

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 27, No. 3

MARCH 2022



2717 - 67th Street
Kenosha, WI 53143
Phone: 262-359-6260

Senior Center Hours

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

Visit us on the web at:

www.kusd.edu/seniorcenter

"Like" us on Facebook at:

www.facebook.com/kenoshasenior

Senior Dining On-Hold

Program Director

Denise Jacob

Email: djacob@kusd.edu

Administrative Assistant

Kandy Stull

Email: kstull@kusd.edu

Newsletter Editors

Diane Raucina and Denise Jacob

BOARD OF DIRECTORS

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Dear Friends,

Several programs and classes have been around since we opened our doors in 1972. The Senior Dining program, American Issues, Painting and Creative Writing, which is now called Writing for Fun.

Enjoy this poem from the "Senior Reflections" Book, the writing class put together from 1972.



Lonesome? – NEVER

*There's a special place we like to go,
With activities every day.
Whatever it is you'd like to learn,
There are teachers showing the way.*

*With Spanish and painting, and tin-can art,
The choices are varied and many.
You can knit and crochet, or macramé,
And it won't cost you a penny.*

*Duplicate bridge and square dance class,
Or maybe you'd rather shoot pool.
Take creative writing, or sewing or crafts,
It's better than going to school.
Like to work with wood, to carve or build,
Or meet with a golden age group?
Ceramics and movies, or just "drop in"
Even exercise — "stretch—bend— and stoop!"*

*So why don't you join the Center?
Take a bus trip and sing on the way.
Go to American Issues Forum,
And at four o'clock call it a day!*

by Melva Lamich

See you at the Center,

Denise



New Trips

A Mighty Fortress Is Our Basement



Date: Thursday, May 19, 2022
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$98.00
Non-members: \$103.00

Tickets go on sale to members on Tuesday, March 8, 2022.

Numbers will be handed out at 8:30 am and sign up begins at 8:40. You are allowed to sign up for two members only. You must show both membership cards when you purchase your tickets.

Tickets go on sale to non-members on Wednesday, March 9, 2022.

Trip Description: In this installment of The Church Basement Ladies series, the year is 1960 and a reformation is underway. Beverly gets her first pair of high heels for confirmation. Mrs. Snustad wins top honors at the County Fair for her Grand Champion pickles. Mavis must find a way to deal with the new Super Highway that cuts through her farm. Karin finds freedom behind the wheel of her husband's pickup truck and Pastor has found new love and announces his impending nuptials. Against the changing tide, these "bulwarks never failing" stand strong in their faith and in their friendships with more crazy antics, more great songs, and more lessons reluctantly learned.

Menu: Freshly Baked Breads, Chopped Salad, Chicken Cordon Bleu—Skinless Breast of Chicken stuffed with an herbed Cream Cheese with Dijon Mustard, Jones Cherrywood Smoked Canadian Bacon and Jarlsberg Swiss Cheese, dipped in buttermilk and egg, rolled in breadcrumbs and sautéed to a golden brown, on Madeira Wine Sauce. Homemade Apple Pie with Streusel topping served on Homemade Vanilla Frozen Custard for dessert. Complimentary Coffee, Tea and Milk. Cash bar for cocktails and soft drinks.

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

On the day of the trip arrive at the East side of the Shopko parking lot, 5300 - 52nd Street in Kenosha, by 8:30 am to sign in and load the bus. The bus will depart Shopko at 8:45 am and return at approximately 6:00 pm.



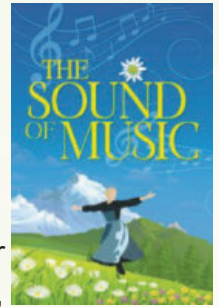
REDEEM YOUR VOUCHERS! If you were issued a voucher for the October 2019 Scarecrowfest Trip and have not used it, now is the time to redeem it! Vouchers can be used for any trip. All vouchers will expire April 30, 2022. If you have questions, call Kandy at 262-359-6095.

Current Trips

Sound of Music

Date: Thursday, March 24, 2022
Destination: Fireside Theatre, Fort Atkinson, WI
Prices: Members: \$98.00
Non-members: \$103.00

Wait List
Available



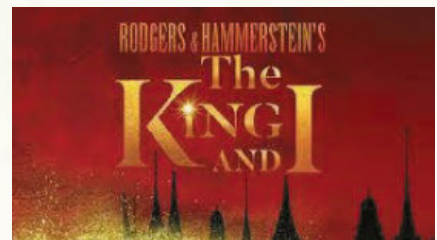
Trip Description: Rodgers & Hammerstein's last Broadway show turned out to be their most enduring and popular of them all. Based on a true story set in Austria in 1938, THE SOUND OF MUSIC tells of a detour on Maria Rainer's journey to become a nun. Recognizing that Maria is not yet ready for religious life, Mother Abbess sends her to be the governess for the seven children of a widowed naval officer. Finding the household strictly run like one of his ships, Maria reintroduces music and warmth and quickly charms both the children and their father. Favorite songs such as "Do Re Mi" and "Climb Every Mountain" fill this time-honored show that practically invented the term "family entertainment."

