

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 8

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

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<i>Joan Hall</i>	<i>Charlotte Winkler</i>
<i>Barbara Johnson</i>	<i>Barb Van Dyke</i>

Dear Friends,

I just celebrated my fifteen-year anniversary at the Kenosha Senior Center. It's been the fastest 15 years of my life. I have thoroughly enjoyed these years, working with great people, meeting all the members and creating great friendships.



I have always felt connected to the Kenosha Senior Center. My experience here started when I was in college, in 1985. I was an Intern here for a semester, while I worked on a research project about seniors. I then reached out in the 90's to find out what the qualifications were for the Program Director position. I filed that away and then started my own business in Recreation and Fitness. I did that for many years. When the position opened up in 2009, I applied for it and got it.

When I took the position, I adopted the philosophy of "honor the past and embrace the future". I have tried to do that by working with the staff and Board of Directors to create a Center that continues to grow and evolve in order to meet the needs of our Kenosha seniors.

I have decided to retire on August 30, 2024. I am going to continue teaching classes at the Center and I am looking forward to being able to participate in activities as a member.

The Board of Directors and the staff have planned several events for my retirement. Please check out the details on page 4. I hope you can stop by one of them and wish me well as I start this new chapter in my life.

See you at the Center!

Sincerely,

Denise

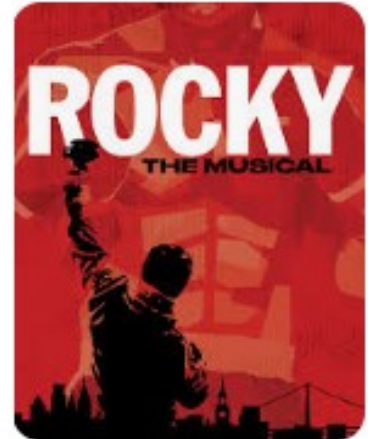


BUS TRIPS

New Trip

ROCKY THE MUSICAL

Date: Thursday, October 17, 2024
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$110.00, Non-members: \$115.00



Tickets go on sale to members on Tuesday, August 20, 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, August 21, 2024**

Trip Description: Entering the ring is a hard-hitting yet tender musical adaptation! Rocky Balboa is a small-time Philadelphia boxer who is chosen to take on the reigning world heavyweight champion, Apollo Creed, when the undefeated fighter's scheduled opponent is injured. As he diligently trains for the fight, Rocky begins a relationship with Adrian, a wallflower who is tired of being pushed around by her brother. As their love grows, Rocky and Adrian each find their inner strength and bring out the best in each other. With equal parts grit and heart, Rocky is about the triumph of spirit, strength, and love.

Menu: Meal choices: Grilled Shrimp: six large marinated Gulf Shrimp presented on tomato butter sauce. OR Beef Short Rib: slowly braised in beef stock and dressed with a red wine demi-glaze. OR Stuffed Supreme Chicken: seared skin-on chicken breast stuffed with spinach, lemon zest, and a blend of ricotta and mozzarella cheeses, topped with savory chicken jus. All meals include freshly baked breads, roasted sweet corn chowder with Jones cherrywood smoked bacon, scalloped potatoes, roasted carrots and parsnips and homemade apple pie with streusel topping with maple whipped cream for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks. Please let us know when you purchase ticket if you will need a gluten-free or 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 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

September Trip



ELVIS SHOW AT FIRESIDE

Waiting List!

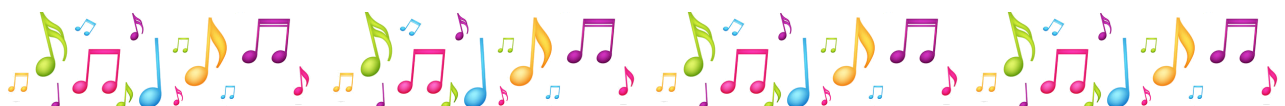
Date: Thursday, September 5, 2024
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$110.00, Non-members: \$115.00

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.





Denise is Retiring at the end of August!

Week Long Farewells

Come say 'Goodbye', 'Farewell' or
'See Ya Later'!

Monday-Thursday August 26-29

10am

Treats with Denise

Friday, August 30th

Denise's Last Day!

Cake Celebration 1pm-3pm



Stop by & wish
her well!

