



BSAC NEWS



Falling Out of Summer!!



Celebrating National Senior Center Month

The National Council on Aging designated September as National Senior Center month. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life.

We and other Senior centers across the country are flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. Recognized by the Older Americans Act (OAA), senior centers serve as crucial community gathering places for older adults. We continually evolve to meet the changing needs of seniors and our community.

BSAC Property

The Burlington Senior Center is in the process of purchasing the property and building for \$1. We moved here in 2017 through a grant from Racine County to the City for the use as a Senior Center. The City maintained the property for us, rent free.

We are grateful to Racine County and the City of Burlington for giving us this start in our current location. Their maintenance of the property allowed us to spend time developing programs. This came at an auspicious time, as the effects of Covid on the senior population were devastating.

It depleted many of their resources and community groups and increased the morbidity rate. Consequently, many older adults found themselves alone and without resources. The Surgeon General has identified loneliness as a national epidemic. Serving as an antidote to this issue, now more than ever, Burlington Senior Center is critically important for our senior community as a place of belonging and connection.

We currently offer an average of over 60 individual activities a month. We operate through donations alone and are in our second year of our United Way Racine Funded, "Connect & Thrive" program. This program allows us to compensate instructors so that our seniors can attend activities for little or no cost to them. We are also in the second year of our United Way Work Force Fund Supper Club program where we serve "Dinner & a Show," to 100 people, 8 times a year.

There are endless numbers of people who have helped the senior center become who we are today, most notably, Ione Derozier who donated her estate to the development of a senior center in the 1990s. Thank you also to former Mayor Jeannie Hefty who helped realize Ione Derozier's vision. There are many board members, volunteers and organizations that have helped the center grow.

They include and are not limited to the Rotary Rescue Fund, Burlington Community Fund, United Way Racine County and The Kara Foundation. Thanks again to you all. Thank you to the Common Council and Mayor Jon Schutlz for their support in the property transaction. We would also like to thank Mary Lynch and Kurt Petrie of LDV and The Kara Foundation for advisement and support throughout the negotiation of the transfer. We could not have done this without them.

On a programing note: Due to public demand, we have added a second Tai Chi class that will be on Fridays at 11am, which is in addition to our 10:30 am Wednesday class. We will also be having another clay class with artist Kathy Kerner in October.

Finally, I would like to announce that we received a new Supper Club grant from United Way Essential Support Funds to again provide our Supper Club Program in 2026. This allows us to offer 10 events next year, up from 8 this year.

Stay Active!

Patti Rosenberg

Executive Director

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

"Tour Historic Lambeau Field, Green Bay Packers"



Wednesday October 08, 2025
Cost: \$139.00
Registration Deadline – September 12, 2025.

"Come From Away"
Milwaukee Rep's new Checota Powerhouse Theater



Wednesday November 12, 2025
Cost: \$120.00
Registration Deadline – October 10, 2025.

"A Wonderful Life"
Fireside Theatre Fort Atkinson, WI

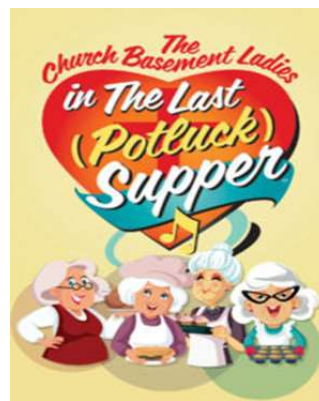


Thursday December 4, 2025
Cost: \$130.00
Registration Deadline – November 7, 2025.

All trips include gratuity and have Transportation.
Please call the center for details or check our website
www.burlingtonseniorcenter.com



Trip to the Last (Potluck) Supper, June 26



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



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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 and on Friday at 11:00 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.

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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.



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

Shirley Hammes turns 100 years old!



We celebrated the birthday of our long-time Pinochle player, Shirley Hammes. Shirley has been playing cards at the senior center for many years. She played at our Main Street location and when we moved to our State Street location, Shirley at the early age of 92, got on a ladder and helped us paint the building!! Happy Birthday, Shirley.



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

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Daytime Hours: 8:00 - 5:00

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

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

Walworth County Department of Human Services

Hours: 24 Hours Phone: 262-741-3200

We Won!!!

