

HELLO FROM OUR NEW EXECUTIVE DIRECTOR!

The seasons are changing outside and life inside our center is transforming too. I am sure most of you know that Susan Crane has retired. My name is Patricia McNamee Rosenberg, and I am your new Executive Director. Sue is going to be a tough act to follow. I am so impressed with what she has done at the Burlington Senior Activity Center and only hope I can live up to her example. So, I consulted with her on how to introduce myself and she suggested I tell my story.

I retired after 25 years of working in senior services following the sudden death of my husband from a heart attack in 2014. A year later, while searching for a grief support group, I met a widower from Wisconsin, and we settled on Brown's Lake.

We have been here six years now and are forever grateful for the kindness, generosity, and sense of community we have experienced from the people in Burlington. So, when I heard of this position opening, I jumped at the chance to return to the work that I always loved in my new hometown.

In addition to my work experience, I am a writer, storyteller, and consummate crafter. I have already taught two craft classes and hope to bring a book club and writing experiences to the center. Other activities I have planned for the center include support groups for widows and widowers, Wii Bowling, and parties and events that were on hiatus because of COVID 19. Most of all, I look



Newly elected Board Chair, John Maltby and Executive Director, Patricia McNamee Rosenberg.

forward to getting to know all of you. So, if I have not met you yet, please come by and introduce yourself. I look forward to meeting you.

Patricia Rosenberg
Executive Director

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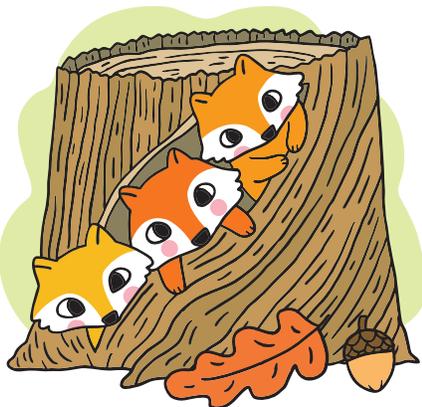
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**QUOTE
OF THE MONTH**

*"Age is an issue of mind over matter.
If you don't mind, it doesn't matter."*

–Mark Twain

*Do you have a favorite quote or poem
you would like to share?*

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FREE BREAKFAST & PRESENTATION

Burlington Senior Activity Center offers WORLD WEDNESDAY - The 2nd Wednesday of every month at 10:00 am. WORLD WEDNESDAY offers you insight to variety of different current topics.

10 am See What Great Topic Is Coming Up Next!

***July Only - Presentation Only on Third Wednesday**

CRIBBAGE

We have had many people ask about playing Cribbage. We listened and have scheduled this starting in July. Bring your Cribbage Board and come and have some fun. First and Third Thursday of the month.



BRIDGE

Join our friendly group of Bridge players every Monday and Friday mornings from 9-11:30 am at BSAC. We are always looking for new players!



YOGA

Try a session of Yoga at the Center and enjoy the many benefits yoga has to offer. Classes every Friday 1:30 - 2:30.

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- Improved respiration, energy & vitality
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SHEEPSHEAD CLUB

Sheepshead 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 Activity Center and play Sheepshead Wednesday mornings starting at 9am and Tuesday afternoons at 12:30. We are looking for players.

NIFTY FIFTY BOWLING

Are you 50+? Looking for a little exercise with friends? Then join the Nifty Fifty Bowling that meets on Fridays at Town and Country Lanes in Burlington. Practice starts at 12:45pm, bowling at 1:00pm. Cost for three games is \$9.00. Looking for new bowlers and subs. For more information call or text Kat at 262-945-6209.



JAM SESSION

Like to sing? Like to dance? Like to play an instrument? Plan to join us for our monthly Jam Session on the third Wednesday of every month. From 1:00pm – 3:00pm there will be live music, singing and dancing. Local musicians will take song requests. Light refreshments are served.

BUNCO

Bunco is a fun dice game played at the Burlington Senior Activity Center. Seniors share good times, treats and coffee. Bunco play begins at 10am on the second Thursday of each month. Come to enjoy lunch at BSAC. Whatever your plans are, BUNCO at BSAC is a fun sociable game.



BINGO

Feel lucky? You might win a prize! Come to the Center for BINGO on the second Tuesday and fourth Thursday of the month. Treats and coffee will be served.



