

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 10

October 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

Annette Ruffalo

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Administrative Assistant

Kandy Stull

Email: kstull@kusd.edu



Newsletter Editors

Annette Ruffalo 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> |

BOARD MEMBERS

| | |
|------------------------|---------------------------|
| <i>Jim Bellantonio</i> | <i>Phyllis Mattox</i> |
| <i>Eloda Birch</i> | <i>Nikki Mondia</i> |
| <i>MaryAnn Bourget</i> | <i>Carol Sieber</i> |
| <i>Joan Hall</i> | <i>Cheryl Millholland</i> |
| <i>Barbara Johnson</i> | <i>Barb Van Dyke</i> |

Dear Friends,

Thank you for the outpouring warm welcomes from all the members I have met and to the many more I look forward to meeting.

ROCKTOBER is the perfect month to introduce myself to you and the community because it is my favorite...and my birthday month.

I come to the Kenosha Senior Center from the Kenosha Unified School District's Central Office where I have worked for the last 4 years in School Leadership and additional departments. Prior to KUSD I worked at local businesses. I look forward to learning from each one of you as well as sharing my knowledge.

I am the proud mother of two amazing children. Bryceon is my oldest boy who is currently attending UW Madison for his second year. My youngest daughter is Aprillia who is in grade school in KUSD.

I am excited to see what our future together will bring!!

Annette



Birthstone: Opal and Tourmaline
Birth flower: Cosmos and Calendula
Zodiac Signs: Libra and Scorpios



BUS TRIPS

New Trip

HOLIDAY SHOPPING TRIP

Date: Thursday, December 5, 2024
Destination: Woodfield Mall, Schaumburg, IL
Prices: Members: \$35.00, Non-members: \$35.00



Tickets go on sale to members on Tuesday, October 8, 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, October 9 2024**

Trip Description: Join us for a day of shopping at the beautifully decorated Woodfield Mall. There are nearly 300 stores, restaurants and specialty shops. You can also take the Free Woodfield Trolley and go to IKEA, Marshalls and Costco. Leave the driving to us and get your holiday shopping done. Price includes deluxe motor coach ride to and "Goodie" Bag". Lunch is on your own.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:45am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 9:00am and return at approximately 6:00 pm.



CHRISTMAS PARTY & BANQUET

Date: Friday, December 13, 2024
Time: Doors Open at 11:00 am. Party ends at 2:30 pm
Location: Italian American Society of Kenosha, 2217 52nd Street
Price: Members Only: \$45.00



Tickets go on sale to members on Tuesday, October 15, 2024 at 8:40 am. You are allowed to sign up for two members only. You must show both membership cards when you purchase your tickets. Sign up will continue until we are at capacity, don't wait to get your tickets!

Description: **It's our Annual Christmas Party! Enjoy a delicious lunch buffet, prizes and great entertainment by Logan Ramey As Elvis. Our Christmas Party is lots of fun and will definitely get you into the holiday spirit!**

Reminder: doors will open at 11am—please wait in your car if you arrive early.



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.



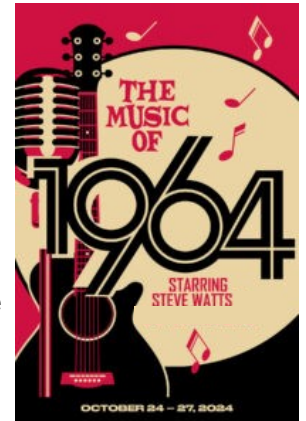
BUS TRIPS

September Trip

THE MUSIC OF 1964

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

Trip Description: The Fireside's Band Shows are among the most popular shows that the Fireside Theatre has ever presented. Now, to commemorate The Fireside's 60th Anniversary we bring you a brand new Band Show called **1964**. The Fireside first opened its doors 60 years ago in May of 1964 and to celebrate that milestone we bring you the music of that magical year – from Rock and Roll to country to jazz and Broadway. **1964** features the music of such great artists as the Beatles, The Four Seasons, The Supremes, The Beach Boys, Roy Orbison, Jim Reeves, Johnny Cash, Louis Armstrong and many, many more. **1964** features Steve Watts with special guests



Menu: Buffet Meal. 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.

MIRACLE ON 34TH STREET

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

Waiting List!

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.



Menu: Meal choices: Chicken and Ribs OR Seared Duck OR Steak Diane. 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.

