



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. 4

April 2025

NEWSLETTER

Senior Center Hours:

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

Visit us at:

www.kusd.edu/seniorcenter

Facebook:

www.facebook.com/kenoshasenior

Program Director:

Annette Ruffalo
aeruffal@kusd.edu

Administrative Assistant:

Kandy Stull
kstull@kusd.edu

Senior Dining:

KAFASI 262-351-6246

BOARD OF DIRECTORS

| | |
|-------------------------|----------------|
| President: | Kathy Flammang |
| Vice President: | Ron Mengel |
| Secretary: | Carol Kessler |
| Asst. Secretary: | Sue Moe |
| Treasurer: | Bryan Mogensen |

BOARD MEMBERS

| | |
|-----------------|--------------------|
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| MaryAnn Bourget | Carol Sieber |
| Joan Hall | Cheryl Millholland |
| Barbara Johnson | Barb Van Dyke |

Dear Members,

Spring presents a season of renewal and fresh opportunities. Soon, vibrant green buds will emerge from the soil that was previously blanketed by fallen leaves and fresh snow. This season of rejuvenation presents a chance for personal reinvention, inspiration, and the courage to embrace change with optimism.

The Kenosha Senior Center offers a variety of new opportunities each day. You can participate in a class to maintain physical activity or connect with new friends through card games such as Golf, Euchre, or Hand and Foot. Engage your mind by discussing American History or stimulate your intellect by visiting to pick up a new book or work on a puzzle.

Get involved, explore new activities, enjoy the outdoors, and take in the fragrance of blooming flowers. Stroll through your community and embark on a journey of self-discovery. Just as the earth transforms during this season, strive for your own personal growth and development, and take the initiative to

Live Your Best Life.

Annette





BUS TRIPS

American Place Casino

[Check for availability](#)



Date: Tuesday, April 29, 2025
Destination: 4011 Fountain Square Casino Place
Prices: Members: \$20, Non-members: \$25

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).

Senior Spin and Win– 4 names ever hour to win up to \$1000 slot play or a night stay at hotel when using your legacy card.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:45am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 9:00am and return at approximately 4:30pm.

Spring Swing Luncheon & Wurlitzer Concert

[Check for availability](#)



Date: Tuesday, May 6, 2025
Destination: Sanfilippo Estate, Barrington Hills, IL
Prices: Members: \$120.00, Non-members: \$125.00

Trip Description: The event will commence with an elegant luncheon featuring wine, held at the Sanfilippo Carousel Pavilion. Following the meal, there will be demonstrations of dance, a band, and fairground organs, a big band must. Guests will have the opportunity to explore the pavilion's collections, including the chance to board the train cars. There will be a demonstration of the 1890 Eden Palais Carousel. At 2pm guest will head over to the Sanfilippo Residence to the theater for a 80 minute live Theater Organ Concert with Organist Zach Frame on the 7,000+ Wurlitzer Organ, playing Big Band favorites, swing and music from the great American Songbook. Following the concerts, guest will be allowed to roam the Residence for 45 minutes and view its collections of automatic music instruments, demonstrations by the Docents.

Guests are encouraged to dress in their best Spring outfits and striking hats.

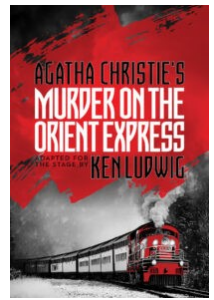
Meal: Spring Salad, Chicken Entre, potato, vegetable, bread rolls, cheesecake dessert, ice tea, coffee, water and red & white wines.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 10:15am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 10:30am and return at approximately 6:00pm.

Murder on the Orient Express

Date: Thursday, May 29, 2025
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$110.00, Non-members: \$115.00

[Check for availability](#)



Trip Description: Just after midnight, a snowdrift stops the Orient Express in its tracks. The luxurious train is surprisingly full for the time of the year, but by the morning it is one passenger fewer. An American tycoon lies dead in his compartment, stabbed eight times, his door locked from the inside. Isolated and with a killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer – in case he or she decides to strike again. Join us for this theatrical thriller from the Queen of Crime with both intellectual and comedic twists and turns, masterfully adapted for the stage by Ken Ludwig.

