

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 10

October 2023



2717 - 67th Street
Kenosha, WI 53143
Phone: 262-359-6260

Senior Center Hours

Monday-Friday 8:30am-3:45pm

Visit us on the web at:

www.kusd.edu/seniorcenter

"Like" us on Facebook at:

www.facebook.com/kenoshasenior

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Senior Dining 262-351-6246



BOARD OF DIRECTORS

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Dear Friends,

According to AAA, by the year 2030, it's estimated there will be 70 million drivers age 65 and over on roads in the United States, which is more than double the number of drivers in that age group today. As people age, they tend to change their driving habits as physical capabilities are compromised. They avoid highways and drive when the roads are less busy. Even with these modifications, individuals over 65 are still at an increased risk for being involved in an accident, most often at intersections.

Statistics from AARP show that older adults who participate in safe driving courses can reduce the risk of being involved in an accident and they may be eligible for reduced insurance premiums. We will be offering a driver safety course, through AARP, at the Senior Center this month on Friday, October 20 (look for details on pg. 22). Think about taking advantage of this opportunity. You may be able to keep your keys in hand and remain independent longer if your driving skills are safe and your knowledge is up-to-date about the roadways.

See you at the Center!

Sincerely,

Denise





BUS TRIPS

New Trips

CHRISTMAS PARTY & BANQUET

Date: Friday, December 8, 2023
Time: Doors Open at 11:00 am. Party ends at 2:30 pm
Location: Cortese's Banquet Hall, 1300 Sheridan Rd, Kenosha
Price: Members Only: \$45.00



Tickets go on sale to members only on Tuesday, October 10, 2023 at 8:40 am. You are allowed to sign up for two members only. You must show both membership cards when you purchase your tickets.

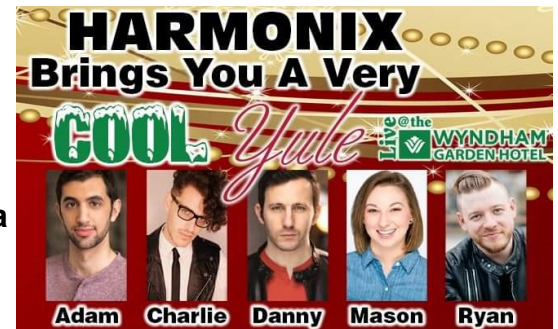
Description: It's our Annual Christmas Party! Enjoy a delicious lunch buffet, prizes and great entertainment. Our Christmas Party is lots of fun and will definitely get you into the holiday spirit!

Meal: A buffet of roasted pork loin with natural gravy, baked chicken, mostaccioli, vegetable medley, au gratin potatoes, fresh baked bread, tossed salad, pasta salad, cookies, coffee and soda. Cash bar available.

Parking: The entrance to the Banquet Hall is off the back parking lot of Cortese's, located behind the restaurant. **Reminder: doors will open at 11am**

HARMONIX CONCERT LUNCH AND SHOW

Date: Wednesday, November 29, 2023
Location: Wyndham Garden Hotel, 5125 6th Ave, Kenosha
Time: Please arrive by 11:45am. Lunch will be served at Noon and the Show is at 1:30pm
Price: Members: \$35.00 Non-Member: \$40.00



Tickets go on sale to members only on Tuesday, October 17, 2023 at 8:40 am. 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, October 18th.**

Description: Harmonix returns to Kenosha bringing the holidays to life in a very special way. These five talented individuals return, performing an array of popular holiday classics, as well as modern favorites. It's going to be a very cool Yule Season!

Meal Choices: Homemade Pot Roast Sandwich, Three Pulled Pork Sliders or a Cranberry Chicken Salad Wrap, with a choice of Au Gratin Potatoes or a Bag of Jays Potato Chips on the side. Finish your meal with cookies. Cash bar available for Soft Drinks or Cocktails.

**You must provide your own transportation to the Wyndham Garden Hotel, 5125 6th Ave.
On the day of the trip please arrive at the Wyndham Hotel at 11:45am**





BUS TRIPS

Current Trips

Titanic

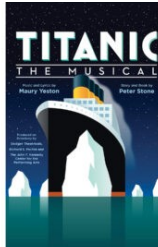
Waiting List!

