

# Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 9

September 2024



2717 - 67th Street  
Kenosha, WI 53143  
Phone: 262-359-6260

## Senior Center Hours

Monday-Friday 8:30am-3:45pm

## Visit us on the web at:

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

## "Like" us on Facebook at:

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

## Program Director

Denise Jacob

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

## Administrative Assistant

Kandy Stull

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

## Newsletter Editors

Denise Jacob and Kandy Stull

Senior Dining 262-351-6246

## BOARD OF DIRECTORS

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

## BOARD MEMBERS

Jim Bellantonio	Phyllis Mattox
Eloda Birch	Nikki Mondia
MaryAnn Bourget	Carol Sieber
Joan Hall	Charlotte Winkler
Barbara Johnson	Barb Van Dyke

## Dear Friends,

As I write this note, I have two weeks left as the Director of the Center. I want to take this time to say thank you to everyone. I am so grateful for the experience of being the Director of the Kenosha Senior Center. It's been fun, educational, sometimes challenging, rewarding—and did I mention FUN?

I am also grateful to have had the opportunity to work with such incredible people over the years. We have a great staff and Board of Directors, fantastic community sponsors and fabulous volunteers. All these people, along with our wonderful members come together as a community to make The Kenosha Senior Center the amazing place that it is. I am happy to have been a part of that for 15 years.

I look forward to this next chapter. I am going to continue teaching classes at the Center, travel with my husband, be a snowbird in Arizona and participate in activities as a member.

Thank you again for all the wonderful years. Thanks for making it fun. Thanks for making me feel special. Thanks for being my friend.

See you at the Center!

Sincerely,

*Denise*



*Thank You!*



# BUS TRIPS

## New Trip

### MIRACLE ON 34TH STREET

**Date:** Friday, November 22, 2024  
**Destination:** Fireside Theatre, Fort Atkinson, WI  
**Prices:** Members: \$110.00, Non-members: \$115.00



**Tickets go on sale to members on Tuesday, September 10, 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, September 11, 2024**

**Trip Description:** Based on the beloved Christmas movie, MIRACLE ON 34TH STREET is a big brassy Broadway musical with a heart. Macy's Thanksgiving Day Parade needs a new Santa. Enter Kris Kringle – a sweet and jolly old man who claims that he is the real Santa Claus. Thus begins this funny, warm, tuneful, and inspirational musical as Kris has to prove his claim in court and teach his cynical neighbor and her daughter to believe in the goodness and love that is Christmas. Written by Meredith Willson, the creator of THE MUSIC MAN, this is an unforgettable musical version of a classic Christmas tale. *Entree Choices: Chicken and Ribs, Seared Duck, Steak Diane.*

**Menu:** Meal choices: Chicken and Ribs: Lean Pork Back Ribs glazed with special Barbecue sauce, slowly roasted until the tender meat falls from the bone. Accompanied by Buttermilk Marinated Southern Fried Baked Chicken Breast. OR Seared Duck: tender Duck Breast seared until crisp and blushing, sliced and served with a reduction of port wine and tart red cherries. The perfect blend of sweet and savory. OR Steak Diane: medallions of Roast Beef Tenderloin in the classic sauce. All meals include freshly baked breads, garlic whipped potatoes, Romanesco and Mississippi Mud Pie (rich chocolate cake with pecans, topped with marshmallow and a chocolate drizzle) 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.**

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**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.

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**EVERYONE IS WELCOME HERE**



# 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

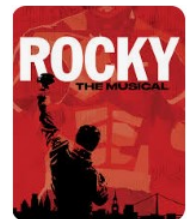


**Trip Description:** Victor Trevino Jr is 'Elvis Presley Enterprises Ultimate Elvis Tribute Artist.' Born and raised in Fort Worth, TX, he portrayed Elvis for three years in the hit show ELVIS LIVES, the only touring Elvis show officially licensed and endorsed by Graceland. He also portrayed Elvis for 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

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.

