

March 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

WELCOME SPRING!

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

Concert brought to you by the
Genesee District Library - FREE

Tony Jefferson

Monday, March 10th @ 3:30 pm

Enjoy a soulful fusion of jazz, rock & roll and catchy pop melodies. Tony is a multi-genre maestro whose music knows no boundaries.

Light refreshments will be served during the concert. Please RSVP to ensure we have enough to for everyone.



St. Patrick's Day Luncheon

Monday, March 17th @ 11:30
\$3.00 per person 60 or older, Genesee County

**A Special Dessert Along With
our regular GCCARD Lunch**

**A Special Basket Drawing For One Lucky
Participant! Please register and pay in
advance!!!**

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

Burton Senior Center

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



Burton Senior Center Newsletter

Staff

Director

Jean Johnson

Program Coordinator

Jennifer Ackley

Shuttle Drivers

Ruth Dorris / Thomas Austin

Burton Senior Advisory Board

Marie Trotz, President

Richard Richardson, Secretary

Alma Bryson

Jim Jackson

Ray Lam

Bethany MacArthur

Sharron Swanson

Joyce Watson



Dear Friends:

I wish I could start off my letter on a brighter note however, there are things that must be said. Our Advisory Board member Alma Bryson sadly has passed on. Her daily presence at the senior center will be deeply missed. Her Belly Dancing class was exceedingly successful and is a heart-felt loss to her students. Alma had just started her term on the Advisory Board and was excited to take on a new challenge. You will be missed Alma!

The income qualifications for the commodities and TEFAP have been updated. Please have a look on page 10 to see if you may now qualify.

The Medicare and Medicaid Assistance Program is being updated and will be on hold until summer. We will continue, at that point, to have an in building Counselor as we currently have now. If you have an emergency situation during this transition, we will do our best to assist you.

We are currently in emergency mode with our volunteers. We have a critical need for reception desk volunteers. This is not an easy job, but it is also essential to our role in the community. If you think you are up to the challenge, please see Jean or Jennifer.

Warm Regards, *Jean*

Office Hours:

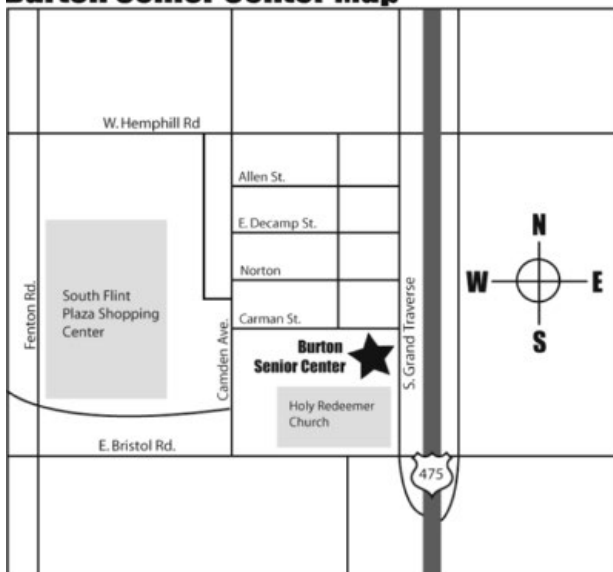
Monday - 8:00 am to 8:00 pm

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.



Memorial Donations

Memorial Donations Have Been Made In Memory of:

Alma Bryson

By: Bethany MacArthur
Larry Beard
Richard Richardson
Jim & Sharon Jackson
Maggie McGregor
Joyce Watson

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., March 20th

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

Breakfast Club - Friday, March 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, March 26th - 3:00 pm

This month's book is **The Lions of Fifth Avenue by Fiona Davis**. 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, March 12th 3:00 pm

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

Lunch Bunch - Wednesday, March 12th

This month we will meet at 12:30 at Fifty 81 Bistro. 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 Noon. This is rescheduled from January due to weather cancellation.

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.

Learn to Make Homemade Dog Treats

Thursday, March 6th @ 10:00 - **\$1.00**

Learn how easy it is to make homemade dog treats. You'll leave after seeing how easy and cost saving they are to make. You will leave with a sample to take home to your dog and the recipe.

Please pay when you make your reservation.

Homemade Card Class

Wednesday, March 19th @ 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. A beautiful homemade card makes a very special gift.

Please register and pay in advance of the class.

