

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 5

May 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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BOARD OF DIRECTORS

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Dear Friends,

Happy May! There are plenty of reasons to love May. It feels like the start of summer, flowers are fully blooming and we can finally start entertaining outdoors again. Whether it's National Coconut Cream Pie Day (May 8) or National Chocolate Chip Day (May 15), there's something "official" to celebrate each day of the month.

Here are just a few: May 1-May Day (celebration of spring), May 5-Cinco de Mayo (commemorates the Mexican victory over the French), May 9-Mother's Day (celebrates moms), May 11-National Eat What You Want Day (enough said), May 16-International Pickle Day, May 27- National Italian Beef Day and finally, May 29-Memorial Day (a day we honor those who died while serving our country).

There's Always A Reason To Celebrate!

Happy Mother's Day To All Our Wonderful Mothers!

We gave the May Newsletter a Western Flair, in honor of John Wayne's birthday on May 26th. Enjoy the Western themed puzzles, recipes and parties!

See you at the Center!

Sincerely,

Denise





BUS TRIPS

New Trips

Milwaukee Brewers Baseball Game

Date: Thursday, July 6, 2023

Game time is at 1:10pm Gates Open: 11:40am

Game: Brewers vs Cubs at American Family Field in Milwaukee

Prices: Members: \$65.00, Non-members: \$70.00



vs.



Trip Description: It's the Brewers vs. Cubs! The price includes your ticket to the game & transportation by deluxe motor coach. This is our only Cubs vs Brewers game this year. We will NOT be going to Wrigley Field this year. Don't hesitate to sign up, tickets will go quickly.

Tickets go on sale to members on Tuesday, May 9, 2023. Numbers will be handed out at 8:30 am and the sign up begins at 8:40am. You are allowed to sign up for yourself and one other member only. You must show both membership cards when you purchase your tickets. **Tickets go on sale to non-members on Wednesday, May 10, 2023.**

Reminder: American Family Field is cashless at most of the concession stands and at all retail locations and portable kiosks.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 10:15am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 10:30am and return at approximately 6:00pm.

Legends in Concert - *Direct from London*

Date: Thursday, July 13, 2023

Destination: Fireside Theatre, Fort Atkinson, WI

Prices: Members: \$105.00, Non-members: \$110.00

Tickets go on sale to members on Tuesday, May 16, 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, May 17, 2023**



Trip Description: Join us for an exclusive Midwest engagement of a brand new Legends In Concert – Direct from London! It's all there – The Sound! The Look! The Glamour! The Magic! Featuring tributes to legendary British superstars of yesterday and today – Freddie Mercury, Adele, Rod Stewart, Elton John, and Dusty Springfield – with a four-piece band and performers so gifted, you'll swear the real thing is right before your very eyes.

Menu: Meal choices: Chicken Cordon Bleu: skinless breast of chicken dipped in buttermilk and egg, rolled in bread crumbs, topped with cream cheese with Dijon mustard, bacon and Swiss cheese served on a Madeira wine sauce. OR Steak Diane: medallions of roast beef tenderloin in a classic sauce. OR Grilled Shrimp six large Gulf shrimp marinated and grilled, presented on a tomato butter sauce. All meals include freshly baked breads, Wisconsin beer cheese soup, scalloped potatoes, green beans and mixed berry torte with fresh whipped cream for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks. **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 Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:30am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 8:45am and return at approximately 6:00 pm.



BUS TRIPS

Current Trips

Grumpy Old Men

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

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 shenanigans finally bring about a resolution to their long-standing differences.



Menu: Meal choices: Pretzel Crusted Stuffed Chicken: skinless breast of chicken stuffed with Havarti cheese, dipped in egg, rolled in pretzel crumbs and served with a balsamic raspberry sauce. OR Grilled Pork Ribeye: A boneless pork chop seasoned and grilled, finished with a rich pork demi-glaze. OR Rainbow Trout: seasoned with salt, pepper, and lemon butter. All meals include freshly baked breads, a chopped salad topped with the Fireside's pepper cream dressing and tortilla ribbons, garlic parmesan corn & red pepper medley and Oreo Delight for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks. **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 Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:30am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 8:45am and return at approximately 6:00 pm.

