



K E N O S H A

Senior Center

Welcome to a brighter day!

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

Vol. 30, No. 6

June 2025

NEWSLETTER

Senior Center Hours:

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

Visit us at:

www.kusd.edu/seniorcenter

Facebook:

www.facebook.com/kenoshasenior

Program Director:

Annette Ruffalo
aeruffal@kusd.edu

Administrative Assistant:

Kandy Stull
kstull@kusd.edu

Senior Dining:

KAFASI 262-351-6246

BOARD OF DIRECTORS

President:	Ron Mengel
Vice President:	Kathy Flammang
Secretary:	Carol Kessler
Asst. Secretary:	Jill Robinson
Treasurer:	Bryan Mogensen

BOARD MEMBERS

Jim Bellantonio	Phyllis Mattox
MaryAnn Bourget	Dewey Sammons
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Barbara Johnson	Barb Van Dyke

Happy June!

June is the month of celebration and reflection. It's the month of Father's Day—a special time to honor the fathers, grandfathers, and father figures in our lives. It's National Safety Month, which reminds us to stay mindful of our well-being, to take care of ourselves and each other.



Here are some ideas how to enjoy this month:

- ◆ Get moving, join our M-W-F exercise class or T-Th Golden's on the Go walking group.
- ◆ Connect with others, call a friend or attend one of our social events here at the center; Dances or Bingo.
- ◆ Enjoy the abundant amount of the season's fruits and vegetables, a perfect way to have healthy and delicious meals.
- ◆ Stay hydrated by drinking plenty of water even if you don't feel thirsty.
- ◆ Wear a hat, sunglasses, and sunscreen when outside.

Let's celebrate the joys of summer, the warmth of community, and the wisdom that comes with the years. Wishing you all a safe, sunny and serene June.

Renew your membership to take advantage of all the center has to offer.

Annette



BUS TRIPS

Kenosha Kingfish Ballgame

[Check for availability](#)

Date: Thursday, June 19, 2025 **Game Time:** 11:05am
Destination: Simmons Field, Kenosha
Prices: Members: \$40.00, Non-members: \$45.00



Description: Ticket includes partially covered Johnson's Private Suite located to the side of the grandstand behind home plate. All-You-Can-Eat ballpark food from when gates open through the 5th inning (a la carte menu available to purchase additionally). All-You-Can-Drink soda and water through the 8th inning. Dedicated server provided.

Transportation: You must provide your own transportation to Simmons Field. On the day of the game, arrive at Simmons Field at 10am to meet Annette and pick up your ticket. Meeting in the parking lot near the entrance until 10:30am.

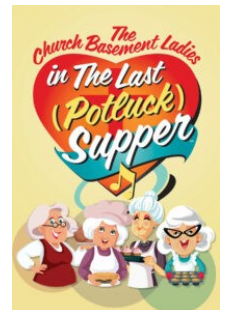


Kenosha Kingfish, Simmons Field, 7817 Sheridan Rd., Kenosha, WI 53143

The Last Potluck Supper

[Check for availability](#)

Date: Thursday, June 26, 2025
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$110.00, Non-members: \$115.00



Trip Description: It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share hotdish, bars, and stories from the last 100 years. As the women work in the kitchen, shared memories burst into life through a series of flashbacks. Travel back to 1897 and meet Vivian's grandmother; see Karin as a newlywed cautiously navigating the politics of the kitchen; and be there in 1944 when Mavis first barreled her way through the door. The Centennial Celebration is bittersweet. Times are tough in this small farm community, and hard decisions will have to be made.

Meal Choices: **Pork Belly** scored and seared with soy sauce and brown sugar until tender. Served with fried rice with peas, onions, eggs and honey glazed carrots. **Chicken Breast** lemon peppered and seared, served with fried rice with peas, onions, eggs and honey glazed carrots. **Thai Grilled Shrimp** with onions, bell peppers and pineapple marinated in lemongrass, sweet chili, and garlic. Served with Apricot lemongrass chutney and fried rice with peas, onions and egg. **Lemon Chess Pie.**

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.

