

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 3

March 2024



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,

Wellness – We've heard the term used, but what does it actually mean?

Wellness is a choice: a decision you make to move toward optimal health. Wellness is a way of life: a balanced lifestyle you design to achieve your highest potential for well-being. Wellness is a process: an understanding that there is no end point, but that health and happiness are possible in each and every moment, at any age.

A wellness-oriented lifestyle encourages you to adopt habits and behaviors that promote better health and an improved quality of life: choose not to smoke, work on controlling your weight and stress levels, educate yourself on disease prevention, choose to exercise, challenge your mind, and regularly participate in activities at the Kenosha Senior Center. Our programs promote wellness and a positive approach to living, emphasizing the whole person. We understand that everything you do, think, feel and believe has an impact on your state of health. Stop by the Center and try one of our exercise classes, join the book club, attend an educational presentation, come for lunch or stop by to meet a new friend. It's a choice that can make a positive difference in the quality of your life and move you forward on the path to lifetime wellness.

See you at the Center!

Sincerely,

Denise





BUS TRIPS

Trips

BEAUTIFUL: THE CAROLE KING MUSICAL



Date: Thursday, May 23, 2024

Destination: Fireside Theatre, Fort Atkinson, WI

Prices: Members: \$110.00 Non-members: \$115.00

Tickets go on sale to members on Tuesday, March 12, 2024. 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, March 13, 2024**

Trip Description: Before she was hit-maker Carole King — she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with Tapestry, BEAUTIFUL: The Carole King Musical takes you back to where it all began. Featuring such unforgettable classics as “You’ve Got a Friend,” “One Fine Day,” “Take Good Care of My Baby,” “You’ve Lost That Lovin’ Feeling,” and “Natural Woman,” this Tony® and Grammy® Award-winning musical phenomenon is filled with the songs you remember and a story you’ll never forget.



Entrées: Rainbow Trout: seasoned with fresh herbs and lemon butter and seared to perfection. OR Hangar Steak: known as “The Butcher’s Filet,” this tender and flavorful cut is marinated in red ale and brown sugar then charred to perfection on the grill and carved for each plate, served with a sauce of savory blue cheese, cream, and fresh herbs. OR Supreme Cut Chicken: seasoned with lemon pepper and seared. All meals include freshly baked breads, spinach salad (young spinach leaves, baby kale, arugula, and frisée lettuce, hard boiled egg, cucumber coins, and grape tomatoes topped with a house-made sweet sour dressing, Jones cherrywood smoked bacon chips, and French fried buttermilk onion strings). All meals include butternut squash gratin, garlic green beans and Georgia pecan pie 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.

Kenosha Senior Center Trip and Events Policy: We understand that plans can change and you may not be able to attend a trip or event 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. If we are successful, you will be notified to come and pick up your refund.



BUS TRIPS

Trips

Milwaukee Brewers Baseball Game



Date: Thursday, May 30, 2024
Game time is at 12:10pm **Gates Open: 10:40am**
Game: Brewers vs Cubs
at American Family Field in Milwaukee
Prices: Members: \$65.00, Non-members: \$70.00



vs.



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

Tickets go on sale to members on Tuesday, March 19, 2024. Numbers will be handed out at 8:30 am and the sign up begins at 8:40am. You are allowed to sign up for yourself and one other member only. You must show both membership cards when you purchase your tickets.

Tickets go on sale to non-members on Wednesday, March 20, 2023.

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

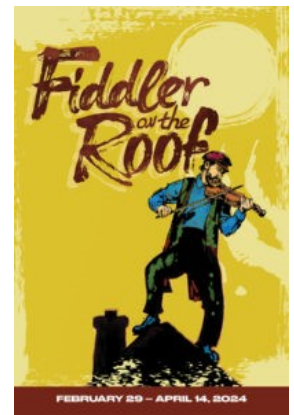
On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 9:45am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 10:00am and return at approximately 6:00pm.