Kenosha Senior Center Fall 8 Ball POOL TOURNAMENT

October 29, 30, 31, 2024

9am-Noon

Sign up sheet is by the Pool Tables

 Sign up by Wednesday, October 23, 2024

 Bracket draw Friday, October 25, 2024

Space is limited. Sign Up Today!



FREE BINGO

Tuesday, October 22, 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
St. Catherine's Commons**



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.



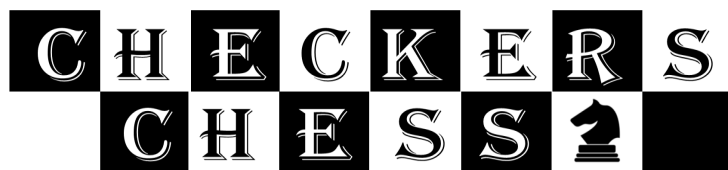
Dance & Pom Squad

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 may-be 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 or Maryehotle@gmail.com



Checkers and Chess 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.

Class Updates

- No Line Dance on Thursday, Oct 10th, 24th, & 31st and Monday, Oct 28. See Norm for days that may be subject to change
- New History Book Discussion Group meets every 2nd Wednesday from 1pm-2:30pm

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
- 🍎 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



9:30am-10:30am

FREE

Coffee and Donuts

Wednesday, October 2, 2024

Sponsored by Primrose Retirement Community

Wednesday, October 16, 2024

Sponsored by Home Helpers

Wednesday, October 23, 2024

Sponsored by Sheridan Health

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. 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.**

August Winners

Kathy Wilson, Sue O'Day, Pat Milock

TOPS WI 1593 Kenosha
Take Off Pounds 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/text her at 262-930-9582

****If you attended our Picnic this year and still have your FREE family pass to the Kenosha YMCA, don't forget to use it before the end of October! And thank you again to the Kenosha YMCA for donating the free family passes during our Picnic this year!**

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.goodvaluerox.com

Blood Pressures Screenings
Thursday, October 24, 2024 9:30am-Noon

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

Interested in a Blood Pressure Screening?
No need to register. Just stop in that morning.

Presented by Aurora Health Care

HALLOWEEN DANCE

Friday, October 25, 2024 at 1:30pm



Dances are FREE and open to the senior public so dress up and bring your friends!

Music by Ernie Garner and Snacks sponsored by ProMedica



collette

Travel Show

Wednesday, October 16, 2024
At 2:00pm

Extended Day Trips Offered in
Fall of 2025

Stop in to learn how you can be part of this exciting opportunity and share
IDEAS FOR FUTURE TRIPS.

Featured Trip

Islands of New England

September 5-12, 2025
RSVP to the Senior Center at 262-359-6260





Drum Circle Fun with Heather Poyner!



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 |
| World Dance | Tuesday | Twice a year - 10:30am | \$3.00 per class |
| 10 | | | |

| Activity Calendar | | KENOSHA SENIOR CENTER | | October 2024 |
|--|---|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Senior Center Hours: Monday-Friday 8:30am-3:45pm Closed Saturday & Sunday Phone: (262) 359-6260 | 1 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 12pm NO Senior Dance 1pm Dominos, Mahjong , Checkers & Chess | 2 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 | 3 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 | 4 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>12:00pm-2pm Vaccine Clinic</u> |
| 7 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 10:30am Art a la Carte! 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion | 8 Trip Sign Up 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 1pm Dominos, Mahjong , Checkers & Chess <u>1pm Board Meeting</u> | 9 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 1pm History Book Discussion | 10 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 NO Line Dance 2:30pm TOPS Group | 11 9-10am Exercise Class 9-11am Knit & Crochet <u>9am-Noon Foot Clinic</u> 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum |
| 14 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 10:30am Art a la Carte! 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion | 15 Trip Sign Up 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 12pm Senior Dance Group 1pm Dominos, Mahjong , Checkers & Chess | 16 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 <u>2pm-Collette Travel Show</u> | 17 Trip 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 | 18 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>10:30pm-3pm AARP Driver Safety Class</u> <u>1pm Drum Circle Fun</u> |
| 21 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 | 22 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 1pm Dominos, Mahjong , Checkers & Chess <u>1pm BINGO</u> | 23 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 | 24 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft <u>9:30-Noon Health Screens</u> 10:30am Chorus 1pm Euchre 1:30-3pm NO Line Dance 2:30pm TOPS Group | 25 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>1:30pm Halloween Dance</u> |
| 28 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 NO Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion | 29 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson <u>9am Pool Tournament</u> 9:45am Tai Chi 10:30am Writing for Fun 10:30am World Dance 11-12pm Strength Training 12pm Senior Dance Group 1pm Dominos, Mahjong , Checkers & Chess | 30 8:30-10:30am Woodturning by Appt. 9-11am Art Class <u>9am Pool Tournament</u> 9-12pm Drop In Craft 9-10am Exercise Class 10-Noon Am. Issues 10:30am Ballroom Dance 1pm Sheephead 1pm Bean Bags & Dart Ball 1pm History Book Discussion | 31 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong <u>9am Pool Tournament</u> 9-12 Junk Journal Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 1:30-3pm NO Line Dance 2:30pm TOPS Group | Pool Tables Open Mon thru Fri 8:30am-3:30pm Except during movies, meetings, dances and closures. <div>Happy Halloween</div> |

