



BSAC NEWS



Spring is on the Way!!

Woodstock Willie did not see his shadow on Groundhogs Day, so spring should be coming soon. Until then, let's stay safe and warm and keep busy at the Senior Center. We have a few new things planned for March which will help give you something new to do before the snow melts. Or you can just stop in for a cup of coffee at our new coffee bar, donated by the Kara Foundation. The DeMoon Family, of the Kara Foundation, reached out to us last year and kindly asked if we had a wish list for the center.

Thanks to them, we were able to purchase a new refrigerator and put new floors in our kitchen. Our big wish was for a new coffee bar, which was built by Phil Moran and his brilliant crew from Best Value Flooring to match the kitchen. It is truly a piece of art, and it wouldn't have been possible without the generosity of the Kara Foundation.

We also need to thank the Burlington Methodist Church for their assistance in buying a new sink and faucet for the coffee bar, which we had not budgeted for because we thought we could use the old one. So, thanks to them, we did not go over budget.

We are hosting an AARP Safe Driving class on March 12th. This four-and-a-half-hour course offers you the opportunity to learn how to drive more efficiently, which will help us maintain our independence.

We are excited to present a speaker on Wednesday March 5th at 1pm. Our Board Member, Barb Lebak will present on her trip to Africa. Barb is a librarian who facilitates our Book Club. Spoiler alert... they named a library after her. How cool is that! Please come see Barb speak about her important work.

We have a couple new Supper Clubs planned for the next few months. The Supper Club Grant from United Way provides free dinners and a show to seniors. Please call the center for more information and to fill out our "Preference Card", see page 8 so you can get on the wait list.



Thank you, Kara Foundation!!



The Burlington Senior Center is here so that seniors have a place to go and keep active. The purpose behind our mission is to promote physical and mental health and in doing that we are also battling loneliness. Fortunately, we are getting the word out and can boast an average of 8 new people visiting the Center each month. A lot of this new traffic is due the efforts of our current attendees in bringing friends, neighbors and even complete strangers into the Center. So, thank you for your efforts and please keep it up.



Kim, Marge, & Patti

Stay Active!

Patti Rosenberg
Executive Director

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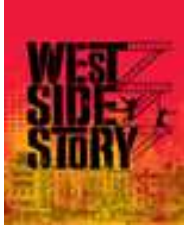
Polnasek - Daniels
908 11th Avenue
Union Grove, WI 53182
(262) 878-2011

danielsfamilyfuneral.com

416632

"West Side Story"

Fireside Theatre, Fort Atkinson, Wisconsin



Thursday, March 20th, 2025

Cost: \$130.00

Registration Deadline – February 20, 2025.

"Titanic"

Marriot Theatre in Lincolnshire, IL



Wednesday April 30th, 2025

Cost: \$130.00

Registration Deadline – March 28, 2025.

"Million Dollar Quartet"

Milwaukee Rep Theater, Milwaukee WI



Wednesday May 14th, 2025

Cost: \$120.00

Registration Deadline – April 23rd, 2025.

"The Last Potluck Supper"

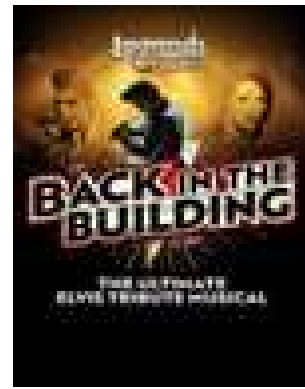
Fireside Theatre Fort Atkinson, WI



Thursday June 26, 2025

Cost: \$130.00

Registration Deadline – May 30, 2025.



In honor of Elvis' 90th birthday, The Fireside and Legends in Concert kick off the 2025 season with jumpsuits, black leather, swiveling hips, and leg-shaking, presenting their newest retrospective of Elvis' life in music.

Everyone had a great time and enjoyed the show and the terrific meal.



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CHECK US OUT ON FACEBOOK!

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.