### ROCKY THE MUSICAL

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



**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.

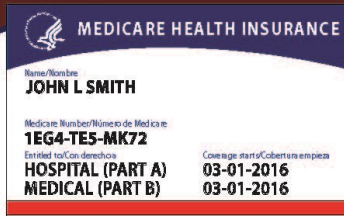
**Menu:** Meal choices: Grilled Shrimp: six large marinated Gulf Shrimp presented on tomato butter sauce. OR Beef Short Rib: slowly braised in beef stock and dressed with a red wine demi-glaze. OR Stuffed Supreme Chicken: seared skin-on chicken breast stuffed with spinach, lemon zest, and a blend of 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.



# Going on Medicare?

Learn about the decisions you'll need to make



IF possible, sign up for a workshop 3-4 months before your Medicare starts.

**Workshop offers unbiased information provided by ADRC Benefit Specialists**

**Friday, September 27**

**1- 3 p.m.**

**Kenosha Senior Center, 2717 67th Street**

## LEARN ABOUT

- ♦ basics of Medicare coverage
- ♦ options for private health and drug coverage
- ♦ programs to reduce health care costs

**Limited seating, reservations required.**

**To register call the ADRC:**

**262-605-6646**



## 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, cheer-leader 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, September 4, 2024**

**Sponsored by St. Catherine's Commons**

**Wednesday, September 11, 2024**

**Sponsored by Senior Helpers**

**Wednesday, September 18, 2024**

**Sponsored by Kenosha Place**

**Wednesday, September 25, 2024**

**Sponsored by Hospice Alliance**



## 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, Sept. 24, 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, October 11, 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). 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. **You must put your name, phone number and what page the logo was located on in the email or it will not be added.**

### July Winners

Debra Bezotte-Sterba, Peggy Walker, Debra Trimmer

## 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](http://www.TOPs.org).

**Contact:** Mary Hotle at [Maryehotle@gmail.com](mailto:Maryehotle@gmail.com) or call her at 262-930-9582

## Class Updates

- Line Dance is now two times a week.  
Mondays at 9am and Thursdays at 1:30pm
- New History Book Discussion Group meets every 2nd Wednesday from 1pm-2:30pm
- World Dance Class is back in September.  
Tuesdays from 10:30am-11:30am.

**EVERYONE**  
**IS WELCOME HERE**

## Drop In Craft Day

**Wednesdays 9am-Noon**

**Make Crafts. Meet Friends. Have Fun.**

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



**IT'S VACCINATION TIME!**



## VACCINE CLINIC

**Kenosha Senior Center**

**Friday Oct 4**

**12:00pm-2pm**

**Flu shots and COVID Boosters will be available**  
**Bring your insurance card(s)**



**Good Value Pharmacy**

[www.goodvaluerx.com](http://www.goodvaluerx.com)

## Open Ballroom Dance

**Wednesdays at 10:30am**

This group meets to socialize and dance. Everybody is welcome! No partners needed. Singles, couples, beginners, intermediate or advanced. There is no fee.





# September Dance

Friday, September 20, 2024

1:30pm-3:30pm

Music by Ernie Garner

Refreshments Sponsored by  
Sheridan Health



Dances are FREE and open to the Senior Public

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## 2024 CIRCUS PICNIC









## ***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!	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
World Dance	Tuesday	Twice a year - 10:30am	\$3.00 per class
<b>10</b>			



