



# BSAC NEWS



## Spring is on the Way



### Happy “almost” spring!

Hello Friends, we are coming out of a tough winter with record breaking cold temperatures. It was so cold, that we decided to postpone our first “Supper Club” 2026. However, we kept busy at the Senior Center with most of our classes exceeding our usual attendance rates. This is wonderful, because we’re here for only one reason, and that is to give people over 50 years of age a place to be active. We are averaging 20 new attendees each month. So, the word is out!

The Burlington Senior Center is helping people “Age with Agency.” Personal “Agency,” in this context means you have the capacity to act intentionally and believe that you can influence your own life circumstances.

“Aging with Agency,” represents a proactive, empowering approach to later life that emphasizes maintaining control, building resilience, and finding purpose. It focuses on taking control of the changes in your life with dignity and being proactive rather than reactive.

There are plenty of activities and programs at the Center to help you “Age with Agency”. We have 5 different types of exercise classes each week, crafts, painting and card/game playing. We have several more day trips and 10 “Supper Clubs” scheduled this year which are now being funded by United Way of Racine County’s Essential Support Fund.

### A Day at the Movies



**Shad Branan, Kathy Baumeister, Patti Rosenberg, Stephanie Buchanan**

We had a fabulous start to our new year with our first, “Day at the Movies,” event at Plaza Theater in Burlington. Thanks to United Way of Racine’s Community Work Force Grant, over 130 seniors attended a complimentary matinee screening of “Song Sung Blue,” which is a movie based on the true story of the Milwaukee based singing duo, Lighting & Thunder. Thanks to Shad Branan of Plaza Theatre and all our volunteers that made it happen.

Speaking of “A Day of the Movies,” we have received starter funds to provide a free matinee experience complete with popcorn and a beverage for older adults several times a year. Burlington Senior Center’s Board Chair, Kathy Baumeister and I attended a Union Grove Kiwanis meeting in January.

We spoke about the senior center and our new movie project, and the next day at the screening of Song Sung Blue, we received a check to fund our next movie event. Thanks to Kiwanis member Neil Buchanan of Community State Bank for inviting us, and Kiwanis President Mark Anderson, and all of Union Grove’s Kiwanis members.

Thank you to United Way of Racine’s Stephanie Buchanan for volunteering at the movie event and presenting us with the check from the Kiwanis Club. Future events will be scheduled a few weeks prior to the show, as we need to wait for new movies to be released. Watch our Facebook page for our next, “Day at the Movies,” event.

Please read ahead to find out what else is happening at the Center!

Stay Active!

*Patti Rosenberg*  
Executive Director



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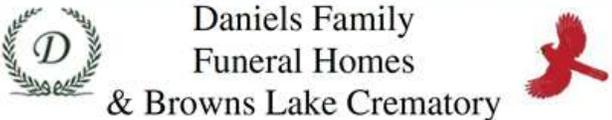
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**Burlington Senior Activity Center & Friends of Waterford Library Present Dinner and a Show.**



**“Medieval Times”**  
**Medieval Times, Schaumburg, IL**

Thursday, March 26, 2026  
 Cost: \$98.00  
 Registration Deadline –March 9, 2026



**“Heartbreak Hotel”**  
**Marriott Theatre, Libertyville, IL**

Wednesday, April 22, 2026  
 Cost: \$133.00  
 Registration Deadline –March 18, 2026



**“HairSpray”**  
**Fireside Theatre Fort Atkinson, WI**

Thursday, May 21st, 2026  
 Cost: \$133.00  
 Registration Deadline –April 17, 2026

**Trip to the Fireside Theatre, January 15**



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[www.burlingtonseniorcenter.com](http://www.burlingtonseniorcenter.com)

## 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.

## 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.

## Health Notes

### Ellen Boyle Kmecak RN

With winter and cold weather still here, we need to keep ourselves healthy!

Respiratory illnesses like colds and influenza are common. So, always practice frequent hand washing with soap and water. Twenty seconds of handwashing is necessary to keep your hands clean. A fun tip is to sing the Happy Birthday song twice to keep track of time.

Remember to eat a balanced diet and stay hydrated. Get enough sleep. Disinfect surfaces frequently. Cover your cough and sneeze. Limit contact with people that are sick and stay home if you're not feeling well.

Keep healthy this winter!!