Meal Choices: Chicken & Ribs: slowly roasted lean pork back ribs glazed with barbecue sauce and buttermilk marinated southern fried baked chicken breast. **Grilled Mahi-Mahi:** marinated in fresh herbs and citrus juices, grilled to perfection and served with a sweet mango sauce. **Short Ribs:** Pan seared Beef Short Rib, slow cooked with Olives, Capers, Tomato, and Basil served with a pan sauce. **French Silk Pie** will be served as dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks.

Please let us know when you purchase ticket if you will need a gluten-free or vegetarian option.

On the day of the trip arrive at the **Southwest** side of the Indian Trail parking lot, 6800 60th Street in Kenosha, by 8:30am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 8:34am and return at approximately 6:00 pm.

Kenosha Kingfish Ballgame

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

[New Trip](#)



Tickets go on sale to members on Tuesday, April 8, 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.

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

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

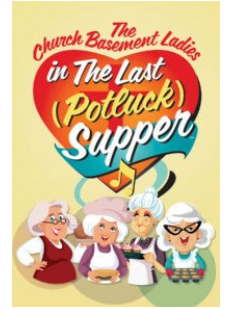


Kenosha Kingfish, Simmons Field, 7817 Sheridan Rd., Kenosha, WI 53143

The Last Potluck Supper

New Trip

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



Tickets go on sale to members on Tuesday, April 15, 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.

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

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

Please let us know when you purchase ticket if you will need a gluten-free or vegetarian option.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 60th Street in Kenosha, by 8:30am to sign in and load the bus. Use the 60th Street entrance. The bus will depart at 8:45am and return at approximately 6:00 pm.

2025 Special Events and Trips

| | | |
|----------------------|------------------------|-----------------------|
| Friday, April 25 | Dance | KSC |
| Tuesday, April 29 | Casino Trip | American Place |
| Tuesday, May 6 | Spring Swing & Concert | Sanfilippo Estates |
| Friday, May 16 | Dance | KSC |
| Thursday, May 29 | Murder Orient Express | Fireside Theatre |
| Thursday, June 19 | Kingfish Game | Kenosha |
| Friday, June 20 | Dance | KSC |
| Thursday, June 26 | Last Potluck Supper | Fireside Theatre |
| Wednesday, July 30 | Brewers vs. Cubs | American Family Field |
| Thursday, August 7 | Picnic | KSC |
| Friday, Sept 19 | Dance | KSC |
| Thursday, October 23 | Oklahoma | Fireside Theatre |
| Friday, October 31 | Halloween Dance | KSC |
| Saturday, Nov. 8 | Holiday Craft Fair | KSC |
| Friday, Nov. 21 | Thanksgiving Dance | KSC |
| Thursday, Dec. 4 | Holiday Shopping Trip | Woodfield Mall |
| Friday, Dec. 5 | Deck the Halls party | KSC |
| Friday, Dec. 12 | Christmas Party | Italian American Club |
| Thursday, Dec. 18 | A Wonderful Life | Fireside Theatre |
| Friday, Dec. 19 | Holiday Dance | KSC |

Kenosha Senior Center Trip Policy

If you are unable to attend a trip, call the center 359-6260 and staff will try to find a replacement for you.

Refunds are only issued if the show is sold out and we are able to replace your place on the trip.

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

Foot Clinic



Friday, April 11, 2025 from 9-Noon

The Foot Clinic is offered by the Kenosha Visiting Nurse Association at the Senior Center every other month. Foot service includes a foot soak, nail care and lotion application for \$35.00. Call the Senior Center at 262-359-6260 to make an appointment. You need to sign up by the 1st Friday of the month. You can pre-register for future months.

FREE BINGO



Tuesday, April 22, 2025 at 1pm
For Senior Center Members

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

Sponsored by:

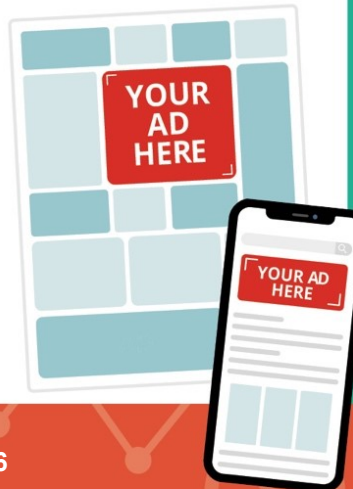


AVAILABLE NOW! PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Tiahti Young

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 MyCommuntOnline.com.