FIDDLER ON THE ROOF

Date: Friday, April 12, 2024
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$110.00 Non-members: \$115.00

Waiting List!

Trip Description: "A fiddler on the roof, sounds crazy, no?" Yet millions of people every year fall in love with Tevye, the long-suffering dairyman who struggles to find a balance between his traditions and his family. Now celebrating 60 years, as is The Fireside, we are proud to present a brand new revival of one of the most popular shows in our history. The show's universal theme touches everyone, leaving audiences crying tears of both joy and sadness. Including such iconic songs as "Sunrise, Sunset," "If I Were a Rich Man" and "Matchmaker, Matchmaker," FIDDLER ON THE ROOF is the perfect mix of audience-pleasing humor and heart.



Entrées: Chicken Cordon Bleu OR Sliced Roast Beef Tenderloin OR Baked Almond Crusted Cod
 All meals include freshly baked breads, Tomato Bisque, topped with crisp cheese croutons, cauliflower mashed "potatoes" and roasted Brussel sprouts and Oreo Delight 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.



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

Wednesday, March 6, 2024
Sponsored by St. Catherine's Commons

Wednesday, March 13, 2024
Sponsored by The Woods of Caledonia

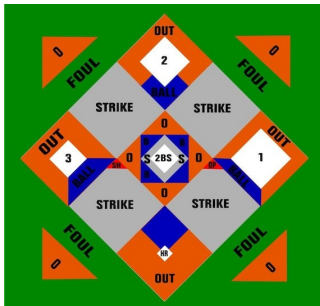
Wednesday, March 20, 2024
Sponsored by Lowe's Insurance

Wednesday, March 27, 2024
Sponsored by American Republic Insurance

NEW Activity: DartBall

Wednesdays at 1pm In Room 106

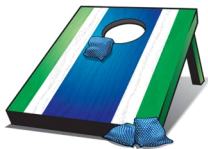
Dartball is an American darts game that combines two sports: Darts and Baseball. Darts are thrown at a large wooden wallboard that resembles a baseball field. There are colored areas on the board which denote bases, the infield and the outfield. The rules and scoring for this game are based upon American Baseball. Stop in and check it out!



Bean Bagz Group

Wednesdays at 1pm

Join the Bean Bagz Group. It's a great way to meet new people and get active. No experience needed. This group meets in Room 121.



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.



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. Dues are just 50cents each week.

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

FREE BINGO



Tuesday, March 26, 2024 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
Cornerstone Caregiving



REFRESH YOUR DRIVING SKILLS WITH
THE AARP DRIVER SAFETY COURSE!

AARP Driver Safety Program

Friday, April 5, 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, February 16th
- ♦ There are NO Tests!



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

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 members entries for a prize at the end of the month. Entries must be submitted by the 20th of this month. Take a guess each month!

January Winners

Lucy Rangel, Arturo Miranda, Carol Oberst

Kenosha Senior Center Orientation Wednesday, March 27, 2024 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**

Dance Group 1st and 3rd Tuesdays at Noon



Join this group if you want to meet new people, have fun, be active and DANCE! The group meets the 1st and 3d Tuesdays of the month. 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. No experience needed. Everyone is Welcome!

Drop In Craft Day Wednesdays 9am-Noon

Make Crafts. Meet Friends. Have Fun.

This group meets Wednesday mornings to socialize and make crafts. The activity is FREE. There is no lesson. Bring your own project to work on or stop in and be inspired by other crafters. Some projects the crafters are working on include wood burning, card making, barn quilts, diamond art and more. Spark your imagination and check out this new activity!



Art a la Carte!

**With local artist, Julie Schilf
1st and 3rd Mondays 10:30-12:30**

Hands-on art (and craft) instruction classes including making and painting ceramics, drawing basics (pencil, charcoal and pastels), needle felting, paper origami, wire bending and wire wrapping, jewelry making, mosaics and more! Each month will be a different project.