On the day of the trip arrive at the East side of the Shopko parking lot, 5300 - 52nd Street in Kenosha, by 8:30 am to sign in and load the bus. The bus will depart Shopko at 8:45 am and return at approximately 6:00 pm.

The King and I

Date: Wednesday, April 13, 2022
Destination: Drury Lane Theatre
Oak Brook Terrace, IL
Prices: Members: \$89.00
Non-members: \$94.00

Tickets
on Sale



Trip Description: British tutor Anna Leonowens and the King of Siam struggle with cultural differences after Anna arrives at the royal palace in Bangkok. Inspired by true events, *Rodgers and Hammerstein's The King and I* is a tale of the human experience, exploring the historical intricacies of class, race, and politics in 1862. Featuring beloved songs like "Shall We Dance?" and "Getting to Know You." This Rodgers and Hammerstein classic won 13 Tony Awards, including Best Musical and Best Revival of a Musical. The 1957 movie adaptation was nominated for nine Academy Awards, winning five, including Best Score.

Meal is your choice of: Chicken Cacciatore OR Lemon and Herb Crusted Cod

All meals include a Mixed Green Salad, Freshly Baked Bread and Butter, Chef's Choice of Accompaniments, Bread Pudding (A La Mode) for dessert and beverage.

On the day of the trip arrive at the East side of the Shopko parking lot, 5300 - 52nd Street in Kenosha, by 9:30 am to sign in and load the bus. The bus will depart Shopko at 9:45 am and return at approximately 6:00 pm.

Kenosha Senior Center Trip Policy

We understand that plans can change and you may not be able to attend a trip for which you have purchased a ticket, but we cannot issue refunds unless there is a waiting list and we are able to replace you with someone on that list. The reason for this is we do not keep the money you give us for a trip. It goes directly to the venue to pay for the event and the venues do not issue refunds. If you cannot attend a trip call us at 359-6260 and speak with a staff person. We will instruct you what to do, and we will do our best to find a replacement for you. If we are successful, you will be notified to come and pick up your refund. To pay member prices you must be a member when you purchase your ticket and on the day of the trip.

Movie

Friday, March. 11th at 1:00 pm

Leap Year

When yet another anniversary passes without a marriage proposal from her boyfriend, Anna (Amy Adams) decides to take action. Aware of a Celtic tradition that allow women to pop the question on Feb 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans, however, and Anna winds up on the other side of the Emerald Isle with handsome, but surly, Declan (Matthew Goode) — an Irishman who may just lead Anna down the road to true love.



Run-Time 1 hour 40 minutes
Rated PG

Find The Logo Contest



We have hidden our Kenosha Senior Center Logo somewhere in this newsletter. It is a miniature version of the logo. Look carefully throughout the newsletter and if you are lucky enough to find it, call the front desk at 262-359-6260 or email kstull@kUSD.edu with your name, phone number and where the logo was located. We will do a random drawing of all the correct entries for a prize at the end of the month. Please submit entries by the 24th of this month. You can participate every month.

January Winners!!

Sue Myers, Howard Geissman & Pat Tews

Thank You For Participating!

Foot Clinics

Friday, March 11, from 9-Noon



The Foot Clinic is offered by the Kenosha Visiting Nurse Association at the Senior Center. Foot service includes a foot soak, nail care and lotion application for \$30.00. Call the Senior Center at 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. Call the Center to make your appointment today!

Senior Athletic Passes

These passes are good for entrance into Kenosha middle and high school home athletic events for this school year. Members of the Kenosha Senior Center may receive one free pass each. Non-members may purchase a pass for \$5.00 each. Get them at the Kenosha Senior Center.

Technology Lessons With Sara

Patient and knowledgeable technology lessons for your smart phone, laptop, tablet, smartwatch or other personal electronic device.

Fee: \$20 for a 1 hour Session

Available Fridays 8:30-1pm by appointment

Call Sara At 262-359-9773
To Schedule Your Lesson



FREE BINGO

Tuesday, March 22, 2022 at 1:00 pm
For Senior Center Members

Two Options To Play:

Zoom and In Person (at the Center)

You **must be a member** of the Kenosha Senior Center to play.