Date: Thursday, October 5, 2023

Destination: Fireside Theatre,

Prices: Members: \$110.00

Non-members: \$115.00



Trip Description: TITANIC is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set with glorious costumes makes this historic musical a must see event.

Entrees: 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 load the bus. Use the 60th Street entrance. The bus will depart at 8:45am and return at around 6:00pm.

Potawatomi Casino

Waiting List!

Date: Wednesday, October 18, 2023

Destination: Potawatomi Casino

Prices: Members: \$25.00

Non-members: \$30.00



POTAWATOMI
HOTEL & CASINO

Trip Description: Potawatomi Casino has 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 load the bus. Use the 60th Street entrance. The bus will depart at 9:00am and return at around 4:30 pm.

HOLIDAY SHOPPING TRIP

Date: Thursday, November 30, 2023

Destination: Woodfield Mall, Schaumburg, IL

Prices: Members and Non-Members: \$35.00,

Trip Description: Join us for a day of shopping at the beautifully decorated Woodfield Mall. There are nearly 300 stores, restaurants and specialty shops. You can also take the Free Woodfield Trolley and go to IKEA, Marshalls and Costco. Leave the driving to us and get your holiday shopping done. Price includes deluxe motor coach ride and "Goodie" Bag". Lunch is on your own.

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 load the bus. Use the 60th Street entrance. The bus will depart at 8:45am and return at around 6:00 pm.



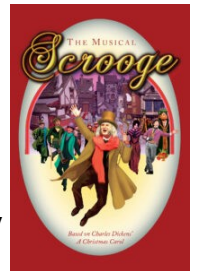
Scrooge The Musical

Date: Thursday, December 14th

Destination: Fireside Theatre

Prices: Members: \$110.00

Non-members: \$115.00



Trip Description: Join us for this merry, tuneful, boisterous Broadway musical version of the world's most beloved Christmas story – Dickens' A Christmas Carol. SCROOGE THE MUSICAL tells this time honored tale of redemption and love as only The Fireside can.

Entrées: Supreme Cut Chicken, Sliced Beef Tenderloin or Salmon. All meals include bread, tomato bisque, potato wedges, broccoli, cauliflower and black forest cake for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks. Please let us know when you purchase your ticket if you will need a gluten-free or a vegetarian option.

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 load the bus. Use the 60th Street entrance. The bus will depart at 8:45am and return at around 6:00pm.

Movie

Friday, October 13th at 1pm
Paint

Owen Wilson stars as Carl Nargle, Vermont's #1 public TV painter who is convinced he has it all: a signature perm, custom van, and fans hanging on his every stroke... until a younger, better artist steals everything (and everyone) Carl loves.



Run-Time 1 hour 36 minutes
Rated PG-13

Bean Bagz Group Wednesdays at 1pm

Meet new people and get active. Join our new Bean Bagz Group (the game is also known as cornhole). The Bean Bagz group will meet indoors. Stop by and try this fun game. No experience needed. Everyone is welcome!



Senior Moments
PERFORMANCE GROUP
YOU WON'T FORGET US!



NEW Senior Dance Group Information Meeting Tuesday, October 17, 2023 at 1pm

Join this group if you want to meet new people, have fun, be active and DANCE! The group will meet weekly and learn line dances and other choreographed dances, performed as a group. The goal is to have fun and show that dancing has no age limits. Come to the meeting and find out how you can be a part of this new dance group. No experience needed. Everyone is Welcome!



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

Wednesday, October 4, 2023
Sponsored by Cornerstone Caregiving

Wednesday, October 11, 2023
Sponsored by the Woods of Caledonia

Wednesday, October 18, 2023
Sponsored by Library Terrace

Wednesday, October 25, 2023
Sponsored by Cedarhurst Senior Living

FREE BINGO



Tuesday, October 24, 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

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

T.O.P.S.