Pumped & Powerful with Physical Therapist Jennifer Norris



Thursday's at 5:30pm

Combine standard resistance and balance training to build functional ability and independence. Challenge your strength and coordination in a fun and controlled setting. Meet new friends and modify or progress your exercise with a local physical therapist!

Please come join us, no sign up necessary.

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!

Attending the United Way Victory Celebration



January 23rd, 2025



Medicare Maze?
Let me help you with a no cost,
no obligation review.
ANGELA SCHUBKEGEL
INDEPENDENT INSURANCE AGENT
262-900-8030

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 9:30 Painting Class 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	9:00 Weight Watchers 10:30 Bingo 12:30 Cards	9:00 Sheepshead 10:30 Tai Chi	9:00 Foot Care Clinic 9:30 Diamond Painting 1:00 Cribbage 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:30 Grief Group Closed at Noon
9:00 Bridge 9:30 Painting Class 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	9:00 Weight Watchers 10:30 Bingo 12:30 Cards	9:00 Sheepshead 10:30 Tai Chi 5:30pm Crazy Crafts	9:30 Diamond Painting 1:00 Cribbage 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:30 Grief Group Closed at Noon
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9:00 Bridge 9:30 Painting Class 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	9:00 Weight Watchers 10:30 Bingo 12:30 Cards	9:00 Sheepshead 10:30 Tai Chi 11:30 Alzheimer's Group 1:00 Book Club 5:30pm Crazy Crafts	9:30 Diamond Painting 10:00 Crafts (call ahead) 1:00 Cribbage 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:30 Grief Group Closed at Noon

“PAINTING FOR THE SOUL” with JUDY SCHOUTEN



Monday's 9:30am to 11:30am

An award-winning retired Occupational Therapist, Judy brings a therapeutic approach to learning how to draw and paint. She will help you find your true self in her approach to creating a masterpiece. She will help you discover your talent as she taught herself to rediscover hers. Like her, you will learn to see the world with an artist's eye and be able to bring that to life on canvas.

All supplies are supplied. A \$2 donation is requested to attend activities at the center.



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

Cookie Sale Fundraiser

Thanks again to our award-winning baker and board member, Judy Bratz, for another fabulous and successful Valentine Cookie, Candy and Coco Bomb Sale.

Thanks to our Bakers, Marilyn Peterson, Beverly Scott, Eleanor Adams, Donna McKusker, Kathy Rubach and Judy Bratz



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April 10-15, 2025 – “CHERRY BLOSSOM TIME” in Our Nation’s Capital. Six-day motorcoach tour with 9 meals, Arlington Cemetery, National Cherry Blossom Festival parade, Mount Vernon estate, drive through the Laurel Highlands, Flight 93. \$2199.00 per person.

July 14-26, 2025 – “JEWELS OF THE RHINE & GOLDEN PASS RAIL JOURNEY” with Mayflower Tours. Free air, visit Switzerland, France, Germany and the Netherlands. 25 meals, 4 nights in Lausanne Switzerland, 7 nights on board an Emerald Cruises Star-Ship. Starting price of \$5859.00.

September 14-21, 2025 – “WARSAW AND THE BALTIC STATES” with Insight tours. Free air, local pickup and insurance included. Tour of Warsaw, Poland, visits to Lithuania, Latvia and Estonia. \$4914.00 based on double.

September 27-October 7, 2025 – “AUTUMN IN NEW ENGLAND” motorcoach tour with Mayflower Tours. 11 days with 19 meals. Visits to 5 New England states – Rhode Island, Massachusetts, Maine, New Hampshire, and Vermont. \$3249.00.



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.

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 starting Friday, September 6.

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. Costs are \$9.00 per week. 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.



BINGO

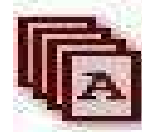
Bingo is played at the center every Tuesday at 10:30 am. Our locally famous Bingo Callers extraordinaire, Sandy Schimek & Bev Scott, are worth listening to without the prizes.



