



BSAC NEWS



AUTUMN: A TIME FOR THANKS !!!

We are Grateful ...

We are back again in Autumn when we take a moment to be grateful. When it comes to reasons to be thankful at Burlington Senior Activity Center, our cups are full. The Burlington Senior Activity Center Mission is to provide programs to enhance the lives of mature active adults in our community. We have grown over the years and serve an average of 1200-1500 visitors a month. We have developed our programming to include over 30 different events and activities per month. Our catalyst for growth is our seniors who are requesting and participating in more activities.

Specific contributors to our development are our Executive Board Members, and Special Events Committee.



Thanks to Rotary Rescue Foundation for our new bookshelves.

We couldn't have a more dynamic group of people. Thanks to them all. They have worked hard to make us who we are today. We will be featuring some of their individual efforts throughout this newsletter.

Their efforts are made possible by our coordinator's Kim Olsen and Marge Luedeke who work selflessly to administrate our programs.



Patti Rosenberg, Marge Luedeke, Kim Olsen



Volunteer of the Year, Sandy Schimek receiving her award from Patti at our Appreciation Dinner.

Finally, it is essential that we mention our funding partners who have answered our requests for assistance. These include, but are not limited to the Burlington Rotary Rescue Foundation, the Lion's Club, Burlington Community Fund, Kiwanis Club and The United Way of Racine County and the Equity Innovation Fund. Read on to see what's happening at the Senior Center.

Stay Active!

Patti Rosenberg

Executive Director



Board Member John Maltby and his wife Linda.

**BURLINGTON SENIOR CENTER
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Marge Luedeke

thrivent



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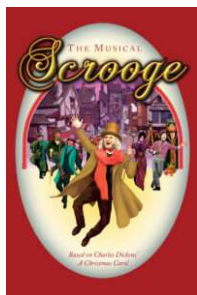
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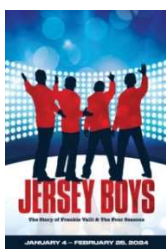
Burlington Senior Activity Center & Friends of Waterford Library Present Dinner and a Show.

Scrooge at The Fireside Theatre



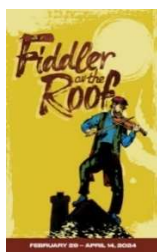
Thursday, November 30th, 2023
"Scrooge" the Musical with lunch.
Cost \$125.00
Registration Deadline - November 3.

THE MUSICAL, "JERSEY BOYS" FIRESIDE THEATRE



Thursday, January 25th, 2024
Cost \$125.00
Registration Deadline - December 28

"FIDDLER ON THE ROOF" FIRESIDE THEATRE



Thursday, April 11th,
Cost \$130.00
Registration Deadline – March 14, 2024.

All trips include gratuity and have motorcoach Transportation. Please call the center for details or check our website at Burlingtonseniorcenter.com

Burlington Senior Center Upcoming Events:

November 20th
Floral Design with Madeline

November 25th
BSAC's 2nd annual craft fair.

November 29th
Learn Origami with Patti.

December 18th
Floral Design with Madeline

For more information, call 262-716-0329 or visit burlingtonseniorcenter.com.

Gypsy

Bus was full. The show was good. My favorite performer was the mama. The lady was funny and had a great voice. The fact that I had seen the movie did help me keep up with the story. The "dancing girls," were something else. One long legged young lady could kick her leg over her head. OUCH!

Another act I really enjoyed was the young man tap dancing. Great!

The dinner: the food was very good and service was excellent. Can't wait for the next show. Thanks to Sandy and Bev for helping me navigate.

Back at home... Have you guys noticed our new library? New shelves, more room, and a neater appearance. Thanks to all who had a hand in its makeover.

By Barb Quick

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ANNIVERSARY

TAI CHI Classes



Ron Pfeiffer, Master Tai Chi Instructor teaches Tai Chi classes at BSAC every Wednesday of the Month at 10:30 am. The benefits of Tai Chi are to improve cognitive function, achieve better balance and increase leg and back strength.

YOGA, FLEX & STRENGTH INSTRUCTOR HANNAH SMAGE



Hi, I'm Hannah most people know me as the energizer bunny or Mrs. sunshine. My passion for health and wellness began when I was back in high school and became a big part of my life because it has changed mine. Which developed my love for helping people with the physical and mental aspects of their lifestyles. I believe everyone approaches exercise and health differently and I like to help find

what approach works best for that individual. Some of my specialties are functional movements, mobility, yoga, biking, posture, strength, bodyweight, balance, flexibility, holistic nutrition, and breath.