Activity Calendar		KENOSHA SENIOR CENTER		September 2024	
MONDAY		TUESDAY		WEDNESDAY	
<div>2</div> <div>Closed for Labor Day</div>		<div>3</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>8:30-11 Sheepshead</div> <div>9:30 Mahjong Lesson</div> <div>9:45am Tai Chi</div> <div>10:30am Writing for Fun</div> <div>10:30am World Dance</div> <div>11-12pm Strength Training</div> <div>12pm Senior Dance Group</div> <div>1pm Dominos, Mahjong , Checkers &amp; Chess</div>		<div>4</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-11am Art Class</div> <div>9-12pm Drop In Craft</div> <div>9-10am Exercise Class</div> <div>9:30am Donut Day</div> <div>10-Noon Am. Issues</div> <div>10:30am Ballroom Dance</div> <div>1pm Sheepshead</div> <div>1pm Bean Bags &amp; Dart Ball</div>	
THURSDAY		FRIDAY			
<div>5</div> <div>TRIP</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Strength Training</div> <div>9-Noon Ping Pong</div> <div>9-12 Junk Journal Craft</div> <div>10:30am Chorus</div> <div>12:30 Wii Bowling</div> <div>1pm Euchre</div> <div>1:30-3pm Line Dance</div> <div>2:30pm TOPS Group</div>		<div>6</div> <div>9-10am Exercise Class</div> <div>9-11am Knit &amp; Crochet</div> <div>10am Am. Issues</div> <div>10:15am Cribbage</div> <div>10:15am Mahjong</div> <div>10:30am Cardio Drum</div>			
<div>9</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Exercise Class</div> <div>9-Noon Ping Pong</div> <div>9-11am Woodcarving</div> <div>9-11am Wood Burning</div> <div>9-10:30am Line Dance</div> <div>10:30am Art a la Carte!</div> <div>1pm Chair Yoga</div> <div>1pm Golf Card Game</div> <div>2:15pm Book Discussion</div>		<div>10</div> <div>Trip Sign Up</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>8:30-11 Sheepshead</div> <div>9:30 Mahjong Lesson</div> <div>9:45am Tai Chi</div> <div>10:30am Writing for Fun</div> <div>10:30am World Dance</div> <div>11-12pm Strength Training</div> <div>1pm Dominos, Mahjong , Checkers &amp; Chess</div> <div>1pm Board Meeting</div>		<div>11</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-11am Art Class</div> <div>9-12pm Drop In Craft</div> <div>9-10am Exercise Class</div> <div>9:30am Donut Day</div> <div>10-Noon Am. Issues</div> <div>10:30am Ballroom Dance</div> <div>1pm Sheepshead</div> <div>1pm Bean Bags &amp; Dart Ball</div> <div>1pm History Book Discussion</div>	
<div>12</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Strength Training</div> <div>9-Noon Ping Pong</div> <div>9-12 Junk Journal Craft</div> <div>10:30am Chorus</div> <div>12:30 Wii Bowling</div> <div>1pm Euchre</div> <div>1:30-3pm Line Dance</div> <div>2:30pm TOPS Group</div>		<div>13</div> <div>9-10am Exercise Class</div> <div>9-11am Knit &amp; Crochet</div> <div>10am Am. Issues</div> <div>10:15am Cribbage</div> <div>10:15am Mahjong</div> <div>10:30am Cardio Drum</div>			
<div>16</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Exercise Class</div> <div>9-Noon Ping Pong</div> <div>9-11am Woodcarving</div> <div>9-11am Wood Burning</div> <div>9-10:30am Line Dance</div> <div>10:30am Art a la Carte!</div> <div>1pm Chair Yoga</div> <div>1pm Golf Card Game</div> <div>2:15pm Book Discussion</div>		<div>17</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>8:30-11 Sheepshead</div> <div>9:30 Mahjong Lesson</div> <div>9:45am Tai Chi</div> <div>10:30am Writing for Fun</div> <div>10:30am World Dance</div> <div>11-12pm Strength Training</div> <div>12pm Senior Dance Group</div> <div>1pm Dominos, Mahjong , Checkers &amp; Chess</div>		<div>18</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-11am Art Class</div> <div>9-12pm Drop In Craft</div> <div>9-10am Exercise Class</div> <div>9:30am Donut Day</div> <div>10-Noon Am. Issues</div> <div>10:30am Ballroom Dance</div> <div>1pm Sheepshead</div> <div>1pm Bean Bags &amp; DarBall</div>	
<div>19</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Strength Training</div> <div>9-Noon Ping Pong</div> <div>9-12 Junk Journal Craft</div> <div>10:30am Chorus</div> <div>12:30 Wii Bowling</div> <div>1pm Euchre</div> <div>1:30-3pm Line Dance</div> <div>2:30pm TOPS Group</div>		<div>20</div> <div>9-10am Exercise Class</div> <div>9-11am Knit &amp; Crochet</div> <div>10am Am. Issues</div> <div>10:15am Cribbage</div> <div>10:15am Mahjong</div> <div>10:30am Cardio Drum</div> <div>1:30pm Fall Dance</div>			
<div>23</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Exercise Class</div> <div>9-Noon Ping Pong</div> <div>9-11am Woodcarving</div> <div>9-11am Wood Burning</div> <div>9-10:30am Line Dance</div> <div>10:30am Art a la Carte!</div> <div>1pm Chair Yoga</div> <div>1pm Golf Card Game</div> <div>2:15pm Book Discussion</div>		<div>24</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>8:30-11 Sheepshead</div> <div>9:30 Mahjong Lesson</div> <div>9:45am Tai Chi</div> <div>10:30am Writing for Fun</div> <div>10:30am World Dance</div> <div>11-12pm Strength Training</div> <div>1pm Dominos, Mahjong , Checkers &amp; Chess</div> <div>1pm BINGO</div>		<div>25</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-11am Art Class</div> <div>9-12pm Drop In Craft</div> <div>9-10am Exercise Class</div> <div>9:30am Donut Day</div> <div>10-Noon Am. Issues</div> <div>10:30am Ballroom Dance</div> <div>1pm Sheepshead</div> <div>1pm Bean Bags &amp; Dart Ball</div>	
<div>26</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Strength Training</div> <div>9-Noon Ping Pong</div> <div>9-12 Junk Journal Craft</div> <div>10:30am Chorus</div> <div>1pm Euchre</div> <div>1:30-3pm Line Dance</div> <div>2:30pm TOPS Group</div>		<div>27</div> <div>9-10am Exercise Class</div> <div>9-11am Knit &amp; Crochet</div> <div>10am Am. Issues</div> <div>10:15am Cribbage</div> <div>10:15am Mahjong</div> <div>10:30am Cardio Drum</div> <div>1pm Drum Circle Fun</div> <div>1pm Medicare Workshop</div>			
<div>30</div> <div>8:30-10:30am</div> <div>Woodturning by Appt.</div> <div>9-10am Exercise Class</div> <div>9-Noon Ping Pong</div> <div>9-11am Woodcarving</div> <div>9-11am Wood Burning</div> <div>9-10:30am Line Dance</div> <div>10:30am Art a la Carte!</div> <div>1pm Chair Yoga</div> <div>1pm Golf Card Game</div> <div>2:15pm Book Discussion</div>		<div>Pool Tables Open</div> <div>Mon thru Fri 8:30am-3:30pm</div> <div>Except during movies, meetings, dances and closures.</div> <div></div>		<div>Senior Center Hours:</div> <div>Monday-Friday 8:30am-3:45pm</div> <div>Closed Saturday &amp; Sunday</div> <div>Phone: (262) 359-6260</div> <div></div>	

