



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. 7

July 2025

## NEWSLETTER

### Senior Center Hours:

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

### Visit us at:

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

### Facebook:

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

### Program Director:

Annette Ruffalo

[aeruffal@kusd.edu](mailto:aeruffal@kusd.edu)

### Administrative Assistant:

Kandy Stull

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

### Senior Dining:

KAFASI 262-351-6246

## BOARD OF DIRECTORS

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

## BOARD MEMBERS

Jim Bellantonio	Phyllis Mattox
MaryAnn Bourget	Dewey Sammons
Carol Sieber	Sue Moe
Joan Hall	Cheryl Millholland
Barbara Johnson	Barb Van Dyke

Dear Members,

As the heart of summer begins, its time for sunshine, celebration, and reflection. With Independence Day on July 4th, we are reminded of the values of freedom, resilience, and community—values that you, our seniors, have exemplified and passed down through generations. Your contributions have helped shape the strong foundation we all stand on today.



I encourage you to take time this month to enjoy the outdoors safely, stay hydrated, and connect with friends, family, or neighbors. Whether it's a stroll through the park, a chat on the porch, or attending a community gathering, these moments of connection matter greatly.

The resource wall at the Senior Center contains a wealth of information from the community and our supportive sponsors. They're here for you, and value your well-being deeply. If there's anything you need, whether it's help with errands, transportation to appointments, or cleaning around your home, please don't hesitate to reach out to them.

Your continued participation and presence at the center means so much—not just to us, but to your fellow community members. We truly encourage you to stay involved, attend events, and make the most of the programs available to you.

I also want to remind you of the **Quarterly Meeting** happening at the end of this month. This is an important time to hear updates, share your thoughts, and help shape the activities and direction of our center, your input helps the Board and myself serve you better.

*Annette*



# BUS TRIPS

Waiting List!

## Milwaukee Brewers Baseball Game

**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.



# Jackpot Jubilee

## Member Picnic



- ♥ Games
- ♦ Prizes
- ♥ Lunch
- ♦ Fun
- ♥ Thursday August 7th, 2025
- ♦ 10:30am - 3pm
- ♥ Registration at the Front Desk
- ♦ Limit 200 members

**Its all in the cards, come hit the jackpot but be careful not to have cards up your sleeve when you are coming up with aces!**





## Volunteers Needed Member Picnic

Our annual member picnic is a significant event, and we welcome any assistance we can receive.

This year's picnic, Jackpot Jubilee, will take place on Thursday, August 7, 2025, from 10:30 AM to 3 PM.

Please call the center to sign up by Friday, August 1, 2025.



## JOIN OUR TEAM

The Kenosha Senior Center seeks individuals who are interested in serving as **Program Activity Helpers**, with duties encompassing event and activity preparations, refreshment service, cleanup, and member registration, with a monthly commitment of approximately 20 hours.

Interested members APPLY online  
[Wecan.waspa.org](http://Wecan.waspa.org)

Senior Center Office Staff can assist with process

## 2025 Special Events and Trips

### ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!

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.





# SCAM ALERT FOR SENIORS

## BEWARE OF CRYPTOCURRENCY ATMs

Have you heard of *Bitcoin* or cryptocurrency ATMs?



These machines are popping up everywhere—from gas stations to grocery stores—but they're also being used by scammers to steal money from well-meaning people.

Scammers often pretend to be a loved one in trouble, a government agency, or even law enforcement. They will tell you to go to a cryptocurrency ATM, deposit cash, and send them a code from the receipt. Once you do, **your money is gone and untraceable**



You can't get your money back



Police can't track the person who received it



Cryptocurrency is like sending cash into thin air

### REMEMBER:

- No government agency or business will ever ask for payment in cryptocurrency
- Never send money to someone you don't know personally, even if they say it's urgent
- If anyone pressures you to use a Bitcoin ATM, it's a scam—no exceptions.



