



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. 9

September 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 September arrives and the crisp breeze of fall begins to settle in, I find myself reflecting on a very special milestone — **one full year** as Director of this incredible Senior Center.



What a journey it has been! Over the past twelve months, we've shared countless laughs, warm conversations, and meaningful moments. Together, we've launched new programs, revitalized activities, and celebrated the strength of our community. From holiday events and wellness classes to games and new trips, none of it would have been possible without your involvement, support, and energy.

I am endlessly grateful for each of you. You've welcomed me with open arms and inspired me daily with your kindness, wisdom, and spirit. Every improvement we've made has been shaped by your ideas and enthusiasm, and there's so much more on the horizon.

As we "fall" into the new season, expect more opportunities to connect, learn, and grow. We're planning exciting fall-themed events, engaging workshops, and even more ways to stay active and involved.

Thank you for a wonderful first year — here's to the next chapter, together!

Happy Harvest Moon!

*Annette*





# BUS TRIPS

## American Place Casino



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

[Check for availability](#)

**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!

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

[Check for availability](#)



**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.

# 2025 Special Events and Trips

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

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.



## PRIZES

Casey Family Options Funerals & Cremations, LLC  
Dr. Clinton Warren-Third Coast Retina  
Dr. Susan Cable-Kenosha Family Dentistry  
Draeger-Langendorf Funeral Home & Crematory  
Festival Foods  
Fresh Thyme Market  
Gemini Salon & Spa  
Haircrafters  
Head to Toe Styling Salon  
Hillcrest Family Restaurant  
Horizon Home Care & Hospice  
House of Gerhard  
June Mink c/o Al's Tap & Package Liquors  
Kenosha Brewing Company Inc  
Kenosha County Behavioral Health  
Kenosha Junior Women's Club  
Lillian Ebler

Luigi's Pizza Kitchen  
Margetson's Woodworking  
Marina Gardens Family  
Milwaukee Burger Company  
Mission BBQ  
Pauls Bender Center  
Phoenix Family Restaurant  
Piasecki Funeral Home and Cremation Services  
Piggly Wiggly  
Prairie Side Ace Hardware  
Proko Funeral Home and Crematory  
Sal's Pizza  
State Bank of the Lakes  
Sunnyside Club  
Swedish American Club  
Tenuta's Deli  
Tenuta's Italian Restaurant  
Tommy's Home Run Family Restaurant  
Union Park Tavern

## GAMES

Care Patrol  
ClearSky Rehabilitation  
Compassus Hospice  
Hospice Alliance  
Kenosha Place Senior Living

## ICE CREAM

Culvers on Sheridan Rd.— Tom Harberg



**Thank You Picnic  
Sponsors & Volunteers  
for making it a  
FULL HOUSE!!**







**Thank You Picnic Sponsors & Volunteers for making it a  
FULL HOUSE!!**



♥ ♠ ♦ ♣ **Thank You ! Thank you ! Thank you!** ♥ ♠ ♦ ♣





# Senior Dining

## Fellowship, Food and Fun



**Sit Down Meals Served at 11:30am**

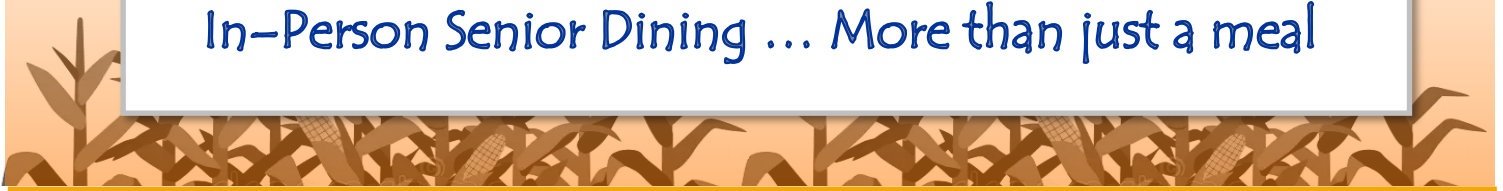
**Suggested Donation is \$5.00**



- 🍎 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, September 3, 2025

Sponsored by : Home Helpers

Wednesday, September 10, 2025

Sponsored by : Comprehensive Homecare

Wednesday, September 17, 2025

Sponsored by : Hospice Alliance

Wednesday, September 24, 2025

Sponsored by : St. Catherine Commons

## 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. \*\*\*



## FREE BINGO

Tuesday, September 23, 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

- Senior Center is CLOSED on Monday, Sept 1st
- **NO** Line Dance Monday, September 15
- **NO** Cardio Drumming Friday, Sept. 5 & 12
- **NO** Wii Bowling September 25th

