# SPRING BSC News

## BURLINGTON SENIOR CENTER NEWSLETTER

### SPRING 2017 ISSUE

## BSC OFFICERS

President: John Brensinger
Vice President: Suzanne Boutcher
Treasurer: Connie Wilson
Secretary: Gale Palmer
BSC Manager: Pat Kendall
Historian: Gladys Bublitz
BSC NEWS editor: John Brensinger
BSC website: DJ Brensinger

## WHAT IS THE BSC NEWS ?

This is a one hundred percent opt-in newsletter. You or someone using your name signed up to receive this newsletter. The BSC NEWS is supported by advertisers and your generous donations. We publish one issue per season and welcome all opinions, critiques, and topical articles.

## WHERE IS BSC?

BSC IS THE BURLINGTON SENIOR CENTER. It is located at 201 N Main St in the back half of the old Racine County building next to the Fox River. Call Pat at 262-767-9880 for additional information about BSC


**★ PLACE AN AD ★**

**Placing an ad or insert for you, your group or your business in the BSC NEWS is easy. Or if you have any news, contact John Brensinger at 262-763-2854 or leftyjacks@yahoo.com**

## NINETY NINTH BIRTHDAY

Once in a lifetime.
It was my 99th Birthday celebrated at BSC.
Friends came from behind Burlington: Waterford, Kansasville & Edgerton.
We enjoyed a lovely Birthday cake from Gooseberries served with a hot cup of coffee by Ann & Elna.
What a Treat! Thank You seniors for all the beautiful cards and well wishes. Enough to last a lifetime.
Thank you for all the beautiful memories.
~Loretta Brierly.

*Editors note: At 99 years young Loretta remains one of the best Pinochle players I know.*

## 50+ SENIOR CO-ED SOFTBALL

**2017 Season begins Wednesday, May 24th**

**COST:** $15.00/player per season or $2.00/night

**Wednesday Nights 6:00pm-8:00pm**

**Congress Street Field in Burlington**

(down the hill from Adrian's custard off Hwy 36)

- Batting Practice: 5:30pm – 6:00pm
- NO SET TEAMS – each week we choose new teams
- Senior sports rules apply
- Season Runs...May 24th thru September (weather permitting)
- Not sure if this is right for you?? Come the first week for free!

Bring a Snack to pass and your own drink; we socialize with players and fans after the game at the field pavilion.

FANS: While we understand NOT everyone is able to actively participate in this sport; we really appreciate fan support and hope that our fans come out to the games and socialize with the players and join us after the game!

**Contact:** Kathy Baumeister 262-763-3441 or Katie Mawhinney 262-939-3181

**50+ SPORTS CO-ED SOFTBALL BEGINS MAY 2017**

## BUNCO

Bunco is a fun dice game played at the Burlington Senior Center. Seniors share good times, treats and coffee. Bunco play begins at 1PM on the second Friday of each month. Come early to chat with friends. Or come even earlier to enjoy lunch at BSC. Whatever your plans are, BUNCO at BSC is fun sociable game. All community members are invited to play. Call Elna Mahoney @ 763-7658 for more information on BUNCO.

## COME TO THE JAM SESSIONS

at the Burlington Senior Center. Every 3rd Wednesday of the month. April 19th, May 17th, June 21st, & July 19th. LIVE OLDE TYME MUSIC PARTY TIME !! SING ALONG !! DANCE !! LISTEN !! ENJOY!! Bring all your friends.

## FREE BINGO

FREE Parking, Free Admission, Free Bingo cards, Free Coffee, Free Snacks and Win prizes. Come to BSC 201 N Main St. Bingo will now be played on the second Thursday of each month at 10 AM.Call Pat 262-767-9880.

Chocolate City Card Club

CCCC meets every Tuesday afternoon from 12:30 to 4 PMish to play cards. The card players invite anyone interested in playing cards to come to our open sessions every Tuesday afternoon. There is no age limit. Bring your friends. Bring your relatives. If you don't play Euchre, Hand & Foot, Pinochle or Sheepshead/Schafkopf, no problem, we will teach you how to play. At many of the Tuesday afternoon sessions, treats, brownies or cookies are brought in and served by CCCC members. Our special angel Elna Mahoney brews fresh coffee for the card players.

## OUR HARMONY CLUB VOLUNTEERS NEEDED

Harmony Club, a unique social program that provides time off for caregivers and socialization for the care recipient is looking for volunteers to help the clients with activities, lunch and snacks. Harmony Club is held at the Burlington Senior Center 9:30 AM to 3:30 PM, 1st, 2nd, 3rd & 4th Wednesdays of each month.
If you can volunteer,
call Dawn at 262-880-5301.

