

October 2024

# BURTON SENIOR LIGHT

BURTON SENIOR CENTER

3410 S Grand Traverse St. • Burton, MI 48529

Website: [www.burtonmi.gov](http://www.burtonmi.gov)

Phone: 810-744-0960

Activities, Programs and Services To Make Your Golden Years Glow

# OCTOBER

©LPI

*Age Confidently....Age Comfortably....Age Creatively....<sup>SM</sup>*

Brought to you by the GDL - FREE

**Rick & Dayna Concert - FREE**

**Tuesday, October 22nd @ 3:30 pm**

Enjoy a lively concert with the dynamic duo of Rick and Dayna.



**Stay After For Dinner**

Immediately after the concert those wishing to stay for dinner, for \$5.00, we will have Mostaccioli, salad, roll with butter and dessert. These are two separate events, register for each separate.



**Health Fair/Openhouse**



**Wednesday, October 16th**

9:00 Vendor Fair, Coffee/Donuts/Cider  
Vaccination Clinic - Flu, COVID, RSV  
Games with Prizes, Door Prizes

11:30 Free Lunch - Served by Local Heroes

12:30 Ice Cream Social

1:00 Entertainment

Everything is first come, first served. No need to register in advance.

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

*Burton Senior Center*

3410 S. Grand Traverse, Burton, MI 48529 • 810.744.0960 • [www.burtonmi.gov](http://www.burtonmi.gov)



## Burton Senior Center Newsletter

### Staff

#### Director

Jean Johnson

#### Program Coordinator

Jennifer Ackley

#### Shuttle Drivers

Ruth Dorris/Thomas Austin

#### Burton Senior Advisory Board

**Richard Richardson - President**

**Connie Shinabarger - Secretary**

Bethany MacArthur

Marion Minzey

Suzanne Petkoff

Sharron Swanson

Holly Underwood

Joyce Watson

#### Office Hours:

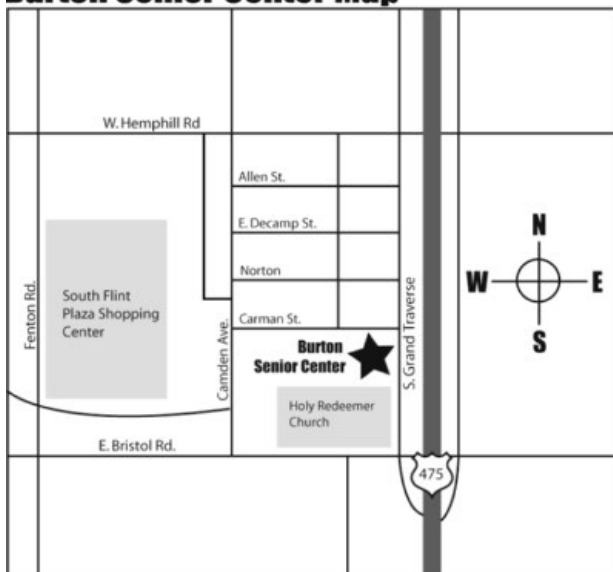
Monday - 8:00 am to 8:00 pm

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.



Hello Friends:

A short note to remind you to look the newsletter over well. There is plenty of new events including a fall travel show which we haven't had in several years. There is also the Rotary Halloween Harvest Ball and several new mini trips using our van. Medicare Open Enrollment begins in October. This is a good time to have a look at other plans to see if you have the best coverage for your needs. Belly Dancing Classes are starting in October and in November another exercise program starts which explores many different exercises. Soon, we will have Drums Alive, too. Our annual Health Fair and Open house is October 16th. I hope you are enjoying the beautiful fall colors.

Warm Regards

Jean

## BUNCO

Wednesday, October 23rd - 3 pm to 5 pm

**\$7.00 per person**

**Includes Dinner and Entrance Fee for Bunco**

Hot Dogs/Potato Salad/Dessert

The rest of the night is for BUNCO!

*Please Register and Pay in Advance*

## Memorial Donations



Memorial Donations Have  
Been Made In Memory of:

*Martha Burley*

By: Herb Merrell

*Greta Perrine*

By: Herb Merrell

*Tim Sneller*

By: Sharron Swanson

## 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., October 17th

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

### Breakfast Club - Fri., October 18th - 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, October 30th - 3:00 pm

This month's book is "Flames of War" by David Lee Corley. Come to book club for a discussion about last month's book. The next book club book will be given along with dessert and coffee.

## 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.

**Brown Bag Medication Check**  
**Thursday, October 17th starting at 10:00**

Call for your FREE appointment. Bring all your medications, vitamins and supplements. The Pharmacist from Pharma Care Drugs will go over your medications in a private one on one meeting to see if you have possible interactions between meds and supplements. Are there foods you should or should not be eating? There will be time to ask questions you may have. Each appointment is 15 minutes long. Call the Center to make your appointment - (810) 744-0960.