Take Pounds off Sensibly
Thursdays at 2:30pm-3:30pm



Looking for a support system to help you lose weight? Come to one of our TOPS meetings and see how joining this group can help you meet your goals! Packages start at just \$49.00.

Contact: Mary Hotle at Maryehotle@gmail.com or call her at 262-930-9582

EVERYONE

IS WELCOME HERE

QUARTERLY MEETING AND HALLOWEEN DANCE

Thursday, October 26, 2023 at 1pm

Join us for a quick Quarterly Meeting and stay for
the Halloween Dance and Costume Party

Special Performance of the **Thriller** Dance at 2:45pm



Dances are **FREE** and open to the senior
public so dress up and bring your friends!

Music by Ernie Garner and Snacks sponsored by
Robin Way



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. Entries must be submitted by the 20th of this month. You can participate every month. **(HINT: It is not on page 7)**

August Winners!!

Penny Haney, Deb Cline, Nadine Winker

Thank You For Participating!

Kenosha Senior Center Orientation Wednesday, October 25, 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**



Goldens on the Go Party

Who: All walkers who participated in the Summer Walking Group are invited

When: Wed, October 11, 2023, at 1:00pm





Where: Kenosha Senior Center

RSVP: The Senior Center at 359-6260

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**

World Dance Class

**Tuesdays, September 5th to October 31st
10:30am-11:30am**

Join us and learn easy dances from all over the world. It's fun and a great way to move to ethnic music. The dances are done in circles or lines. No partner or special clothing needed. Comfortable shoes are suggested.

Foot Clinic



Friday, October 13, 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.

HAPPY HALLOWEEN!



Here's the Scoop on Medicare 2024!

**Friday, October 6, 2023
1 - 3 p.m.
Kenosha Senior Center**

Join us for a scoop of ice cream
and find out what's new with
Medicare 2024.

Presented by
Andrea Taylor
Kenosha County ADRC
Elder Benefits Coordinator,
SHIP Counselor
RSVP: Kenosha Senior Center
262-359-6260



THRILLER Kind of FUN!



Learn Easy Steps to the Thriller Dance

- Friday, October 13 at 11:30am
- Tuesday, October 17 at Noon
- Thursday, October 19 at 10:15am

Perform the Thriller Dance in Costume

As part of the Halloween Dance
On Thursday, October 26th
Performance at 2:45pm



BALLROOM DANCING *Lessons* in October

Open Ballroom Dance Wednesdays at 10am

This group meets on Wednesday mornings to socialize and dance. Everybody is welcome! No partners needed. Singles, couples, beginners, intermediate or advanced. 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.

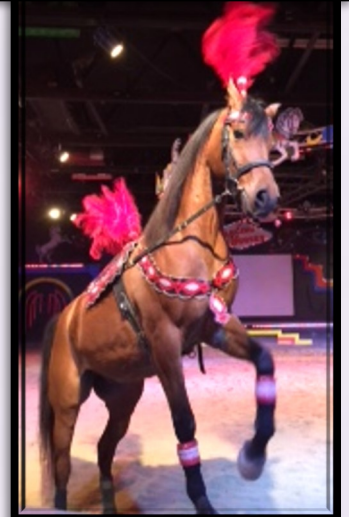
We will have a guest instructor for Wednesdays, October 11, 18 and 25. Learn simple steps to dance a Quick Step, Cha Cha and a Waltz at the beginning of class and then practice the dance for the rest of the class.