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October Word Search



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

AUTUMN

BAT

BLACK

BLOOD

BOO

BROOMSTICK

CACKLE

CANDY

CAT

CAULDRON



COBWEB

COSTUME

CREEPY

DEMON

EERIE

FOOTBALL

GHOST

GHOUL

GOURD

GRIMREAPER



HAUNT

HOWL

LEAVES

MASK

MIDNIGHT

MOON

MUMMY

OCTOBER

OGRE

OWL



PARTY

PHANTOM

PUMPKIN

SKELETON

SPIDER

TOMBSTONE

TRICK

VAMPIRE

WEREWOLF

WITCH

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 | 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

Hearty Beef and Barley Soup

Ingredients:

- 1 tablespoon canola oil
- 1 pound beef top round steak, cut into 1/2-inch cubes
- 3 cans (14-1/2 ounces each) beef broth
- 2 cups water
- 1/3 cup medium pearl barley
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup chopped carrots
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 3 tablespoons minced fresh parsley
- 1 cup frozen peas



Directions:

1. In a large saucepan, heat oil over medium heat. Brown beef on all sides; drain. Stir in broth, water, barley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
2. Add carrots, celery, onion and parsley; cover and simmer until meat and vegetables are tender, 30-40 minutes. Stir in peas; heat through.

Pumpkin Oreo Balls

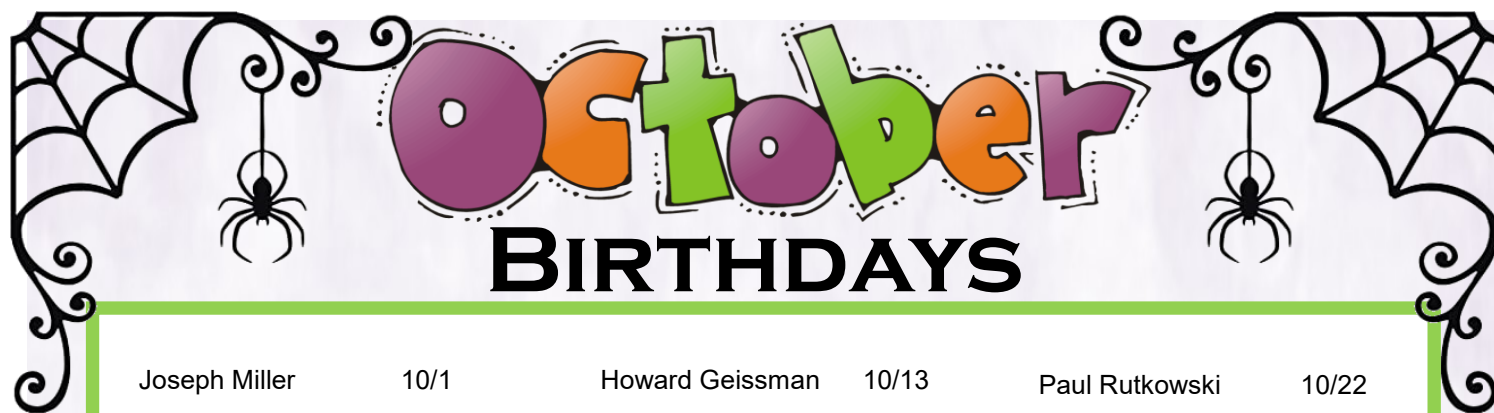
Ingredients:

- 36 Oreo cookies
- 8 oz cream cheese softened
- 12 oz orange candy melts



Directions:

1. Pulse Oreo cookies in a food processor until finely crumbled.
2. Mix in cream cheese until well combined.
3. Scoop into 1-inch balls. Refrigerate on a parchment-covered baking sheet for 15 minutes.
4. Use a toothpick to score lines into the Oreo balls to resemble pumpkins. Place back into the refrigerator for 10 minutes
5. In the meantime, melt orange candy wafers over a double boiler or in the microwave according to package directions.
6. Dip pumpkin oreo balls into melted chocolate, shake off excess, and place back on lined baking sheet. Immediately decorate with a small pretzel stick and leaf icing decoration.
7. Refrigerate until ready to serve.



October

BIRTHDAYS

| | | | | | |
|-------------------|-------|--------------------|-------|--------------------|-------|
| Joseph Miller | 10/1 | Howard Geissman | 10/13 | Paul Rutkowski | 10/22 |
| Jo Ann Lingle | 10/1 | Joan Kollman | 10/13 | Jean Thompson | 10/22 |
| Jim Kuntzelman | 10/2 | Diane Montgomery | 10/13 | Susan Valeri | 10/22 |
| Arlene Nau | 10/2 | Renee Brown | 10/13 | Lee Foust | 10/22 |
| Pat Petree | 10/2 | Maryann Czarnowski | 10/13 | Donald Peden | 10/23 |
| Carol Schlevensky | 10/2 | Susan Lawler | 10/14 | Beverly Witcher | 10/23 |
| James Wilson | 10/2 | Keven Mottinger | 10/14 | Lynn Allen | 10/23 |
| Kathleen Keitel | 10/3 | Barb Dumke | 10/15 | Rose Marie Gaudio | 10/24 |
| Helene Wood | 10/3 | Brenda Franti | 10/15 | Valerie Dowe | 10/24 |
| Harold Smith | 10/3 | Eric Aho | 10/16 | Randy Eisel | 10/24 |
| Sue Kaeppler | 10/3 | Dewey Sammons | 10/16 | Daniel Kalash | 10/24 |
| Carol Sieber | 10/4 | Susan Allen | 10/16 | Sharon Moscicki | 10/24 |
| Connie Snyder | 10/4 | Mary Sherfinski | 10/17 | Paul Slotke | 10/24 |
| Richard Gallo | 10/5 | Phyllis Mattox | 10/18 | Janice Jackson | 10/25 |
| Noreen Jeffson | 10/6 | Mary Schneider | 10/18 | Barbara Lincoln | 10/25 |
| Ellen Potthast | 10/6 | Andrew Vacca | 10/18 | Darryl Martin | 10/25 |
| Cathie Riley | 10/6 | Bill Rhodes | 10/18 | Eva Hoey | 10/25 |
| Darryl Cain | 10/6 | Patricia Carrel | 10/19 | Edward Jelinek | 10/25 |
| Cynthia Baumann | 10/7 | Eric Fornander | 10/19 | Irene Helen Lundin | 10/26 |
| Sharry Flaherty | 10/7 | Shirley Krause | 10/19 | Gerald Packman | 10/27 |
| Adah Lara | 10/7 | Tom Hessefort | 10/19 | Ted Barnett | 10/27 |
| Nancy Callahan | 10/8 | Donna Biscardi | 10/20 | Mary Dwyer | 10/28 |
| Rosemarie Huetten | 10/8 | Betty Burt | 10/20 | Nancy Holman | 10/28 |
| Ann Jackson | 10/8 | Maryanne Irving | 10/20 | Gina Falaschi | 10/28 |
| Susan Graves | 10/8 | Joan Richio | 10/20 | Nancy Davis | 10/29 |
| Robert Vogt | 10/8 | Lorraine Schneider | 10/20 | Darlene Sura | 10/29 |
| Ruth McGee | 10/9 | Roberta Bloner | 10/21 | Dennis Pierce | 10/29 |
| Sue Hansen | 10/9 | Lucille Rangel | 10/21 | Debra Tutlewski | 10/29 |
| Carrie Jewell | 10/9 | Julie Schilf | 10/21 | Victor Muller | 10/30 |
| Starr Wold | 10/10 | Gina Thomas | 10/21 | Susan Schroeder | 10/30 |
| Dana Apilado | 10/12 | Darlene Drake | 10/22 | Sheri Zaionc | 10/31 |
| Dorinda Macik | 10/12 | Mary Kruse | 10/22 | | |
| Kathleen DeLabio | 10/12 | William Ostenberg | 10/22 | | |
| Therese DeFazio | 10/13 | Gail Papineau | 10/22 | | |

Sudoku Puzzle #2

Basic Directions

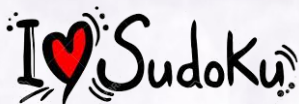
- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.