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# September Word Search

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

ACORNS  
APPLE CIDER  
APPLES  
AUTUMN  
BAKING  
BONFIRE  
CANNING  
CHILLY  
COLORFUL  
COMFY

CORN  
CORNSTALKS  
CRISP  
EQUINOX  
FAIR  
FIELDS  
FOLIAGE  
FOOTBALL  
GOURDS  
HARVEST



HAY BALE  
HIKING  
HOT COCOA  
JACKET  
LEAVES  
MAPLE  
MIGRATE  
ORCHARD  
PUMPKIN  
RAKE

SCARECROW  
SCENIC  
SMORES  
SQUASH  
SQUIRREL  
SWEATER  
TRAILS  
VIBRANT  
WAGON  
WOODS

## 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.



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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23



## **Stuffed Peppers for Two**

### **Ingredients**

- 2 medium green peppers
- 1/2 pound ground beef
- 1 can (8 ounces) tomato sauce, divided
- 1/4 cup uncooked instant rice
- 3 tablespoons shredded cheddar cheese, divided
- 1 tablespoon chopped onion
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg, beaten



### **Instructions**

1. Cut tops off peppers and discard; remove seeds. Blanch peppers in boiling water for 5 minutes. Drain and rinse in cold water; set aside.
2. In a bowl, combine beef, 1/4 cup tomato sauce, rice, 2 tablespoons cheese, onion, Worcestershire sauce, salt, pepper and egg; mix well. Stuff the peppers; place in an ungreased 1-1/2-qt. baking dish. Pour the remaining tomato sauce over peppers. Cover and bake at 350° for 45-60 minutes or until meat is no longer pink and peppers are tender.
3. Sprinkle with remaining cheese; return to the oven for 5 minutes or until cheese is melted.