Ellen Boyle Kmecak RN

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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 9:30 Painting Class 1:00 Mahjong 1:30 Yoga 5:30pm Weight Watchers	10:00 Bingo 12:30 Cards 1:00 Bunco	9:00 Sheepshead 10:30 Tai Chi 1:00 TBD	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

### Bowling Bash !!



The Senior Center participated on Saturday, February 28<sup>th</sup> in the Annual Union Grove Kiwanis Club Bowling Bash at the Old Settlers Lanes in Union Grove. The team consisted of John Johnson, Rich Kuzelka, Kathy Baumeister, Penny Johnson, Kat Urban, and Jim Luedeke. Cheering them on were Marge Luedeke and Kim Olsen.



For more information & to reserve a meal call  
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Daytime Phone: 262-638-6353 After Hours Phone: 262-657-7188

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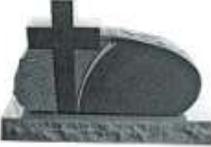
Racine County 262-833-8777 or 866-219-1043

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**Sock Gnome Class**



**Christmas Floral Class**

- **Donation Cost: \$20.00/player per season or \$2.00/night**
- **Batting Practice: 5:30pm – 6:00pm**
- **Game Begins around 6:00pm**
- **NO SET TEAMS** – each week we choose new teams.
- **Senior softball rules apply.**
- **Season runs... May 20<sup>th</sup> – through September (weather permitting)**
- **Not sure if this is right for you??? Come the first week and try it out for free!**

- ✓ **Bring a snack to pass and your own drink. We like to socialize with fans & players after the game.**
- ✓ **FANS: While we understand NOT everyone is able to actively participate in this sport; we really appreciate fan support and hope that our fans come out to the games and socialize after the game with the players.**

✓ **Contact: Katie Mawhinney 262-939-3181, or Jim Luedtke 262-210-2539 with any questions.**

✓ **Check out our [FACEBOOK PAGE](#) for any updated information at:**

**Burlington WI 50+ Sr. Softball**





## 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.

## Crafting with Marge!

Once a month, we present a Craft Class with one of our coordinators, Marge Luedeke. Marge is already keeping many people busy crafting every week with her ever-evolving Diamond Painting class on Thursday mornings at 9:30. This class is getting larger every day and has brought several new people to the center.

Diamond painters produce fabulous pieces of art, one gem at a time, while listening to classic hits on the Center’s vintage juke box. Marge and her crafters donate some of their masterpieces to our “Artists Alcove,” which is a small gift shop that operates through donations. Visitors to the Center can pick up a card or decorative item for a free will donation. So, I haven’t done this...but you could pick up a lovely hand-made diamond painted gift, and people might assume you made it yourself, I’m just saying.

On the 4<sup>th</sup> Thursday of each month at 9:30, Marge comes up with a new craft to try. Marge’s crafts are creative with a twist, as she creates magic from everyday materials. Who knew you could make a pumpkin out of a roll of toilet paper or a bunny from a block of wood? She makes things fun, different, and challenging. Just give her a glue gun and watch her go! Marge doesn’t just teach crafts; she empowers people to try something new and think out of the box with her projects. She also makes many of our centerpieces for our Supper Clubs.

Thanks Marge, for all that you do! Most Crafts classes are on the 4<sup>th</sup> Thursday of the month at 9:30. Upcoming classes are Decoupage Eggs, Decorating a Plant-pot and Planting a Succulent, Dried Flower craft. For more information about Marge’s classes, check us out on Facebook.

By: Patricia Rosenberg

## 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 and House Speaker, Robin Vos. Thanks Robin!

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



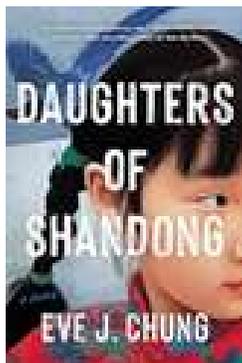
December 4, 2025



## 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 on 262-763-6002.

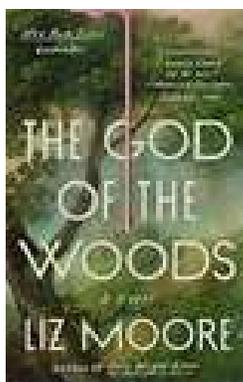
**March 25**  
**Daughters of Shandong**  
**Eve J. Chung**