## SENIOR APPRECIATION DAY

Join us on Thursday June 8, 2017 for the Wanderlust Tour's mini-travel show featuring the 2018 Mayflower Value Tour – Historic Natchez. Afterwards help us celebrate National Senior Citizen's Day with free cake and coffee at which time the Burlington Senior Center 2016 Senior Citizen of the Year will be announced. Meet us 1:00 p.m. at the Burlington Senior Center. Free and open to the public

## GUARDIAN ANGEL AT BSC

Do You believe in Angels? I know I do!!! They are all around us. Angels come out to help when you least expect it. There is a Guardian Angel at the Burlington Senior Center. This Angel is making it possible for someone who can not afford it to go on one of our bus trips. It is the total package. The recipient of the Angel's (Anonymous

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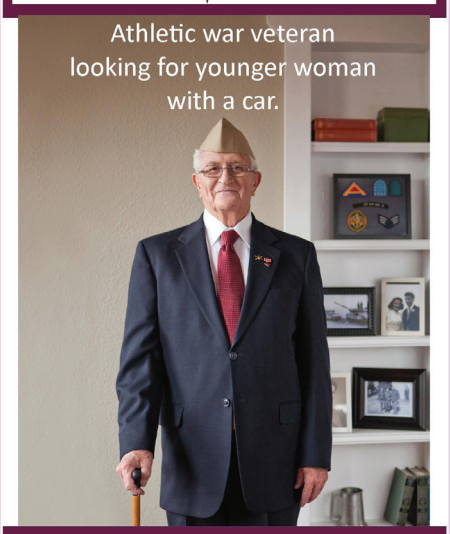


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benefactor) generosity will have their trip paid for including lunch. What a wonderful experience to be able to go and what a wonderful Angel to allow it to happen. According to " Our Angel" it will happen again. Amen !! ~ Pat Kendell

**** Editor's Note: If you are inspired by this story and would like to be a BSC secret Angel, call Pat at 262-767-9880.*

## BSC NEWS SUBSCRIPTIONS

If you are interested in supporting the BSC NEWS, please use the FRIENDS OF THE BURLINGTON SENIOR CENTER form to send us a voluntary donation. If you no longer wish to receive the BSC NEWS or if you know of someone that would like to receive the BSC NEWS, please let us know.
Call 262-767-9880 or send a note to the Burlington Senior Center, 201 N Main St Burlington WI 53105

## BSC NEWS SUBMISSIONS

This fine newsletter will always accept and consider for publication any submissions received by the editor. Send your articles, stories, jokes, suggestions or letters to the editor to EDITOR BSC NEWS, Burlington Senior Center, 201 N Main St, Burlington, WI 53105.

## YOU'VE WON A PRIZE

I was sitting in my upstairs office, deep in thought on the subject of coronary artery disease (because these are the scintillating subjects I spend my days writing about), when I heard a commotion at the foot of the stairs. Mom was calling me, "Quick! Pick up the phone! You've won some kind of prize!"

As I ground my mental gears, shifting from pathophysiology to the concept of winning a prize, my hand gravitated toward the telephone. I picked up the extension. I heard Mom's voice, chatting with a foreign-sounding man.

"Liz, are you there?" Mom said when she heard me click into the conversation. "We've won a free stay at a resort!"

I knew at once this had to be a scam.

"Who is this?" I growled at the man on the other end of the line.

"Ma'am?" he said, puzzled. He probably thought he had found his mark in the excited senior lady who'd answered, but now he was going to have to reckon with someone else.

"I said, 'Who is this?'" I repeated in an icy tone.

"Who is THIS?" the man spat back at me. "I was talking to someone else. Get off the line."

His aggressiveness took me by surprise. I've dealt with plenty of shady telemarketers in my time, but this took the cake.
"Mom," I said into the receiver, "hang up the phone."

A cacophony ensued. Mom was trying to explain to me about the "prize" we'd "won," the scammer was shouting at me to get off the phone, and I was admonishing Mom to hang up. Immediately. Thankfully, she did.

Afterwards, I explained to her that she was on the verge of being victimized by a scammer. She wore a puzzled expression. "When I answered the phone, a woman's voice said we had won a free stay at a five-star hotel, and I should stay on the line for details. I thought it had something to do with all your business travel," she said, "and then the man came on and was going to give me instructions on how to redeem the prize. He said I needed to get my credit card, and that's when I thought I should call you."
Thank heavens!

