

December 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

# DECEMBER

©LPi

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

Concert brought to you by the GDL - FREE



The Flint Master Singers

**Christmas Concert**

**Tuesday, December 10th @ 3:30**



Stay After The Concert for a Ham & Scalloped Potato Dinner, Vegetable, Roll and Cookie all for \$5.00.

Sign up early - There is limited space for both events.

**Merry PARTY**  
CHRISTMAS

Thursday, December 19th  
Starting at 10:00 am

\$3.00 per person, 60 & older Genesee County resident.  
50 to 59 or non-Genesee County resident \$6.00

This is our annual Christmas Party, with a festive meal. Pork Loin, Mashed Potatoes with gravy, Roasted Veggie Medley, Candied Yams, Roll w/ butter and an assortment of Desserts.

We will also be giving away 12 beautiful holiday baskets. Each person will receive 12 free tickets towards winning one of these baskets.

*There is limited seating. Please pay when you register. This party always fills up, don't wait too long to register or you might miss out!*

**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



Dear Friends:

The Holiday Season is always festive here at the Burton Senior Center. We have so many things packed into a few weeks. There is a wonderful concert by the Flint Master Singers on December 10th. They put on quite a beautiful Christmas show. If you are interested in staying for dinner afterwards we will be having scalloped potatoes with ham dinner. These are two separate events. Be sure to sign up for each. Later in the month is our Annual Christmas Party. Along with a terrific meal we will be giving away 12 baskets filled with special gifts. The cost of the party is only \$3.00 for over 60, Genesee County resident. The week of December 9th is Spirit Week to help us get in the Christmas spirit. Each day there is a different Holiday item to wear. If you participate, you will receive an extra ticket for the basket give-away at the Christmas Party. There are full details in the newsletter. I have added 4 extra pages to the newsletter. This will allow for space to inform you of additional programs available in the area. It is the most frustrating thing for people not to read the newsletter and then miss out on events or services that could be helpful. You will also see several new trips that were presented at the Fall travel show. If you registered for a trip please be sure to put down the required deposit or have your name removed.

Lastly, this time of year always makes me nostalgic. All the years I have worked here I can honestly say have been a pleasure. I love my job and having the joy of getting to know all of you. As my time as your Director starts winding down, it makes me appreciate all the wonderful programs we have developed together! Wishing you a very Merry Christmas and the very best New Year! Jean

Office Hours:

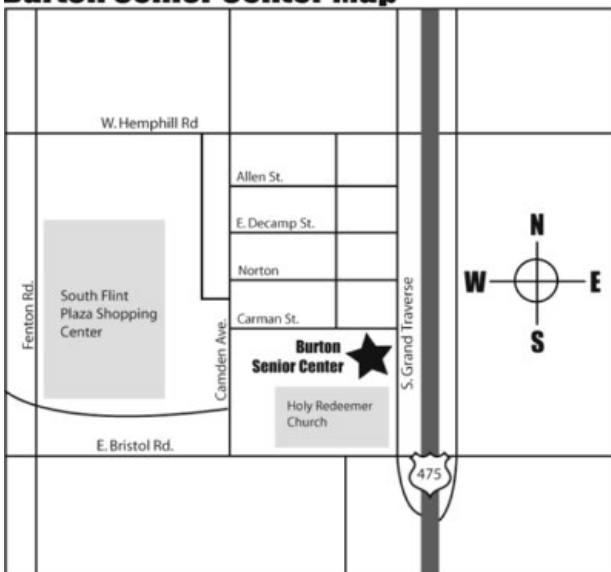
Monday - 8:00 am to 8:00 pm

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.

## 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 - \* No Dance Dec. 23rd or 30th

\$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

### Pokeno - Thursdays 3:00 pm - FREE

Pokeno is played with playing cards and dimes.

### Craft Sharing Group - Wed. @ 1:00 pm

Share ideas and have like minded people to talk with while doing your project. Projects are not limited to just yarn work. Come in and meet the group and share your ideas.

### 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., December 12th

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

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

**This is a fun event - Great way to get to know people. Please give it a try!**

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, Dec. 18th - 3:00 pm

This month's book is "**The Santa Suit**" by **Mary Kay Andrews**. 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.

### Bunco - Wed, Dec. 11th - 3:00 pm

Bunco is a fast moving, fun filled game \$4.00 per person. Please register and pay in advance.