Pottery Project: Making a Mug

Class Fee: \$10.00

Week 1- April 1st
Pottery Making Mugs

Week 2- April 15th
Pottery Finishing & Glazing



Stop by the Senior Center to register and pay.
Class size is limited so don't delay.

St. Paddy's Day Dance

Friday, March 15, 2024

1:30pm—3:30pm

Entertainment with Ernie Garner

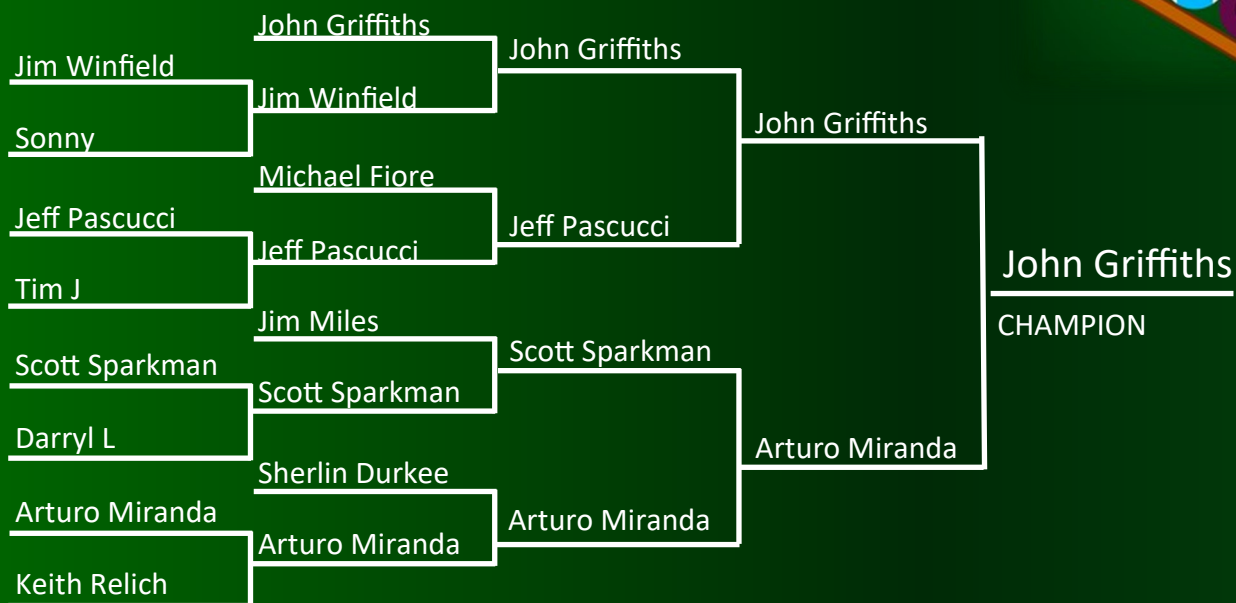
Snacks & Door Prize sponsored by Parkside Manor

Dances are Free and Open to the Senior Public

Wear Green and Show Your Irish Spirit



Kenosha Senior Center 8 Ball POOL TOURNAMENT



8 BALL POOL TOURNAMENT



FINALISTS



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
Art a la Carte!	1st and 3rd Monday	10:30am-12:30pm	Varies: based on project
Bagz (Bean Bag Game)	Wednesday	1:00pm	Free
Ballroom Dance	Wednesday	10:30am	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
Dart Ball	Wednesday	1:00pm	Free
Dominos	Tuesday	1:00pm	Free
Drop In Craft	Wednesday	9:00am - 12:00pm	Free - Bring your own supplies
Drum Circle with Heather	4th Friday	1:00pm	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 and Thursday	M:9:00am Th.:1:30pm	\$5.00 per class
Mahjong	Tuesday and Friday	T: 1:00 pm, F: 10:15 am	Free
Movies	Some 2nd Fridays	1:00pm	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	\$2.00 per class
10			