Telephone scammers have become increasingly more aggressive, according to the IRS, and scammers also take advantage of seniors online as well. They send fraudulent emails that appear to originate from a friend or family member, and they disguise URLs to look like they're legitimate. Some online criminals even put up entire websites that look like a perfect mirror image of a reputable site, such as your bank or a major corporation, and then induce you to provide confidential information the scammer can use to steal your identity. Many seniors understand how to take precautions against getting scammed or phished, but others may be vulnerable to these types of ruses. by Elizabeth Shean found in Caring Connections newsletter by Home instead senior care.

*Editors Note: I do not answer any phone call I receive if I don't recognize the phone number.*

## BSC BOARD MEETINGS

The Burlington Senior Center Board of Directors meet the 2nd Tuesday of each month. Informal talks begin at 8:30 a.m. and the formal board meeting starts at 8:45. Call 262-767-9880, if you plan to attend as an observer.

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## BURLINGTON SENIOR CENTER DAY TRIPS AND TOURS

Day trips include meals, taxes and gratuities. Burlington and Racine-area pickups. Call Kris Jekel at 262-895-9001, email at krisjekel@hotmail.com or go to www.wanderlusttoursllc.com for all trip details. FLYERS ARE AVAILABLE FOR ALL TRIPS AND TOURS

May 4, 2017 - "MY FAIR LADY" at the Lyric Opera House in Chicago. Shopping and lunch on own at Water Tower Place and Michigan Avenue. $129.00

May 11-21, 2017 – THE LEGENDARY BLUE DANUBE RIVER CRUISE" with FREE AIRFARE, $100.00 SAVINGS, FREE EXCURSION TO THE MELK ABBEY. Arrive in Budapest, Hungary and cruise the beautiful Danube River including all meals on board, entertainment and many included shore excursions. 2 nights in Prague after the cruise. Starting at $3799.00 – This truly is the best river cruise value around!

June 4, 2017 – "BEAUTIFUL" The Carole King Musical at the Fox Cities Performing Arts Center in Appleton. Before the performance enjoy a fabulous Sunday brunch at the Machine Shed. $169.00

June 8, 2017 – Wanderlust Tour's mini-travel show featuring the 2018 Mayflower Value Tour – Historic Natchez and celebration for National Senior Citizen's Day with cake and coffee. 1:00 p.m. at the Burlington Senior Center. Free and open to the public.

July 18, 2017 – "A CROCK OF SCHNITZEL" comedy at Memories Ballroom in Port Washington. Upon arrival, enjoy some Genuine German culinary decadence with warm rolls, pork wiener schnitzel, herbed spaetzel, steamed vegetables, apple kuchen and Memories Famous Fluff. $89.00

August 14-18, 2017 – THE ARK ENCOUNTER & CREATION MUSEUM." A four night fully escorted motor coach trip to Cincinnati, Ohio to experience the life-size Noah's Ark built according to the dimensions given in the Bible; The Creation Museum – 75,000 feet of state-of-the-art -art exhibits, high-tech Planetarium, full size Allosaurus skeleton and botanical gardens. Also included is the world-famous Cincinnati Zoo & botanical gardens and the Newport Aquarium. All this at your own pace – lots of places to sit down and take your time at each of these encounters. This truly is a trip for all ages – bring kids, grandkids, parents, grandparents – 4 dinners and 4 breakfasts included along with the motor coach, hotel, entrance fees, taxes and tips for the unbelievable price of $599.00 person.

September 28-October 5, 2017 – "AUTUMN FOLIAGE IN NEW ENGLAND AND CAPE COD." Home pickup, nonstop flights from O'Hare to Boston, all transfers, 12 meals. Tour Boston, Plymouth Rock, Cape Cod, Martha's Vineyard, Newport, Rhode Island, Breakers mansion, Backroads of Vermont. A Mount Washington Cog Railway trip to the top of New England's highest mountain, a cruise on Lake Winnipesaukee and a visit to Kennebunkport and so much more included. Price includes home pick-up, air from O'Hare, all transfers, cancellation insurance, and at least $175.00 in savings. $2809.00

October 26, 2017 – "WEDDING ITALIANO" day trip to the Palace Theatre in the Wisconsin Dells. An interactive luncheon/show from the producers of Tony & Tina's Wedding. It's a wedding! It's a dinner! It's a show! It's a surprise ending. $109.00

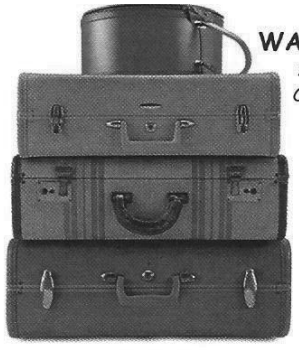
November 1, 2017 – Wanderlust Tours 7th Annual Travel Show at Veterans Terrace in Burlington starting at 12:30 p.m.

