

# Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 7

July 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

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## Newsletter Editors

Denise Jacob and Kandy Stull

Senior Dining 262-351-6246

## BOARD OF DIRECTORS

**President:** Bonnie Hausfeld  
**Vice President:** Judi Kruse-Dohrn  
**Secretary:** Kathy Flammang  
**Asst. Secretary:** Carol Kessler  
**Treasurer:** Bryan Mogensen  
Coordinator of Recreation



## BOARD MEMBERS

Eloda Birch Ron Mengel  
MaryAnn Bourget Sue Moe  
Joan Hall Nikki Mondia  
Barbara Johnson Carol Sieber  
Phyllis Mattox Barb Van Dyke

## Dear Friends,

Maintaining a close circle of friends can have a positive impact on well-being, especially as we grow older. From encouraging you to make better health choices to supporting you on difficult days, friends play a role in determining how long and how well we live. Having friends helps you stay engaged with life and the world around you.



Sometimes it can be challenging to maintain a social network as we age. Friends might move away to live closer to their adult children and grandchildren and work relationships may fizzle after retirement. It's hard then to reap the benefits of close friendships.

There are several things you can do to make new friends in retirement. You can take a class, do some volunteer work or join a fitness group. Guess what? We have all that at the Kenosha Senior Center. Many of our members have expanded their social networks and made lasting friendships.

Share the information about the Senior Center with someone you think could use a friend or would enjoy our activities.

*It's Time To Reconnect, Have Some Fun  
And Meet New Friends!*

See you at the Center!

Sincerely,

*Denise*





# BUS TRIPS

*New Trip*

## The Dancing Horses Theatre

**Date:** Wednesday, September 13, 2023  
**Trip:** Dancing Horses in Delavan, WI  
**Prices:** Members: \$85.00, Non-members: \$90.00

**New Trip!**



**Tickets go on sale to members on Tuesday, July 11, 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, July 12th.**

**Description:** The Dancing Horses Theatre presents an unparalleled Vegas Style performance. The show has been crafted to evoke memories from childhood. Beautiful costumes and talented horses delight audiences both young and old. The dynamic performance features the beauty and grace of a variety of horse breeds performing alongside their trainers. From the moment the show opens until the finale, you will be spellbound. The venue is fully climate-controlled and wheelchair-accessible.

**Agenda:** Arrive at the Venue around 11am for Petting Zoo and to Explore the Grounds.

Lunch is at Noon and the Dancing Horses Show is from 1:00pm-2:45pm

**Menu:** House Salad, Roll with Butter, Stuffed Chicken Breast, Mashed Potatoes, Vegetable, Dessert and Lemonade, Coffee or Iced Tea to Drink

**On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 9:45am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 10:00am and return at approximately 4:30pm.**

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## Wisconsin State Fair

**Date:** Friday, August 4, 2023  
**Trip:** State Fair Park, West Allis, WI  
**Prices:** Members: \$35.00, Non-members: \$35.00



**Description:** Join us as we travel to the Wisconsin State Fair - for the animals, the entertainment and the Cream Puffs!! Traveling with us is a great value and so convenient. No driving or paying for parking in a far away lot. You'll enjoy air conditioned comfort on the bus and be dropped off right in front of the entrance. When was the last time you got to go to the state fair?

**On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:45am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 9:00am and return at approximately 5:30pm.**



# BUS TRIPS

## Current Trips

### Milwaukee Brewers Baseball Game



vs.



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

Wait List

**Trip Description:** The price includes your ticket to the game & transportation by deluxe motor coach. **Reminder:** American Family Field is cashless at most locations in the park.

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

Wait List



**Trip Description:** Exciting show, 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, Steak Diane or Grilled Shrimp. 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.

### Lake Geneva

### Luncheon Cruise and Show

Date: Thursday, August 24, 2023

Destination: Lake Geneva, WI

Prices: Members: \$95.00 Non-members: \$100.00

Wait List



**Trip Description:** Take a musical journey from Jersey to Vegas with two of the most memorable Jersey Boys, Frank Sinatra and Frankie Valli. Created and performed by John Ludy Puleo and David Allen Mehner. Enjoy this exciting musical show aboard the Grand Belle as we take a full lake tour around Lake Geneva! Music, delicious food, fun and beautiful lake views -- the perfect outing!