Kenosha Kingfish Ballgame and Tailgate Party

Date: Thursday, June 22, 2023 — Game Time is 11:35am
Trip: Kenosha Kingfish Ballgame at Simmons Field, Kenosha
Prices: \$25.00 for Soda Tailgate Party and \$30.00 for Beer Tailgate Party



Description: Join us at the ballpark as we root for our hometown team! The price includes your ticket to the game, and a Tented Tailgate Party with all you can eat and drink ballpark food, soda and water one hour before the game (10:35-11:35). Please see price difference above for soda and beer tailgate options.

***You must provide your own transportation to Simmons Field.**

On the day of the trip arrive at Simmons Field at 10:15am to meet Denise and pick up your ticket. She will be in the parking lot near the entrance until 10:35am.



Date: Wednesday, June 14, 2023
Location: Potawatomi Casino Milwaukee, WI
Prices: Members: \$25.00 Non-members: \$30.00

Trip Description: You'll enjoy a deluxe motor coach ride to Potawatomi Casino in Milwaukee where they have over 3,100 slot machines, classic table games and Bingo. Everyone will receive \$10.00 in Fire Keeper's Reward Play and a \$10.00 food and beverage credit that may be used toward purchasing your lunch. **Please Note:** On this trip you must bring a **valid photo I.D.** with you into the Casino. Jackpots over \$1,250.00 will also require your Social Security Card.

IF YOU HAVE A FIREKEEPER CARD, BRING IT WHEN YOU SIGN UP FOR THIS TRIP

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 10:00 am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 10:15 am and return at approximately 5:30 pm.

Movie

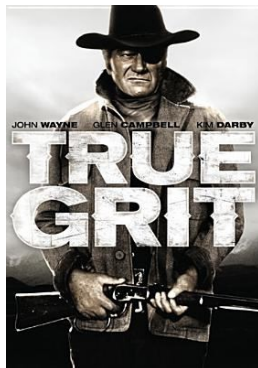
Friday, May 12th at 1pm

True Grit

After hired hand Tom Chaney (Jeff Corey) murders the father of 14-year-old Mattie Ross (Kim Darby), she seeks vengeance and hires U.S. Marshal "Rooster" Cogburn (John Wayne), a man of "true grit," to track Chaney into Indian territory. As the two begin their pursuit, a Texas Ranger, La Boeuf (Glen Campbell), joins the manhunt in hopes of capturing Chaney for the murder of a Texas senator and collecting a substantial reward. The three clash on their quest of bringing to justice the same man.

Run-Time 2 hour 11 minutes

Rated G



9:30am-10:30am

FREE

Coffee and Donuts
or Kringle

Wednesday, May 17, 2023

Sponsored by Parkside Manor

Wednesday, May 31

Sponsored by Home Instead

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

Wii Bowling Winter League Banquet

Thursday, May 4, 2023 at 1:30 pm

All bowlers who participated in the Winter Wii Bowling League are invited to an afternoon of food, prizes, awards and fun! Please RSVP by Friday, May 1st to Denise at 359-6117.



Wii Bowling League

Sign Up for Summer Session

Monday, May 1, 2:30 pm

There will be a meeting for everyone interested in joining the next Wii Bowling League. Sign up for the league will be held at the end of the meeting. **The Summer league will be held on Thursdays at 12:30 pm, beginning May 11, 2023.** The cost is only \$5.00 to join. If you've every thought about playing Wii Bowling, come to this meeting and learn more about it.

FREE BINGO



Tuesday, May 23, 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

Blood Pressures Screenings

Thursday, May 25, 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

Class Updates

- No Cardio Drumming May 12th
- The Senior Center will be closed May 29th for Memorial Day

Foot Clinic

Friday, June 9, 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.

New Session

Mahjong Lessons For Beginners

Four Lessons on Tuesdays

May 2, 9, 16 and 23

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

Goldens on the Go!



Walkers age 55+ meet Wednesday & Friday mornings for a group walk. The group meets in front of the Civil War Museum and walks one of the paths at the lake front. They also meet at Petrifying Springs a couple of times during the summer. Come to learn more and sign up at the Kick Off Event.

Are you looking for a way to stay active and socially connected?
Join Kenosha's walking group:
Goldens on the Go!

“Goldens on the Go” Kick Off Event!

- Who:** All Walkers & “Want-to-be Walkers” age 55 and older
- When:** **Wed. May 24, 2023 at 10:30 am**
- Where:** Kenosha Senior Center
- Why:** Learn about Goldens on the Go & sign up to be part of this FABULOUS walking group!!
- Sign Up:** Call (262) 359-6260 to sign up for this free event!



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.

March Winners!!

Cheryl Brown, Roxanne Patrick, Cheryl Millholland

Thank You For Participating!

