

# Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 5

May 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

<b>President:</b>	<i>Bonnie Hausfeld</i>
<b>Vice President:</b>	<i>Ron Mengel</i>
<b>Secretary:</b>	<i>Kathy Flammang</i>
<b>Asst. Secretary:</b>	<i>Carol Kessler</i>
<b>Treasurer:</b>	<i>Bryan Mogensen</i>
	<i>Coordinator of Recreation</i>

## BOARD MEMBERS

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

## Dear Friends,

Since the first Mother's Day was observed in 1908 (thanks to Anna Jarvis), we set aside time to celebrate one of the most spectacular people in our lives: our Mothers. "Mother" is a powerful word. Unlimited thoughts come to our mind: love, kindness, affection, sweetness, security, protection, nurturing, sacrifice, strength, understanding, helpfulness, support, courage and responsibility, to name a few. On the special occasion of Mother's Day, we pay tribute to mothers. We thank them for everything they have done for us and recognize the positive contributions they have made to our lives. Happy Mother's Day!

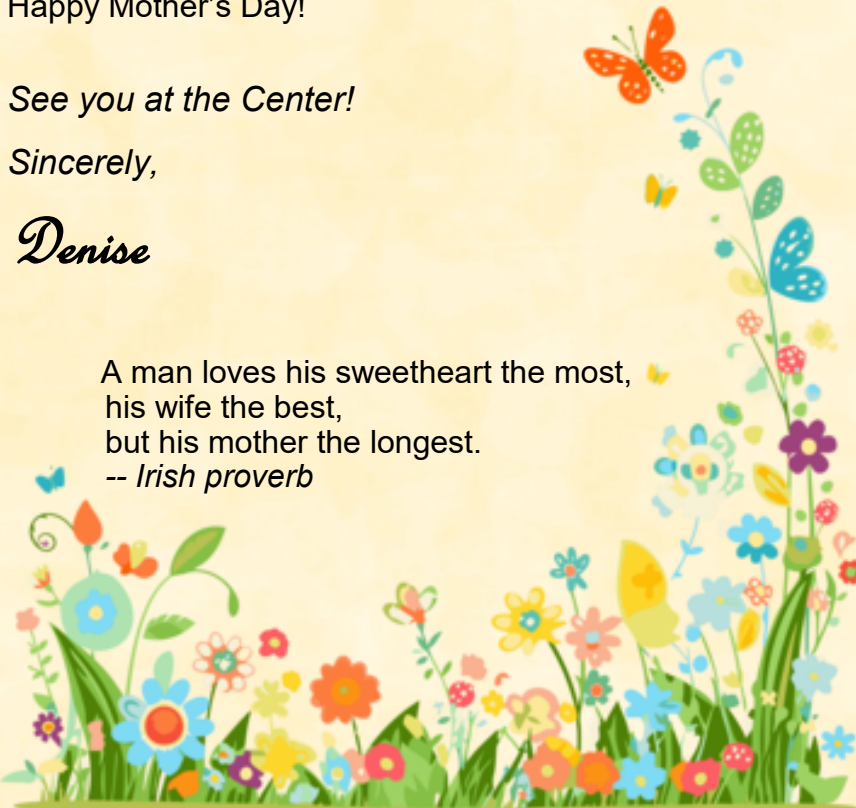


*See you at the Center!*

*Sincerely,*

*Denise*

A man loves his sweetheart the most,  
his wife the best,  
but his mother the longest.  
-- Irish proverb





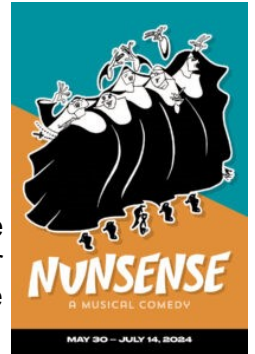
# BUS TRIPS

## New Trips

### NUNSENSE A MUSICAL COMEDY

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

**Tickets go on sale to members on Tuesday, May 14, 2024.** Numbers will be handed out at 8:30am and sign up begins at 8:40am. 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, May 15, 2024**



**Trip Description:** Join us for a madcap revue with a hysterical, anything-goes, good natured sense of fun. The Little Sisters of Hoboken are in dire financial straits. It seems they must raise enough money to bury the last four of 52 dearly departed nuns who were accidentally poisoned by the convent cook, Sister Julia (Child of God). The five remaining sisters perform with quick paced, comic flair and high-spirited singing. It's an outrageous premise for a long-running hit show that's "sinfully" hilarious and definitely habit forming!

