

# Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 4

April 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](http://www.kusd.edu/seniorcenter)

## "Like" us on Facebook at:

[www.facebook.com/kenoshasenior](http://www.facebook.com/kenoshasenior)

## Program Director

Denise Jacob

Email: [djacob@kusd.edu](mailto:djacob@kusd.edu)

## Administrative Assistant

Kandy Stull

Email: [kstull@kusd.edu](mailto:kstull@kusd.edu)

## Newsletter Editors

Denise Jacob and Kandy Stull

Senior Dining 262-351-6246

## BOARD OF DIRECTORS

**President:** *Bonnie Hausfeld*  
**Vice President:** *Ron Mengel*  
**Secretary:** *Kathy Flammang*  
**Asst. Secretary:** *Carol Kessler*  
**Treasurer:** *Bryan Mogensen*  
*Coordinator of Recreation*

## BOARD MEMBERS

*Barbara Johnson*     *Joan Hall*  
*Barb Van Dyke*     *MaryAnn Bourget*  
*Charlotte Winkler*     *Nikki Mondia*  
*Carol Sieber*     *Phyllis Mattox*  
*Eloda Birch*     *Sue Moe*

## Dear Friends,

As we move into spring and leave the colder days of winter behind (although it was pretty mild this year), I urge you to get out, stop by the Senior Center, and see all the things we have to offer. Check inside the newsletter for information on programs and upcoming events. It's your link to all the many activities and services available to you each month. You'll find everything you need to stay active, healthy, and "on the move". There's something for everyone!



Spring also means elections here at the Senior Center. The nominating committee is currently taking nominations for individuals to serve on the Board of Directors. Elections will be held at the quarterly meeting on Thursday, April 25, 2024. Terms are for three years. If you know someone who would make a great volunteer leader — or if you're interested in serving, please call 262-359-6117. Once a nomination is submitted, the candidate will receive a call for verification. All nominations are due by April 8, 2024.

*See you at the Center!*

*Sincerely,*

*Denise*



*Wishing all of you a beautiful Spring season  
filled with Peace, Love, Joy and Fun!*



# BUS TRIPS

## Trips

### Potawatomi Casino

**Date:** Wednesday, June 19, 2024

**Location:** Potawatomi Casino Milwaukee, WI

**Prices:** Members: \$25.00 Non-members: \$30.00



**Tickets go on sale to members on Tuesday, April 9, 2024.** Numbers will be handed out at 8:30 am and the sign up begins at 8:40. You are allowed to sign up for yourself and one other member only. You must show both membership cards when you purchase your tickets. **Tickets go on sale to non-members on Wednesday, April 10th.**

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

**Trip Description:** Enjoy a deluxe motor coach ride to Potawatomi Casino in Milwaukee. Where they have over 3,100 slot machines, classic table games and Bingo. Everyone will receive \$10.00 in Fire Keeper's Reward Play and a \$10.00 food and beverage credit that may be used toward purchasing your lunch. **Please Note:** On this trip you must bring a **valid photo I.D.** with you into the Casino. Jackpots over \$1,250.00 will also require your Social Security Card. Bingo is \$40.00 to play.

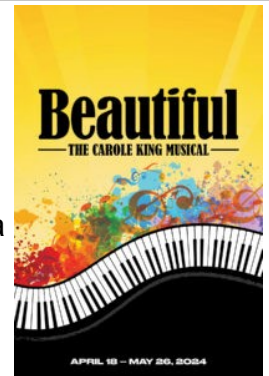
**On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:45am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 9:00am and return at approximately 4:30 pm.**

### BEAUTIFUL: THE CAROLE KING MUSICAL

**Date:** Thursday, May 23, 2024

**Destination:** Fireside Theatre, Fort Atkinson, WI

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



**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”. All 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: this tender and flavorful cut is marinated in red ale and brown sugar then charred to perfection, 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 with baby kale, arugula, lettuce, hard boiled egg, cucumber and grape tomatoes, topped with a house-made sweet sour dressing, bacon chips, and 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.**