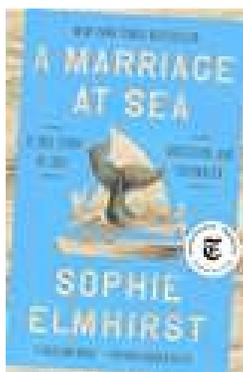
**April 22**  
**The Names**  
**Don DeLillo**



**May 27**  
**God of the Woods**  
**Liz Moore**



**June 24**  
**Marriage at Sea**  
**Sophie Elmhirst**



## 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 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 meet on the 2<sup>nd</sup> Tuesday of the month at 6:00pm. They do not 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](mailto:debra.olkives@ww.com)

### Foot Care Clinic

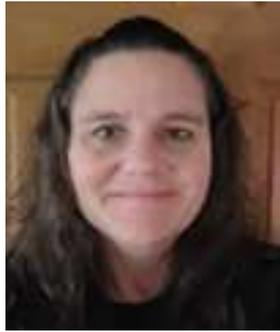
Foot Care services provided by Preceptor Home Health & Hospice South (formerly Kenosha Visiting Nurse Association) on the first and second Thursday of every month. 9:00 a.m. – 12:00 p.m. Contact the Center to sign up.

# SUPPER CLUB 2026 FEBRUARY 21<sup>st</sup>

Josh Quinn



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



Pumped & Powerful Class Christmas Party



**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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## The Tia Chi Journey

By: Paul Z, PhD

Tai Chi may hold your key to happy and healthy golden years. I encourage you to take the journey into the study of Tia Chi as a pathway to health and enjoyment in your golden. This piece deals with my experience with what I have found to be one of my greatest joys since I retired - studying Tai Chi. It covers my reason for looking into Tai Chi and what I discovered. The structure and execution of the classes is covered. The Master and how he fulfills his role is highlighted. Below I will cover the classes, the Master and the venue. Let me start with how I began my journey.

After I lost my balance and had a very bad fall (off a bank onto a brick driveway) I went to see a medical doctor. The doctor suggested I investigate Tai Chi as an activity to improve my balance. With some looking I found that Tai Chi was offered at the Burlington Senior Center. After attending a couple of classes I was hooked. I found an activity that not only helped with my coordination and balance but also stimulated my mind. I met some new people and shared my positive impressions and passion for Tai Chi with my family and friends.

Responding to my discussions of my newfound passion, a physician friend recently sent me an article that confirmed that my study of Tai Chi was more than worth my time. The article dealt with the results of a Harvard Study. The study looked at staying energetic, sleeping better and keeping sharp after 60. The study found that pursuing martial arts was the key to healthy aging. Martial arts challenges mind and body, improve balance, and create a sense of calm within people. The article went on to highlight Tai Chi as a preferred activity. The precision Tai Chi calls for strengthens the individual's mind and body. I have personally experienced all the positive attributes that the study suggests and have also experienced very positive interactions with like-minded people at the Burlington Senior Center.

The senior center offers a Tai Chi class twice a week giving seniors the opportunity to learn and practice Tai Chi as well as meet others. The classes follow a simple instructional format. First there is a daily introduction. Next there is a presentation of new material and movement activities based on everyone's skill or experience level. People new to Tai Chi as well as people who have been studying for many years find a message and movements with a multi-level teaching and learning approach. The classes end with an inspirational message. Messages stress health and mindfulness. Practice is always encouraged. The classes are fun and exciting and are facilitated by a Tai Chi Master.

The master of the class at the Burlington Senior Center is a real Tai Chi Master, Ron Pfeiffer. Ron aptly fulfills the roles of the fabled Tai Chi Master. Some of the roles the master plays are those of the skilled practitioner who strives to preserve the art, teaches others to continue to learn and encourages members to teach others. Master Ron Pfeiffer serves as a motivator who encourages concentration and practice. Ron also acts as a role model—one who practices humility - a key part of Tai Chi. Ron applies effective teaching methods by encouraging students, avoiding negative criticism, and valuing individual differences. Ron emphasizes practice. Students learn skills that they can use for the rest of their lives. The atmosphere in the room is positive. The Master provides the individual students with great instruction and an opportunity to meet other people and form friendships.

