



BSAC NEWS



SUMMER to FALL !!



Newsflash!

On September 3rd, 2026, it was announced that for the first time in recorded history, the world has more people 65 and older than children under 5 years old. It is projected that the number of people 65+ will account for more than half of the total population in the world by 2060. What this information tells me is that senior centers like ours are crucial to the well-being of society, today, and for years to come. We are fortunate to have this Activity Center as it provides a place for older adults to stay active and age purposely.

Each month, the Burlington Senior Center boasts an average of 2600 visitors, who can attend at little or no cost to them. We do this through grants and donations alone. We do not receive any government funds and the grants we do get are not associated with any government entity.

This is important information to remember as we work to raise funds for our parking lot project. This reconstruction will add more parking spaces, a loading zone, and lighting. We are counting on members of our community to help us. We have already raised 70% of our goals. There is an insert in this issue that will provide more information.

Thank You to our Team!

In the meantime, we find ourselves approaching my favorite season, where we all have a chance to reflect on who and what we are thankful for. We are fortunate to have a growing Activity Center with over 60 events/activities a month that are provided for little or no cost to people over 50 years old.

We are grateful for all our staff, volunteers and supporters. Our new Yoga and Strength & Flex instructor, Donna Mosca, has done a great job, and some of her classes are so well attended, we keep needing to add more chairs. Thanks to all our other instructors, Tai Chi Master-Ron Pfeiffer, Pumped & Powerful instructor Jenny Norris who is a Physical Therapist, our Painting instructor, Judy Schoelten is a retired Occupational Therapist, and our talented Coordinator, Marge Luedeke who teaches Art and Craft Classes. We are fortunate to have Kathy Kerner, a retired Art Therapist teaching Clay Art and a brand-new instructor, Sheila Chaney, who teaches Paper Crafting.



But we wouldn't be here if it wasn't for our Coordinators, Kim Olsen, Marge Luedeke, and Kat Urban. They work hard keeping things running day by day and assisting all our instructors and clients. They are masterful in providing a welcoming, happy, and safe environment for all us seniors. We also have a strong volunteer base who shows up to support us in daily operations and/or special events. Thank you all!

We had another busy quarter with 2 speakers, a couple Supper-Clubs, a Car Show Fundraiser, and still found time to go to a Brewers Game.

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



United Way Racine County Investor Relations Manager,
Adrianna Rajwa with Marge, Kim, & Patti

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:

262-716-0329

bsac@burlingtonseniorcenter.com




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



“FOOTLOOSE”

Milwaukee Repertory Theatre Milwaukee, WI

Thursday, October 21, 2026

Cost: \$130.00

Registration Deadline –September 18, 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

Speaker Series

August 12, 2026

Are GLP-1 medications really just
"Weight loss drugs"? with Dr Melanie Smith



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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 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.

Thank You Burlington Women's Club!



Karen Fohey, Patti Rosenberg, and Betty Olson.

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.

CRAFT CLASS

PAINTED WOOD- BLOCK STENCIL

Thursday September 24th 9:30am



\$5 each (covers all materials)

Sign up at the Burlington Senior 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 1:00 Jam Session	9:30 Dominoes 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
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

Trip to a Brewers Game

June 18th, 2026



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

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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 2027.

Diamond Painting

Thursday Mornings 9:30am



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.





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.

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!

Senior Center Garden & Cart

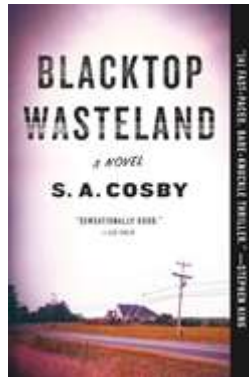
Our garden is doing superbly this this year, and survive the big heat wave we experienced in mid July. Many thanks to Marge Luedeke, Bette Winkler and the many others who keep an eye on it, water it, and make sure the weeds do not get a chance to interfere! The produce is always available to the seniors and also in the Garden Cart out in front of the building for a donation.



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 Lebak on 262-763-6002.