Updated Coffee Experience



Daily 9am-3pm

Enjoy coffee options with flavored creamers, hot tea and cocoa at our newly updated coffee counter. New cost is 25¢ per cup

Kenosha Senior Center Orientation May 26, 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**

Coin & Stamp Appraisals

**Friday, May 26, 2023
at 1:00pm**

Have questions about a coin or stamp collection you have at home? Stop in and get those questions answered.



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

MEMBERSHIP RENEWAL

Renew by June 30, 2023

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
- 🍎 Menus available at the Senior Center or on-line at kafasi.org/nutrition.html
- 🍎 Great way to meet new friends



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

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

Saddle Up And Join Us For Our
COUNTRY-WESTERN DANCE

Friday, May 19, 2023
1:30pm—3:30pm



Entertainment with Ernie Garner

Snacks & Door Prizes Sponsored by
Good Value Pharmacy

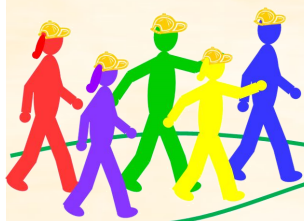
Wear Your Jeans and Favorite Shirt. Hats and Boots are Optional

REWARD

LOTS OF OF FUN AND A
STOMPIN' GOOD TIME!

Dances are Free and Open to the Senior Public

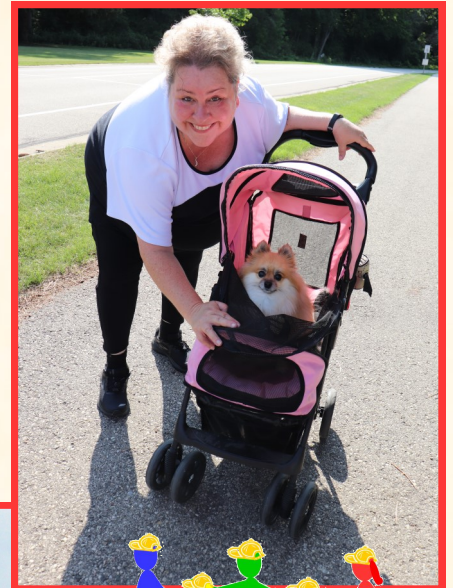




Goldens on the Go!

*Join our Walking Group. They meet June—September.
Look for details on page 5 of this Newsletter.*





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
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
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			

[illegible]

WESTERN WORD SEARCH

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



BADGE
BANDANA
BANDIT
BARNYARD
BISON
BOOTS
BUFFALO
CACTUS
CAMPFIRE
CANYON

CATTLE
CHAPS
CHUCKWAGON
COWBOY
COWGIRL
DEPUTY
DUSTY
DYNAMITE
FORT
FRONTIER

GOLD
HIDEOUT
HOLSTER
HOMESTEAD
HORSE
HOWDY
LASSO
RAILWAY
RANCH
RANGE

RATTLESNAKE
RODEO
ROPE
SADDLE
SALOON
SHERIFF
SPURS
STAGECOACH
STAMPEDE
WRANGLER



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	



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DIFFICULTY: ★☆☆☆☆



COWBOY COOKIES



Ingredients

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon baking soda
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1½ cups (3 sticks) butter, at room temperature
- 1½ cups granulated sugar
- 1½ cups packed light-brown sugar
- 3 eggs
- 1 tablespoon vanilla
- 3 cups semisweet chocolate chips
- 3 cups old-fashioned rolled oats
- 2 cups sweetened flake coconut
- 2 cups chopped pecans (8 ounces)

Directions

1. Heat oven to 350 degrees.
2. Mix flour, baking powder, baking soda, cinnamon and salt in bowl.
3. In a very large bowl, beat butter with electric mixer at medium speed until smooth and creamy.
4. Gradually beat in sugars, and combine thoroughly.
5. Add eggs one at time, beat after each. Beat in vanilla.
6. Stir in flour mixture until just combined. Stir in chocolate chips, oats, coconut and pecans.
7. Drop onto baking sheets a few inches apart.
8. Bake 17-20 mins.



