

January 2025

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



January Newsletter

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

Concert brought to you by the GDL - FREE

COME FLY WITH ME:
SINATRA CLASSICS



Tribute artist Adam Kennedy brings Ol' Blue Eyes,
and the essence of the Rat Pack era, to life!

Tuesday, January 14 @3:30

Hot Chocolate & Cookies Will Be Served

Please Register in Advance of Concert

Secretary of State

Mobile Office



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

Wednesday, January 22, 2025

Hours: 10 - 3 pm

They are able to do all services that are
done at the branch offices with the excep-
tion 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 Drivers

Ruth Dorris/Thomas Austin

Burton Senior Advisory Board

Alma Bryson

Jim Ervin

Ray Lam

Bethany MacArthur

Richard Richardson

Sharron Swanson

Marie Trotz

Joyce Watson



Dear Friends:

Welcome to 2025!!! It seems like yesterday we were concerned about Y2K! Finally, we will be starting the Drums Alive program. It is so much fun! Belly Dancing Classes are starting back up this month as well. We have many exercise programs to start off the year on the right foot! You can find them on page 13 with more details. Speaking of the New Year, we generally tell ourself that in the new year we are going to do/start/stop/be better - Whatever that resolution is often it's forgotten within the first month. We have a 3 week class starting in January to make a Vision Board. This board will help you to see and keep those promises you made to better yourself. There are many more classes and seminars on page 4 to look over. The Secretary of State mobile office will be here on January 22nd. You don't have to wait until you get the paperwork to renew your license or plates. They are able to do everything that is available at the regular office except a road test. Please give it a try, tell your friends, it's fast in and out! Our next GDL Concert is January 14th at 3:30. It's a Sinatra tribute by Adam Kennedy. It's the essence of the Rat Pack era. Senior Winter Games are so much fun in the month of February when there is little to do. I'm holding an informational meeting on Tuesday, January 7th if you are not sure about this program and would like more information or have questions. The last day for registration is January 9th! We will start making appointments for the AARP Income Tax Program on Tuesday, January 7th. There is a lot of information in the newsletter so please look it over carefully. It makes me sad when someone misses something when it was in the newsletter! Hope to see you soon. Jean

Office Hours:

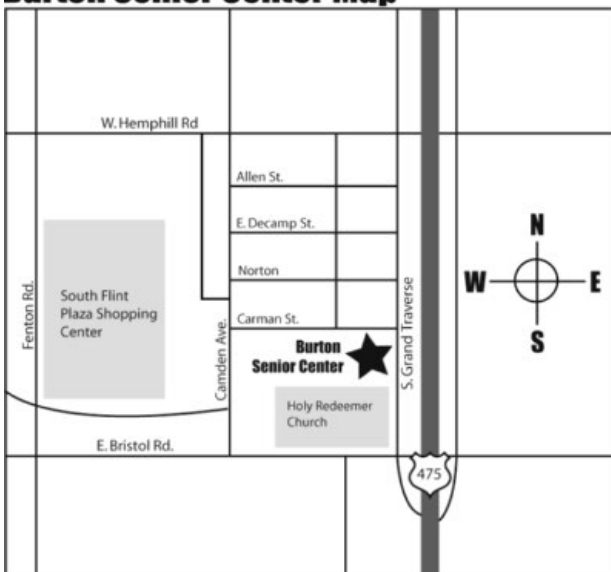
Monday - 8:00 am to 8:00 pm

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 -

\$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., January 16th

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

Breakfast Club - Fri., Jan. 17th - 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, January 29th - 3:00 pm

This month's book is **All Forgivenesses by Elizabeth Hardinger**. 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, January 15th - 3:00 pm

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

Lunch Bunch - Tuesday, January 28th

This month we will meet at 12:30 pm at Fifty 81 Bistro, 5081 Torrey Rd, Flint. This is a culinary program through the Genesee Career Institute. Menu is very affordable. Van leaves the center at noon. 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:

Robert Rex

By: Joyce Watson
Larry Beard
Richard Richardson
Jim & Sharon Jackson

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.