CCCC meets every Tuesday afternoon from 12:30 to 4 PM to play cards. The card players invite anyone interested in playing cards to come. There is no age limit, bring your friends and your relatives. If you don't play Euchre, Hand & Foot, Pinochle or Sheepshead/Schafkopf, no problem, we will teach you how to play. Treats and coffee add to the fun.

GET IN SHAPE WITH US FOR THE HOLIDAYS

Strength and Flexibility Training Monday's 1:30pm - 2:30pm

This beginner's class is designed to gently build strength, flexibility and stamina, although all levels will enjoy and benefit. We will begin with breathing exercises and stretching. Light weights are used for resistance to build muscle and bone density to increase the strength and mobility useful in everyday life. The class concludes with stretching to improve flexibility followed by two minutes of meditation.



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HAND AND FOOT

The Chocolate City Card Club announces the playing of the card game Hand and Foot on Tuesday afternoon at 12:30 pm. New players are welcome. 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! 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.

A QUICK NOTE FROM BARB QUICK

Burlington High School Students volunteer! July 19th: Today we had a fantastic group of high school students visit us. One group took care of the yard work, another organized our library, and another answered our questions about our electronics. Wait, another group made us our lunch, sat, and visited with us, played trivia, and then took care of clean-up. It was such a fun day, hope they come back soon.

World Wednesday, August 18th Guest Speaker: Doug Dammann, Kenosha Public Museum, Civil War Curator -Main topic covered upon Midwest states, including Wisconsin, Illinois, Minnesota, Ohio, Iowa, and Michigan. Population consisted mostly of farmers either born there or immigrated from New York. Foreign immigration was mainly from Germany. He spoke of the underground railroad, which a lot of us are familiar with in this area. He mentioned the large number of volunteers from here that fought in the civil war. Among the hardships of the war were the rations which consisted of hard tack and raw meat. Over 700,000 deaths. Consequently, a large percentage from diarrhea and dysentery. A trip to this museum may be a good idea for a day trip. Think about it and let us know your feelings.

Monthly Cook-out, August 24th The cook-out was the usual cook in, eat in, potluck because of the HOT weather. Can't wait until fall when we can gather around the campfire and roast weenies and marshmallows. Who knows, maybe we'll hear a ghost story or two. Attendance has been good, and food has been great! Thanks to all. Special thanks to Dawn for cooking all the brats...

Highway Men, September 17th Well, after last years cancellation, we finally got to make the trip to the Dells to see the Highway Men tribute band. For those of you who aren't country music fans, the original group was Willie Nelson, Waylon Jennings and Johnny Cash. I'm here to say, it was well worth the wait! These guys were great. Wouldn't mind seeing them again. Thanks Gale and Mary for taking care of us. Good Job.

Softball In case you missed it, there was a big write up in the Racine Journal about Burlington Senior Activity Center's Board Member, Kathy Baumeister's 50+ softball team. I finally got down for a game a few weeks ago and all I can say is if you are able to do it... Those guys were having fun. Didn't matter if you dropped the ball or struck out. This was friends together enjoying



the game. If I could, I would love to be able to enjoy them. They'll be back next year, so think about joining the team or becoming a spectator.

Coffee A lovely young lady from Café' B stopped in with some treats. I was fortunate to be there at the time and get to sample her wares.

On a personal note, it seems as though we're back to questionable existence again. Just when things were moving along so well. Please get vaccinated and wear your mask,

Welcome Patti, our new Executive Director.

Thanks, until next time... Barb



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THE TRUTH ABOUT OCTOBER

Elizabeth Harmatys Park

it isn't only the foliage

put flannel sheets on the bed

feel your bones begin to ache

mornings, sit on a cold toilet seat

happily watch new episodes

of your favorite TV shows

consider giving new ones a try

when you read a book

wrap an afghan around your shoulders

find your slippers and wool socks,

they serve a purpose

be annoyed at all the catalogues

wedged tightly in the mailbox

stockpile apples in the fridge

stop cutting the grass

it's not growing

watch the leaves fall,

then wait to see

how many from your yard

blow over to the neighbor's

see a movie when the sky is grey

attend church a little more often

think about joining the choir

to practice for the Christmas concert

cook a pot roast and bake a pie

and when the furnace first kicks in

expect the heat to smell funny

Elizabeth Park is a member of Authors Echo, a writers group with a long history in Burlington.



WELCOME TO OUR JUKEBOX!

