

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 8

August 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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Newsletter Editors

Denise Jacob and Kandy Stull

Senior Dining 262-351-6246

BOARD OF DIRECTORS

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<i>Phyllis Mattox</i>	<i>Barb Van Dyke</i>

Dear Friends,

I just celebrated my fourteen-year anniversary at the Kenosha Senior Center. It's gone by very fast!

My Kenosha Senior Center experience started when I was in college, in 1985. I did an internship here for a semester, while I worked on a research project. I then reached out in the 1990s to find out what the qualifications were for the Program Director position. I filed that away and then started my own business in recreation and fitness. When the position opened up in 2009, I applied for it.

I have thoroughly enjoyed these last 14 years, meeting all the members and creating great friendships. I am especially grateful for the talented group of people I get to work with. We have an amazing staff and wonderful Board of Directors. Thank you for the work you do to make the Kenosha Senior Center a special place.

I am looking forward to the years ahead and will continue to "honor the past and embrace the future", to make The Center the best it can be. I am living the quote by Wayne Dyer, "Do what you love. Love what you do".

Thank you for that!!

See you at the Center!

Sincerely,

Denise



Thank You!

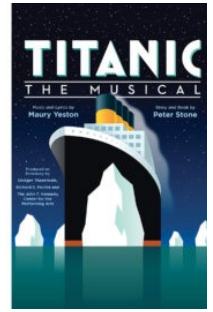


BUS TRIPS

New Trip

Titanic

Date: Thursday, October 5, 2023
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$110.00, Non-members: \$115.00



Tickets go on sale to members on Tuesday, August 8, 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, August 9th.**

Trip Description: TITANIC is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. TITANIC is human drama that explores and reveals individual strength, love, faith, and especially the triumph of human dignity. Don't miss this musical as unforgettable as the historic event itself.

Menu: Meal choices: Chicken Waterford, Sliced Pork Tenderloin or Shrimp Tempura. 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.

Potawatomi Casino

Date: Wednesday, October 18, 2023
Location: Potawatomi Casino Milwaukee, WI
Prices: Members: \$25.00
Non-members: \$30.00



Tickets go on sale to members on Tuesday, August 15, 2023.

Numbers will be handed out at 8:30 am and the sign up begins at 8:40. 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, August 16th.**

Bring your Fire Keepers card number with you when you sign up for this trip.

Trip Description: 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. Bingo is \$40.00 to play

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 4:30 pm.



BUS TRIPS

Current Trips

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 will be dropped off right in front of the entrance

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.

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.

The Dancing Horses Theatre

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



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. 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.

Movie

Friday, August 11th at 1pm

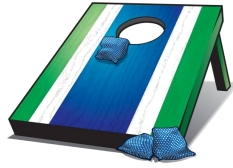
Going in Style

Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight and narrow when their pension funds become a corporate causality. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.



Run-Time 96 minutes
Rated PG-13

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 game to the Kenosha Senior Center. Bagz will meet indoors. Stop by and try this fun game. No experience needed. Everyone is welcome!

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.



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.



9:30am-10:30am
FREE
Coffee and Donuts

Wednesday, August 16 2023
[Kenosha Place Senior Living](#)

Wednesday, August 23, 2023
[Sponsored by Northpoint Senior Living](#)

FREE BINGO



Tuesday, August 22, 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
Cedarhurst Senior Living**

Blood Pressures Screenings Thursday, August 24, 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 and Center Updates

- Annual Picnic is Thursday, August 10th. No regular classes or activities that day
- Art Class returns August 17th
- Chorus returns August 17th

Check Calendar for all Changes



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 262-359-6260 to see if there are still spots available

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.

June Winners!! (We did forget to hide the logo for June, but we still took names)

Scott Sparkman, Paul Rutkowski, Jean Thompson

Thank You For Participating!

Kenosha Senior Center Orientation Wednesday, August 30, 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 this years 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**

Foot Clinic

Friday, August 11, 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.

Updated Coffee Experience

Enjoy coffee options with flavored creamers, hot tea and cocoa at our newly updated coffee counter.
New cost is 25¢ per cup. Served daily 9am-3pm.