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

Find your inner
pom-pom girl, cheerleader or dancer and come
join this group to learn fun routines and maybe
even perform in public! (public performing is
optional). It's a great way to meet new people, be
active, have fun and DANCE! The group meets the
1st and 3rd Tuesdays of the month from
12pm-2pm. No experience needed. No fee.
Questions? Contact Mary at 262-930-9582.



9:30am-10:30am

FREE

Coffee and Donuts

Wednesday, August 14, 2024

Sponsored by Mike Lowe Insurance

Wednesday, August 21, 2024

Sponsored by Allay Home and Hospice



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, August 27, 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
ClearSky Rehabilitation Hospital of
Kenosha

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.

June Winners

Tim Jones, Rick Shanahan, Cathie Riley

TOPS WI 1593

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



Are you looking for a support system to help you achieve wellness goals, including weight loss? Then TOPS WI 1593 Kenosha could be for you! For more information, stop in at one of our meetings. You can also visit www.TOPs.org.

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
- Chorus is back on August 1st
- Cardio Drumming is back on August 2nd
- No classes or regular activities during the picnic on Thursday, August 8th
- Closed Tuesday, August 13 for Elections

Kenosha Senior Center Orientation Wednesday, August 28, 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**

Summer Ice Cream Social and FREE Dance Lesson

**Wednesday, August 14, 2024
10:30am-12:30pm**

- ♦ Free Dance Lesson
- ♦ Free Ice Cream Snack



If you love dancing and are looking to meet new people, this is the perfect summer afternoon event! Everybody is welcome! No partners needed. Singles, couples, beginners, intermediate or advanced.

**Call the Senior Center at
262-359-6260 to sign up today**





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 to see if there are still spots available

Lunch is at Noon

CARDIO DRUMMING

Fridays, 10:30am-11:30am



CELEBRATING THE 4TH OF JULY



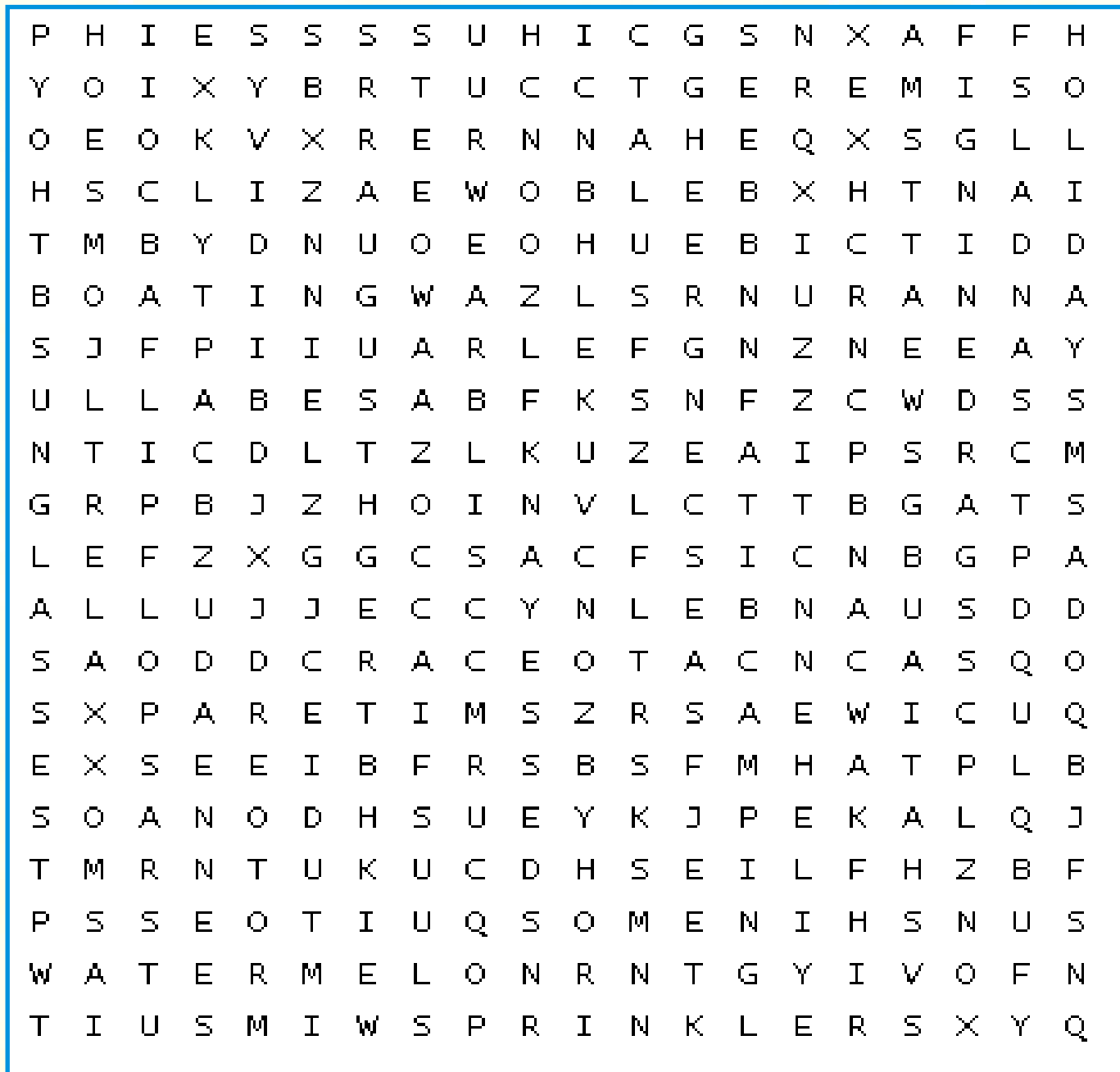
Kenosha Senior Center Class & Activity List

