Density Test **Thursday, March 23, 2023 8:30am-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



New Session

Mahjong Lessons For Beginners

Four Lessons on Tuesdays

March 14, 21, 28 and April 11

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.



9:30am-10:30am

FREE

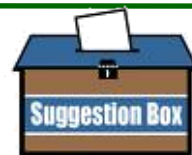
Coffee and Donuts

Wednesday, March 22, 2023

Sponsored by Brookdale Senior Living

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

Suggestion Box



The Kenosha Senior Center has a suggestion box located on the west wall of Room 111 (under the clock). Members are encouraged to share feedback and submit ideas to help make the Center a better place. All the suggestions are presented at the monthly Board Meeting held on the 2nd Tuesday of each month. If you put your name and phone number on the suggestion, someone will get back to you in response to your suggestion. Ask any staff member for assistance.

EVERYONE IS WELCOME HERE

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





**Junk Journal
Crafts
Thursdays
9-Noon**

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.

January Winners!!

William Watkins, Janet Puckett, Kim Romanowski

Thank You For Participating!

Kenosha Senior Center Orientation Wednesday, March 29, 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**

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.



FREE BINGO



**Tuesday, March 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
Lowe Insurance**

Class Updates

- Chorus returns in March!
- No Cardio Drumming March 24th
- No Chair Yoga March 20th and 27th
- Center is closed for Elections on April 4th
- Center is closed April 7th for Good Friday

Check Calendar for all Changes

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 to make your appointment**



St. Paddy's Day Dance

Friday, March 17, 2023

1:30pm—3:30pm

Entertainment with Ernie Garner

Snacks & Door Prize sponsored by Library Terrace

Dances are Free and Open to the Senior Public

Wear Green and Show Your Irish Spirit



Celebrating NORM RENNERT

Norm started teaching Line dance classes at the Kenosha Senior Center over 18 years ago! We are so lucky to have such a talented instructor. Thank you Norm for all the wonderful years. We look forward to many more!





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	10:30am	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
Golf Card Game	Monday	1:00pm	Free
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
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
	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 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	2 8:30-10:30am Woodturning by Appt. 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	3 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum.	4 Center Closed
5 Center Closed	6 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	7 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9-2 AARP Tax Aide 9:30am Mahjong Lesson 4 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Lesson	8 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 Sheepshead	9 8:30-10:30am Woodturning by Appt. 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	10 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum. 1pm Movie <u>The Lake House</u>	11 Center Closed
12 Center Closed	13 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	14 <u>Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30am Mahjong Lesson 1 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Lesson 1pm <u>Board Meeting</u>	15 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 Sheepshead	16 8:30-10:30am Woodturning by Appt. 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	17 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 1:30pm <u>St. Patrick's Day Dance</u>	18 Center Closed
19 Center Closed	20 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 NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	21 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30am Mahjong Lesson 2 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Lesson	22 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9:30am <u>Donut day</u> 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 12-3pm Comfort 4 A Cause 1pm Sheepshead	23 8:30-10:30am Woodturning by Appt. 8:30-11am <u>Health Screens</u> 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	24 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am NO Cardio Drumming	25 Center Closed
26 Center Closed	27 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 NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	28 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30am Mahjong Lesson 3 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Lesson 1pm <u>BINGO</u>	29 8:30-10:30am Woodturning by Appt. 9am <u>Sr. Center Orientation</u> 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 12-3pm Comfort 4 A Cause 1pm Sheepshead	30 8:30-10:30am Woodturning by Appt. 9-2 AARP Tax Aide 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	31 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum.	

Celebrate St. Paddy's Day!

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

BAGPIPE
CASTLE
CHEER
DANCE
GREEN
IRELAND
LEPRECHAUN
MUSIC
SAINTPATRICK
TOPHAT



BLARNEY
CELEBRATE
CLOVER
DRINKING
GREENBEER
IRISH
LIMERICK
PARADE
SEVENTEENTH
TOPOFTHEMORNING

BLESSINGS
CELTIC
COINS
ERINGOBRAH
HARP
JIG
LUCK
POTOFGOLD
SHAMROCK
TRADITION



CABBAGE
CHARM
CORNEDBEEF
FOLKLORE
HOLIDAY
KISS
MARCH
RAINBOW
SNAKES
WISH

The answer to this puzzle is on page 23

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.

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



The answer to this puzzle is on page 23



Colcannon



Ingredients

2 ½ pounds potatoes, peeled and cube
4 slices bacon
½ small head cabbage, chopped
1 large onion, chopped
½ cup milk
salt and pepper to taste
¼ cup butter, melted



Directions

1. Place potatoes into a saucepan with enough water to cover. Bring to a boil and cook until tender, 15 to 20 minutes. Drain.
2. While potatoes are cooking, cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble and set aside. Reserve drippings in the skillet.
3. Sauté cabbage and onion in drippings in the skillet over medium heat until soft and translucent, 10 to 15 minutes; cover the skillet to decrease cooking time if desired. Remove from heat.
4. Mash potatoes with milk in a large bowl; season with salt and pepper. Fold in bacon, cabbage, and onion, then transfer mixture to a large serving bowl. Make a well in the center of potato mixture and pour in melted butter. Serve hot.