### Lunch Bunch - Friday, December 13th

This month we will meet at 11:30 a.m. at Whitey's Restaurant in Davison, 109 N State Rd., Davison. Bus leaves the center at 11:00. To ensure proper reservations, please register at the Burton Senior Center whether you are driving or going in the van. (Van is a \$2.00 donation).

## Memorial Donations



Memorial Donations Have  
Been Made In Memory of:

*De Wayne Tucker*

By: Joyce Watson



## 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.

### Christmas Wreath Class

Tuesday, December 3rd  
@ 2:00 pm

Make a beautiful homemade wreath. \$10.00 includes everything to make this holiday wreath. See the example at the front desk. Class is limited to 8 people.

*Please register & pay in advance.*



### Homemade Microwave Fudge Class

Tuesday, December 17th @ 10:00 am

Learn now to make homemade fudge with this easy microwave recipe. Fudge is a wonderful holiday gift.

Please register for this class in advance.

### Homemade Card Class

Friday, December 6th @ 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 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, December 17th @ 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.*

### 2025 Vision Board

Wednesdays January 15 - 29, 2025 -\$5.00  
Starting at 1:00 pm



Are you having troubles making and keeping New Years resolutions? Forget about it! Instead come inspire yourself. Create the future you'd like to see in 2025. Make your own Vision Board. A great way to achieve success.

*Please register and pay in advance.*

**Drive Through Christmas at Crossroads**  
**Monday, December 9th at 6:30 - \$2.00**

We'll be driving through the Christmas display at Crossroad. Please make reservations and pay in advance please.

**LET'S GROW YOUR BUSINESS**  
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**CONTACT ME Eileen Frazier**

efrazier@lpicommunities.com or (800) 477-4574 x6309

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# December 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Line Dance Class</p> <p><b>11:30 Lunch - BBQ Chicken Thighs</b></p> <p>12:00 BP Checks</p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p><b>6:00 Dance</b></p>	<p>9:00 Arthritis Exercise Class</p> <p><b>11:30 Lunch - Meatloaf</b></p> <p>12:45 Euchre</p> <p>1:00 Healthy Living Support Group</p> <p><b>2:00 Christmas Wreath Class</b></p>	<p><b>11:30 Lunch - Beef Lasagna</b></p> <p>12:00 Hand Knee &amp; Foot Cards</p> <p>1:00 Craft Sharing Group</p>	<p>9:00 Arthritis Exercise Class</p> <p><b>9:30 Legal Advice</b></p> <p><b>11:30 Lunch - Turkey Burger /w cheese</b></p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p>3:00 PoKeno</p> <p>3:30 Brain Exercise Class</p> <p><b>No Class Today</b></p>	<p><b>10:00 Commit to Fit Reconnect</b></p> <p><b>10:00 MMAP (Medicare / Medicaid Assistance Program)</b></p> <p><b>11:30 Lunch - Baked Fish</b></p> <p><b>1:00 Homemade Card Class</b></p> <p>12:30 Dominoes</p> <p>12:45 Euchre</p>
<p>10:00 Line Dance Class</p> <p><b>11:30 Lunch - Beef Tacos</b></p> <p>12:00 BP Checks</p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p><b>3:00 Tech Help</b></p> <p><b>6:00 Dance</b></p> <p><b>6:30 Drive Through Christmas at Crossroads</b></p> <p><b>Spirit Week - Holiday Socks</b></p>	<p>9:00 Arthritis Exercise Class</p> <p><b>11:30 Lunch - Beef Stew</b></p> <p>12:45 Euchre</p> <p>1:00 Healthy Living Support Group</p> <p><b>3:30 The Flint Master Singers</b></p> <p><b>Christmas Concert</b></p> <p><b>4:30 Ham &amp; Scallop Potato dinner</b></p> <p><b>Spirit Week - Holiday Hat or Hair Piece</b></p>	<p><b>11:30 Lunch - Chicken Chili</b></p> <p>12:00 Hand Knee &amp; Foot Cards</p> <p>1:00 Craft Sharing Group</p> <p><b>3:00 BUNCO</b></p> <p><b>Spirit Week - Holiday Pin</b></p>	<p>9:00 Arthritis Exercise Class</p> <p><b>11:30 Birthday Lunch - Stuffed Green Peppers</b></p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p>3:00 PoKeno</p> <p>3:30 Brain Exercise Class</p> <p><b>Spirit Week - Holiday Sweater or Sweat Shirt</b></p>	<p><b>10:00 Commit to Fit Reconnect</b></p> <p><b>10:00 MMAP (Medicare / Medicaid Assistance Program)</b></p> <p><b>11:30 Lunch - Salisbury Steak</b></p> <p><b>11:30 Lunch Bunch</b></p> <p>12:30 Dominoes</p> <p>12:45 Euchre</p> <p><b>Spirit Week - Holiday Tie or Scarf</b></p>
<p>10:00 Line Dance Class</p> <p><b>11:30 Lunch - Beef Tacos</b></p> <p>12:00 BP Checks</p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p><b>3:00 Tech Help</b></p> <p><b>6:00 Dance</b></p> <p><b>6:30 Drive Through Christmas at Crossroads</b></p> <p><b>Spirit Week - Holiday Socks</b></p>	<p>9:00 Arthritis Exercise Class</p> <p><b>11:30 Lunch - Beef Stew</b></p> <p>12:45 Euchre</p> <p>1:00 Healthy Living Support Group</p> <p><b>3:30 The Flint Master Singers</b></p> <p><b>Christmas Concert</b></p> <p><b>4:30 Ham &amp; Scallop Potato dinner</b></p> <p><b>Spirit Week - Holiday Hat or Hair Piece</b></p>	<p><b>11:30 Lunch - Chicken Chili</b></p> <p>12:00 Hand Knee &amp; Foot Cards</p> <p>1:00 Craft Sharing Group</p> <p><b>3:00 BUNCO</b></p> <p><b>Spirit Week - Holiday Pin</b></p>	<p>9:00 Arthritis Exercise Class</p> <p><b>11:30 Birthday Lunch - Stuffed Green Peppers</b></p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p>3:00 PoKeno</p> <p>3:30 Brain Exercise Class</p> <p><b>Spirit Week - Holiday Sweater or Sweat Shirt</b></p>	<p><b>10:00 Commit to Fit Reconnect</b></p> <p><b>10:00 MMAP (Medicare / Medicaid Assistance Program)</b></p> <p><b>11:30 Lunch - Salisbury Steak</b></p> <p><b>11:30 Lunch Bunch</b></p> <p>12:30 Dominoes</p> <p>12:45 Euchre</p> <p><b>Spirit Week - Holiday Tie or Scarf</b></p>



