

# BSAC NEWS



## IT IS SPRING, GO FOR IT!

By: Barb Quick

"Now be a good girl and don't make waves." How many times have you heard that? That has got to be the most ridiculous statement I've ever heard.

Not only do I plan on making waves, but I am also trying to figure out how to start a typhoon and really rock the world. I believe that playing "small" and timid does not serve anyone. When we let out our power and let our light fully shine from within, we are unconsciously giving others permission to do the same.

By doing so, we get up each day to a life that is not only worth living, but truly worth loving as well.

So, let us be the change the world needs. We can set the new standard.

Make a difference whenever and wherever we can, and while we are at it:

**LET'S MAKE SOME WAVES AND REALLY ROCK THE WORLD!**

Sign up today to volunteer at the Center starting in May. Pick a morning or afternoon any day of the week. Morning hours are 9:00 am – 12:00 pm and afternoon hours are 12:00 pm – 3:00 pm. Come and volunteer at the Center, you will have fun and help out too. The Center number is 262-716-0329 to sign up and get additional details.



*No more empty chairs, we are open!*

## CENTER OPENS APRIL 6!

It is really happening. "What we have all been waiting for, the Center is opening," happily, stated Barb Quick. Starting on April 6, the Center will be open on Tuesdays and Fridays from 10:00 am to 3:00 pm. There will be BINGO on Tuesdays at 10:00 am and Yoga on Fridays at 1:00 pm.

Folks will be able to stop in any time during the day for coffee and visiting. Let us get together and Coffee Klatch. It has been a whole year since the Center closed on March 13, 2020. A year since many of us have seen each other. We have so much to share, so let

us get our Center going again.

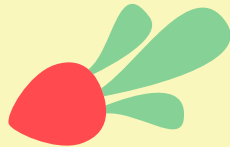
"We will need to follow some safety restrictions," stated Susan Crane. "We are committed to keeping everyone safe, and we are so excited to welcome everyone back!"

We are also hopeful that as attendance can increase and virus number continue to decrease, we will be able to open more days and have more activities in May. What more can we say except: **WELCOME BACK, WE HAVE MISSED YOU!** See you soon.

## EDITORIAL

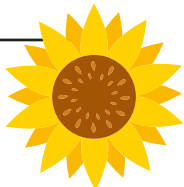
What a perfect time to reopen the Center. Spring is the season full of new possibilities. The Center reopening is full of new possibilities too. We will bring back all your favorite activities, but we are looking for new activities, events, and trips. If you have a suggestion for an activity or event, please share your idea with the Advisory Board. If you are interested in serving on the Advisory Board please let Dorothy Henning or me know. Finally, continue to be safe, get vaccinated, keep smiling, and visit us soon.

*Susan Crane*  
Executive Director



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

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## MY REPORT

By: Barb Quick, Center Reporter

Here I am a reporter without a scoop.

Hard to believe that it has been a year since we shut down. We have passed through a year of seasons, mostly in lockdown.

I am thankful I had my grandson's baseball games, that I could attend and enjoy most of the summer.

But here we are, almost Spring, a new beginning. Buds are on the trees, spring flowers are starting to pop, and kids are playing out of doors again.

But the best part is the Center opening. As we open it will be a gradual thing. Two days a week. We will be wearing masks and limiting attendance numbers, but we will be open.



## UNSOLVED MYSTERY

No one was able to identify our "Dancing Queen" in the last Newsletter issue.

Drum roll please.....

TaDa, none other than our own Newsletter Reporter Barb Quick, many lifetimes ago. Although she is still pretty "quick" on her feet!



## WANDERLUST TOURS LLC

Day trips include meals, taxes and gratuities. Burlington and Racine-area pickups. Mayflower trips all include home pick-up and return. Call Kris Jekel at 262-895-9001, email at krisjekel@hotmail.com or go to [www.wanderlusttoursllc.com](http://www.wanderlusttoursllc.com) for all trip details. FLYERS ARE AVAILABLE FOR ALL TRIPS AND TOURS.

### WANDERLUST 2021 DAY TRIPS & TOURS

**May 1 – "THE GLENN MILLER ORCHESTRA"** at the Schauer Center in Hartford. Featuring lunch at the Fox & Hounds Restaurant and a stop at Holy Hill. \$129.00

**May 19 – "WANDERLUST TRAVEL SHOW" 12:30 – 2:00 p.m., and 2:30 – 4:00 p.m. at the Burlington Senior Activity Center, 587 E. State Street, Burlington. Reservations are required due to social distancing. Please call Kris for your reservation. Featuring Mayflower Tours, Wanderlust Tours and the Activity Center tours.**

