

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 11

November 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,

Our annual Craft Fair is Saturday, November 11th from 8:30am to 3:00pm. Mark it on your calendar and make sure to tell your friends to come too! It is our biggest fundraiser and we need YOU to help make it a success. One of the best ways to make the craft fair a success... **BUY AND SELL DOOR PRIZE TICKETS!** Tickets are \$1.00 each, six tickets for \$5.00 or an Arm Length for \$20. We have great door prizes again this year. They're on display at the Center. Take time and stop to check out the prizes and buy your tickets.

You can also help by baking for the bake sale and/or volunteering the day of the event. We need volunteers to bring in baked goods, sell door prize tickets, sell food and be greeters. Stop by the center or call 262-359-6260 to sign up to work or volunteer to bake. Baked goods need to be brought to the Center on Friday afternoon, November 10th.

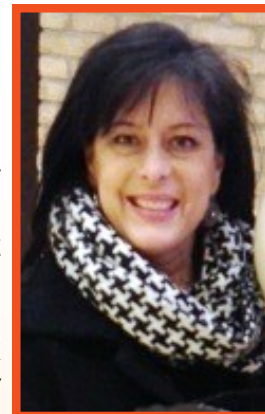
Have a Wonderful Thanksgiving. It's a great time of year because it reminds us to give thanks and count our blessings. I am thankful to all of you and this opportunity to work with so many fabulous people.

Wishing you the happiness of good friends and family during your holiday. **Happy Thanksgiving!**

See you at the Center!

Sincerely,

Denise





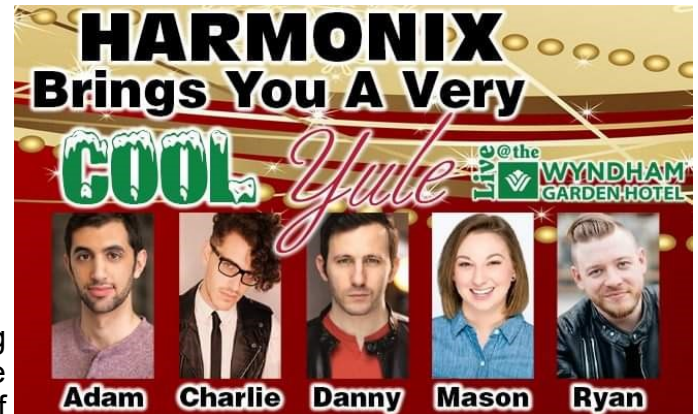
BUS TRIPS

November Trips

HARMONIX CONCERT LUNCH AND SHOW

Date: Wednesday, November 29, 2023
Location: Wyndham Garden Hotel, Kenosha
Time: Arrive by 11:45am. Lunch at Noon Show at 1:30pm
Price: Members: \$35.00 Non-Member: \$40.00

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!



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.



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.**

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.



BUS TRIPS

December Trips

CHRISTMAS PARTY & BANQUET

Call to Check Availability

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

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!

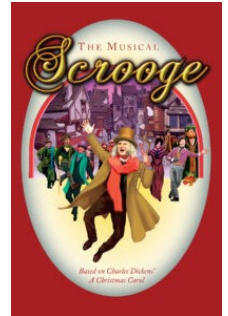
Meal: A buffet of roasted pork loin with natural gravy, baked chicken, mostaccioli, vegetable medley, au gratin potatoes, fresh baked bread, tossed salad, pasta salad, cookies, coffee and soda. Cash bar available.

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**

SCROOGE THE MUSICAL

Date: Thursday, December 14th
Destination: Fireside Theatre
Prices: Members: \$110.00
Non-members: \$115.00

Waiting List!



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.

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 around 6:00pm.**

2023 SPECIAL EVENTS AND TRIPS

- | | | |
|--------------------------|---|---|
| Sat. Nov. 11, 2023 | - | Kenosha Senior Center: <i>Holiday Craft Fair</i> |
| Fri. November 17, 2023 | - | Thanksgiving Dance |
| Weds. November 29, 2023 | - | Harmonix Concert (Lunch and Show) |
| 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 | - | Kenosha Senior Center <i>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!

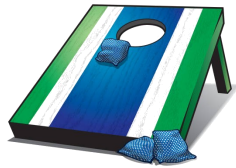
TOPS WI 1593
Take Pounds off Sensibly
Thursdays at 2:30pm-3:30pm



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

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.

NEW Senior Dance Group
1st and 3rd
Tuesdays at 1pm
Starting November 21, 2023



Join this group if you want to meet new people, have fun, be active and DANCE! The group will meet twice per month 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!

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.