# BUS TRIPS

## Trips

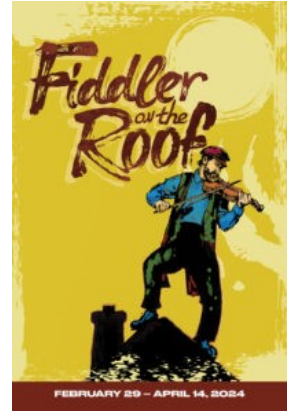
### FIDDLER ON THE ROOF

**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.**

### 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



**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.

**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 5:00pm.**

**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.



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

Wednesday, April 3, 2024  
 Sponsored by Senior Helpers

Wednesday, April 24, 2024  
 Sponsored by Library Terrace

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

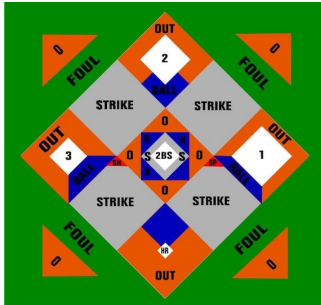


Looking for a support system to help you lose weight? Come to one of our TOPS meetings and see how joining this group can help you meet your goals! Packages start at just \$49.00. Dues are just 50cents each week.

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

**NEW Activity: DartBall**  
 Wednesdays at 1pm In Room 106

Dart Ball 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!



**FREE BINGO**



Tuesday, April 23, 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**

**Foot Clinic**

Friday, April 12, 2024 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.



**REFRESH YOUR DRIVING SKILLS WITH THE AARP DRIVER SAFETY COURSE!**

**Mahjong Lessons For Beginners**  
 Tuesdays 9:30am—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.

**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 Wed., March 27th
- ◆ There are NO Tests!



**EVERYONE**

**IS WELCOME HERE**

# 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](http://kafasi.org/nutrition.html)
- 🍎 Great way to meet new friends



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

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

## Find The Logo Contest



We have hidden our Kenosha Senior Center Logo somewhere in this newsletter. It is a **miniature** version of the logo. Look carefully throughout the newsletter and if you are lucky enough to find it, call the front desk at 262-359-6260 or email [kstull@kUSD.edu](mailto:kstull@kUSD.edu). **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!

### February Winners

Cynthia Greene, Victoria Bishop, Theresa DiCello

## Kenosha Senior Center Orientation Wednesday, April 24, 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 these year 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

## Blood Pressures and Bone Density Test Thursday, April 18, 2024 9:30am-12:30pm

*Special Guest: [An Aurora Pharmacist](#) to answer questions!*

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

### Interested in a Bone Density Screening?

Register for a 15 minute appointment at the front desk or call 262-359-6260.

### Interested in a Blood Pressure Screening?

No need to register. Just stop in that morning.

Presented by [Aurora Health Care](#)

## Wii Bowling Winter League Banquet Thursday, April 11, 2024 at 1:30 pm

All bowlers who participated in the Winter Wii Bowling League are invited to an afternoon of food, prizes, awards and fun! Please RSVP by Friday, April 5th by calling 262-359-6260.

## Wii Bowling League Sign Up for Spring Session Monday, April 8, 2024 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 Spring league will be held on Thursdays at 12:30 pm, beginning April 18, 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.

## 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.

### April 1st and April 15th—WAIT LIST

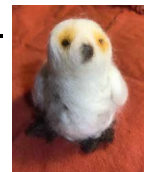
#### Pottery Project: Making a Mug

Class Fee: \$10.00



### May 6th- Needle Felting

Class Fee: \$5.00



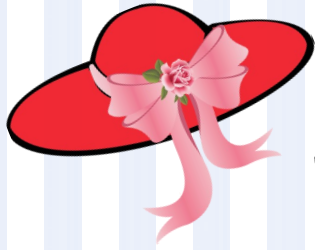
### May 20th- Wire Working

Class Fee: \$5.00

Tree of Life Necklace



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



# *Kentucky Derby Dance*



Featuring  
Dance Music with  
Ernie Garner

Friday, April 26th 1:30pm-3:30pm

Dances are FREE & Open to all Seniors  
Come Dressed in your Derby Best!

