

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 7

July 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

Program Director

Denise Jacob

Email: djacob@kusd.edu

Administrative Assistant

Kandy Stull

Email: kstull@kusd.edu



Newsletter Editors

Denise Jacob and Kandy Stull

Senior Dining 262-351-6246

BOARD OF DIRECTORS

President: Kathy Flammang
Vice President: Ron Mengel
Secretary: Carol Kessler
Asst. Secretary: Sue Moe
Treasurer: Bryan Mogensen
Coordinator of Recreation



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Jim Bellantonio
Eloda Birch
MaryAnn Bourget
Joan Hall
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Barb Van Dyke

Dear Friends,

Just a few friendly reminders for this month....

Membership: It's membership renewal time. Renew your membership to keep your Newsletter coming every month. It is our goal to have all memberships renewed by the end of the month. Help us meet our goal!



Picnic: The picnic is almost here! Mark your calendars for Thursday, August 8th. It's going to be a great time. It's a Circus Theme this year. "Come One. Come All. Step Right Up and Have a Ball!" Dress as your favorite Circus character: ringmaster, juggler, trapeze artist, clown, lion tamer or just come as you are! The picnic runs from 10:30am - 3:00pm. See the ad flier and RSVP information on page 7.

Weather: The summer heat has finally found us. Remember, the Senior Center is a place you can come to stay cool. In addition to all the activities and events, you can come to just relax, read a book, use the internet and visit with friends. We want you to be safe and cool this summer!

See you at the Center!

Sincerely,

Denise





BUS TRIPS

September Trip

ELVIS SHOW AT FIRESIDE

Waiting List!

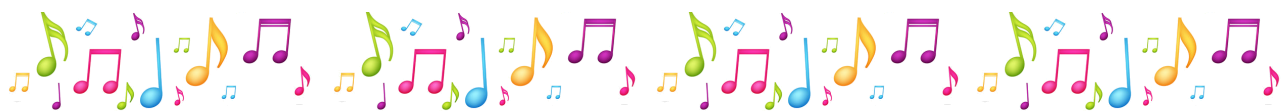
Date: Thursday, September 5, 2024
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$110.00, Non-members: \$115.00

Trip Description: Victor Trevino Jr is 'Elvis Presley Enterprises Ultimate Elvis Tribute Artist.' Born and raised in Fort Worth, TX, he portrayed Elvis for three years in the hit show ELVIS LIVES, the only touring Elvis show officially licensed and endorsed by Graceland. He also portrayed Elvis for several years in the hit Las Vegas show LEGENDS IN CONCERT in their Las Vegas, Hawaii, and Alabama productions. Victor is one of only a few who has mastered all eras of Elvis' musical catalogue, from the exciting electric rock 'n roll of the 1950s to the sultry, bluesy sounds of the '68 Comeback Special, wearing all black leather, then finally the iconic record-breaking performances of Elvis' Las Vegas and concert years in the unforgettable jumpsuits. Victor is Elvis' biggest fan and knows there will never be another Elvis Presley. His goal is to recreate the amazing energy, raw passion, and showmanship of the greatest entertainer the world has ever known.



Menu: BUFFET MEAL: "All Shook Up Salad" (Raspberries, mangoes, candied pecans, and cheddar cheese on a mix of greens, glazed with a raspberry vinaigrette), steamed farm fresh vegetables, sweet potato soufflé, roasted garlic whipped potatoes, southern fried chicken, bacon wrapped meatloaf, maple brown sugar glazed salmon, fried catfish, hush puppies, collard greens, baked macaroni and cheese and chef carved BBQ pork loin and roasted turkey breast. Banana bread cake with peanut butter frosting, served with bacon ice cream for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks.

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.



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.