Senior Dining Fellowship, Food and Fun

Sit Down Meals Served at 11:30am
Suggested donation is \$3.00

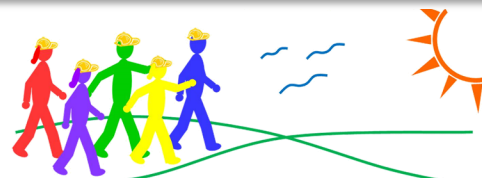
- Meals include dessert and beverage
- Open to anyone 60+ and their spouse, regardless of age
- Menus available at the Senior Center or on-line at kafasi.org/nutrition.html
- Great way to meet new friends



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

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

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.

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.



collette Travel Show

**Thursday, September 20, 2023
1:00pm at the Senior Center**

Extended trips are being offered in 2024.

Stop in to learn how you can be part of these two exciting opportunities. If you are ready to travel and want to travel with friends or in a group, this is for you.

Featured Trips

Spotlight on New York

April 18-22, 2024

Canyon Country

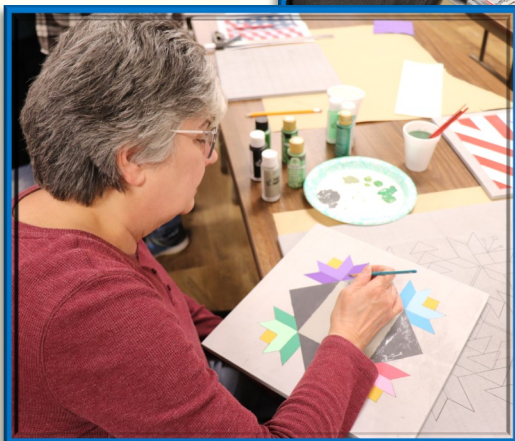
October 2-9, 2024

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

BARN QUILTERS

Enjoy the Barn Quilts hanging on display in August at the Kenosha Senior Center. We are featuring them at our Annual Picnic on Thursday, August 10th. We are having a COUNTY FAIR theme. They all deserve a Blue Ribbon!





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
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
Chess	Tuesday	1:00pm	Free
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			

Activity Calendar		KENOSHA SENIOR CENTER				August 2023
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Senior Center Hours: Monday-Friday 8:30am-3:45pm Closed Sat. & Sun. Phone: (262) 359-6260	1 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 & Chess	2 8am & 10am Walking Group 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bagz Group	3 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	4 Trip 8am & 10am Walking Group 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am No Cardio Drumming	5 Center Closed
6 Center Closed	7 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	8 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 & Chess 1pm Board Meeting	9 8am & 10am Walking Group 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bagz Group	10  10:30AM-3:00PM	11 8am & 10am Walking Group 9-10am Exercise Class 9-11am Knit & Crochet 9am Foot Clinic 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am No Cardio Drumming 1pm Movie Going In Style	12 Center Closed
13 Center Closed	14 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	15 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 & Chess	16 8am & 10am Walking Group 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 Ballroom Dance 1pm Sheepshead 1pm Bagz Group	17 Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre 2:30—TOPS informational meeting	18 8am & 10am Walking Group 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am No Cardio Drumming	19 Center Closed
20 Center Closed	21 Cardio Drum Class Sign Up 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	22 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 & Chess 1pm BINGO	23 8am & 10am Walking Group 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9:30am Donut day 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bagz Group	24 Trip Woodturning by Appt. 8:30-11am Health Screens 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre	25 8am & 10am Walking Group 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am No Cardio Drumming	26
27 Center Closed	28 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	29 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 & Chess	30 8am & 10am Walking Group 8:30-10:30am Woodturning by Appt. 9am Orientation 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bagz Group	31 Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal Craft 12:30pm Wii Bowling 1pm Euchre	Pool Tables Open Mon thru Fri 8:30am-3:30pm Except during movies, meetings, dances and closures.	

County Fair Word Search

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

ADMISSION
 APPLE PIE
 ATTRACTIONS
 AWARD
 BACON
 BALLOONS
 BAND
 BIGTOP
 CATTLE
 CHEESE CURDS

CONCERT
 CORNDOG
 COTTON CANDY
 COW
 COWBOY
 COWGIRL
 CREAM PUFFS
 EXHIBITION
 FAIRGROUND
 GAMES

GOATS
 GRANDSTAND
 HORSE
 LEMONADE
 LIVESTOCK
 MIDWAY
 MUSIC
 PIG
 POPCORN
 PRIZES

QUILTS
 RABBITS
 RIBBON
 RIDES
 RING TOSS
 SHEEP
 TENT
 TICKET
 TRACTORS
 WISCONSIN



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.