Tiahti Young
Cell | 715 581 9746
tyoung@4lpi.com

DONUT DAY



FREE

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

Wednesday, April 2, 2025

Sponsored by : Primrose Assistant Living and Memory Care

Wednesday, April 9, 2025

Sponsored by : Kenosha Place Assisted Living and Memory Care

Wednesday, April 16, 2025

Sponsored by : KVNA & North Point Senior Living

Wednesday, April 23, 2025

Sponsored by : ClearSky Rehabilitation

Wednesday, April 30, 2025

Sponsored by : Waters Edge Health & Rehab & Sheridan Health & Rehab

Build Your Own ICE CREAM SUNDAE BAR

Annual Quarterly Meeting

Wednesday, April 23rd at 1pm

Join us for the meeting and stay for the chocolate, whip cream, cherries and

SPRINKLES



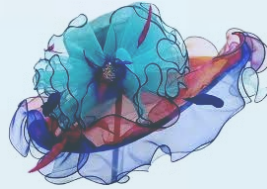
Classes & Center Updates

- Center closed Tuesday, April 1st for elections
- Center closed Friday, April 18th for Good Friday

DAISY DEWDROP DANCE

Friday, April 25 at 1:30pm

Wear your favorite Spring hat and at-tie-re!



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

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.

February Winners: Carl Drechsler, Dorinda Macik, Bob Sertich, Paul Wade



History Book Discussion Group

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

If you love reading and history, this is a great group for you! Stop by and listen in. No fee. No registration. Just reading great books and having lively discussions.

Each person will choose a factual history book and read it then bring their book to the meeting and give a brief summary.

Everyone will have a chance to summarize their book and there will be time for discussion at the end.



Chorus

Thursdays at 10:30am

Join the Forever Young Chorus!
Find your inner songbird!

Bring your musical talent in unison with other singing members.

Ballroom Dancing

Wednesdays at 10:30am

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.



Drop In Craft Day

Wednesdays 9am-Noon

This group meets Wednesday mornings to socialize and make crafts. The activity is FREE. There is no lesson. Bring your own project to work on or stop in and be inspired by other crafters. Some projects the crafters are working on include wood burning, card making, barn quilts, knitting, diamond art and more. Spark your imagination and check out this fun activity!

Make Crafts. Meet Friends.

Have Fun.



Board Member Election

The Board of Directors is seeking individuals who are interested in joining the Kenosha Senior Center Board. Responsibilities will involve making decisions regarding the center's operations and activities to enhance its impact. Each member will serve a term of three years. If you know someone who would be an excellent candidate or leader for the center, please contact Annette at 262.359.6117. Nominations will be confirmed and included on the ballot for the quarterly/annual meeting scheduled for Wednesday, April 23. All nominations must be submitted by Thursday, April 17. This is a valuable opportunity to get involved.