Register by Noon, on the Thursday before BINGO. Call 262-359-6260 to register.

In Person: You MUST Call the Senior Center EVERY MONTH to participate!

By ZOOM: You only need to register if you have not played in the past. You will automatically get the email link each month.

CARDS: Zoom participants will re-use their card each month (Only one card allowed per person). If you come in person, you will get a card at the Center.

New To ZOOM? If you are new and using ZOOM, you will need to pick up your BINGO card at the Center the first time you play.

Sponsor: Allay Home & Hospice

DANCE

**HAPPY
ST. PATRICK'S
DAY!**

Friday, March 18, 2022

1:30pm-3:30pm

Music by Ernie Garner

**Refreshments and Door Prizes Sponsored by
Kenosha Place Senior Living**

Dances are FREE and Open To The Senior Public

Masks Required



Happy St. Patrick's Day!



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All Senior Dining Program Sites are Temporarily Closed
Meal Options For Anyone Age 60 or Older



Call 262-658-3508 to make a reservation for any site by 10:30am the previous day

1-Frozen Meal Pack 2-DIBS2.0 3-Hot Meal Pick Up (Pick Up Hours: 9:30am-11:30am)

Senior Dining

- Tuesday - KAFASI, 7730 Sheridan Rd.
- Wednesday - Westosha Senior Center, 19200 93rd Street in Bristol
- Thursday - Parkside Baptist Church, 2620 14th Place



Option 1: Each pick up will include 5 frozen meals with beverages and crackers. There is no fee for food but a donation of \$3.00 per meal is requested.

Option 2: Available are 7 shelf stable meal recipes complete with the ingredients needed to make them in two reusable grocery bags. There is no fee for this, but a donation of \$10.00 is requested.

Option 3: A hot meal ready to go complete with a beverage and side. Suggested donation is \$3.00.

Hot and Cold Meal Curbside Pick-up (Hours are 11:30am-1:00pm)



- Wednesday and Friday - Village Pub of Silver Lake, 307 N. Cogswell Dr., Silver Lake, Call 262-358-5779.
- Thursday - Kenosha Achievement Center, 1218 79th Street in Kenosha, Call 262-658-3508.

At time of pick-up seniors will receive one meal that is hot and ready to eat and a second meal to put in the refrigerator to eat later. There is no fee for food but a donation of \$4.00 per meal (\$8.00 total) is requested.

Wii Bowling Fall League Banquet
Thursday, March 10, 1:00pm

All current Wii league bowlers from the fall league are invited to an afternoon of food, prizes, awards and fun! Please RSVP by Thursday, March 3rd to Denise at 359-6117.



Wii Bowling League Sign Up
Thursday, March 31, 12:30 - 1:30pm

There will be a meeting for everyone interested in joining the Spring Wii Bowling League. League bowling is held on Thursdays. It costs only \$5.00 to join. If you've ever thought about playing Wii Bowling, come to this meeting and learn more about it.

An Irish Wish for You...

Lucky stars above you,
Sunshine on your way,
Many friends to love you.
Joy in work and play,
Laughter to outweigh each care,
In your heart a song,
Gladness waiting everywhere,
All your whole life long.



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Sewing & Blanket Making
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3rd Wednesdays 10-5 at The Moose Lodge

Card Making
1st Friday at The Senior Center

Open Crafting
1st Friday at The Senior Center

Volunteers & Supplies Donated By:
Tabitha's Sisters, Serenity Quilt Shop,
Southport Quilters Guild, Women Of
The Moose and Pleasant Prairie Women's
Club

Questions?
Call Kim Hemphill 262-914-4543



March Presentations

Caption Call Phones Do You Have Trouble Hearing On The Phone?

CaptionCall Can Help
Wednesday, March 9, 2022
at 1:00pm

Why You'll Love CaptionCall

- FREE Phone
- FREE delivery, installation, training, and support
- BIG Easy-To-Read Text
- Captions make understanding phone calls easier
- Features: speakerphone, answering machine, and custom audio
- Hearing aid friendly
- Bluetooth connectivity
- Captioning also available for iPad and iPhone with CaptionCall Mobile

RSVP to The Senior Center at 262-359-6260



Civil War Museum Presentation

At The Kenosha Senior Center
Wednesday, March 16, 2022
At 1:00pm

The Impact the Midwest had on the Civil War

- Learn about the region's rich history during this pivotal period in American History
- Understand the importance of the Upper Midwest during the Civil War
- Discover the significant contributions these states made to the Union war effort.
- Hear the stories of the soldiers, civilians and their communities
- Discover why the Civil War Museum was created

RSVP to The Senior Center at 262-359-6260

Presented by Doug Dammann



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POSSIBILITIES of every person.**

**We support you to live your best life
at home, in your community and at work.**

LET'S GET STARTED!