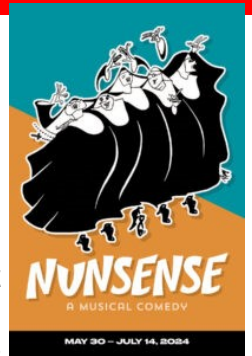
BUS TRIPS

July Trips

NUNSENSE A MUSICAL COMEDY

Waiting List!

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



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 The five remaining sisters perform with quick paced, comic flair and high-spirited singing. 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.

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



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.



2019 Kingfish Game

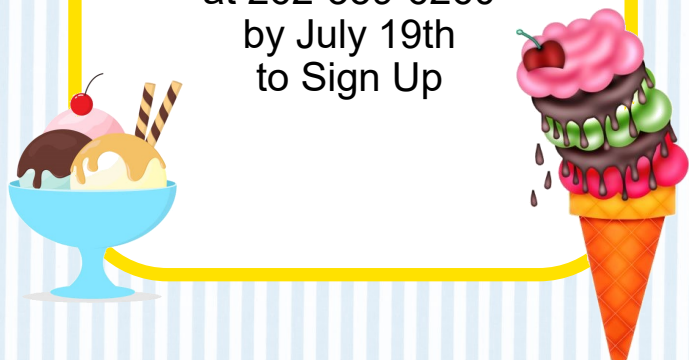
Quarterly Meeting and Ice Cream Social

**Thursday, July 25
at 1:00 pm**

**Join us for a quick
Quarterly Meeting
and stay for the Ice Cream!**

Sponsored by Culvers

Call the Senior Center
at 262-359-6260
by July 19th
to Sign Up



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.



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!



9:30am-10:30am

FREE

Coffee and Donuts

Wednesday, July 10, 2024

Sponsored by Allay Home & Hospice

Wednesday, July 17, 2024

Sponsored by Legacy Hospice

Wednesday, July 24, 2024

Sponsored by Sheridan Health

Wednesday, July 31, 2024

Sponsored by Kenosha Senior Living



NEW Chess and Checkers Group

Tuesdays 1:00pm

Looking for someone to play chess or checkers with? Here's your group! Just drop in for a game. It's a great way to meet new people.

FREE BINGO



Tuesday, July 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
Kenosha Senior Center**

Foot Clinic

Friday, August 9, 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
- 🍎 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 what page the logo was located on the email or it will not be added.** 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.

May Winners

Roman Hrynewycz, Ed Salo, Stephanie Finkelstein

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

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, knitting, diamond art and more. Spark your imagination and check out this fun activity!



Class Updates

- Line Dance is now two times a week. Mondays at 9am and Thursdays at 1:30pm
- No Yoga July 15th and July 22nd
- Chorus is off through the end of July. They will return August 1st
- No Line Dance, Euchre, Bean Bags, Wii Bowling, Pool (PM) or Dart Ball on Thursday, July 25th for the Quarterly Meeting and Ice Cream Social

Kenosha Senior Center Orientation
Wednesday, July 31, 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



Picnic
Volunteers
Needed

Our annual summer picnic is a big event and we can use all the help we can get! This year's picnic is Thursday, August 8th.

Call the Center at 262-359-6260 by Friday, August 2nd if you are able to volunteer.





CIRCUS

SUMMER PICNIC

Thursday, August 8, 2024

10:30am - 3pm

**COME ONE COME ALL
STEP RIGHT UP AND HAVE A BALL!**

Dress as your favorite Circus character: ringmaster, juggler, trapeze artist, clown, lion tamer or come as you are!

