



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. 10

October 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
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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

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MaryAnn Bourget	Dewey Sammons
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Barbara Johnson	Barb Van Dyke

Dear Members,

October is here—and around here, I don't just call it October... I call it **ROCKTOBER!** Because it's the month I celebrate my birthday—like a true rock star.



October has always held a special place in my heart because it brings with it the magic of tradition and the joy of family.

For me, Halloween wasn't just about costumes or candy. It was a treasured family tradition. No matter how old we got, we *always* dressed up together—coming up with new themes, laughing as we planned our outfits, and making memories I'll carry forever. Some of my favorite moments were dressing up with my kids when they were little, seeing their eyes light up as we stepped into character together.

That's what Rocktober is really about: celebrating the people, the moments, and the memories that make life rich.

So here's to cozy days, colorful leaves, silly costumes, and heartfelt traditions. Let's rock this month with love, laughter, and a little Halloween magic!

Rock on,

Annette





BUS TRIPS

OKLAHOMA!

Sold Out



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

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!"

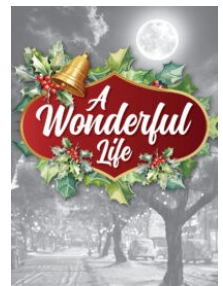
Meal Choices: Chicken Florentine, Baked Almond Crusted Cod, and Beef Short Ribs.

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.

A Wonderful Life

New Trip



Date: Thursday, December 18, 2025
Destination: Fireside Theatre, Fort Atkins
Prices: Members: \$110.00, Non-members: \$115.00

Tickets go on sale to members on Tuesday, October 14, 2025. Non-members can purchase the next day. 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. Space is limited.

Trip Description: The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. This stunning, live stage version of Frank Capra's beloved film, written by Pulitzer Prize and Tony Award winning lyricist Sheldon Harnick, one of the creators of FIDDLER ON THE ROOF, and Grammy and Emmy Award winner Joe Raposo whose music from SESAME STREET inspired generations of young people, captures all the magic of the film as it shines with the spirit of Christmas.

Meal Choices: Chicken Monterey, skinless chicken breast dipped in egg lightly breaded with Panko sauteed topped with spinach, artichoke, parmesan and Monterey jack and cream cheese. **Grilled Atlantic Salmon** with citrus Beurre blanc sauce. **Roast Beef Tenderloin** carved with traditional peppercorn sauce. **Bailey's Irish Cream Cheesecake.**

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.

Holiday Christmas Party

Date: Friday, December 12, 2025
Destination: Italian American Society, 2217 52nd Street, Kenosha
Prices: Members ONLY: \$50.00

Tickets go on sale to members on Tuesday, October 7, 2025 at 8:40am. You are allowed to sign up yourself and only one other **member**, membership cards must be present. Space is limited. You **MUST** have a renewed membership.

Trip Description: Come celebrate the spirit of the holidays in good company, surrounded by warmth, cheer and plenty of the holiday magic at our annual member holiday party. This is a perfect opportunity to connect and share laughter with other members creating memories together. Enjoy a delicious buffet and holiday spread featuring all your favorite classics of savory entrees and sweet treats. Get ready to shake, rattle and roll into the holiday spirit.

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

2025 Special Events and Trips

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!

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
Friday, Dec. 5	Deck the Halls/Holiday party	KSC
Friday, Dec. 12	Christmas Party	Italian American Club
Thursday, Dec. 18	A Wonderful Life	Fireside Theatre

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.

Quarterly Member Meeting – You're Invited!

Wednesday October 22, 2025 @ 1:00pm

Stay informed, stay involved, and have a chance to win gift cards just for showing up!

Join us for our Quarterly Member Meeting, where you'll get the latest updates on programs, events, and happenings at the center. Your voice matters, come share your thoughts, ask questions, and connect with fellow members and staff.

All attendees will be entered into a drawing for gift cards!
(The more the merrier but you must be present to win!)

