



H. & C.
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CENTER

Burnside Buzz



July/August 2022

A Publication of the
H. & C. Burnside Center

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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

**COME TO OUR AIR
CONDITIONED CRAFT
SHOW BY THE
BURNSIDE CRAFTERS!
ENJOY THE HOMEMADE TREATS
AT THE BAKE SALE!**

Christmas in July Craft & Bake Sale

Date: Wednesday, July 27th
Time: 9 am - 12:30 pm
Place: Dining Room

Come enjoy the local vendors from
the Burnside Center.
Many items available: Quilts, Stained Glass,
Crocheted & Knitted Items, Paper Gifts,
Wheat Weaving, Crafts, Wood Items, etc.

**Also get your tickets for the Handmade
Quilt by the Creative Quilt Group.**

Bake Sale - if you have items to donate,
please bring on Tuesday, July 26th to small
kitchen, have items priced.



Meet Our Board & Staff

Branch County Commission on Aging Board of Directors

Janis Olney - Chairman

Paul Meredith - Vice Chairman

Ginger Kesler - Treasurer/Secretary

Gordon Gentry

Don Thrasher

Julie Hurley

John Petzko

Tim Stoll, Branch County Commissioner Liaison

The Board of Directors meets monthly on the third Tuesday at 2 p.m. at the Burnside Center. The public is welcome. Call 279-6565 for meeting location information.

Staff

Amy Duff - Executive Director

Pat VanDyke - In-Home Services Director

Marlayna Drumm - In-Home Services Assistant

Freda Leupp - Programs Director

Allen Underwood - Bookkeeper

Sarah Wainscott - Staff Assistant

Debbie Ambrose - Programs Assistant/MMAP Coordinator

Tia Tobolske - Volunteer Trips Coordinator

Midge Rafferty - Assistant Volunteer Trips 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.



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Daily Schedule

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

Holiday Observance

The Branch County Commission on Aging observes the following holidays:

Independence Day - Monday, July 4



Join the Fun!





Tips for staying hydrated

- Start your day with a glass of water.
- Drink water throughout the day. Have a glass of water before each meal.
- Use a refillable water bottle. It costs less than bottled water and is environmentally friendly.
- Know how many ounces your water bottle holds and how many times you need to refill it each day to meet your goal.
- Keep water with you at all times. It will help remind you to drink it.
- Drink water instead of sugary and/or caffeinated drinks such as 100% juice, soda, tea, or coffee.
- Not a fan of plain water? Try it infused with fruit, vegetables, and or herbs. See the recipe below!



Photo by [Askar Abayev](#) from [Pexels](#)

Did you know?

Dehydration is more common in older adults because they have smaller muscle mass and decreased sensitivity to thirst than younger adults.

Berry Infused Water

Ingredients:

- 2 cups blueberries, raspberries and/or strawberries
- A jug of Water
- A cup of ice

Directions:

1. Add berries to the pitcher.
2. Gently press fruit with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water, stir fruit to mix.
4. Serve immediately or chill, covered, in the refrigerator.



July Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1
All events subject to change				
4	5	6	7	8
Closed for Holiday	1 pm Wii Bowling League	1 pm Low Vision Group <i>"Oodles of Doodles" Zen drawing class</i>		10 am Meet & Greet Veteran's Group
				1 pm Outside Presentation "Legislative Update for Seniors by Sen. Shirkey"
11	12	13	14	15
10 am—12 noon Hopco Hearing Service—tech on site	1:30 pm Anything Apple Group—sign up front desk	11 am Meet, Greet, and Eat "The Basics of Pain Management by Dr. Mary Leemputte, MD of ProMedica" Free lunch for women only. Limit to 60, call to sign up, 279-6565		
10 am Alzheimer's Support Group—Call 517-279-6565 for more information		1 pm "Oodles of Doodles" Zen drawing class		
18	19	20	21	22
1 pm Becky's Card Class. Limit 5, Cost \$5.00 for 3 cards, call to sign up 517-279-6565	10 am Foot Clinic, Call Lisa for appointment, 269-625-4650	11 am Men @ Lunch - "Branch County Fair, Keith Bildner" Free lunch for men only. Limit to 60, call to sign up, 517-279-6565	<i>No line dance class</i>	
		1 pm Becky's Card Class. Limit 5, Cost \$10.00 for 6 cards, call to sign up 517-279-6565		
25	26	27	28	29
	1 pm Movie & Popcorn "Flight" starring Denzel Washington, John Goodman	9 am—12:30 pm Christmas in July Craft Show & Bake Sale	<i>No line dance class</i>	
		12:30 pm—1:30 pm Blood Sugar/Blood Pressure Testing by ProMedica		
		1 pm "Oodles of Doodles" Zen drawing class		