**Menu:** Roasted turkey, buttery mashed potatoes with turkey gravy, green beans, fresh fruit, rolls, apple pie and coffee or iced tea.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 9:30am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 9:45am and return at approximately 5:30pm.



## Movie

Friday, July 14h at 1pm

### 80 for Brady

As the New England Patriots reach the Super Bowl in Houston, four female fans become determined to go to the game and meet quarterback Tom Brady, which proves a more memorable experience than they anticipated after the Patriots fall behind by four touchdowns.



Run-Time 1hr 38 minutes

Rated PG-13

## Class and Center Updates

- No Art Class for July and August
- No Chorus for July
- No Chair Yoga on July 3rd and July 24th
- No Total Body Conditioning on July 25th

Check Calendar for all Changes

## Picnic Volunteers Needed

Our annual summer picnic is a big event and we can use all the help we can get! This year's picnic is Thursday, August 10th.

Call the Center at 262-359-6260 by Friday, August 4th if you are able to volunteer.

## 2023 Craft Fair Sign Up

New crafters may register, after July 13th, for any tables remaining for the 2023 Craft Fair.

Call Denise at 262-359-6117 to see if there are any tables available.

The fee for members is \$20 and \$32 for non-members. Forms are available at the Senior Center or you can find one on our website at [www.kusd.edu/seniorcenter](http://www.kusd.edu/seniorcenter).

The Craft Fair will be held on Saturday, November 11, 2023 from 8:30 am-3:00 pm.



9:30am-10:30am

**FREE**

Coffee and Donuts

Wednesday, July 5, 2023

Sponsored by St. Catherine's Commons

Wednesday, July 12, 2023

Sponsored by Library Terrace

Wednesday, July 19, 2023

Sponsored by Senior CarePatrol

Wednesday, July 26, 2023

Sponsored by Senior Companion Program

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

## FREE BINGO



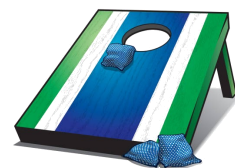
Tuesday, July 25, 2023 at 1pm

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  
Kenosha Place Senior Living

## New Bagz Group Starting Wednesdays at 1pm



Want to meet new people and get active? Join our new Bagz Group (the game is also known as cornhole). Let's bring this popular yard game to the Kenosha Senior Center. Bagz will usually meet indoors. Stop by and try this fun game. No experience needed. Everyone is welcome!

## Blood Pressures Screenings Thursday, July 27, 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





# *Kenosha Senior Center*

## **PICNIC**

**Thursday, August 10, 2023**

**10:30am-3:00pm**



**10:30 am  
Games**

**Noon  
Lunch**

**1:00pm  
Pig Races**

**1:15pm  
Music by  
Willi Sterba**



Food: Hot Dogs, Chips, Pickle on a Stick, Mini Cream Puffs

**Call 262-359-260 or Stop in to Register by Monday, July 31st**

## 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.

### May Winners!!

Bill Kroll, Donna Serzynski, Janice Mowry

### Thank You For Participating!

## Goldens on the Go Walking Group

Wednesdays and Fridays 8am and 10am

Are you looking for a way to stay active and socially connected? Join the **Goldens on the Go!** Walkers age 55+ meet Wednesday & Friday mornings for a group walk. The group usually meets in front of the Civil War Museum and walks one of the paths at the lake front. Stop by the Center to pick up a packet and learn more about the group.



## 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.



## Kenosha Senior Center Orientation Wednesday, July 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 these 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

## 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 online at [kafasi.org/nutrition.html](http://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

## Mahjong Lessons For Beginners

Tuesdays 9:00am—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.