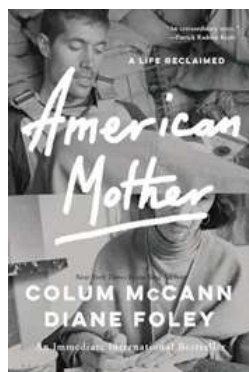
September 23
Blacktop Wasteland
S A Cosby



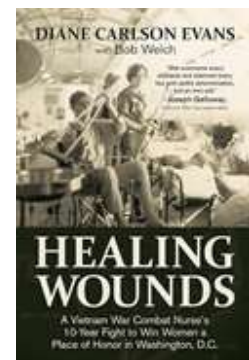
October 28
When the Cranes Fly South
Liza Ridzen



November 25
American Mother
Colum McCann



December 23
Healing Wounds
Diane Carlson Evans



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 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

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. – 1:00 p.m. Contact the Center to sign up.

SUPPER CLUBS

Bryan Soland "BEACH BOYS"
June 27, 2026



John Dawley
July 25, 2026



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.

STRING ART WORKSHOP



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.



Answers to trivia

1. Jets
2. Browns
3. Buccaneers
4. Raiders
5. Saints
6. Rams
7. Falcons
8. Dolphins
9. Patriots
10. Bills
11. Packers
12. Bears



SENIOR CENTER HAPPENINGS



A QUICK NOTE by Barb Quick



Hi Guys,

Can't believe summer is almost over. Between hot days, humidity, and Canadian smoke, I didn't get to spend much time outside in my swing. However, fall has always been my favorite season. The color of the changing leaves, the crispness in the air and FOOTBALL!

I love football, and any games. Our Packers look promising and I was able to attend the Burlington Demons game on Friday and saw my grandson and the rest of the Demons run right over the Tremper Trojans from Kenosha, 34-7. The weather cooperated so I was able to enjoy the whole game. Free for seniors.

Another game is looking up. We are getting more new people for Bingo on Tuesdays. Thanks to Bev and Sandy for keeping things going. Kudos to Marge, Kim, Mary, Jan, and Karlene for setting things up and putting everything away after our sessions. Many more thanks to Greta for bringing in the delicious corn for prizes.

Supperclub: Bryan Soland and the Band, Beach Music. Lots of beach attire in the audience and I loved the beach ball toss. Thanks again United Way of Racine!

Congratulations to our own Jenny on the arrival of her first grandchild! Bowling starts on Friday. Come on down and join. Fun for all. Finally, thanks to all our volunteers.

Can you identify these past or present football teams?

1. 747's
2. Wise Sunbather
3. \$1.00 for corn
4. Midnight Snackers
5. Peter and Paul
6. Ewe's mate
7. Henry's First Compact
8. Girls Toy and Fish Arm
9. American Forefathers
10. Lou's
11. Leaders
12. Streakers

(Answers on Page 10)



Use the phone with confidence and enjoy your calls again with call captioning. CaptionCall is a no-cost service for people with hearing loss who need captions to use the phone.

Coming again to the Center on October 7th, 2026



Stefanie Weil with CaptionCall on August 5th, 2026

Volunteer Showcase

On August 16th, our Center was asked to help out and support the Burlington Kiwanis Golf Outing at Grand Geneva. We were one of eight non-profit groups who were stationed at a course tee to provide information about ourselves and participate in games for the golfers. Our game of course was to see if the golfers could beat a Senior at Beanbag. They all won and received a prize.



For our efforts, the Kiwanis donated \$500 of their proceeds to us. Special thanks to Rich Kuzelka, Jeff Harris, Jay Hager, and Kathy Baumeister for volunteering to help with this.

BINGO with Bev & Sandy!







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Thank you to all the volunteers who helped to make this event fun and successful! The cars were great to see and the awards, food, entertainment, the weather, and the raffle prizes made for a great day. Next year will be even better!





AmeriCorps Seniors
 PO Box 81008
 Racine WI 53408
 Phone: 262-886-9612

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.

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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:
 Susan Guld
sguld@volunteercenterwi.org

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