The Burlington Senior Activity donated 325 books to the Friends of the Library book sale and won a \$100 gift card from Antioch Pizza! Thank you to all the volunteers and donors who helped us raise more than \$5,000 to support the library!



(1st row left to right,) Mary Jane Feist, Joe Davis, Patti Rosenberg, Ruhama Korbatzky Barr, (Back row left to right), Kathy Baumeister, Barb Lebak, Carol Feistin

Immortality

Do not stand
By my grave, and weep.
I am not there,
I do not sleep—
I am the thousand winds that blow
I am the diamond glints in snow
I am the sunlight on ripened grain,
I am the gentle, autumn rain.
As you awake with morning's hush,
I am the swift, up-flinging rush
Of quiet birds in circling flight,
I am the day transcending night.
Do not stand
By my grave, and cry—
I am not there
I did not die.

— Clare Harner, 1934

** Submitted by Shirley Hammes



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.

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 2026.



If you are over fifty years old and want to make new friends and get some exercise, please join us and have fun.

We bowl at the Town & Country Lanes at 264 S. Pine Street in Burlington on Friday Afternoons.

Practice at 12:45 pm Bowling at 1:00 pm

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. How do I know? I have been bowling for over a decade and some members have me beat by years. Remember: It is fun.

\$10.00 /week. Call Rich for more information on 651-676-123 or show up to watch 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 10:00 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!

Cornhole Lawn Game and more

On Friday Afternoons, in July and August, many seniors came and joined Kat Urban for some Corn Hole and other outdoor fun and games on Friday afternoons at the Senior Center. This program will be brought back in the spring!



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.

September 24

Bean Trees

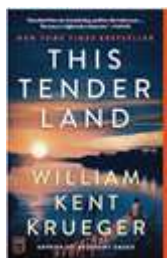
Barbara Kingsolver



October 22

This Tender Land

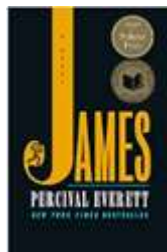
William Kent Krueger



December 3

James

Percival Everett



We are pleased to announce that we were awarded a grant from United Way to continue offering our Supper Club in 2026. We will be having 10 supper clubs' dates instead of 8 this year which gives seniors 1000 supper club experiences with a free homecooked meal and entertainment in 2026.

Thank you, United Way, for your continuing Support!!



United Way
of Racine County

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 6:00pm. They do meet in January and February.

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 has returned Monday through 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

Crazy Craft Night

1st and 3rd 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 on 262-210-9697.

Arts & Crafts Prolongs Lives.

Coordinator, Marge Leudeke does a great job of designing and teaching fabulous crafts once or twice a month on Thursday Mornings, check your calendar or stop in to see what's on the schedule next.



“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.



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 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.

Mahjong Monday Afternoons



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.



Flag Day June 14, 2025

People across the United States celebrate Flag Day on June 14 each year to honor the United States flag and to commemorate the flag's adoption. On the same day, the United States Army celebrates its birthday. Here at the Center, we held our celebration with the Honor Guard, VFW Post 2823 of Burlington under the charge of Jim Mucci.



Growing Good Things for Our Seniors

Once again, we are having a great and fun year growing things in our garden this year!! Starting in early spring, we freshened up the garden soil, started plants from seed and filled up the water tanks from the spring rains. A great thank you to the volunteers who kept the garden going by planting, watering, and yes weeding, Our gratitude to, Ellen Kmecak, Marge Luedeke, Elaine Steward, Jack Vos, Martie Washburn, Bette Winkler, and Denis Donohoe.



Thank you to our Tuesday card player, Al Musilek, who took it upon himself to raise funds and obtain supplies for our recent painting project. Thanks to Al, we have painted the front hall and the bathroom floors. They look amazing.

Al rallied to get Home Depot in Lake Geneva to donate supplies and then convinced Edenhofer law and Burlington Family Chiropractic to donate funds to pay for the paint. Fortunately, our fabulous volunteers, led by John Maltby stepped up to do the hard work along with thanks to Jim Luedeke, Dick Lodle, Jef Harris, and Scott Trott. They did a beautiful job.



PLEASE CONSIDER GIVING 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 QR Code to the right with your cell phone to donate On-Line. Thank you for your support. Questions call 262-716-0329

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A QUICK NOTE by Barb Quick



What a hot summer. Great for some people, but not for us guys with breathing problems.