# Quarterly Meeting and Ice Cream Social



**Thursday, July 27 at 1:00 pm**

**Join us for a quick Quarterly Membership Meeting and stay for the ice Cream!**

Please call the Senior Center at  
262-359-6260 by July 21st to sign up

**Sponsored by Culvers**

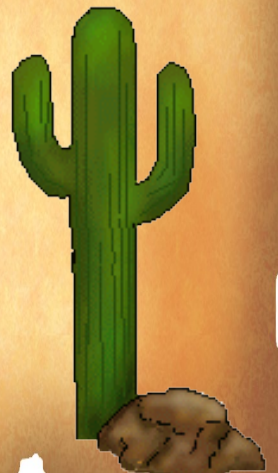








# COUNTRY-WESTERN DANCE







## ***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
Bagz (Bean Bag Game)	Wednesday	1:00pm	Free
Bingo for Members	4th Tuesday (Check Calendar)	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			



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>HAPPY 4TH OF JULY!</b>					<b>1</b> Center Closed
<b>2</b> Center Closed	<b>3</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 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>4</b>  Closed	<b>5</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9:30am Donut day 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead 1pm Bagz Group	<b>6</b> 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre	<b>7</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum	<b>8</b> Center Closed
<b>9</b> Center Closed	<b>10</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 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>11</b> Trip Sign Up 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Board Meeting	<b>12</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9:30am Donut day 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead 1pm Bagz Group	<b>13</b> Trip 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre	<b>14</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum  No Afternoon Activities  1pm Movie 80 For Brady	<b>15</b> Center Closed
<b>16</b> Center Closed	<b>17</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 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>18</b> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Bagz Group	<b>19</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9:30am Donut day 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead 1pm Bagz Group	<b>20</b> Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre	<b>21</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am No Cardio Drumming	<b>22</b> Center Closed
<b>23</b> Center Closed	<b>24</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 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>25</b> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm BINGO	<b>26</b> 8:30-10:30am Woodturning by Appt. 9am Sr. Center Orientation 9-11am NO Art Class 9:30am Donut day 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead 1pm Bagz Group	<b>27</b> Woodturning by Appt. 8:30-11am Health Screens 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus  No Afternoon Activities  1pm Quarterly Meeting and Ice Cream Social	<b>28</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am No Cardio Drumming  	<b>29</b>
<b>30</b> Center Closed	<b>31</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 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>Senior Center Hours</b> Monday-Friday 8:30am-3:45pm Closed Saturday and Sunday <b>Phone: (262) 359-6260</b>  Pool Tables are open Monday thru Friday 8:30am-3:30pm Except during movies, meetings, dances and closures.				



# July Word Search



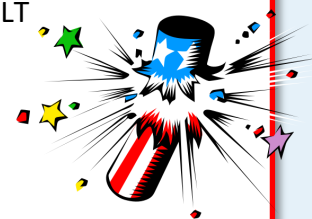
R G Q D C Z E T F G T P K K G G H O N C  
H E H X S K M X T G R A O G J A A E L L  
A R W S E Y A H Z C P A L L R R R I P E  
R E E O G A R F I E L D N R K U N D G V  
D A T V H K A T J H Y M I T B T R V N E  
I G X F O N E N Y V L S Q N O O Y O A L  
N A J N A O E N Y L O J S N F F S D L A  
G N U C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

ADAMS  
ARTHUR  
BIDEN  
BUCHANAN  
BUREN  
BUSH  
CARTER  
CLEVELAND  
CLINTON  
COOLIDGE

EISENHOWER  
FILLMORE  
FORD  
GARFIELD  
GRANT  
HARDING  
HARRISON  
HAYES  
HOOVER  
JACKSON

JEFFERSON  
JOHNSON  
KENNEDY  
LINCOLN  
MADISON  
MCKINLEY  
MONROE  
NIXON  
OBAMA  
PIERCE

POLK  
REAGAN  
ROOSEVELT  
TAFT  
TAYLOR  
TRUMAN  
TRUMP  
TYLER  
WILSON



## 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.

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

I ♥ Sudoku



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DIFFICULTY: ★☆☆☆☆

The answer to this puzzle is on page 23





## RED WHITE & BLUE BERRY CHEESECAKE BITES



### Ingredients

- 4 oz. Greek cream cheese (or Neufchatel), softened
- 1/4 cup powdered sugar
- 1/2 teaspoon lemon extract
- 1/8 – 1/4 teaspoon vanilla extract
- Fresh strawberries, cut in half lengthwise and/or large raspberries
- Fresh blueberries



### Directions

1. In a small mixing bowl, mix together the cream cheese, powdered sugar and extracts until well mixed.
2. Clean and prep the berries, then pipe the mixture onto strawberry halves and top with a couple blueberries and/ or into large raspberries and top with a blueberry. Set each berry on a platter as you finish it.
3. Serve immediately, or cover and refrigerate until serving time.