First, contact your county Aging and Disability Resource Center (ADRC).
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

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BROOKSIDE
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of Kenosha County



Celebrating 50 Years!



Roger started working at the Kenosha Senior Center in 2007. He is a Retired Engineer and an Air Force Veteran. He likes going out for Friday night fish fry with friends and family and enjoys woodworking as a hobby.



Roger Jeschke



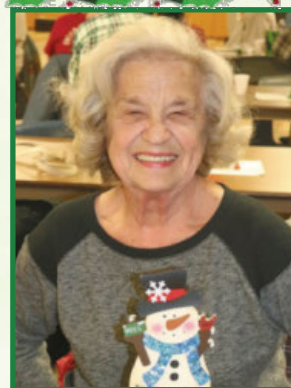
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WINTER DANCE PARTY



Christmas Dance 2021



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	Wednesday and Friday	10:00am - Noon	Free
Art Class	Wednesday	9:00am - 11:00am	\$5.00 per class & your own supplies
Bingo for Members	4th Tuesday (Check Calendar)	1:00pm	Free
Bridge, Drop-In	Thursday	1:00pm	Free
Book Discussion	Monday	2:15pm	Free
Card Making with Comfort 4 A Cause	1st Friday	11am-2:30pm	Free
Chorus"Forever Young Chorus"	Thursday	10:30am-Noon	\$2.00 per class
Cribbage	Friday	10:15am	Free
Dances-Monthly	One Friday a Month (Sept. thru June)	1:30-3:30pm	Free
Dominos	Tuesday	1:00pm	Free
Drop-In	Monday thru Friday	When Center is Open	Free
Euchre	Thursday	1:00pm	Free
Exercise Class	Monday, Wednesday & Friday	9:00am - 10:00am	\$1.00 per class
Foot Clinic	2nd Friday	9-12:30pm by appt.	\$30.00
Knit & Crochet	Friday	9:00am - 11:00 am	Free - Bring your own supplies.
Line Dance	Monday	9:00am -10:30am	\$5.00 per class
Mahjong	Tuesday and Friday	T: 1:00 pm, F: 10:15 am	Free
Movies	One Fri. a Month & After Qrtly Mtgs.	1:00pm	Free
Open Crafting with Comfort 4 A Cause	1st Friday	11am-2:30pm	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
Tech Help with Sara	Friday	8:30am-1:00pm by appointment	\$20.00/hour session
Total Body Conditioning Strength Training Class	Tuesday and Thursday	T:11:00am Th:9:00am	\$2.00 per class
Trips	One or Two a Month	See Newsletter	See Newsletter
Walking Group: "Goldens on the Go"	Summer: Wednesday & Friday	8:00am & 10:00 am	Free
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	M:1:00pm	\$1.00 per class
10			

Activity Calendar		KENOSHA SENIOR CENTER				March 2022	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
		1 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong	2 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 1pm Sheepshead	3 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-2pm AARP taxes 10:30am No Chorus 1pm Euchre 1pm Drop in Bridge	4 8:30-1pm Tech Help 9-10am No Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 11-1pm Card Making 11-1pm Open Crafting	5 Center Closed	
6 Center Closed 	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 1pm Chair Yoga 2:15pm No Book Discussion	8 <u>8:40am Trip Sign Up</u> 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong <u>1pm Board Meeting</u>	9 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 1pm Sheepshead <u>1pm CaptionCall Presentation</u> (see pg. 7 for details)	10 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-2pm AARP taxes 10:30am No Chorus 1pm Euchre 1pm Drop in Bridge 1pm Wii Bowling Banquet	11 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet <u>9am Foot clinic</u> 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>1pm Movie-Leap Year</u>	12 Center Closed 	
13 Center Closed	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 Chair Yoga 2:15pm No Book Discussion	15 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong	16 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 1pm Sheepshead <u>1pm Civil War Museum Presentation</u> (see pg. 7 for details)	17 8:30-10:30am Woodturning by Appt. 9-10am No Total Body Conditioning 9-Noon Ping Pong 9-2pm AARP taxes 10:30am No Chorus 1pm Euchre 1pm Drop in Bridge ST PATRICKS DAY	18 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>1:30pm St. Patrick's Day Dance</u>	19 Center Closed	
20 Center Closed 	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 1pm Chair Yoga 2:15pm No Book Discussion	22 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong <u>1pm BINGO</u>	23 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 1pm Sheepshead	24 <u>8:30 Trip-Fireside</u> 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-2 pm AARP taxes 10:30am No Chorus 1pm Euchre 1pm Drop in Bridge	25 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>10:30am Cardio Drumming Workshop</u>	26 Center Closed 	
27 Center Closed 	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 2:15pm No Book Discussion	29 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong	30 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 1pm Sheepshead	31 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-2pm AARP taxes 10:30am No Chorus 1pm Euchre 1pm Drop in Bridge <u>12:30am Wii Bowling League Sign Up</u>			
Senior Center Hours Monday-Friday 8:30am-3:45pm Closed Saturday and Sunday Phone: 262-359-6260 Pool Tables are open Monday thru Friday 9am-3:30pm except during movies, meetings, dances & closures.						11	