COWBOY BACON BEANS

Ingredients

- 4 cups dry pinto beans
- 1 pound thick-cut bacon, cut into pieces
- 2 whole green bell peppers, diced
- 1 whole onion, diced
- 1 cup brown sugar
- 1/4 cup ketchup
- 2 tablespoons mustard
- 1 tablespoon chili powder, optional
- 2 teaspoons salt, more to taste
- 2 teaspoons black pepper, more to taste
- 4 cloves garlic, minced

Directions

1. Rinse the beans under cold water, sorting out any rocks/particles. Set aside.
2. In a heavy pot (cast iron if have), saute the bacon pieces until halfway cooked and the fat is rendered. Add the green peppers and onions to the pot and cook until starting to get brown, about 3 minutes. Add the beans and cover with water by 1 inch. Bring to a boil, and then add the brown sugar, ketchup, mustard, chili powder, salt, pepper and garlic. Reduce the heat to a simmer, place on the lid and cook until the beans are tender and the liquid is thick 3 to 4 hours.



HAPPY BIRTHDAY

Carrie DeSantis	May 01	Georgene Dworak	May 09	Chad Bergerson	May 21
Laurie Heyden	May 01	Ceil Klapproth	May 09	Patsy Belongia-Shuler	May 22
Janice Sacramento	May 01	Nancy Nichi	May 09	Hazel Skinner	May 22
Warren Robinson	May 01	Nancy Rasmussen	May 10	Denise Thomas	May 22
Carole Hayden	May 02	Joann Rossow	May 10	Sandra White	May 22
Sandra Ferrari	May 03	Judy Peterson	May 11	Karen Ciskowski	May 23
Jeffrey Pascucci	May 03	Philip Woolman	May 11	Michael Rosko	May 23
David Morin	May 04	Maudie Billings	May 11	Cathy Wildman	May 23
Jessica House	May 04	Cynthia Greene	May 12	Adela Hessefort	May 24
Joseph Horvath	May 04	Sandra Menarek	May 12	Lynn Davis	May 25
Scott Seip	May 04	Darlene Anderson	May 13	Roger Jeschke	May 25
Janet Bonaretti	May 05	Janet Puckett	May 13	Wanda Wienkers	May 25
Diana Grissom	May 05	Janice Ward	May 13	Carine Stockman	May 25
Jolene Schneider	May 05	Leslie Hernandez	May 14	Linda Langenstroer	May 26
Linda Sturycz	May 05	Roy Johnston	May 14	Sharon-Lee Villani	May 26
Bill Zaionc	May 05	Sandy Robillard	May 14	Willa-Jeane Erdahl	May 27
Mark Zillmer	May 05	Mary Shefchik	May 14	Lois Jones	May 27
Kathy Baas	May 05	Sharon Madsen	May 15	Marty Ludwig	May 28
Mary Haws	May 05	Raymond Acerbi	May 16	Alexander Ritchie	May 28
Colleen Jecevicus	May 06	Raymond Anderson	May 16	Cheryl Thompson	May 28
Victoria Savino	May 06	Ken Eschmann	May 16	Shelly Eschmann	May 29
Raymond Cameron	May 06	Rebecca Galan	May 16	Gale Ponti	May 29
Adele Haney	May 07	Charlene (Char) Harp	May 16	Ruth Vandervort	May 29
Julia Myktytn	May 07	Jane Haubrich	May 16	Susie Moe	May 30
Cindy Willis	May 07	Kathleen Lusignan	May 16	Denise Pavlica	May 30
Stephanie Wenzel	May 07	Andra Schroeder	May 16	Alice Roemer	May 30
Bradley Matthews	May 08	Peggy Starr	May 17	Joyce Sorensen	May 30
Patricia Stanley	May 08	Carolyn Garbers	May 18	Oscar Villalobos	May 30
Sandra Daugherty	May 08	Bernie Sura	May 19	Bob McMahon	May 30
Lawrence Boyd	May 09	Kathryn Leiting	May 19	Pamela Mohr	May 31
Gail Casey	May 09	Sandra Wright	May 20	Bonnie Nichols	May 31
Lena Cooksey	May 09	Mario Ruffolo	May 20	Will Zuberbuehler	May 31

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 #2

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	

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DIFFICULTY: ★★★☆☆

The answer to this puzzle is on page 23

Kenosha Senior Center

2023 Special Events and Trips

Friday, May 12, 2023	-	Grumpy Old Men
Fri. May 19, 2023	-	Spring Dance
Wed. June 14, 2023	-	Potawatomi Casino
Fri. June 16, 2023	-	Summer Dance
Thur. June 22, 2023	-	<i>Kenosha Kingfish Ballgame</i>
Thurs. July 6, 2023	-	Brewers vs Cubs in Milwaukee
Thurs. July 13, 2023	-	Fireside Theatre: Legends in Concert
Fri. August 4, 2023	-	State Fair Park: <i>Wisconsin State Fair</i>
Thurs. Aug 10, 2023	-	Kenosha Senior Center: <i>Annual Picnic</i>
Thurs. August 24, 2023	-	Lake Geneva Boat Trip <i>Frank 2 Frankie</i>
Fri. September 15, 2023	-	Dance
September 2023 (tentative)	-	Dancing Horses
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>
Thur. December 14, 2023	-	Fireside Theatre: <i>Scrooge The Musical</i>
Fri. December 15, 2023	-	Holiday Dance

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!