Suggestion Box



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

Kenosha Senior Center Class & Activity List

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

| Class/Activity | Days | Times | Cost |
|-------------------------|-----------------------------------|-------------------------|---------------------------------------------|
| American Issues | Friday | 10:00am - Noon | Free |
| Art Class | Wednesday | 9:00am - 11:00am | \$5.00 per class Bring your own supplies |
| Art a la Carte! | Most 1st and 3rd Mondays | 10:30am-12:30pm | Varies: based on project |
| Bean Bags | Wednesday | 1:00pm | Free |
| Ballroom Dance | Wednesday | 10:30am | Free |
| Bingo for Members | 4th Tuesday (Check Calendar) | 1:00pm | Free |
| Book Discussion | Monday | 2:15pm | Free |
| Cardio Drumming | Friday | 10:30am | Pre-register for each session |
| Chess & Checkers | Tuesday | 1:00pm | Free |
| Chorus | Thursday | 10:30am-Noon | \$2.00 per class |
| Cribbage | Friday | 10:15am | Free |
| Dances | 3rd Friday of Month (Sept.- June) | 1:30-3:30pm | Free |
| Dart Ball | Wednesday | 1:00pm | Free |
| Dominos | Tuesday | 1:00pm | Free |
| Drop In Craft | Wednesday | 9:00am - 12:00pm | Free - Bring your own supplies |
| Drum Circle | 4th Friday | 1:00pm | \$3.00 |
| Euchre | Thursday | 1:00pm | Free |
| Exercise Class | Monday, Wednesday & Friday | 9:00am - 10:00am | Free |
| Foot Clinic | 2nd Friday every other month | 9-12:30pm by appt. | \$35.00 |
| Golf Card Game | Monday | 1:00pm | Free |
| History Book Discussion | 2nd Wednesday of month | 1pm-2:30pm | Free |
| Junk Journal Crafting | Thursday | 9-Noon | Free - Bring your own supplies |
| Knit & Crochet | Friday | 9:00am - 11:00 am | Free - Bring your own supplies |
| Line Dance with Norm | Monday and Thursday | M:9:00am Th:1:30pm | \$5.00 per class |
| Mahjong | Tuesday and Friday | T: 1:00 pm, F: 10:15 am | Free |
| Ping Pong | Monday and Thursday | 9:00am-Noon | Free |
| Pool (Billiards) - Open | Monday thru Friday | Closed during events | Free |
| Sheepshead | Tuesday and Wednesday | T:8:30am W:1:00pm | Free |
| Tai Chi | Tuesday | 9:45am | \$3.00 per class |
| TOPS WI 1593 | Thursday | 2:00pm-3:30pm | Check with Class Instructor |
| Total Body Conditioning | Tuesday and Thursday | T:11:00am Th:9:00am | \$2.00 per class |
| Trips | One or Two a Month | See Newsletter | See Newsletter |
| Wii Bowling | Thursday/Monday during taxes | 12:30pm - 3:00pm | \$5.00 sign up fee |
| Wood Burning | Monday | 9:00 - 11:00 am | Free - Bring your own supplies |
| Wood Carving | Monday | 9:00 - 11:00 am | Free - Bring your own supplies |
| Woodturning | Monday thru Thursday | 8:30-10:30am by appt. | First lesson \$20, then \$1 per class |
| Writing for Fun | Tuesday | 10:30 - 11:30 am | Free - Bring your own supplies |
| Yoga (Chair) | Monday | 1:00pm | \$2.00 per class |
| World Dance | Tuesday | Twice a year - 10:30am | \$3.00 per class |
| 10 | | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>HAPPY EASTER</p> |  <p>1 CLOSED FOR ELECTIONS</p> | <p>2 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 10:30am Ballroom Dance 1pm Sheepshead 1pm Bean Bags & Dart Ball</p> | <p>3 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 1pm Euchre 1:30-3pm Line Dance 2:00pm TOPS Group</p> | <p>4 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong</p> |
| <p>7 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 10:30 Art a la Carte 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion</p> | <p>8 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 <u>1pm Board Meeting</u></p> | <p>9 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 10:30am Ballroom Dance 1pm Sheepshead 1pm Bean Bags & Dart Ball 1pm History Book Discussion</p> | <p>10 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:00pm TOPS Group</p> | <p>11 9-10am Exercise Class 9-11am Knit & Crochet <u>9-noon Foot Clinic</u> 10am Am. Issues 10:15am Cribbage 10:15am Mahjong</p> |
| <p>14 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion</p> | <p>15 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</p> | <p>16 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 10:30am Ballroom Dance 1pm Sheepshead 1pm Bean Bags & Dart Ball</p> | <p>17 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:00pm TOPS Group</p> |  <p>CLOSED FOR GOOD FRIDAY</p> |
| <p>21 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 10:30 Art a la Carte 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion</p> | <p>22 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></p> | <p>23 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 10:30am Ballroom Dance 1pm Sheepshead 1pm Bean Bags & Dart Ball <u>1pm Quarterly Meeting</u> <u>Ice Cream Sundaes</u></p> | <p>24 8:30-10:30am Woodturning by Appt. 9-10am Strength Training 9-Noon Ping Pong 9-12 Junk Journal Craft 10:30am Chorus 12:30pm Wii Bowling 1pm Euchre 1:30-3pm Line Dance 2:00pm TOPS Group</p> | <p>25 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum <u>1:30-3:30pm Dance</u></p> |
| <p>28 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</p> | <p>29 TRIP 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</p> | <p>30 8:30-10:30am Woodturning by Appt. 9am Orientation 9-11am Art Class 9-12pm Drop In Craft <u>9:30am Donut Day</u> 9-10am Exercise Class 10:30am Ballroom Dance <u>12:30pm Pop Up "D" Signs with Diane</u> 1pm Sheepshead 1pm Bean Bags & Dart Ball</p> |  <p>Senior Center Hours: Monday-Friday 8:30am - 3:45pm Closed Saturday & Sunday (262) 359-6260</p> <p>Pool Tables Open Mon thru Fri 8:30am - 3:30pm Except during movies, meetings, dances and closures.</p> | |