March Word Search



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



SOMETHINGS THAT ARE GREEN

- | | | | |
|-----------|-------------|-------------|----------|
| APPLES | CLOVER | KIWI | OREGANO |
| ARTICHOKE | CUCUMBER | LEPRECHAUN | PEA |
| ARUGULA | DILL | LETTUCE | PESTO |
| ASPARAGUS | EMERALD | LILYPAD | PICKLE |
| AVOCADO | GRASS | LIMES | SEAWEED |
| BROCCOLI | GRASSHOPPER | LIZARDS | SHAMROCK |
| CABBAGE | GRINCH | MATCHA | SPINACH |
| CACTUS | HULK | MICROGREENS | TREES |
| CELERY | IGUANA | MINT | YODA |
| CHIVES | JADE | MOSS | ZUCCHINI |

Answer to Puzzle on Page 23



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.

Sudoku Puzzle #1

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

The answer to this puzzle is on page 23



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Irish Soda Bread

INGREDIENTS

- | | |
|-----------------------|--------------------------|
| 1 3/4 cups buttermilk | 1 tsp baking soda |
| 1 large egg | 1 tsp salt |
| 4 1/4 cups flour | 5 T unsalted butter cold |
| 3 T granulated sugar | optional: 1 cup raisins |



INSTRUCTIONS

1. Preheat oven to 400 degrees. Grease or line baking sheet with parchment paper.
2. Whisk the buttermilk and egg together. Set aside. Whisk flour, granulated sugar, baking soda & salt together in bowl. Cut in the butter using a pastry cutter or fork until butter is pea-sized crumbs. Stir in raisins. Pour in buttermilk/egg mixture. Gently fold the dough together until dough is too stiff to stir. Pour crumbly dough onto floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all flour is moistened.
3. Transfer the dough to the prepared pan. Using a Sharp knife, score an X into the top. Bake bread about 45 minutes until golden brown. Place a piece of foil on top halfway through baking time.
4. Remove from oven and let cool for 10 minutes, then transfer to wire rack. Serve warm.



Old Bay Tilapia with Broccoli

INGREDIENTS

- 1 T salted butter
- 6 frozen tilapia fillets, thawed
- 1 T seafood seasoning (such as old bay)
- 1/2 T garlic salt
- 2 T lemon juice
- 1 (10 oz) package frozen broccoli



DIRECTIONS

1. Preheat oven to 375 degrees. Grease shallow baking dish.
2. Place tilapia fillets in the baking dish. Cut butter into 6 pieces and place 1 on top of each fillet. Season fillets with seafood seasoning & garlic salt & spoon a little lemon juice over each one. Arrange broccoli around the filets.
3. Bake in preheated oven until fish is flaky & white all the way though & broccoli is blanched but still a little crunchy, about 20-25 minutes.