GAMES ★ PRIZES ★ MUSIC ★ FOOD ★ FUN

Call 262-359-260 or Stop in to Register by Monday, July 29th

Lunch is at Noon

FROEDTERT SOUTH REHAB EVENT

Spring Into Action To Prevent Falls





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!	Most 1st and 3rd Mondays	10:30am-12:30pm	Varies: based on project
Bean Bags	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
Checkers & 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
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			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 12pm Senior Dance Group 1pm Dominos, Mahjong , Checkers & Chess	3 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 Ballroom Dance 1pm Sheephead 1pm Bean Bags & Dart Ball	4 CLOSED 	5 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum
8 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	9 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 12pm Senior Dance Group 1pm Dominos, Mahjong , Checkers & Chess <u>1pm Board Meeting</u>	10 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 10:30am Ballroom Dance 1pm Sheephead 1pm Bean Bags & Dart Ball	11 TRIP 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	12 TRIP 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong
15 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	16 8:30-10:30am Woodturning by Appt. 8:30am Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong , Checkers & Chess	17 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 10:30am Ballroom Dance 1pm Sheephead 1pm Bean Bags & Dart Ball	18 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	19 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong
22 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	23 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 12pm Senior Dance group 1pm Dominos, Mahjong , Checkers & Chess <u>1pm BINGO</u>	24 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 10:30am Ballroom Dance 1pm Sheephead 1pm Bean Bags & Dart Ball	25 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft <u>9:30-11:30am NO Health Screens</u> 10:30am No Chorus 12:30pm No Wii Bowling 1pm No Euchre 1:30-3pm No Line Dance 2:30pm No TOPS Group <u>1pm Quarterly Meeting and Ice Cream Social</u>	26 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>1pm Drum Circle Fun</u>
29 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	30 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong , Checkers & Chess	31 8:30-10:30am Woodturning by Appt. <u>9am Orientation</u> 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 10:30am Ballroom Dance 1pm Sheephead 1pm Bean Bags & Dart Ball	Pool Tables Open Mon thru Fri 8:30am-3:30pm Except during movies, meetings, dances and closures. Senior Center Hours: Monday-Friday 8:30am-3:45pm Closed Saturday & Sunday Phone: (262) 359-6260 	

Happy 4th of July!

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

AMERICA
 BANDS
 BIRTHDAY
 CELEBRATION
 CEREMONY
 CIVIC
 COUNTRY
 CROWDS
 DECLARATION
 EAGLE

EVENT
 FAMILY
 FIREWORKS
 FLAG
 FREEDOM
 GLORY
 HERITAGE
 HISTORICAL
 HOLIDAY
 INDEPENDENCE

JULY
 LIBERTY
 LOYALTY
 OBSERVANCE
 PARADE
 PATRIOTIC
 PICNIC
 REVOLUTION
 ROCKETS
 SALUTE

SPARKLERS
 SPIRIT
 STARS
 STRIPES
 SUMMER
 TRADITION
 TRIBUTE
 TRIUMPHANT
 WARM
 WASHINGTON

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.

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

I ♥ Sudoku

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DIFFICULTY: ★☆☆☆

The answer to this puzzle is on page 23

Patriotic Bundt Cake

INGREDIENTS

- 2 boxes of French vanilla cake mix
- 3 eggs
- 1 C Unsalted sweet cream butter
- 2 C whole milk
- Red and Sky Blue gel food coloring
- 1 bundt cake pan
- baking spray
- patriotic sprinkles
- 1 pouch of Red, White, and Blue sprinkle Jimmies



Vanilla Glaze Ingredients:

- 2 C powder sugar
- 2 tbsp fresh lemon juice
- 3-5 tbsp whole milk
- 1 tsp vanilla

INSTRUCTIONS

- Preheat oven to 350 degrees
- Spray the bundt pan and set aside
- Using a standing mixer, combine all of the cake ingredients and mix on medium speed until fully combined, about 5 minutes
- Divide the batter into 3 bowls
- Add in red food coloring into one bowl and mix until combined
- Add in blue food coloring into the second bowl and mix until combined
- Leave the third bowl white
- Using a spoon, Spoon a spoonful of each color into the bundt pan, alternating between colors
- Once done, place into the oven and bake for 25-30 minutes
- Once timer goes off poke cake with a knife to see if it comes out clean
- Let cool completely in the bundt pan
- Once cooled, place a serving plate onto the top of the bundt pan and flip over so that the cake can come out onto the plate. Frost with glaze and sprinkles.