April Word Search

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

BASEBALL

BASKET

BLOSSOM

BUD

BULBS

BUNNY

BUTTERFLY

CHICK

CHOCOLATE

DAFFODIL

DAISY

EASTER

EGGHUNT

EGGS

GARDEN

GNOME

GRASS

GREEN

HATCH

JELLYBEANS

KITE

MUDDY

NEST

PLANTING

PUDDLE

RAIN

RAINBOW

ROBIN

SEASON

SHOWERS

SPRING

SPROUTING

SUNNY

SUNSHINE

TAXES

THAW

TULIP

UMBRELLA

WARMER

WINDY

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.

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



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DIFFICULTY: ★★☆☆☆

The answer to this puzzle is on page 23

Energy Bites



Ingredients

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1 cup raw oats
- 1/2 cup sweetened shredded coconut
- 1/2 cup flaxseed meal
- 6 tablespoons mini chocolate chips

Directions

1. In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.
2. Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.
3. Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

Serves 20

Brown and Wild Rice Bowl with Veggie Burger

Prep time: 5 minutes

Servings: 1

Ingredients

- 1 cup Minute Ready to Serve Brown and Wild Rice
- 1 precooked veggie burger patty
- 1/2 cup shredded lettuce
- 1/2 cup halved grape tomatoes
- 2 tablespoons shredded cheddar cheese
- 2 tablespoons ranch dressing



Directions

1. Prepare rice according to package directions.
2. Break veggie burger into large chunks and place in small, microwave-safe bowl. Microwave on high 60-90 seconds, or until veggie burger is heated through.
3. Toss together rice and veggie burger. Top with lettuce, tomatoes and cheese. Drizzle with ranch dressing.

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2025 Charitable Partnership with The Kenosha Senior Center

Sudoku Puzzle #2

Basic Directions

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

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |
| | | 6 | 1 | | | | | 2 |
| | 5 | 9 | | 6 | | | | |
| 6 | | | | | | | | |
| | 1 | | 7 | 9 | 6 | | | 3 |
| | 3 | 5 | | | | | | |
| 3 | 7 | | 5 | | | | 6 | |
| | | 2 | | 1 | | 5 | | 8 |
| | 9 | | | 2 | | 7 | 1 | |



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DIFFICULTY: ★☆☆☆☆

The answer to this puzzle is on page 23

Art a la Carte! March - April Schedule

classes are usually held on the 1st & 3rd MONDAYS of the month and will last from 1 1/2 – 2 hours
Register at the desk... Pay instructor directly at time of class.

Payment at 10:15am, Class begins at 10:30am

MARCH 3

MARCH:

Separate classes – Class Limit 15

March 3 – NEEDLE FELTING (class fee \$7.00)

March 17 – LET'S START DRAWING (class fee \$7.00)



MARCH 17

APRIL: Pottery

2-week pottery class — Class Limit 10 – (class fee \$15.00)

April 7 – MAKING STYLISH VASES

April 21 – Decorating & Embellishing



“Pop Up ‘D’ Signs with Diane”

Wednesday April 30th @ 12:30pm

Paint a wooden sign to enhance the decor at your home.

Select from a variety of nine pre-cut designed wood signs ~2ft long, quantities are limited.

Acrylic paint will be provided as part of the class supplies.

Registration is available at the center's front desk, spaces are limited.

Kindly make your payment to the instructor at the beginning of the class.

Class fee \$15 per design

1. Holiday Flamingo
2. Christmas Tree
3. Christmas Stocking
4. Candy Cane
5. Snowman
6. Sandals
7. Sunglasses
8. Palm Tree
9. Sea Shell



Kenosha Senior Center

Get Active

GROUP FITNESS CLASSES

Stay Healthy

Call the Senior Center with Questions 262-359-6260

Total Body Conditioning *with Theresa*

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 Jessica & Jordan*

Monday, Wednesday and Friday at 9am
Fee: Free

This class combines safe stretching and strengthening exercises designed to increase muscular strength, range of motion and activity for daily life. Exercises are performed while seated.

Tai Chi *with Trish*

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

Tai Chi is a gentle Chinese martial art that involves fluid, choreographed movements. It's an effective exercise for seniors because it is low-impact and can be performed anywhere. Join this class and improve your balance, coordination, flexibility and overall quality of life.

