

September 2024

BURTON SENIOR LIGHT

BURTON SENIOR CENTER

3410 S Grand Traverse St. • Burton, MI 48529

Website: www.burtonmi.gov

Phone: 810-744-0960

Activities, Programs and Services To Make Your Golden Years Glow

September

©LPi

Age Confidently....Age Comfortably....Age Creatively....SM

Brought to you by the GDL - FREE

Marsha Mumm

Tuesday, September 10th @ 3:30 pm

Enjoy this soulful concert full of pop and standards with the lovely Marsha Mumm.

Light Refreshments will be served during the concert.

Save the date:

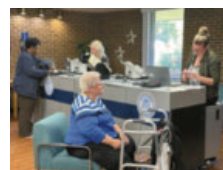
October 16, 2024

Health Fair/Openhouse

Full details in next month's newsletter. Here are some highlights: Free Lunch, Door Prizes, Entertainment, Vendor Fair, Lots of Helpful Information.

Secretary of State

Mobile Office



The Secretary of State Mobile Office will be here inside the Burton Senior Center on:

Tuesday, September 24, 2024

Hours: 10 - 3 pm

They are able to do all services that are done at the branch offices with the exception of a road test. The fees are the same. Call for your appointment 810 744-0960.

Come See What All The Fun's About!!!!

Burton Senior Center

3410 S. Grand Traverse, Burton, MI 48529 • 810.744.0960 • www.burtonmi.gov



Burton Senior Center
Newsletter

Staff

Director

Jean Johnson

Program Coordinator

Jennifer Ackley

Shuttle Driver

Ruth Dorris

Burton Senior Advisory Board

Richard Richardson - President

Connie Shinabarger - Secretary

Bethany MacArthur

Marion Minzey

Suzanne Petkoff

Sharron Swanson

Holly Underwood

Joyce Watson

Office Hours:

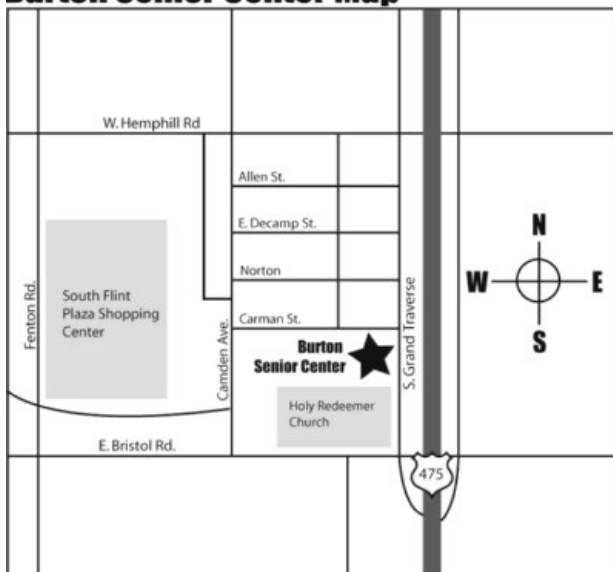
Monday - 8:00 am to 8:00 pm

Tuesday - Thursday 8:00 am to 5:00 pm

Friday - 8:00 am to 4:00 pm

(810) 744-0960

Burton Senior Center Map



The Burton Senior Activity Center is located on South Grand Traverse between Hemphill and Bristol Roads. Grand Traverse is a one-way in front of the Center.



Dear Friends:

It's that time of year when the weather gets cooler and the leaves start to change. It won't be long until



the fall colors will be in full swing.

This month, there are several new events including the monthly Genesee District Library concert, Marsha Mumm! You will enjoy her soulful pop and standards. Light refreshments will be served during the concert and it's all free of charge. There are several seminars including one from Consumers Energy and Beltone on hearing loss. There is a Free Art Therapy program starting on the 11th, a class on how to make a beautiful wreath and another on how to make homemade cards. The Secretary of State will be here to provide convenient, fast service to our participants. There is no additional cost and they are able to provide the same services at their office.

Next month will be our annual Health Fair and Open house. Please keep October 16th open for this fun event. This is a great event to bring someone new to the center. Full details will be in the October newsletter.