ENTERTAINMENT UNDER THE STARS

TUESDAYS, JULY 19TH - AUGUST 23RD @ 7:00 PM IN HERITAGE PARK OFF NORTSHORE DR. | BRING YOUR LAWN CHAIRS

JULY 19 **County Line Band**
Sponsored by Sekisui Voltek

JULY 26 **Crispin Bocanegra & Norman Light**
Sponsored by the Burnside Center

AUG. 2 **Joe Bregg**
Sponsored by Drew's Place of Coldwater

AUG. 9 **Pomegranate Whiskey Band**
Sponsored by Southern Michigan Bank & Trust

AUG. 16 **Laditude**
Sponsored by Century Bank & Trust


AUG. 23 **Island Vibe**
Sponsored by CBPU

FREE EVENT

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Anything Apple



NO Android devices, Apple products only.

Dates: Tuesday, July 12th and August 9th
@ 1:30 pm in the dining room.
This is a once-a-month session.

Instructor—Marsha Laya

Everyone must be using the current operating system of iOS 15 on your devices, be it the iPad or iPhone.
Sign up front desk.—Donation will be accepted.

Burnside Senior Center, 65 Grahl Dr., Coldwater, MI 49036 517-279-6565 www.burnsidecenter.com

Cards by Becky

Instructor—Becky Gray

Please sign up at front desk or call 279-6565.

COST: \$5.00 FOR 3 CARDS

Make your own greeting cards; learn how to stamp, emboss, embellish, and just enjoy the creativity.

LIMIT 5

Burnside Center, 65 Grahl Drive, Coldwater
Phone: 517-279-6565
www.burnsidecenter.com

Sample of cards not necessarily the ones being made

Monday, July 11th 1 pm

Meet & Greet Veteran's Group




Come and meet the new Veteran navigator "Brook" from Pines. She is someone who can help with veteran benefits and finding all the answers you are looking for.

This will be Friday July 8th @ 10 am in the Grahl Room.

It will be discussed about a possible support group meeting for area veterans being held here at the center.

Please sign up at front desk or call 517-279-6565

- 1 For all Veterans
- 2 Meet Others
- 3 Discuss Resources

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The Corner Farmers' Market

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9 a.m. - 1 p.m.



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Facebook: The Corner Farmers Market

"Welcome Sign" Craft Class

Instructor—Freda

You will complete this wreath for your door or as a gift for someone.

All supplies will be furnished.

You will need to bring glue gun, glue and scissors.

Limit 8

Please sign up at front desk or call 517-279-6565

If class fills up will schedule another session.



Sample in atrium

- 1**
Date: Monday, August 15th
- 2**
Time: 1 pm
- 3**
Cost: \$10.00

Burnside Center, 65 Grahl Drive, Coldwater 517-279-6565 www.burnsidecenter.com

Ladies-Only Event

Meet, Greet, & Eat

The Basics of Pain Management

Register At Desk



Mary Leemputte, MD will be here to discuss pain management. Dr. Leemputte received her Doctor of Medicine degree from Georgetown University School of Medicine in Washington DC. ProMedica doctor here in Coldwater.

Date: Wed., July 13th
Time: 11 am

Today's event is a luncheon for Branch County ladies only. Eating will start at 11 am and then the program will start at 11:30 am. Please make sure to register in advance so we have enough food. Please, if you sign up in advance and cannot make it, call and cancel so someone else can attend.

There will be a 50/50 drawing this day to help with expense.

Burnside Center, 65 Grahl Dr., Coldwater www.burnsidecenter.com

Men @ Lunch

Branch County Fair



Keith Bildner will be here to give an update on the fair that begins in August.

Wednesday, July 20th
Time: 11 a.m.

Donations Accepted

Must be registered, call 279-6565 or stop at the front desk.

This is a free lunch for all men 50 and over. Limit 60. Please register at the front desk. There will be a 50/50 drawing this day to help with expense.

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater—phone: 517-279-6565 www.burnsidecenter.com

Legislative Update for Seniors

Senator Shirkey

at the Burnside Senior Center



Hear from Michigan Senate Majority Leader Mike Shirkey, District 16 on what's happening at the capitol.

Please sign up at front desk or
call 517-279-6565



1

Date:

Friday, July 8th

2

Time:

1 pm

3

Place:

Dining Room




August Events

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10 am Alzheimer's Support Group—Call 517-279-6565 for more information	1 pm Wii Bowling League	9:30 am—12:30 pm Legal Services—First Come, first served	12:30 pm Beginning Stained Glass Class, Limit 5, Cost \$5.00 per class, 5 -week class. Call to sign up, 279-6565	
		1 pm Low Vision Group		
8	9	10	11	12
10 am—12 noon Hopco Hearing Service—tech on site	10 am Foot Clinic, Call Lisa for appointment, 269-625-4650	11 am Meet, Greet, and Eat "Getting to Know the MMAP Office" Free lunch for women only. Limit to 60, call to sign up 279-6565	12:30 pm—3:30 pm Beginning Stained Glass Class, (class 2 of 5)	
	10:30 am Outside Presentation "Coffee with Representative Fink". Open Forum	1 pm "Oodles of Doodles" Zen drawing class	<i>"Senior Day @ the Fair"</i> 12:30 pm Donna Green performs. 1 pm entertainment. Event held @ the Dearth Building	
	1:30 pm Anything Apple Group—sign up front desk			
15	16	17	18	19
1 pm Welcome Sign Craft Class, see sample in atrium. Limit 8, cost \$10.00. Call to sign up, 517-279-6565 (if overflow will schedule another class)		11 am Men @ Lunch - "Branch County Sheriff, John Pollack" Free lunch for men only. Limit to 60, call to sign up, 517-279-6565	12:30 pm—3:30 pm Beginning Stained Glass Class, (class 3 of 5)	
22	23	24	25	26
	1 pm Movie & Popcorn "Pajama Game", Musical Comedy Classic, starring Doris Day, John Raitt	1 pm "Oodles of Doodles" Zen drawing class	12:30 pm—3:30 pm Beginning Stained Glass Class, (class 4 of 5)	
29	30	31		
	10 am Foot Clinic, Call Lisa for appointment, 269-625-4650			All events subject to change

Movie & Popcorn

Flight Pajama Game



Flight

An airline pilot saves a flight from crashing, but an investigation into the malfunctions reveals something troubling.

Tuesday, July 26th, 1:00 pm

Length: 2 hours 18 minutes

Genre: Suspense Drama

Starring: Denzel Washington, John Goodman


Employees of the Sleepflite Pajama Factory are looking for a whopping seven and-a-half cent an hour pay raise and they won't take no for an answer.

Tuesday, August 23rd, 1:00 pm

Length: 1 hour 40 minutes

Genre: Musical Comedy Classic (1957)

Starring: Doris Day, John Raitt



The Pajama Game

Doris Day

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater—phone: 517-279-6565 www.burnsidecenter.com

Ladies-Only Event

Meet, Greet, & Eat

Debbie Ambrose, MMAP Office

Register
At
Desk



Debbie and her volunteers will be here to give you an overview of what the MMAP office here at the Burnside Center can do for you.

Date:
Wed., Aug. 10th

Time:
11 am


Today's event is a luncheon for Branch County ladies only. Eating will start at 11 am and then the program will start at 11:30 am. Please make sure to register in advance so we have enough food. Please, if you sign up in advance and cannot make it, call and cancel so someone else can attend.

There will be a 50/50 drawing this day to help with expense.

Burnside Center, 65 Grahl Dr., Coldwater www.burnsidecenter.com



Beginners Stained Glass Class



Learn selection of glass, how to use a pattern, how to cut glass, and foil and solder glass. You will leave with a completed piece.

Date Starting: Thursday, August 4th, 2022

Time: 12:30 p.m. 5—week class

Limit 5 Cost—\$5.00 per class (\$25 total)



Sign up at front desk or call 279-6565

Burnside Senior Center, 65 Grahl Drive, Coldwater, MI 49036 phone: 517-279-6565 www.burnsidecenter.com

Men @ Lunch

State of the Sheriff's Office



Sheriff John Pollack will be here to give an update on things in the county with the Sheriffs Department.

Wednesday, August 17th

Time: 11 a.m.

Donations Accepted

Must be registered, call 279-6565 or stop at the front desk.

This is a free lunch for all men 50 and over. Limit 60. Please register at the front desk. There will be a 50/50 drawing this day to help with expense.

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater—phone: 517-279-6565 www.burnsidecenter.com

DO YOU NEED HELP UNDERSTANDING MEDICARE, MEDICAID, PRESCRIPTION PLANS, OR OTHER RELATED TOPICS?



*"I don't
understand"*

*Call the Burnside Center
and ask for the
MMAAP office.*

517.279.6565 Ext. 29

*Appointments available
in-person, on the phone,
or on Zoom.*



*65 Grahl Dr., Coldwater
BurnsideCenter.com*

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 Michigianian's Act; and Donations.

Coffee with Representative Fink

Rep. Andrew Fink

at the Burnside Senior Center



Hear from Michigan House of Representative Andrew Fink, 58th District on what's happening in Lansing at the capitol.

Please sign up at front desk or call 517-279-6565



1

Date:

Tuesday, August 9th

2

Time:

10:30 am

3

Place:

Dining Room



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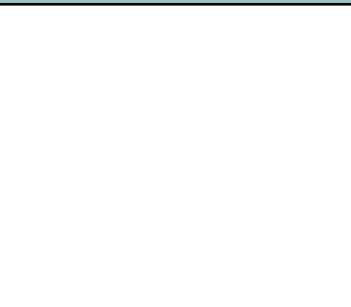
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