<p><b>16</b></p> <p>10:00 Line Dance Class  <b>11:30 Lunch - Chicken Parmasan</b>  12:00 BP Checks  12:30 Pinochle  12:30 Bingo  <b>3:00 Tech Help</b>  <b>6:00 Dance</b></p>	<p><b>17</b></p> <p>9:00 Arthritis Exercise Class  <b>10:00 Microwave Fudge Class</b>  <b>11:30 Lunch - Chef Choice</b>  12:45 Euchre  <b>1:00 Acrylic Painting Class</b>  1:00 Healthy Living Support Group  <b>2:00 Commodities &amp; TEFAP</b></p>	<p><b>18</b></p> <p><b>11:30 Lunch - Antipasto Salad</b>  Hand, Knee &amp; Foot Cards  12:00 Craft Sharing Group  <b>3:00 Book Club</b></p>	<p><b>19</b></p> <p><b>10:00 Christmas Party</b></p> <p><b>Afternoon Activities May Start Late</b>  10:00 Blood Sugar Testing  12:30 Pinochle  12:30 Bingo  3:00 Pokeno  3:30 Brain Exercise Class</p>	<p><b>20</b></p> <p>9:00 Breakfast Club  10:00 Commit to Fit Reconnect  10:00 MMAP (Medicare / Medicaid Assistace Program)  <b>11:30 Lunch - Country Style Chicken</b>  12:30 Dominoes  12:45 Euchre</p>
<p><b>23</b></p> <p>10:00 Line Dance Class  <b>11:30 Lunch - Steak Fajitas</b>  12:00 BP Checks  12:30 Pinochle  12:30 Bingo  <b>6:00 Dance - No Dance tonight</b></p>				<p><b>27</b></p>
<p><b>30</b></p>  <p><b>The Burton Senior Center Reopens January 2nd</b></p>	<p><b>31</b></p> <p><b>The Burton Senior Center Will Be Closed For Christmas Break</b></p>			

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## 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](https://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.