October will begin some changes which will be implemented a little at a time. First, is the lunch program. The Valley Area Agency on Aging, who oversees and funds a big part of the lunch program, is now requiring us to go back to daily congregate style meal service. For the most part, I am happy we are doing this. The food is better when not in individual containers and we can offer seconds, when available, for those who wish a little more. The downside is there will be no more take-out available.

As always, I hope to see you soon.

Jean

FREE - Blood Sugar Testing

Tuesday, Sept. 17th (10 to 12)

Brookdale will be here to do FREE Blood Sugar Testing. No need for an appointment - just walk in.



Event Information

Programming

Information & Referral Service - Daily

Are you looking for information but don't know where to start? The Burton Senior Center will be happy to help.

Line Dancing - Mondays -10:00 am -\$3.00

Line Dancing is not only fun, it's also a great way to get exercise. Learn new line dance moves on Mondays.

Bingo - Mondays & Thursdays - 12:30 pm Start time, Be checked in by 12:20 pm

Regular bingo cards are used. Play 8 cards for \$1.00 and 25¢ for 2 additional cards.

Pinochle - Mon. & Thurs. - 12:30 pm - .50

Double Deck Pinochle.

Tech Help - 2 Mondays a Month- 3 pm to 6 pm

Free tech support for your phone, tablet or laptop. Reservations are required. If an appt. is not available we will put you on a wait list to be called when one becomes available.

Dance with live a Band - Mondays 6 pm - 8 pm

\$5.00 per person - includes light refreshments. You don't dance? You are still welcome to come listen to the music.

Arthritis Exercise Class - Tues & Thurs 9:00 am - FREE

Arthritis Exercise Class helps to relieve pain and increase range of motion, balance and muscle strengthening - all in a fun setting.

Euchre - Tues. & Fri. - 12:45 pm - .50

A relaxing fun euchre game. Do not need to bring a partner.

Healthy Living Support Group Tues - 1:00 pm - FREE

A group meeting to support each other in the pursuit of healthy living and healthy eating. Everyone is welcome.

Hand, Knee and Foot Card Game Wednesdays at 12:00 noon - FREE

Hand, Knee and Foot is a form of Canasta

Walking Group

Monday - Friday @ 9:00 am - FREE

Walking in the morning from the Senior Center - Weather Permitting.

Pokeno - Thursdays 3:00 pm - FREE

Pokeno is played with playing cards and dimes.

Craft Sharing Group - Wed. @ 1:00 pm

In years past, we hosted a craft group. It's to share ideas and have like minded people to talk with while doing your project. Your project is not limited to just yarn work. Come in and meet the group and share your ideas. Have a cup of coffee and visit awhile.

Brain Exercise Class -Thursdays at 3:30 pm

Just like your muscles your brain needs exercise, too. This class provides fun and stimulating exercises. New puzzles, games and exercises weekly - **FREE**

Dominoes - Fridays 12:30 pm - FREE

Dominoes is always a fun game. Dominoes are provided. Mexican Train or Chicken Foot is played.

Monthly Events

Birthday Lunch - Thurs., September 19th

To celebrate all of our September Birthdays. You'll receive flowers with your lunch. Cake & Ice Cream will be served with lunch.

Breakfast Club - Fri., Sept. 20th - 9:00 am

We meet to have breakfast at the US Family restaurant at the corner of Bristol and Dort Highway. Jean will buy breakfast for one person in a drawing.

Book Club - Wed, Sept. 25th - 3:00 pm

This month's book is "**The Readers of Broken Wheel recommend**" by Katarina Bivald. Come to book club for a discussion about last month's book. The next book club

Would You Like to Volunteer For A Very Rewarding Program?

One That Is Only For A Few Months
Per Year?

AARP Is Looking For Volunteer Tax
Preparers.

FREE Training For This
Gratifying Position!

Call Jean or Jennifer at 810 744-0960
For More Information

Classes and General Information

Brain Exercise Class

Thursdays @ 3:30 pm
FREE

Just like your muscles your brain needs to be exercised. Each week we meet and do puzzles and games to increase brain activity. You are only competing against yourself. It's fun and it's free - come give it a try!

Learn To Use Your Smart Phone, Tablet or Laptop. This Appt. is One-on-One Tech Help - Mon. 3:00 to 6:00 pm - FREE
Each appointment is 1/2 hour

We have a Tech Specialist to help you at the Burton Senior Center. Bring your phone, tablet or laptop and he will assist you in getting setup and how to use it. These are one-on-one appointments for his full attention.