BRIDGE

Research has shown that regular Bridge playing improves reasoning skills and long / short-term memory.

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!

Get Pumped & Powerful with Physical Therapist Jennifer Norris



Thursday's at 5:30pm

This class will combine standard strengthening exercises and balance. The intent is to build functional ability and to increase independence at home.

Participants' confidence will grow by challenging their strength, coordination, and balance in a fun and controlled setting. The instructor, Jen Norris, is a local physical therapist who is PWR! Moves™ trained and has previous group exercise experience.

Please come join us, no sign up necessary.

August 5th Picnic





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General Schedule

We are open from 9AM to 3PM. Stop by today to pick up a monthly schedule of Center activities.
Burlington Senior Activity Center • 587 E. State Street, Burlington, WI 53105 • 262-716-0329 • burlingtonseniorcenter.com

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Bridge 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	9:00 Weight Watchers 10:30 Bingo 12:30 Cards	9:00 Sheephead 10:30 Tai Chi	9:00 Foot Care Clinic 1:00 Cribbage 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:00 Grief Group 1:00 Bunco
9:00 Bridge 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	9:00 Weight Watchers 10:30 Bingo 12:30 Cards	9:00 Sheephead 10:30 Tai Chi 1:00 Wii Bowling	1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:00 Grief Group
9:00 Bridge 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	9:00 Weight Watchers 10:30 Bingo 12:30 Cards	9:00 Sheephead 10:30 Tai Chi 1:00 Jam Session	9:30 Dominoes 1:00 Cribbage 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:00 Grief Group
9:00 Bridge 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	9:00 Weight Watchers 10:30 Bingo 12:30 Cards	9:00 Sheephead 11:30 Alzheimer's Group 10:30 Tai Chi 1:00 Book Club	1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:00 Grief Group

Halloween Cookie Hot Cocoa Bomb Sale



Board Treasurer Judy Bratz directs cookie packing for our sale on October 28.



For more information & to reserve a meal call
262-833-8766

WISCONSIN ELDER ADULTS-AT-RISK HELP LINES

Dial 211 for Essential Community Services

Elder Abuse

ADRC 262-833-8777 or 866-219-1043, 8:00AM-4:30PM

After hours: 262-638-6741

Kenosha County Center for Aging and Long-Term Care

Daytime Hours: 8:00 - 5:00

Daytime Phone: 262-638-6353 After Hours Phone: 262-657-7188

Aging and Disability Resource Center (ADRC)

Racine County 262-833-8777 or 866-219-1043

Kenosha County 262-605-6646 or 800-472-8008

Walworth County 262-741-3200 or 800-365-1587

Walworth County Department of Human Services

Hours: 24 Hours Phone: 262-741-3200



BOWLING WITH SENIORS !!!



The Nifty Fifty Bowling League has open enrollment every Friday at 1pm at the Town and Country Lanes in Burlington now throughout the season which ends in April 2024.

If you don't want to bowl every Friday at 1pm, then you may sign up to be a substitute and bowl when you want to bowl. Whichever you choose, you will have fun. Call Rich for more information at 651-676-1234 or show up to see us on Friday @ 1PM.

This is a great way to join active seniors in getting some exercise while developing lasting friendships.



Pumpkin Gnome Class



SKILLBANK HELPS SENIOR CITIZENS

The Volunteer Center of Racine County's Skill Bank Program is dedicated to helping seniors remain living independently in their homes at an affordable cost. For more information on Skill Bank call Terri Benner, Skill Bank representative at the Volunteer Center of Racine County, at 262-886-9612 from 1 to 5pm. Monday through Friday.

World Wednesday August 16th



Dr. Joan Budilovsky presented a workshop on breathwork, specific breathing techniques and more.



FARMER'S SHEEPSHEAD

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. Come to the Burlington Senior Activity Center and play Sheepshead Wednesday mornings starting at 9:00 am and Tuesday afternoons with Chocolate City Card Club at 12:30. The Wednesday morning game was started by farmers and runs mostly in the Winter months.



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.



Jam Band



(from left) club co-founder Barb Lehn, Caleb Rausch and Jim Schaal.

The Burlington Area Garden Club spearheaded a tree-planting project at the Burlington Senior Activity Center with cooperation from business partners in the community.

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 1:00 pm on the First Friday of each month. Whatever your plans are, BUNCO at BSAC is a fun sociable game.



BINGO

Any serious Bingo players may find us lacking; however, the regulars find us amusing and join us in our antics.