**Menu:** Meal choices: Chicken Picatta: skinless breast of chicken dipped in egg, lightly breaded, sautéed to a golden brown, in traditional sauce and garnished with capers and parsley. OR Braised Pork Belly : succulent Duroc pork belly scored and seared to perfection. Braised slowly in real Maple syrup, bourbon, and its natural juices. OR Shrimp Tempura: four large Gulf shrimp, butterflied and dipped in our special egg batter then deep fried to a golden brown. Served with brandied apricot and cocktail sauces. All meals include freshly baked breads, broccoli and cauliflower salad, garlic roasted red potatoes, corn and red pepper medley and Blueberry Crisp for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks.

**Let us know when you purchase your ticket if you need a gluten-free or a vegetarian option.**

**On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:30am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 8:45am and return at approximately 6:00 pm.**

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## Kenosha Kingfish Ballgame and Tailgate Party

**Date:** Thursday, July 11, 2024 — Game Time is 11:05am  
**Trip:** Kenosha Kingfish Ballgame at Simmons Field, Kenosha  
**Prices:** \$25.00 for Soda Tailgate Party



**Tickets go on sale to members on Tuesday, May 21, 2024.** Numbers will be handed out at 8:30am and sign up begins at 8:40am. 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, May 22, 2024**

**Description:** Join us at the ballpark as we root for our hometown team! The price includes your ticket to the game, and a Tented Tailgate Party with all you can eat and drink ballpark food, soda and water one hour before the game (10:05-11:05).

**\*You must provide your own transportation to Simmons Field.**

**On the day of the trip arrive at Simmons Field at 9:50am to meet Denise and pick up your ticket. She will be in the parking lot near the entrance until 10:05am.**



# BUS TRIPS

## Trips

### BEAUTIFUL: THE CAROLE KING MUSICAL

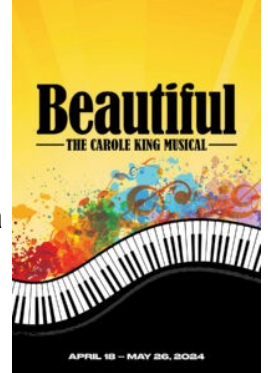
**Date:** Thursday, May 23, 2024

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

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

**Waiting List!**

**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 many unforgettable classics.



**Entrées:** Rainbow Trout OR Hangar Steak OR Supreme Cut Chicken All meals include freshly baked breads, spinach salad, 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.**

### 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



**Waiting List!**

**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.

**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.**



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

**Location:** Potawatomi Casino Milwaukee, WI

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

**Waiting List!**

**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.

**IF YOU HAVE A FIREKEEPER CARD, BRING IT ON THE TRIP**

**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.**





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

Wednesday, May 8, 2024  
Sponsored by Sheridan Health and Rehab

Wednesday, May 15, 2024  
Sponsored by Kenosha Senior Living and  
Kenosha Visiting Nurse Association (KVNA)

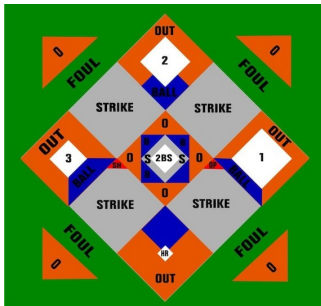
Wednesday, May 22, 2024  
Sponsored by Moments Hospice



## 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!



## 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.

## 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 50¢ each week.

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

## FREE BINGO



Tuesday, May 28, 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  
Lowe Insurance**

## WORLD DANCE CLASS IS BACK!!

Tuesdays May 7, May 14,  
May 21 and May 28  
10:30 am - 11:30 am  
Fee: \$3.00 per Class



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

Comfortable shoes are suggested.