November 12-18, 2017 – "BRANSON HOLIDAY SHOW EXTRAVAGANZA." A 7 day motor coach trip to Branson with 4 consecutive nights in the Branson area. 6 breakfasts and 4 dinners including a dinner cruise on the Showboat Branson Belle on Table Rock Lake. Shows include "Puttin' on the Ritz, Brett Family Show, Dublin's Irish Tenors with The Celtic Ladies, Liverpool Legends Show, Million Dollar Quartet and 70's Musical Celebration," Only $709.00

December 3, 2017 – "42ND STREET." Our 7th year going to the Drury Lane Theatre for their fabulous ballroom full of brunch items including champagne, and the production of 42nd Street. Don't miss this annual Christmas treat. $149.00

## SENIOR MOVIE PRICES

The Plaza Theater in Burlington offers seniors (age 62+) tickets for $3.50 every Friday on any movie starting prior to 6pm. Senior admission all other days and times is $6, with the exception of special premier showings.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## BSC NEWS INSERTS

If you or your business would like to place an insert the BSC NEWS, contact John Brensinger @ 262-763-2854. We can discuss having your organization produce an insert for future issues of BSC NEWS.

## YARN

Annette Berndt and friends collect your donated yarn to craft beautiful prayer shawls and blankets. Bring your donations of yarn to BSC.

## NIFTY FIFTY BOWLING

Join us @ 1PM at the Town & Country Lanes in Burlington for the Fall-Winter league. Your BSC NEWS editor and some of the Chocolate City Card Club members bowl in this fun league. Call Ruth Richmond 262-210-7488.

## CARING & SHARING GRIEF SUPPORT GROUP

Our grief support group is open to anyone who would like to come and talk with others who are also experiencing loss. We will be meeting on the last Tuesday of the month., April 25th, at 6:30 pm at Cross Lutheran Church, 126 Chapel Terrace Burlington, WI 53105.

## OUR HARMONY CLUB

We are growing and we need your help! Our Harmony Club, Inc. is a 501(c)3 nonprofit volunteer based organization providing social day programs for individuals with age related challenges ranging from social isolation to Alzheimer's and Parkinson's disease. Our Harmony Club offers 6 hours of affordable respite care for caregivers while their loved ones spend a day playing games, doing crafts, singing and so much more with our volunteers.

We will now be meeting the first 4 Wednesdays of every month from 9:30 am to 3:30 pm. We need volunteers who are looking for opportunities to volunteer your time! Volunteering is easy and fun!

Additionally, Our Harmony Club, Inc. is expanding and is accepting new clients! If you are a caregiver or know someone who is caring for a loved one, please contact us! Call Dawn at (262) 880-5301 or visit us at www.ourharmonyclub.org for more information!

## ACTIVITY CENTER

BSC has been morphing into a community activity center. Activities at BSC are open to all ages. 50+ sports includes Softball, Volley Ball, Pickle Ball and affiliation with Nifty Fifty Bowling. Mondays, Tuesday, Wednesday and Friday will find participants playing card games, Bunco or Dominoes. Check the schedule on the back of the BSC NEWS for times. BSC is open to anyone who is looking to start a new activity or looking for a place to bring friends to play. Call BSC at 262-767-9880 to join us at our people friendly Activity center.

## ADRC CONNECTIONS

Spring is the season of renewal - Check out our quarterly newsletter ADRC Connections for timely information about programs, benefits, help for caregivers and much more. You can find it at: https://www.adrc.racinecounty.com/site/464/adrc_connections_newsletter.aspx

## I HATE T-SHIRT TAGS

T-Shirt tags are annoying. T-Shirts tags are itchy. T-Shirts tags are scratchy. Does anyone else besides me cut off your t-Shirt tags/labels? Send your editor a note at BSC NEWS.

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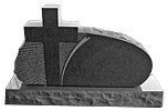

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## FRIENDS OF THE BURLINGTON SENIOR CENTER

The Burlington Senior Center is a non-profit 501 © 3 organization. That does not receive any funding for state or federal agencies. We have a very small operating budget and exist because of the generous hearts of volunteers and contributors who continue to give generously of time, talents and personal resources.