Thanks to the generous donation of friend of BSAC, Diane Hanson, we have a jazzy, rocking and often polka playing Jukebox. Our always helpful board member, John Maltby has nursed the record playing machine back to health with plenty of tenacity and the assistance of master jukebox repairman, Paul Reno. We all look forward to many years of listening, dancing, and reminiscing to this treasured piece of nostalgia.

TAI CHI CLASSES

We are happy to announce that Ron Pfeiffer, Master Tai Chi Instructor with 45 years of experience will be conducting Tai Chi classes at BSAC at 1:00 PM, on the 1st, 2nd, and 4th Wednesday of the month. The benefits of Tai Chi are to improve cognitive function, achieve better balance, increase leg and back strength, and balance the mind.



WELLNESS
From Mike & Susan Lery
(Wisdom Yoga & Fitness)

You can survive for over a month without food...You can survive for 5 days without water... BUT...you can only survive for approximately 4 minutes without oxygen.

The conclusion? (Good) breathing is the most important thing you can do to keep yourself functioning and healthy. Luckily our autonomic nervous system keeps us breathing without our having to think about it. To be the best we can be though, sometimes we need to think about our breathing.

If you do the math, since we breathe an average of 15 times per minute, therefore, 900 times per hour, that means we breathe (approximately) 21,600 times every day. Pretty amazing.

So one thing we can do to improve our overall physical, mental and some say spiritual health, is to focus on improving our breathing as much as we can.

We offer you this. A simple, focused breathing exercise called the "Four, Two, Six Breath." (4-2-6).

Stand or sit in a comfortable position.

Focus on maintaining a straight spine. (In other words... Sit up straight!)

Take a few deep breaths.

Now focus on letting your belly relax and fall forward as you take a good, deep inhalation.

As you begin to exhale, focus on pulling the navel inwards, toward your spine.

After you become comfortable with this process, begin to add in the 4...2...6 (counting) portion of the breath.

- As you inhale you do so to a count of 4.
- Now, hold that breath to a count of 2.
- Now exhale to a full count of 6.

That my friends, is the 4-2-6 breath.

Its purpose is to get you to exhale for a longer duration than you inhale thus creating a more complete exchange of gasses (O² & CO²) within the lungs and that makes for some very good breathing.

This will oxygenate the blood and thus all the organs (including and especially, the brain) of the body, making you feel better and keeping you healthier, we promise!

Give this a try. Start with 5 or ten minutes per session, then hopefully, you can move up to longer periods of time. Start with once per day and strive to do this more times each day as you become comfortable with this practice.

This is the single best thing you can do to protect yourself and ensure better health for yourself.

Good luck and of course, Namaste!



LOOKING FOR VOLUNTEERS

The Burlington Senior Activity Center is always looking for volunteers. If you have a little time to give, we have a place for you. Please share your interests with us and call 262-716-0329.

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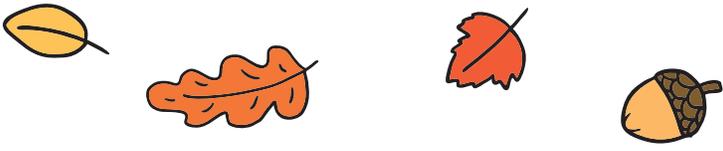
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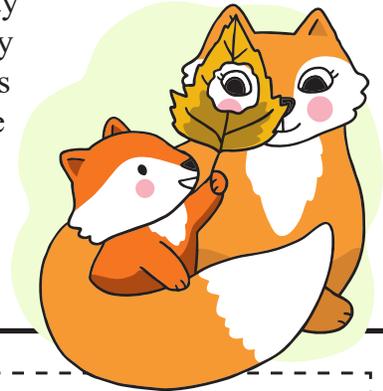
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Our beautiful hall is available for rent in the evenings and weekends. Perfect for weddings, bridal showers, baby showers, birthday parties and family gatherings. Stop by to see where you will want to hold your next special event.



**VOLUNTEER SPOTLIGHT:
JIMMY YANNY**

Jimmy Yanny is solely responsible for most of the pictures hanging in the Burlington Senior Activity Center. He has donated his colorful paintings of flowers and landscapes to adorn our walls. He is pictured here with his painting of a pumpkin with cattails. Jimmy created this piece during BSAC's Painting with Jimmy, which is at 1:00 pm, the second Wednesday of every month. Jimmy provides everything for this free opportunity to create your own masterpiece. So, come on over to the center and paint. Thank you, Jimmy!



PLEASE CONSIDER GIVING A DONATION

The Burlington Senior Activity Center is a non-profit 501 C3 organization. We exist because of generous volunteers who give their time and talents. Thank you for your support. Questions call 262-716-0329.