Call to schedule your appointment - 810 744-0960.

Art Therapy

Wednesdays, Sept. 11th - Oct. 9th
1:00 to 2:00 - FREE

This program is designed for relaxation and cope with stress. Each person will receive basic art supplies to get started.

Please register in advance. Even though the program is free, please be committed to the five week program.

Rag Wreath Class

Friday, September 13th
1:00 to 2:30 pm - \$4.00 per person

Learn to make a beautiful wreath. Sample at the front desk. All supplies included.

Please register and pay before the class. Limited class size.

Consumer Energy Seminar

Thursday, September 12th @ 10:00 -
FREE

This is an excellent opportunity to receive, during the Seminar, a **FREE box of items to make your home more energy efficient!** Each box includes items such as energy efficient bulbs, shower heads and much more.

You will also learn helpful information on other ways to save energy. We all sure can use that!!!

To be sure we have enough boxes for everyone, please register soon, a limited supply is available!

Hearing Loss Seminar - Free

Thursday, September 19th @ 10:00

You will learn how our ears work to hear sounds. The 10 signs of hearing loss. How hearing loss affects you. Risks associated with untreated hearing loss, i.e. dementia and falling. Free Cider & Donuts will be served. Sponsored by Beltone.

Please register in advance for this free seminar.

Homemade Card Class

Tuesday, September 24th @ 1:00 pm
.50 per card

Learn how easy it is to make a customized card. We have a large amount of stamps, colors, stickers and an embossing machine. You will be able to make personalized for an up coming special event.

Please register and pay in advance of the class.

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(810) 785-4011
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Flint, MI 48504
randywisechevy.com



September 2024

Age Confidently....Age Comfortably....Age Creatively....SM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed For Labor Day</p> 	<p>3</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Lunch - Oven Fried Chicken 12:45 Euchre 1:00 Healthy Living Support Group</p>	<p>4</p> <p>9:00 Walking Group 11:30 Lunch - Pork Chop w/Gravy (Congregate Style) No take out Available) 12:00 Hand Knee & Foot Cards</p> <p>1:00 Craft Sharing Group 1:00 Write Your Life Stories Class</p>	<p>5</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 9:30 Legal Advice 11:30 Lunch - Beef Steak w/Gravy 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>6</p> <p>9:00 Walking Group 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Creamy Turkey & Wild Rice Soup Dominoes 12:45 Euchre</p>
<p>9</p> <p>9:00 Walking Group 10:00 Line Dance Class 11:30 Lunch - Pulled BBQ Sandwich 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 6:00 Dance</p>	<p>10</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Lunch - White Chicken Chili 12:45 Euchre 1:00 Healthy Living Support Group 3:30 GDL Concert Marsha Mumm</p>	<p>11</p> <p>9:00 Walking Group 11:30 Lunch - Pub Burger w/Cheese 12:00 Hand Knee & Foot Cards</p> <p>1:00 Craft Sharing Group 1:00 Write Your Life Stories Class 1:00 Art Therapy</p>	<p>12</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 10:00 Consumer Energy Seminar 11:30 Lunch - Chicken Breast 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class 5:00 BUNCO</p>	<p>13</p> <p>9:00 Walking Group 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch Bunch - Lunch - Baked Fish w/Sauce 12:30 Dominoes 12:45 Euchre 1:00 Rag Wreath Class</p>