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

Wednesday, November 1, 2023
Sponsored by Mike Lowe, Medicare Specialist

Wednesday, November 8 2023
Sponsored by John Harold, Medicare Specialist

Wednesday, November 15, 2023
Sponsored by Kenosha Place Senior Living

FREE BINGO



Tuesday, November 28, 2023 at 1pm
For Senior Center Members

- **Register** by Noon, on the Thursday before BINGO. Call 262-359-6260 to register.
- **CARDS:** When you come to the Center, you will get a card.

Sponsored by
St. Catherine's Commons

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





THANKSGIVING DANCE

Friday, November 17, 2023
1:30-3:30pm

Music by Ernie Garner

Dances are FREE and open to the senior public

Snacks & door prize sponsored by
Brookdale Senior Living



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. **You MUST put your name, phone number and where the logo was located on the email.** 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.

September Winners!!

Carol Sieber, Eileen Schlosser, Frank Singer

Good luck!

Kenosha Senior Center Orientation Wednesday, November 29, 2023 at 9:00am



Learn more about the Senior Center

- Take a tour
- Learn how to use the Kiosk to sign in.
- Find out where to park and where not to park.
- Find out how day trips work: What are 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**

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. 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.



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**

Blood Pressures Screenings

Thursday, November 30, 2023 9am-11am

Take advantage of monthly health screenings, offered right here at the Senior Center

Interested in a Blood Pressure Screening?

No need to register. Just stop in that morning.

Presented by Aurora Health Care

Class Updates

- Closed Friday, Nov 10th at Noon for Craft Fair Set Up
- Closed Nov 23rd and Nov 24th for Thanksgiving
- No Line Dancing Monday, Nov 20th

Check Calendar for all Changes





VOLUNTEERS NEEDED!

We Need Your Help!

KAFASI Senior Dining Program Needs Volunteers!

Location: Kenosha Senior Center

Time: Any time between 10am – 1pm

Volunteers Needed to Help

Set Up 🍎 Serve Food 🍎 Clean Up

If You Are Interested

Stop in at the Senior Center and let Irene, the Senior Dining Site Manager know

OR

Call Karla Treskow, the Senior Dining Program Manager of KAFASI
at 262-764-7245

POP UP HEALTH FAIRS

Education, Local Resources, Risk Assessments
and Health Screens





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
Senior Moments Dance	1st and 3rd Tuesday	Noon	Free
Sheepshead	Tuesday and Wednesday	T:8:30am W:1:00pm	Free
Tai Chi	Tuesday	9:45am	\$3.00 per class
TOPS WI 1593	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
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				November 2023	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
1	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.		1 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	2 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 Group	3 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum	4 Center Closed	
5 Center Closed	6 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	7 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 <u>1pm Board Meeting</u>	8 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class <u>9:30am Donut day</u> 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bean Bagz Group	9 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 Group	10 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>Center Closes at Noon for Craft Fair Set Up</u>	11 CRAFT FAIR 8:30 to 3:30	
12 Center Closed	13 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	14 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	15 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	16 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 Group	17 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>1:30 pm-3:30pm Thanksgiving Dance</u>	18 Center Closed	
19 Center Closed	20 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am NO Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	21 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 12pm Senior Moments Dance group 1pm Dominos, Mahjong & Chess	22 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bean Bagz Group	23 Center Closed 	24 Center Closed 	25 Center Closed	
26 Center Closed	27 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	28 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 <u>1pm BINGO</u>	29 <u>Trip</u> 8:30-10:30am Woodturning by Appt. <u>9am Orientation</u> 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Ballroom Dance 1pm Sheepshead 1pm Bean Bagz Group	30 <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 Group		30 Center Closed	
11							

November Word Search

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

ACORN	FAMILY
AUTUMN	FEAST
CASSEROLE	FOOTBALL
CELERY	FRIENDS
COLONISTS	GATHERING
CORNBREAD	GOBBLE
CORNUCOPIA	GRATEFUL
CRANBERRIES	GRAVY
CUSTOMS	HAM
ENGLAND	HARVEST



HOLIDAY	SETTLERS
LEAVES	STUFFING
MAIZE	SWEET POTATO
MAYFLOWER	TABLECLOTH
NATIVE AMERICAN	THANKFUL
NOVEMBER	TRADITION
PECAN PIE	TURKEY
PILGRIM	TURKEY LEG
PLYMOUTH	WISHBONE
PUMPKIN PIE	YAMS