Milwaukee Brewers Baseball Game

Check for availability

Date: Wednesday, July 30, 2025
Destination: American Family Field, Milwaukee
Prices: Members: \$65.00, Non-members: \$70.00



VS



Trip Description: Milwaukee Brewers take on the Chicago Cubs at an afternoon 1:10pm game. Brewer VS Cubs games are highly attended games by the Kenosha Senior Center as well as the general public. Please prepare yourself for the busyness this may bring.

Reminder: American Family Field is cashless at the concession stands and at all retail location and portable kiosks. Carry-ins; sealed bottles of water, juice or soda and personal size items (i.e. a sandwich, small bag of chips). Bag Policy, 9"x5"x2' or smaller, or clear single compartment bag 12"x12"x6".

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 60th Street in Kenosha, by 10:30 am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 10:45am and return at approximately 6:00 pm.

2025 Special Events and Trips

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!

Thursday, June 19	Kingfish Game	Kenosha
Friday, June 20	Dance	KSC
Thursday, June 26	Last Potluck Supper	Fireside Theatre
Wednesday, July 30	Brewers vs. Cubs	American Family Field
Thursday, August 7	Picnic	KSC
Friday, Sept 19	Dance	KSC
Thursday, October 23	Oklahoma	Fireside Theatre
Friday, October 31	Halloween Dance	KSC
Saturday, Nov. 8	Holiday Craft Fair	KSC
Friday, Nov. 21	Thanksgiving Dance	KSC
Thursday, Dec. 4	Holiday Shopping Trip	Woodfield Mall
Friday, Dec. 5	Deck the Halls party	KSC
Friday, Dec. 12	Christmas Party	Italian American Club
Thursday, Dec. 18	A Wonderful Life	Fireside Theatre
Friday, Dec. 19	Holiday Dance	KSC

Kenosha Senior Center Trip Policy

If you are unable to attend a trip, call the center 359-6260 and staff will try to find a replacement for you. Refunds are only issued if the show is sold out and we are able to replace your place on the trip.

INDEPENDENT LIVING ASSISTED LIVING | MEMORY CARE



enjoy life at St. Catherine Commons!

ST. CATHERINE
COMMONS
a capri community

3524 7th Avenue
Kenosha, WI 53140
(262) 653-1234
stcatherinecommons.com



Avoid the heat and sun while
enjoying a round of golf.

Join us for Wii Golf

Wednesdays in June at 12:30pm.

Sign up at the front desk to
participate.

Senior Dining

Fellowship, Food and Fun

Sit Down Meals Served at 11:30am

Suggested Donation is \$5.00



- 🍎 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

Reservations required by 10:00am the prior day: 262-351-6246

In-Person Senior Dining ... More than just a meal



FREE

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

Wednesday, June 4, 2025

Sponsored by : Lowe Insurance

Wednesday, June 11, 2025

Sponsored by : CAREPatrol

Wednesday, June 18, 2025

Sponsored by : Library Terrace Assisted Living

Wednesday, June 25, 2025

Sponsored by : Proko Funeral Home

Foot Clinic



Friday, June 13, 2025 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 262-359-6260 to make an appointment. You need to sign up by the 1st Friday of the month. You can pre-register for future months.

FREE BINGO



Tuesday, June 24, 2025 at 1pm

For Senior Center Members

- **Register:** front desk or call 262-359-6260 by Noon on the Thursday before BINGO
- **Supplies:** Cards and markers are provided to play.

Sponsored by:

SENIOR  **Helpers**

Chess & 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.

AVAILABLE NOW! PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Janet Axtell will be securing new ads for our Center. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



Janet Axtell
(800) 950-9952 x2539
JAxtell@4lpi.com

Classes & Center Updates

- **Membership Renewal time!!** Don't forget to renew your membership today
- NO chair yoga on Monday, June 2

LINE DANCE CHANGING DAYS!!!

Line dancing will now be on **Monday and Wednesday's** from 9-10:30am (no Thursday's anymore)

50'S SOCK HOP BASH

Friday, June 20 at 1:30pm

Wear cool threads and win dibs on a prize!

Open to the senior public community

Music by:

Ernie Garner

sponsored by:



Snacks and door prizes available



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

**Renew
Membership
2025 -2026**

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



Find the NEW LOGO Contest

We've hidden our logo in this newsletter!
It's a **smaller** version of the one here.