Snacks & Door Prizes  
Sponsored by  
Oasis Senior Advisors  
and Grand Prairie  
Care and Rehab Center



# OPEN BALLROOM DANCE

**Wednesdays at 10:30am**

This group meets 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 are fortunate to have Mike Lowe, from Lowe insurance and his wife, join us and give lessons!





## Saying Goodbye to our Friend...

### Bonnie Hausfeld


April 7, 1940 - February 25, 2024

Bonnie was a member of the Kenosha Senior Center serving as Secretary in 2010 and became President in 2013 until her passing. She was very active and instrumental in bringing technology to the Senior Center. Bonnie taught computers and volunteered doing taxes. She was always willing to give back to the seniors in our community. In addition to serving on the Board, Bonnie actively participated in The American Issues Group. She was also a member of the Red Hat Society and volunteered at the Civil War Museum for many years. She was a wonderful volunteer and will be deeply missed by all her friends at the Kenosha Senior Center.



## ***Kenosha Senior Center Class & Activity List***

**Classes, activities and fees are subject to change. Call 262-359-6260 to confirm an activity**

<b>Class/Activity</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
American Issues	Wednesday and Friday	10:00am - Noon	Free
Art Class	Wednesday	9:00am - 11:00am	\$5.00 per class & your own supplies
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	\$3.00
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
<b>10</b>			

Activity Calendar		KENOSHA SENIOR CENTER				April 2024	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	<b>1</b> 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 10:30 Art a la Carte 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>2</b> <b>CLOSED FOR ELECTIONS</b> 	<b>3</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class <b>9:30am Donut Day</b> 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball <b>1pm Travel Show</b>	<b>4</b> 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 1pm Euchre <b>1:30-3pm Line Dance</b> <b>2:30pm TOPS Group</b>	<b>5</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <b>10:30am-3pm AARP Driver Safety Class</b>	<b>6</b> Center Closed	
<b>7</b> Center Closed	<b>8</b> 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion <b>2:30 Wii Sign Up</b>	<b>9</b> Trip Sign Up 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 Mahjong Lesson 9:45am NO Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess <b>1pm Board Meeting</b>	<b>10</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 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	<b>11</b> 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus <b>1pm Bowling Banquet</b> 1pm Euchre <b>1:30-3pm Line Dance</b> <b>2:30pm TOPS Group</b>	<b>12</b> TRIP 9-10am Exercise Class 9-11am Knit & Crochet <b>9-Noon Foot Clinic</b> 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum	<b>13</b> Center Closed	
<b>14</b> Center Closed	<b>15</b> 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 10:30 Art a la Carte 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>16</b> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30 Mahjong Lesson 9:45am NO Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 12pm Senior Dance Group 1pm Dominos, Mahjong & Chess	<b>17</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 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	<b>18</b> 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft <b>9:30-12:30 Health Screens</b> 10:30am Chorus 12:30 Wii Bowling 1pm Euchre <b>1:30-3pm Line Dance</b> <b>2:30pm TOPS Group</b>	<b>19</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <b>1pm Personl Safety Presentation with Officer Wambolt</b>	<b>20</b> Center Closed	
<b>21</b> Center Closed	<b>22</b> 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>23</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 12pm Senior Dance group 1pm Dominos, Mahjong & Chess <b>1pm BINGO</b>	<b>24</b> 8:30-10:30am Woodturning by Appt. <b>9am Orientation</b> 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class <b>9:30am Donut Day</b> 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	<b>25</b> 8:30-10:30am Woodturning by Appt.. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus <b>1pm Quarterly Mtg. and Derby Hat Making</b> NO Euchre, Line Dance, Pool, Wii, TOPS Group	<b>26</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <b>1:30 pm-3:30pm Kentucky Derby Dance</b>	<b>27</b> Center Closed	
<b>28</b> Center Closed	<b>29</b> 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>30</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess	<b>Pool Tables Open</b> Mon thru Fri 8:30am-3:30pm Except during movies, meetings, dances and closures.		<b>Senior Center Hours:</b> Monday-Friday 8:30am-3:45pm Closed Saturday & Sunday <b>Phone: (262) 359-6260</b>		
							



# April

# WORD SEARCH



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

APRIL FOOLS DAY  
ARIES  
BASEBALL  
BEGINNING  
BLOOMS  
BULBS  
BUTTERFLY  
CHICKS  
CORNFLOWER  
DAFFODILS



EARTH DAY  
FLOWERS  
GAMES  
GARDENING  
GRASS  
GREEN  
GROW  
HYACINTH  
JACKET  
JOKES



LAUGHTER  
MAY FLOWERS  
MUD  
PANSY  
PLANTING  
PLOW  
PRANKSTER  
PUDDLES  
RAINBOWS  
RAINCOAT



SHOWERS  
SPORTS  
SPRING BREAK  
SPROUT  
SUNNY  
TAURUS  
TRICKS  
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.

