



# BSAC NEWS



## SUMMERTIME !!



Hello Summer! It seems like it took a while to get here... as this has been a very cool and wet spring. Fortunately for us at Burlington Senior center, there is plenty for older adults to do while we're waiting for nice weather to show up. We have more than 60 monthly activities and programs, including weekly exercise classes, arts and crafts, games, day trips, movies, and social gatherings like our Supper Club.

Recently, we have been promoting our "motto," which is: **"Don't let age control your life, let your life control your age."** So, in addition to our regular programming, we've had several fabulous speakers at the Center in these last few months. We had a Nurse talk about Healthy Eating and Diabetes Prevention, a Dementia Specialist talk about Mental Health, and a Fire Prevention Specialist talk about--you guessed it; Fire Prevention!

And fortunately, Town Bank visited us again and we played Scam Bingo, which helps us become aware of the many "Scams" that seniors are presented with on an almost a daily basis. Thank you to all our speakers and to our seniors for showing up and being a part of our "Speaker-Series." These important presentations are all meant to empower us with helpful tools as we age. There are more speakers to come.

On another note, our Board members, staff, and I have been busier than ever since we bought our building at 587 East State Street from the City of Burlington in October 2025, with ownership came more responsibility, which means we now contract for services like lawn care and snow-removal. Thank you to the Waneseke corporation for plowing our parking lot at no cost, this season. It really helped us out.

In addition, we are grateful to our volunteers that showed up to shovel the front sidewalk and back entrance when needed. Thanks to Board Member Ellen Kmecak for managing the shoveling of the front sidewalk and pitching in on many occasions. Thanks to coordinators, Marge Luedeke, Kim Olsen, and Kat Urban for doing some extra shoveling and salting of the front walk. Thanks to our maintenance man, Jeff Harris, and Board member, John Maltby for arriving in the early hours to check the sidewalk.

Special thanks to past Board members, Dick Lodle and Jim Leudeke for still helping us with all sorts of maintenance issues. We're also grateful to Jay Hager, Jim Luedeke, John Maltby, Jeff Harris, and Dick Lodle for stepping up and managing our parking during both our Supper Clubs and Day trips. We could not do what we do or be what we are without our wonderful volunteers.

Speaking of parking, we are now responsible for large projects that we inherited with the building. One such project is to repave and expand the center parking lot for our seniors. I have a general letter on page 11 that describes the program in detail. Please check it out. We need all the help we can get. Thanks to all of you that have already contributed.

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

Stay Active!

*Patti Rosenberg*  
Executive Director



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**If you would like to receive a free copy of the Newsletter, please either call or send an email to:**

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



**“Frozen”**  
**Fireside Theatre Fort Atkinson, WI**  
 Thursday, September 3, 2026  
 Cost: \$98.00  
 Registration Deadline –March 9, 2026



**“Annie”**  
**Drury Lane Theater, Oak Brook, IL**  
 Thursday, Nov. 19th, 2026  
 Cost: \$137.00  
 Registration Deadline – October 19th, 2026



**“A Christmas Story”**  
**Fireside Theatre Fort Atkinson, WI**  
 Thursday, Dec.10, 2026  
 Cost: \$135.00  
 Registration Deadline – November 6th, 2026

**Trip to the Medieval Times, March 26**



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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)

## 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 DONNA MOSCA



### Welcome Donna Mosca!

The Burlington Senior Center has a new Yoga and Strength and Flex, class instructor. We are pleased to welcome Donna Mosca. Donna comes to us with years of experience and is the owner of Peace Tree Yoga. She is gifted in her ability to uplift people through fitness. We are grateful to have her.



Student, Barb Scherrer warming up before exercise class?