## AARP SAFER DRIVING MAY SAVE YOU MONEY

### Sign Up Today!

Take the AARP Smart Driver<sup>TM</sup> 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](http://aarp.org/driving44)  
or call 1-888-773-7160



## VACCINE CLINIC

**Kenosha Senior Center**

**10/3/25 12pm-2pm**

**FLU and COVID**

**Bring your Insurance Card(s)**



**Good Value Pharmacy**

[www.goodvaluerx.com](http://www.goodvaluerx.com)



# HARVEST MOON DANCE

Friday, September 19th at 1:30pm  
Open to the senior public community

Music by:

**Ernie Garner**

sponsored by:

**The Kenosha Place**  
Assisted Living and Memory Care

Snacks and door prizes available

# Kenosha Senior Center Memberships

For anyone at least 55 years old (or the spouse of a current member, if you are under 55)



**Join Today**

**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.

**July Winners:** Peggy Gallery, Dawn Drost, Cindy Gehrke

**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



## 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. (NO Wii BOWLING ON SEPT. 25— BYE WEEK)**  
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
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
<b>10</b>			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED</b> 	<b>2</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>8:30-11</b> Sheepshead <b>9:30</b> Mahjong Lesson <b>9:45am</b> Tai Chi <b>10:30am</b> Writing for Fun <b>11-12pm</b> Strength Training <b>1pm</b> Dominos, Mahjong, Checkers & Chess	<b>3</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-11am</b> Art Class <b>9-12pm</b> Drop In Craft <b>9:30am Donut Day</b> <b>9-10am</b> Exercise Class <b>9-10:30am</b> Line Dance <b>10:30am</b> Ballroom Dance <b>12:00pm</b> Beginner Bridge <b>1pm</b> Sheepshead	<b>4</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Strength Training <b>9-Noon</b> Ping Pong <b>9-12</b> Drop in Craft <b>10:30am</b> Chorus <b>1pm</b> Euchre <b>2:00pm</b> TOPS Group  <u>Wii Sign Up 1pm</u>	<b>5</b> <b>9-10am</b> Exercise Class <b>9-11am</b> Knit & Crochet <b>10am</b> Am. Issues <b>10:15am</b> Cribbage <b>10:15am</b> Mahjong <b>10:30am</b> NO Cardio Drum <b>12:00pm</b> Pinochle
<b>8</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Exercise Class <b>9-Noon</b> Ping Pong <b>9-11am</b> Woodcarving <b>9-11am</b> Wood Burning <b>9-10:30am</b> Line Dance <b>1pm</b> NO Chair Yoga <b>1pm</b> Golf Card Game <b>2:15pm</b> Book Discussion	<b>9</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>8:30-11</b> Sheepshead <b>9:30</b> Mahjong Lesson <b>9:45am</b> Tai Chi <b>10:30am</b> Writing for Fun <b>11-12pm</b> Strength Training <b>1pm</b> Dominos, Mahjong, Checkers & Chess  <u>1pm Board Meeting</u>	<b>10</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-11am</b> Art Class <b>9-12pm</b> Drop In Craft <b>9:30am Donut Day</b> <b>9-10am</b> Exercise Class <b>9-10:30am</b> Line Dance <b>10:30am</b> Ballroom Dance <b>12:00pm</b> Beginner Bridge <b>1pm</b> Ageless Motion <b>1pm</b> Sheepshead <b>1pm</b> History Book Discussion	<b>11</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Strength Training <b>9-Noon</b> Ping Pong <b>9-12</b> Drop in Craft <b>10:30am</b> Chorus <b>1pm</b> Euchre <b>2:00pm</b> TOPS Group  <u>1pm Wii Bowling Banquet</u>	<b>12</b> <b>9-10am</b> Exercise Class <b>9-11am</b> Knit & Crochet <b>10am</b> Am. Issues <b>10:15am</b> Cribbage <b>10:15am</b> Mahjong <b>10:30am</b> NO Cardio Drum <b>12:00pm</b> Pinochle