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

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DIFFICULTY: ★★★★★



The answer to this puzzle is on page 23

## Stir-Fry Rice Bowl

### Ingredients

- 1 tablespoon canola oil
- 2 medium carrots, julienned
- 1 medium zucchini, julienned
- 1/2 cup sliced baby Portobello mushrooms
- 1 cup bean sprouts
- 1 cup fresh baby spinach
- 1 tablespoon water
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon chili garlic sauce
- 4 large eggs
- 3 cups hot cooked brown rice
- 1 teaspoon sesame oil



### Directions

1. In a large skillet, heat canola oil over medium-high heat. Add carrots, zucchini and mushrooms; cook and stir for 3-5 minutes or until carrots are crisp-tender. Add bean sprouts, spinach, water, soy sauce and chili sauce; cook and stir just until spinach is wilted. Remove from heat; keep warm.
2. Place 2-3 in. water in a large skillet with a high side. Bring to a boil; adjust heat to maintain a gentle simmer. Break cold eggs, 1 at a time, into a small bowl; holding bowl close to surface of water, slip egg into water.
3. Cook, uncovered, 3-5 minutes or until the egg whites are completely set and the yolks begin to thicken but are not hard. Using a slotted spoon, lift eggs out of water.
4. Serve rice in bowls; top with vegetables. Drizzle with sesame oil. Top each serving with a poached egg.

## Slow-Cooker Lasagna

### Ingredients

- 1 pound ground beef
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 can (29 ounces) tomato sauce
- 1 cup water
- 1 can (6 ounces) tomato paste
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 package (8 ounces) no-cook lasagna noodles
- 4 cups shredded part-skim mozzarella cheese
- 1-1/2 cups 4% cottage cheese
- 1/2 cup grated Parmesan cheese



hello  
spring!

### Directions

1. In a skillet, cook beef and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in the tomato sauce, water, tomato paste, salt and oregano.
2. Spread a fourth of the meat sauce in an ungreased 5-qt. slow cooker. Arrange a third of the noodles over sauce (break the noodles to fit if necessary). Combine cheeses; spoon a third of the mixture over noodles. Repeat layers twice. Top with remaining meat sauce.
3. Cover and cook on low for 4-5 hours or until noodles are tender.