1<sup>st</sup> Class with Donna

## Pumped & Powerful with Physical Therapist Jennifer Norris

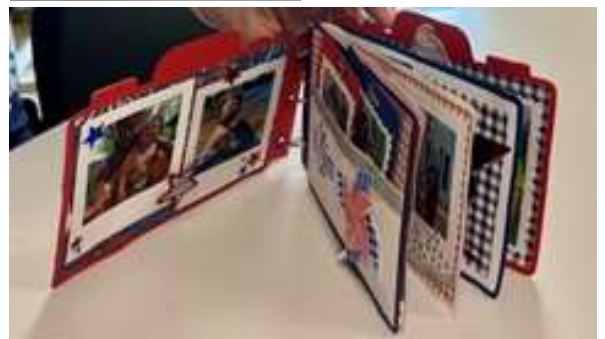
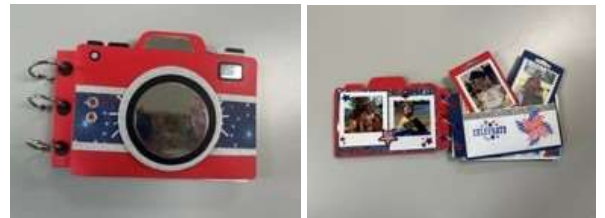


Thursday's at 5:30pm

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.

## Patriotic Photo Album-Paper Craft Sheila's Crafting Escape



July 1<sup>st</sup>, 12:00 pm

Join Paper Artist Sheila Chaney for an afternoon of paper crafting. Create a Patriotic Photo Album, bring your pictures, or add them later.

All supplies included. This is a 3-hour class with a small break. \$2 activity fee donation requested. Sign up at the Center. 262-716-0329

## 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 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:30 Grief Group 11:00 Tai Chi Noon Double Deck Pinocle Outdoor Games
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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 1:30 Strength & Flex 5:30pm Pumped & Powerful	9:00 Bridge 9:30 Grief Group 11:00 Tai Chi Noon Double Deck Pinocle Outdoor Games

### Pizza Ranch Fundraiser



The Senior Center held a fundraiser on May 18<sup>th</sup>, 2026 and it was a very successful night. The group raised approx \$900 and had a great time.

### Burlington Womens Club



Executive Director Patricia Rosenberg receives a donation of \$180 from the Burlington Women's Club on April 1, 2026

Racine County Senior Nutrition  
Dining Sites

## Delicious Food

## Lunch with Friends

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262-833-8766

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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

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**50+ SENIOR SPORTS CO-ED SOFTBALL  
LEAGUE at the Congress Street Field in  
Burlington**  
(down the hill from Adrian's Custard)

**Every Wednesday Starting: May 20, 2026**

- **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**



**Arts & Crafts Prolongs Lives.**

**Wreath Class May 28, 2026**



**Pots w/Plants April 30, 2026**





### 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.

### Mark your Calendars!! Classic Car Show & Fundraiser



We will be holding our 1<sup>st</sup> annual Classic Car Show and Fundraiser on Saturday, August 22, 2026, at Bruno’s in Waterford. The show runs from 9:00am to 3:00pm and will include in addition to all make and models of cars and trucks, a Bowling Tournament, Craft Vendors, Live Entertainment, and plenty of chances for raffle prizes and a silent auction.

The proceeds this year will be going to our “Paving the Way” Parking Lot needs and should be a great time for anyone wishing to attend. Should it rain on Saturday, there is a rain date of Sunday, August 23<sup>rd</sup>. Stay tuned, we may even have the Oscar Meyer Weinermobile. Keep your fingers crossed.

### 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!



April 22, 2026

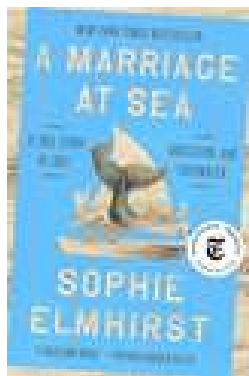


## Book Club

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.