We are here every Tuesday at 10:30 am. Second Tuesday of each month is Cake Day. Yummy. Speaking of cakes, thanks Sandy for the birthday cake and flowers. Thanks to everyone for all your kind wishes. You guys are the greatest!

Donations of prizes gladly accepted!

Barb Quick



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. Fresh popcorn, treats and coffee add to the fun.

Meet our Trip Organizers



BSAC Coordinator Kim Olsen and Friends of Waterford Library, Jackie Kastengren

Book Club

BSAC book club meets on the 4th Wednesday of every month at 1:00 pm. Any questions or to sign up, call Barb at 262-763-6002.

January 24
Iron Lake
Kent Krueger



February 28
Hostage
Eli Wiesel



March 27
The Personal Librarian
Marie Benedict



Appreciation Dinner !!!



A QUICK NOTE by Barb Quick



Bingo

It is our policy that once an object is on the prize table for a couple of months, we take it to Love Inc. to make room for new things, so keep your donations coming in, thanks to all. Also, I appreciate all the help I've been getting with the lifting and arranging. Especially the lifting. Thanks Marge, Kay, and everyone else that helps.

October 24th was a red-letter day. The weather was beautiful, and we had a record number of bingo players. Can you believe it... 50 players. I ran out of my treats! Sorry guys. The rise in attendance could be, word is out about our star performer! You think? Sandy.... Bingo Caller.

Appreciation Dinner

Once again, our Executive Board has outdone themselves with the award dinner. Thanks to them and their "elves" it was a great success. Food and entertainment, the best!

Congratulations to Sandy, our volunteer for the year. Also, thanks to Sandy for the beautiful trees.

See you all next year, God willing...



Chocolate City Card Players

Every Tuesday 12:30 – 4:00pm



GYPSY SHOW Aug 30, 2023



Proud to Host

The following groups and clubs meet at our Center. Please refer to the Monthly calendar, as meeting dates can vary.

Alzheimer's Support Group

If you are a caregiver for someone with Alzheimer's and other types of dementia and looking for support, this group is for you. During that hour, we share our stories as we problem solve together or just listen to each other. You are welcome to join us for coffee and conversation. We meet the 4th Wednesdays of the month at 11:30.

Garden Club

The Burlington Area Garden Club consists of over 50 members with gardening enthusiasts from Racine, Kenosha and Walworth counties in Southeast Wisconsin. We share a passion and appreciation for all aspects of gardening, including perennials, annuals, water gardens, fruits, herbs and vegetables. We are involved with various community gardening projects such as maintaining the Lehn Legacy Garden, the Burlington Public Library Garden which include fairy gardens, Wehmhoff Park, and the Civil War Monument at the cemetery. We are finished for the season but will begin again on. Further information will be on a future calendar.

Mahjong

Come join our friendly group for American Mahjong. Similar to Rummy it is played with 3 or 4 players using 152 tiles. It is a game of skill, strategy, and luck. We welcome all levels of players. We meet every Monday at 1:00 pm.

Meals On Wheels

In house dining will return to Monday thru Fridays at noon. Call 1-262-833-8766, if you are interested or want to volunteer as a driver.

Weight Watchers

Meets on Mondays at 5:30 pm and Tuesdays at 9:00 am at the center. Email: debra.olkives@ww.com

Classic Car Club

The Car Club will begin meeting on the 3rd Wednesday of the Month starting next May.



GRIEF WORKSHOP



“CALM THE CHAOS”

A look into grief and how it is different for each of us and how we cope.

Grief Support Group with
TAMMY BEARDSLEY
GRIEF SPECIALIST
FRIDAYS 9AM TO 11AM

Grief Specialist, Tammy Beardsley has a master’s degree in social work. She has years of experience as a social worker for Aurora Hospice and recently transitioned to a position as a Grief Support Specialist.

Tammy’s goals and aspirations are to assist people dealing with the loss of a loved one by providing resources and emotional support as they work through their grief to find a new normal in their life. Loss of any kind is difficult to maneuver, but the most important thing to remember is you are not alone and there is no time frame for your grief.

Our Trip, The Barns of Nappanee, October 12



LOOKING FOR VOLUNTEERS
The Burlington Senior Activity Center
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have a little time to give, we have a
place for you. Please share your interests
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Mae's**
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The Barns of Nappanee cont...



**Our closet is getting a little low...
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Burlington Senior Activity Center

w/sh list

☐ Cash Donations

Send Donations to the Center, Please

Carl & Mary Anders Painting Class September 14, 2023



FITNESS PASS PROGRAM!!!

Taking our fitness classes? You can get free classes using our official Fitness Punch Card.