Thanks to my bingo friends who helped me celebrate my 88th birthday. You guys are the greatest. Unfortunately, I could not celebrate the actual day, but thanks to the girls who brought me flowers and wine.

Being under the weather, I missed mass two weeks in a row. Couldn't wait to get back, of course the day was super-hot and muggy. I jumped into the car and rushed to the air-conditioned church. I hope God recognized me... Lo and behold, I was there, but my teeth were not!

I hope the people who attended the "First Potluck Supper" at the Fireside theatre, enjoyed it as much as I did. Very funny. The meal was delicious as usual, and there as generous amounts. I truly liked the salad, unique and tasty.

I have yet to join Kat at her yard games. I understand a nice size group has shown interest. Held on Fridays through August from 12-2. If it is too hot or rainy, games are held indoors. Crafts on Thursday are going strong. Some fancy bird houses were put together. Diamond Painting is going strong. Fun days.

Thanks to our leaders for donating the basket of fun beach things they donated to the Social at St Charles. The social is put on several times a year by "the helping Hands" committee. They supply side dishes and desserts. Sandwiches are bought in by Oak Park. Nice gathering, open to all. The basket was won by Pat Bartollo, and her grandkids loved it.

FYI, Tea is the second most popular beverage in the world, after water. Iced Tea originated in Russia. Teas is popular in China, but Brits brew it more often. However, Turkey drinks the most tea per capita, followed by Ireland. Herbal teas are said to have multiple health benefits. Peppermint and ginger to ease gastric distress, Hibiscus can help lower blood pressure. Chamomile and lavender can soothe stress.

Congratulations to our newlyweds Patti and Denny, May years of happiness.

Until next time. Bye!



HAPPY BIRTHDAY BARB !!



What's Happening at the Center

Supper Clubs

Bryan Soland, June 14



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First Lady Architecture River Cruise & Lunch at Gino's East, Chicago, September 10



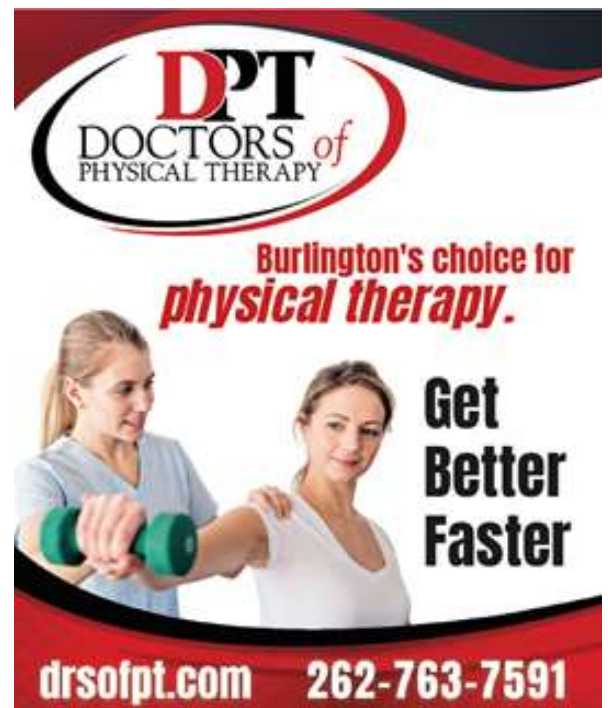
We spent the day exploring Chicago's iconic architecture aboard the only Chicago River cruise partnered with the Chicago Architecture Center (CAC), First Lady offers visitors the city's most engaging 90-minute architectural tour experience. Highly trained and enthusiastic volunteer CAC docents (guides) provided us with a compelling and detailed narrative of Chicago's numerous architectural styles and the stories of the legendary figures who designed and built our city.

After the cruise, we enjoyed lunch at Gino's East. Since opening in 1966, Gino's East has maintained its reputation as one of Chicago's most loved pizzerias! The original Gino's East was opened by two taxi drivers, Sam Levine and Fred Bartoli, along with a friend, George Loverde.

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



JAM SESSION IN ACTION !!





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.

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- Free supplemental accident, liability, and auto liability insurance while serving.
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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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