Estate Planning Seminar

Thursday, March 20th @10:00

FREE

Zach from Legal Services of Eastern Michigan will be here to discuss:

- ♦ How to protect assets you leave behind.
- ♦ Ensuring your family does not encounter unforeseen legal challenges.
- ♦ Making your wishes about healthcare decisions known to your loved ones.
- ♦ The importance of naming power of attorney agent so the decision is not left up to the courts.
- ♦ Wills vs. Trust
- ♦ Power of Attorney
- ♦ Lady Bird Deeds
- ♦ Potential Elder Abuse

The information is all from our friends at Legal Services of Eastern Michigan. Their services are available Free of Charge at the Center.

Lite refreshments will be served. Please register in advance of the Seminar.

Acrylic Painting Class with Gayle

Wednesday, March 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.

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March 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Line Dance Class</p> <p>11:30 Lunch - Smothered Pork Chop</p> <p>12:00 BP Checks</p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p>3:00 Tech Help</p> <p>6:00 Dance</p>	<p>3</p> <p>8:30 AARP Income Tax Program</p> <p>9:00 Arthritis Exercise Class</p> <p>11:30 Lunch - Spaghetti & Meatballs</p> <p>12:45 Euchre</p> <p>1:00 Healthy Living Support Group</p>	<p>4</p> <p>10:00 Drums Alive</p> <p>11:30 Lunch - Cobb Salad w/Turkey, Cheese, Egg & Bacon</p> <p>12:00 Hand Knee & Foot Cards</p> <p>1:00 Craft Sharing Group</p>	<p>5</p> <p>9:00 Arthritis Exercise Class</p> <p>9:30 Legal Advice</p> <p>10:00 Learn to Make Dog Treats</p> <p>10:00 Tia Chi</p> <p>11:30 Lunch - Oven Fried Chicken</p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p>3:00 PoKeno</p> <p>3:30 Brain Exercise Class</p>	<p>6</p> <p>10:00 MMAP (Medicare / Medicaid Assistance Program)</p> <p>11:30 Lunch - Korean Beef Bowl w/ Rice</p> <p>12:30 Dominoes</p> <p>12:45 Euchre</p>
<p>10:00 Line Dance Class</p> <p>11:30 Lunch - Roasted Turkey & Gravy</p> <p>12:00 BP Checks</p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p>3:30 Tony Jefferson Concert</p> <p>6:00 Dance</p>	<p>10</p> <p>8:30 AARP Income Tax Program</p> <p>9:00 Arthritis Exercise Class</p> <p>11:30 Lunch - Meatball Sub</p> <p>12:45 Euchre</p> <p>1:00 Healthy Living Support Group</p>	<p>11</p> <p>10:00 Drums Alive</p> <p>11:30 Lunch - Chicken Alfredo</p> <p>12:30 Lunch Bunch</p> <p>12:00 Hand Knee & Foot Cards</p> <p>1:00 Craft Sharing Group</p> <p>3:00 BUNCO</p>	<p>12</p> <p>9:00 Arthritis Exercise Class</p> <p>10:00 Tai Chi</p> <p>11:30 Lunch - BBQ Pulled Pork</p> <p>12:30 Pinochle</p> <p>12:30 Bingo</p> <p>3:00 PoKeno</p> <p>3:30 Brain Exercise Class</p>	<p>13</p> <p>10:00 MMAP (Medicare / Medicaid Assistance Program)</p> <p>11:30 Lunch - Pecan Crusted Tilapia</p> <p>12:30 Dominoes</p> <p>12:45 Euchre</p>

<p>17</p> <p>10:00 Line Dance Class 11:30 St. Patrick's Day Lunch - Boneless BBQ Riblet 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 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 Lunch - Stuffed Peppers 11:30 Euclidean Support Group 12:45 Healthy Living Support Group 1:00 Commodity & TEFAP</p>	<p>19</p> <p>10:00 Secretary of State Mobile Office 10:00 Drums Alive 11:30 Lunch - Chicken Salad Sandwich</p> <p>12:00 Hand, Knee & Foot Cards Craft Sharing Group 1:00 Card Making Class</p>	<p>20</p> <p>9:00 Arthritis Exercise Class 10:00 Tia Chi 10:00 Estate Planning Seminar 11:30 Birthday Lunch - Chefs Choice 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise</p>	<p>21</p> <p>9:00 Breakfast Club 10:00 MMAP (Medicare / Medicaid Assistance Program) Lunch - Mac & Cheese 11:30 Dominoes 12:30 Euclidean</p>	<p>26</p> <p>10:00 Drums Alive 11:30 Lunch - Beef Fajitas 12:00 Hand, Knee & Foot Cards 1:00 Acrylic Painting Class</p>	<p>31</p> <p>10:00 Line Dance Class 11:30 Lunch - Creole Steak 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 6:00 Dance</p>	<p>27</p> <p>9:00 Arthritis Exercise Class 10:00 Tia Chi 11:30 Lunch - Chicken Breast 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p>25</p> <p>8:30 AARP Income tax Program 9:00 Arthritis Exercise Class 11:30 Lunch - White Chicken Chili 12:45 Euclidean 1:00 Healthy Living Support Group</p>	<p>28</p> <p>10:00 MMAP (Medicare / Medicaid Assistance Program) Lunch - Pub Burger w/Cheese 11:30 Dominoes 12:30 Euclidean</p>			<p>2025 Senior Winter Games</p>	<p>Drums Alive</p>
<p>GDL Free Entertainment</p>		<p>2025 Senior Winter Games</p>		<p>Drums Alive</p>									