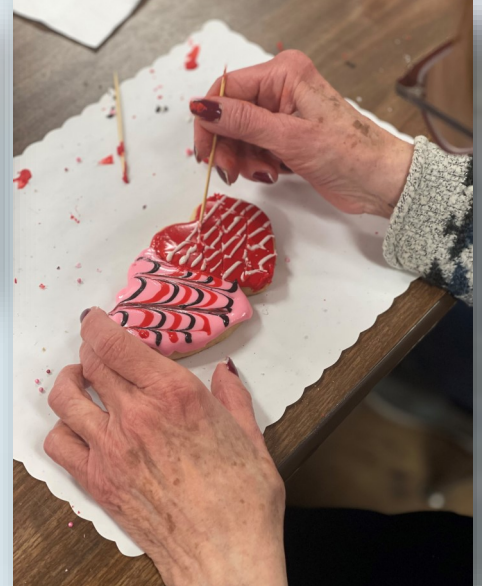
Cardio Drumming Class *with Denise*

Fridays at 10:30am
Fee: \$20.00 per session
Current Session: April 25-June 27, 2025

Low impact workout that helps drum off pounds and relieve stress! This fun class uses exercise balls and sticks choreographed to music. Strengthen stabilizer muscles, improve endurance and enhance overall fitness. The class is done standing but can be modified for a seated workout. Drop-ins welcome to come try it out!



Registration opens with Denise on Monday April 21st at 10:30am. Class space is limited.



Cookie Love With Theresa and Grandma's Cottage



"Macros Made Simple"

with Jodie Needham

Thursday, April 10th, 2:30-3:30pm

Taking the confusion out of macronutrients —protein, carbs, and fat—so you can fuel your body with confidence. In this talk, you'll learn what macros are, why they matter, and how to balance them in a way that fits your lifestyle.

TOPS WI 1593 in Kenosha will be hosting a guest speaker during their regularly scheduled class session and invite all interested parties to participate.

A donation of \$2 per person would be highly appreciated and will be provided directly to the guest speaker.

TOPS WI 1593
Take Off Pounds Sensibly
Thursdays at 2:00pm-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

Kandy's Korner



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

This week's topic: **Exercise Class**

Wow! Have we gotten bigger! Isn't it wonderful to see so many people coming in & getting healthy.

- We have moved some tables back to try and accommodate our growing exercise class, please welcome newcomers and make room for your neighbor, kindness goes a long way!
- Please keep conversations to a minimum during exercise so your neighbor can hear the directions from our instructors, save the stories for after class with donuts and a coffee!
- Thank you for always putting your chairs back and coming to the Senior Center with your smiles, **YOU** are what makes us great!
- Reminder about Parking: Please do not park in the West parking lot, that is for the Senior Center and Recreation Dept.'s employees and sponsors.

Senior Athletic Passes



Members of the Kenosha Senior Center may receive one FREE pass each year.
Non-members may purchase a pass for \$5.00
These passes are good for entrance into Kenosha Unified Middle and High school home athletic events for this school year.

Support Our Student Athletes!

Passes available at the Kenosha Senior Center



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Monthly Funnies



You know you're ready to retire when:

You remember where your office is, but not exactly what you do there.

You've been drinking the office coffee so long you think it actually tastes good.

The office stockboy is younger than your grandkids.

You can't remember when it was that they offered you an early retirement package, but you're pretty sure Reagan was president then.

It's less embarrassing to carry your dog's pooper scooper than your briefcase.

In Memoriam



Our deepest sympathy is
extended to family & friends of
all who have recently
suffered a loss.

Our hearts, thoughts & prayers are with you.

Kenosha Senior Center Newsletter:
April 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

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

Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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





K E N O S H A

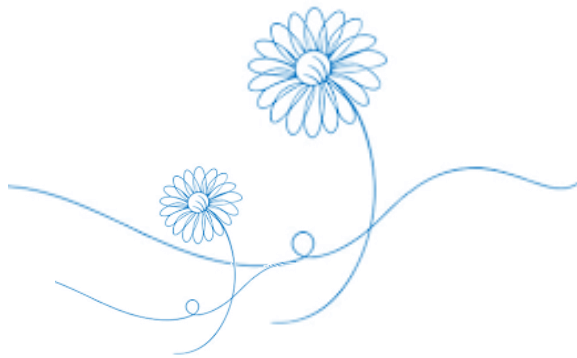
Senior Center

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2025
April