<p>16</p> <p>9:00 Walking Group 9:00 Horrocks Trip 10:00 Line Dance Class 11:30 Lunch - Beef Fajitas 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 6:00 Dance</p>	<p>17</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 10:00 Blood Sugar Testing 11:30 Lunch - Sloppy Joe (Congregate Style - No Take out Available) 12:45 Euchre 1:00 Healthy Living Support Group 2:00 Commodities & TEFAP</p>	<p>18</p> <p>9:00 Walking Group 11:30 Lunch - Chicken & Dumplings</p> <p>12:00 Hand Knee & Foot Cards 1:00 Craft Sharing Group 1:00 Write Your Life Stories Class 1:00 Art Therapy</p>	<p>19</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Birthday Lunch - Antipasto Salad 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>20</p> <p>9:00 Walking Group 9:00 Breakfast Club 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:00 Millington Antique Shopping 11:30 Lunch - Chicken Marsala over Rice Pilaf 12:30 Dominoes 12:45 Euchre</p>
<p>23</p> <p>9:00 Walking Group 10:00 Line Dance Class 11:30 Lunch - Chicken Parmesan w/ Spaghetti 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 6:00 Dance</p>	<p>24</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 10:00 Secretary of State Mobile Office 11:30 Lunch - Turkey Tetrazzini 12:45 Euchre 1:00 Healthy Living Support Group</p>	<p>25</p> <p>9:00 Walking Group 11:30 Lunch - Chef's Choice 11:30 Resource Fair @ Flint Public Library</p> <p>12:00 Hand, Knee & Foot Cards 1:00 Craft Sharing Group 1:00 Write Your Life Stories Class 1:00 Art Therapy 3:00 Book Club</p>	<p>26</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Lunch - Sweet & Sour Chicken 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>27</p> <p>9:00 Walking Group 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Artisan Macaroni & Cheese 12:30 Dominoes 12:45 Euchre</p>
<p>30</p> <p>9:00 Walking Group 10:00 Line Dance Class 11:30 Lunch - Meatball Sub 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 6:00 Dance</p>				

Support Services

Your Connection to Consumer Protection

Contact the consumer protection team, through the State of Michigan Attorney Generals Office, to file a complaint or ask questions. Reach their office online at mi.gov/agcomplaints or by phone at 877-765-8388.

Do Not Call Registry 888-382-1222

Information & Referral Services

Mon - Thurs. 8 am - 5 pm

Fri. 8 am - 4 pm

Are you looking for information or assistance and not sure where to start? Give us a try. Call the Burton Senior Center at (810) 744-0960.

MMAP Counselor

Medicare/Medicaid Assistance Program (MMAP)

Call the center for an appointment

Besides general Medicare and Medicaid questions and enrollment, MMAP Counselors may also help you with information and enrollment in the Medicare Savings Program.

Medicare Savings Program

Fridays - Call for an appointment

You may be eligible for the Medicare Savings Program!

Do you want your \$174.70 put back into your social security check and still have Part B coverage?

Requirements (DHHS makes final determinations - this is not a guarantee):

- Are you on Medicare?
- Have an income at or below \$1,660 a month if single or less than \$2,239 a month if married.
- Are your savings, investments and real estate (other than your home and vehicle) less than \$8,400 if single or less than \$12,600 if married?

Make an appointment with our MMAP Counselors if you believe you qualify for this program by calling (810) 744-0960.



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Support Services

Veteran Services

Genesee County Veterans Benefit Representative 810-257-3068

You may see a Veteran's Benefit Representative at the Genesee County Building or call the Burton Senior Center for an appointment at a local Senior Center. (810) 744-0960

U.S. Department of Veterans Affairs - Veterans Crisis Line: 1-800-273-8255 - Press 1

FREE Veteran National Park Pass

A new pass program grants U.S. military veterans and Gold Star Families free access to National Parks. A veteran will need to present one of the following forms of ID: CAC Card, Veteran Health Card, Veteran ID card or Veterans designation on your State issued Drivers license.

Disabled American Veterans (DAV): 1-810-742-9220

MTA Veterans Ride Service

MTA is providing Veterans and their spouses (even widows) 4 FREE rides (each) a month for Health and Wellness with RIDES TO WELLNESS. To register call the Genesee County Veterans Service at (810) 257-3068. To register for rides call (810) 780-8946.

Overseas Troop Boxes A Note Regarding the Troop Box Donations

If you would like to have a box sent to a service member serving overseas contact Jean or Jennifer for details. Some items needed for the boxes are: Sample size shampoo, cream rinse, lotion, mouthwash, sunscreen, tissues, toothpaste, toothbrushes, rolled candy, and lip balm. **Thank you, Russell Cummins - My Heart Supports the Troops.**

FREE Veteran Dental Program

Benefits include: Dental cleaning, Dentures - relines & repairs, Extractions, Oral surgery, Fillings and much more. For more information contact a specialist at (810) 339-6392.