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
History Book Discussion	2nd Wednesday	1pm-2:30pm	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
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		1 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
5 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	6 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 Strength Training 12pm Senior Dance Group 1pm Dominos, Mahjong , Checkers & Chess <u>1pm Board Meeting</u>	7 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 Sheepshead 1pm Bean Bags & Dart Ball	8  PICNIC 10:30am-3pm No other activities scheduled for the day	9 9-10am Exercise Class 9-11am Knit & Crochet <u>9am Foot Clinic</u> 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum
12 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 <u>2:30pm Sign Up for Fall Wii Bowling League</u>	13 <div style="text-align: center;"> <u>Closed</u> <u>For</u> <u>Elections</u> </div>		15 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 <u>1pm Wii Bowling Banquet</u> 1:30-3pm Line Dance 2:30pm TOPS Group	16 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum
19 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	20 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 Strength Training 12pm Senior Dance group 1pm Dominos, Mahjong , Checkers & Chess	21 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 <u>10:30 Ballroom Dance Social</u> 1pm Sheepshead 1pm Bean Bags & DarBall <u>1pm History Book Discussion</u>	22 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 Pop Up Health Fair with Aurora</u> 10:30am Chorus 1pm Euchre 1:30-3pm Line Dance 2:30pm TOPS Group	23 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>
26 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	27 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 Strength Training 1pm Dominos, Mahjong , Checkers & Chess <u>1pm BINGO</u>	28 8:30-10:30am Woodturning by Appt. <u>9am Orientation</u> 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class 10-Noon Am. Issues 10:30am Ballroom Dance 1pm Sheepshead 1pm Bean Bags & Dart Ball	29 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	30 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>Denise's Last Day!!</u> <u>Retirement</u> <u>Cake Celebration</u> <u>1pm</u>

August Word Search



ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BOATING
BREEZE
CABANA



CAMPING
FISHING
FLIES
FLIPFLOPS
FLOWERS
GARDENING
GOLF
HAT
HIKING
HOLIDAYS



ICECREAM
LAKE
MOSQUITOES
PICNIC
POOL
RELAX
SANDALS
SHORTS
SOLSTICE
SPRINKLERS



SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMSUIT
VACATION
WASPS
WATERMELON

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.