Don't miss this opportunity to be heard, get involved, and maybe even go home with a prize!

Let's work together to make our center even better!



Join Us for the Annual Holiday Craft Fair!

Saturday November 8, 2025

8:30am - 3pm

- ♦ Handmade Crafts Unique, locally made gifts and decorations
- ♦ Lunch for Sale Warm up with delicious food and holiday treats
- ♦ Raffle Baskets Enter to win fun and festive prize baskets
- ♦ Bake Sale Stock up on homemade goodies for the season

CALLING ALL BAKERS & VOLUNTEERS!

We need bakers and volunteers to help make the fair a success!
If you can donate baked goods or lend a hand, please contact the front desk!

Don't miss this festive event – shop, eat, and support your community!

K E N O S H A
Senior Center

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

DONUT DAY



FREE

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

Wednesday, October 1, 2025

Sponsored by : CARE Patrol

Wednesday, October 8, 2025

Sponsored by : Primrose Retirement Community

Wednesday, October 15, 2025

Sponsored by : United Way of Kenosha

Wednesday, October 22, 2025

Sponsored by : Senior Helpers

Wednesday, October 22, 2025

Sponsored by : Parkside Manor Assisted Living and Memory Care



VACCINE CLINIC

Kenosha Senior Center

10/3/25 12pm-2pm

FLU and COVID

Bring your Insurance Card(s)



Good Value Pharmacy

www.goodvaluerx.com

FREE BINGO



Tuesday, October 28, 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:



Foot Clinic



Friday, October 10, 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. *****

Classes & Center Updates



- Senior Center building will be **CLOSED** for construction starting Monday, Dec. 15, 2025 through Friday January 9, 2026. We will reopen on Monday, January 12, 2026. Days may be subject to change due to construction timeline.



Thursdays at 10:30am

Join the Forever Young Chorus!

Find your inner songbird!

Bring your musical talent in unison with other singing members.

SPOOKTACULAR BASH

Friday, October 31st at 1:30pm

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)

**Renew
Membership
2025 -2026**

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.

August Winners: Arlene Diehn, Shirley Lawler, Myrtis Mayfield, Rick Shanahan

PINOCHLE

Back by popular demand. Come join fellow members and play
Fridays @ 12:00pm

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.



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



Hospice Alliance
Serving Our Seniors
EXPO

Thursday, October 9, 2025

9:00 am - 12:00 pm

Gateway Technical College

Madrigano Conference Center - Haribo Hall

3520 30th Ave, Kenosha

First 200 attendees receive a free tote bag!

Free to attend!

Kenosha Senior Center Class & Activity List

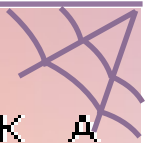
Classes, activities and fees are subject to change. Call 262-359-6260 to confirm an activity

Class/Activity	Days	Times	Cost
Ageless Motion	Wednesday	1pm-2pm	\$2.00 per class
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
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
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
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
Pinochle	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			

Activity Calendar		KENOSHA SENIOR CENTER		October 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pool Tables Open: Mon thru Fri 8:30am - 3:30pm Except during meetings, dances and closures. Senior Center Hours: Monday thru Friday 8:30am - 3:45pm Closed Saturday & Sunday (262) 359-6260		1 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Ageless Motion 1pm Sheepshead	2 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 2:00pm TOPS Group	3 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle 12 - 2 Good Value Pharmacy Vaccine Clinic
6 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-3pm Annette's Birthday 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	7 Trip Sign Up 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	8 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Ageless Motion 1pm Sheepshead 1pm History Book Discussion	9 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 2:00pm TOPS Group	10 9-10am Exercise Class 9-11am Knit & Crochet 9am Foot Clinic 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle
13 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	14 Trip Sign Up 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 1pm Board Meeting	15 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Ageless Motion 1pm Sheepshead	16 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 2:00pm TOPS Group	17 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle 12:00pm Bridge Lessons 10:30am - 3pm AARP Driver Safety Class
20 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 11am Collette Travel Show	21 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	22 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Ageless Motion 1pm Sheepshead 1pm Quarterly Meeting	23 TRIP 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:00pm Bridge Lessons 12:30 Wii Bowling 1pm Euchre 2:00pm TOPS Group	24 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle 12:00pm Bridge Lessons 12:15 - 1:15pm City of Hope Cancer Screen
27 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	28 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 1PM BINGO	29 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 9-10:30am Line Dance 10:30am Ballroom Dance 12:00pm Beginner Bridge 1pm Ageless Motion 1pm Sheepshead	30 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Drop in Craft 10:30am Chorus 12:30 Wii Bowling 1pm Euchre 2:00pm TOPS Group	31 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 12:00pm Pinochle 1:30 Halloween Dance