# 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](http://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, July 2, 2025

Sponsored by : Grande Prairie Care & Rehab

Wednesday, July 9, 2025

Sponsored by : ClearSky Rehabilitation

Wednesday, July 16, 2025

Sponsored by : Kenosha Place Assisted Living

Wednesday, July 23, 2025

Sponsored by : Fountain Hall Apartments

Wednesday, July 30, 2025

Sponsored by : Parkview Gardens Assisted Living

## Foot Clinic



**Friday, August 8, 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. 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.

**\*\*\*Price increased to \$40.00 for service. \*\*\***

## 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.



## FREE BINGO

**Tuesday, July 22, 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:**



## Classes & Center Updates

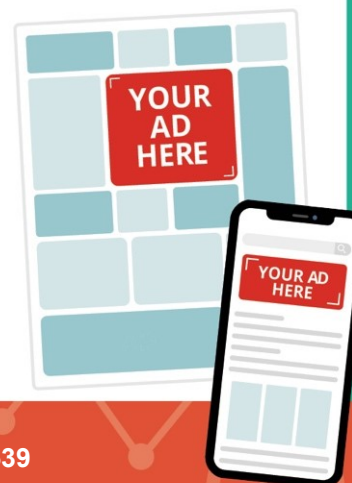
- *Membership Renewal time!!* Don't forget to renew your membership today
- Center closed Friday, July 4th - *Happy 4th of July!*
- **ART Class that meets on Wednesdays at 9am** will be on SUMMER BREAK from July 2– Aug.13. They will resume classes on August 20.
- No dances in July & August



## 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

# 8 Ball Pool Tournament

## Champion Arturo Miranda



**Thank you to all who participated in our tournament.  
Special thanks to Jeff Pascucci for organizing and officiating.**





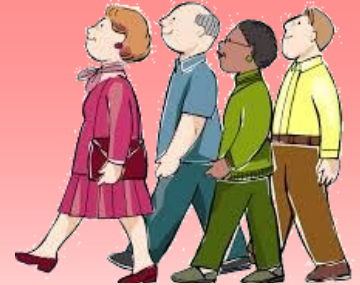
# Kenosha Senior Center Memberships

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**

### 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](mailto: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.



**May Winners:** Charlotte Bareika, Rick Gallo, Carol Grandolfo & Lee Lindstrom

### Ballroom Dancing

**Wednesdays at 10:30am**

Come try out this month's dances:  
**Swing & Foxtrot**

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 & Thursdays 9am-Noon**

This group meets Wednesday & Thursday 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

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](http://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
Dominos	Tuesday	1:00pm	Free
Drop In Craft	Wednesday & Thursday	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.	\$40.00
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
<b>10</b>			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Senior Center Hours:</b> Monday-Friday 8:30am - 3:45pm Closed Saturday & Sunday (262) 359-6260	<b>1</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers & Chess	<b>2</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-12pm Drop In Craft <b>9:30am Donut Day</b> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 1pm Sheephead & Pinochle 1pm Bean Bags & Dart Ball	<b>3</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 2:00pm TOPS Group	<b>4</b> <b>CLOSED</b> 
<b>7</b> 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	<b>8</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers & Chess <b>1pm Board Meeting</b>	<b>9</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-12pm Drop In Craft <b>9:30am Donut Day</b> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 1pm Sheephead & Pinochle 1pm Bean Bags & DartBall 1pm History Book Discussion	<b>10</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 2:00pm TOPS Group	<b>11</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12pm Bridge Lessons
<b>14</b> 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	<b>15</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers & Chess	<b>16</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-12pm Drop In Craft <b>9:30am Donut Day</b> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 1pm Sheephead & Pinochle 1pm Bean Bags & Dart Ball	<b>17</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft <b>9:30-12 Blood Pressure</b> 10:30am Chorus 12pm Bridge Lessons 12:30pm Wii Bowling 1pm Euchre 2:00pm TOPS Group	<b>18</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12pm Bridge Lessons
<b>21</b> 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>22</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers <b>1PM BINGO</b>	<b>23</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-12pm Drop In Craft <b>9:30am Donut Day</b> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 1pm Sheephead & Pinochle 1pm Bean Bags & Dart Ball <b>1pm Quarterly Mtg</b>	<b>24</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 2:00pm TOPS Group	<b>25</b> 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am NO Cardio Drum
<b>28</b> 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 NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	<b>29</b> 8:30-10:30am Woodturning by Appt. 8:30-11 Sheephead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers & Chess	<b>30</b> <b>TRIP</b> 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-12pm Drop In Craft <b>9:30am Donut Day</b> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 1pm Sheephead & Pinochle 1pm Bean Bags & Dart Ball	<b>31</b> 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 2:00pm TOPS Group	<b>Pool Tables Open</b> Mon thru Fri 8:30am - 3:30pm Except during movies, meetings, dances and closures.