They keep you guessing, laughing and singing... It's fun coming to Bingo, even if you aren't winning prizes. Our regulars find us amusing and join us in our antics. Barb Quick, our Newsletter columnist, volunteers at Bingo and is the best at organizing the prizes, treats and popcorn.

Yes, we have a popcorn machine that pops fresh popcorn, donated by our State Representative, Robin Vos. Thanks Robin!

Cake Day is the second Tuesday of each month. Donations of prizes gladly accepted!



Chocolate City Card Club

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.



Celebrating birthdays at Card Club

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.

February 26
Frozen River
Ariel Lawhon



March 26
The Woman
Kristin Hannah



April 23
Forest of Vanishing Stars
Kristin Harmel



May 28
Blacktop Wasteland
S.A. Cosby



Supper Club

Thanks to the United Way Workforce grant, we were able to provide over 100 Seniors a delicious catered meal and wonderful entertainment during 8 Supper Club events in 2024. We have been graciously awarded another year of Supper Clubs for 2025.

Due to extreme demand, our tickets are released one month prior to the event, and we are asking people to prioritize which events they want to attend according to the card below.

Supper Club Preference Card	
Name:	_____
Phone Number:	_____
<i>Please number the Supper Club Events below in order of preference to attend #1 to #3, # 1 being first choice.</i>	
___	May 10, Garbage Pickers "memory lane"
___	June 14, Bryan Soland "beach theme"
___	September 13 th , Mike Bucholtz, "50s, 60s, 70s"
Number of BSA Supper Clubs have you attended _____	

More details are available at the center.

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 solve problems 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 meet on the 2nd Tuesday of the month at 6:30pm, beginning in spring.

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 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.

Crazy Craft Night

2nd and 4th Wednesday of the month 5:30pm-7pm

Whether you knit, crochet, draw, color, or any other craft we would love to have you come to the Crazy Craft Night. This is an opportunity to work on your projects and have conversations. A suggested donation of \$2 per person is appreciated to use the space. Bring snackers or dinner. We hope to see you there. Any questions? Call Corina Marie at 262-210-9697.



Driver Safety

March 12, 2023, 1:00 pm to 5:15 pm

Burlington Senior Center

587 East State Street

Burlington, WI. 53105

This course offers you the opportunity to learn how to drive more efficiently and safely. It can help you boost safety awareness, refresh and improve driving skills, minimize crash risks, increase confidence, prolong mobility and maintain independence.

Sign up today: Call Burlington Senior Center at:

262-716-0329

Check with your insurance agent to see if you qualify for reduced rates. Some policies may pay for the class. \$20 for AARP members & \$25 for nonmembers

Questions about the course?

Call Instructor Mike Andersen 262-697-1813

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 BEARDSLY
GRIEF SPECIALIST
FRIDAYS 9:00AM

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 things to remember is you are not alone and there is no time frame for your grief.

100 & 99 Reasons to love our Senior Center!



Bob Kohout and Shirly Hammes chat about all of the years they have been hanging around playing cards.



Valentine’s Wreath Class



Marge and the class masterpieces

Every Thursday of the Month

9:30 am. Come join us: We feature craft classes and diamond painting on Thursday. Anyone can do it! We keep your ongoing project here to work on Thursday mornings. All supplies provided.

UGLY SWEATER DAY!!

walk WITH a DOC
January - June 2025

Every 3rd Saturday of the Month from 8:30-9:30am
Aurora Wellness Center - Lobby *
300 McCanna Parkway - Burlington, WI

January 18	Nancy Rofalikos-Weika, DO Pediatrics
February 15	Annette Anderson, CPT, CNC Personal Trainer
March 15	Samantha Gahart, CPT, CWMS Weight Management Coach
April	NO WWAD SCHEDULED THIS MONTH
May 17	Christina Clancy, NP Urgent Care
June 21	Kim VanBuren, NP Family Medicine

This community event is **FREE** - all are welcome!