## Foot Clinic

Friday, June 14, 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.



# 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!

### March Winners

Janice Sacramento, Judy Engelbrecht, Margaret Kendall

## Class Updates

- Line Dance is now two times a week. Mondays at 9am and Thursdays at 1:30pm
- No Chorus on May 23rd
- No Mahjong Lessons in May

## 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!

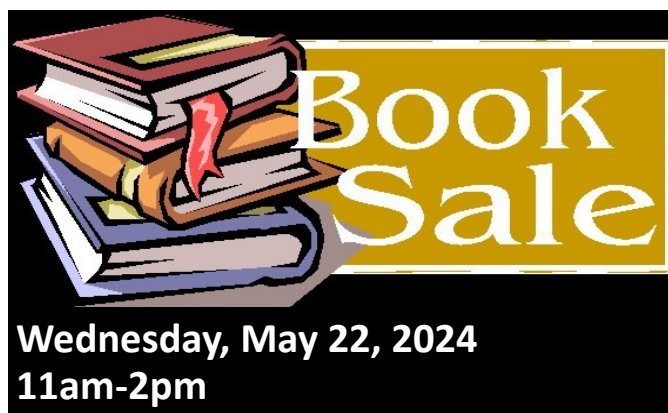
### Wednesday in Room 116

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.



## Kenosha Senior Center Orientation Wednesday, May 29, 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

# EVERYONE IS WELCOME HERE

## 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, wire wrapping, jewelry making, mosaics and more! Each month will be a different project.

**June 3 & 17**

**Class Fee: \$10.00**

Pottery Making—Tray



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

M  
A 17th  
Y 2024

1:30 pm

# Spring Fling Dance

Come  
Dressed  
in Bright  
Happy  
Colors for  
Spring!

Music ~ Dancing ~ Snacks ~ Door Prizes

Dance and door prizes Sponsored by BrightStar

At the Kenosha Senior Center. Dances are Free and open to the senior public.





**Senior Moments Dance Group  
at the Racine St. Patrick's  
Day Parade**



**Elvis Party at Cedarhurst Senior Living**





**Exercise Class Celebrates St. Patrick's Day**



**St. Patrick's Day Dance 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>			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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:</b> (262) 359-6260		<b>1</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>2</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	<b>3</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum
<b>6</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>7</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 NO Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 1pm Dominos, Mahjong & Chess	<b>8</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class 9:30am <u>Donut Day</u> 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	<b>9</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	<b>10</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum  <u>1pm-3:30pm- Open House with Froedtert South Rehab</u>
<b>13</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>14</b> <u>Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:30 NO Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 12pm Senior Dance Group 1pm Dominos, Mahjong & Chess  <u>1pm Board Meeting</u>	<b>15</b> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class 9:30am <u>Donut Day</u> 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	<b>16</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 9:30-12:30 <u>Health Screens</u> 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	<b>17</b> 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 Spring Fling Dance</u>
<b>20</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>21</b> <u>Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 NO Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 12pm Senior Dance group 1pm Dominos, Mahjong & Chess	<b>22</b> <u>11am-2pm Book Sale</u> 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class 9:30am <u>Donut Day</u> 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	<b>23</b> <u>TRIP</u> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am NO Chorus 12:30 Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	<b>24</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum  <u>1pm Drum Circle Fun</u>
<b>27</b> 	<b>28</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 NO Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 1pm Dominos, Mahjong & Chess  <u>1pm BINGO</u>	<b>29</b> 8:30-10:30am Woodturning by Appt. 9am <u>Orientation</u> 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>30</b> <u>TRIP</u> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	<b>31</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum

# Mother's Day Word Search

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

APPRECIATION  
 BASEBALL  
 BEAUTIFUL  
 BREAKFAST  
 CANDY  
 CARD  
 CELEBRATE  
 CHARMING  
 CHILDREN  
 COMFORT

DEVOTED  
 FAMILY  
 FLOWERS  
 FORGIVING  
 GARDENING  
 GIFTS  
 GUIDANCE  
 HOLIDAY  
 HUGS  
 JEWELRY

JOY  
 KISSES  
 LAUGHTER  
 LOVE  
 MATERNAL  
 MOM  
 MOTHER  
 NURTURE  
 OUTDOORS  
 PARENT

PERFUME  
 PICNICS  
 PROTECTIVE  
 SHARE  
 SUNSHINE  
 TELEPHONE  
 TENDER  
 THE BEST  
 WARM  
 WISE

## 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		2	
	5							4
			7					3
	3				5			
	9		1	4	3			5
	1							
	7	2		1			3	9
5				9		2	7	
		3		2			4	

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DIFFICULTY: ★★★☆☆

The answer to this puzzle is on page 23



## Crescent Roll Breakfast Sausage Casserole

### Ingredients

- 1 pound breakfast sausage
- 6 eggs
- 1 cup half-n-half
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- 1 cup colby jack cheese shredded
- 1 cup mozzarella shredded
- 16 refrigerated crescent rolls (2 tubes of 8 rolls)
- 1 green onions thinly sliced

### Directions

1. Preheat oven to 375 degrees F. Coat a 9-inch x 13-inch baking dish with non-stick spray. Set aside.
2. Brown sausage in a large skillet over medium-high heat until browned all the way through, about 6 to 8 minutes. Be sure to break up the sausage as it cooks. Remove from heat and strain off grease. Set aside.
3. In a large mixing bowl, whisk together eggs, half-n-half, salt, pepper, onion powder, and paprika until fully incorporated. Add cheese and stir to combine. Set aside.
4. Open crescent rolls and roll according to package directions. Arrange 15 rolls in the prepared baking dish in three rows with 5 rolls in each row. Add sausage to the baking dish, spreading it evenly over the rolls. Pour the egg mixture over the rolls and sausage.
5. Bake for 25 minutes. Carefully remove from the oven. Allow to sit for 5 minutes. Sprinkle top with green onions, if desired. Serve warm.



### Mother's Day Mimosa

- 1 bottle of Champagne, Prosecco or Cava chilled
- 3 cups orange juice
- Mix and Enjoy!

## Almond Blueberry Coffee Cake

### Ingredients

- 2 cups granulated sugar
- 3 large eggs, room temperature
- 12 tablespoons salted butter, room temperature
- 1 teaspoon pure almond extract
- 2 teaspoons pure vanilla extract
- 2 cups all-purpose flour
- 12 ounces fresh blueberries, or frozen and thawed
- 1 cup sliced almonds



### Directions

1. Preheat oven to 350°F. Spray a 9x13 baking pan with cooking spray. Set aside.
2. In the bowl of a stand mixer, fitted with a paddle attachment, (or a large mixing bowl and an electric mixer), beat sugar and eggs for 5 minutes with a mixer on medium. The volume of mixture will increase by almost half and will be thickened and light in color.
3. Add butter and extracts and beat for 2 more minutes. Slowly add flour and beat until just combined. Fold in blueberries.
4. Using a spatula, pour and smooth batter into prepared pan. Sprinkle almonds on top.
5. Bake for 40-45 minutes until a toothpick comes out clean.
6. Allow to cool completely before serving, or the cake will crack. If you can't wait, just know it will taste amazing!



