



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. 8

August 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

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Dear Members,

As we ride the waves into August, I hope this letter finds you soaking up the summer sun (or at least enjoying the sunshine from a nice shady spot!). August is the heart of the season — a time for lighthearted joy, refreshing moments, and a little nostalgia for summers gone by.



This month, we're especially excited to celebrate **National Senior Citizens Day on August 21st** — a special day set aside to recognize the wisdom, experience, and invaluable contributions of you and older adults across the country. Whether you're a proud grandparent, a retired teacher, a lifelong volunteer, or the go-to advice-giver in your circle, **you are appreciated** and celebrated.

In the spirit of summer, we've embraced a beach theme throughout this issue so I hope you find a few waves of inspiration. Remember the joy of beach picnics, sand between your toes, and the sound of gulls overhead. Whether you're near the lake or just dreaming of it, we hope these pages bring you that same sense of peace and fun.

So grab a tall glass of iced tea, settle into your favorite chair, and dive in. August is all about honoring YOU — your stories, your strength, and the sunshine you bring into the lives of others.

Happy Senior Citizens Day !!!

Annette





BUS TRIPS

American Place Casino

New Trip



Date: Tuesday, September 23, 2025
Destination: 4011 Fountain Square Casino Place
Prices: Members: \$20, Non-members: \$25

Tickets go on sale to members on Tuesday, August 12, 2025. Numbers will be handed out at 8:30am, sign up begins at 8:40am. You are allowed to sign up yourself and only one other **member**, membership cards must be present.

Trip Description: Enjoy your favorite penny slots to progressive slots, video poker and classic reel machines or step up to the hottest table for Blackjack, Craps, Roulette, Baccarat, Three Card Poker, Mississippi Stud, High Card Flush and Ultimate Texas Hold'em.

Note: Must bring valid I.D. Jackpots over \$1200 requires a social security card.

Group Benefits: attendees will receive \$10 free play when signed up for a Legacy Card and an additional \$10 for being a new AP rewards member. 20% dining discount (excluding comps and alcohol).

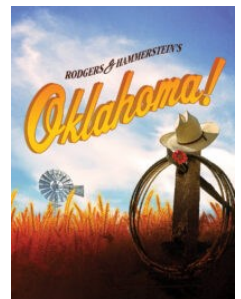
Fortune 50+ club - Members aged 50 years and above must accumulate 750 same-day base points during the Promotion Period and choose the "Senior Day Giveaway" Kiosk Game.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 60th Street in Kenosha, by 8:30 am 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.

OKLAHOMA!

New Trip

Date: Thursday, October 23, 2025
Destination: Fireside Theatre, Fort Atkins
Prices: Members: \$110.00, Non-members: \$115.00



Tickets go on sale to members on Tuesday, August 19, 2025. Numbers will be handed out at 8:30am, sign up begins at 8:40am. You are allowed to sign up yourself and only one other **member**, membership cards must be present.

Trip Description: An American classic, a show that first introduced the immortal writing team of Rodgers and Hammerstein! It's the show that ushered in the Golden Age of American Musical Theatre! It's OKLAHOMA! This bright, brassy, boisterous musical comedy is filled with colorful costumes, breathtaking dancing, side-splitting humor, and a musical score featuring such hits as "People Will Say We're In Love," "Surrey With the Fringe On Top," and the rousing title number "Oklahoma!"

Meal Choices: **Chicken Florentine**, Pan seared chicken breast stuffed with spinach and cheese served over Spinach cream sauce. **Baked Almond Crusted Cod**, Northern cod fillet with Dijon mustard and toasted almond, Japanese breadcrumbs and fresh herbs and served with Tarragon sauce. **Beef Short Ribs**, slowly braised in beef stock dressed with a red wine demi-glaze. **Carrot Cake**.

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 8:30 am 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.



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!



2025 Special Events and Trips

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!