Senior Winter Games Seminar

Tuesday, January 7th @10:00 am

Come and learn what Senior Winter Games is all about. Do you have questions? Get them answered. Don't know what they are come in and hear about the history and the fun happening in February.

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.

Homemade Card Class

Tuesday, January 21st @ 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.

Navigating Health Care - Part 2
January 23rd @ 10:00 - Free

It is the ability to navigate the Healthcare system when "Life Happens". From a Hospital stay to Rehabilitation and back home. Which health care services are available to you? Most importantly, you should prepare yourself prior to the "event" that forces you into this system. Knowledge is power! There were so many questions a second session was necessary. Whether you attended the first class or not this is good information to know.

Please register in advance of the class.

Acrylic Painting Class with Gayle

Tuesday, January 28th @ 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.

**The Burton Senior Center Will
Be Closed:**

January 1st - New Years Day
January 20th - MLK Day

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

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January 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
		Closed Happy New Year	2 9:00 Arthritis Exercise Class 9:30 Legal Advice 11:30 Lunch - Sweet & Sour Meatballs 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class	3 9:00 Begicks Nursery Trip 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - BBQ Chicken Tenders 12:30 Dominoes 12:45 Euchre
			9 9:00 Arthritis Exercise Class 11:30 Lunch - Chicken Caesar Wrap 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class Last Day To Register For Senior Winter Games	10 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Country w/ style Chicken w/ Gravy 12:30 Dominoes 12:45 Euchre
			8 11:30 Lunch - Open Face Pot Roast 11:00 The Flint Institute of Art - Van Leaves 12:00 Hand Knee & Foot Cards 1:00 Craft Sharing Group	
			7 9:00 Arthritis Exercise Class 10:00 Senior Winter Games Seminar 11:30 Lunch - Chili 12:45 Euchre 1:00 Healthy Living Support Group	
				6 10:00 Line Dance Class 11:30 Lunch - Pork Chop w/ mushrooms 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 6:00 Dance

<p>13</p> <p>10:00 Line Dance Class 11:30 Lunch - Ham, Bacon, Frittata 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 6:00 Snowball Dance</p>	<p>14</p> <p>9:00 Arthritis Exercise Class 11:30 Lunch - Creamy Tortellini 12:45 Euchre 1:00 Healthy Living Support Group 3:30 Sinatra Classics Concert by tribute artist Adam Kennedy</p>	<p>15</p> <p>11:30 Lunch - Roasted Chicken Breast 12:00 Hand, Knee & Foot Cards 1:00 Craft Sharing Group</p> <p>1:00 Vision Board Class 3:00 BUNCO</p>	<p>16</p> <p>9:00 Arthritis Exercise Class 11:30 Birthday Lunch - Creole Steak 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>17</p> <p>9:00 Breakfast Club 10:00 Belly Dancing Class 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Fish Taco 12:30 Dominoes 12:45 Euchre</p>
<p>20</p>  <p>MARTIN LUTHER KING, JR DAY CLOSED FOR</p>	<p>21</p> <p>9:00 Arthritis Exercise Class 10:00 Blood Sugar Testing 11:30 Lunch - Sloppy Joes 12:45 Euchre 1:00 Healthy Living Support Group 1:00 Homemade Cards 2:00 Commodities</p>	<p>22</p> <p>10:00 Secretary of State Mobile Office at the Burton Senior Center 12:00 Hand, Knee & Foot Cards 1:00 Craft Sharing Group 1:00 Vision Board Class</p>	<p>23</p> <p>9:00 Arthritis Exercise Class 10:00 Navigating Health Care - Part 2 11:30 Lunch - Liver & Onions 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>24</p> <p>10:00 Belly Dancing Class 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Mac Cheese 12:30 Dominoes 12:45 Euchre</p>
<p>27</p> <p>10:00 Line Dance Class 11:30 Lunch - Goulash 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 6:00 Dance</p>	<p>28</p> <p>9:00 Arthritis Exercise Class 11:30 Lunch - Chicken Salad 12:30 Lunch Bunch 12:45 Euchre 1:00 Acrylic Painting Class 1:00 Healthy Living Support Group</p>	<p>29</p> <p>10:00 Drums Alive 11:30 Lunch - Chicken Cacciatore 12:00 Hand, Knee & Foot Cards 1:00 Craft Sharing Group</p> <p>1:00 Vision Board Class 3:00 Book Club</p>	<p>30</p> <p>9:00 Arthritis Exercise Class 10:00 Shingles Vaccination Clinic 11:30 Lunch - Beef Pot Pie 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>31</p> <p>10:00 Belly Dancing Class 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Pub Burger w/ Cheese 12:30 Dominoes 12:45 Euchre</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 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.