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March

BIRTHDAYS

Joyce Roach	03/01	Sharon Taylor	03/10	Shirley Dworak	03/21
Patricia Gill	03/01	Anne Fuller	03/11	Barry Wojtak	03/22
Peggy Flynn	03/01	Pat Jones	03/11	Rob Higgins	03/22
Richard Cairo	03/01	Deborah Esparza	03/12	Denise Jacob	03/23
Sandra Aker	03/01	Martha Morales	03/12	Susan Robbins	03/23
Jerome Bulanda	03/02	Willi Sterba	03/14	Judith Gross	03/24
John Carey	03/02	Jose Chacon	03/15	Lee Arneson	03/24
Linda Cline	03/02	Maria Siwachok	03/15	Lenore Bauer	03/24
Robert Lasch	03/02	Ruth Larsen	03/15	Patricia Dolan	03/24
Anita Masi	03/03	Scott Sparkman	03/15	Catherine Higgins	03/25
Denise Villalobos	03/03	Amber Settersten	03/16	Kathleen Becker	03/25
Rita Komarec	03/03	Barbara Beaulieu	03/16	Vicki Kuczenski	03/25
J. Sanford Kennedy	03/04	Grace Johnson	03/16	Betty Cornell	03/26
Laura Wieske	03/04	James Fredericksen	03/16	Linda Wikel	03/27
Patricia Baltus	03/04	Luella Vines	03/16	Robert Sertich	03/27
Barbara Leffelman	03/05	Nancy Dyke	03/16	Toni Marshman	03/27
Claudia Schiller	03/05	Roy Mukka	03/16	Mary Bishop	03/28
Kathryn Baietto	03/05	Erwin Friesen	03/17	Michael Cannestra	03/28
LaVerne Kreuser	03/05	Harry Stoebe	03/17	Pat Sacco	03/29
Bruce Bosman	03/06	Judith Matrise	03/17	Lillian Weiss	03/29
Marge Jeschke	03/06	Martin Moskopf	03/17	Rita Jansen	03/29
Shari Johaneck	03/06	Coleen Heckel	03/18	Russell Davis	03/29
Barbara Henkel	03/07	Sharon Lind	03/18	Taylor Austin	03/29
Cyndi Kavis	03/07	Audrey Hartman	03/19	Bill Clark	03/30
Judith Higgins	03/07	Jacky Grace	03/19	Carol Zaruk	03/30
Mary Beltoya	03/08	Jim Vanosdol	03/19	Claire Calligure	03/30
Carla Scofield	03/09	John Otahal	03/19	Pat Tomsheck	03/30
Carol Bradbury	03/10	Kim Romanowski	03/19	Janice Norris	03/31
Connie DuChene	03/10	Deborah Larsen	03/20	Linda Nelson	03/31
Elisabeth Gulatz	03/10	Laura Pennell	03/20	Nilsa Medina	03/31
Harold Dusek	03/10	Brenda Vite	03/21	Renee Cison	03/31
Sharon Taylor	03/10	Joan Wansart	03/21	Sally Smith	03/31
				Sandra Haggarty	03/31
				Steven Lind	03/31

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.

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



SUDOKU

The answer to this puzzle is on page 23



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Kenosha Senior Center

2022 Special Events and Trips

- 
- | | | |
|---------------------------|---|---|
| Thurs. March 24, 2022 | - | Fireside Theatre: <i>Sound of Music</i> |
| April 13, 2022 | - | Marriott Theatre: <i>The King and I</i> |
| Thurs. May 19, 2022 | - | Fireside Theatre: <i>A Mighty Fortress is our Basement</i> |
| Wed. June 15, 2022 | - | <i>Kenosha Kingfish Ballgame</i> |
| Thurs. June 16, 2022 | - | Fireside Theatre: <i>What Happens in Vegas</i> |
| Wed. July 6, 2022 | - | Miller Park: <i>Brewers Game vs Cubs</i> |
| Summer 2022 (tentative) | - | Navy Pier/Odyssey Boat |
| Thurs. August 11, 2022 | - | Kenosha Senior Center: <i>Annual Picnic</i> |
| Summer 2022 (tentative) | - | State Fair Park: <i>Wisconsin State Fair</i> |
| Fri. August 19, 2022 | - | Wrigley Field: <i>Cubs Game vs Brewers</i> |
| Thurs. September 29, 2022 | - | Fireside Theatre: <i>Grease</i> |
| October 2022 (tentative) | - | St. Charles, Illinois: <i>Scarecrowfest</i> |
| Sat. November 12, 2022 | - | Kenosha Senior Center: <i>Holiday Craft Fair</i> |
| Thurs. December 1, 2022 | - | Woodfield Mall: <i>Holiday Shopping Trip</i> |
| Fri. December 2, 2022 | - | Kenosha Senior Center: <i>Deck the Halls Party and Cookies , Cocoa and Carols Party</i> |
| Fri. Dec. 9, 2022 | - | <i>Kenosha Senior Center Christmas Party at Cortese's</i> |
| Thurs. Dec. 15, 2022 | - | Fireside Theatre: <i>White Christmas</i> |

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!



Kenosha Senior Center
GROUP FITNESS CLASSES
 Get Active
 Stay Healthy!



Call the Senior Center a 262-359-6260 with Questions

Total Body Conditioning *with Denise*

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

This strength training class incorporates body weight resistance along with hand weights and resistance bands to achieve a total body workout. Exercises are designed to increase muscular strength & endurance with flexibility balance & core work for the perfect workout.