### Preplanning Seminar

Thursday, October 24th @ 10:00 - FREE

Many people do not understand what and why preplanning of your funeral is important. You may preplan with payment or without payment. Prearrangements takes the burden off your family during a most difficult time. Dignity Memorial will be here to answer all your questions. *Please register in advance.*

### Homemade Card Class

Wednesday, October 23rd @ 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. With Halloween, Thanksgiving and Christmas just around the corner, a beautiful homemade card would be a special gift.

*Please register and pay in advance of the class.*

### Acrylic Painting Class with Gayle

Tuesday, October 29th @ 1:00 pm  
\$10.00 per person - Includes all supplies needed

Back by popular demand. You will finish a completed painting the same day. A sample will be available at the reception desk.

*Please register and pay in advance.*  
*Limited spots available.*

### Exciting New Exercise Programs

#### Belly Dancing Classes - Free

Tuesdays October 8,15,22 & 29 (10:15 - 11:15)

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. Please register in advance.



#### Commit to Fit - Reconnect - Free

Fridays November 8th - December 20th (10 - 11)

Each week you will be exploring different exercise all designed for seniors, such as Beachball exercises and Yoga. Please Register in advance.



**Coming Soon - Drums Alive!**

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5100 Clio Road G  
Flint, MI 48504  
**randywisechevy.com**



# October 2024

Age Confidently....Age Comfortably....Age Creatively....<sup>SM</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Notice:</b> All GCCARD Lunches are now all Congregate Style - No Take Out Available. Lunch is a great way to meet people &amp; enjoy a good meal.</p>	<p><b>1</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>11:30 Lunch - Chicken Salad Sandwich</b> 12:45 Euchre 1:00 Healthy Living Support Group</p>	<p><b>2</b></p> <p>9:00 Walking Group <b>11:30 Lunch - Salisbury Steak</b> 12:00 Hand Knee &amp; Foot Cards</p> <p>1:00 Craft Sharing Group <b>1:00 Write Your Life Stories Class</b> <b>1:00 Art Therapy</b></p>	<p><b>3</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>9:30 Legal Advice</b> <b>11:30 Lunch - Turkey &amp; Cheese Sub</b> 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p><b>4</b></p> <p>9:00 Walking Group <b>10:00 MMAP (Medicare / Medicaid Assistance Program)</b> <b>11:30 Lunch - Santa Fe Salad w/ Chicken</b> <b>11:30 Lunch Bunch</b> 12:30 Dominoes 12:45 Euchre</p>
<p><b>7</b></p> <p>9:00 Walking Group 10:00 Line Dance Class <b>11:30 Lunch - BBQ Pulled Pork</b> 12:00 BP Checks 12:30 Pinochle 12:30 Bingo <b>6:00 Dance</b></p>	<p><b>8</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>10:15 Belly Dancing Class</b> <b>11:30 Lunch - Grilled Chicken Breast</b> 12:45 Euchre 1:00 Healthy Living Support Group</p>	<p><b>9</b></p> <p>9:00 Walking Group <b>11:30 Lunch - Chef's Choice</b> 12:00 Hand Knee &amp; Foot Cards</p> <p>1:00 Craft Sharing Group <b>1:00 Write Your Life Stories Class</b> <b>1:00 Art Therapy</b></p>	<p><b>10</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>11:30 Lunch - HM Pork Chop w/ Apples</b> 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p><b>11</b></p> <p>9:00 Walking Group <b>10:00 MMAP (Medicare / Medicaid Assistance Program)</b> <b>11:30 Lunch - Sweet &amp; Sour Meatballs</b> 12:30 Dominoes 12:45 Euchre</p>