# APRIL Birthdays

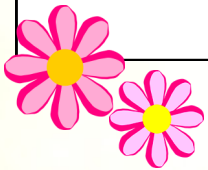
Leah McClellan	4/1	Debbie Snodgrass	4/11	Norma Pagel	4/19	Robert Schiller	4/25
Rose Marie Gingerelli	4/2	Richard Hiser	4/11	Reuben Polina Sr.	4/19	Shar Schneider	4/25
Mike Lindholm	4/2	Judy Mawacke	4/11	Edward Salo	4/20	Robin Wright- Thomas	4/25
Bernadine Kramer	4/3	Carol Odegaard	4/12	Tui Wyllie	4/20	Keith Richter	4/25
Peggy Pontillo	4/4	Pam Gough	4/13	Sandra McQuestion	4/20	Florence Hammelev	4/26
Becky Whitefoot	4/4	Sandra Hughes	4/13	Christa Biggs	4/21	Margaret Kendall	4/26
Parma Pontillo	4/5	Therese Kavalauskas	4/13	Patricia Glidden	4/21	Kathy Wakefield	4/26
John Robbins	4/5	Roselyn McHugh	4/13	Donna Keckeisen	4/21	Vicki Sbarounis	4/26
Lori Sidlo	4/5	Eugene Wright	4/13	Arlene Olson	4/21	Jay Stone	4/26
Pellicori Vicki	4/5	Tamara Schlevensky	4/13	Louanne Bartels	4/21	Mary Barnes	4/26
Nancy Warnock	4/5	Robert Merten	4/13	Janet Dalpaos	4/22	Linda Kohl	4/27
Sheri Holmgren	4/5	Barbara Gamberale	4/13	Carlos Hernandez	4/22	Ron Mengel	4/27
Eugene Mayer	4/7	Arnold Parise	4/14	Barbara(BJ) Murray	4/22	Betty Mentek	4/27
Donalda(Dee) Miller	4/7	Karen Peterson	4/14	Donna Serzynski	4/22	Dora Monardi	4/27
Jeanette Hanson	4/8	Debra Smith	4/14	Melissa Busse	4/22	Kandy Stull	4/27
Camille Bergstrom	4/8	Duane Dusek	4/14	Rita Miller	4/22	Kathleen Rader	4/27
Linda Binninger	4/8	David Corey	4/15	Vickie Broughton	4/22	Deb Cline	4/27
Changxin Pang	4/8	Marilyn Dissen	4/15	Sharon Hamburg	4/23	Debra Trent	4/27
Suzanne Keller	4/9	Sandy Karnes	4/15	MaryJane Haugaard	4/23	Kim Meldahl	4/27
Carole Koller	4/9	Dallas Plana	4/15	Terry Kohel	4/23	Edie Dudek	4/27
Mike Keefner	4/9	Barbara Stuckey	4/17	Clarice Landry	4/23	Carol Hunt	4/28
Alma Hicks	4/9	George Caviezel	4/17	Linda Schaefer	4/23	Dorothy Miller	4/29
Gary Jeffson	4/10	Patricia Darnell	4/18	Chuck Miller	4/24	Kari Riley	4/29
Jeffrey Lyons	4/10	Patricia Fonk	4/18	Arnold Aho	4/25	Mary Ann Lupia	4/29
Connie Kohler	4/11	Kathy Flammang	4/19	Gordon Franti	4/25	Bernadine Clack	4/30
Sharon Schiller	4/11	Kathy Fliess	4/19	Ronald Kazin	4/25	Dorothy McMillan	4/30



## 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.



# SUDOKU

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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23



# 2024 Special Events and Trips

- 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**
- Fri. May 10, 2024 - Froedtert South Rehab *Falls Prevention Day*
- Thurs. May 30, 2024 - Brewers vs Cubs Game in Milwaukee
- Wed. June 19, 2024 - Potawatomi Casino
- 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 - *Aurora Medical Pop Up Health Fair*
- 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 - 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: April 26 - June 28, 2024**  
**Registration begins Monday, April 15, 2024**

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.



## Drum Circle

With Heather Poyner

Friday, May 24, 2024 at 1pm

Fee: \$3.00

**NO DRUM CIRCLE IN APRIL**



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.

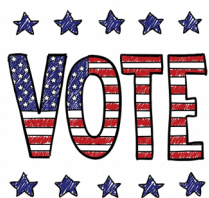
## Kentucky Derby Hat Making

Thursday, April 25th at 1pm



You've all seen those fancy hats people wear to the Kentucky Derby. We're going to have some fun and make our own Kentucky Derby Hats. Guys and gals are both invited. Then wear your hat to our Kentucky Derby Dance on April 26th. You can wear your Fancy Hat again while you watch the Kentucky Derby on Saturday, May 4th.

Call the Senior Center at 359-6260 to sign up.



## Senior Center Closed!

Tuesday, April 2, 2024

The Kenosha Senior Center  
Will Be Closed For Elections

## American Issues

Wednesdays and Fridays 10am - Noon

Are you interested in current events?  
Are you looking for lively discussions?  
Are you drawn to issues affecting people locally  
and all around the world?

Then you should come to American Issues!

**Wednesday in Room 116**

Focus: lifestyle, local and state issues

**Friday in Room 106**

Focus: World events and political topics

Join this group where you can hear and share ideas with other seniors about current events.