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October Word Search



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

ACORN
APPLES
AUTUMN
BONES
BROOM
CANDY
CIDER
COBWEB
COFFIN
COSTUME

CREEPY
EERIE
FRIGHT
FULLMOON
GHOST
GOBLIN
GRAVEYARD
HALLOWEEN
HAUNT
JACKOLATERN

JINX
LANTERN
MASK
MONSTER
ORANGE
PARTY
SCARECROW
SCARY
SCREAM
SKELETON

SPELL
SPOOKY
TREAT
TRICK
VAMPIRE
WAGON
WICKED
WITCH
WOODS
ZOMBIES

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.

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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23

I ♥ Sudoku

Hearty Beef and Barley Soup

Ingredients:

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



Directions:

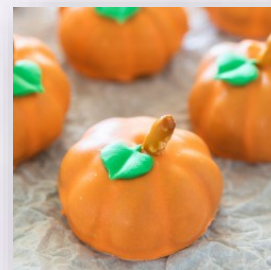
1. In a large saucepan, heat oil over medium heat. Brown beef on all sides; drain. Stir in broth, water, barley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
2. Add carrots, celery, onion and parsley; cover and simmer until meat and vegetables are tender, 30-40 minutes.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

Ingredients:

Pumpkin Oreo Balls

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

Directions:



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

BRIDGE LESSONS

October 17, 23 & 24 @ 12pm

Join us for a special
3-day Bridge lesson series
with Chris Green
All levels welcome.
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

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.



AARP SAFER DRIVING MAY SAVE YOU MONEY

Sign Up Today!

Take the AARP Smart DriverTM classroom course and you may save money on your car insurance!*

- Refresh your driving skills and explore the latest traffic laws.
- Understand the importance of proper maintenance of your vehicle.
- Learn research-based driving strategies to help you stay safe behind the wheel.

COST

\$20 for AARP members
\$25 for non-members

THERE'S A COURSE NEAR YOU!

Sign up today!

DATE & TIME

**Friday, October 17, 2025
10:30 AM - 3:00 PM**

LOCATION

**Kenosha Senior Center
2717 67TH ST
KENOSHA, WI 53143**

REGISTER

Call 262-359-6260 or register at the Center. Please arrive 15 minutes before the class starts and pay at the class. Cash or check.

FIND ADDITIONAL COURSES

Visit aarp.org/driving44
or call **1-888-773-7160**

Ballroom Dancing

Wednesdays at 10:30am

Come try out this month's dances
Swing & Mambo

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.



Presented by Aurora Health Care

**Blood Pressure Screenings
& Bone Density
Thursday, Nov. 20, 2025 9:30am-Noon**

Take advantage of monthly health screenings at the Senior Center.

Registration not required.