# July Word Search

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

AMERICA  
 BARBECUE  
 BEACH  
 BLUEBERRY  
 BRAVE  
 CAMPING  
 CELEBRATE  
 COLONIES  
 CORN  
 FIREWORKS



FLAG  
 FLIP FLOPS  
 FOURTH  
 FREEDOM  
 HEAT  
 HIKING  
 ICE CREAM  
 JOLLY  
 LEMONADE  
 LIBERTY

MUSIC  
 OUTDOOR  
 PARADE  
 PATRIOTIC  
 PEACH  
 PICNIC  
 ROSES  
 SHORTS  
 STARS  
 STATES



STRIPES  
 SUMMER  
 SUNBURN  
 SUNNY  
 SUNSCREEN  
 SWIM  
 TRAVEL  
 VACATION  
 WATERMELON  
 YELLOW

## 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.

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

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DIFFICULTY: ★☆☆☆☆

The answer to this puzzle is on page 23





## Cauliflower “Risotto” with Shrimp and Peas

### Ingredients

2 tablespoons olive oil  
1/2 cup chopped shallot  
3 cups cauliflower rice  
1/4 teaspoon salt, plus additional, to taste  
1/4 teaspoon freshly ground black pepper  
2 tablespoons, plus 1 teaspoon, all-purpose flour  
1 3/4 cups 1% low-fat milk  
3/4 cup freshly grated Parmesan cheese, divided  
1 pound medium shrimp (26-30 count per pound), cleaned and tails removed  
1 1/2 cups fresh or frozen peas  
2 tablespoons fresh basil leaves, cut into ribbons



### Directions

1. In large, nonstick skillet over medium heat, heat oil. Add shallot and cook until softened, 2 minutes. Stir in cauliflower rice, 1/4 teaspoon salt and pepper; cook 2 minutes.
2. Sprinkle flour over cauliflower and stir to incorporate then add milk and cook, stirring occasionally, until it comes to gentle boil. Stir in 1/2 cup Parmesan cheese until incorporated then add shrimp and peas.
3. Return to simmer. Continue cooking, stirring occasionally, until shrimp are pink and no longer translucent, and sauce has thickened, about 5 minutes. Season with additional salt, to taste, then garnish with basil and remaining Parmesan cheese.

## Citrus, Mango & Pineapple Salsa

### Ingredients

1 1/4 cup fresh pineapple, diced  
1 1/4 cup fresh mango, diced  
2 tomatoes  
1/2 red onion, diced  
1 jalapeno, finely chopped  
1 tablespoon coriander  
2 tablespoons lime juice  
1 tablespoon lemon juice  
sea salt, to taste  
fresh cracked pepper, to taste  
tortilla chips, for serving



### Directions

1. In large bowl, combine pineapple, mango, tomato, onion, jalapeno, coriander, lime juice, lemon juice and salt and pepper, to taste. With rubber spatula, mix all ingredients together.
2. Taste and season with additional salt and pepper, if desired. Serve with tortilla chips.



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

**Contact:** Mary Hotle at [Maryehotle@gmail.com](mailto: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.

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*

## **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
_____ Member (Renewal)	
_____ New Member	
_____ Non-Resident Member (Renewal)	
_____ 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](http://www.kusd.edu/seniorcenter)**

## GROUP FITNESS CLASSES

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**

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!