## **Avocado Toast with Egg**

### **Ingredients**

- 1 teaspoon butter
- 2 eggs
- 2 slices multigrain bread
- 1 ripe avocado, pitted, peeled
- 1 teaspoon lemon juice, or to taste
- 1 pinch cayenne pepper
- sea salt to taste
- ground black pepper to taste



### **Instructions**

1. Melt butter in a skillet over medium-low heat. Crack eggs into the skillet side by side and cook until eggs are white on the bottom layer and firm enough to flip, 2 to 3 minutes. Flip eggs, trying not to crack the yolk, and cook until egg reaches desired doneness, 2 to 5 minutes more.
2. Meanwhile, toast bread slices to desired doneness, 3 to 5 minutes.
3. Mash avocado in a bowl; stir in lemon juice, cayenne pepper, and sea salt. Spread avocado mixture onto toast. Top with fried egg and season with sea salt and pepper.

# September BIRTHDAYS



Carolyn Garland	9/1	Donna Holmen	9/13	Consuelo Clemens	9/22
Robert Haggarty	9/1	Jeannette Hilberg	9/13	James Miles	9/22
Carol Kraus	9/1	Randy Cline	9/14	Terrence Frantal	9/22
Karen Bertsch	9/3	Donald Crevie	9/14	Marilyn Sorenson	9/22
Salvatore Coppola	9/3	Susan Goss	9/15	Judith Maegaard	9/23
Debra Trimmer	9/3	Diane Pynaker	9/15	Susan Margetson	9/23
Jim Vescova	9/3	Mary Schindler	9/15	Shirley Melby	9/23
John Zanotti	9/3	Sandra Ehnou	9/16	Robert Kessler	9/24
Dena Corey	9/4	Pat Gallo	9/16	James Bjurman	9/25
Carmela Parker	9/4	Denise Mosher	9/16	Katherine Czajka	9/25
Marianne Schenning	9/4	Patsy Hoffman	9/17	Patricia Murphy	9/25
Rita Gregory	9/4	Annette Scarleto	9/17	Joyce Johnsen	9/26
Dianne Mottinger	9/4	Jody Thorlton	9/17	Bonnie Moschell	9/26
Sharon Apostoli	9/5	Nick Gorr	9/18	Carol Oberst	9/26
Gwen Goergen	9/5	Janice Wilcoxon	9/18	Judy Sommers	9/26
Judy Meyers	9/5	Phyllis Caya	9/18	Vicki Zanotti	9/26
Paula Bergo	9/5	Lee Lindstrom	9/18	Julie Anderson	9/26
Hattie Jones	9/6	Susan Geissman	9/19	John Fliess	9/27
Marilyn Dickes	9/6	Pam Kowalczyk	9/19	Paul Leffelman	9/27
Linda Davidson	9/8	Rodney Lawler	9/19	Cindy Lesko	9/27
Colleen Friday	9/8	Betty Smith	9/19	Janice Mowry	9/27
Richard Baumann	9/9	Susan Wirsch	9/19	Susan O'Day	9/27
Bonnie Erickson	9/9	Kathleen Basquez-Vescova	9/20	Paul Wade	9/27
Kathleen Schmitz	9/9	John Dumke	9/20	Jim Langerman	9/27
Julie Briggs	9/10	Judy Kanka	9/20	John Bonaretti	9/28
Michelle Nielsen	9/10	Barb Ludwig	9/20	Peggy Shaffer	9/28
Eloy Hernandez	9/10	Franklin Schultz	9/21	Thomas Kuczenski	9/29
George Krulatz	9/11	Dennis Slatkay	9/21	Bonnie Vagnoni	9/29
Linda Rasch	9/12	Don Wirsch	9/21	Roxine Carey	9/30
Julaine Roach	9/12	Mary Petersen	9/21	Annie Vines	9/30
Dorothy Ennis	9/13	Julie Arzt	9/22	Carol Anderson	9/30
Jo Robbins	9/13	Mary Ann Bourget	9/22	Carol Rock	9/30
Sue Horsley	9/13	Betty Ann Boyd	9/22	Agnes Brock	9/30
Carol Frederick	9/13				

## 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.

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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23

# SUDOKU



# *Kenosha Senior Center*

## **2024 Special Events and Trips**

Thurs. September 5, 2024	-	Fireside Theatre: The Ultimate Elvis Show
Fri. September 20, 2024	-	Fall 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, September 27, 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.