Cards are free and can be picked up at the Center's front desk. Have 4 classes punched on the card and the 5th Class punched will be free.

~ HALL RENTAL ~

Contact the Senior Center
at (262) 716-0329

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.



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.

Please accept my donation of \$_____.

I would like my gift to be used for:

- ☐ General operation costs of BSAC
- ☐ Support for programing
- ☐ Memorial or donation to honor a lost family member or friend
- ☐ Other _____

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262.654.5410



Tell Your Story



Barbara Scherrer being interviewed by Jennie Nice

Anyone interested in getting involved in the "Tell Your Story" Project can contact us at 262-716-0329 or bsac@burlingtonseniorcenter.com

This project is funded by United Way Equity Innovation Fund



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March 3-10, 2024 – "MYRTLE BEACH MELODIES" with Mayflower Tours. Motor coach tour of Myrtle Beach including 3 shows, 12 meals, South Carolina Maritime Museum, rice plantation and shopping. \$2199.00 per person.

May 13-15, 2024 – "MYSTERY TRIP" with Wanderlust Tours. Most meals included. \$699.00

July 15-18, 2024 – "LAKE MICHIGAN EXPEDITION" with Wanderlust Tours. SS Badger Ferry to Ludington Michigan. Dune Buggy ride, Windmill Gardens, Veldheer Gardens & Wooden Shoe Factory, Gerald Ford Museum, Dinner Cruise and so much more. \$1249.00

August 8-19, 2024 – "RHINE CASTLES & MOSELLE VINEYARDS" with Mayflower Tours. River cruise from Amsterdam, Germany, France and Switzerland. BUY ONE AND GET ONE FREE OR SINGLE SUPPLEMENT WAIVED. Prices starting at \$5595.00 plus airfare.

September 8-18, 2024 – "GEMS OF EASTERN EUROPE" with Mayflower Tours. River cruise to 5 countries: Hungary, Croatia, Serbia, Bulgaria and Romania. FREE AIR UNTIL 12/31/23. Prices start at \$4,819.00.

October 16-22, 2024 – "ICELAND, Land of Fire & Ice" with Mayflower Tours. Air/land tour of Iceland with city tour of Reykjavik, full day of volcanoes, waterfalls and nature, the Blue Lagoon, 7 meals and FREE AIR until 12/31/23. \$3,099.00 per person.

November 4-8, 2024 – "BRANSON CHRISTMAS EXTRAVAGANZA" with Wanderlust Tours. Motor coach trip including six shows including the Sight & Sound Theater, First Class lodging, 9 great meals, Luggage handling, all taxes and tips and shopping time. \$1295.00 pp

"RE-CONNECT YOUR TALENT"

"Re-Connect Your Talent" is Racine County's new workforce initiative program which is focused on seniors/retirees looking to re-enter the workforce. If you're a senior/retiree looking to return to work for a supplemental income to support your retirement hobbies, or you're bored and looking to socialize with people of similar interests, contact Dee at Re-ConnectTalent@racinecounty.com, or calling 262-638-6312, press Option 4, or go to the Racine County website, www.racinecounty.com/reconnect. Let's Re-Connect Your Talent!

WHAT'S HAPPENING AT THE CENTER:

Autumn Gnome Class with Sandy Schimek



Garden Club Cleanup Day



Halloween Bingo 2023



World Wednesday October 18th Milk Jug Greenhouse



Colleen Hueber







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Garden is on its way Down!!!



With help from United Way of Racine County.



Our 1st Annual Car Show was held on October 07, 2023, spearheaded by Board Member Jim Luedeke. Thanks to the Lions Club for providing the food and Lynch Superstore for the Venue.



Our Puzzle Wizard...



Charles Zimdars



AmeriCorps Seniors RSVP Racine County has volunteer drivers opportunities for two of our senior support programs:

MyRIDE - Volunteer Drivers providing seniors with rides to their medical appointments, grocery store, etc.



Meals on Wheels (ADRC) - Volunteer Drivers distributing meals to clients over multiple routes in Racine County.

Volunteer Benefits include mileage reimbursement and volunteer insurance

CONTACT MICHAEL O'BRIEN
RSVP Project Director for more information
mobrien@volunteerracine.org
262-886-9612 x104

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We're Growing...

Thanks to all of you who see Seniors in our community as an investment, and the ever-expanding programming and activities that makes the Center a great place to go.

Thank you to all who support our Burlington Senior Activity Center!!!



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Farmers Market 2023



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The cost to receive the BSAC newsletter is \$10.00 a year. You will receive a total of 4 newsletters.

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