4th Of July Fruit Salad

INGREDIENTS

- 1 C. strawberries diced
- 1 C. blueberries
- 1 C. jicama peeled and diced
- 1/4 C. red onion diced
- 1/4 C. cilantro chopped
- juice of 1 lime
- salt

INSTRUCTIONS

Combine all ingredients together and salt to taste! The flavors will marry over time so feel free to let it hang out in the bowl for 20 minutes before serving!






JULY



BIRTHDAYS

Timothy Konz	7/1	Audrey Reynolds	7/9	Josie Haake	7/20	Susan Van Bendegom	7/25
John O'Day	7/2	Jadwiga Kubicki	7/9	Richard Sidlo	7/20	Terri Koskinen	7/25
Patricia Hovey	7/2	Raymond Rupp	7/10	Daisy Huber	7/20	Mary Howard	7/25
Mary Andrea-Kishline	7/2	Diane Giles	7/11	Debbie Vite	7/21	Marla Yarbrough	7/25
Jane Riley	7/3	Vicki Richards	7/11	Diane West	7/21	Tracey Wakefield	7/25
Ellen Hedges	7/3	Daniel Ambrowiak	7/11	Joseph Mansfield	7/21	Mary Ann Broesch	7/26
Brenda Walentowski	7/4	Paul Anderson	7/11	Tom Holmgren	7/21	Gale Thompson	7/26
Robin Ingrouille	7/4	Frank Esposito	7/12	Ernie Dahl	7/21	Laurie Channell	7/26
Robert Craig	7/5	Marvin Miller	7/12	Brenda Francis	7/21	Jeanine Belhumeur	7/27
Dianne Styx	7/5	Gloria Peterson	7/12	Donna Craven-Gorr	7/22	Helen Rhodes	7/27
Thomas Gentes	7/5	Darlene Venci	7/12	Brenda Lambert-Miller	7/22	Carol Yuknis	7/27
Angie Mundy	7/5	Johnny Norwood	7/13	Cindy Dalpaos	7/22	JoAnn Milkie	7/27
Linda Cohn	7/6	Karen Cox	7/13	Dick Karmann	7/22	Cathleen Lewis	7/27
Susan Frantal	7/6	Theresa Landree	7/13	Barbara Brunner	7/22	Marion Alongi	7/28
Floyd Hart	7/6	Mark Silen	7/13	Sarah Smith	7/22	Susan Myers	7/28
Patricia Principe	7/6	Karen Holrberger	7/13	Lisa Rasmussin-Zanin	7/23	Donna Juzwik	7/28
Art Rodrig	7/6	Frenesi DeVos	7/14	Kathy Antes	7/23	Mary Plunkett	7/29
Geri Connelly	7/7	Linda Fredericksen	7/15	Louise Schmitz	7/23	Lucy Nelson	7/29
Carol Corrigan	7/7	David Walden	7/15	Kathleen Hoey-Taylor	7/23	Diane Schoen	7/30
Christine Merten	7/7	Joy Buttke	7/15	Sue Simons	7/23	Jessie Wahoski	7/30
Bonnie Fox	7/8	Laura Govekar	7/15	Laura Menke	7/23	Sherry Dyutka	7/30
Linda Hilleshien	7/8	Roger Krah	7/16	Jane Cunningham	7/24	Shirley Burdick	7/31
MaryAnn McKinney	7/8	Cathie Salerno	7/17	Sam Messina	7/24	Thelma Dunnum	7/31
Barbara Stevenson	7/8	Lanna Tinker	7/17	Jeanne Neu	7/24	Bonnie Schultz	7/31
Steve Jacob	7/9	James King	7/18	Marlene Hubbard	7/25	Paul Westcott	7/31
Patricia Saunders	7/9	Delorse Stettner	7/19	Joseph Landry	7/25	Sandy Johnson	7/31
Timothy Rowe	7/9	Roger Poyner	7/19	Jennie Ruhle	7/25		
		Alan Wessel	7/19				

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.