Thursday, August 7	Picnic	KSC
Friday, Sept .19	Dance	KSC
Tuesday, Sept. 23	Casino Trip	American Place Casino
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.

GOLDENS ON THE GO

Sponsored by:



ST. CATHERINE COMMONS KENOSHA



Golf Card Game

Woodcarving



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, August 6, 2025

Sponsored by : Transitions at Home

Wednesday, August 13, 2025

Sponsored by : Parkside Manor

Wednesday, August 20, 2025

Sponsored by : Alzheimer's Association

Wednesday, August 27, 2025

Sponsored by : Senior Helpers

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. ***

FREE BINGO



Tuesday, August 26, 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:



VOTE

Kenosha Senior Citizen Center

Best Non-Profit in Kenosha 2025
Online at Kenosha News under local life

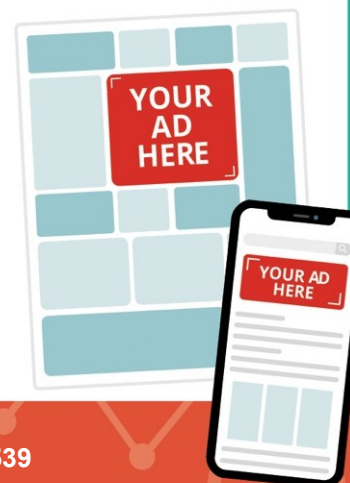
Classes & Center Updates

- *Membership Renewal time!!* Don't forget to renew your membership today-it was due July 1st!
- If you have not renewed your membership, your card will be blocked at the kiosks, please renew **today**
- **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
- Chorus is back on August 7th

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

Summertime Fun

Decorate Cookies with Theresa from Grandma's Cottage

Friday August 22nd 12-1:30pm

- ♦ 6 cookies
- ♦ Frosting
- ♦ Decorations
- ♦ Take home box



Sign up at front desk from August 1st through the 15th

Registration is required

Pay instructor at time of class



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

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.

June Winners: Richard Gust, Carole Koller & Darlene Venci



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.



Ballroom Dancing

Wednesdays at 10:30am

Come try out this month's dances:

Foxtrot & East Coast Slow Swing

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.



Chorus

Thursdays at 10:30am

Join the Forever Young Chorus!

Find your inner songbird!

Bring your musical talent in unison with other singing members.

Wii Bowling Banquet Thursday September 11th at 1:00pm

All bowlers who participated in the Spring Wii Bowling League are invited to an afternoon of food, prizes, awards and fun! Please sign up by Thursday September 4th to join the celebration and bring a dish to pass.



Wii Bowling League Winter Session Sign Up will be Thursday September 4, 2025 at 1:00pm

There will be a meeting for everyone interested in joining the Wii Bowling League. Sign up will be held at the end of the meeting. The Spring League will be held on **Thursdays at 12:30pm beginning September 18, 2025**. Cost to join \$7 per member, teams will consist of two members.

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
Bridge for Beginners	Wednesday	12:00pm	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
Paper 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
Pinocle	Friday	12:00pm	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			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Center Hours: Monday-Friday 8:30am - 3:45pm Closed Saturday & Sunday (262) 359-6260		Pool Tables Open: Mon thru Fri 8:30am - 3:30pm Except during movies, meetings, dances and closures.		1 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle
4 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion <u>10:15 Wellness Session</u>	5 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers & Chess	6 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-12pm Drop In Craft <u>9:30am Donut Day</u> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Sheepshead 1pm Bean Bags & DartBall	7  PICNIC 10:30-3pm No other activities scheduled for the day 	8 9-10am Exercise Class 9-11am Knit & Crochet <u>9am Foot Clinic</u> 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle
11 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	12 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers & Chess <u>1pm Board Meeting</u>	13 8:30-10:30am Woodturning by Appt. 9-11am NO Art Class 9-12pm Drop In Craft <u>9:30am Donut Day</u> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Sheepshead 1pm Bean Bags & DartBall 1pm History Book Discussion	14 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft <u>9:30-12 Blood Pressure</u> 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 2:00pm TOPS Group	15 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle <u>50's Trivia Pursuit</u>
18 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	19 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers	20 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft <u>9:30am Donut Day</u> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Sheepshead 1pm Bean Bags & Dart Ball	21 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 <u>Senior Citizens Day</u>	22 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle <u>"Summertime Fun"</u> <u>Cookie Class</u>
25 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	26 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:30 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Strength Training 1pm Dominos, Mahjong, Checkers & Chess <u>1PM BINGO</u>	27 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft <u>9:30am Donut Day</u> 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Sheepshead 1pm Bean Bags & Dart Ball	28 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	29 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle

August Word Search

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

AUGUST
 BARBECUE
 BEACH
 BIKING
 BOAT
 CASH
 CAMPING
 CANOE
 FISHING
 FLOATIE

GARDEN
 KAYAK
 LAKE
 LAZY
 LEMONADE
 OCEAN
 PARK
 PEACH
 PICNIC
 POOL

POPSICLES
 READING
 RELAX
 RIVER
 SANDCASTLE
 SEASIDE
 SHADE
 SPRINKLER
 SUMMER
 SUN

SUNSET
 SUNSHINE
 SWEAT
 SWIMSUIT
 TOURS
 TOWEL
 TRAVEL
 VACATION
 WAFFLE
 WARM

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.

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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23



Mexican Meatloaf for 2

Ingredients

- 1 large egg, lightly beaten
- 3/4 cup canned diced tomatoes, drained
- 1/2 cup crushed tortilla chips
- 1/4 cup shredded cheddar cheese
- 1/4 cup salsa
- 2 tablespoons taco seasoning
- 2 tablespoons diced onion
- 2 tablespoons diced ripe avocado
- 1/8 teaspoon pepper
- 1/2 pound lean ground beef



Directions

1. Preheat oven to 350°. In a bowl, combine the first 9 ingredients. Crumble beef over mixture and mix well.
2. Shape into two loaves; place in an ungreased 8-in. square baking dish. Bake until meat is no longer pink and a thermometer reads 160°, 30-40 minutes.

Meatball Stroganoff Biscuit Casserole for 2

Ingredients

- 4 cups frozen cooked Swedish-style meatballs, thawed (from a 12 oz package)
- 1 jar (12 oz) beef gravy
- 1/3 cup sliced mushrooms, drained (from a 4 oz jar)
- 1/4 cup frozen pearl onions, thawed
- 1/4 cup sour cream
- 1 teaspoon Worcestershire sauce
- 2 biscuits from 1 bag (25 oz) frozen Pillsbury™ Grands!™ Buttermilk Biscuits (12 Count)
- 2 teaspoons chopped fresh parsley, if desired



Directions

1. Heat oven to 375°F. Spray round (1-quart) glass baking dish with cooking spray. In medium microwavable bowl, microwave meatballs on Medium 2 to 4 minutes or until thawed.
2. In 8-inch saucepan, mix thawed meatballs and remaining ingredients except biscuits and parsley. Cook over medium heat 5 to 8 minutes, stirring frequently, until mixture is bubbly and thoroughly heated.
3. Pour mixture into baking dish. Arrange frozen biscuits over top.
4. Bake 25 to 30 minutes or until biscuits are deep golden brown and filling is bubbly.

Trivial Pursuit Baby Boomer Addition



Friday August 15th from 12:30-2pm



Teams of (4) members



Categories; Geography, Entertainment, History, Art & Literature, Science & Nature and Sport & Leisure



Friendly Competition and Prizes



Sign up at the front desk



Beginner Bridge Group

Come Join The Fun!
Our friendly group is perfect for
those new to the game or anyone
who wants a refresher.

Wednesdays @ 12:00pm

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.



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

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.