Laurie Heyden	5/1	Lawrence Boyd	5/9	Char Harp	5/16	Sandy Schumaker-Kotten	5/25
Janice Sacramento	5/1	Gail Casey	5/9	Jane Haubrich	5/16	Wanda Wienkers	5/25
Warren Robinson	5/1	Lena Cooksey	5/9	Peggy Starr	5/17	Arlene Diehn	5/25
Yuehua Shao	5/1	Georgene Dworak	5/9	Carolyn Garbers	5/18	Penny Haney	5/25
Sandra Ferrari	5/3	Ceil Klapproth	5/9	Gretchen Romanowski	5/18	Jacques Van Landuyt	5/25
Jeffrey Pascucci	5/3	Nancy Nichi	5/9	Frank Rhodes	5/19	Linda Langenstroer	5/26
Wanda Krupo	5/3	Nancy Rasmussen	5/10	Michael Stancato	5/19	Lois Jones	5/27
David Morin	5/4	Joann Rossow	5/10	Bernie Sura	5/19	Paula Perez-Stone	5/27
Jessica House	5/4	Victoria Bishop	5/10	Timothy Jones	5/19	Marty Ludwig	5/28
Joseph Horvath	5/4	Judy Peterson	5/11	Betty Neu	5/19	Alexander Ritchie	5/28
Darleen Scuglik	5/4	Barbara Martin	5/11	Sandra Wright	5/20	Cheryl Thompson	5/28
Janet Bonaretti	5/5	Cynthia Greene	5/12	Mario Ruffolo	5/20	Shelly Eschmann	5/29
Diana Grissom	5/5	Kathryn Herr	5/12	Sonja Gutteridge	5/20	Gale Ponti	5/29
Jolene Schneider	5/5	Janet Puckett	5/13	Cartwright Hershel	5/20	Lawrence Benberich	5/29
Linda Sturycz	5/5	Janice Ward	5/13	Chad Bergerson	5/21	Susie Moe	5/30
Bill Zaionc	5/5	Leslie Hernandez	5/14	Joseph Robinson Sr.	5/21	Denise Pavlica	5/30
Mark Zillmer	5/5	Roy Johnston	5/14	Patsy Belongia-Shuler	5/22	Alice Roemer	5/30
Kathy Baas	5/5	Sandy Robillard	5/14	Hazel Skinner	5/22	Joyce Sorensen	5/30
Mary Haws	5/5	Mary Shefchik	5/14	Denise Thomas	5/22	Oscar Villalobos	5/30
Victoria Savino	5/6	Sally Dongarra	5/14	Karen Ciskowski	5/23	Bob McMahon	5/30
Adele Haney	5/7	Sharon Madsen	5/15	Mary Ann Ours	5/23	Teri Lemke	5/30
Julia Mykytyn	5/7	Eric Brieze	5/15	Adela Hessefort	5/24	Pamela Mohr	5/31
Linda Banaszynski	5/7	James Bellantonio	5/15	Gary Kern	5/24	Bonnie Nichols	5/31
Donald Beleck	5/7	Raymond Acerbi	5/16	Carole Miller	5/24	Will Zuberbuehler	5/31
Mary Diaz	5/7	Raymond Anderson	5/16	Mary Ingram	5/24	Karen Streed	5/31
Bradley Matthews	5/8	Mary Cook	5/16	Timothy Marlotty	5/24	Mary Ann Kehoe	5/31
Patricia Stanley	5/8	Ken Eschmann	5/16	Lynn Davis	5/25		
Sandra Daugherty	5/8	Rebecca Galan	5/16	Roger Jeschke	5/25		



## 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.



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

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DIFFICULTY: ★☆☆☆☆

The answer to this puzzle is on page 23



## 2024 Special Events and Trips

Fri. May 17, 2024	-	Spring Fling Dance
Thurs. May 23, 2023	-	Fireside Theatre: Beautiful: The Carole King Musical
Fri. May 10, 2024	-	Froedtert South Rehab <i>Falls Prevention Day</i>
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 <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	-	Deck the Halls Party and Cookies, Cocoa & 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!***

***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. We cannot issue refunds unless there is a waiting list and we are able to replace you with someone on that list. If you cannot attend a trip call us at 359-6260 and speak with a staff person. We will instruct you what to do, and we will do our best to find a replacement for you. If we are successful, you will be notified to come and pick up your refund.