## BACON RANCH PASTA SALAD

### Ingredients

- 1 lb pasta – Rotelli or Elbow
- 8 oz cheddar cheese – cubed
- 1 bag (10 oz) frozen peas – thawed
- 8 strips cooked bacon – chopped
- 2 tablespoons chives – chopped
- 1 tablespoon parsley – chopped

### Dressing

- 4 tablespoons (2 packages) Hidden Valley Ranch Dressing
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 cup milk



### Directions

1. Cook pasta according to directions on box. Drain and rinse. Place pasta in a large bowl along with cheddar cheese, peas and bacon.
2. Mix dried ranch, sour cream, mayonnaise and mix together until smooth. Pour over pasta and other ingredients and sprinkle on chives and parsley. Toss together until well mixed. Serve immediately. Can be stored in fridge – may need to additional sour cream/milk if pasta sticks together.



# HAPPY 4TH OF JULY!






# JULY



## BIRTHDAYS

John O'Day	Jul 02	Frank Esposito	Jul 12	Dick Karmann	Jul 22
Elizabeth Madsen	Jul 03	Gloria Peterson	Jul 12	Barbara Brunner	Jul 22
Jane Riley	Jul 03	Darlene Venci	Jul 12	David Gehrke	Jul 23
Karin Carbone McCarville	Jul 03	Mary Brander	Jul 13	Lisa Rasmussin-Zanin	Jul 23
Ellen Hedges	Jul 03	Joan Minkowski	Jul 13	Kathy Antes	Jul 23
Laura Irving	Jul 04	Karen Cox	Jul 13	Sam Messina	Jul 24
Brenda Walentowski	Jul 04	Dan Kehrer	Jul 13	Jeanne Neu	Jul 24
Robin Ingrouille	Jul 04	Theresa Landree	Jul 13	Marlene Hubbard	Jul 25
Robert Craig	Jul 05	Gloria Brooks	Jul 14	Joseph Landry	Jul 25
Linda Cohn	Jul 06	Frenesi DeVos	Jul 14	Jennie Ruhle	Jul 25
Susan Frantal	Jul 06	Linda Fredericksen	Jul 15	Terri Koskinen	Jul 25
Floyd Hart	Jul 06	David Walden	Jul 15	Marlene Beronich	Jul 26
Patricia Principe	Jul 06	Marian Alleman	Jul 15	Mary Ann Broesch	Jul 26
Art Rodrig	Jul 06	Penny Schaubel	Jul 16	Gale Thompson	Jul 26
Carol Corrigan	Jul 07	Roger Krah	Jul 16	Jeanine Belhumeur	Jul 27
John Hawson	Jul 07	Cathie Salerno	Jul 17	Helen Rhodes	Jul 27
Christine Merten	Jul 07	Lanna Tinker	Jul 17	Carol Yuknis	Jul 27
Bonnie Fox	Jul 08	Joel Ewings	Jul 17	Marion Alongi	Jul 28
Linda Hilleshiem	Jul 08	Leonie Manalang	Jul 17	Susan Myers	Jul 28
MaryAnn McKinney	Jul 08	James King	Jul 18	Dawn Zemko	Jul 28
Karen Gahart	Jul 09	Delorse Stettner	Jul 19	Jerry Ball	Jul 29
Steve Jacob	Jul 09	Roger Poyner	Jul 19	Lucy Nelson	Jul 29
Patricia Saunders	Jul 09	Rolf Amundsen	Jul 20	Diane Schoen	Jul 30
Dawn Feldman-Brown	Jul 10	James Baltes	Jul 20	Jessie Wahoski	Jul 30
Raymond Rupp	Jul 10	Ann Kiehn	Jul 20	Shirley Burdick	Jul 31
Nancy Serra	Jul 10	Ed Lusignan	Jul 20	Thelma Dunnum	Jul 31
Vicki Richards	Jul 11	Debbie Vite	Jul 21	Bob Henry	Jul 31
Diana Hampson	Jul 11	Diane West	Jul 21	Bonnie Schultz	Jul 31
Daniel Ambrowiak	Jul 11	Donna Craven-Gorr	Jul 22	Paul Westcolt	Jul 31
Leon Sniegowski	Jul 11	Brenda Lambert-Miller	Jul 22	Ken Berry	Jul 31
Glen Gyurina	Jul 11	Cindy Dalpaos	Jul 22		



