

February 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

FEBRUARY

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

Concert brought to you by the Genesee District Library - FREE

The Richard Paul Variety Show

Richard Paul is a revered icon in the world of entertainment. Prepare to be enthralled as Richard takes the stage, promising an afternoon filled with laughter!

Monday, February 10th @3:30

Stay After for A Light Dinner of Soup and a Sandwich Wrap

Sponsored by Hampton Manor on Center Road

Please Register in advance - Seating is limited!!!!

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 Jackson

Ray Lam

Bethany MacArthur

Richard Richardson

Sharron Swanson

Marie Trotz

Joyce Watson



Dear Friends:

I hope this letter finds you well. Our year is off and running. We are staying very busy at the Center. You will find a participation application on page 11. It is important a new application be filled out each year. Please take time to fill it out.

Senior Winter Games are going on this month. There are a couple of days which will cause some disruption at the Center. Thursday, February 13th we are hosting the Sudoku Puzzle Contest. For this contest it must be very quiet. Everything in the morning is cancelled up to lunch. On Monday the 17th, all activity is cancelled. We will be hosting the Baking Contest. This event requires a lot of setup and is very large. I am looking for about 6 to 8 volunteers to help that day. Please let me know if you are interested.

The Medicare/Medicaid Assistance Program is coming to an end. Information on whether it will be replaced or not is unknown at this time. If you are needing help I would suggest getting an appointment before the end of February. I will keep you informed how this will play out.

The AARP Income Tax Program is starting February 4th. This adds many new people in the building, please be kind and patient. If you are planning on having your taxes prepared by the tax service, please make an appointment soon, they fill up fast.

There are plenty of new programs happening this month. Please look the newsletter over carefully. As always, I hope to see you soon.

Warm Regards, *Jean*

Office Hours:

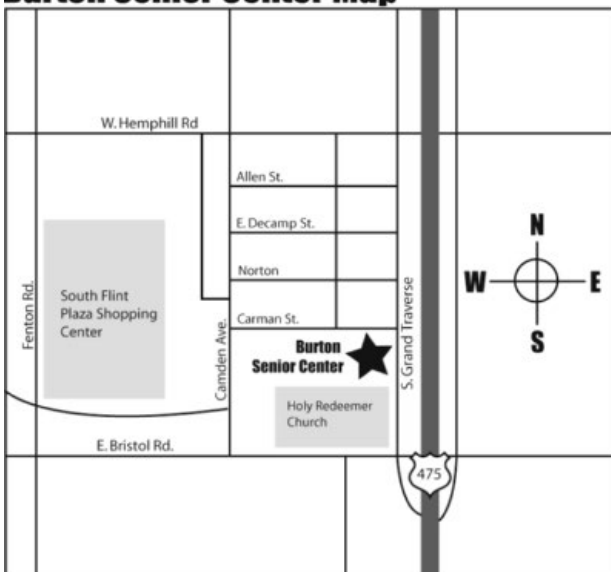
Monday - 8:00 am to 8:00 pm

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.

AARP Income Tax Preparation - Tuesdays By Appointment Only.

Federal, State and Local taxes are prepared and electronically filed free of charge. Don't wait appointments fill up fast. Call to make your appointment (810) 744-0960.

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., February 20th

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

Breakfast Club - Friday, February 21st - 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, February 26th - 3:00 pm

This month's book is **The Alice Network** by Kate Quinn. 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 - Wednesday, February 19th 3:00 pm

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

Lunch Bunch - Wednesday, February 12th

This month we will meet at noon at Empire Wok. 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). Van will leave at 11:45 am.

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.

Homemade Card Class

February 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.

Acrylic Painting Class with Gayle

Wednesday, February 26th @ 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.

Senior Winter Games

Need a ride to a game location. Request a ride and we will do our best to accommodate you.

OPENING - Monday, February 3rd
Davison Senior Center

Thursday, February 13th - Sudoku at the Burton Senior Center

For this game I need it to be quiet. All morning activities cancelled up to lunch.

Monday, February 17th - Baking at the Burton Senior Center

This game takes a lot of set-up. All activities are cancelled. This is the best spectator sport in the games!

CLOSING BANQUET - Thursday, February 27th. St. John Catholic Church Hall.