### Medicare/Medicaid

### Open Enrollment

**Ends December 7th**

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, December 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.**

### **A Branson Adventure**

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

### **The Winter Wonderettes at Turkeyville**

December 4, 2024 - \$85.00

### **Soaring Eagle Casino**

December 12, 2024 - \$35.00

### **Firekeepers - NEW**

February 24, 2025 - \$38.00

### **The Angel Next Door - NEW**

With luncheon and tour at Meadowbrook Hall before the performance at the Meadowbrook Theater.

Wednesday, March 5, 2025 - \$106.00

### **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.

### **Meijer Gardens, Butterflies -NEW**

Tuesday, April 29, 2025 - \$73.00

### **Ed & Ted's Excellent Adventures A Quad Cities Experience - NEW**

May 12 - 16, 2025 - \$1,499.00 D.O.

### **The Rat Pack Lounge at Meadowbrook Lunch at Alfocchino - NEW**

Wednesday, May 14, 2025 - \$108.00

### **Springtime in the Upper Peninsula - Featuring the Pictured Rocks Boat Tour - NEW**

May 28 - 30, 2025 - \$299.00 D.O.

### **Shipshewana Amish Backroads Brown Bag Tour -NEW**

At every stop you'll be given something to fill your bag up - also lunch at an Amish family home

Thursday, June 12, 2025 - \$140.00

### **Ed & Ted's Excellent Adventures - 40 Days & Nights Ark Encounter & Concert -NEW**

July 29 - August 1, 2025 - \$1,169.00 D.O.

### **Portugal and the Douro River Cruise**

September 17 - 27, 2025 - See Flyer for Pricing

### **Canada & New England Fall Color Tour on Norwegian Cruise Line - NEW**

Leave out of Boston, stops in Bar Harbor, Maine, Halifax, Sydney, Cape Breton Island, Nova Scotia, Prince Edward Island, Saguenay Quebec & Quebec City.

Sept. 19 - 26, 2025 - See Flyer for Pricing

## 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**

#### December 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.

## 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.



## 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 generally. 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.

### 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.





## Senior Winter Games of Genesee County

**Registration is November 11 - January 9, 2025**

Applications are available at the Burton Senior Center

**Registration Fee: \$15.00 Per Person ,With Bowling Add: \$3.00 Per Person**

Registration includes - Opening Ceremony, T-Shirt, Closing Banquet and Unlimited Events.

**Games are played from February 3 through February 27, 2025**

**Games in this year's competition are:**

Pie Eating Contest, Bowling, Jigsaw puzzle, Spades, Checkers, Scrabble, Yahtzee, Hand, Knee & Foot, Shuffleboard, Competitive Table Tennis, Recreational Ping Pong, Cribbage, Pinochle (Single Deck), Sudoku, Senior Grand Prix, Softball Toss, Free Throw, Euchre, Baking, Pickleball, Miniature Golf, Line Dancing, Dominoes (Mexican Train), Spelling Bee, Arts & Crafts, Pool, Darts, Corn Hole, Frisbee Toss, Ladder Golf

**See Application for full Details**

### **City of Burton Fire Department Services:**

Did you know the City of Burton Fire Department will install smoke and smoke/CO alarms for any City of Burton resident FREE of Charge?

You can also purchase, for a minimal cost, an address sign to make it easier for first responders to find you. Signs are \$15.00 without a stake and \$17.00 with a stake and they will be happy to come and install it for FREE.

If you are interested in either of these services call Jeremy at (810) 742-2158.

### **Winter Safety Tips**

**Have A Plan!**

- ♦ If the weather forecast is showing a snow or ice storm is likely for our area. Consider - Do I have enough medication to last a minimum of 1 week? Do I have enough nonperishable food and water? Who is my emergency contact if my heat goes out or I lose electricity?
- ♦ Remember, there is nothing that is too important worth leaving your home during a storm.
- ♦ Keep salt or ice melt on hand for porches, stairs and sidewalks.

## **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**

## **AARP Free Income Tax Program**

**We will start making appointments for Taxes on Tuesday, January 7th.**

Tax preparation will start February 4th and are done on Tuesdays only through the tax season. Taxes are filed electronically.