Please accept my donation of $ _____.
I would like my gift to be used for:

- ❑ Offset the cost to mail my free subscription to the BSC NEWS.
- ❑ General supplies for seniors that use the BSC facilities.
- ❑ Normal day to day cost of providing BSC services.
- ❑ Support for the Jam session.
- ❑ Memorial or donation to honor a lost family member or friend.

Name _____

Address_____

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Mail your gift to:
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201 N Main St.
Burlington WI 53105
THANK YOU

The Burlington Senior Center receives yearly grants from the City of Burlington, the Town of Burlington and the United Way.

## BURLINGTON SENIOR CENTER WISH LIST

Burlington Senior Center serves as a senior activity center. BSC provides the following services for Western Racine, Western Kenosha and Eastern Walworth County seniors: Bridge, Bunco, Bowling, Bus trips, Bingo, Crafts, Dominoes, Educational seminars, Euchre, Hand & Foot, Foot Care, Lunch, Meals on Wheels, Jam Session, Our Harmony Club, Parties,Pinochle, Sheepshead, Softball, Senior Sports, Volley Ball and more.

Musicians to play at the Jam Sessions.
Any age volunteers to start new activities for seniors.
Volunteer Handy Person.
48 inch round or Octagon Oak Table.
Lysol all purpose cleaner.
Dish Soap.
Facial Tissue.
Hand Sanitizer.
Kitchen Supplies: 6"plates, utensils and napkins.
Cleaning Supplies
Ground decaf coffee and filters.
30 gallon trash bags.
Lots of TOILET PAPER
Toilet Bowl Cleaner.
Standard copy paper.
Forever stamps. (Always)
Richter Marketplace Receipts.
Walmart gift cards.
Cash donations.
Pennies or other coins for the Big YELLOW Pig.

HALL RENTAL: Contact Pat at 262-767-9880
To donate items, contact the Burlington Senior 201 N Main St Burlington WI 53105 or call 262-767-9880

## BURLINGTON TRANSPORTATION

The following companies are known to the BSC NEWS editor to provide transportation around the area. SPARC 262-412-8641, K-TOWN 262-764-0377 & TIETEL'S TRANSPORT 262-206-7043.

## MEALS ON WHEELS DRIVERS NEEDED

Meals on Wheels offers lunch Monday through Friday at the Burlington Senior Center. BSC is looking for a few good drivers to help keep the meal program rolling. Call 1-262-833-8766 if you are interested in volunteering as a driver. Drivers are needed for one day a month or if you like take on one day a week.

## BURLINGTON SENIOR CENTER FOR RENT ?

The Burlington Senior Center is available for rent for your group meeting, special function or celebration. BSC has considerable space, a kitchen and counter space for your event. For an open day time, evening or weekend, call our Burlington Senior Center Manager Pat Kendall at 262-767-9880.

## SHEEPSHEAD

Sheephead is a trick-taking card game related to the Skat family of games. It is the Americanized version of a card game that originated in Central Europe in the late 18th century under the German name Schafkopf. Come to the Burlington Senior Center and play Sheepshead every Monday Wednesday and Friday mornings from 9-11AM.

## MAKE A DIFFERENCE

The Burlington Senior Center is always on the lookout for people that want to be involved in a BSC activity or start their own activity. If you know of anyone doing great things for seniors, help us to contact them. Help us to recognize them. Whether they may become involved in BSC activities or become a feature article for the BSC NEWS, please let us know. Call Pat at 262-767-9880.


**The question is not at what age you want to retire,... but rather, at what income?**

**Let's sit down and talk about your options.**

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## BSC PRESIDENT LETTER

Spring is in the air! The Winter Bowling league has ended. 50+ Sports Volley Ball will soon be over. Softball starts the third Wednesday in May.

The BSC Rummage sale in March was better than the year before. We had great vendors, great Sloppy Joes lunch and great volunteers.

All of our BSC In-House events continue strong. Adult coloring is back and looking for more participants.

Sometimes Dean's puzzle table has 2 puzzles being worked on at the same time.

Perky Pat's bus trips are back. The first event is a sold out trip to the Fireside Theater in Fort Atkinson.

Our Harmony Club has successfully expanded to every 1st, 2nd, 3rd, & 4th Wednesday respite group.

Our BSC Board Vice President Judy Bratz has moved on to other adventures. We thank Judy for all the time she donated to BSC as a board member, Board Vice President and as a volunteer for many activities including baking which she does so well.

THANK YOU to all who have donated time, money and more to BSC through our youthful activities, Wish List and Friends of the Burlington Senior Center coupon found in each issue of the BSC NEWS.