**June 24**

**Marriage at Sea**  
**Sophie Elmhirst**



**July 22**

**The Exiles**  
**Christina Baker Kline**



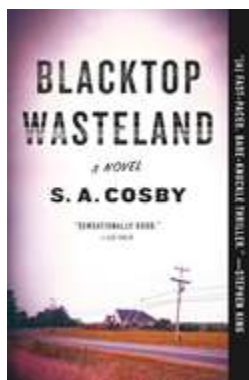
**August 26**

**Theo of Golden**  
**Allen Levi**



**September 23**

**Blacktop Wasteland**  
**S A Cosby**



## 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

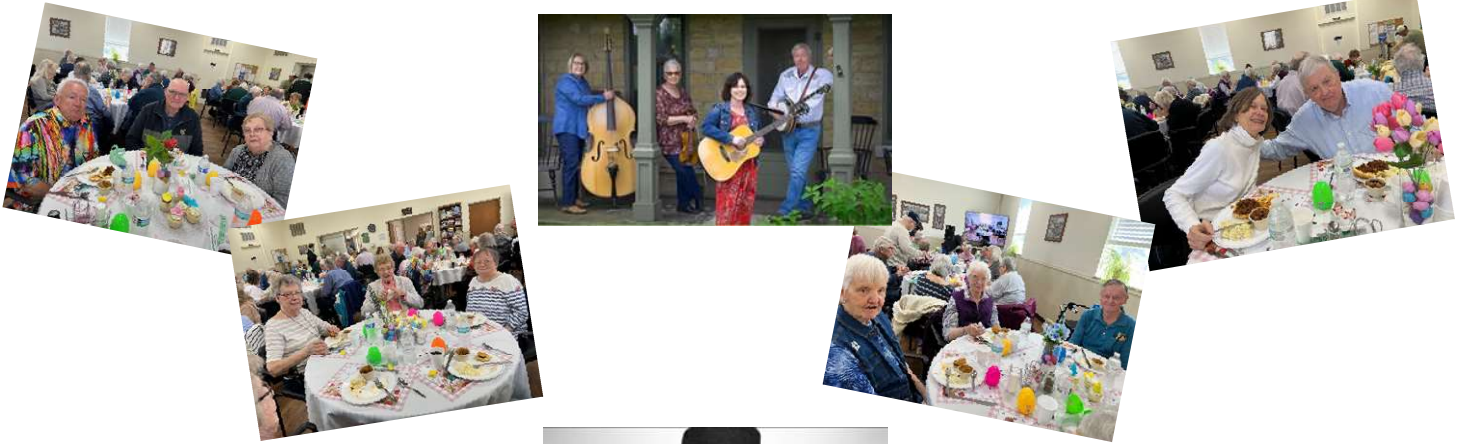
Meet on Mondays at 5:30 pm at the center. Email: [debra.olkives@ww.com](mailto:debra.olkives@ww.com)

### 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 CLUBS

KR Bluegrass, March 21



Downton Harrison, April 18



Tim Castle, May 16



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

## Scam Workshop, April 29

Wintrust Town Bank came and offered a session on scam prevention on April 29<sup>th</sup> at the Center. This event was well attended and provided valuable materials for our Seniors to know how to not get caught up in scams out there today.



Suzanne Sorenson and Michelle Wilder from Wintrust Town Bank



**LOOKING FOR VOLUNTEERS**

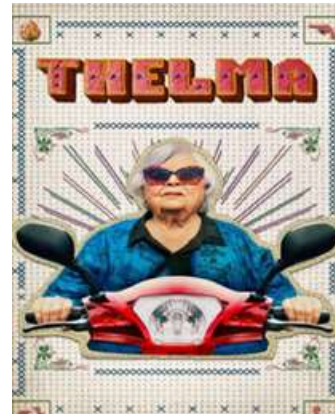
The Burlington Senior Activity Center is always looking for volunteers. If you have a little time to give, we have a place for you. Please share your interests with us and call 262-716-0329.

*Sheila Mae's* **TOWN FRYER**  
RESTAURANT

116 N. Main • Burlington, WI 53105  
**763-9940**  
Open at 5:00 a.m.  
Seven Days a Week

## A Day at the Movies

Our Seniors enjoyed another free movie with treats on Friday March 13 at the Plaza Theater. The film shown was “Thelma”, a great senior adventure film filled with humor plus lots of tips and life lessons. Everyone had a great time and learned at least one good thing from the film.



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# PAVING THE WAY!!

Dear Community Member,

At the Burlington Senior Center, our mission is simple but powerful: to provide programs that enhance the lives of active, older adults in our community. Every day, we serve seniors aged 50 and older: neighbors, parents, and friends who rely on the Center not just for activities, but for connection, purpose, support, and to battle loneliness.