Activity Calendar		KENOSHA SENIOR CENTER				March 2024	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	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 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum	2 Center Closed	
3 Center Closed	4 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 12:30 Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	5 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:00 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 12pm Senior Dance group 1pm Dominos, Mahjong & Chess	6 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	7 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30 Chorus 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	8 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum	9 Center Closed	
10 Center Closed	11 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 12:30 Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	12 Trip Sign Up 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess 1pm Board Meeting	13 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball 1pm Make n Take	14 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30 Chorus 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	15 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 1:30 pm-3:30pm St. Patrick's Day Dance	16 Center Closed	
17 Center Closed	18 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 12:30 Wii Bowling 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	19 Trip Sign Up 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:00 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 12pm Senior Dance group 1pm Dominos, Mahjong & Chess	20 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	21 8:30-10:30am Woodturning by Appt.. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-11am NO Health Screens 9-12 Junk Journal Craft 10:30 Chorus 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	22 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am NO Cardio Drum 1pm Drum Circle with Heather Poyner	23 Center Closed	
24 Center Closed 31 Center Closed	25 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 12:30 Wii Bowling 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	26 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:00 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess 1pm BINGO	27 8:30-10:30am Woodturning by Appt. 9am Orientation 9-11am Art Class 9:30am Donut Day 9-12pm Drop In Craft 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	28 8:30-10:30am Woodturning by Appt.. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30 Chorus 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	29 Closed For Good Friday		

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MARCH

Word Search



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

 Kenosha Senior Center

BAGPIPER
BASEBALL
BASKETBALL
BLOOM
CELTIC
CLOVER
DAFFODIL
DANCES
EASTER
EMERALD



FINALISTS
FLOWER
GRASS
GREEN
HARP
HOOPS
IRELAND
IRISH
KITE
LAMB



LEPRECHAUN
LUCKY
MARCHMADNESS
MARDIGRAS
MUSIC
PARADE
PICNIC
POTOFGOLD
RAIN
RAINBOW



ROBINS
SHAMROCK
SHOWERS
SUNNY
TIMECHANGE
TOURNEY
TULIP
UMBRELLA
WARMER
WINDY

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.

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



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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23

Overnight Blueberry French Toast

Ingredients

FRENCH TOAST CASEROLE

- 12 slices day-old bread, cut into 1 inch cubes
- 2 (8 ounce) packages cream cheese, cut into 1 inch cubes
- 1 cup fresh blueberries
- 12 large eggs, beate
- 2 cups milk
- 1 teaspoon vanilla extrac
- 1/3 cup maple syrup

Directions

1. Prepare casserole: Lightly grease a 9x13-inch baking dish. Arrange 1/2 of the bread cubes in the dish and top with cream cheese cubes. Sprinkle blueberries over the cream cheese, then top with remaining bread cubes.
2. Whisk eggs, milk, vanilla extract, and syrup together in a large bowl until well-combined; pour over the bread cubes. Cover and refrigerate overnight.
3. Remove casserole from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C).
4. Bake casserole in the preheated oven, covered, for 30 minutes. Uncover, and continue baking until center is firm and surface is lightly browned, about 25 to 30 minutes.
5. Meanwhile, prepare blueberry sauce: Mix sugar, water, and cornstarch together in a medium saucepan; bring to a boil and cook, stirring constantly, 3 to 4 minutes. Stir in blueberries, reduce heat to low, and simmer until all the blueberries burst, about 10 minutes. Stir in butter.
6. Serve portions of casserole on plates and pour warm syrup over top.