To win: Call the Center at 262-359-6260 or email kstull@kUSD.edu with your information by the 20th of the Month:



1. Member's Name
2. Phone Number
3. Page # you found the logo on

You **must** include all of this information to be included in the drawing and be an active member.

April Winners:

Gwen Goergen, Arturo Miranda, Susie Moe

Ballroom Dancing

Wednesdays at 10:30am

Come try out this month's dances:
Salsa & The Hustle

Singles, couples, beginners, intermediate or advanced dancers are welcome to dance and socialize with others that love to move their feet. There is no fee.



History Book Discussion Group

Every 2nd Wednesday, 1pm-2:30pm

If you love reading and history, this is a great group for you! Stop by and listen in. No fee. No registration. Just reading great books and having lively discussions. Each person will choose a factual history book and read it then 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.



Thursdays at 10:30am

Join the Forever Young Chorus!

Find your inner songbird!

Bring your musical talent in unison with other singing members.

Drop In Craft Day

Wednesdays 9am-Noon

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!

Make Crafts. Meet Friends.

Have Fun.



Sign Up Craft Fair 2025

Past Crafters

Wednesday June 4, 2025 at 9am

The member fee for the Craft Fair is **\$30** per table. Non-members will be charged **\$42** per table. Registration forms are available at the Senior Center and online at www.kUSD.edu/seniorcenter.

The Craft Fair will be held on Saturday, November 8, 2025 from 8:30 am to 3:00 pm.

Tables will be reserved for last year's participants until Friday, July 11, 2025. After that date, any remaining tables will be made available to those on the waitlist and the general public.

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	Friday	10:00am - Noon	Free
Art Class	Wednesday	9:00am - 11:00am	\$5.00 per class Bring 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
Chess & Checkers	Tuesday	1:00pm	Free
Chorus	Thursday	10:30am-Noon	\$2.00 per class
Cribbage	Friday	10:15am	Free
Dances	3rd Friday of Month (Sept.- June)	1:30-3:30pm	Free
Dart Ball	Wednesday	1:00pm	Free
Dominoes	Tuesday	1:00pm	Free
Drop In Craft	Wednesday	9:00am - 12:00pm	Free - Bring your own supplies
Euchre	Thursday	1:00pm	Free
Exercise Class	Monday, Wednesday & Friday	9:00am - 10:00am	Free
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 of month	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 Wednesday	9:00am-10:30am	\$5.00 per class
Mahjong	Tuesday and Friday	T: 1:00 pm, F: 10:15 am	Free
Ping Pong	Monday and Thursday	9:00am-Noon	Free
Pool (Billiards) - Open	Monday thru Friday	Closed during events	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	2:00pm-3:30pm	Check with Class Instructor
Total Body Conditioning	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			

11

June Word Search

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

BARBECUE
BASEBALL
BEACH
BIKE
BOAT
CADDY
CAMPING
CART
CLUBS
CRAZY TIE

DAD JOKES
FATHERS DAY
FISHING
FLAG
FLOWERS
FRIENDS
GARDEN
GLOVES
GOLF
GREEN

GRILL
HOLE IN ONE
HOLIDAYS
HUMID
ICED TEA
IRON
LEMONADE
LURE
PATIO
SANDALS

SHORTS
STEAKS
SUMMER
SUNSCREEN
SWIMMING
TEE SHOT
TOWEL
TRAVEL
VACATION
WATERPARK

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.

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



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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23

Pepper Steak with Rice



Main Steak Ingredients

- 1 lb of steak-any beef that is thinly sliced
- 2 medium sweet peppers-green or green & red-sliced
- 1 medium white onion sliced
- 3 T peanut oil—or neutral oil
- 2 green onions (optional)
- 2 medium tomatoes sliced into wedges
- 1/4—1/2 c beef stock (optional)

Meat Marinade

- 1/4 c soy sauce
- 2 T chopped fresh ginger
- 1 T granulated garlic
- 2 T sherry cooking wine
- 1 t sesame oil
- 1 t Worcestershire sauce
- 1 t rice wine vinegar
- 1T cornstarch & 1/2 t hot sauce (optional)