Call the Senior Center at 262-359-6260 to Sign Up

DANCING HORSES THEATRE

Train Ride, Lunch, Show and Shopping



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
TOPS Group	Thursday	2:30pm-3:30pm	Check with Class Instructor
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
World Dance	Tuesday (Sept. and Oct.)	10:30am	\$3.00 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						
October 2023						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 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 <u>2:30pm Wii Sign Up</u>	3 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess	4 8:30-10:30am Woodturning by Appt. 9-11am Art Class <u>9:30am Donut day</u> 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bean Bagz Group	5 <u>Trip</u> 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 2:30pm TOPS Club	6 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>1-3pm Medicare Scoop Presentation</u>	7 Center Closed
8 Center Closed	9 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	10 <u>Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Total Body Conditioning 1pm Dominos/Mahjong & Chess <u>1pm Board Meeting</u>	11 8:30-10:30am Woodturning by Appt. 9-11am Art Class <u>9-Noon Barn Quilt Painting Class</u> 9-10am Exercise Class <u>9:30am Donut day</u> 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bean Bagz Group <u>1pm Goldens Party</u>	12 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 2:30pm TOPS Club	13 <u>9am Foot clinic</u> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>1pm Movie Paint</u>	14 Center Closed
15 Center Closed	16 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	17 <u>Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Total Body Conditioning 1pm Dom/Mahjong/Chess <u>1pm Senior Dance Grp</u>	18 <u>Trip</u> 8:30-10:30am Woodturning by Appt. <u>9-Noon Barn Quilt Class</u> 9-11am Art Class <u>9:30am Donut day</u> 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bean Bagz Group	19 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 2:30pm TOPS Club	20 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>10:30-3pm AARP Driver Safety Program</u>	21 Center Closed
22 Center Closed	23 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	24 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess <u>1pm BINGO</u>	25 8:30-10:30am Woodturning by Appt. <u>9am Orientation</u> 9-11am Art Class <u>9:30am Donut day</u> 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bean Bagz Group	26 Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am Chorus 9-12 Junk Journal No Afternoon Activities <u>1pm Quarterly Board Meeting and HALLOWEEN DANCE</u>	27 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am NO Cardio Drumming	28 Center Closed
29 Center Closed	30 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	31 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00am Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess	Senior Center Hours: Monday-Friday 8:30am-3:45pm Closed Saturday & Sunday Phone: (262) 359-6260 Pool Tables Open Mon thru Fri 8:30am-3:30pm Except during movies, meetings, dances and closures.			30 Center Closed





October Word Search



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

AUTUMN

BAT

BLACK

BLOOD

BOO

BROOMSTICK

CACKLE

CANDY

CAT

CAULDRON



COBWEB

COSTUME

CREEPY

DEMON

EERIE

FOOTBALL

GHOST

GHOUL

GOURD

GRIMREAPER



HAUNT

HOWL

LEAVES

MASK

MIDNIGHT

MOON

MUMMY

OCTOBER

OGRE

OWL



PARTY

PHANTOM

PUMPKIN

SKELETON

SPIDER

TOMBSTONE

TRICK

VAMPIRE

WEREWOLF

WITCH

Sudoku Puzzle #1

Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.



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

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DIFFICULTY: ★☆☆☆

The answer to this puzzle is on page 23

Hearty Beef and Barley Soup

Ingredients:

1 tablespoon canola oil
1 pound beef top round steak, cut into 1/2-inch cubes
3 cans (14-1/2 ounces each) beef broth
2 cups water
1/3 cup medium pearl barley
3/4 teaspoon salt
1/8 teaspoon pepper
1 cup chopped carrots
1/2 cup chopped celery
1/4 cup chopped onion
3 tablespoons minced fresh parsley
1 cup frozen peas



Directions:

1. In a large saucepan, heat oil over medium heat. Brown beef on all sides; drain. Stir in broth, water, barley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
2. Add carrots, celery, onion and parsley; cover and simmer until meat and vegetables are tender, 30-40 minutes. Stir in peas; heat through.

Pumpkin Oreo Balls

Ingredients:

36 Oreo cookies
8 oz cream cheese softened
12 oz orange candy melts

Directions:

1. Pulse Oreo cookies in a food processor until finely crumbled.
2. Mix in cream cheese until well combined.
3. Scoop into 1-inch balls. Refrigerate on a parchment-covered baking sheet for 15 minutes.
4. Use a toothpick to score lines into the Oreo balls to resemble pumpkins. Place back into the refrigerator for 10 minutes
5. In the meantime, melt orange candy wafers over a double boiler or in the microwave according to package directions.
6. Dip pumpkin oreo balls into melted chocolate, shake off excess, and place back on lined baking sheet. Immediately decorate with a small pretzel stick and leaf icing decoration.
7. Refrigerate until ready to serve.