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

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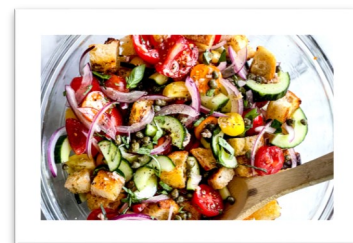
DIFFICULTY: ★☆☆☆☆



The answer to this puzzle is on page 23



PANZANELLA SALAD



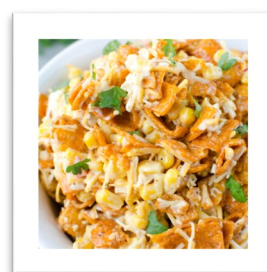
Ingredients

- ½ cup plus 2 tablespoons extra virgin olive oil , divided
- 3 garlic cloves , divided
- 6 cups 1-inch cubed sourdough bread
- 1 ½ pounds tomatoes , any ripe, sweet tomato works, cut into 1-inch pieces
- ½ English cucumber seeded and cut into ½-inch pieces
- ½ cup slivered red onion
- 2 tablespoons capers
- ¼ cup red wine vinegar
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- ½ cup fresh basil leaves , roughly torn or thinly sliced

Directions

1. Add 2 tablespoons of olive oil to a large skillet with 1 clove slivered garlic. Bring to medium heat, cooking the garlic until it becomes fragrant and golden, then remove the garlic slivers from the oil and discard. Add the cubed sourdough to the skillet and toss to coat. Cook the bread until golden, about 5 minutes, then transfer to a plate and set aside to cool.
2. In a large bowl, add the tomatoes, cucumbers, red onion, and capers with the cooled bread. In a small bowl, add the olive oil, red wine vinegar and use a garlic press to add the remaining garlic cloves into the bowl with the kosher salt and freshly ground black pepper. Whisk well and pour over the tomato mixture. Add the basil and toss to combine. Let stand at room temperature for 20-30 minutes before serving. This salad is best served the day it's made.

FRITOS CORN SALAD



Ingredients

- 2 (15 ounce) cans whole kernel corn, drained
- 1 red bell pepper, finely diced
- 2 cups shredded Mexican blend cheese
- 1 cup mayo (can substitute light mayo)
- ¼ teaspoon black pepper
- 1 (9.25 ounce) bag Chili Cheese Fritos, lightly crushed
- fresh cilantro, for garnish

Directions

1. In a large mixing bowl, stir together corn, diced bell pepper, shredded cheese, mayo, and black pepper.
2. Right before serving, stir in crushed Chili Cheese Fritos.
3. Garnish with fresh cilantro if desired.



BIRTHDAYS

Theresa Soukup	Aug 01	Douglas Johnson	Aug 10	John Lesko	Aug 20
Emil Beronich	Aug 02	Janice Nerdrum	Aug 10	Mary Lou Potenziani	Aug 20
Marion Fude	Aug 02	Barbara Johnson	Aug 11	Cheryl Millholland	Aug 20
Robert Riddle	Aug 02	Jan Merrick	Aug 11	Regina Galley	Aug 21
Arline Brown	Aug 02	Sue Ellen Jones	Aug 12	Kathleen Kazin	Aug 21
Barbara Schauer	Aug 02	Judi Kruse-Dohn	Aug 12	Kathleen Mentink	Aug 21
Marguerite Davis	Aug 03	Patricia Weikel	Aug 12	Terrence O'Brien	Aug 21
Jodie Muller	Aug 03	Jane Ottum	Aug 13	Michael Kelly	Aug 21
Sue Lindholm	Aug 03	Melissa Richards	Aug 13	Ann Bailey	Aug 22
Sharon Zutavern	Aug 03	Roxanne Patrick	Aug 13	Judy Armstrong	Aug 23
Gerald Luckason	Aug 04	Daria Hernandez	Aug 14	Mary Rose Davison	Aug 23
Larry Albertson	Aug 05	Jerry Jones	Aug 14	Cynthia Bryan	Aug 25
Gary Beltoya	Aug 05	Judith Beer	Aug 14	John Chiappetta	Aug 25
Maria Cortez	Aug 05	Linda Agness	Aug 15	Rick Krajnak	Aug 25
Ruth Sammons	Aug 05	Barbara Grumbeck	Aug 15	Bernard Leanna	Aug 25
Jill Grubbs	Aug 06	Mary Santiloni	Aug 15	Kathy Matthews	Aug 25
Patricia Volk	Aug 06	Betty Adelsen	Aug 16	Jerome Spehar	Aug 25
Karen Dahl	Aug 07	Kim Sly	Aug 16	Judy Gotta	Aug 26
Greg DeAngelis	Aug 07	Denise Hrynewycz	Aug 16	Joan Huber	Aug 27
Michael Iselin	Aug 07	Bob Millard	Aug 16	Bessie Poulos	Aug 27
Mary Land	Aug 07	Mary Loewen	Aug 17	Linda Serpe	Aug 27
Dolores Mink	Aug 07	Paula Gallo	Aug 19	Theresa Van Landuyt	Aug 28
Connie Russell	Aug 07	Barbara Mayer	Aug 19	Janet Santelli	Aug 28
Michae Lyn Beck	Aug 07	Lynn Novy	Aug 19	Kim Stanley	Aug 29
Joanne Johnson	Aug 08	Ethel Roberts	Aug 19	Mary Andrews	Aug 30
Anthony Karpus	Aug 09	Wanda Childers	Aug 20	Robert McGinley	Aug 30
Anna McMahon	Aug 09	Judy Deschneau	Aug 20	John Gehring	Aug 31
Michael Broesch	Aug 10	Deloris Jass	Aug 20		