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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23

Apple Pear Birthday Cake

Ingredients

- 2 cups shredded peeled tart apples
- 2 cups shredded peeled pears
- 2 cups sugar
- 1-1/4 cups canola oil
- 1 cup raisins
- 1 cup chopped pecans
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt

Cream Cheese frosting:

- 3 ounces cream cheese, softened
- 3 cups confectioners' sugar
- 1/4 cup butter, softened
- 2 tablespoons 2% milk
- 1/2 teaspoon vanilla extract



Instructions

1. In a large bowl, combine the first 8 ingredients. Combine dry ingredients; stir into the fruit mixture.
2. Pour into a greased 13x9-in. baking pan. Bake at 325° until a toothpick inserted in the center comes out clean, about 1 hour. Cool completely on a wire rack.
3. For frosting, in a large bowl, beat the cream cheese, confectioners' sugar and butter until smooth. Beat in the milk and vanilla; frost cake. Store in the refrigerator.

Simple Chicken Mayo with Parmesan and Bread Crumbs for 2

Ingredients

- 2 skinless, boneless chicken breasts
- 2 ½ tablespoons grated Parmesan cheese
- 2 tablespoons mayonnaise, or more to taste
- 2 tablespoons bread crumbs, or more to taste
- 1 ½ teaspoons herbes de Provence (or favorite seasoning)



Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Place chicken breasts in a baking pan.
2. Mix Parmesan cheese and mayonnaise together in a bowl until well combined; spread evenly over chicken breasts. Coat with bread crumbs and sprinkle with herbes de Provence.
3. Bake in the preheated oven until chicken breasts are no longer pink in the center and the juices run clear, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).





BIRTHDAYS

Janice Hysell	Aug 01	Nadine Gabriel	Aug 11	Deloris Jass	Aug 20
Emil Beronich	Aug 02	Barbara Johnson	Aug 11	John Lesko	Aug 20
Marion Fude	Aug 02	Jan Merrick	Aug 11	Mary Lou Potenziani	Aug 20
Arline Brown	Aug 02	Sue Ellen Jones	Aug 12	Pamela Zagame	Aug 20
Barbara Schauer	Aug 02	Patricia Weikel	Aug 12	Cheryl Millholland	Aug 20
Sally Krok	Aug 02	Jane Ottum	Aug 13	Kathleen Kazin	Aug 21
Tamara Valeri	Aug 02	Mariann Kenny	Aug 13	Kathleen Mentink	Aug 21
Chris Allemand	Aug 02	Dale Powell	Aug 13	Judith Christopher	Aug 21
Marguerite Davis	Aug 03	James Martin	Aug 13	Ann Bailey	Aug 22
Deborah Sokol	Aug 03	Michael Zaruk	Aug 13	Mary Rose Davison	Aug 23
Sue Lindholm	Aug 03	Daria Hernandez	Aug 14	Cynthia Bryan	Aug 25
Sharon Zutavern	Aug 03	Judith Beer	Aug 14	Rick Krajnak	Aug 25
Rita Haugh	Aug 03	Linda Agness	Aug 15	Kathy Matthews	Aug 25
Maria Cortez	Aug 05	Linda Bishop	Aug 15	Patricia Cnockaert	Aug 25
Sharon Jeschke	Aug 05	Betty Adelsen	Aug 16	Morris Scott	Aug 26
Ruth Sammons	Aug 05	Denise Hrynewycz	Aug 16	Joan Huber	Aug 27
Patricia Volk	Aug 06	Bob Millard	Aug 16	Randy Potter	Aug 27
Karen Dahl	Aug 07	Claudia Dahl	Aug 16	Bessie Poulos	Aug 27
Greg DeAngelis	Aug 07	Ron Neubauer	Aug 16	Linda Serpe	Aug 27
Michael Iselin	Aug 07	Mary Loewen	Aug 17	Janet Santelli	Aug 28
Mary Land	Aug 07	Robert Stuligross	Aug 17	Rick Shanahan	Aug 28
Dolores Mink	Aug 07	Peggy Kossow	Aug 18	Barbara Brown	Aug 28
Connie Russell	Aug 07	Debra Laurence	Aug 18	Mary Andrews	Aug 30
Joanne Johnson	Aug 08	Paula Gallo	Aug 19	Robert McGinley	Aug 30
Fay Lang	Aug 08	Barbara Mayer	Aug 19	John Gehring	Aug 31
Michael Broesch	Aug 10	Lynn Novy	Aug 19	Cathy Rowe	Aug 31
Kelly Driscoll	Aug 10	Judy Deschneau	Aug 20	Henry Boykin Jr.	Aug 31



Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
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- ♦ The puzzle is complete when all the boxes are correctly filled in.

