

H. & C.

CENTER

### Jan. / Feb. 2024

A Publication of the H. & C. Burnside Center



**Facebook:** H. & C. Burnside Senior Center Website: BurnsideCenter.com

Hours:

**Monday - Friday** 8:00 a.m. - 4:30 p.m.

65 Grahl Dr., Coldwater Phone: 279-6565 Fax: 278-7281 Email: info@BurnsideCenter.com



Burnside Buzz

## FREE TAX PREPARATION **AVAILABLE AT BURNSIDE!**

The Burnside Center is pleased to announce an ongoing partnership with Goodwill Industries of Central Michigan's Heartland to bring free tax preparation to Branch County residents.

The VITA program (Volunteer Income Tax Assistance) offers free income tax preparation for those with qualifying household incomes of \$66,000 and under. VITA tax return preparation sites are operated by IRS-certified volunteers. All returns are electronically submitted.

The Burnside Center will start taking calls to schedule appointments on Tuesday January 16, 2024.





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Meet Our Board & Staff

#### **Branch County Commission on Aging Board of Directors**

Janis Olney - Chairman Julie Hurley - Vice Chairman Ginger Kesler - Treasurer/Secretary Gordon Gentry Don Thrasher John Petzko John Hutchinson Tim Stoll, Branch County Commissioner Liaison

*The Board of Directors meets monthly. Call or check the website for the 2024 meeting schedule.* 

#### Staff

Amy Duff – Executive Director Pat VanDyke – In-Home Services Director Marlayna Drumm - In-Home Services Assistant Freda Leupp – Programs Director Mike Searing - Nutrition Director Bill Swallow - Nutrition Site Coordinator Allen Underwood – Bookkeeper Sarah Wainscott – Staff Assistant Debbie Ambrose – Programs Assistant/MMAP Coordinator Mark Woodcox - Maintenance Assistant A staff of 14 In-Home Service Aides

The primary mission of the Branch County Commission on Aging is to establish and provide services for older adults by encouraging, promoting, and safeguarding the rights and abilities of our older adults so they may enjoy maximum health, well-being, and independence.

# Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8 am – 4:30 pm	8 am – 4:30 pm			
Exercise Room	Exercise Room	Exercise Room	Exercise Room	Exercise Room
8 am – 4:30 pm	8 am – 4:30 pm			
Library	Library	Library	Library	Library
8 am – 4:30 pm Billiard Room	8 am – 4:30 pm Billiard Room			
9 am – 4 pm Wood Shop	9 am Mah-Jongg Tile Game	9 am – 12 pm Stained Glass Workshop	8:30 am – 1 pm Pinochle	9 am – 4 pm Wood Shop
9 – 11:30 am Creative Quilters	9 am Cyber Seniors 101	10 am – 12:30 pm Mah-Jongg	9 am – 12 pm Stained Glass Workshop	10:30 am – Stayin' Alive with Weights
9 am Penny Bingo	9 am Woodcarvers	12 pm – 4 pm Computer Lab open, tech on site	9 am Penny Bingo	1 pm Pinochle
10 am Step in Motion, Feel the Beat	9:30 am – 12 pm Watercolor Class	1 pm Hand & Foot Canasta	9:30 am – 10:30 am Drop in Tai Chi	1 pm Game Day – Ground Hog Rummy
11:30 am – 12:30 pm Congregate Lunch	11 am – 4 pm Wood Shop	1 pm Race Track Canasta	11:30 am – 12:30 pm Congregate Lunch	1 pm Euchre
12 pm – 4 pm Computer Lab open, tech on site	11:30 am – 12:30 pm Congregate Lunch	1 pm Euchre	12 pm – 4 pm Computer Lab open, tech on site	
12:30 pm Bridge	12 pm – 4 pm Computer Lab open, tech on site		12:30 pm Bridge	
1 pm Hand & Foot Canasta	1 pm Pinochle		1pm Line Dance Lessons	
1 pm Euchre	1 pm China Painting		1:30 pm Beginning Chord Guitar Lessons	
	1 pm Game Day – Social Security		2 pm Book Discussion Group	
			3 pm Couples Line Dance Lessons	