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Support Services

Secretary of State

Mobile Office



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

Wednesday, March 19, 2025

Hours: 10 - 3 pm

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

The Medicare and Medicaid Assistance Program

In last month's newsletter I informed you of changes taking place in this program. The good news is there is another organization taking it over. We will continue to have a counselor at the Center to assist you. There is a transition happening and the program is on hold until the summer. I will give you more information as we move forward.

Calling Knitters & Crocheters

We are making hats, mittens and scarves for the Old Newsboys of Flint to pair up with their coat program.

We currently have some yarn for this program, if needed. Donations of yarn accepted.

Legal Advice

Thursday, March 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.

Save The Date:

Spring Travel Show

Wednesday, April 16, 2025

9:30 to 11:30 am - Free

All the fun summer and fall trips will be presented. There will be many of your old favorites plus a lot of new places to see. The travel show is free, I do ask for you to make reservations. This is to ensure I have enough refreshments and flyers for those attending.

- ⇒ You'll Have Priority Registration on Presented Trips
- ⇒ Door Prizes and Gift Certificates
- ⇒ Refreshments

More on the trips to be presented in the April Newsletter.



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.**

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 - **NOTE NEW DATE**

Thursday, April 3rd, 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 Alfocchino

Wednesday, May 14, 2025 - \$108.00

Springtime in the Upper Peninsu- la - 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.

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

Time Change
Sunday, March 9th



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 - \$3,765/monthly or less

Family of 2 - \$5,110/monthly or less

Commodity Supplemental Food Program

Must come inside senior center for this program

March 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 - \$1,883/monthly or less
- Family of 2 - \$2,555/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

Line Dancing Class - 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

Drums Alive is a fast paced fun exercise. It's so much fun you won't even know you're 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

Tia Chi for Beginners Thursdays at 10:00 am - FREE - NEW March 6th - June 19th

Tia Chi for health empowers people of all ages to improve their health and wellbeing through slow, smooth and continuous mind-body exercises. Gain the most benefits by attending every session! Health outcomes include: Improved balance, mobility, strength and flexibility. Improved relaxation, and decreased pain and falls. Register for this class.

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 by 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, March, 18th (10 to 12)

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

Shingles Vaccination Clinic

Wednesday, April 9th, (10 to 12)

This is to finish the series or you may start. To be fully vaccinated against the shingles virus you need the second shot. You may also start with the first shot at this clinic.

Please call the Burton Senior Center for your appointment, 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

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.

GENESEE COUNTY'S HOME IMPROVEMENT & URGENT REPAIR PROGRAM

The Genesee County Board of Commissioners, Metropolitan Planning Commission, and the U.S. Department of Housing and Urban Development are proud to offer a deferred payment loan program for home repairs! Repairs are based on HUD Housing Quality Standards and ensure that homes are safe and sanitary.

Urgent Repair for Roof, Septic, Furnace, Well/Water hook-up.

Home Improvement for Windows, Insulation, Smoke Detectors, Plumbing, Electrical, Doors and much more!

Eligibility Requirements:

- Owner/occupier of a single family home for 1 year
- Meet HUD household income limits
- Mortgage/taxes/insurance must be current.

Call 810 257-3010 for more information.

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

**Consumer Faud and Elder
Abuse Information**

Scams Generally Include:

- 1) An urgent or secret request
- 2) Believable stories or connection
- 3) Financial request
- 4) Request for unusual payment types

You may contact the Michigan Attorney
Generals Office at mi.gov/agcomplaints
or 877-765-8388.

To Report Elder Abuse:

Mi.gov/elderabuse
Adult Protective Services 855 444-3911
Genesee Co Sheriffs Dept 810 257-3407
Your local Police Department