<b>15</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Exercise Class <b>9-Noon</b> Ping Pong <b>9-11am</b> Woodcarving <b>9-11am</b> Wood Burning <b>9-10:30am</b> NO Line Dance <b>1pm</b> NO Chair Yoga <b>1pm</b> Golf Card Game <b>2:15pm</b> Book Discussion	<b>16</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>8:30-11</b> Sheepshead <b>9:30</b> Mahjong Lesson <b>9:45am</b> Tai Chi <b>10:30am</b> Writing for Fun <b>11-12pm</b> Strength Training <b>1pm</b> Dominos, Mahjong, Checkers & Chess	<b>17</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-11am</b> Art Class <b>9-12pm</b> Drop In Craft <b>9:30am Donut Day</b> <b>9-10am</b> Exercise Class <b>9-10:30am</b> Line Dance <b>10:30am</b> Ballroom Dance <b>12:00pm</b> Beginner Bridge <b>1pm</b> Ageless Motion <b>1pm</b> Sheepshead	<b>18</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Strength Training <b>9-Noon</b> Ping Pong <b>9-12</b> Drop in Craft <b>9:30-12 Blood Pressure</b> <b>10:30am</b> Chorus <b>12:30</b> Wii Bowling <b>1pm</b> Euchre <b>2:00pm</b> TOPS Group	<b>19</b> <b>9-10am</b> Exercise Class <b>9-11am</b> Knit & Crochet <b>10am</b> Am. Issues <b>10:15am</b> Cribbage <b>10:15am</b> Mahjong <b>10:30am</b> Cardio Drum <b>12:00pm</b> Pinochle  <u>1:30 Fall Dance</u>
<b>22</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Exercise Class <b>9-Noon</b> Ping Pong <b>9-11am</b> Woodcarving <b>9-11am</b> Wood Burning <b>9-10:30am</b> Line Dance <b>1pm</b> Chair Yoga <b>1pm</b> Golf Card Game <b>2:15pm</b> Book Discussion	<b>23</b> <b>TRIP</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>8:30-11</b> Sheepshead <b>9:30</b> Mahjong Lesson <b>9:45am</b> Tai Chi <b>10:30am</b> Writing for Fun <b>11-12pm</b> Strength Training <b>1pm</b> Dominos, Mahjong, Checkers & Chess  <u>1PM BINGO</u>	<b>24</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-11am</b> Art Class <b>9-12pm</b> Drop In Craft <b>9:30am Donut Day</b> <b>9-10am</b> Exercise Class <b>9-10:30am</b> Line Dance <b>10:30am</b> Ballroom Dance <b>12:00pm</b> Beginner Bridge <b>1pm</b> Ageless Motion <b>1pm</b> Sheepshead	<b>25</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Strength Training <b>9-Noon</b> Ping Pong <b>9-12</b> Drop in Craft <b>10:30am</b> Chorus <b>12:30</b> NO Wii Bowling <b>1pm</b> Euchre <b>2:00pm</b> TOPS Group  <u>1-3pm Medicare Workshop</u>	<b>26</b> <b>9-10am</b> Exercise Class <b>9-11am</b> Knit & Crochet <b>10am</b> Am. Issues <b>10:15am</b> Cribbage <b>10:15am</b> Mahjong <b>10:30am</b> Cardio Drum <b>12:00pm</b> Pinochle  <u>10:15am Hearing Life: Hearing Screen</u>
<b>29</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>9-10am</b> Exercise Class <b>9-Noon</b> Ping Pong <b>9-11am</b> Woodcarving <b>9-11am</b> Wood Burning <b>9-10:30am</b> Line Dance <b>1pm</b> Chair Yoga <b>1pm</b> Golf Card Game <b>2:15pm</b> Book Discussion	<b>30</b> <b>8:30-10:30am</b> Woodturning by Appt. <b>8:30-11</b> Sheepshead <b>9:30</b> Mahjong Lesson <b>9:45am</b> Tai Chi <b>10:30am</b> Writing for Fun <b>11-12pm</b> Strength Training <b>1pm</b> Dominos, Mahjong, Checkers & Chess <u>9am Golden on the Go Party</u>	<b>Pool Tables Open:</b> Mon thru Fri 8:30am - 3:30pm  Except during movies, meetings, dances and closures.		
			<b>Senior Center Hours:</b> Monday-Friday 8:30am - 3:45pm Closed Saturday & Sunday (262) 359-6260	

# September Word Search

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

ACORNS  
 APPLES  
 AUTUMN  
 BACKPACK  
 BONFIRE  
 BOOKS  
 BREEZY  
 BRISK  
 CHESTNUTS  
 CIDER

COBWEBS  
 COLORFUL  
 COOLER  
 CORN  
 CRISP  
 EQUINOX  
 FALING  
 FARMERS  
 FOLIAGE  
 FOOTBALL

GOURDS  
 GRAPES  
 HARVEST  
 HATS  
 HAYRIDE  
 LABOR DAY  
 LEAVES  
 MAIZE  
 MIGRATION  
 ORCHARDS

PUMPKINS  
 QUILT  
 RAKE  
 SCARECROW  
 SCHOOL  
 SQUIRREL  
 SWEATER  
 TRAILS  
 WAGON  
 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.

