



# BSAC NEWS



## WELCOME NEW YEAR !!!

### Thank You United Way

January 2024 started off with a couple of blasts. One was the blast of arctic weather, snow and ice storms and a deep freeze. The Burlington Senior Activity Center closes when the Burlington School districts closes, so unfortunately, we were closed for a couple of days.

Our second blast of the new year was of the partying kind. On January 27th, we held our first of 8 Supper Club Events which are sponsored by the United Way Workforce Fund. A lasagna dinner catered by Napoli's was served by many wonderful volunteers. Our entertainer, Eric Diamond, sang mostly Neil Diamond songs, with a little bit of other favorite tunes by popular singers of yesterday, such as Johnny Cash, Satchmo, and Elvis.

The Supper Club Grant was designed to provide free dinner and show opportunities to seniors. The tickets sell out quickly, so new shows will be announced around the first of the month and tickets will be made available on a first come, first served basis. New attendees will get preference. Call the center to sign up for dinners through June. We will take a break in the summer and will finish up in the fall. More about our last dinner later in our newsletter from Barb Quick, our reporter.



Speaking of Grants, our Equity Innovation Fund Tell Your Story project came to an end on January 31st, 2024. We were able to interview 52 seniors and have over 20 storytellers engaged in our 2 story slam workshops. The project was designed to give seniors a voice. Thanks primarily to Marge Luedeke and Denis Donohoe for facilitating the program with recording, interviewing, editing, and editing and editing. Did I say editing? Kudos to our team of interviewers; Marge Luedeke, Kim Olsen, Jenny Nice, and Judy Bratz. Most importantly, thanks to are interviewees for living and telling your stories.

Besides our dinners, we have many events and excursions planned for late winter through early spring.

Stay Active!

*Patti Rosenberg*  
Executive Director

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Carol Fettes  
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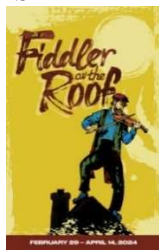
**[danielsfamilyfuneral.com](http://danielsfamilyfuneral.com)**



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

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**“FIDDLER ON THE ROOF”  
FIRESIDE THEATRE**



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

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**BLACK POINT ESTATE TOUR  
GENEVA LAKE MUSEUM TOUR**



Thursday, May 22nd, 2024  
Cost: \$90.00  
Registration Deadline – May 30, 2024.

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**THE MUSICAL, “NUNSENSE”  
Fireside Theatre, Fort Akinson, WI.**



Thursday, June 27th, 2024  
Cost: \$130.00  
Registration Deadline – May 30, 2024.

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**BEEHIVE-THE 60’S MUSICAL  
Marriot Theatre in Lincolnshire, IL.**



Wednesday, August 7, 2024  
Cost: \$125.00  
Registration Deadline – July 05, 2024.

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All trips include gratuity and have Transportation.  
Please call the center for details or check our website  
[www.burlingtonseniorcenter.com](http://www.burlingtonseniorcenter.com)

**Saint Patrick's Day  
Sevenade**  
Presented by the  
*Subitac Community Singers*  
Anne Reiser Armetta, artistic director  
Patti Filipiak, accompanist

Sunday, March 17, 2024  
2:00 p.m.  
Burlington Senior Activity Center  
587 East State Street  
Burlington, Wisconsin  
Tickets are \$12.00,  
children 12 and younger, free.

For more information, call 262-716-0329 or visit  
[burlingtonseniorcenter.com](http://burlingtonseniorcenter.com).

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**Jersey Boys Trip**

We had a packed bus to go see Jersey Boys at the Fireside Theater. After a delicious meal, we sat back and listened to the story of 4 guys creating a group called the 4 Seasons.

The 4 Seasons had 25 hit songs in the 60s and the music was Amazing!! We rocked to “Sherry”, “Walk Like a Man”, “Big Girls Don’t Cry”, and many more!

The band went through lots of struggles. I cringed a few times at the language, but I think it was true to the times and the story. It was a foggy ride home. Glad I didn’t have to drive:  
Loved Rocking All THE HITS!!! GREAT SHOW!

By: Coordinator Marge Leudeke

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## 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.

## Knights of Columbus Burlington Council 1578 Donation



Left to right: Gene Worbel, Patricia Rosenberg, Joe Schaefer  
Thank you !!!

## 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 1:00 Wii Bowling	9:00 Foot Care Clinic 1:00 Cribbage 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:00 Grief Group Closed at Noon
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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 10:00 Knit & Crochet 1:00 Cribbage 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:00 Grief Group Closed at Noon
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	10:00 Crafts (call ahead) 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:00 Grief Group Closed at Noon

### Floral Arrangement Class Feb 9, 2024 With Madeline Runkle



**Sandy Schimek's Gnomes**

## Racine County Senior Nutrition Dining Sites

# Delicious Food






# Lunch with Friends

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.

## Tell Your Story



Tom Roanhouse being interviewed by Marge Luedeke

Funded by United Way Equity Innovation Fund, the BSAC Tell Your Story Project has finished. Thanks to all who participated.