Congratulations

Holly Underwood

**2024
Volunteer
of the Year**

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Eileen Frazier

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

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER

Scan to contact us!

Norm Williams 
 Seniors Real Estate Specialist

Navigating Housing Options for Seniors and their Families

810.955.3711 
 norm6714@gmail.com
 normwilliamsrealtor.com/SRES

NextHome Inspire, 6004 Torrey Rd. Flint, MI 48507




FREE AD DESIGN
 with purchase of this space

CALL 800-477-4574

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

 **ADT** Authorized Provider | SafeStreets

833-287-3502



Locally Owned & Operated by the Sharp Family

6063 Fenton Rd., Grand Blanc Twp. (JUST SOUTH OF HILL RD.)

Jennifer Sharp Scully, Manager
 Roger L. Sharp • Michael T. Scully
 Roger L. Sharp II • Stephanie Sharp Foster

810.694.4900 | SharpFuneralHomes.com

Additional Locations in Swartz Creek, Linden, and Fenton





Studio, One & Two-Bedroom Apartments with Private Patios Available!

Hampton Manor of Burton

Burton's Premier Independent, Assisted & Memory Care Community

2105 South Center Rd., Burton, MI 48519

810-553-3355 • burtonassistedliving.com

Call Now to Lock in Your Rate for 2 Years!



Ask About Our Holly Location! Assisted & Memory Care Available

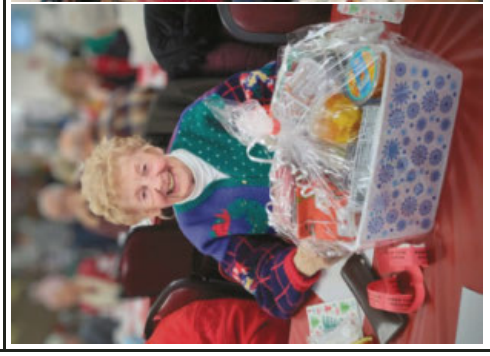


February 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 Line Dance Class 11:30 Lunch - Sloppy Joes 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 6:00 Dance</p>	<p>4</p> <p>8:30 AARP Income Tax Program 9:00 Arthritis Exercise Class 11:30 Lunch - White Chicken Chili 12:45 Euchre 1:00 Healthy Living Support Group</p>	<p>5</p> <p>10:00 Drums Alive 11:30 Lunch - Turkey Burger w/ Cheese 12:00 Hand Knee & Foot Cards 1:00 Vision Board Class 1:00 Craft Sharing Group</p>	<p>6</p> <p>9:00 Arthritis Exercise Class 9:30 Legal Advice 11:30 Lunch - Sweet & Sour Pork Loin 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>7</p> <p>9:45 Sloan Museum Trip 10:00 Belly Dancing Class 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Chef's Choice 12:30 Dominoes 12:45 Euchre</p>
<p>10</p> <p>10:00 Line Dance Class 11:30 Lunch - Cheese Ravioli w/ Meat Sauce 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 3:30 The Richard Paul Variety Show 4:30 Dinner 6:00 Dance</p>	<p>11</p> <p>8:30 AARP Income Tax Program 9:00 Arthritis Exercise Class 11:30 Lunch - Beef Stew 12:45 Euchre 1:00 Healthy Living Support Group</p>	<p>12</p> <p>10:00 Drums Alive 11:30 Lunch - Chicken Parm Sandwich 12:00 Lunch at Empire Wok 12:00 Hand Knee & Foot Cards 1:00 Craft Sharing Group</p>	<p>13</p> <p>10:00 SWG Sudoku Puzzle Contest 11:30 Lunch - Potato Soup w/Ham & Bacon 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>14</p> <p>10:00 Belly Dancing Class 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Citrus Glazed Salmon 12:30 Dominoes 12:45 Euchre</p>