## Holiday Observance

*The Branch County Commission on Aging observes the following holidays:* 

New Year's Day - Monday, January 1 Martin Luther King, Jr. Day - Monday, January 15 Presidents' Day - Monday, February 19





CLASS IS TAUGHT BY INSTRUCTOR, LINDA IVES

CLASS IS TAUGHT BY INSTRUCTOR, LINDA IVES Thursdays starting Jan. 11th., 10 week class Time: 10:45 am - Cost: \$5.00 per class Sign up front desk or call 517-279-6565 Tal Chi improves:

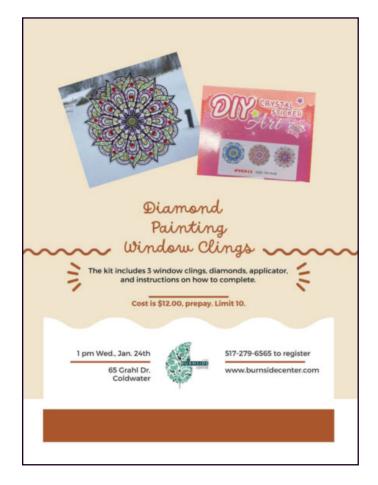


# ATTENTION!

When entering the building, please sign in at the touchscreens with your key tag and touch the activities you are participating in for the day. These statistics are very important for future programming of events.

Register early to avoid class cancellations.

To provide a safe and enjoyable environment for all patrons, we appreciate your adherence to the Personal Conduct Policy, posted in the Atrium.





# January Events

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Closed for Holiday	<b>1 pm</b> Wii Bowling League	<b>1 pm</b> Low Vision Group	<b>10 am</b> Foot Clinic, Call Deb, 269-999-1069 for appointment	
	<b>10 am</b> Foot Clinic, Call Lisa, 269-625-4650 for appointment			
8	9	10	11	12
<b>10 am</b> Alzheimer's Sup- port Group—Call 517-279- 6565 for more information	<b>10 am</b> Foot Clinic, Call Lisa,269-625-4650 for appointment	<b>11 am</b> Meet, Greet, and Eat "18th Century Women's Fash- ion" Maximum at 60, call to sign up, 279-6565, cost \$5.00 prepay	<b>10 am</b> Foot Clinic, Call Deb, 269-999-1069 for appointment	
10 am—12 noon Hopco Hearing Service—tech on site	<b>1 pm</b> Movie & Popcorn, sponsored by B2 Outlet "80 for Brady", Comedy,		11:30am—12:15 pm Music by Duane Clemens	
	Sports, Drama, 2023. 98 minutes			
11:30am—12:15 pm Music by Kathy Cary			<b>10:45 am</b> Tai Chi for Arthritis, Cost \$5.00 per week, limit 10, call to sign up, 517-279-6565 (week 1 of 10)	
15	16	17	18	19
Closed for Holiday	<b>9 am</b> VA Healthcare and Benefits. Presented by Battle Creek VA Medical Center. Call to sign up, 517-279-6565.	<b>11 am</b> Men @ Lunch - "Pastor Harold Jewell, US Navy Sub" Limit to 60, call to sign up, 517- 279-6565, Cost \$5.00 prepay.	<b>10 am</b> Foot Clinic, Call Deb, 269-999-1069 for appointment	
		<b>1 pm</b> Becky's Card Class. Limit 5, Cost \$5 for 5 cards and \$1 for class, call to sign up 517-279- 6565	<b>10:45 am</b> Tai Chi for Arthritis, (week 2 of 10)	
22	23	24	25	26
1:30 pm Ice Cream Sun- daes—sponsored by the Laurels		<b>1 pm</b> Diamond Painting Win- dow Clings. Limit 10, Cost \$12 for 3 clings, call to sign up 517-279-6565	<b>10:45 am</b> Tai Chi for Arthritis, (week 3 of 10)	1:30 pm Suncatcher / Card. Limit 10, Cost \$2, call to sign up 517-279- 6565 (see flier at center)
			11 am—12:30 pm Blood Pressure Testing by Northern Lakes Nursing	
29	30	31		
	<b>10 am</b> Foot Clinic, Call Lisa 269-625-4650 for appointment			
	<b>1 pm</b> Wii Bowling League			All events subject to change