**September 9-17 – "NATIONAL PARKS OF THE PACIFIC NORTHWEST" with Mayflower Tours. \$3849.00 with additional savings.**

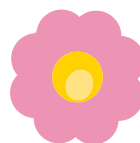
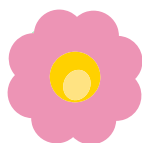
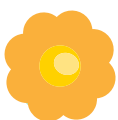
**September 30-October 3 – "OCTOBERFEST IN NEW ULM" (Minnesota) with Mayflower Tours – \$1049.00.**

**October 5-14 – "SENSATIONS OF LYON AND PROVENCE FRANCE RIVER CRUISE" with Mayflower Tours. \$4549.00 with free air until May 31st.**

**November 8-13 – "PIGEON FORGE & SMOKY MOUNTAINS SHOW TRIP" including the Titanic, 8 meals and 6 shows. \$665.00**

**December 5- "HOLIDAY INN SHOW AT THE DRURY LANE THEATRE." Featuring a champagne brunch. \$155.00**

**December 9-11 – "CHRISTMAS IN ST. LOUIS" with Mayflower Tours. \$1069.00**



## WISCONSIN ELDER ADULTS-AT-RISK HELP LINES

### 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

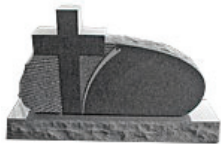
Kenosha County 262-605-6646 or 800-472-8008

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

### Walworth County Department of Human Services

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Phone: 262-741-3200



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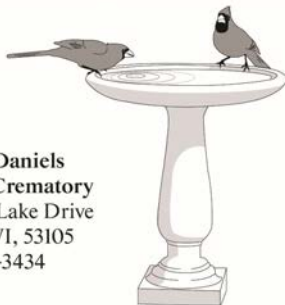
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## SLEEP LONGER AND BETTER IN 3 DAYS – FROM ‘PREVENTION’ MAGAZINE

### Day 1

Wear less to bed. Shedding clothes can help you sleep more comfortably, prevent awakenings, and get you into REM (Rapid Eye Movement) sleep, says Raj Dasgupta, M.D., a sleep expert. Research has shown that heat exposure increases wakefulness and decreases restful sleep. So, opt for light clothes- with one exception. “Cold feet are tied to difficulty sleeping,” Dr. Dasgupta says. The solution, of course is socks.

### Day 2

Stop scrolling after dinner. Give yourself a good two hours before bed without Social Media.

### Day 3

Meditate. Meditating lowers your blood pressure, putting you into a more relaxed physical state. You are more likely to stay asleep and get more quality sleep. Simply focus on your breath.



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## POETRY CORNER

### Our Welcome Robins

By: Nettie Grace Greninger Strohm

*Listening to the robins singing, from my retreat-  
Their voices sounding clear, ever so sweet.  
They were filled with real joy, and content-  
As their coming, was some very extra comment.*

*They felt the urge, to fly and shout-  
It seemed like home, without a doubt.  
Of course, Spring was here, they were too-  
Everything was perfect, from where they flew.*

*Their spirits were aroused, up in trees so tall-  
It seemed long ago, from way last Fall.  
Though they get busy, building all new nests-  
They take time off, for song and rests.*

*Beautiful to look at, while doing their song-  
Nothing seems ever, with them, going wrong.  
We miss the happy songsters, in the Fall-  
When they have gone South, on and all.*

*When the cold winds, have ceased to really blow-  
The warmth of sun's rays, melting the snow.  
'Tis time, to welcome robins, back to stay-  
During warm weather, for more sunny days.*



### Thoughts for the Day

*May a song fill your heart,  
May good friends bring you cheer,  
And God's brightest blessings shine  
On you all year.*

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Daffodil	Tulips	Crocus	Lilac	Hyacinth	Budding
Leaves	Robins	Planting	Puddle	Spring	Green Grass
Bird Eggs	Daisy	Duckling	Tadpole	Earth Day	Kite
Butterfly	Bees	Umbrella	Raincoat	Day Light Savings	

## 2020 VOLUNTEER OF THE YEAR

By: Barb Quick

The board of directors is proud to announce that Jenifer Nice has been selected as 2020 Volunteer of the Year.

Jenny first came to the Center with her mother-in-law Bridget. Bridget enjoyed many of the activities the Center offered. Jenny soon became our unofficial interior decorator. Right through the shut down she continued to make the Center festive with seasonal decorations and Holiday lights. Then she took on the task of landscaping and taking care of the flowers.

She is also active in the Alzheimer's Group that continues to meet at the Center. She mentioned that she is also regularly active in her church.

Jenny is the kind of person who sees that something needs to be done and then does it and does not wait around for or expect a pat on the back.