The friendships people form is a tribute not only to the class and the Master but are a tribute to the Burlington Senior Center. The center creates a friendly supportive atmosphere where people can meet and interact with like-minded individuals. The classes and activities at the center are designed to be fun and stimulating. Tai Chi is part of a well-balanced program which goes far beyond what one would expect to be offered in a small area.

Give Tai Chi a try and you may be as hooked as I am.



## A QUICK NOTE by Barb Quick



January 15, 2026

Well, we've made a quick start to the new year, a freezing cold one. Being confined in a warm house, I've had time to think about the past years.

We've come a long way, baby. Moved to a new local. We worked hard, scraping paint, applying new. Scrubbing and more scrubbing. Work being done by fantastic volunteers. My favorite change was the windows being installed. That hall was so dark and dreary. New snack bar areas, new floors, new kitchen, appliances, high seat potties, new doors... I could go on. A lot of it started with a previous Director: Susan Crane. I'm sure you remember her. That lady knew more people and had a lot of connections. She decided to retire, but not before putting together an advisory board, which included me.

I remember the day a very talkative redhead sat before this board looking for employment. After getting settled in this girl made things happen. She knows who has money to give away and how to get it. Her middle name should be "grant." The dumbest thing I ever said to her was, "keep it simple, simple is not in her vocabulary.

One of the truly smartest things she's ever done is to take Kim and Marge on board. They are such hard workers. Patti takes care of the benefactors and Kim and Marge take care of us. They are lucky to have a great group of volunteers. If I try to name them, I know I'll leave someone out. We know who you are and we do appreciate you.

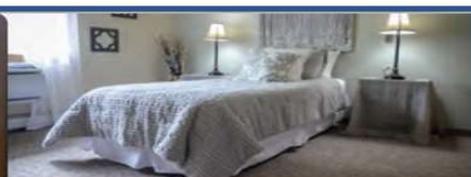
So, here's to future supper clubs, trips, crafts, games and gab sessions. Happy and Healthy New Year! FYI, anyone who signed up for the Supper Club that got cancelled due to the extreme cold, will be on the list for the replacement date, which will be on July 25th.

Until next time. Bye!



# Holiday Volunteer Party

Thanks to all our volunteers who make us provide successful year-round programs and services.



- Rooms with Garden or City views with microwave, refrigerator & large windows
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- Restaurant quality dining and nutritional meals
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- Private deck and outdoor patio with a walking path
- On-site beauty salon for hair, nails and pedicures
- Full activities calendar to promote socializing, mobility & fun!

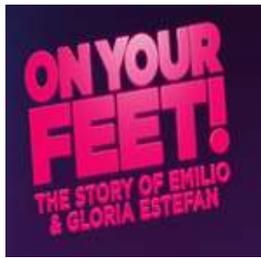


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February 25, 2026

### Crafting with Marge



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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:  
 Susan Guild  
 sguild@volunteercenterwi.org

**MAKE A DIFFERENCE CLOSE TO HOME**

Support programs that help local seniors stay healthy, independent and connected. You can make a difference by donating, volunteering or sharing information about available resources.

Point your camera at the QR code or visit [UnitedWayRacine.org/Get-Involved](http://UnitedWayRacine.org/Get-Involved)

Get Started:






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 SENIOR LIVING COMMUNITY

Call Ashley at (262) 430-0191 to schedule a tour  
 1101 S. Pine St., Hwy. 83, Burlington, WI 53105  
 (on Pine St. just north of Hwy. 83/36)  
 Income Limits Do Apply

**Senior Center at the United Way Racine County  
 2025 Victory Celebration Dinner**

On January 29, 2026, we attended United Way's Annual Victory Celebration at Festival Hall in downtown Racine. This dinner honored United Way of Racine County's Annual fundraising effort to support local non-profits in their causes and community efforts.

In attendance from our Center were (from left to right) Darrel Baumeister, Kim Olsen, Kathy Baumeister, Marge Luedeke, Barb Lebak, Denis Donohoe, Mayor Jon Schultz, and Ellie Schultz.



The dinner and program was well attended by over 250 people from non-profits and supporting businesses from Racine County.



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**PLEASE CONSIDER GIVING A DONATION**

The Burlington Senior Center is a non-profit 501(c)3 organization and is funded through donations from your generous support. Please consider donating to keep our mission possible for our Seniors. You can donate by filling out this form and mailing back with a check or optionally you can just scan the QR Code with your cell phone and donate directly. Thank you for your support. Questions, please call us at 262-716-0329

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