<p>17</p> <p>2:00 SWG Baking Contest 3:00 Tech Help 6:00 Dance</p>	<p>18</p> <p>8:30 AARP Income tax Program 9:00 Arthritis Exercise Class 10:00 Blood Sugar Testing 11:30 Lunch - Meatloaf w/ Gravy 12:45 Euchre 1:00 Healthy Living Support Group 2:00 Commodity</p>	<p>19</p> <p>10:00 Drums Alive 11:30 Lunch - Tangerine Chicken w/ Stir Fry Vegetables 12:00 Hand, Knee & Foot Cards 1:00 Craft Sharing Group</p> <p>3:00 BUNCO</p>	<p>20</p> <p>9:00 Arthritis Exercise Class 11:30 Birthday Lunch - Baked BBQ Chicken Thighs 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>21</p> <p>9:00 Horrocks Farm Market Trip 9:00 Breakfast Club 10:00 Belly Dancing Class 10:00 MMAP (Medicare / Medicaid Assistance Program) Lunch - Mac & Cheese 11:30 Dominoes 12:45 Euchre 1:00 Card Making Class</p>
<p>24</p> <p>10:00 Line Dance Class 11:30 Lunch - Breaded Chicken Sandwich 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 6:00 Dance</p>	<p>25</p> <p>8:30 AARP Income tax Program 9:00 Arthritis Exercise Class 11:30 Lunch - Chef Salad 12:45 Euchre 1:00 Healthy Living Support Group</p>	<p>26</p> <p>10:00 Drums Alive 11:30 Lunch - Goulash 12:00 Hand, Knee & Foot Cards</p> <p>1:00 Craft Sharing Group 1:00 Acrylic Painting Class 3:00 Book Club</p>	<p>27</p> <p>9:00 Arthritis Exercise Class 11:30 Lunch - Chicken & Sausage Jambalaya 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>28</p> <p>10:00 Belly Dancing Class 10:00 MMAP (Medicare / Medicaid Assistance Program) Lunch - Turkey Tetrazzini 11:30 Dominoes 12:45 Euchre</p>



GOYETTE MECHANICAL 24/7 EMERGENCY SERVICE

PLUMBING • HEATING
COOLING • ELECTRICAL



Proudly serving Mid-Michigan residents for over 80 Years!
100% Satisfaction Guaranteed

GOTTA GET GOYETTE!
(810) 742-8530 GoyetteService.com

A Better ROOF For Less!
810-687-3599
Repair, Recover or Replace
Life Time Warranty
FREE ESTIMATES

Helping moms-to-be sleep easier at night.

MATERNAL FETAL MEDICINE **HURLEY**

BIG Brothers Pharmacy **810-820-8685**
4801 Fenton Rd.
Flint, MI 48507
(AT FENTON & HEMPHILL)

FREE Delivery*
FREE Bubble Pack Walk-In Immunizations
*conditions apply

HOURS: MON-FRI: 9AM-5:30PM • SAT: 10AM-1P

Marsh Monument Co.
Memories Designed for All Times
Timeless since 1931

Home Appointments Upon Request
Evening & Weekend Appointments Available
Open Monday - Friday

8966 E. Lansing Rd. | 4496 S. Center Rd.
Durand • 8a-5p | Burton • 10a-5p
989-288-5336 | 810-744-2754
marshmonumentcompany.com

Lockwood Senior Living

Supportive • Caring • Independent Living

Burton 810.744.9400   Genesee 810.733.8900

ELGA CREDIT UNION

www.ELGACU.com • (810) 715-3542

VICINIA GARDENS
LUXURY SENIOR LIVING

LICENSED CAMPUS

- Independent Living ✓
- Assisted Living ✓
- Intermediate Care ✓
- Memory Care ✓
- All Inclusive Rates ✓
- 10 Years of Excellence ✓
- In the heart of Fenton, MI ✓

MENTION THIS AD FOR \$1000 OFF OUR COMMUNITY FEE TODAY! (THE INDEPENDENT ONLY)

www.ViciniaGardens.com Call Today! (810) 354-7050

Ben Houck
Insurance Agent
ben@serrabenefitsgroup.com
Direct 810-229-8121 (receives texts)
Office 810-584-7458 ext 6

Serra Benefits Group Inc
Individual, Medicare and Group Benefits

3059 Tri Park Drive
Grand Blanc, MI 48439



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Scan to contact us!

Visit lpicommunities.com

Randy WISE CHEVROLET

(810) 785-4011
5100 Clio Road G
Flint, MI 48504

randywisechevy.com



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 \$184.00 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.