Aurora Health Care
We are @AuroraHealth

Learn about a current health topic, then spend the rest of the hour enjoying a walk at your own pace & distance with medical providers. Walks will take place outdoors on sidewalks & trails, indoors on 1/38 mile suspended running/walking track during inclement weather.

Aurora Wellness Center Guidelines (Indoor Walking):
Non-member walkers will need to be signed.
All members & guests are required to carry in a 2nd pair of clean footwear.
Children must be 8 years or older to use the track and with a parent.
No strollers or baby carriers on the track.



Winners: Sandy, Gene and Valerie

PLEASE CONSIDER GIVING A DONATION

The Burlington Senior Activity Center is a non-profit 501 C3 organization and is funded through donations and grants from your generous support. Please consider donating to keep our mission possible for our Seniors. You can donate by filling out this and mailing with a check or optionally scan the Zelle code below with your cell phone to donate On-Line. Thank you for your support. Questions call 262-716-0329

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City _____ State _____ Zip _____

bsac@burlingtonseniorcenter.com



zelle

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“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 call 262-638-6312, press Option 4, or go to the Racine County website, www.racinecounty.com/reconnect. Let’s Re-Connect Your Talent!

A QUICK NOTE by Barb Quick



Hope our members all enjoyed a happy holiday season. The time flew by. Hope the rest of the Winter months go as quickly.

I was able to attend the “White Christmas” production in Lincolnshire, Illinois. I’m telling you everyone should take the opportunity to attend one show at least. You will not be sorry. Shows, dinner and service A+.

Speaking of shows, our BSAC dinner shows are second to none! The last one, known as Downtown Harrison was way off the charts. His impression of the stars, top notch. He worked the room. Especially the front table of bingo players. His Tina Turner spot had the room jumping. Our servers were all lined up at the back of the hall,” rolling down the river.” Go Jenny! Needless to say, “We want him back! Happy New Year everyone. Hope it’s a good one for all of you.

Resolutions, same every year, and forgotten after a week. Losing weight, I’d lose weight, but I hate losing.

I’m really not fat,
I’m easy to see.
I’m on a light diet:
I eat by day light.
I eat by moonlight.
Sometimes I eat by refrigerator light.
End of Story.

Check out the new Coffee Bar and new items in the craft corner. That’s it, except this last word to the wise!

Remember, a glass of wine counts as fruit.

Crafting at the Center

We have several craft projects and classes at the Center. Check the Calendar for craft & Floral Design classes.

*Diamond Painting, (so fun!). 9:30 am every Thursday. This is such a simple procedure, but the finished project ends up a work of art. “Look what I made, Mom.” Supplies are kept at the center. Feel free to come in to work on your project any time or on Thursday with the group.



Patty Robell with her masterpiece

What's Happening at the Center

Supper Clubs

Jubilate Community Singers, November 16



Downtown Harrison, January 11



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- Individualized care plan for your loved one
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OTHER FUN AT THE CENTER THIS WINTER!!!





Volunteer Center
of Racine County



6216 Washington Ave, Suite G
Racine, WI 53406
Phone: 262-886-9612

The Volunteer Center of Racine County's AmeriCorps Seniors RSVP Program connects people 55+ who want to find fun and fulfilling opportunities with the organizations in their local community that need them most.

AmeriCorps Seniors RSVP members receive:

- Orientation and placement assistance.
- Quarterly newsletter, appreciation events and gifts.
- Mileage Reimbursement for applicable programs.
- Free supplemental accident, liability, and auto liability insurance while serving.
- SATISFACTION and JOY from seeing the positive impact you make in the lives of others and the difference you can bring about in your community.

Volunteers are able to serve with the programs/teams that interest them the most. They can match their current skills or develop new ones. Volunteers dedicate as little as one hour a month or as much as they are able.

For more information on being a VOLUNTEER contact:
Maggie Herrin @ 262-598-4770
mherrin@volunteerracine.org

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