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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23



Kenosha Senior Center

2024 Special Events and Trips

| | | |
|-------------------------|---|--|
| Thurs. October 17, 2024 | - | Fireside Theatre: Songs from 1964 with Steve Watts |
| 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, October 18, 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 per session

New Session: October 11, 2024 - December 20, 2024

Registration for next session - Mon., Oct. 7th, 8:30am

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!



Kenosha Senior Center Holiday Craft Fair

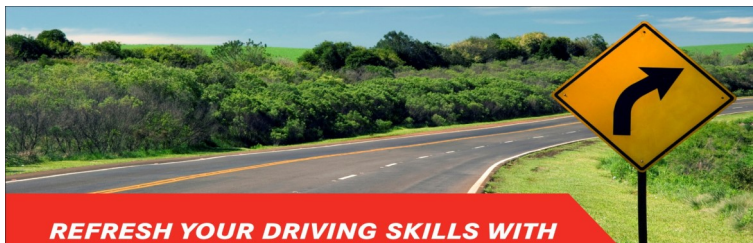
Saturday, November 9, 2024

Beautiful Hand Made Crafts ~ Delicious Lunch ~ Amazing Drawings

Bakers Get Ready!

We need your yummy treats for our
Bake Sale

Bake or buy baked goods and drop
them off on
Friday, November 8th
after 12pm



REFRESH YOUR DRIVING SKILLS WITH
THE AARP DRIVER SAFETY COURSE!

AARP Driver Safety Program

Friday, October 18, 2024, 10:30am-3pm

- ◆ In person class
- ◆ For all drivers age 50 and over
- ◆ Register and pay in person at the Kenosha Senior Center
- ◆ Fees are due at registration
- ◆ Fee is \$20.00 for AARP members
- ◆ \$25.00 for Non AARP members
- ◆ Must sign up by Wed., October 16th
- ◆ There are NO Tests!



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

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: Reminders

Trip Sign Ups:

** If you come early to wait in line for ticket sales for a trip, please remember, we want to be fair to everyone waiting, so please do not hold spots for others in line.

If they cannot get there on time or are in their car waiting, they need to go to the end of the line.

Food Donations:

** We cannot accept food that has been opened to put out by the coffee pots for the whole Senior Center. Packages must be unopened. (Sharing with just your group?, that is up to you and your group.)

Featured Advertisers

Grace Parrish

*Broker Associate / Mobile Notary
Senior Real Estate Specialist*

Cell (262) 914-5338

gracesells4u2@gmail.com

BrightStar Care

*A Higher Standard of Home Care
Companion, Personal & Skilled Care
262-637-7767*

Dickow Cyzak Tile Co.

*Bath & Flooring Showroom Since 1968
Bath Remodeling, Walk-In Showers, Grab
Bars, Floor Coverings
Hwy 31 & Hwy 50 262-694-9777*

Art a la Carte!

With local artist, Julie Schilf

Usually Two Mondays a Month 10:30-12:30

Hands-on art (and craft) instruction classes including making and painting pottery, drawing basics (pencil, charcoal and pastels), needle felting, paper origami, wire bending, wire wrapping, jewelry making, mosaics and more! Each month will be a different project.

October 7 and 14

2 Week Class

Class Fee: \$15.00

Week 1 Botanical Pottery

Week 2 Pottery (finishing and glazing)



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



Monthly Funnies

What health insurance do Halloween creatures use?

Medi-scare!

Why did the monster go inside the bar?
For the Boos!

What happens if you combine a vampire and a snowman?
You get frostbite!

Why did the headless horseman start his own business?
To get ahead in life!

In Memoriam

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

Our hearts, thoughts & prayers are with you.



Kenosha Senior Center Newsletter:
October 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

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

Answer to Sudoku Puzzle #1 on page 13

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 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 |

Answer to Sudoku Puzzle #2 on page 17

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

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to our
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Kenosha, WI 53143

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