MI Dept. of Military & Veterans Affairs: 1-800-642-4838

Advance Care Planning Advocate

Planning in Advance for Future Healthcare Choices. I'm sure when visiting your Doctor you have been asked if you have an Advance Directive? For your convenience you may now have an Advance Directive completed at the Burton Senior Center with a professional. It is completely free and confidential. Call the Burton Senior Center for more information or to schedule an appointment, (810) 744-0960.



Resource Fair

Wed., Sept. 25th
11:30 am - 2:00 pm - FREE

This is a great opportunity to learn more about 50+ services, programs, and community resources available for senior citizens in Genesee County.

Resource Fair is at the Gloria Coles Flint Public Library, 1026 E. Kearsley St. Flint. Boxed Lunches will be provided for free, there will be shuttles to the Sloan Museum, Flint Institute of Arts, Flint Institute of Music and the Longway Planetarium.

Free transportation from the Burton Senior while space is available. Please register if you plan to attend and if you wish to ride with us..

Legal Advice

Thursday, September 5th
9:30 am - 2:00 pm

Eastern Michigan Legal Services will be at the Burton Senior Center to offer FREE legal services to seniors (60 and over/Genesee County resident). Services include Wills, preparation of Durable Power of Attorney, Patient Advocate and Medical Power of Attorney.

By Appointment Only. Call (810) 744-0960.

Burton Senior Center Travel Program

While on a trip leaving from the Burton Senior Center, please park your car on the outside edge of the parking lot. Start on the southside (closest to Holy Redeemer) and then the back of the lot. **Please do not use the handicap spots.** The Travel Rules are located next to the travel brochures. It is **YOUR** responsibility to read, understand and follow the travel rules before signing up for trips. If not otherwise noted on the trip flyer, deposits will be: Day trips - \$10.00, Extended trips a minimum of \$20.00. Read over travel flyers for deposit and cancellation information. **A current participation application is required for all travelers.**

All trips have flyers available at the Burton Senior Center for full details.

Shop Shishewana & Das Dutchman Essenhaus

September 10, 2024 - \$104.00

Genitti's Dinner Theatre

Including Paramenter's Cider Mill
October 2, 2024 - \$95.00

A Michigan Fall Day Trip

October 15, 2024 - \$92.00

Firekeepers Casino - **New**

Tuesday, October 29, 2024 - \$35.00

Detroit Institute of Arts

Including lunch at Polonia
November 12, 2024 - \$84.00

A Branson Adventure

December 2 - 7, 2024 - \$1,499 D.O.

The Winter Wonderettes at Turkeyville

December 4, 2024 - \$85.00

Ed & Ted's Excellent Adventures Thunder Over Louisville

April 10 - 13, 2025 - \$1,299.00 D.O.

Sedona's Red Rocks and The Grand Canyon

Featuring Two Historic Rail Journeys
April 27 - May 2, 2025 - \$3,256.00 D.O.

Portugal and the Douro River Cruise

September 17 - 27, 2025 - See Flyer for Pricing

Genesee Health Plan FREE Senior Dental Program

This FREE enhanced Dental Benefit includes Dental cleanings, Denture relines and repairs, Extractions, Oral surgery, Dentures, Fillings, Oral exams and X-rays. Program eligibility: No current dental coverage, 60 years of age or older, Genesee County resident, meet income guidelines. Family of 1 - \$2,831 monthly, Family of 2 - \$3,815 monthly. Call 810 339-6392 for more info.

Burton Senior Center Food Pantry

The Burton Senior Center has a food pantry. You are welcome to come and browse what is available. **If you have extra fruits and vegetables in your own garden and would like to share we would be happy to have them in our Pantry.**



The Burton Senior Center Will Be Closed on Monday, September 2nd for Labor Day

Food Services

Hot Lunch Program - Served at 11:30 am

Monday - Friday

The Genesee County CARD Hot Lunch Program is served at 11:30 am Monday - Friday at the Burton Senior Center. Reservations must be made by noon the day before you plan to have lunch. This is a donation based program. Requested donations are \$3.00 per meal, under 60 and non-Genesee County residents are \$6.00.

TEFAP Supplemental Food Program

Must come inside senior center for this program

September 17th, (2:00 - 3:00 pm)

TEFAP is an additional supplemental commodity program that is distributed quarterly (March, June, September, December) on the regular commodity day. TEFAP has a higher income qualification. You may be eligible for this program if you don't qualify for the monthly commodities.