### **Hospice Alliance** *Serving Our Seniors* **EXPO**

**October 3, 2024**  
**8:30am-12:30pm**

**Gateway Technical College**  
**Madrigano Conference Center**  
**3520 30th Ave, Kenosha**



# *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 4, 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. Drop-Ins welcome to come try it out!



# Thank You to Our Picnic Sponsors

## PRIZES

Advance Auto Parts  
Casey Family Options  
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Culvers -29th Street  
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Eli's Café  
Festival Foods  
Gateway Café  
Good Value Rx  
Haircrafters -Pershing Blvd.  
Head to Toe Salon  
House of Gerhard  
Kenosha Public Museum  
Margetson Woodworking  
McDonald's - 30th Ave.

Milwaukee Burger Co.  
Mission BBQ  
Olive Garden  
O'Reilly Auto Parts  
Paielli's Bakery  
Paul's Bender Center  
Phoenix Restaurant  
Piasecki Funeral Home  
Sal's Pizza  
Springwood Café  
Steinbrinks Piggly Wiggly  
Summer Moon Coffee  
Sunnyside Club  
Swedish American Club  
Tenuta's Restaurant  
Tommy's Home Run  
Union Park Tavern  
Viva Glam

## GAMES

Care Patrol  
ClearSky Rehabilitation  
Compassus Hospice  
Hospice Alliance  
Kenosha Place Senior Living

## ICE CREAM

Culvers on Sheridan Rd.— Tom Harberg

## POPCORN

Sage Meadow Assisted Living



## Chorus

Love to sing? Want to meet new people?

Join the Forever Young Chorus! They meet  
Thursdays at 10:30am.



## WORLD DANCE CLASS is Back!

Beginning in September  
Tuesdays September 3, 10, 17 and 24  
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.



## NEW History Book Discussion Group

Meets every 2nd Wednesday  
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](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: **Changes at the Center**

We are passing the torch on to a new Director for the Senior Center. While this is always a big change, we are embracing this with positivity and showing our new Director what wonderful people we are!

"Say Hi as you Pass by"

EVERY END  
IS A NEW  
BEGINNING

## Featured Advertisers

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Kenosha / 262-697-9277

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1850 22nd Ave. Kenosha

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- Dementia care
- Hospice Support
- Personal care
- And more

Call 262-598-0290 or visit

[HomeInstead.com/RacineWI](http://HomeInstead.com/RacineWI)

## Art a la Carte! September - October Schedule

Julie Schilf, a local artist, is offering twice a month hands-on art (and craft) instruction classes at the Kenosha Senior Center. These will include making and painting pottery, drawing basics (pencil, charcoal and pastels), needle felting, paper origami, wire bending and wire wrapping, jewelry making, mosaics and more!

**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

#### 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



## Monthly Funnies

**Why did the apple pie go to the dentist?**  
Because it needed a filling

**What do you call a small pepper in late autumn?**  
A little chili

**How do trees get on the Internet?**  
They just log on

**Why did the pumpkin lose the boxing match?**  
He let his gourd down

**Who won the skeleton beauty contest?**  
No body

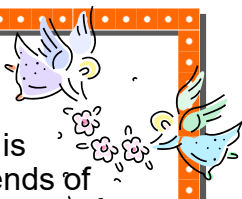
## In Memoriam

Our deepest sympathy is  
extended to the family & friends of

Roger Krah & Patricia Koessl

and all who have recently  
suffered a loss.

Our hearts, thoughts & prayers are with you.



Kenosha Senior Center Newsletter:  
September 2024 Published Irregularly

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



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of Senior Centers

### Answer to the Word Search from page 12

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

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

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

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

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

**Thank you**  
to our  
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