Irish Tea Cake



Ingredients

½ cup butter, softened
1 cup white sugar
2 eggs
1 ½ teaspoons vanilla extract
¾ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ cup milk
¼ cup confectioners' sugar for dusting



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch round pan.
2. In a medium bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs, one at a time, mixing until fully incorporated; stir in the vanilla. Combine the flour, baking powder and salt; stir into the batter alternately with the milk. If the batter is too stiff, a tablespoon or two of milk may be added. Spread the batter evenly into the prepared pan.
3. Bake for 30 to 35 minutes in the preheated oven, until a toothpick inserted into the center comes out clean. Cool in pan on a wire rack, then turn out onto a serving plate. Dust with confectioners' sugar right before serving.

March Birthdays

Sandra Aker	Mar 01	Sharon Taylor	Mar 10	Shirley Dworak	Mar 21
Patricia Gill	Mar 01	Teresa Tabbart	Mar 10	Brenda Vite	Mar 21
Joyce Roach	Mar 01	Anne Fuller	Mar 11	Rob Higgins	Mar 22
Jerry Bulanda	Mar 02	Pat Jones	Mar 11	Barry Wojtak	Mar 22
John Carey	Mar 02	Linda Vacca	Mar 11	Denise Jacob	Mar 23
Linda Cline	Mar 02	Kathleen Bertola	Mar 11	Lee Arneson	Mar 24
Robert Lasch	Mar 02	Donna Ellefson	Mar 12	Patricia Dolan	Mar 24
Marlene Burnett	Mar 02	Mary Mullins	Mar 12	Judith Gross	Mar 24
Rita Komarec	Mar 03	Peggy Amadio	Mar 13	Kathleen Becker	Mar 25
Anita Masi	Mar 03	Daniel High	Mar 13	Catherine Higgins	Mar 25
Denise Villalobos	Mar 03	Willi Sterba	Mar 14	Vicki Kuczenski	Mar 25
Robert Patrick	Mar 03	Jose Chacon	Mar 15	Kristina Miller	Mar 25
Patricia Baltes	Mar 04	Ruth Larsen	Mar 15	Ellen Kaleck	Mar 26
Laura Wieske	Mar 04	Scott Sparkman	Mar 15	Vilma Rovik	Mar 26
Kathryn Baietto	Mar 05	Ted Poulos	Mar 15	Toni Marshman	Mar 27
Marv Kellerman	Mar 05	Barbara Beaulieu	Mar 16	Jim Rutkowski	Mar 27
LaVerne Kreuser	Mar 05	Nancy Dyke	Mar 16	Linda Wikel	Mar 27
Barbara Leffelman	Mar 05	James Fredericksen	Mar 16	Gloria Stear	Mar 27
Claudia Schiller	Mar 05	Grace Johnson	Mar 16	Mary Bishop	Mar 28
Diana Schroeder	Mar 05	Patricia Moldenauer	Mar 16	Michael Cannestra	Mar 28
Lola Fuenstenberg	Mar 05	Roy Mukka	Mar 16	Taylor Austin	Mar 29
Rolland Hart	Mar 06	Amber Settersten	Mar 16	Russell Davis	Mar 29
Marge Jeschke	Mar 06	Luella Vines	Mar 16	Rita Jansen	Mar 29
Jean Walrath	Mar 06	Judith Matrise	Mar 17	Beverly (Pat) Sacco	Mar 29
Galina Balyosian	Mar 07	Martin Moskopf	Mar 17	Lillian Weiss	Mar 29
Barbara Henkel	Mar 07	Harry Stoebe	Mar 17	Frank Singer	Mar 29
Judith Higgins	Mar 07	Coleen Heckel	Mar 18	Mark Willis	Mar 29
Cyndi Kavis	Mar 07	Bill Shema	Mar 18	Bill Clark	Mar 30
Richard Gust	Mar 08	Audrey Steel	Mar 18	Pat Tomsheck	Mar 30
Carol McGinnis	Mar 08	Jacky Grace	Mar 19	Carol Zaruk	Mar 30
Carla Scofield	Mar 09	Audrey Hartman	Mar 19	Renee Cison	Mar 31
Bonnie Payette	Mar 09	John Otahal	Mar 19	Sandra Haggarty	Mar 31
Carol Bradbury	Mar 10	Kim Romanowski	Mar 19	Nilsa Medina	Mar 31
Mike Coughlin	Mar 10	Deborah Larsen	Mar 20	Linda Nelson	Mar 31
Connie DuChene	Mar 10	Bill Garbers	Mar 20	Janice Norris	Mar 31
Elisabeth Gulatz	Mar 10				

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.