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

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23



I ♥ Sudoku

# **Maple Breakfast Braid**

## **Ingredients**

- 1 package (16 ounces) breakfast sausage
- 1/4 cup maple syrup
- 2 eggs, beaten
- 1/2 cup green onions, sliced
- 2 Granny Smith apples, peeled and diced
- 1 1/2 cups dry herb stuffing mix
- 1 package (17 1/4 ounces) frozen puff pastry, thawed
- 2 egg whites
- 1 teaspoon water



## **Directions**

Heat oven to 400 F.

1. In large bowl, combine sausage, syrup, beaten eggs, green onions, diced apples and stuffing mix.
2. Dust surface with flour; roll out pastry sheet to 12-by-18-inch rectangle. Transfer pastry to large baking sheet with parchment paper. Spoon half of sausage mixture down center of pastry.
3. Make 3-inch cuts down sides of pastry. Fold one strip at a time, alternating sides. Fold both ends to seal in filling. In bowl, beat egg whites and water; brush over pastry.
4. Repeat steps for second pastry sheet.
5. Bake 25-30 minutes, or until brown, rotating pans after baking 15 minutes

# **Salmon Asparagus Sheet Pan for 2**

## **Ingredients**

- 1 bunch thin spear asparagus
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 ounces each), no more than 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic
- 1 tablespoon grated Parmesan cheese



## **Directions**

Heat oven to 425 F.

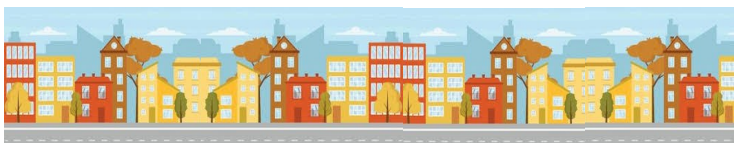
1. Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.
2. In small bowl, combine mayonnaise, lemon juice, mustard and garlic.
3. Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.
4. Plate one fillet and half the asparagus, drizzle each plate with about 2 tablespoons mayonnaise sauce and serve.

## GOLDENS ON THE GO



Walking for the group is coming to an end on Sunday September 21. Milestone Party for prizes and walker recognition with light breakfast snacks on Tuesday September 30th at 9 am.

Jenna from First Light Home Care will be handing out awards to the top 3 walkers!



## 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.



## 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

Presented by Aurora Health Care

**Blood Pressures Screening**  
Thursday, Sept. 18, 2025 9:30am-Noon

Take advantage of monthly health screenings at the Senior Center.

Registration not 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

## Ballroom Dancing

Wednesdays at 10:30am

Come try out this month's dances!



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.



Thursdays at 10:30am

Join the Forever Young Chorus!  
Find your inner songbird!

Bring your musical talent in unison with other singing members.

## Free Hearing Clinic



Friday September 26th at 10:15am

Sign up at the front desk or call

Have you thought about getting a hearing test? Come in for a screening and discuss your needs with a qualified team of professionals providing solutions including hearing aids for people who want to enhance their hearing health.







# Games & Puzzles

## ENIGMA<sup>TM</sup> CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "J" = "T"*

"JRN IXADAJ US JRN BKN AI SAQQNW  
YAJR JRN WAIWBAP SUD JRAPCAPK."  
— BQVNDJ IZRYNAJLND

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E107

## Music Genres

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!