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

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DIFFICULTY: ★★☆☆

SUDOKU

The answer to this puzzle is on page 23

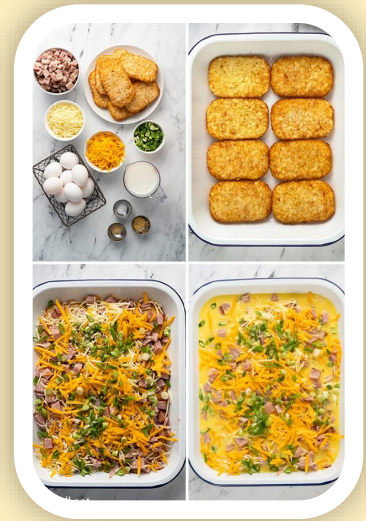
Hash Brown Egg Casserole

Ingredients

- 8 precooked frozen hash brown patties (thawing is not necessary)
- 1 cup shredded sharp cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1 1/2 cups diced leftover ham (about 3/4 pound)
- 2 scallions , diced
- 9 large eggs
- 1 cup whole milk
- 1/2 teaspoon salt
- 1/2 teaspoon dry ground mustard
- 1/4 teaspoon garlic powder

Directions

1. Preheat oven to 350 degrees F. Grease a 9×13 baking dish.
2. Arrange frozen hash brown patties in the dish, in a single layer, and sprinkle the cheeses, ham, and scallions evenly over the top.
3. In a large bowl, whisk together the eggs, milk, salt, mustard, and garlic powder; pour evenly over the ham mixture.
4. Cover with foil and bake for 25 minutes. Remove foil and bake for another 20 minutes or until the edges are golden and a knife inserted in the center comes out clean.
5. Allow to cool for 5-10 minutes, then cut into portions and serve.



Slow Cooker Glazed Carrots

Ingredients

- 2 pounds baby carrots
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 cup packed brown sugar
- 1/4 cup real maple syrup
- 1/3 cup butter cubed

Directions

1. Add the baby carrots to the insert of a 6qt slow cooker.
2. Sprinkle in the salt, cinnamon, and brown sugar. Stir well to combine.
3. Pour in the maple syrup and toss well to distribute the maple syrup.
4. Spread the coated carrots out evenly in the slow cooker.
5. Top with the cubes of butter, and add the lid to the slow cooker.
6. Cook on "high" for 3 hours, or on "low" for 5-6 hours. If possible, stir the carrots 1-2 times during the cook time.
7. To thicken the glaze, remove the lid for the final 30 minutes of cooking and switch to "high." Cook until the glaze has thickened. Alternatively, transfer the carrots to a large bowl and cover with a plate to keep warm. Transfer the liquid to a saucepan and bring to a simmer over medium-high heat. Whisk, cooking until thickened, about 5 minutes. The saucepan works the best for this particular recipe.





November Birthdays

Carlene Conoscenti	Nov 01	Mary Hotle	Nov 08	Steven Fredriksson	Nov 21
David Drake	Nov 01	Jeffrey Nevoraski	Nov 08	Connie McCurdy	Nov 21
Cindy Gehrke	Nov 01	Helen Anderson	Nov 09	Karen Lemke	Nov 21
Sharon Larsen	Nov 01	Sharon Floyd-Golden	Nov 09	Kathy Agnew	Nov 22
Paula Pollock	Nov 01	Karl Schmidt	Nov 09	Nancy Helbling	Nov 22
Renee Swiatko	Nov 01	Lisa Melman	Nov 09	Louis Chiappetta	Nov 22
Karen Juga	Nov 02	Patty Masterson	Nov 10	Clifford Galster	Nov 23
Gail Tielmann	Nov 03	Danny Norris	Nov 10	Barbara Hart	Nov 23
Ronald Christensen	Nov 04	Robert Heine	Nov 11	Joanne Janiak	Nov 23
Shari Krezinski-Werve	Nov 04	Linda Bazata	Nov 12	Thomas Rizzo	Nov 23
Rita Luther	Nov 04	Sandra Schmidt	Nov 13	Debbie Malsack	Nov 23
Frank Perri	Nov 04	June Sturino	Nov 13	Scott Barter	Nov 23
Joan Slatkay	Nov 04	Lois Lecy	Nov 13	Barbara Schmidt	Nov 24
Kevin Walker	Nov 04	Mara Augustine	Nov 14	Paul Miller	Nov 24
Carol Schweinfurth	Nov 04	Karen Hofmann	Nov 15	Christine Steele	Nov 24
Toni Hanson	Nov 04	Michael Moore	Nov 16	David Covey	Nov 25
Brenda Langerman	Nov 04	Diane Moore	Nov 16	George Archer	Nov 27
Carl Drechsler	Nov 05	Susan McIntyre	Nov 17	Hans Binder	Nov 27
Ann King	Nov 05	Judith Lee	Nov 18	Margaret Townsley	Nov 27
Gary Dickes	Nov 05	Janine Bjurman	Nov 19	Mary Walther	Nov 27
Steven Lynd	Nov 05	Rick Kanka	Nov 19	Holly Anderson	Nov 28
James Bousson	Nov 06	Nancy Demske	Nov 20	Olger Bergerson	Nov 28
Peggy Guibault	Nov 06	Judith Malek	Nov 20	Gary Karshen	Nov 28
Lois Rayburn	Nov 06	Dorothy Stielow	Nov 20	Nina Millsaps	Nov 28
Mary Bryant	Nov 07	Lydia Brown	Nov 21	Gerri Nau	Nov 29
Elaine Lambert	Nov 07	Cynthia Parker	Nov 21	Geri Strifling	Nov 29
Geraldine DeBoer	Nov 08	Steve Romanowski	Nov 21	Theresa DeBettignies	Nov 30
Dennis Dolan	Nov 08	Katherine Schultz	Nov 21	Roman Hrynewycz	Nov 30