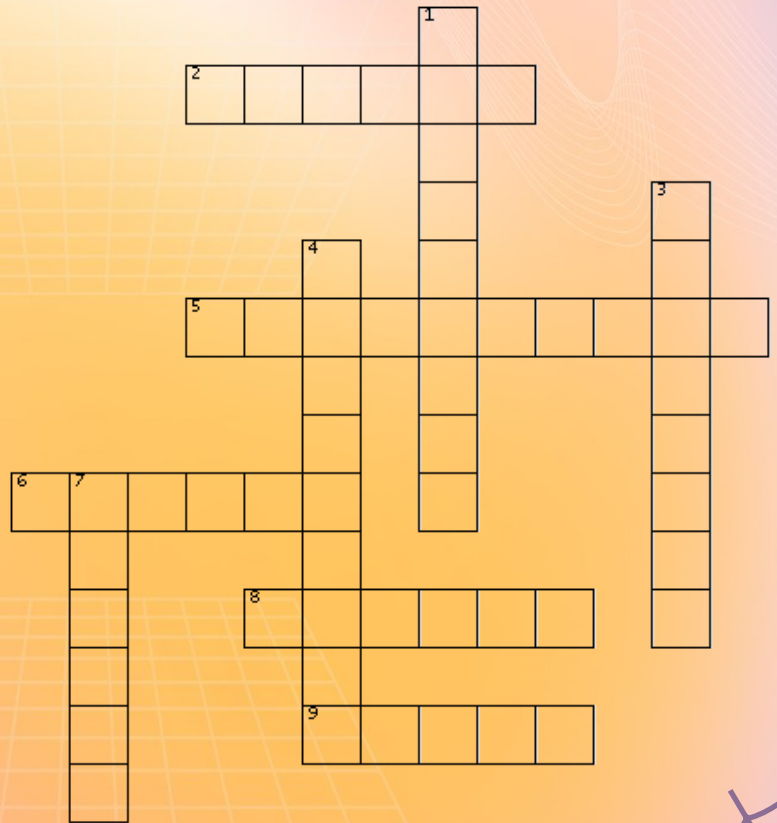
Games & Puzzles

ACROSS

- 2. Death of a Salesman (1949)
- 5. The Great Gatsby (1925)
- 6. The Call of the Wild (1903)
- 8. Catch-22 (1961)
- 9. One Flew Over the Cuckoo's Nest (1962)

DOWN

- 1. A Farewell to Arms (1929)
- 3. The Glass Menagerie (1945)
- 4. The Grapes of Wrath (1939)
- 7. 1984 (1949)



The answer to this puzzle is on page 23

EXPLORE THE WORLD WITH **collette** GROUP TRAVEL OPPORTUNITIES

You're invited to a Travel Show! Monday, October 20th at 11am Kenosha Senior Center

Travel Show will highlight:

Charms of Quebec: July 24th - August 1st, 2026
featuring Montreal, Charlevoix & Quebec City

America's 250th Anniversary: October 19th - 28th, 2026
featuring Boston, NYC, Philadelphia, Washington D.C.



With all the details taken care of, all you need to do pack! Tours are expertly planned & professionally guided. Transportation to/from airport is provided from the Kenosha Senior Center.

Stop by the Senior Center to pick-up trip flyers with more details!

Contact Denise Jacob with any questions at
262-308-3821 or denisej323.dj@gmail.com



K E N O S H A

Senior Center

Welcome to a brighter day!

GROUP FITNESS CLASSES

Monday, Wednesday and Friday at 9am Fee: Free

Exercise *with Jordan*

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.

Monday at 1pm Fee: \$2.00 per class

Chair Yoga *with Denise*

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.

Tuesday at 9:45am Fee: \$3.00 per class

Tai Chi *with Trish*

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.

Tuesday at 11am Thursday at 9am Fee: \$2.00 per class

Total Body Conditioning *with Denise*

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.

Wednesday at 1pm Fee: \$2.00 per class

Ageless Motion *with Theresa*

Stay active, energized, and heart-healthy with low-impact cardio class designed for seniors. Fun, upbeat workout focuses on improving cardiovascular endurance, coordination, and balance. If you're looking to maintain your active lifestyle, this class meets you with easy-to-follow movements and motivating music. All fitness levels welcome — because movement has no age limit!