Rice—Once cup of cooked rice per person

Directions

1. Mix all the marinade ingredients and pour the mixture over the steak in a flat glass container. Marinate the steak at least 1 hour, but no more than 6 hours.
2. Heat the peanut oil in a large skillet or wok, add the marinated steak, stir fry until just browned on all sides. Transfer the stir friend steak to a warm plate or dish.
3. Start to sauté the sliced onions in the same skillet. Add the sweet peppers and tomato wedges after about 4-5 minutes.
4. Return the steak to the skillet. Add any leftover marinade and the beef stock (optional). Continue cooking but do not overcook.
5. Serve with the rice & enjoy! Thank you Mike S. for the recipe



Cowboy Cookies

Ingredients

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon baking soda
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1½ cups (3 sticks) butter, at room temperature
- 1½ cups granulated sugar
- 1½ cups packed light-brown sugar
- 3 eggs
- 1 tablespoon vanilla
- 3 cups semisweet chocolate chips
- 3 cups old-fashioned rolled oats
- 2 cups sweetened flake coconut
- 2 cups chopped pecans (8 ounces)

Directions

1. Heat oven to 350 degrees.
2. Mix flour, baking powder, baking soda, cinnamon and salt in bowl.
3. In a very large bowl, beat butter with electric mixer at medium speed until smooth and creamy.
4. Gradually beat in sugars, and combine thoroughly.
5. Add eggs one at time, beat after each. Beat in vanilla.
6. Stir in flour mixture until just combined. Stir in chocolate chips, oats, coconut and pecans.
7. Drop onto baking sheets a few inches apart.
8. Bake 17-20 mins.



SENIORS (60+) ARE WELCOME TO ENJOY OUR FACILITY FREE OF CHARGE ON THE 3RD TUESDAY OF EVERY MONTH.

OUTSIDE WALKING TRACK AVAILABLE EVERYDAY FREE

Presented by Aurora Health Care

Blood Pressures Screening **Thursday, July 17, 2025 9:30am-Noon**

Take advantage of monthly health screenings at the Senior Center.

Registration not required.



Senior Membership

Seniors (age 60+) receive free memberships to the Boys & Girls Club of Kenosha. An adult membership form must be completed and turned in to the front desk of the BGCK. Members are allowed to walk on indoor track Monday – Friday 7am-2:30pm . Sign in at the front desk will be required.



TOPS WI 1593

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

GOLDENS ON THE GO



Looking to stay active, meet new people, and enjoy the outdoors? Come learn about our walking group for adults aged 55 and older!

We meet every Tuesday and Thursday for group walks, 8am or 10 am starting in front of the Civil War Museum, and stroll along the scenic lakefront paths. Throughout the session, we'll also take a few walks at Petrifying Springs Park for a change of scenery at 9am.



Suggestion Box



The Kenosha Senior Center has a suggestion box located on the west wall of Room 111 (under the clock). Members are encouraged to share feedback and submit ideas to help make the Center a better place. All the suggestions are presented at the monthly Board Meeting held on the 2nd Tuesday of each month. If you put your name and phone number on the suggestion, someone will get back to you in response to your suggestion.

Sudoku Puzzle #2

Basic Directions

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

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



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DIFFICULTY: ★★★★★

The answer to this puzzle is on page 23



Kenosha Senior Center

2025-2026 Member Registration Form

For July 1, 2025 thru June 30, 2026

2717 67th Street
Kenosha, WI 53143

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

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

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

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

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

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

COMPLETE FORM AND RETURN TO CENTER (PLEASE PRINT)

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

MEMBER #1

FIRST NAME _____ LAST NAME _____

BIRTHDATE (required) _____ ☐ Male ☐ Female

Email Address: _____

Address _____ Apt. # _____ Home Phone _____

City _____ St _____ Zip _____ Cell Phone _____

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

Emergency Contact Name _____ Phone _____

Relationship _____ My Hospital Preference _____

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

MEMBER #2

FIRST NAME _____ LAST NAME _____

BIRTHDATE (required) _____ ☐ Male ☐ Female

Email Address: _____

Address _____ Apt. # _____ Home Phone _____

City _____ St _____ Zip _____ Cell Phone _____

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

Emergency Contact Name _____ Phone _____

Relationship _____ My Hospital Preference _____

Questions? Please Call the Kenosha Senior Center at 262-359-6260
Visit our Website: www.kusd.edu/seniorcenter



Kenosha Senior Center

Get Active

GROUP FITNESS CLASSES

Stay Healthy

Call the Senior Center with Questions 262-359-6260

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 Jordan*

Monday, Wednesday and Friday at 9am
Fee: Free

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
Current Session: April 25-June 27, 2025

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. Drop-Ins welcome to come try it out!