# You served our country, now let us serve you!



### VA Information Event

#### Tuesday, Jan. 16th 9 am

Call to register 517-279-6565

H. & C. Burnside Senior Center 65 Grahl Dr, Coldwater, MI 49036

VA

U.S. Department of Veterans Affairs Veterans Health Administration Battle Creek VA Medical Center Representatives will be on-site to answer questions about VA Eligibility and Enrollment, PACT Act, Federal and State VA Benefits, Filing Claims, and MyHealtheVet. Toxic Exposure Screening will also be available.

For Onsite Enrollment: Bring your DD214 and previous year's tax statement.

Any Veteran or survivor can learn more about the PACT Act by visiting VA.gov/PACT or by calling 1-800-MY-VA-411.

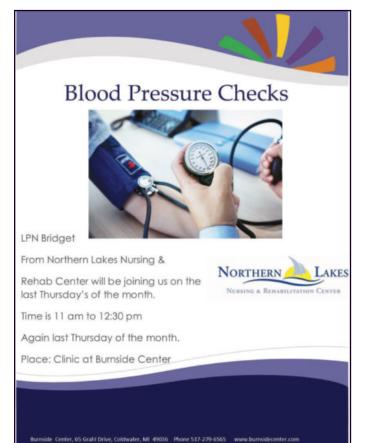
Please call (269) 966-5600 ext. 36212 with any questions.

# Ready to get some exercise in the new year?



### Step in Motion on Mondays at 10:00 a.m.

Stayin' Alive with Weights on Fridays at 10:30 a.m.







The Home Delivered Meals Program provides five meals per week. These meals are delivered on three days per week: Mondays, Tuesdays, and Thursdays, with three ready-to-eat meals provided as well as two frozen meals per week.

**Eligibility:** Branch County seniors age 60+ who are **home-bound** qualify for this program. An initial assessment at the client's home must be scheduled and completed before participation in this program can begin.



Congregate meals are offered in the dining room at the Burnside Center on **Mondays**, **Tuesdays**, **and Thursdays from 11:30 a.m.** – **12:30 p.m.** This program offers the opportunity for seniors to enjoy a nutritious meal together. Menus can be found online or picked up in the building.

**Eligibility:** Branch County seniors age 60+ qualify for this program. Completing a brief form on demographic information is required once per year. This can be done at the same time you come to eat your meal.

Both of these services are funded by state and federal grants as well as senior millage. There is a \$3 suggested donation per meal; however, a donation is not required.

For more information on these programs, call Mike at 279-6565, ext. 141.

February Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
All events subject to change			<b>10 am</b> Foot Clinic, Call Deb for appointment, 269-999-0169	
			<b>10:45 am</b> Tai Chi for Arthritis, (week 4 of 10)	
			<b>12:30 pm</b> Beginning Stained Glass Class. Cost is \$5.00 per week, limit 5, call to sign up, 517-279-6565 (week 1 of 5)	
5	6	7	8	9
<b>10 am</b> Alzheimer's Support Group—Call 517-279-6565 for more information	<b>1 pm</b> Wii Bowling League	<b>1 pm</b> Low Vision Support Group	<b>10 am</b> Foot Clinic, Call Deb for appointment,269-999-0169	
			<b>10:45 am</b> Tai Chi for Arthritis (week 5 of 10)	
			11:30am—12:15 pm Piano Music by Duane Clemens	
			<b>12:30 pm</b> Beginning Stained Glass Class. (week 2 of 5)	
12	13	14	15	16
<b>10 am—12 noon</b> Hopco Hearing Service, tech on site	9am—11:45 am Legal Ser- vices—First Come, first served	<b>11 am</b> Meet, Greet, and Eat "Jonny Hawkins, cartoonist" Maximum at 60, call to sign up, 279-6565, cost \$5.00 prepay	<b>10 am</b> Foot Clinic, Call Deb for appointment,269-999-0169	
11:30am—12:15 pm Music by Kathy Cary	<b>1 pm</b> Movie & Popcorn, spon- sored by B2 Outlet "Shirley Tem- ple, The Early Years"		<b>10:45 am</b> Tai Chi for Arthritis (week 6 of 10)	
			12:30 pm Beginning Stained Glass Class. (week 3 of 5)	
19	20	21	22	23
Closed for Holiday	<b>10 am</b> Foot Clinic, Call Lisa 269-625-4650 for appoint- ment	11 am Men @ Lunch - "Don Reid, journalist". Limit to 60, call to sign up, 517-279-6565. Cost \$5.00 prepay.	<b>10 am</b> Foot Clinic, Call Deb for appointment,269-999-0169	
		<b>1 pm</b> "Becky's Beginners Card Class", Limit 5, see flier for more information.	<b>10:45 am</b> Tai Chi for Arthritis (week 7 of 10)	
		1:30 pm Ice Cream Sundaes— sponsored by the Laurels	<b>12:30 pm</b> Beginning Stained Glass Class. (week 4 of 5)	
26	27	28	29	
			<b>10:45 am</b> Tai Chi for Arthritis (week 8 of 10)	
	1 pm Wii Bowling League		11 am—12:30 pm Blood Pressure Testing by Northern Lakes Nursing	
			<b>12:30 pm</b> Beginning Stained Glass Class. (week 5 of 5)	