October

BIRTHDAYS

Joseph Miller	Oct 01	Therese DeFazio	Oct 13	Darlene Drake	Oct 22
Pat Petree	Oct 02	Howard Geissman	Oct 13	Mary Kruse	Oct 22
Carol Schlevensky	Oct 02	Joan Kollman	Oct 13	William Ostenberg	Oct 22
Kathleen Keitel	Oct 03	Diane Montgomery	Oct 13	Gail Papineau	Oct 22
Helene Wood	Oct 03	Renee Brown	Oct 13	Paul Rutkowski	Oct 22
Harold Smith	Oct 03	Maryann Czarnowski	Oct 13	Jean Thompson	Oct 22
Carol Sieber	Oct 04	James Bailey	Oct 14	Vernice Ostman	Oct 22
Richard Gallo	Oct 05	Susan Lawler	Oct 14	Frances Iorio	Oct 23
Noreen Jeffson	Oct 06	Alan Krol	Oct 14	Donald Peden	Oct 23
Gary Matye	Oct 06	Barb Dumke	Oct 15	Beverly Witcher	Oct 23
Ellen Potthast	Oct 06	Janet Weber Mrazek	Oct 15	Valerie Dowe	Oct 24
Cathie Riley	Oct 06	Eric Aho	Oct 16	Douglas Cannon	Oct 24
Cynthia Baumann	Oct 07	Dewey Sammons	Oct 16	Janice Jackson	Oct 25
Kim Pfarr	Oct 07	Mary Sherfinski	Oct 17	Barbara Lincoln	Oct 25
Nancy Callahan	Oct 08	Phyllis Mattox	Oct 18	Darryl Martin	Oct 25
Rosemarie Huetten	Oct 08	Mary Schneider	Oct 18	Lynette Stoner	Oct 25
Avonna Prager	Oct 08	Andrew Vacca	Oct 18	Donn Beck	Oct 25
Susan Graves	Oct 08	Mary Salani	Oct 18	Irene Helen Lundin	Oct 26
Ruth McGee	Oct 09	Patricia Carrel	Oct 19	Wahneeta Warford	Oct 26
Nancy Zambon	Oct 09	Eric Fornander	Oct 19	Jerry Packman	Oct 27
D. Sue Hansen	Oct 09	Shirley Krause	Oct 19	Ted Barnett	Oct 27
Gloria Cottingham	Oct 10	Beth Wade	Oct 19	Edith Robinson	Oct 28
Matt Werve	Oct 10	Tom Hessefort	Oct 19	Marie Merkel	Oct 29
Starr Wold	Oct 10	Donna Biscardi	Oct 20	Darlene Sura	Oct 29
Charlene Piquette	Oct 11	Betty Burt	Oct 20	Sue Samer	Oct 29
Dana Apilado	Oct 12	Joan Richio	Oct 20	Kathryn Markoutsis	Oct 29
Betty Cruz	Oct 12	Lorraine Schneider	Oct 20	Victor Muller	Oct 30
Dorian Harper	Oct 12	Roberta Bloner	Oct 21	Susan Schroeder	Oct 30
Dorinda Macik	Oct 12	Lucille Rangel	Oct 21	Sheri Zaionc	Oct 31
Diane Epping	Oct 12	Gina Thomas	Oct 21		

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.



I ♥ Sudoku

Sudoku Puzzle #2

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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23

Kenosha Senior Center

2023 Special Events and Trips

- | | | |
|-------------------------------|---|---|
| Thurs. October 5, 2023 | - | Fireside Theatre: Titanic The Musical |
| Thurs. October 26, 2023 | - | Quarterly Meeting and 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) | - | Kenosha Senior Center Christmas Party |
| 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.