Fridays at 10:30am Fee: \$20.00 per session

Cardio Drumming Class *with Denise*

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 Oct. 11 - Dec. 12 Sign-Up: Friday, Oct. 3 @ 10am**

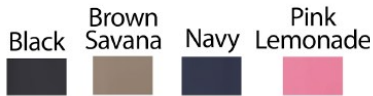
Kenosha Senior Center Apparel



Gildan Softstyle Hoodie
S-XL **\$31.75** 2XL **\$33.75**
3XL **\$35.75**



Gildan Softstyle Crewneck
S-XL **\$26.50** 2XL **\$28.50**
3XL **\$30.50**



Gildan Softstyle Short Sleeve Tee
S-XL **\$15.50** 2XL **\$17.50**
3XL **\$19.50**



Order Forms

- Available at the Front Desk
- Must be filled out completely
- Turn in your completed form with **payment**

Order Deadline

- Forms **must** be submitted by 3rd Friday of the month
- Late forms will roll over to the next month's order

Ordering Info

- You can order multiple items at once
- Orders will be ready in 15 days after being placed

Item Choice: (Circle ONE)	Hoodie	Crewneck	Tshirt
Item Color: (Circle ONE)	*Royal *Military Green *Paragon *Stone Blue	*Black *Brown Savana *Navy *Pink Lemonade	*Kiwi *Heather Purple *Heather Sapphire *Sport Grey
Item Size: (Circle ONE)	Small Medium Large XLarge 2X Large 3X Large		

Cancer Screening By Age Seminar



DATE: October 24
TIME: 12:15-1:15pm
LOCATION: Kenosha Senior Center Rm 111

City of Hope® Cancer Center and three of their expert clinicians will be presenting on the topic ***Cancer Screenings by Age***. Snacks and refreshments will be provided. Registration can be made at the front desk or by calling the Kenosha Senior Center @ 262-359-6260.

If you have questions, please contact Annette Ruffalo @ aeruffal@kUSD.edu phone 262-359-6117 or Matthew Karner mkarner@coh.org Phone 847-302-8735.

FREE to Attend!

Donations benefiting the Kenosha Senior Center are welcome.

SAVE THE DATE

Snowflake Soiree

December 10, 2025

1:30pm – 3:00pm

Dance | Raffle
Refreshments

ST. CATHERINE COMMONS
a c c e p t e d community

Congratulations

Jeanne Neu

Kenosha County Fair

Winner



Arts & Crafts
Amateur
Champion Exhibit

Acrylic Railroad



Jeanne Neu paints at the Kenosha Senior Center on Wednesday alongside Carolyn. She enjoys attending the senior center and participating in the art class due to the supportive and encouraging atmosphere. Most importantly, Carolyn allows all the artists in her class to express themselves freely while providing guidance on how to enhance their skills. Although Jeanne took art classes in high school, she is truly discovering her artistic identity after joining the art class at the center.

Kandy's Korner



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

This week's topics: Donations

Thank you to all that donate to our center, we do appreciate you thinking of us. At this time, we **do not** need donations of Greeting Cards. We have *several* bins of cards that we have in storage and other places. Please pass those on to another organization that could use them!

Small Staff Parking lot explained:

13 parking stalls total:

Minus 5-6 for KSC staff

Minus 1-2 for KAFASI

Minus 2 for Neighbor (we share with the house next door)

Minus 1 for Aurora

Minus 1 for Handicap

So that leaves us with 1-2 stalls for the Rec Dept staff and their workers, sponsors for Bingo, Donuts, and others who donate food and prizes to us.

We've had questions as to why we ask members not to park in this lot. I hope this gives you an idea on what is used, how small it really is and why we have it as Staff Only.

We unfortunately cannot change our parking situation and cannot move from our current address. Come early, park on the street and carpooling are options for parking. It's not always ideal, but it's what we're stuck with! Please be safe out there! We're so happy you come to join us!