Chair Yoga *with Denise*

Monday at 1pm
Fee: \$1.00 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 Kat and Jessica*

Monday, Wednesday and Friday at 9am
Fee: \$1.00 per class

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 Jacky*

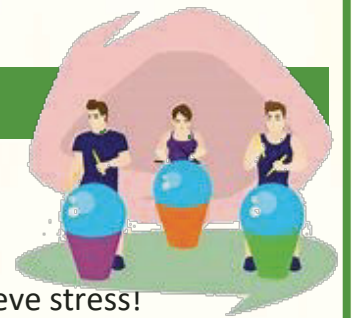
Tuesday at 9:45am
Fee: \$3.00 per class

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 Workshop *with Denise*

Friday, March 25, 2022 at 10:30am
FREE One Day Workshop
Registration Required: Call 262-359-6260 to sign up

One Day Workshop—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. Space is Limited. Sign Up Early!



Weekly Cardio Drumming Classes will begin in April.
Look for registration information in the April Newsletter

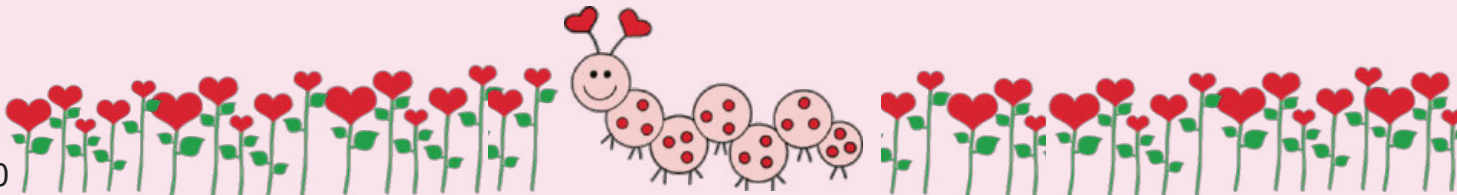
The February Birthday List is a reprint due to errors in the February Newsletter. We apologize to all our February Birthday members that either were not listed or had the wrong date entered by their name



February BIRTHDAY!



Darlene Safransky	02/01	Norma Murphy	02/12	Jeanne Becker	02/20
Jean Anever Moran	02/01	Kathy Hayden	02/13	Donna Strassburg	02/20
Jacquelyn Grooms	02/01	Nancy Honert	02/13	Oskar Strobel	02/20
Debra Gitzlaff	02/02	Ellen Albrecht	02/13	June Salb	02/21
Michael (Mike) Sacco	02/02	Kathleen Durden	02/13	Mary Jane Weiss	02/21
Robert Brunker	02/03	Rae Ann Ostenberg	02/13	Karen Falkenstern	02/21
Theresa DiCello	02/03	Roger Dibbles	02/14	Kathleen Wilson	02/22
Helen Rodrig	02/03	Floyd Sjuggerud	02/14	Linda Zanot	02/22
Lori Higgins	02/03	Arnold Zillmer	02/14	Fernando Zamora	02/22
Jim Grant	02/04	Julie Nicolazzi	02/14	Jim LaLonde	02/22
Eloda Birch	02/05	Mary Frances Chachula	02/15	Ron Karaway	02/24
Violet Pontillo	02/05	John Kavalauskas	02/15	Sheila Shema	02/24
Judy Wade	02/05	Marie Steenhagen	02/15	Jean Schultz	02/24
Sara Jane Khoury	02/06	Frances Maxwell	02/16	Mary Beth Drechsler	02/25
Pat Gotelaere	02/06	Keith Lehrke	02/16	Terri Henkes	02/25
Lynn Kortright	02/07	Robert Bastian	02/17	Kay Montalbano	02/25
Sandie Horton	02/08	Darlene Korpela	02/17	Delores O'Hanlon	02/25
Krista Lichtenheld	02/08	Florence Kowalczyk	02/17	Judith Reynolds	02/26
Ruth Zuber	02/08	Mark Matye	02/17	Thomas Richards	02/27
Nancy Stoebe	02/08	Margaret Bragado	02/18	Christine White	02/27
Richard Arcia	02/08	Audrey Paul	02/18	Gary Kovacs	02/27
Julia Mengel	02/08	Thomas Schmidt	02/19	Terry Andrews	02/27
Dan Brandes	02/09	Douglas Kancian	02/19	Clinton Beth	02/27
Vi Pataky	02/10	Truman Andrews	02/19	Slava Buchkovich	02/28
Virginia Rustia	02/11	Wendy Bastian	02/20		



Kenosha Senior Center Memberships

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

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2021-2022 Memberships Run From
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Questions? Call 262-359-6260

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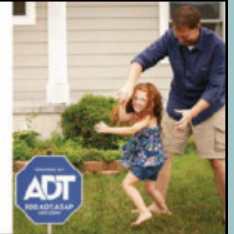


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WORDS OF WISDOM

- ⇒ Do what is right, not what is easy nor what is popular. (Roy Bennett)
- ⇒ There is no elevator to success. You have to take the stairs.
- ⇒ If you want something you never had, you have to do something you've never done.
- ⇒ Do you want to be happy? Let go of what's gone, be grateful for what remains and look forward to what is coming.