Legal Advice

Thursday, February 6th

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.

Special Van Trips

Friday, February 7th

Sloan Museum

The Museum is FREE for Genesee County residents. Van will leave at 9:45, admission to the Sloan is free for Genesee County residents. Be sure to bring your ID, - Van is Free

Friday, February 21st

Horrocks Farm Market

Van will leave at 9:00 am. Cost is \$3.00 per person.

Friday, March 21st

Lunch at Rainforest Café and then Sea Life Michigan Aquarium

Van will leave for Great Lakes Crossing at 10:00 am. Price includes admission to the Aquarium, lunch is on your own. - \$22.00

All Trips Are Weather Dependent - Sign Up is January 31st.

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

February 24, 2025 - \$38.00

The Angel Next Door

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

Wednesday, March 5, 2025 - \$106.00

Soaring Eagle

Thursday, April 3, 2025 - \$38.00

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

Tuesday, April 29, 2025 - \$73.00

Ed & Ted's Excellent Adventures A Quad Cities Experience

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

The Rat Pack Lounge at Meadow- brook Lunch at Alfoccino

Wednesday, May 14, 2025 - \$108.00

Springtime in the Upper Peninsula - Featuring the Pictured Rocks Boat Tour

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

Shipshewana Amish Backroads Brown Bag Tour

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

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

Ed & Ted's Wisconsin's Best - Green Bay / Milwaukee

August 25 - 30, 2025 - \$1,899 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

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

Save The Date:

Spring Travel Show

Wednesday, April 16, 2025

9:30 to 11:30 - Free



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

February 18th, (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.

Burton Senior Center

3410 South Grand Traverse, Burton, MI 48529 (810) 744-0960

2025 PARTICIPATION APPLICATION AND NEWSLETTER RENEWAL

Please Print Clearly

Required Information

Please complete and return the following personal information for our records. The medical information is for your protection in case of a medical emergency. **A donation is always accepted and greatly appreciated but is not a requirement for participation.** A monthly newsletter is always included.

Last Name: _____ Are You A Genesee County Resident ___ Yes ___ No

First Name: _____ Spouse/Partners Name: _____

Phone Number: _____ Alternate Phone Number: _____

Address: _____ Apt# _____

City: _____ State: _____ Zip Code: _____

Birthday: ___/___/___ Spouse/Partner Birthday: ___/___/___

Would You Like To Receive Your Newsletter Via E-Mail? ___ Yes ___ No

E-Mail Address: _____ E-Mail Address: _____

Physician: _____ Physicians Phone #: _____

Medical Problems/Allergies: _____

Spouse/Partners Physician: _____ Physicians Phone #: _____

Medical Problems/Allergies: _____

EMERGENCY CONTACTS:

Name: _____ Relationship: _____

Home or Cell Phone: _____ Work Phone: _____

Name: _____ Relationship: _____

Home or Cell Phone: _____ Work Phone: _____

I understand the information provided above will be kept confidential. In the case of a medical emergency, medical information will be released to emergency personnel.

Suggested donation amount is:
\$10 per person or \$15 per couple

This is Not Required

Donation Amount _____

Receipt # _____

Signature: _____ Date: _____

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

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.

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. It's 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 and 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 - FREE

January 17 - February 28th

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, February 18th (10 to 12)

Brookdale provides free blood sugar testing. No appointment necessary, walk-ins welcome.

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

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.

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.**

**FREE Document Shredding Events
for 2025
Genesee County Senior Citizens**

May 1st - Mundy Miracle Commons
1286 W. Hill Rd
Flint, MI 48507

June 25th - Riverview Park
230 S. Cherry St.
Flushing, MI 48433

Sept. 25th - Swartz Creek Senior
Center
8095 Civic Drive
Swartz Creek, MI 48473

All Events: 10:00 am - 1:00 pm

The Burton Senior Center is a pretty special place. Part of why we are a great spot to come enjoy meeting friends and participate in activities, is the welcoming atmosphere. We all have unique personalities that is what gives us a beautiful blend. Please remember to respect one another. Welcome new participants and show them around. Introduce them to other participants. Invite them to sit with you and make them feel welcome. It's scary the first time you walk through the door and we want that experience to leave a good impression! Thank you!