BLUEBERRY SAUCE

- 1 cup white sugar
- 1 cup water
- 2 tablespoons cornstarch
- 1 cup fresh blueberries
- 1 tablespoon butter

Guinness Beer Cheese Dip

Ingredients

- 32 ounces processed cheese food (such as Velveeta), cut into 1/2 inch cubes
- 1 cup Irish stout beer (such as Guinness)
- 1/2 cup salsa
- 2 tablespoons Worcestershire sauce
- 1 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne pepper (Optional)

Directions

1. Heat cheese in slow cooker on High until melted, about 20 minutes.
2. Stir beer, salsa, Worcestershire sauce, chili powder, onion powder, and cayenne pepper into cheese until smooth and heated through, stirring frequently, about 10 minutes. Enjoy with pretzels or your favorite dipping food!



Shamrock Lucky Charms Treats

Ingredients

- 3 tablespoons salted butter
- 1 (10 ounce) package marshmallows
- 3 drops green food coloring, or as needed
- 6 cups frosted toasted oat cereal with marshmallows (such as Lucky Charms®)

Directions

1. Line a 9x13-inch pan with parchment paper and coat with nonstick cooking spray.
2. Melt butter in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat and mix in a few drops of green food coloring (to your desired color).
3. Place the cereal in a large bowl. Add marshmallow mixture and stir until the cereal is well coated.
4. Evenly and gently press the cereal mixture into the prepared pan with a greased spatula. Set aside to cool.
5. Once cooled, remove the treats (with the parchment paper) from the pan and place on top of a cutting board. Cut the cereal treats into shamrock shapes using a shamrock cookie cutter.





March Birthdays



Sandra Aker	3/1	Barbara Henkel	3/7	Nancy Dyke	3/16	Diane Rhodes	3/24
Patricia Gill	3/1	Judith Higgins	3/7	James Fredericksen	3/16	Vera Schalk	3/24
Joyce Roach	3/1	Cyndi Kavis	3/7	Grace Johnson	3/16	Kathleen Becker	3/25
Gilbert Saldana	3/1	Ruth Johnson	3/7	Patricia Moldenauer	3/16	Catherine Higgins	3/25
Jerry Bulanda	3/2	Richard Gust	3/8	Roy Mukka	3/16	Vicki Kuczenski	3/25
John Carey	3/2	Carol McGinnis	3/8	Amber Settersten	3/16	Jennifer Arzt	3/25
Linda Cline	3/2	Jeffrey Marusic	3/8	Luella Vines	3/16	Lisa Pignotti	3/25
Rosann Fuhrer	3/2	Carla Scofield	3/9	Jack Clausen	3/16	Ellen Kaleck	3/26
Robert Lasch	3/2	Bonnie Payette	3/9	Judith Matrise	3/17	Toni Marshman	3/27
Kim Sanderson	3/2	Gerald Zirkelbach	3/9	Martin Moskopf	3/17	Robert Sertich	3/27
Rita Komarec	3/3	Harold Dusek	3/10	Harry Stoebe	3/17	Linda Wikel	3/27
Anita Masi	3/3	Bill Friebus	3/10	Pat Weithaus	3/17	Gloria Stear	3/27
Denise Villalobos	3/3	Elisabeth Gulatz	3/10	Coleen Heckel	3/18	Mary Bishop	3/28
Robert Patrick	3/3	Sharon Taylor	3/10	Audrey Steel	3/18	Michael Cannestra	3/28
Laura Wieske	3/4	Teresa Tabbart	3/10	Jacky Grace	3/19	Taylor Austin	3/29
Jackie Greco	3/4	Joan Murphy	3/10	John Otahal	3/19	Russell Davis	3/29
Marv Kellerman	3/5	Anne Fuller	3/11	Kim Romanowski	3/19	Rita Jansen	3/29
LaVerne Kreuser	3/5	Pat Jones	3/11	Deborah Larsen	3/20	Pat Sacco	3/29
Barbara Leffelman	3/5	Linda Vacca	3/11	Evelyn Pizzala	3/20	Lillian Weiss	3/29
Claudia Schiller	3/5	Kathleen Bertola	3/11	Paula Thomas	3/20	Frank Singer	3/29
Diana Schroeder	3/5	Nancy Rowe	3/11	Michael Fiore	3/20	Evelyn Carver	3/29
Lisa Hazlett	3/5	Deborah Esparza	3/12	Brenda Vite	3/21	Terry Yarbrough	3/29
Andrzej Kubicki	3/5	Willi Sterba	3/14	Kim Bielewicz	3/21	Midge Erli	3/29
Marge Jeschke	3/6	Bob Samer	3/14	Rob Higgins	3/22	Pat Tomsheck	3/30
Jean Walrath	3/6	Ruth Larsen	3/15	Barry Wojtak	3/22	Carol Zaruk	3/30
Sharon Guptail	3/6	Scott Sparkman	3/15	Denise Jacob	3/23	Linda Cheney	3/30
Cari Richter	3/6	Larry Rasch	3/15	Susan Robbins	3/23	Renee Cison	3/31
Galina Balyosian	3/7	Brent Stanley	3/15	Lee Arneson	3/24	Sandra Haggarty	3/31
		Jill Montgomery	3/15	Patricia Dolan	3/24	Linda Nelson	3/31
		Barbara Beaulieu	3/16	Judith Gross	3/24	Janice Norris	3/31