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. We cannot issue refunds unless there is a waiting list and we are able to replace you with someone on that list. 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.

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 8 week session

NEW SESSION: April 28 - June 30, 2023

The current session is sold out. See Denise for drop in options.

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





Kenosha Senior Center

2023-2024 Member Registration Form

2717 67th Street
Kenosha, WI 53143

For July 1, 2023 thru June 30, 2024

You must be 55 Years old to join

(or be the spouse of a current member, if you are under age 55)

Resident Memberships are **\$12.00** per year/person

(for those who live within the Kenosha Unified School District – KUSD boundaries)

Non-Resident Memberships are **\$50.00** per year/person

(for those who live outside the Kenosha Unified School District — KUSD boundaries)

Grandfathered Memberships are **\$12.00** per year/person

(for those who are current members and move outside the KUSD boundaries)

NEW Memberships are **Prorated**, based on starting month

Please call the Senior Center at 262-359-6260 for amount due, before sending your form

KUSD Boundaries: City of Kenosha, Town of Somers and the Village of Pleasant Prairie

COMPLETE FORM AND RETURN TO CENTER (PLEASE PRINT)

Staff Use Only

Membership Date: _____

Amount Paid: ☐ Cash
☐ Check

____ Member (Renewal)

____ New Member

____ Non-Resident Member (Renewal)

____ Non-Resident New Member

Barcode #1 _____

Barcode #2 _____

MEMBER #1

FIRST NAME _____ LAST NAME _____

BIRTHDATE (required) _____ ☐ Male ☐ Female

Email Address: _____

Address _____ Apt. # _____ Home Phone _____

City _____ St _____ Zip _____ Cell Phone _____

Ethnicity: ☐ American Indian ☐ Asian ☐ African American ☐ Caucasian ☐ Hispanic ☐ Other: _____

Emergency Contact Name _____ Phone _____

Relationship _____ My Hospital Preference _____

MEMBER #2

FIRST NAME _____ LAST NAME _____

BIRTHDATE (required) _____ ☐ Male ☐ Female

Email Address: _____

Address _____ Apt. # _____ Home Phone _____

City _____ St _____ Zip _____ Cell Phone _____

Ethnicity: ☐ American Indian ☐ Asian ☐ African American ☐ Caucasian ☐ Hispanic ☐ Other: _____

Emergency Contact Name _____ Phone _____

Relationship _____ My Hospital Preference _____

Questions? Please Call the Kenosha Senior Center at 262-359-6260

Visit our Website: www.kusd.edu/seniorcenter or Facebook: www.facebook.com/kenoshasenior

All payments will be deposited after July 1, 2023

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
2023-2024 Memberships Run From
July 1, 2023 thru June 30, 2024



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



COWBOY & COWGIRL WORDS OF WISDOM

"Worry is like a rockin' horse. It's something to do that don't get you nowhere."

"Life is simpler when you plough around the stump"

"Timing has a lot to do with the outcome of a rain dance."

*"Never miss a good chance to shut up."
Judge Roy Bean "Law West of the Pecos."*

*"Always drink upstream from the herd."
Will Rogers*

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

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.



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IRIS Consultant Agency

844-520-1712

Email: connections@lsswis.org

Meadowmere Southport

Assisted Living Community

www.meadowmeresouthport.com

8351 Sheridan Road / 262-948-1100



Monthly Jokes



What do you call a happy cowboy?

A jolly rancher!

Why do cowboys always ride horses?

Because they're far too heavy to carry!

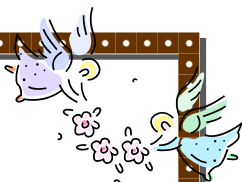
What do you call someone who wears cowboy clothes?

Ranch dressin'

What do you call a dinosaur in a cowboy hat?

T-Tex

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:
May 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

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

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

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

Thank you
to our
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