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The time is upon us now for "baby boomers" to be preparing for, entering or currently enjoying their retirement. As our healthcare and technology have advanced by leaps and bounds in the past two to three decades, this combination has allowed many folks in our society to live well past their 70's and some into their mid 90's. So, the challenge both of these senior generations face is twofold: how to make their hard earned money outlast them and how the heck to make sense of the plethora of insurance offerings in the market today? Senior citizens, younger and older alike within this demographic, need an advocate to help them navigate through the insurance maze. I am an Agent who understands the various products and the terminology well enough to share this knowledge with and advocate for my clients.

~ Suzanne Boutcher


# Assisted Living & Memory Care

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## ADULT COLORING

After a short absence we have started ADULT COLORING at Burlington Senior Center again. It is very relaxing. Please join us on the first and third Tuesdays of the month at 9:30 am. We have the coloring books and pencils. Bring your friends and join us for coloring and socializing.

## POKER PLAYERS WANTED

Don Schlesak would like to start a poker group at BSC. He can be found playing Pinochle at BSC with the Chocolate City Card Club Tuesday afternoons or Bowling with the 50+ Bowlers at Towne & Country lanes Friday afternoons. Don would like to play dealer's choice or Texas Holdem. Call Don at 262-757-0707 if you are interested in starting a Poker group at BSC.

## HAND AND FOOT

The Chocolate City Card Club announces the playing of the card game Hand and Foot on Tuesday afternoon at 1 pm. New players are welcome at BSC, 201 N Main St. Burlington. Hand and Foot is a great card game, a variation on Canasta. The object is to build a seven card set of any one suit (7 Kings, or 7 fives or 7 Jacks, etc.), which is called a Book. A natural set has no wild cards and is called a Red Book. You can use wild cards to make a Black Book. Get the required number of Red and Black Books and get rid of all your cards fist. You win that hand.
Four hands make a game. The person (team) with the most points at the end is the winner. A score sheet tracks the scoring, and acts as reminder of the game structure.

## FOOT CARE 2017

Foot care services are important for people who have physical limitations which make it difficult to take care of their feet. The Kenosha Visiting Nurse Association will be providing expanded foot care services at the Burlington Senior Center. Appointments are being made for the new expanded dates.: May 5th, June 1st & 2nd, July 5th. The foot care fee of $25 is payable at the time of care. Call Pat at 767-9880 to sign up.

## ROUND OR HEXAGON 48 INCH OAK TABLES NEEDED

We would like to replace the old tables we currently have in the Burlington Senior Center with strong sturdy replacements. Jeremiah Brensinger refinished the #1 Pinochle Table and placed the memorial plaque for Janice Brensinger in the table top. Everyone likes the new Pinochle table. We would like to continue this memorial with more tables and memorial plaques. If you have or know of someone who has a sturdy Oak 48" round or hexagonal 48 inch table, please call me (John) at 262-763-2854.

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## WANTED: JAM SESSION MUSICIANS

The 3rd Wednesday of each month musicians come to the Burlington Senior Center to play music before a crowd of music loving, song singing and dancing seniors. Come and play your instrument from 1-3:30 PM. Call Nancy Quade for more information at 262-534-6138.

## BSC MARCH RUMMAGE SALE

Thank you to all vendors, all guests, all volunteers who helped with set up and break downs, all who purchased a lunch and all buyers. This years event was a greater success than last years.
"What did you do for fun when you were 10 years old? Bring that into your adult life as a way to recapture enthusiasm." Gretchen Rubin

## JUNE BSC BUS TRIP

In June, our thoughts turn to picturesque Cedarburg, WI. A bus will leave BSC and pick up a step-on guide to show us the last remaining covered bridge in Wisconsin. We will then take a tour around town viewing various attractions such as the quilt museum, the pottery shop and the winery. Then we will disembark for sightseeing, lunch and shopping on our own.
The trip is on Thursday June 15th. Our bus will leave BSC at 9:00am and will return around 5:00pm. The cost of the trip is just $25.00. Sign up quick. Seating is very limited. Call Pat at 262-767-9880.

## BRIDGE

Join our friendly group of Bridge players every Monday and Friday mornings from 9-11AM at BSC.

## BURLINGTON SENIOR CENTER JAM SESSION

The Burlington Senior Center 201 N Main St has been hosting the Jam Session for many years.
Volunteer musicians come to play music from 1-3 PM the 3rd Wednes-

day of every month. These cheerful volunteers play a variety of instruments.