Basic Directions

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



SUDOKU



Sudoku Puzzle #2

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

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DIFFICULTY: ★☆☆☆

The answer to this puzzle is on page 23

2024 Special Events and Trips



Fri. March 15, 2024	-	St. Patrick's Day Dance
Fri. April 12, 2024	-	Fireside Theatre: Fiddler On The Roof
Fri. April 26, 2024	-	Kentucky Derby Dance
Fri. May 17, 2024	-	Spring Dance
Thurs. May 23, 2023	-	Fireside Theatre: Beautiful: The Carole King Musical
May 10, 2024 (tentative)	-	Froedtert South Rehab <i>Falls Prevention Day</i>
May 30, 2024	-	Brewers vs Cubs Game
June 2024 (tentative)	-	Gambling Trip
Fri. June 21, 2024	-	Summer Dance
Thurs. July 11, 2024	-	Kenosha Kingfish Ballgame
Fri. July 12, 2024	-	Fireside Theatre: Nunsense—A Musical Comedy
Thurs. Aug 8, 2024	-	Kenosha Senior Center: Annual Picnic
Thurs. August 22, 2024 (tentative)	-	Aurora Medical <i>Pop Up Health Fair</i>
Thurs. September 5, 2024	-	Fireside Theatre: Elvis Show
Fri. September 20, 2024	-	Dance
Thurs. October 17, 2024	-	Fireside Theatre: Rocky The Musical
Fri. October 25, 2024	-	Halloween Dance
Sat. Nov. 9, 2024	-	Kenosha Senior Center: Holiday Craft Fair
Fri. November 15, 2024	-	Thanksgiving Dance
Fri. November 22, 2024	-	Fireside Theatre: Miracle on 34th Street
Thurs. December 5, 2024	-	Woodfield Mall: Holiday Shopping Trip
Fri. December 6, 2024	-	Kenosha Senior Center: Deck the Halls Party and Cookies , Cocoa and Carols Party
Fri. Dec. 13, 2024 (tentative)	-	Kenosha Senior Center Christmas Party
Fri. December 20, 2024	-	Holiday Dance

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!
Additional Trips may be added Check monthly for updates.

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: \$2.00 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, Heather & Jordan*

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: January 19-April 19, 2024

This session is sold out. See Denise for drop in options

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



Junk Journal Crafting

Thursdays from 9:00am-Noon

What is a Junk Journal?

Part journal, part scrapbook and part art project.

Every junk journal is a unique handmade book, made up of recycled and up-cycled materials.