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## 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. Skill Bank helps Racine County residents age 55+. For more information on Skill Bank, call the Volunteer Center of Racine County, 262-886-9612 EXT 5.

## Holiday Craft Fair November 25, 2024






## 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. Seasoned players play Sheepshead on Wednesday mornings starting at 9:00 am. Beginner and intermediate players are welcome on Tuesday afternoons with Chocolate City Card Club at 12:30.



### 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

## Valentine Sale Packing Goodies



## BUNCO

Bunco is a fun dice game played at the Burlington Senior Activity Center. Seniors share good times, treats and coffee. Whatever your plans are, BUNCO at BSAC is a fun social 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.

## Valentine Sale Candy Making



Carol Fettes, Judy Bratz, Barb Quick, Sandy Schimek,  
Dawn Collova & Patti Rosenberg



## Book Club

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

**February 28**  
**Hostage**  
**Eli Wiesel**



**March 27**  
**The Personal Librarian**  
**Marie Benedict**



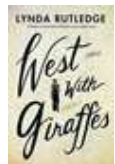
**April 24**  
**Nightcrawling**  
**Leila Mottley**



**May 22**  
**The Dutch House**  
**Ann Patchett**



**June 26**  
**West with Giraffes**  
**Lynda Rutledge**



## Poetry Corner

A Winter Blast

A soft mantle spreads upon the ground covering everything all around. Drifts keep forming as winter winds get stronger and subzero temperatures last much longer.

Covered roads with ice and snow, accidents for travelers on the go. Delays aplenty at airports abound with tired travelers all around. Locked in winters gripping grasp one wonders how long the weather will last.

A sign of spring is on the way when the groundhog comes out longer to play. As the days get longer and the sun gets stronger it won't be very much longer. So, enjoy inter when you can and don't be a grumpy old man.

Vince Ripp

## A QUICK NOTE by Barb Quick



Don't know about the rest of you, but I have gotten just about enough of this crazy winter weather. It's a good thing our center comes up with enough activities to break up our cabin fever. I didn't go on the bus to "Scrooge". My Daughter and I already had tickets, but it was enjoyed by all. After that, "Jersey Boys". Several more shows are coming up!

Here's to the loyal bingo players that showed up one week in zero-degree weather and the next week during an ice storm. Yours truly missed both days. Our faithful hosts Sandy and Bev were there to meet, greet, and entertain you brave souls. Thanks to all.

On January 27<sup>th</sup>, we held our first of many scheduled dinner shows. What a lead off! Our entertainer, Mr. Diamond, not Neil, but close, was a smash. His music brought out an abundance of nostalgia into the room. To quote a phrase, "Sometimes memories sneak out of my eyes and roll down my cheeks." Enough said. Watch the bulletin board for the next dinner date.

Oh, a happier note:

### Texting for seniors

**BFF:** Best Friend Fell

**BTW:** Bring The Wheelchair

**TTYL:** Talk To You Later

**BYOT:** Bring Your Own Teeth

**LMDO:** Laughing My Dentures Off

**IMHAO:** Is my hearing aid on?

**MTF:** More to follow...

Be aware of who you let operate the popcorn machine! LOL





## Chocolate City Card Players

Every Tuesday 12:30 – 4:00pm



## JERSEY BOYS SHOW JAN 24, 2024



## 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 4<sup>th</sup> 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. Like 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

Meet on Mondays at 5:30 pm and Tuesdays at 9:00 am at the center. Email: [debra.olkives@ww.com](mailto:debra.olkives@ww.com)

### Classic Car Club

The Car Club will begin meeting on the 3<sup>rd</sup> 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.



### 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.



### Diamond Painting Class



**2<sup>nd</sup> Thursday of the Month  
9:30 am.**

Come join us: We use tiny little gems to create pictures, coasters, bookmarks, etc... Anyone can do it! We keep your ongoing project here to work on Thursday mornings. All supplies provided.



**Our closet is getting a little low...  
Please consider donating.**

*Burlington Senior Activity Center*

wish list

☐ Cash Donations

Send Donations to the Center, Please

### ~ 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.



### Winter Floral Design December 18, 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 5<sup>th</sup> Class punched will be free.

### 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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**Kenosha County**

**262.654.5410**



## "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](mailto:Re-ConnectTalent@racinecounty.com), or calling 262-638-6312, press Option 4, or go to the Racine County website, [www.racinecounty.com/reconnect](http://www.racinecounty.com/reconnect). Let's Re-Connect Your Talent!

## Tell Your Story Slam Workshop



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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







## WHAT'S HAPPENING AT THE CENTER: SUPPER CLUB JANUARY 27








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**Wednesday Afternoon 12 - 2:00pm**



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Hwy. E , Burlington, WI 53105

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## Burlington Christmas Parade



## Holiday Bingo Ugly Sweater Day December 19, 2024



## Tell Your Story Slam Workshop



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](mailto:mobrien@volunteerracine.org)  
 262-886-9612 x104

413639





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## Satter Surveying LLC

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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!!!



## RUSTIC ROAD LANDSCAPING

353 N. Maple Lane • P.O. Box 436  
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