Water Assistance

An open door. A helping hand.

Local Water Utility Affordability

Are you in need of assistance with your water bill? The Genesee County Community Action Resource Department (GCCARD) is your community action partner! Eligible residents may receive up to \$3,000.00 towards water/wastewater debts.

Required Documentation:

- Valid State ID (for all household members 18 & older)
- Social Security numbers (for all household members)
- Past 30 days of household income (check stubs, SS Benefits, SSI, self-employment, etc.)
- Past due water bills (signed Lease Agreement must be provided if bill is in Landlord's name)
- Current DHHS food stamps Notice of Case Action and Budget Summary (if applicable)

Income Eligibility is 200% of the federal poverty level

Family Size	Monthly Income	Annual Income
1	\$2,510	\$30,120
2	\$3,407	\$40,800
3	\$4,303	\$51,640

**Call for Eligibility
Neighborhood Services Center Hotline
Open Monday - Thursday 8:30 am
810-768-4675**

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.**

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 Meadow-
brook Lunch at Alfocchino - NEW**
Wednesday, May 14, 2025 - \$108.00

**Springtime in the Upper Peninsu-
la - 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 Encoun-
ter & 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

Legal Advice

Thursday, January 2nd
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.

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

March 18th, (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

January 21st, (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.

More Winter Safety Tips

Have A Plan!

- ◆ Understand that we may not be able to do the same tasks we are use to. Things such as running a snowblower or a generator. These machines are great when we are able to use them correctly. The consequences are great when we try to do more than we are capable of doing.
- ◆ If you have an animal that needs to go outside, rethink how you are doing this. Are they going out on a lead, can you bring it to the door so you do not have to venture outside? Make sure the lead does not trip you up.
- ◆ Don't worry about the mail. It will wait until it's safe to go outside.

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. After your appointment is made, we will send you a list of paperwork to bring with you. To make your appointment call (810) 744-0960 on or after January 7th.

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.

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.

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.



Drums Alive - FREE Wednesdays - 10:00 am January 29 - February 26

Drums Alive is a fast paced fun exercise. It's so much fun you won't even know your exercising. The first session is to workout all the kinks, its a new program with a new super fun instructor. If you do not have equipment we will lend you a set, there is a \$20.00 deposit for the equipment, the deposit will be returned at the end of the session.

Please Register in advance of class starting

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.

Belly Dancing Classes - Fridays 10:00 am - Starting in January 17 - February 28th - 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.

Please Register in advance of class starting

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, January 21st (10 to 12)

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

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



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. to Noon**

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

Snowball Dance

Monday, January 13th
Starting at 6:00 pm - \$5.00



Refreshments
Live Band
Hors d'oeuvres

Enjoy a colorful evening with friends!



Special Van Trips

Begicks Nursery & Garden Center

Friday, January 3rd Van leaves @
9:00 - \$5.00 per person

The Flint Institute of Art

Wed., January 8th Van leaves
@ 11:00 am

\$2.00 per person to ride in Van Ad-
mission is FREE for Genesee Coun-
ty Residents, with ID.

Please Register & Pay In Advance