FREE—Just bring your own supplies

Not sure what to bring? Stop by any Thursday and meet the group. They can help you with supplies.

Drum Circle

With Heather Poyner

Every 4th Friday at 1pm

Fee: \$2.00

Ever want to be part of the band, literally?
Well, here's your chance!

In this interactive drum circle, participants create in-the-moment musical masterpieces using hand drums, tambourines, shakers and African bells.

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



For more details about the Drum Circle, find Heather on Facebook, or call her at 262-914-9352.



Easter Make and Take Class

With Patricia Bell and Wendy

Wednesday, March 13, 2024 at 1pm

Project: Paper Easter Baskets

Fee: \$5.00 for class

Suggested Supplies: colored pencils and small craft scissors

Registration: Sign up and pay fee at the Center by Wednesday, March 8, 2024.



Line Dancing with Norm

Now **TWO** days a week

Mondays at 9am and Thursdays at 1:30pm

Line dancing is choreographed dancing and a fun form of exercise. It gets your heart pumping, your legs moving and your brain working, all while being part of a social activity. Some research shows that line dancing can reduce your risk for Alzheimer's disease and dementia. There is a \$5 fee for each class you participate in.



Writing For Fun

Tuesdays at 10:30am

Have you always wanted to write but didn't know where to start or never had the time? Are your children begging you to "write it down"? Well, here is your opportunity! If you like to write — or want to try — consider joining the Writing For Fun Group. Here's your chance to experiment with writing poetry, plays, short stories, essays and the stories from your life. Prompts are given in class or you can use your own imagination. It's a great way to remember, document and pass on favorite memories and history from your past.

Class Updates

- Chorus Is Back in March!
- Line Dance added a second class on Thursdays at 1pm
- Chair Yoga will not meet March 18 and 25
- Center Closed April 2nd for Elections

Open Ballroom Dance

Wednesdays at 10:30am

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.



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



Kandy's Korner



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

This week's topic: **LOGO contest**

It's a fun little contest!

Every month we hide a 'mini' logo somewhere in the newsletter for our members to try and find.

Here are some reminders:

When you call or email in your guess you must:

1. Tell us what page it is on
2. Give us your phone number
3. Guesses must be in before the 20th of the month, we pick the names that day.
4. If you email it in, PLEASE remember: Name, Phone and Page Number on your email

Featured Advertisers

Piasecki Funeral Home

Every Detail Counts

Every Memory Matters

3720 - 39th Avenue / 262-658-4101

Hospice Alliance

Choose the Best—Ask for us by Name

www.hospicealliance.org

262-652-4400

Brookdale Senior Living

"Memory loss doesn't have to mean all is lost"

Apartments available for those with Dementia

(262) 694-6101 - www.brookdale.com

Thank you!! And Have Fun!!



Free Tax Aid AARP

Thursdays, February 1 thru April 4, 2024

9:00 am - 2:30 pm by appointment

Tax-Aide is a free program sponsored by the IRS & AARP that provides income tax counseling, primarily to persons with low or moderate income, who are age 60 and over. The Kenosha Senior Center is one of the locations where their volunteers help people.

Call to see if there are appointments available.
(262) 671-8461 The phone line is open from 8:30am until 3:30pm Mon. thru Fri.

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



Monthly Funnies

What's Irish and comes out during March?
Paddy O'Furniture

What do you call 10 rabbits marching backwards?
A receding hairline!

What do you call a fake Irish diamond?
A shamrock

How can you tell when a potato is not from Ireland?
When it's a French fry

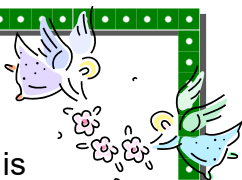
Where do sheep go for spring break?
The Baa-hamas

In Memoriam

Our deepest sympathy is
extended to the family & friends of

Annie Birch & James Settle

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



Kenosha Senior Center Newsletter:
March 2024 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

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