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

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

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

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

Fellowship, Food and Fun

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

The next session is January 20 - 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.



2023 Special Events and Trips



Thurs. April 6, 2023	-	Fireside Theatre: The Music Man
Fri. April 28, 2023	-	Kentucky Derby Dance
**Friday, May 12, 2023	-	Grumpy Old Men
Corrected Day. The trip is on a Friday NOT a Thursday		
Fri. May 19, 2023	-	Spring Dance
Summer 2023 (tentative)	-	<i>Kenosha Kingfish Ballgame</i>
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>
Friday, August 4, 2023	-	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 14, 2023	-	Fireside Theatre: <i>Scrooge The Musical</i>
Thurs. December 15, 2023	-	Holiday Dance

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!

**NEW BUS LOCATION FOR TRIPS: Indian Trail High School
6800 - 60th Street in Kenosha**

Ask for details at the Front Desk

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

*May your troubles be less, your blessings be more,
and nothing but happiness come through your door*
Irish Blessing

*A good friend is like a four leaf clover-hard to find,
lucky to have.*
Irish Proverb

*May you live as long as you want and never want
as long as you live.*
Irish Toast

*Do not wait to strike till the iron is hot; but make it
hot by striking.*
William Butler Yeats

Featured Advertisers

Dickow Cyzak Tile Co.

Bath & Flooring Showroom since 1968
Bath Remodeling, Walk-In Showers, Grab Bars
(262) 694-9777 - Hwy 31 & Hwy 50

Saxony Manor

A Mercy Housing Senior Community
1850 22nd Ave Kenosha (262) 551-9005

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 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



Monthly Jokes



How can Irish people tell when it's summer? - **The rain gets warmer**

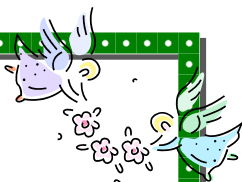
Why shouldn't you iron a four leaf clover? - **You don't want to press your luck**

What do you call a big Irish spider? - **A Paddy long legs**

How do you know if an Irishman is having a good time? - **He's Dublin over with laughter**



In Memoriam



Our deepest sympathy is
extended to the family & friends of

Orville Haney

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

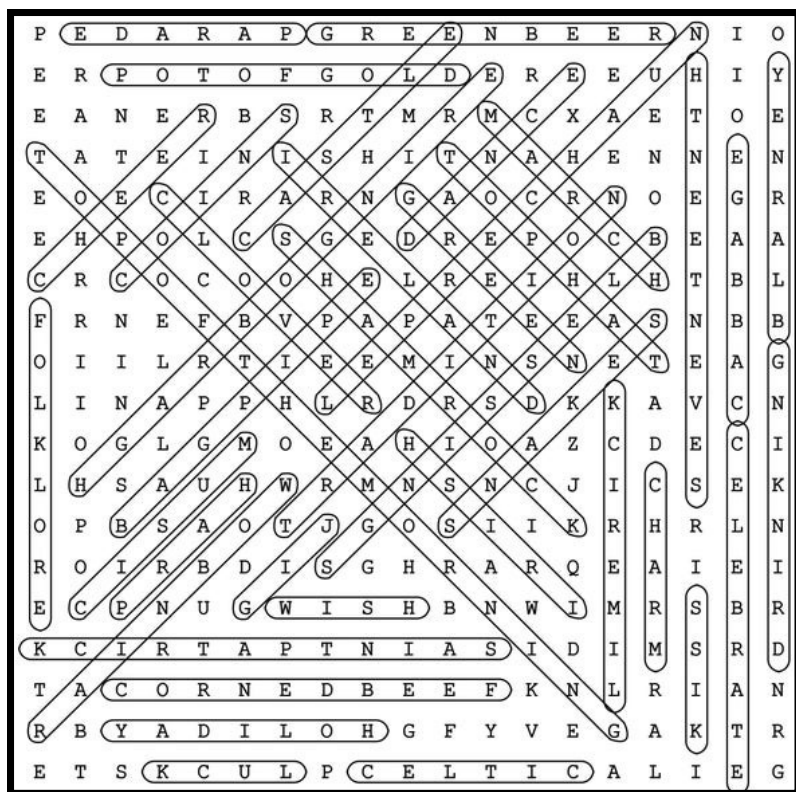
Kenosha Senior Center Newsletter:
March 2023 Published Irregularly

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



Member Wisconsin Association
of Senior Centers

Answer to the Word Search from page 12



Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

Thank you
to our
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