Our Harmony Club volunteers and clients attend these lively events. Visitors from the surrounding area coming for dancing and sing-a-longs too.
Inquiries about the Jam Session should contact Nancy Quade 262-534-6138,

Our Harmony Club contact Dawn at 262-880-5301 or for the many activities at the Burlington Senior Center contact Pat K at 262-767-9880. Visit www.burlingtonseniorcenter.com or Burlington Senior Center on Face Book

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Love yourself. It is important to stay positive because beauty comes from the inside out. ~ Jenn Proske

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## SPRING CLEANING TIPS

Spring is the season of renewal. Get caught up in the fever, throw out the junk and re-organize your space! These five spring cleaning tips put safety first.

### CLEAN THE MEDICINE CABINET

Clean out the medicine cabinet and dispose of expired medications or those no longer prescribed. Watch for flyers regarding Racine County's Medication Disposal Day coming in April.
Remember to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is airtight plastic container on a shelf in your closet.

### CLEAN UP CLUTTER

Trips and falls are likely to happen when you accumulate too much "stuff." Reduce the risk by removing unnecessary and obstrucive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. Tape carpet or throw rug edges to the floor or get rid of them entirely. Some moving companies are willing to spend a few hours to help you move those big furniture pieces within your home. Contact the ADRC for a list.

### DON'T FORGET THE KITCHEN

Clear out the refrigerator and pantry of outdated food. Expired food should be tossed and any dates soon to expire can be moved to the front for sooner use. Check kitchen appliances, cooking utensils and pans to make sure they are in good working order.

### HAVE AN EMERGENCY PLAN

Know who to call in an emergency and keep the contact numbers in one location or programmed into your phone. Periodically Check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional. Replace batteries twice a year in home smoke detectors.
For additional information, contact the Racine Ageing and Disability Resource Center at 262-833-8777. A copy of our Home Safety Checklist is also available on our website on the Prevention and Wellness page.

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## BURLINGTON TELECARE

TeleCare is a FREE telephone service paid for by the American Legion, Disabled American Veterans and the Veterans of Foreign War. TeleCare is located at the Burlington Fire Dept. Many people in our community live alone and are not in daily contact with friends or relatives. People have accidents or get sick. Participants of TeleCare are given a confidential phone number and agree to call that number between 9:00 and 10:00 a.m Every morning.
If TeleCare

doesn't receive a call by 10:00 a.m., the operator will attempt to call the member. If there is no answer, the operator will contact a neighbor or next of kin previously agreed upon to investigate and see if the participant needs help. If the participant needs help, TeleCare will notify authorities.

There is no cost and the service is completely confidential. To enroll, call Linda Reed at 262-763-2473 for a brochure and application.

***URGE YOUR LOVED ONES TO JOIN TELECARE TODAY.***

## BSC LIBRARY/LITTLE LIBRARY

The Burlington Senior Center' free library has books for you to pick up and read at no charge to you. BSC is always accepting book donations. BSC members including Ann Berndt take extra copies of our books to several LITTLE FREE LIBRARY sites. Call Pat K 262-767-9880 to arrange a time to drop off your book donations. You may find out more about the LITTLE FREE LIBRARIES by visiting littlefreelibrary.org online. In addition there is a great article with pictures in the August/September issue of Our Wisconson magazine.

## DOMINOES

At BSC we use dominoes with numbers printed on them. For some folks, it is easier to see the numbers, instead of the dots. Elna Mahoney leads an energetic group of players at BSC every 2nd & 4th Wednesday mornings from 9:30 - 11:30. Stay over the lunch hour and enjoy an nutritional and tasty lunch at BSC. For more information, call Elna at 262-763-7658.

## FIRESIDE TRIP SOLD-OUT

The BSC trip to the Fireside on Thursday April 27th is sold out. Maybe we'll have to do a show trip to the Fireside Theater again.

## ARTS & CRAFTS DAY

BSC has Arts & Crafts day, the 1st and 3rd Tuesday of each month 9:30 to 11:30. There will be a coffee break at 10:30. Bring your own knitting, crocheting, scrap booking, stamping or any other craft that you would like to do. For more information call Pat at 262-767-9880.

## SPARE CHANGE WANTED

BSC has a big YELLOW pig on the sign in table. We will take any coins or bills. Dump your pennies, nickels, dimes, quarters, half dollars, silver dollars or crusty old bills into our Big Yellow Pig to help BSC with operational costs.

## MAKE COPIES FOR 5¢

The Burlington Senior Center is open Monday-Friday from 9-11AM. Seniors are invited to come in to BSC to make copies of their documents for only 5 cents per copy. Bring your birth certificates, financial forms, tax information or other documents to BSC. Our friendly staff will assist you in using the BSC copy machine.