Barn Quilt Painting Class

Wednesday, October 18, 2023

9am-Noon

Project: Indoor Barn Quilt

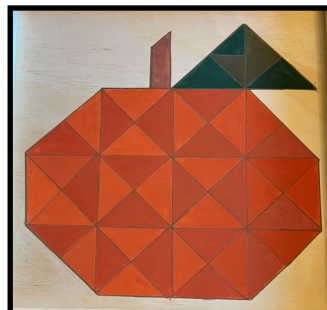
Instructor: Diane West

Fee: \$5.00

Supplies Provided: 12" x 12" Board or Canvas and Pattern Supplies

Supplies You Need To Bring: Acrylic Paints in whatever colors you want to use, Ruler, Frog Tape (optional) and Paint Brushes. Make sure to include one small angled brush.

Registration: Stop by the Kenosha Senior Center to register and pay. Class size is limited. Sign up today!



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

The current session is sold out . Call Denise at 262-359-6117 to find out about Drop-In options.

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



Kenosha Senior Center

Holiday Craft Fair

Saturday, November 11, 2023
8:30am - 3:00pm

Beautiful Hand Made Crafts ~ Delicious Lunch ~ Amazing Drawings

Bakers Get Ready!

We need your yummy treats for
our Bake Sale

Bake or buy baked goods and
drop them off on
Friday, November 10th
after 12pm



Wii Bowling League Sign Up for FALL Session

Monday, October 2nd at 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 FALL league will be held on Thursdays at 12:30 pm, beginning October 12, 2023 and then switch to Mondays at 12:30pm beginning in February, 2024.** 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.

Class Updates

- No Chair Yoga October 2nd
- No Cardio Drumming October 27th
- The HALLOWEEN DANCE is on Thursday, October 26th instead of the last Friday of the month.
- No other afternoon activities on Oct. 26th, except the meeting and dance



AARP Driver Safety Program

Friday, October 20, 2023, 10:30am-3pm

- ♦ In person class
- ♦ For all drivers age 50 and over
- ♦ Register and pay in person at the Kenosha Senior Center
- ♦ Fees are due at registration
- ♦ Fee is \$20.00 for AARP members
- ♦ \$25.00 for Non AARP members
- ♦ Must sign up by Friday, Oct. 13th
- ♦ There are NO Tests!



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

**New Addition
to the Newsletter**

Kandy's Korner



Information, reminders and other news about our Senior Center you might not know or have forgotten!

This week's topic: **Parking lots**

East & Northeast lots— open for all members
West side lot— only for **Staff & the Recreation Dept.**

Street parking is suggested when lots appear full.
Please use the handicap spots on the East and Northeast side.
The West side spots are reserved for Staff & the Recreation Dept.

Don't forget our building is not only used for the Kenosha Senior Center, but also the Recreation Department for the district.
They require spaces for their clients and staff, so keeping the West side for Staff and Rec. Dept. only is needed.



Thank you!!

Featured Advertisers

Vincent Dattilo

United Health Care
Licensed Agent for Medicare Solutions
262-744-4676
Vince.medicareagent@gmail.com

Grace Parrish

Broker Associate / Mobile Notary
Senior Real Estate Specialist
Cell (262) 914-5338
gracesells4u2@gmail.com

BrightStar Care

A Higher Standard of Home Care
Companion, Personal & Skilled Care
262-637-7767

New WORLD DANCE CLASS

Tuesdays, September 5th to October 31st

10:30 am - 11:30 am

Fee: \$3.00 per Class

Join us and learn easy dances from all over the world. It's fun and a great way to move to ethnic music. The dances are done in circles or lines. No partner or special clothing needed. Comfortable shoes are suggested.



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.



EVERYONE
IS WELCOME HERE



Monthly Funnies

What health insurance do Halloween creatures use?
Medi-scare!

Why did the monster go inside the bar?
For the Boos!

What happens if you combine a vampire and a snowman?
You get frostbite!

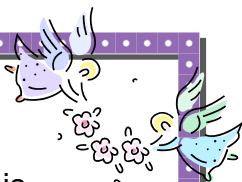
Why did the headless horseman start his own business?
To get ahead in life!

In Memoriam

Our deepest sympathy is
extended to the family & friends of

Josephine Schmidt

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



Kenosha Senior Center Newsletter:
October 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

Thank you
to our
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