MAHJONG



TOURNAMENT

Friday, June 27, 2025
10am—3pm



-  All Players Welcome
-  \$10.00 Registration Fee
-  Limit of 32 Participants
-  Registration at Front Desk

Lunch  Desserts  Prizes

Art a la Carte!

May - July Schedule

NOTE: Classes are usually held on the 2nd & 4th MONDAYS
of the month and last from 1 1/2 – 2 hours

Register at the desk...Pay instructor directly at time of class.

JUNE: *(Two separate classes)*

June 9 – WATERCOLOR FLOWERS
(class fee \$7.00) Class Limit 15

June 23 – LET'S DRAW
(class fee \$7.00) Class Limit 15



JUNE 9



JUNE 23

JULY: Pottery 2-WEEK class
Class Limit 10 – (class fee \$15.00)

July 14 – MAKING WALL POCKETS
July 28 – Decorating & Embellishing



JULY 14 & 28



Class time: 10:30am - 12:30pm

Dear Diary,

I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five gentlemen every day.



As soon as I wake, Will Power helps me get out of bed. Then I go see John. Then Charley Horse comes along, and when he is here, he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed—with Ben Gay. What a life!

P.S. The preacher came to call the other day, he said that at my age, I should be thinking about the hereafter. I told him I do—all the time. No matter where I am—in the parlor, upstairs in the kitchen down in the basement—I ask myself, "Now, what am I here after?"

Kandy's Korner



Information, reminders and other news about our Senior Center you might not know or have forgotten!

This week's topic: Q & A Time!

Q: Why can't we find a new senior center with more parking spots?

A: The city charges us \$1 a year to rent this building from them, it's a deal we can't pass up nor afford something with a monthly rent.

Q: Can I call the Senior Center and tell them I won't be making it to KAFASI's lunch today so they can let them know?

A: No, we are not affiliated with them. You need to call KAFASI with anything related to lunch or signing up, we will not be taking messages for them.

Q: Why is the birthday list not in the newsletter anymore?

A: The birthday list had become so large and cumbersome to make unfortunately, we may try again in the future.

Q: If I bring a cake or food in can I have an employee cut it up and get it ready for my group?

A: No, we cannot get your food ready for you but we do have plates, utensils, napkins, knives, etc. for you to use.

Q: Can I bring some leftover snacks and food to be put out by the coffee for all?

A: No, we cannot put food out for everyone that was already opened. If you are bringing it just for your group, that is up to you and kept at your groups area. Unfortunately, we cannot store it for you in our kitchen or fridge.

Q: Do we have an AED and is staff CPR certified?

A: Yes, we have an AED located by room 114 on the wall. Staff is Red Cross Certified every 2 years through the district courses.

Senior Athletic Passes



Members of the Kenosha Senior Center may receive one FREE pass each year.

Non-members may purchase a pass for \$5.00. These passes are good for entrance into Kenosha Unified Middle and High school home athletic events for this school year.

Support Our Student Athletes!

Passes available at the Kenosha Senior Center



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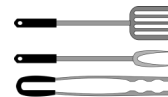
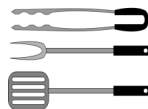
Monthly Funnies

Why do dads bring an extra pair of socks to play golf on Father's Day?
In case they get a hole in one.

What are dads' favorite Father's Day treats?
POPsicles

Why wasn't one Father's Day gift better than the other?
It was a tie!

Where do dads got to dance on Father's Day?
Golf clubs!

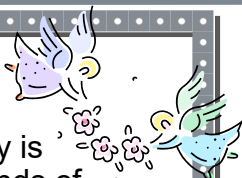


In Memoriam

Our deepest sympathy is
extended to family & friends of

David Morin & Susan O'Day

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



Kenosha Senior Center Newsletter:
June 2025 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

Thank you
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K E N O S H A

Senior Center

Welcome to a brighter day!

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