## WHO KNEW? SAUERKRAUT MAKES FOR A HEALTHY LIFE

By Dr. Mehmet Oz, MD and Dr. Mike Roizen, MD
On "Beat Bobby Flay," when chef Flay's world-famous tacos were bested by Brian Tsao's Korean beef and kimchi version, the not-so-happy Bobby found out the hard way that fermented cabbage (that's sauerkraut and kimchi) is just what's needed to create a tasty, healthful meal (and an entertaining TV show).
Wanna give sauerkraut a try? Shred about five pounds of cabbage; then sprinkle it with three tablespoons of salt (it preserves the cabbage while fermentation begins).
Place the cabbage in a pot with a weighted lid. After a couple of days, or longer, in a cool environment, the sugar in the cabbage converts into lactic acid.
That prevents the cabbage from rotting and encourages the growth of lactobacilli – the probiotics also found in yogurt. (These bacteria bolster immune strength and help ease intestinal distress, including constipation and irritable bowel syndrome.)

For kimchi, before you start fermenting, add red pepper paste, ginger and garlic to the basic sauerkraut recipe.
If you don't make the sauerkraut or kimchi yourself, just make sure you're getting all their health benefits and flavor when you buy them: Choose only raw and unpasteurized products, surrounded by a lot of liquid in the jar.
It's true that all fermented foods – that's also miso, tempeh and kefir – contain gut-friendly bacteria.
But cabbage (broccoli and Brussels sprouts, too) also has anti-cancer compounds called glucosinolates.
So get sweet on sauer, and add kimchi or sauerkraut to veggie dumplings or toss into a slaw and use them as condiments with stew or soup.

## PLEASE BRING YOUR MARKETPLACE RECEIPTS TO BSC

BSC receives a donation from Richter's Marketplace for all of your receipts. Ask for the new "Funds for Friends" sticker. Drop off or mail your Marketplace receipts to Gladys Bublitz, Burlington Senior Center, 201 N Main St. Burlington WI 53105
Gladys enthusiastically processes

your receipts. Remember to receive credit we must receive and submit your receipts prior to their one year expiration date. Ask your friends to save their receipts for us. Thank you to every who saves their Marketplace receipts for the betterment of BSC and the seniors using our facilities and/or participate in our various programs.
A reminder from Gladys: When mailing your receipts to BSC, please don't over-stuff your business size envelope.

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"The one thing you think you can do better than everyone else - go out and do it. The light shining out of your eyes should blind people. You should be on fire all the time." Garrett Oliver

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## VISIT OUR WEBSITE

WWW.burlingtonseniorcenter.com adds updates and new features regularly.
Thank you DJ BRENSINGER.

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## RECREATIONAL ACTIVITIES

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NEW **ARTS & CRAFTS/ADULT COLORING:**
1st & 3rd Tuesday 9-11AM. Call Pat K 767-9880

**BRIDGE:** 9 AM Monday and Friday

**BUNCO:** Dice game, prizes & Refreshments
2nd Friday @ 1 pm. Call Elna Mahoney 763-7658

**CARDS:** Sheepshead/Schafkopf Monday, Wednesday & Friday 9:11 am. Call Pat K. 767-9880

**CARDS:** Chocolate City Card Club
Tuesday 12:30 Pinochle
Euchre and Sheepshead/Schafkopf 12:30 pm
Hand & Foot 1:00 pm. John Brensinger 763-2854

**DOMINOES:** 2nd & 4th Wednesday 9:30 - 11:30 am
Contact: Elna Mahoney 763-7658

**JAM SESSION:** 3rd Wednesday 1 pm
Contact Nancy Quade 262-534-6138

**LIBRARY:** Borrow our or donate your books

**NIFTY FIFTY BOWLING:** at Town & Country Lanes every Friday @ 1PM. Call Ruth Richmond 262-210-7488

**OUR HARMONY CLUB:** 1st, 2nd, 3rd & 4th Wednesdays 9:00 am - 3:00 pm Contact: Dawn at 262-880-5301

**TRIPS:** Call Pat 262-767-9880 for current trip information

## OUR HARMONY CLUB

9:30 a.m. – 3:30 p.m., 1st, 2nd, 3rd & 4th Wednesdays. A unique social program that provides respite for caregivers and socialization for the care recipient. Activities, lunch, snacks. Information: Contact Dawn at 262-880-5301

## JAM SESSION

1-3:30 PM, 3rd Wednesday of each month. Local musicians come to the Burlington Senior Center to play before a large audience. Attendees request songs, sing along and may dance. Refreshments are served. For more information: Contact Nancy Quade at 262-534-6138


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