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

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DIFFICULTY: ★★☆☆



The answer to this puzzle is on page 23

Kenosha Senior Center

2023 Special Events and Trips



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: The Ultimate 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 & Cookies, Cocoa & Carols
Fri. Dec. 13, 2024	-	Senior Center Christmas Party at Italian American
Fri. December 20, 2024	-	Holiday Dance

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!

HAPPY 4TH OF JULY!



Drum Circle With Heather Poyner

Friday, July 26, 2024 at 1pm
Fee: \$3.00

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. It's a great way to meet new friends and make music!



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.



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

NEXT SESSION Begins August 2nd

REGISTRATION for next session begins Monday, July 29, 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. Sign up early.



Kenosha Senior Center

2024-2025 Member Registration Form

For July 1, 2024 thru June 30, 2025

2717 67th Street
Kenosha, WI 53143

**You must be 55 Years old to join
(or be the spouse of a current member, if you are under age 55)**

Resident Memberships are \$12.00 per year/person
(for those who live within the Kenosha Unified School District – KUSD boundaries)

Non-Resident Memberships are \$50.00 per year/person
(for those who live outside the Kenosha Unified School District — KUSD boundaries)

Grandfathered Memberships are \$12.00 per year/person
(for those who are current members and move outside the KUSD boundaries)

NEW Memberships are Prorated, based on starting month
Please call the Senior Center at 262-359-6260 for amount due, before sending your form

KUSD Boundaries: City of Kenosha, Town of Somers and the Village of Pleasant Prairie

COMPLETE FORM AND RETURN TO CENTER (PLEASE PRINT)

Staff Use Only	
Membership Date:	
Amount Paid:	<input type="checkbox"/> Cash <input type="checkbox"/> Check
<input type="checkbox"/> Member (Renewal)	
<input type="checkbox"/> New Member	
<input type="checkbox"/> Non-Resident Member (Renewal)	
<input type="checkbox"/> Non-Resident New Member	
Barcode #1	
Barcode #2	

MEMBER #1

FIRST NAME _____ LAST NAME _____

BIRTHDATE (required) _____ ☐ Male ☐ Female

Email Address: _____

Address _____ Apt. # _____ Home Phone _____

City _____ St _____ Zip _____ Cell Phone _____

Ethnicity: ☐ American Indian ☐ Asian ☐ African American ☐ Caucasian ☐ Hispanic ☐ Other: _____

Emergency Contact Name _____ Phone _____

Relationship _____ My Hospital Preference _____

← Please Do Not Cut → ← Please Do Not Cut →

MEMBER #2

FIRST NAME _____ LAST NAME _____

BIRTHDATE (required) _____ ☐ Male ☐ Female

Email Address: _____

Address _____ Apt. # _____ Home Phone _____

City _____ St _____ Zip _____ Cell Phone _____

Ethnicity: ☐ American Indian ☐ Asian ☐ African American ☐ Caucasian ☐ Hispanic ☐ Other: _____

Emergency Contact Name _____ Phone _____

Relationship _____ My Hospital Preference _____

Questions? Please Call the Kenosha Senior Center at 262-359-6260

Visit our Website: www.kusd.edu/seniorcenter or Facebook: www.facebook.com/kenoshasenior

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
2024-2025 Memberships Run From
July 1, 2024 thru June 30, 2025



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: **Free Table**

1. Please only leave clean, undamaged goods on the table for others to take.
2. If you have 'literature' or handouts you'd like to leave on the table, please see the front desk before putting it on the table.
3. Do not leave clothes, shoes, bedding on the table, please give to a donation center instead.

****MAKE SURE YOU HAVE RENEWED YOUR MEMBERSHIP! We can help!**

We will be checking class lists, activities & members for those that have not renewed starting in July.