We will celebrate this annual award at a later date, but for now please congratulate Jenny Nice, Burlington



## 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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## TASTY TEMPTATIONS

### SPRING VEGETABLE FETTUCCINE ALFREDO

(This is a very easy  
30 minute recipe.)



- 1 stick butter
- ½ cup frozen peas
- 2 cups heavy cream
- 1 bunch thin asparagus, about 1 lb.
- 1 ½ cups grated Parmigiano-Reggiano cheese.
- 1 Tbls chopped chives.
- Finely grated zest of ½ lemon
- 1 - nine oz. package fresh fettuccine
- Extra virgin olive oil for tossing.
- 2 cups mushrooms (about 4 oz.), stems removed and discarded.

#### STEP 1

Bring a large pot of generously salted water to boil. Add pasta and cook according to directions until al dente (tender but slightly firm). Reserve ½ cup of pasta water. Drain with colander and toss with olive oil.

#### STEP 2

Meanwhile, slice the mushroom caps into ¼ inch thick strips. Snap the woody ends of the asparagus and cut into 2 in. lengths. Heat a large skillet over medium heat and add 2 Tbls of butter. When the butter melts, raise the heat to medium high and add the mushrooms in one layer. Cook without moving, until the undersides have browned, 1 to 2 minutes, then stir and cook until golden, about 2 minutes more. Add the asparagus and another tablespoon of butter, and ½ teaspoon salt and continue to cook, stirring occasionally until asparagus is tender and the mushrooms are browned, 2- 4 minutes. Transfer the vegetables to the colander with the pasta.

#### STEP 3

Reduce the heat to medium and add the remaining 5 tablespoons of butter. When the butter has mostly melted, whisk in the cream, and bring to a simmer, then add the peas and cook for 2 minutes. Turn off the heat.

#### STEP 4

Whisk the Parmigiano-Reggiano into the sauce. Add the vegetables, cooked pasta, chives, and lemon zest and toss well. The pasta will thicken as it cools. To thin it add reserved pasta water 1 tablespoon at a time until desired consistency. Serve hot.

*Leftover cooked chicken works well in this recipe also!*



Think about this  
If money doesn't grow on trees,  
How come banks have branches?



**Our closet is getting a little low...**

Please consider donating.

*Burlington Senior Activity Center*

wish list

☐ Cash Donations

Send Donations to the Center, Please



Senior softball will be back this season!

## 50+ SOFTBALL SEASON STARTS IN MAY

The 2021 Softball Season starts on Wednesday May 26 & runs every Wednesday thru September at the Congress Street Softball Field – down the hill from Adrian's Custard. Batting practice 5:30–6:00. Game starts at 6:00.

50+ Softball is co-ed, recreational slow pitch softball. There are NO team assignments – just show up and play. The rules are modified for safer play, example – no sliding. Cost: \$20/ player per season or \$2/night. If you are not sure that this is right for you. Come try it...the first week is free. Bring a Snack to pass and your own drink; we socialize with players and fans after the game at the field pavilion. Come join in on the fun!

For more information contact:  
Kathy Baumeister 262 206-6305  
Katie Mawhinney 262 939-3181

## ~ HALL RENTAL ~

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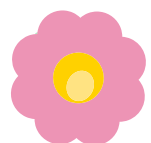
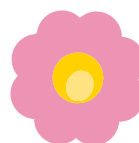
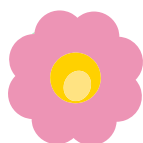
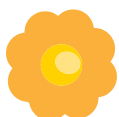
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## VALENTINE COOKIE AND COCO BOMB SALE – A SWEET SUCCESS

By: Barb Quick

### Dateline: February 12

The Center is in a hustle. Cookies are stacked everywhere and oh what a variety of cookies. “Don’t just stand there, get to work.” Someone teases. “Pack, don’t eat cookies.” Another person laughs. There were 10 different types of cookies, with beautifully decorated special heart cutout cookies to be placed on top. Do not forget the fudge made by Carol Fettes. There are also pretty little pink boxes of Coco Bombs too! Made with great care by Judy Bratz. John is cutting red yarn and making signs. The two Susan’s are tying and wrapping each box with a heart card and red yard. Baking and packing was done by volunteers from the board and advisory board with others also pitching in. It was a big job! In all, 130 boxes of cookies and 100 boxes of bombs were quickly sold out by reservation only.

### Dateline: February 13

A cold and snowy day, but cars started lining up right at 10:00 am to pick up their orders. Pick up plan was working like a well-oiled machine. Drive through working great! Thanks to our runners John, Kathy, and Kathy’s family helpers. But the biggest thank you goes to our customers who made this sale a huge success. Next Cookie Sale: Halloween Pumpkin Cutout Cookies, Coco Bombs, and assorted cookies. Watch for details in October.



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