<p><b>14</b></p> <p>9:00 Walking Group 10:00 Line Dance Class <b>11:30 Lunch - Meatloaf w/ gravy</b> 12:00 BP Checks 12:30 Pinochle 12:30 Bingo <b>6:00 Dance</b></p>	<p><b>15</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>10:00 Blood Sugar Testing</b> <b>10:15 Belly Dancing Class</b> <b>11:30 Lunch - Euchre</b> 12:45 Healthy Living Support Group <b>2:00 Commodities</b></p>	<p><b>16</b></p> <p><b>Health Fair &amp; Open House</b> 9:00 - Doors Open, Vendor Fair, Coffee, Donuts, Cider Health Fair Begins <b>11:30 - Free Lunch</b> <b>12:30 - Ice Cream Social</b> <b>1:00 - Entertainment</b></p>	<p><b>17</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>10:00 Brown Bag Med Checks</b> <b>11:30 Birthday Lunch - HM Chicken Parmesan Sandwich</b> 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p><b>18</b></p> <p>9:00 Walking Group <b>9:00 Breakfast Club</b> <b>10:00 MMAP (Medicare / Medicaid Assistance Program)</b> <b>10:30 Country View Bulk Foods</b> <b>11:30 Lunch - Crusted Fish</b> 12:30 Dominoes 12:45 Euchre</p>
<p><b>21</b></p> <p>9:00 Walking Group 10:00 Line Dance Class <b>11:30 Lunch - Bean Soup w/Turkey Ham</b> 12:00 BP Checks 12:30 Pinochle 12:30 Bingo <b>6:00 Dance</b></p>	<p><b>22</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>10:15 Belly Dancing Class</b> <b>11:30 Lunch - Beef Teriyaki w/Rice &amp; Veggies</b> 12:45 Euchre 1:00 Healthy Living Support Group <b>3:30 GDL Concert</b> <b>4:30 Rick &amp; Dayna Mostaccioli Dinner</b></p>	<p><b>23</b></p> <p>9:00 Walking Group <b>9:00 Porter's Apple Orchard Trip</b> <b>11:30 Lunch - HM Sloppy Jones</b> 12:00 Hand, Knee &amp; Foot Cards</p> <p>1:00 Craft Sharing Group <b>1:00 Card Making Class</b> <b>1:00 Write Your Life Stories Class</b> <b>3:00 BUNCO</b></p>	<p><b>24</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>10:00 Preplanning Seminar</b> <b>11:30 Lunch - HM Chicken &amp; Noodles</b> 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p><b>25</b></p> <p>9:00 Walking Group <b>10:00 MMAP (Medicare / Medicaid Assistance Program)</b> <b>11:30 Lunch - Breaded Turkey Sandwich</b> 12:30 Dominoes 12:45 Euchre <b>Halloween Harvest Ball</b> At Atherton Elementary 3444 S Genesee Rd Burton</p>
<p><b>28</b></p> <p>9:00 Walking Group 10:00 Line Dance Class <b>11:30 Lunch - HM Beef Goulash</b> 12:00 BP Checks 12:30 Pinochle 12:30 Bingo <b>6:00 Dance</b></p>	<p><b>29</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>10:15 Belly Dancing Class</b> <b>11:30 Lunch - Oven Fried Chicken</b> 12:45 Euchre 1:00 Healthy Living Support Group <b>1:00 Acrylic Painting Class</b></p>	<p><b>30</b></p> <p>9:00 Walking Group <b>11:30 Lunch - Boneless BBQ Riblet</b> 12:00 Hand, Knee &amp; Foot Cards 1:00 Craft Sharing Group <b>1:00 Write Your Life Stories Class</b> <b>3:00 Book Club</b></p>	<p><b>31</b></p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class <b>11:30 Lunch - Country Style Chicken w/ Gravy</b> 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</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](http://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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## 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.

### Medicare/Medicaid Open Enrollment Begins

October 15 - December 7

Open Enrollment is your time to review your Medicare health or drug coverage and decide if you want to make changes. Remember, Medicare costs and benefits can change each year. Comparing your options could help you find better coverage or save money.

During Open Enrollment, you can switch from Original Medicare to a Medicare Advantage Plan, change to another Medicare Advantage Plan, switch back to Original Medicare, or keep your current coverage.

If you've reviewed your options and you're happy with your current coverage, you don't need to do anything.

The Burton Senior Center has a MMAP Counselor available on Fridays by appointment. Call the center to schedule your appointment 810 744-0960.

### Legal Advice

Thursday, October 3rd  
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.

### 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

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

### Burton Senior Center Fall Travel Show



#### Friday, November 1st (9 to 11)

Door Prizes - Refreshments - Priority Registration

Some of the trips to be presented are:

A Fabulous New England Fall Color Tour 2025 with stops in Boston, Bar Harbor, Halifax, Cape Breton, Prince Edward Island, Saguenay Quebec and Quebec City all for a fabulous price!

A Spring Three Day Trip To the Upper Peninsula  
Theatre Trips - Casino Trips - And More

### 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.**

## 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 December 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 October 15th, (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.

## 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

#### Family Service Agency - Medical Transport and Liaison

Qualifying seniors may be eligible for this program which includes transport to and from their medical appointment, a support staff to stay with them during their appointments/procedures. For more information and to make an appointment call Barb McCarius at (810) 285-3583.

## Burton Rotary Halloween Harvest Ball



### Friday, October 25th (6 to 9) Atherton Elementary School - FREE

Dinner, Dancing with Live Band, Door Prizes, Costume Contest (Costumes Optional).

**Register at the Burton Senior Center**

**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 **October 1st**. You may only register for **one** trip on 10/1. If there are still openings on or after 10/3 you may register for another. You may register yourself and a friend.

**Lunch Bunch - Friday, October 4th - \$5.00**

Owosso for lunch at "It's a Deli Thing" then to the Shiawassee Art Center in the beautiful Curwood Castle park. Van leaves at 11:30 am.

**Country View Bulk Foods - Friday, October 18th - \$5.00** Van leaves at 10:30 am

**Porter's Apple Orchard - Wednesday, October 23rd - \$2.00** Van leaves at 9:00 am.

## 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.

### Blood Sugar Testing

**Tuesday, September 19th (10 to 12)**

Brookdale provides free blood sugar testing. No appointment necessary just walk in.