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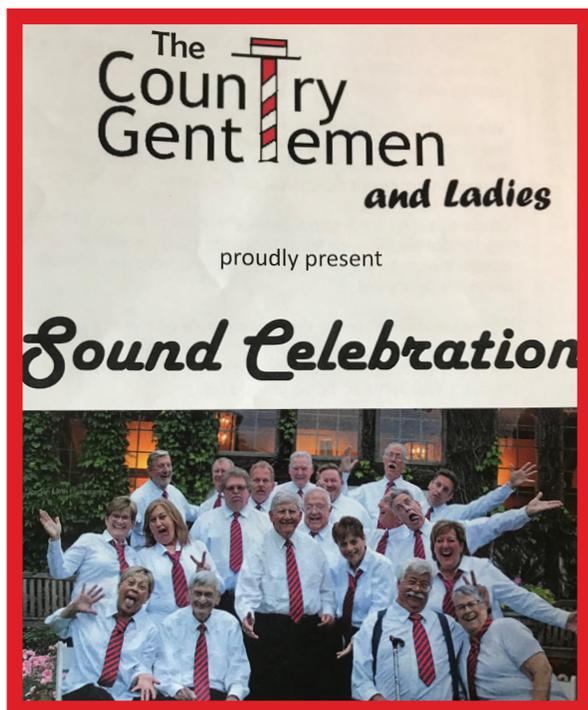
General Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday
9:00-11:30 Bridge and Cards 12:00 Lunch 1:30-2:30 Strength and Flex Training 5:30-6:30 Weight Watchers	9:00-10:00 Weight Watchers 9:00-11:00 Bridge 12:00 Lunch 12:30-4:00 Cards 6:30-9 Authors Echo	10:00 Advisory Board Meeting 10:00 Knitting & Crocheting Group 12:00 Lunch 1:00 Arts and Crafts 1:00-2:00 Tai Chi	9:00-10:00 Foot Care Clinic 10:00-12:00 Bunco 12:00 Lunch 1:00 Cribbage 1:30-2:30 Parkinson's Movement and Music	9:00-11:00 Bridge and Cards 12:00 Lunch 1:30-2:30 Yoga
9:00-11:00 Bridge and Cards 12:00 Lunch 1:30-2:30 Strength and Flex Training 5:30-6:30 Weight Watchers	9:00-10 Weight Watchers 10:30-11:30 Bingo 11:30 Cake Day Blood Pressure check 12:00 Lunch 12:30-4:00 Cards	9:00 Sheepshead 9:00 Wii Bowling 10:00 Knitting & Crocheting Group 12:00 Lunch 1:00-2:00 Tai Chi 1:00 Paint with Jimmy	9:00 Board Meeting 9:30-11:00 Movie 12:00 Lunch 1:30-2:30 Parkinson's Movement and Music	9:00-11:00 Bridge and Cards 12:00 Lunch 1:30-2:30 Yoga
9:00-11:00 Bridge and Cards 12:00 Lunch 1:30-2:30 Strength and Flex Training 5:30-6:30 Weight Watchers	9:00-10:00 Weight Watchers 12:00 Lunch 12:30-4:00 Cards 6:30-9 Authors Echo	9:00 Sheepshead 10:00 World Wednesday Talk 10:00 Knitting & Crocheting Group 12:00 Lunch 1:00-3:00 Jam Session	9:30-11:30 Dominoes 12:00 Lunch 1:00 Cribbage 1:30-2:30 Parkinson's Movement and Music	9:00-11:00 Bridge and Cards 12:00 Lunch 1:30-2:30 Yoga
9:00-11:00 Bridge and Cards 12:00 Lunch 1:30-2:30 Strength and Flex Training 5:30-6:30 Weight Watchers	9:00-10:00 Weight Watchers 12:00 Lunch 12:30-4:00 Cards	9:00 Sheepshead 9:00 Wii Bowling 10:00 Knitting & Crocheting Group 11:30-1:00 Alzheimer's Group 12:00 Lunch 1:00-2:00 Tai Chi	9:30-11:30 Bingo 12:00 Lunch 1:30-2:30 Parkinson's Movement and Music	9:00-11:00 Bridge and Cards 12:00 Lunch 1:30-2:30 Yoga

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Mon. - Sat 6am-9pm & Sun. 6am-7pm

141 N. Pine Street, Burlington, WI 53105

262-763-9800

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