**New Session: Registration for July 18-Oct. 3 - Friday, July 11th, 10am Rm. 121 Fee: \$20**

Quarterly  
Meeting

AYE!

AYE!

Wednesday  
July 23, 2025  
@ 1:00pm

Goodie Bag  
Giveaway

AYE!

AYE!

File of Life  
Magnets  
Limited quantities

AYE!



## BRIDGE LESSONS

July 11, 17 & 18 @ 12pm

Join us for a special  
**3-day Bridge lesson series**  
right here at the center  
with Chris Green ! All levels welcome.  
Sign up at the front desk

## 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.

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

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

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



JULY 14 & 28





# Super Ager's Checklist

## *Growing Older, Living Young*



**Move That Body.** Aim for 30 minutes of movement.



**Fuel with Purpose.** Eat real, whole foods: colorful fruits, leafy greens, lean proteins and healthy fats.



**Stay Curious.** Learn something new: Read, learn a new language, listen to a podcast or do a puzzle. Explore a hobby that engages the body and mind.



**Connect With Others.** Set a daily or weekly time to talk with friends or family. Chat with a neighbor, join a social club.



**Sleep Like a Champion.** Aim for 7-9 hours of sleep nightly.



**Manage Stress Gracefully.** Take deep breaths, listen to music and try meditation. Limit the news – protect your peace.



**Stay Safe & Smart.** Use technology to your advantage; medical alerts, home sensors or just know how to spot a scam.



**Know Your Resources.** The bulletin board or catalog shelves of the Kenosha Senior Center.



# Kandy's Korner



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

This week's topic: **Summertime!**

*It's summertime again at the Senior Center!*

*Some Reminders:*

- \*We will not have dances for July and August as we are busy with our picnic and some of us go on vacation!
- \*We do have our member picnic in August. Make sure to sign up for it as we can only take 200 people! You must sign up to come!
- \*We will have the AC on, so bring a sweater if you get cold!
- \*Some classes will take a break over summer to accommodate so many people being gone for vacation— keep an eye on the newsletter for details.

## **Parking Reminder:**

Please do not park in the **WEST** parking lot, it is for Staff & Sponsors only

Recreation has their busy time during the summer and we have sponsors visiting often, we need all the spaces in that small lot! We **thank you** for your help!

## 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



## **Featured Advertisers**

### **Elizabeth Goldberg**

*Have Medicare Questions? Call for a FREE review of your Medicare options*  
egoldberg.ed@gmail.com  
262-206-9223

### **Home Instead**

*Reliable help when you need it*  
Homeinstea.com/kenoshawi  
262-598-0290

### **Kenosha Place**

*Come Home to caring support, a comfortable residence, a sense of community and convenient amenities*  
kenoshaplacesl.com  
262-652-5149



## **Monthly Funnies**

**"It's Fourth of July weekend, or, as I call it, Exploding Christmas"**  
**Stephen Colbert**

**"Isn't it funny how red, white, and blue represent freedom...until they're flashing behind you"!**

**"Happy National 'hear fireworks all day and night being set off by people you wouldn't trust with a glow stick day' "**

**"He makes me melt like a popsicle on the Fourth of July"** **Darla from Little Rascals**

## In Memoriam

Our deepest sympathy is  
extended to family & friends of

William (Bill) Kroll & Robert McGinley

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



Kenosha Senior Center Newsletter:  
July 2025 Published Irregularly

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



Member Wisconsin Association  
of Senior Centers

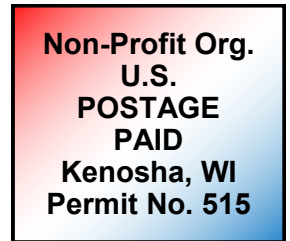
Answer to Sudoku Puzzle #1 on page 13

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

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

*Thank you*  
*Advertisers*



Current Resident or

July 2025