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.

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

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DIFFICULTY: ★★☆☆

SUDOKU

The answer to this puzzle is on page 23

Kenosha Senior Center

2023 Special Events and Trips

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
Wed. Sept. 13, 2023	-	Dancing Horses Theatre
Thurs. October 5, 2023	-	Fireside Theatre: <i>Titanic The Musical</i>
Fri. October 27, 2023	-	Halloween Dance
Wed. October 18, 2023	-	Potawatomi Casino
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, 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.

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 10 week session

NEW SESSION: September 8-December 1, 2023

Pre-Registration is required for this class. Registration opens Monday, August 21st

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.



START YOUR **TOPS**[®] WEIGHT-LOSS JOURNEY

Your first visit to any chapter is **FREE**
Try more than one if you like!

FREE Informational Meeting
Thursday, August 17, 2023 at 2:30pm

RSVP: Call the Center at 262-359-6260 by
August 11th to sign up for the meeting



Weight-loss
support



Subscription to
online resources
included



Step-by-step
guide and magazine
subscription



Weekly meetings
in-person
or online



T.O.P.S. Take Pounds off Sensibly

Mission

To help and support our members as they take off and keep off pounds sensibly.

Vision

To be the best weight-loss support choice for people who want an active and healthy lifestyle.

Goal

To help everyday people become healthier so they can do more of the things they enjoy with the people they love.

How It Works

TOPS meetings provide positive reinforcement and motivation to adhere to healthy eating and exercise programs. It empowers people to stop dieting and start creating healthy, enjoyable lifestyle habits that will work for them over the long haul.

Membership

TOPS members can be found in thousands of chapters across the United States and Canada. Packages start at just \$49.00.

For More Information

Visit TOPS.org or contact Mary Hotle at Maryehotle@gmail.com or you can call her at 262-930-9582.

Check out the Fitness Class schedule on page 19 of this Newsletter.
You will find many options to help you get active and stay healthy.

It will be a great addition to your **TOPS** program.

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



AUGUST WORDS OF WISDOM

"Often when you think you're at the end of something, you're at the beginning of something else."

Fred Rogers

"Retirement is wonderful. It's doing nothing without worrying about getting caught at it."

Gene Perret

"Don't let yesterday take up too much of today."

Will Rogers

"Perfection is not attainable. But if we chase perfection we can catch excellence."

Vince Lombardi

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



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

Lakeside Towers

Section 8 Senior Housing

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

www.lakesidetowersapts.com

Wisconsin SMP

Empowering Seniors to Prevent

Healthcare Fraud

gwaar.org/senior-medicare-patrol

888-818-2611

EVERYONE IS WELCOME HERE



Monthly Funnies



"What do you call a cow who just had a baby?"
Decalfinated!

"Why couldn't the man trust his personal trainer?"

He was always pulling his leg

"How do you keep a bagel from getting away?"

Put lox on it

"What is the best thing about Switzerland?"

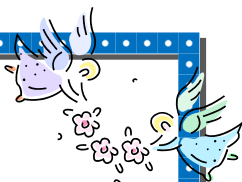
I don't know, but the flag is a big plus

In Memoriam

Our deepest sympathy is
extended to the family & friends of

Robert (Bob) Brunello Sr.

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



Kenosha Senior Center Newsletter:
August 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

Thank you
to our
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