Azjz \_\_\_\_\_

Eggaer \_\_\_\_\_

Kroc \_\_\_\_\_

Hpi Hpo \_\_\_\_\_

Opp \_\_\_\_\_

Tyounrc \_\_\_\_\_

Leubs \_\_\_\_\_

Tneoreilcc \_\_\_\_\_

Lcalisacs \_\_\_\_\_

Oklf \_\_\_\_\_

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)**



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! **Current Session July 18-Oct. 3**



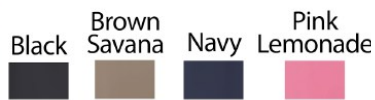
# Kenosha Senior Center Apparel



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

# Art a la Carte! September – October Schedule

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

**SEPTEMBER:** 2-week- Class Limit 10 (class fee \$15.00)  
Sept. 8—Making Tripod Mugs  
Sept. 22– Decorating & Embellishing



September 8 & 22

**OCTOBER:** 2-week- Class Limit 10- (class fee \$15.00)  
Oct. 13—Making Ceramic Tiles  
Oct. 27– Decorating & Embellishing



October 13 & 27

# Going on Medicare?

Learn about the decisions you'll need to make

## 2025 Workshops

*FREE Workshop offers unbiased information  
by Kenosha County ADRC Benefit Specialists.*

### LEARN ABOUT

- ♦ basics of Medicare coverage
- ♦ options for private health and drug coverage
- ♦ programs to reduce health care costs

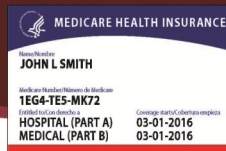
**Kenosha Senior Center, 2717 67th Street, Kenosha, 53143**

Main Room

- ♦ Thursday, September 25, 1 – 3 p.m.

**Limited seating, reservations required.**

**ADRC: 262-605-6646**



*Attend  
3-4 months before  
your Medicare starts,  
if possible.*



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

**Last Chance!**

**Experience ITALY March 18<sup>th</sup> - 27<sup>th</sup>, 2026!**

**Rome, Florence, Venice, Lake Como**

**Includes transportation from Sr. Center to airport.**

**Save \$150/pp if you register by 9/19/25,  
limited availability.**

**Scan QR code for more info or to sign-up!**



**Save the date for our Travel Show!**

**Monday, October 20th at 11am**

**at Kenosha Senior Center**

**featured destinations: Charms of Quebec (July)  
& America's 250<sup>th</sup> Anniversary (Oct)**

**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**

## Kandy's Korner



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

This week's topic: **Broadcast Calls**

The computer system we use for the Senior Center also allows us to send out a **Group Call** to members regarding classes, trips, parking, etc. It allows us to pass on information to a group without having to call each person. This is very helpful and saves the Center time and money.

Some of the basics you should know about our

### Broadcast Calls:

- Sign in to the kiosks every time you come to the Center. If we have to call to cancel a class or event last minute, we will look at the classes, and pick the one where the most people have signed in to and broadcast to that group. If you don't ever sign in, you will not get the call since we are not aware that you take that class or event!
- Please listen to the message. Do not call back immediately if you see our number calling. Give it time to start the message. It should go to your voicemail also if you do not answer. If there was no message, feel free to call us.
- We are always working with the system to make it better. When we send a message, we will continue to have it repeat that message several times in the call to make sure you've had a chance to hear it.

Thanks for Listening!

## Featured Advertisers

### Econo Sewer and Drain

**Honest/Upfront Pricing / 1-3 Hour Response time**  
**20+ years experience**  
**262-515-9151**  
[info@econoseweranddrain.com](mailto:info@econoseweranddrain.com)

### Community Care

**Helping adults with long-term care needs live as independently as possible**  
**1-866-992-6600**  
[communitycareinc.org](http://communitycareinc.org)

### Fountain Hills Apartments

**You DESERVE The Best. Isn't It Time You LIVE the Best?**  
**1100 Fountain Hills Dr. Racine, WI 53406**  
**262-886-9200**



## VOLUNTEER FOR 30 MINUTES PER WEEK



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

### TUTORING DETAILS

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

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](mailto: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

Marcia Shaffer  
Thomas P. Muellenbach

and all who have recently  
suffered a loss.

Our hearts, thoughts & prayers are with you.



Kenosha Senior Center Newsletter:  
September 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

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

Answer to the Word Search from page 12

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

Answer to Games & Puzzles on page 17

## Word Twist

Jazz	Blues	Hip Hop	Folk
Rock	Classical	Country	
Pop	Reggae	Electronic	

## Enigma Cryptogram

"The spirit of the age is filled with the disdain for  
thinking." — Albert Schweitzer

*Thank you*  
*Advertisers*



K E N O S H A

**Senior Center**

*Welcome to a brighter day!*

2717 67th Street Kenosha, WI 53143

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Current Resident or