Word Twist Puzzle

 Word Twist

Autumn

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

srthvae _____ pplae _____

eavels _____ tsaweer _____

nroac _____ ccrsaeowr _____

mkipnu _____ idehyar _____

picsr _____ nfeirbo _____

 IDi

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

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!



Current Session July 18-Oct. 3

Art a la Carte!

August - October 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.

AUGUST CLASSES – limit 15 per class

August 11 – PEBBLE ART* (class fee \$7.00)

Create artwork using sea glass, pebbles, twine.

**Frames optional (\$4-\$8) payable to instructor*



August 11

August 25 – LET'S DECORATE!

Decorate small boxes, birdhouses, ornaments) using acrylic paints, metallic powders, gilding, beads and wire embellishment. (class fee \$7.00)



August 25

SEPTEMBER: POTTERY

2-WEEK class

Class Limit 10 – (class fee \$15.00)

Sept. 8 – Making Tripod Mugs

Sept. 22 – Decorating & Embellishing



SEPTEMBER 8 & 22

OCTOBER: POTTERY

2-WEEK class

Class Limit 10 – (class fee \$15.00)

Oct. 13 – Making Ceramic Tiles

oct. 27 – Decorating & Embellishing



OCTOBER 13 & 27

SPECIAL WELLNESS SESSION

“Staying Active as We Age: Safe & Simple Ways to Move More”
with Herzing University Nursing Student
Jon-Anders Erickson

Monday, August 4, 2025 10:15 AM

Think you’ve heard it all about exercise? Think again!

A fresh look at how movement helps you stay strong, steady, and independent with tips you can use every day.



- Why physical activity matters as we age
- Simple ways to stay active at home
- How movement supports balance, mood, and independence
- Local programs and resources available right here in Kenosha

Bonus: A short, gentle exercise demo using on-site equipment

Come for the info, stay for the energy, and leave feeling motivated!
We'll save you a seat!

Kandy's Korner



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

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

I will be on vacation in the great state of Alaska for 2 weeks at the beginning of August.

Cross your fingers while I'm gone that...

1. The one time a bear comes around he doesn't see me as his next treat.
2. My desk is here when I get back and I haven't been replaced by AI or a much younger, less fussy, version of myself.
3. I don't love Alaska so much that I decide to retire there and not come back.
4. ...Or Alaska doesn't love me and sends me back much sooner than expected!

See you soon!



Please see Annette, Simone, Fran or Marion for any questions you would normally come to me for!

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Lakeside Towers

Section 8 Senior Housing, 30% Adjusted Rent, Heat & Water Included

262-654-2131

www.lakesidetowersapts.com

City of Hope Cancer Center

All cancer services under one roof, with appointments available in as little as 24 hours

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Specializing in Medicare/Senior Care Expertise and Compassionate Care

262-694-7833

www.jeranekchiro.com



VOLUNTEER FOR 30 MINUTES PER WEEK



TUTORING DETAILS

- 30 minutes once a week (October through May)
- **No prior experience needed!**
- Training will be provided.

**WHEN KIDS CAN READ,
THEY CAN THRIVE.**



Readers Are Leaders provides Kindergarten-2nd grade students with one-on-one tutoring and mentoring to help them grow their reading skills, confidence, and love for learning.



Contact Sierra Dlamini For More Information

sdlamini@kenoshaunitedway.org 262.671.2208

<https://www.kenoshaunitedway.org/readers-are-leaders-tutoring-program>

In Memoriam

Our deepest sympathy is
extended to family & friends of

Marilyn Sorenson

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



Kenosha Senior Center Newsletter:
August 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Word Twist Puzzle on page 17

Answers to Word Twist Puzzle

**Harvest
Leaves
Acorn
Pumpkin
Crisp
Apple
Sweater
Scarecrow
Hayride
Bonfire**

*Thank you
Advertisers*



K E N O S H A

Senior Center

Welcome to a brighter day!

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2025

August