## Class Updates

- Line Dance is now two times a week. Mondays at 9am and Thursdays at 1:30pm
- No Tai Chi April 9 and April 16
- Center Closed April 2nd for Elections
- No Drum Circle Class in April

# EVERYONE IS WELCOME HERE

## 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 fun activity!



## April Presentations

# collette Travel Show

Wednesday, April 3, 2024  
At 1:00pm

Extended Day Trips Offered in  
2024 and 2025

Stop in to learn how you can be part of  
these two exciting opportunities.

### Featured Trips

*Canyon Country*

October 2-9, 2024

*Shades of Ireland*

March 13-25, 2025

RSVP to the Senior Center at 262-359-6260

## Personal Safety Presentation

With Officer Jeff Wamboldt

Friday, April 19, 2024  
At 1:00pm

Personal Safety Encompasses Various  
Measures and Behaviors Aimed at  
Protecting Oneself From Harm or Danger

### Topics Discussed Include:

- Personal safety protocols and how to effectively respond in an emergency
- Becoming more aware of your surroundings and identifying potential risks
- Understanding and following safety protocols

RSVP to the Senior Center at 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: [Exercise Class](#)

**Wow! Have we gotten bigger! Isn't it wonderful to see so many people coming in & getting healthy.**

- We have moved some tables back to try and accommodate our growing exercise classes, please welcome newcomers and make room for your neighbor, kindness goes a long way!
- Please keep conversations to a minimum during exercise so your neighbor can hear the directions from our instructors, save the stories for after class with donuts and a coffee!
- Thank you for always putting your chairs back and coming to the Senior Center with your smiles, YOU are what makes us great!

## Featured Advertisers

### **St. Catherine Commons**

*Senior Living by the Lake in Kenosha*  
Independent Living, Assisted Living  
and Memory Care

262-653-1234 / stcatherinecommons.com

### **Right At Home**

*Bathing to Housekeeping*  
2 Hours to 24 Hour Care

Kenosha 654-5410 / Racine 619-4155  
[www.rightathome.net/kenosharacine](http://www.rightathome.net/kenosharacine)

### **Connections**

*We support You. To live your best life at home, in your community or at work*

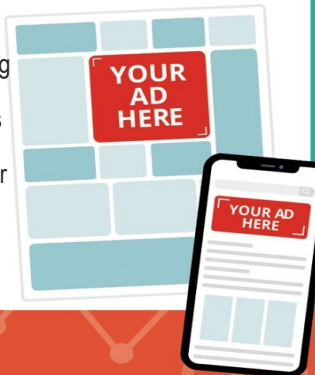
IRIS Consultant Agency  
844-520-1712

Email: [connections@lsswis.org](mailto:connections@lsswis.org)

## AVAILABLE NOW! PRINT & DIGITAL AD SPACES

**Build your business and help us grow a vibrant community!**

Ruth Schlitz from LPi, our newsletter printer, will be securing new ads for our Center. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommuntOnline.com.



Ruth Schlitz  
Cell | 715-581-9746

# Spring!



## Monthly Funnies

What do you call a group of bunnies hopping away from you?  
**A receding hareline.**

Humpty Dumpty had a great fall.  
**Spring apparently wasn't bad either!**

What kind of shoes do frogs wear when spring comes?  
**Open-toad.**

What did the tree say when spring finally arrived?  
**What a re-leaf!**

What do bees use to fix their hair?  
**Honeycombs.**

## 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!**

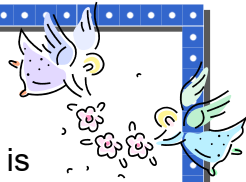
Passes available at the Kenosha Senior Center

## In Memoriam

Our deepest sympathy is extended to the family & friends of

Bonnie Hausfeld

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



Kenosha Senior Center Newsletter:  
April 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

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

### Answer to Sudoku Puzzle #1 on page 13

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

### Answer to Sudoku Puzzle #2 on page 17

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

**Thank you**  
to our  
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A large, colorful graphic of the word "APRIL" is centered on the page. The letters are thick, bubbly, and feature a rainbow gradient from orange to purple. Each letter has a small white outline and a small white bow-like detail. Below the word "APRIL" is the year "2024" in a similar bubbly, colorful font with a rainbow gradient.