SUDOKU

Sudoku Puzzle #2

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

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DIFFICULTY: ★☆☆☆☆

The answer to this puzzle is on page 23

Kenosha Senior Center

2023 Special Events and Trips

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!

Drum Circle *With Heather Poyner*

Friday, August 23, 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

New Session: August 2 - October 2, 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.



Healthy Aging Mini Resource FAIR

Thursday, August 22, 2024

9:30am-11:30am

Join Us In Learning More About Aging Happily and Healthfully

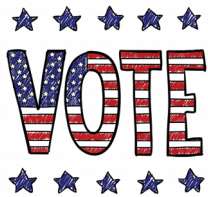
Free Blood Pressure Screenings

Free Bone Density Screenings

Variety of Educational Resources for Adults and Seniors



RSVP to the Senior Center at 262-359-6260



Senior Center Closed!
Tuesday, August 13, 2024
The Kenosha Senior Center
Will Be Closed For Elections



Wii Bowling Spring League Banquet Thursday, August 15, 2024 at 1:00 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, August 9th by calling 262-359-6260.



Wii Bowling League Sign Up for Fall Session Monday, August 12, 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 Fall League will be held on Thursdays at 12:30 pm, beginning August 29, 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.

NEW History Book Discussion Group

August 14, 2024
1:00pm-2:30pm

This new Book Discussion Group will meet every 2nd Wednesday of the month. Each person will choose a factual history book and read it. Each person will bring their book to the meeting and give a brief summary. Everyone will have a chance to summarize their book and there will be time for discussion at the end. If you love reading and love history, this is a great group for you! Stop by and check it out. No fee. No registration. Just reading great books and having lively discussions.



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

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 **Food**

- If you bring a snack for your group to the Senior Center, we do have napkins, plates, cutting utensils, etc., available for you to use to prepare your snack to pass out. Please see one of the front desk staff. They will give you the materials to take with you to get your snack ready for your group.
- Thank you to those you who enjoy sharing their garden's bounty with everyone. If you leave produce on the free table, please be sure it is as clean as possible and ready to go! Feel free to ask for bags for take homes.
- Unfortunately, we are not able to hold food items for you in our refrigerator from lunch, snacks, etc. Please bring your coolers for your car.

Thanks for being Terrific Members! Cheers to you!

Art a la Carte! With local artist, Julie Schilf 1st and 3rd Mondays 10:30-12:30

Seniors Art a la Carte classes are for those who enjoy making art together. The 1-1/2 to 2 hour classes will run from 10:30 am - 12:30 pm usually on the first and third Monday of each month, however that can change so be sure to check the Senior Center Calendar.

Sign Up Now

August 5 & 19

2-week class – class limit 10 (fee \$15.00)

Week 1 – Pottery Making Shallow Bowls

Week 2 – Pottery Finishing & Glazing

Sign up Aug. 26

September 9 & 23

Separate classes – limit 15 per class

Week 1 – Pebble Art* (class fee \$5.00)

*Optional: additional fee for frame
(\$4-\$8) payable to instructor

Week 2 – Wet on Wet: Watercolor

Note Cards (class fee \$6.00)

Sign up Sept. 23

October 7 & 14

2-week class – class limit 10 (fee \$15.00)

Week 1 – Botanical Pottery

Week 2 – Pottery
Finishing
& Glazing

Oct 7 & 14



Aug. 5 & 19



Featured Advertisers

Piasecki Funeral Home

Every Detail Counts

Every Memory Matters

3720 - 39th Avenue / 262-658-4101

Hospice Alliance

Choose the Best—Ask for us by Name

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262-652-4400

Brookdale Senior Living

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

Apartments available for those with Dementia

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

EVERYONE IS WELCOME HERE



Monthly Funnies

What does a dolphin say when he's confused?
Can you please be more Pacific?

When do you go on red and stop on green?
When eating watermelon

What has ears but can't hear?
A cornfield

Where do bees stay while on vacation?
Air Bee and Bee

How does earth and mars schedule a vacation?
They planet

In Memoriam

Our deepest sympathy is extended to the family & friends of our members and all who have recently suffered a loss.

Our hearts, thoughts & prayers are with you.



Kenosha Senior Center Newsletter:
August 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

Thank you
to our
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