Despite living in a world more digitally connected than ever, loneliness has reached alarming levels. In fact, the U.S. Surgeon General reported in 2023 that loneliness can be more deadly than cancer. Perhaps no group feels this as deeply as older adults. At the Burlington Senior Center, we work every day to combat this reality for a truly high-risk population. Our motto says it best: **“Don’t let age control your life, let your life control your age.”**

Through more than 60 monthly activities and programs, including weekly exercise classes, arts and crafts, games, day trips, movies, and social gatherings like our Supper Club, we create opportunities for engagement and joy. We also provide essential services such as Meals on Wheels, in-house dining, and vital support groups, including weekly grief support and dementia caregiver support. For many, this is more than a center, It’s a lifeline. We regularly hear from participants who say these programs have “Saved their lives.” Today, we are asking for your help with this critical need.

Our parking lot, now over 50 years old, has not been properly maintained since it was built in 1966. The current lighting is limited, and the entire lot is no longer safe for the more than 100 individuals we serve daily and for over 2,500 visitors each month. As the only senior center within a 20-mile radius, our reach extends across Racine, Kenosha, and Walworth counties.

To continue serving our community safely and effectively, we must replace and expand this space. The plan provides appropriate lighting, a loading zone for deliveries such as the Meals on Wheels truck, and a drop-off area in front of the building, which allows safe access to our garden cart that provides free produce from our garden for seniors.

Our goal is to raise \$260,000 to complete this project. Thanks to generous early support, including \$10,000 from the Community Fund, \$32,000 from the Derosier Fund, and additional private donations, we have raised \$98,000 so far. As a nonprofit operating solely on donations and grants, we rely on community members like you to make projects like this possible. This letter campaign is only a small part of our year-long fundraising efforts.

We invite you to be part of “Paving the Seniors’ Way,” a project that will ensure safe access, continued services, and a welcoming place for hundreds of older adults in our community. Your support, at any level, will make a meaningful difference. Donations can be made in person at the Burlington Senior Center, on Facebook, and on our website at [BSAC@burlingtonseniorcenter.com](mailto:BSAC@burlingtonseniorcenter.com). If you’d like to tour the Center or meet with our Executive Director to learn more, please email us at [Burlingtonseniorcenter.com](mailto:Burlingtonseniorcenter.com), or call us at 262-716-0329. We look forward to hearing from you.

*Thank you for helping us create a place where seniors don’t just age but thrive.*

*Patricia Rosenberg*  
**Executive Director**

*Kathy Baumeister*  
**Board Chair**

**Board Directors:** Judy Bratz, Shai Demers, Darrel Eisenhardt, Barb Lebak,  
Ellen Kmecak, John Maltby, John Park, Mayor Jon Schultz

## A QUICK NOTE by Barb Quick



Wow! Three great Supper Club shows and a fantastic movie! Josh Quinn-Sinatra to the 60's, an "A+," Entertainer. Blue Grass... never was much of a fan, but I did my share of handclapping and knee slapping. One of my favorites: Downtown Harrison, I can't say enough. This guy is fantastic. He can go from Tina Turner to Neil Diamond with no trouble at all. His opening and his closing summaries may have turned a few audience members off, but I, myself was moved by them. He would make a great preacher! Thank you United Way of Racine County!

The trip to Medieval Times was a far cry from our usual musical trips. Horses were beautiful, some of the knights were too! We were challenged! Dinner: Fried Chicken, Corn on the Cob and Baked Potatoes, no cutlery. Ate it all, despite the dim-lighting, without too much of a mess.

Back home: I joined our Bunco group and after two sessions, I'm hooked. The game is fun and the girls are crazy. First Tuesday of the month at 1pm. Come and join us!

\*Teacher to Student: Make a sentence including the words defuse, default and detail. The Lad replied: Jump de fence, de feat go first ...and then de tail. LOL.

Thanks to Kim and Jackie for the great adventure trip to the Drury Lane Theatre. We are always taken good care of by these fine ladies.

Looks like Spring is here. Time for our garden group to perform their magic. Also, Senior Softball league begins May 20th, and every Wednesday at 6pm through the summer at Congress Street Field. Come and play or cheer them on.