Income qualifications are:

Family of 1 - \$2,510/monthly or less

Family of 2 - \$3,407/monthly or less

Commodity Supplemental Food Program

Must come inside senior center for this program

September 17th, (2:00 - 3:00 pm)

The Commodity Supplemental Food Program provides a distribution of food once per month to those who need it. The box of food includes items such as cereal, juice, canned meats, canned fruits and vegetables, pasta, beans, oats and cheese. The items change each month.

The program qualifications are:

- 60 years or older & income of:
- Family of 1 - \$1,632/monthly or less
- Family of 2 - \$2,215/monthly or less

MiCAFE (Bridge Card Application)

Fridays 10:00 am - 2:00 pm (By Appointment)

The Michigan Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. You may now apply for the Michigan Bridge Card at the Burton Senior Center and not have to go to the State Building to apply (or re-apply) for these benefits. For an appointment and a list of necessary items to bring with you to your appointment, call the Burton Senior Center at 744-0960.

Medical Services

Medical Equipment Loan Closet

The Burton Senior Center has a Medical Equipment Loan Closet with items you might need to borrow. We have wheelchairs, walkers with or without wheels, crutches, canes, bath seats, bath benches and commodes. If you are interested in one of these items, please call the Burton Senior Center at 744-0960.

Blood Pressure Checks

Blood Pressure Checks are done each morning at 9:00 or by appointment.

Incontinent Wear

Donations of incontinent wear are given to us from time to time. If you need these items, please check with any of the staff to see what is available.

Transportation

Services:

Ride Request (810) 744-0960

Senior Center Shuttle - \$2.00 Roundtrip

Reservations need to be made one day in advance by calling (810) 744-0960. Transportation to and from the Burton Senior Center is offered Monday through Thursday. Transportation to Doctor's Offices is not available. We will help you to make an appointment through MTA.

Grocery/Bank/Credit Union Rides

Monday - Thursday - \$2.00

Do you need a ride to a local Bank or Credit Union? Do you need a ride to the Grocery Store? **Call us at least 24 hours in advance.** First Come, First Served. Our van requires you to be able to step into a van.

Area Farmers Markets- Call For Ride

Do you need transportation to the Farmer's Market to use your Senior Fresh Coupons or would just like to visit?

Jewish Community Services Transportation

Open to all Genesee County residents 60 and older. Suggested fee is \$4.00 round-trip.

Jewish Comm. Services Highway to Health

This is transportation to medical appointments outside of Genesee County. Rides available weekdays to Ann Arbor, Saginaw, Lansing and the Detroit area. To schedule an appointment for either call 810 767-5922



SENIOR CITIZENS ACTIVITY CENTER
City of Burton
3410 South Grand Traverse
Burton, MI 48529



This program and/or service is fully or partially funded by
Genesee County Senior Millage Funds. Your tax dollars are at work.

Mini Van Trips

These Trips Use Our Van and
Are Limited To 9 Passengers



The First Day To Register For These Mini Trips is **Friday, August 30th**. You may only register for **one** trip on August 30th. If there are still openings on or after September 3rd you may register for another. You may register yourself and a friend.

Lunch Bunch - Friday, Sept. 13th - \$5.00.
Ponemah Lakeside Lodge. Van leaves at 11:30 am.

Horrocks - Monday, Sept. 16th - \$5.00 Van
leaves at 9:00 am

**Antique Shopping and Lunch in Millington -
Friday, September 20th - \$5.00** Van leaves at
11:00 am. Lunch on your own. We will visit 3 antique
shops before returning back to the Senior Center. Lunch
will be our first stop then an afternoon of Antique shop-
ping.

BUNCO Night

Thursday, September 12th - 5 pm to 8 pm
\$7.00 per person

Includes Dinner and Entrance Fee for Bunco

Sloppy Joes & Chips
The rest of the night is for BUNCO!

Please Register and Pay in Advance

Free Belly Dancing Classes in Oct. Tuesdays @ 10:00 am - FREE

Belly Dancing strengthens and shapes the abdominal and core muscles. It conditions the back, hips and buttocks. It increases flexibility and is an overall aerobic workout.

This will be a 4-week trial to see if there is interest.

***There is an information sheet at the Center for more details.
Please register if you are planning on attending.***