## **Inclement Weather Notification**

When the weather is bad and the Center is closed, it will be advertised on channel 12 and 25. Often, the closings are removed around 9 am. If you are not sure please call before venturing out. Staff will still be working if you are in need of assistance.

The best rule of thumb - if you feel uncomfortable driving stay home where you are safe.

## **Temperature At the Burton Senior Center**

Generally, the temperature will be set at 72 degrees. There are exceptions to this rule. When exercise classes or events such as the Dance the temp will be set at 70 to prevent over-heating. If you are chilly please wear warm clothing to the center.

**The Burton Senior Center Will Be Closed December 24 through January 1, 2025.**

## Staying Active

### **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.

### **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.

### **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.

No need to pre-schedule, walk-in's welcome.



### **Drums Alive - Wednesdays Starting In January**

### **Belly Dancing Classes - Fridays 10:00 am - Starting in January**

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.

### **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.

### **Brain Exercise Class -Thursdays at 3:30 pm - FREE**

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

## 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 request 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, December 19th (10 to 12)**

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

### **Shingles Vaccination Clinic**

Shingles, is a painful, blistering skin rash caused by the reactivation of the varicella zoster virus (the same virus that causes chickenpox), The new vaccinations for shingles is 90% effective. This is a 2 shot series. We'll set up the return date for your second injection while you are here.

**Clinic Date:** January 30th at 10:00 a.m.

You need to pre-register for this clinic to be sure there is enough vaccine for those wishing to be vaccinated - 810 744-0960



## 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.

## 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.

## FREE Medical Nutrition Therapy

Free one-on-one Nutrition Therapy provided by the Valley Area Agency on Aging.

### What Can Be Provided:

- ◆ One-on-one nutrition counseling with a Registered Dietitian for clients with Type 1 and Type 2 Diabetes.
- ◆ Home Visits for comfortable learning environment and privacy.
- ◆ Personalized instruction based on the client's nutritional need.

### Benefits of Healthy Eating:

- ◆ Provide reduction in A1C, cholesterol and lipid levels.
- ◆ Improvement in weight loss outcomes and acceptable BMI ranges,

**For more information or to schedule a visit call Jeannette Brunetti at 810 249-6547**

## U of M Flint Physical Therapy Department At Insight on Hemphill FREE Physical Therapy Available

With many health insurance companies charging high co-pays for Physical Therapy, many seniors are unable to afford needed treatment. Going without prescribed physical therapy can lead to poor outcomes, Even when therapy is provided many patients feel they could make more progress with additional therapy.

The U of M Flint Physical Therapy Department offers Free Therapy every Friday at their clinic located in the Insight Building. These are Doctorate Students under supervision of their Professors.

For more information and how to access this Free service call Jean at (810) 744-0960.

## Hurley TRAUMA Recovery Center

The Hurley Trauma Recovery Center is a program that offers FREE, CONFIDENTIAL help to individuals and their families who have been impacted by violence.

We serve victims of crime including, but not limited to: Gunshots, Gang Violence, Physical Assault, Sexual Assault, Domestic Violence, Elder Abuse, Child/Adolescent Assault, Car Accidents due to a Crime.

We Provide Trauma Support Services including but not limited to: Emergency Shelter, Crisis & Emotional Support - including safety planning, Food Resources, Mental Health Services - including therapy, Legal Support - including advocacy, personal protection orders, victim compensation.

Services are available for victims and their families that live in Genesee County. For help call (810) 262-7340.

**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.**

## **Holiday Spirit Week**



Lets all get in the spirt of the season going with Spirit Week! Each day you participate in spirit week, you will get one extra ticket for the basket give away held at the Annual Christmas Party.

<b>Monday, Dec 9th</b>	<b>Tuesday, Dec 10th</b>	<b>Wed., Dec. 11th</b>	<b>Thursday, Dec. 12th</b>	<b>Friday, Dec. 13th</b>
Holiday Socks	Holiday Hat or Hair Piece	Holiday Pin	Holiday Sweater Sweat Shirt	Holiday Tie or Scarf

You'll need to get your ticket from Jean or Jennifer while wearing your spirit attire on the appropriate day. Lost tickets will not be replaced. You need to attend the Christmas Party to use your ticket. No transferring ticket, only the person who won may use it. Lets get busy and have some fun !!!