Kenosha Senior Center Orientation Wednesday, April 27, 2022 at 9:00am

Learn more about the Senior Center

- Take a tour
- Learn how to use the Kiosk to sign in
- Find out where to park and where not to park
- Find out how day trips work:
What are the 2022 trips? When are they sold?
How much do they cost? How to sign up.
- Where to sign up for special events
- Understand the calendar and listings
- Get all your questions answered!

**Call the Senior Center at 262-359-6260
to sign up today**

Class Updates

- No Exercise Class on Friday, March 4th
- No Total Body Conditioning on Thursday, March 17th

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Monthly Jokes



What's Irish and comes out during March? **Paddy O'Furniture.**



What do trumpet players in a spring parade do? **March.**



What goes up when March rain comes down? **An umbrella.**



What do you call a fake diamond in Ireland? **A sham-rock.**



What did the Irish potato say to his sweetheart? **I only have eyes for you.**



Which crime fighter likes March the most? **Robin.**



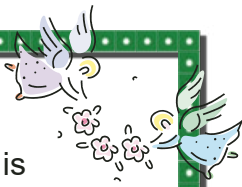
Why is March the most popular month to use a trampoline? **It's spring-time.**

In Memoriam

Our deepest sympathy is extended to the family & friends of

Robert Belhumeur, Carole Wrath,
Wilsco VanDenBergh, Frances Saldana &
Osanna Kalvonjian

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



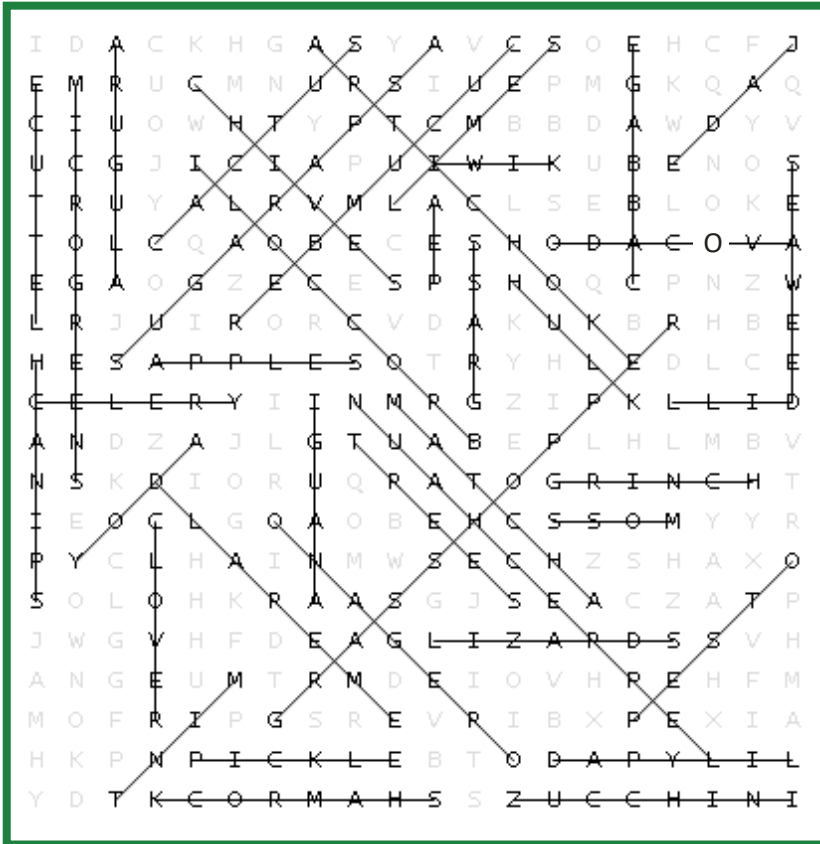
Kenosha Senior Center Newsletter:
March 2022 Published Irregularly

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



Member Wisconsin Association
of Senior Centers

Answer to the Word Search from page 12



Answer to Sudoku Puzzle #1 on page 13

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

Answer to Sudoku Puzzle #2 on page 17

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

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