Featured Advertisers

Senior Medicare Patrol

*Protect Your Personal Information
Detect Suspected Fraud
Report Suspicious Claims*
www.smpwi.org / 888-818-2611

GVP - Good Value Pharmacy

Great Value! Better Service!
Festival Foods: 3207-80th St. 697-5744
MedCare West: 9916-75th St. 925-0201
Larsen Mayer: 3825-39th Ave. 658-8124
Racine: 5220 Washington Ave. 632-6561

Kenosha Place Senior Living

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

EVERYONE IS WELCOME HERE



Monthly Funnies

What did the ocean say to the beach?
Nothing. It just waved.

Why aren't lobsters generous?
Because they're shellfish.

Where do birds stay when they go on vacation?
Somewhere cheep.

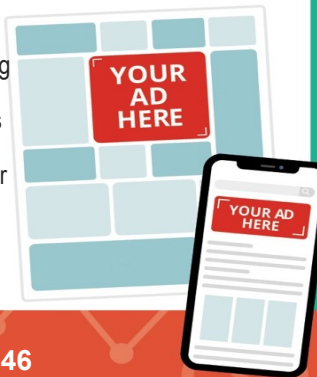
Why don't seashells take baths?
Because they wash up on the beach.

What do you get when you cross an elephant and a fish?
Swimming trunks.

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 MyCommunityOnline.com.



Ruth Schlitz
Cell | 715-581-9746
rschlitz@4lpi.com

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

Dale Kroll

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



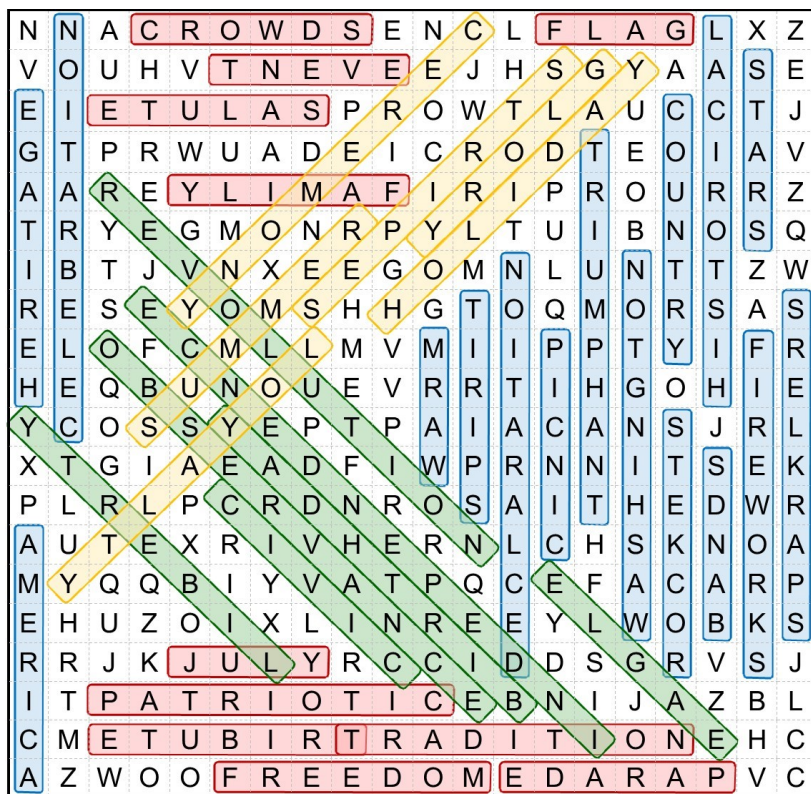
Kenosha Senior Center Newsletter:
July 2024 Published Irregularly

Kenosha
Senior Center
2717 - 67th Street
Kenosha, WI 53143



Member Wisconsin Association
of Senior Centers

Answer to the Word Search from page 12



Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

Thank you
to our
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Kenosha, WI 53143

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