## Our exercise room can help you start the year off right!

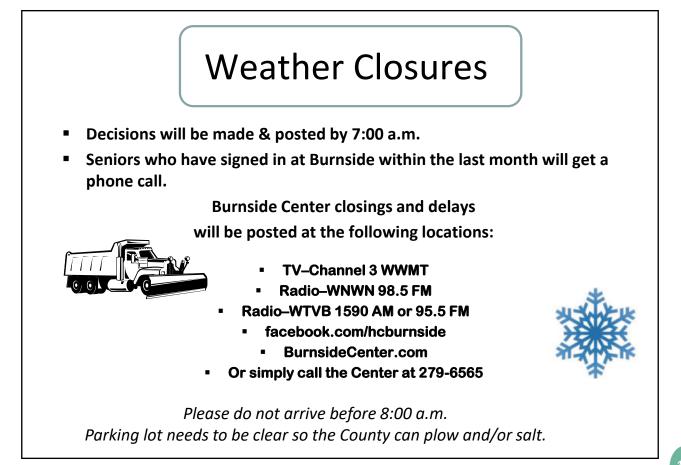


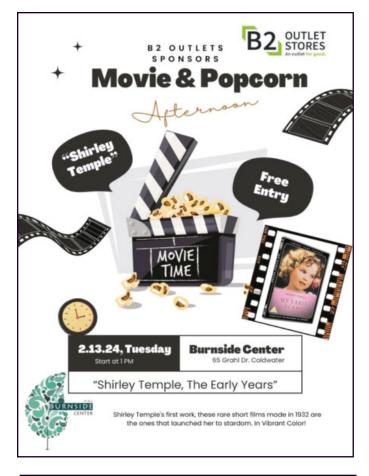
TREADMILLS, NUSTEPS, AND STATIONARY BIKES ARE AVAILABLE.

OPEN DURING ALL BUSINESS HOURS

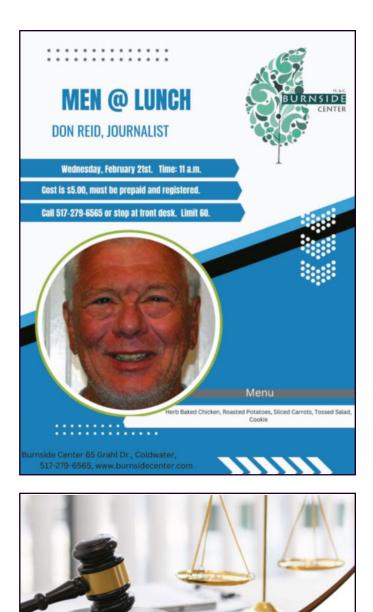
NO MEMBERSHIP FEE

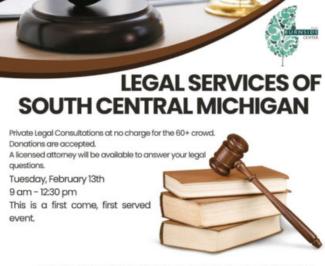
EVERYONE IS REQUIRED TO SIGN A NEW WAIVER FOR 2024.