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

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DIFFICULTY: ★★☆☆





The answer to this puzzle is on page 23



# *Kenosha Senior Center*

## **2023 Special Events and Trips**



- |                               |   |   |   |
|-------------------------------|---|---|---|
| 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 13, 2023            |   | - | Dancing Horses Theatre  |
| 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 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**

**Current Session: April 28 - July 14, 2023**

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

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

### 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 \_\_\_\_\_

### COMPLETE FORM AND RETURN TO CENTER (PLEASE PRINT)

#### 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](http://www.kusd.edu/seniorcenter) or Facebook: [www.facebook.com/kenoshasenior](http://www.facebook.com/kenoshasenior)**

# 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





**JULY**



**WORDS OF WISDOM**

*"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him"*

*Abraham Lincoln*

*"Ask not what your country can do for you-ask what you can do for your country"*

*John F. Kennedy*

*"Never lose faith in America. Its faults are yours to fix, not to curse"*

*Colin Powell*

*"America is not just a country, but a way of life"*

## 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

## Pennies, Pennies, Pennies!

Don't forget to drop off your spare pennies at the front desk of the Senior Center. We add them all up and they turn into a great prize at the picnic. This is our last year for the Penny Jar Guessing Game, so drop off those pennies from the bottom of your purse or pocket and help make it a BIG prize this year!



Volunteer for the Picnic on August 10, 2023

Call the Center at 262-359-6260 by Friday, August 4th if you are able to volunteer

## Featured Advertisers

### Prairie Ridge Senior Campus

Garage Parking—Elevator-Club House

Pet Friendly

Call 262-942-9660

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

### Lakeside Towers

Section 8 Senior Housing

5800 - 3rd Avenue - (262) 654-2131

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

### Wisconsin SMP

Empowering Seniors to Prevent

Healthcare Fraud

[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

888-818-2611

**EVERYONE  
IS WELCOME HERE**



## Monthly Funnies



**"It's Fourth of July weekend, or, as I call it, Exploding Christmas"**

**Stephen Colbert**

**"Isn't it funny how red, white, and blue represent freedom...until they're flashing behind you!"**

**"Happy National 'hear fireworks all day and night being set off by people you wouldn't trust with a glow stick day' "**

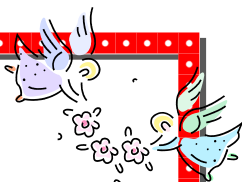
**"He makes me melt like a popsicle on the Fourth of July" Darla from Little Rascals**

## In Memoriam

Our deepest sympathy is  
extended to the family & friends of

Sally Epping

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



Kenosha Senior Center Newsletter:  
July 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

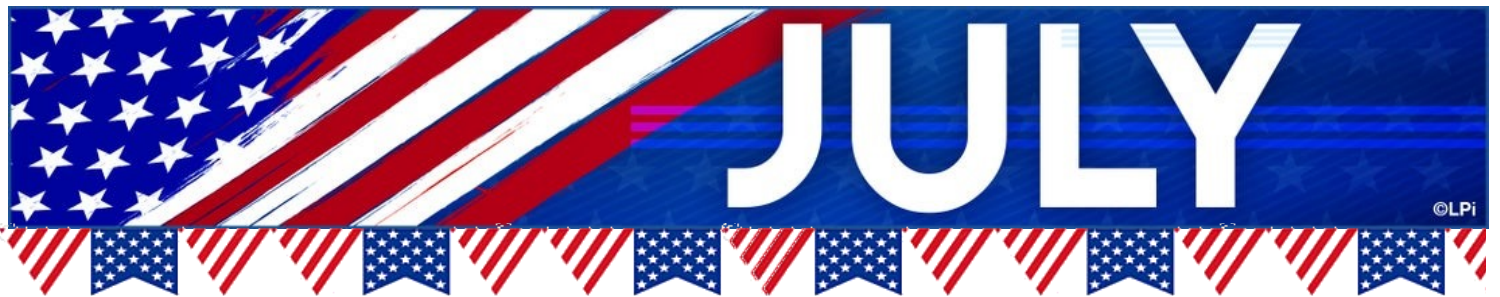
**Thank you**  
to our  
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