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.

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

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DIFFICULTY: ★☆☆☆☆

The answer to this puzzle is on page 23



I ♥ Sudoku

POP UP HEALTH FAIRS

Education, Local Resources,
Risk Assessments and Health Screens



Open to a lifetime
Kendall Senior Center



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**



Bakers Needed

**We need your delicious baked goods for the
Craft Fair!**

Drop off your cookies, breads, cupcakes, pies, or whatever you love to bake, at the Kenosha Senior Center on the afternoon of Friday, November 10th. The Bake Sale is very popular and we sell out every year. So start your ovens and we'll see you on the 10th.

P.S. Don't forget to sign the sheet when you come in so you can be mentioned in the Newsletter in our list of Bakers.

Volunteers Needed

For the Craft Fair!

The Craft Fair is always so successful because of our great staff, Board of Directors and wonderful volunteers. If you are available to help on Saturday, November 11th, call the Center at 262-359-6260 to sign up for a morning or afternoon shift. We need volunteers to sell door prize tickets, sell food and be greeters.

Combination Party

**"Deck The Halls"
And
Cookies, Cocoa
& Carols**



Friday, December 1, 2023.
12:30pm-3:00pm

Decorate the Senior Center for the Holidays then enjoy Cookies, Cocoa and a Sing-A-Long with the Forever Young Chorus

**Join us for an afternoon
of friendship and
holiday cheer!**

Call the Center at 359-6260 to sign up
for this Free event sponsored by



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: **Books, Puzzles, DVDs**

SURPRISE!!

If you didn't know already, we have Books, Puzzles and DVD's available at the Center!

Books and puzzles are For Sale for a very small fee.

Buy not Borrow!

Our DVD's in the lounge are to Borrow and Bring Back when finished watching.

Check out our Collections.

All sales go towards the Senior Center!

Books: 10¢ for Paperback

25¢ for Hardcover

Puzzles: 25¢

DVD's - Borrow & Bring back



**Medicare Open Enrollment is
October 15 - December 7**



Review your Medicare coverage. It could save you money.
Free assistance offered by Kenosha County ADRC Benefit Specialists.
Appointments available.

Call 1-800-472-8008



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Assisted Living - Memory Care - Respite Care
5048 Green Bay Road - (262) 652-5149

Piasecki Funeral Home

*Every Detail Counts
Every Memory Matters*
3720 - 39th Avenue / 262-658-4101

Michele Lewis

Medicare Specialist
262-278-8708
mlewis58@humana.com

Elizabeth Goldberg

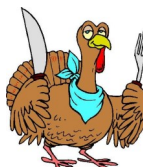
*Answers To All Your Medicare Questions
Call for a FREE review of Medicare Options*
262-206-9223
egoldberg.eg@gmail.com



Monthly Funnies



How does a turkey travel?
By Gravy Train!



What do you call a running turkey?
Fast Food

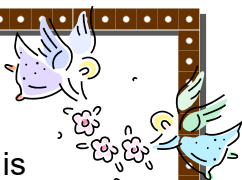
Why did the cranberries turn red?
Because they saw the turkey dressing

What did the turkey say to the computer?
"Google, google, google!"

My family told me to stop telling
Thanksgiving jokes, **I said I couldn't quit cold turkey!**

In Memoriam

Our deepest sympathy is extended to the family & friends of all who have recently suffered a loss. Our hearts, thoughts & prayers are with you.



Kenosha Senior Center Newsletter:
November 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

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to our
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