With the downtown torn up, (due to construction), don't forget our merchants who are still open for business. Parking is in the parking complex or behind some of the stores. Glad to hear we're getting a larger parking area here (at the Senior Center). Also, the lights. Coming home from some of the bus trips to a dark lot is a dangerous thing.

Our improvements keep coming thanks to everyone's hard work. Donations are a big help. Please, when you can. Happy Spring.

## Coordinator Spotlight Kim Olsen



Burlington Senior Center has grown significantly in the last 4 years, and much credit for that would go to our Coordinator and volunteer extraordinaire, Kim Olsen. I met Kim a year before I took the job as Executive Director and learned that she had worked with Seniors in the past. So, when I was offered the position, I texted her to see if she would be interested in helping, and she said, "I'll be there Monday morning." She has been there every Monday morning since, and almost every other day of the week. We would be lost without her.

To describe Kim, you're forced into the usual cliché descriptions, such as; "she's the life of the party," or "What a social butterfly!" Most often you hear, "She's never met a stranger," which is literally true, as she was born in Burlington and knows 95% of the people that visit the Center. However, any description would oversimplify the brilliance of Kim. She is warm and friendly and always ready with a hug. Her wonderfully contagious belly laughs light up a room. She is a friend to hundreds of people and is selfless in her efforts to help others. She helps many people during her time off, just checking on them or getting them out of the house.

Kim is essential to the Senior Centers mission to help others age gracefully and battle loneliness. When she greets a new visitor to the Center, they are soon feeling at home and wanting to learn more. She is also integral in helping the Center run smoothly with her keen organizational skills and business sense. She often comes into the center whether she's scheduled or not, to make sure everything runs smoothly. She never forgets a face or a name and if anyone is in need or at risk, she works to help them through their journey.

Don't get me wrong, Kim isn't perfect. She has an aversion to arts and crafts and she's always correcting my math, scheduling errors and spelling. But we can deal with that. I would not be able to do my job without her and am grateful that she is part of our team.

*Patti Rosenberg*  
Executive Director

**Burlington Senior Center presents:  
Melanie A. Smith, DO**



**Are GLP-1 medications really just  
"Weight loss drugs"?  
Wednesday, August 12, 1:00pm**

Join us for: More Than a Weight Loss Medication: Understanding GLP-1 and the Disease of Obesity — a free community presentation that explores the real science behind obesity as a chronic disease and how GLP-1 medications are changing lives. Whether you're curious, currently on these medications, or supporting someone who is, this talk is for you.

Sign-up at Burlington Senior Center 262-716-0329.

Presentation at Burlington Senior Center 587 East State Street, Burlington, WI.

**4 Day Tai Chi Labor Day Weekend Intensive  
The Power of a Deep Dive**



We are pleased to announce that this year's intensive will be held at the **Burlington Senior Activity Center**.

Awakening the Inner Child;  
Through Creativity, Story, and Movement

Looking ahead, our major event of the season is the **Labor Day Weekend Training Conference**, running from **Friday, Sep 4 through Monday, Sep 7**. This four-day intensive is designed for practitioners who want to immerse themselves fully, refine their skills, and elevate their practice by drawing directly from the lineage insights of our recent trip.

The focus will be on the Chen-style mechanics, health-focused movements, and the "Essence" of the tradition brought back from Ningbo.

Contact the Senior Center for more information.







- Rooms with Garden or City views with microwave, refrigerator & large windows
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## Friday Afternoon Lawn Game and more

Starting June 12 through July and August, many seniors came and join Kat Urban for some Corn Hole and other outdoor fun and games on Friday afternoons at the Senior Center. This is a great time for outdoor fun! Come join us.



## May 21<sup>st</sup> at the Fireside



## 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.



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Volunteer Center of Racine County

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@volcenterofracine.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:




**UNITED WAY**  
Racine County



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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 FIRE SAFETY TALK**

On April 08, 2026, we hosted a fire safety workshop presented by our City of Burlington Fire Inspector, Ronnie Mason.



The workshop was well attended by our Seniors, and many great questions, answers, and advice was shared by the group.



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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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