Legal Services of South Central Michigan is funded in part by the Area Agency on Aging Region 3C through the Michigan Bureau of Aging. Community Living, and Supports under the Older Americans Act of 1965. Burnside Center, 65 Grahl Drive, Coldwater, 517.279, 6565, www.burnsidecenter.com

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Jonny Hawkins

## Find the Burnside Buzz at these locations!

#### MULTIPLE LOCATIONS THROUGHOUT THE COUNTY

ProMedica Coldwater Regional Hospitaloutpatient clinics and the hospital Branch District Library (all branches)

#### COLDWATER

Grand Vista Assisted Living **Country Knoll Apartments** The Laurels **Drews** Place Vcare Pharmacy Fresenius Dialysis Center Maple Lawn Tibbits Opera House (business office) **Englewood Apartments Coldwater Crossing Apartments Bucklin Law Office** Hope Café **Century Bank and Trust** The Goodie Shop Law Office of Bird, Scheske, Reed, & Beemer Farm Bureau (Scott Fair) Meraki Studio Jeannie's Diner St. Charles Catholic Church The LakeHouse (Masonville Place) **Meadowview Senior Apartments** 

Karim Healthcare Holicki Eye Center Girard United Methodist Church Rampit Northview Christian Church Branch County Veteran's Affairs Office Lincare Seven Oaks Apartments First Baptist Church Robert W. Browne Aquatic Center St. Paul's Lutheran Church Oaklawn Primary Care St. Mark's Episcopal Church Branch County Courthouse

#### QUINCY

**Union Church** 

BRONSON

Karim Healthcare Bronson Senior Apartments Barone's Hardware

UNION CITY

Miller's Pharmacy Mel's Diner First Congregational Church

The COA is supported by funds from: The Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports; the Branch - St. Joseph Area Agency on Aging Region 3C; Branch County Senior Millage; Older American's Act; Older Michiganian's Act; and Donations.





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## CommunityAction

#### Senior Volunteer Benefits Include:

- Tax Exempt Stipend
- Travel provisions/reimbursement
- One nutritious meal per day
- Annual health appraisal
- Excess accident insurance coverage
- Ongoing training and professional development





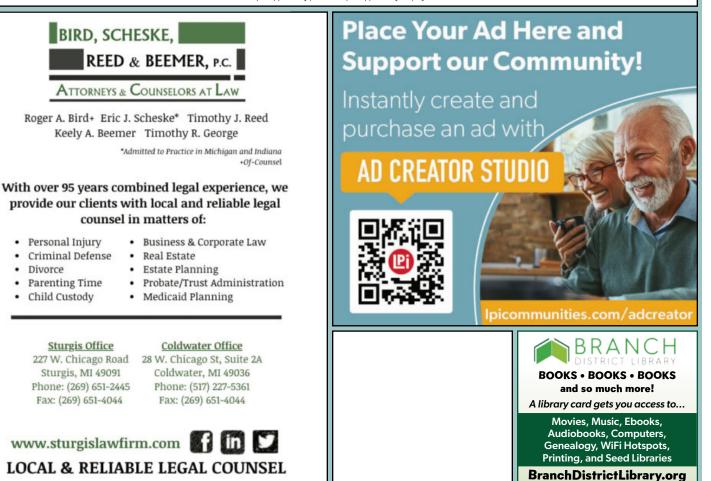
#### Providing emotional support. Boosting kid's self esteem. Providing extra eyes in the classroom.



The Senior Volunteer Opportunity is for senior citizens, aged 55 and older, to help build critical skills and appropriate development of our community's youth. By sharing time and experience, senior volunteers can help children learn how to read, prepare younger students for school readiness, tackle tough subjects and make decisions that keep them on the right path.

For more information, please visit us at www.caascm.org or call: 1-269-965-7768 or scan our QR Code for quick access. U.S. Department of Health & Human Services, U.S. Department of Education and private donations from people like you. This institution is an equal opportunity provider. Equal Opportunity Employer.







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