Featured Advertisers

A+ Mobility

WE PROVIDE A+ SERVICE

Your place for independence, safety, and peace of mind

www.aplusbilitysolutions.com

262-455-0989

PJ Stich - State Farm Agent

Providing Insurance and Financial Services

847-872-5220

www.itspjfromsf.com

GVP - Good Value Pharmacy

Great Value! Better Service!

1100 Fountain Hills Dr. Racine, WI 53406

262-697-5744



Art a la Carte!

October Schedule

NOTE: Classes are usually held on the 2nd & 4th Mondays of every month and last for 1 1/2 hrs.

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

NOTE: If you require assistance during the class due to a disability, it is your responsibility to bring someone with you to provide help. The instructor will not be able to assist you during the class as they will be occupied with instructing other participants.

CLASS TIME: 10:30 AM 12:30pm

OCTOBER: 2-week- Class Limit 10- (class fee \$15.00)

Oct. 13—Making Ceramic Tiles

Oct. 27—Decorating & Embellishing



OCTOBER 13 & 27

In Memoriam

Our deepest sympathy is
extended to family & friends of

William Colombe & Marlene Hubbard

and all who have recently
suffered a loss.

Our hearts, thoughts & prayers are with you.

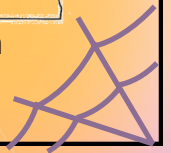


Kenosha Senior Center Newsletter:
October 2025 Published Irregularly

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



Member Wisconsin Association
of Senior Centers



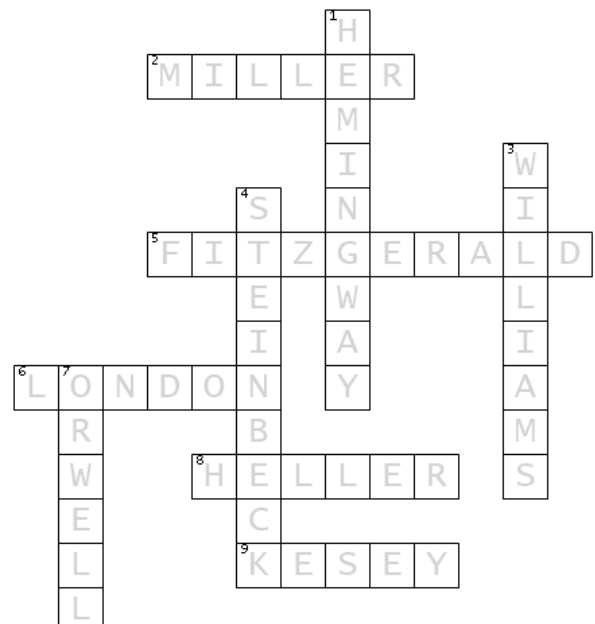
Answer to Sudoku Puzzle #1 on page 13

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

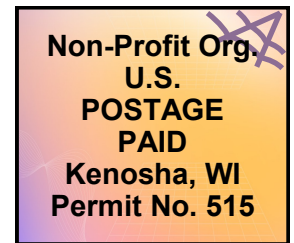
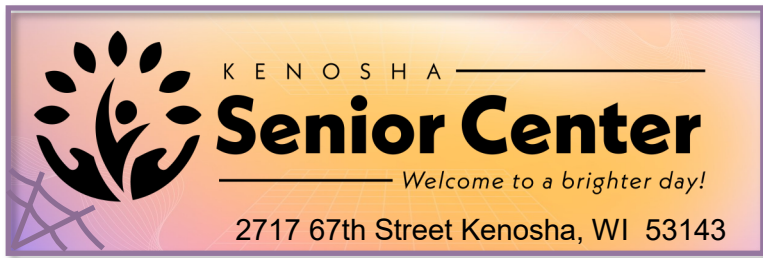
Answer to the Word Search from page 12

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

Answer to Games & Puzzles on page 17



*Thank you
Advertisers*



Current Resident or

2025
October