# *Kenosha Senior Center*

## **GROUP FITNESS CLASSES**

**Get Active Stay Healthy!**

**Call the Senior Center a 262-359-6260 with Questions**

### **Total Body Conditioning *with Denise***

**Tuesday at 11am & Thursday at 9am**

**Fee: \$2.00 per class**

This strength training class incorporates body weight resistance along with hand weights and resistance bands to achieve a total body workout. Exercises are designed to increase muscular strength & endurance with flexibility balance & core work for the perfect workout.

### **Chair Yoga *with Denise***

**Monday at 1pm**

**Fee: \$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 & 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**

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.



# Open House with Froedtert South Rehab Department

## "SPRING INTO ACTION TO PREVENT FALLS"

OPEN HOUSE WITH FROEDTERT SOUTH REHAB  
DEPARTMENT

FRIDAY, MAY 10, 2024

1:00 PM-3:30 PM

Physical Therapists, Occupational Therapists, and Speech Therapists will complete assessments for posture, strength, balance, memory, and fall risks. Additional education and resources will be provided!

Is your walker ready  
for this rainy season?  
Tune-up and  
education provided!



Call the Senior Center at 262-359-6260 to  
reserve a time slot or drop in and grab a cookie!



### 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!



### 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 3rd 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!

### 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.



**EVERYONE  
IS WELCOME HERE**

# 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](http://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: **Coffee, Tea & Cocoa Bar**

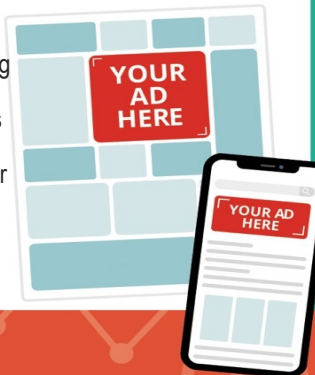
Have you tried our amazing coffee, tea & cocoa bar yet? If you haven't stop by and grab some! Just some reminders. We are not as expensive as Starbucks but we do still have to charge for coffee!

- ⇒ **25¢ each time you fill up your cup**
- ⇒ Please only use the cups that are provided, no large travel mugs, cups from home or another coffee shop!
- ⇒ Items are for use here at the Center, please don't take extra items home with you for later.
- ⇒ All proceeds go towards our wonderful Center!

## 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

## 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

## Featured Advertisers

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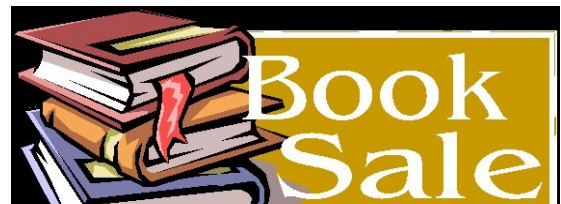
### Vincent Dattilo

United Health Care

Licensed Agent for Medicare Solutions

262-744-4676

Vince.medicareagent@gmail.com



Wednesday, May 22, 2024  
11am-2pm



## Monthly Funnies

It's allergy season again!  
You've got to be pollen my leg.

When is the best time to wash your slinky?  
During spring cleaning.

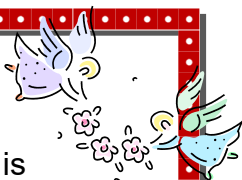
What is a flower's favorite kind of pickle?  
A daffo-dill.

Why is the letter A like a flower?  
Because a B comes after it!

When is it impossible to plant flowers?  
When you haven't botany.

What type of flower do you plant in the dark?  
A light bulb.

## In Memoriam



Our deepest sympathy is  
extended to the family & friends of  
Jacky Grace, Shirley Seymour, Jim Grant  
and all who have recently suffered a loss.  
Our hearts, thoughts & prayers are with you.

Kenosha Senior Center Newsletter:  
May 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

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

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

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

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

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

**Thank you**  
to our  
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