



StoneBriar  
at Burcham Hills®

# February 2023

## Special Edition Newsletter

### A Message from Alesha Williams, *Director of Life Enrichment*

Happy February! As usual, I am excited about the new things we are offering and am so happy with our level of attendance in our established programs! You are an active group and I like keeping it that way! There are a few programs I want to draw your attention to, starting with our Ted Talks (page 3). This program has steadily grown in attendance and has been exploring new and interesting topics followed by great discussions after each presentation! We have several new programs this month, including “Our Stories: Then & Now” (page 3), which is hosted by a few Resident Center residents. It is a great opportunity to share your experiences. We are also introducing “Self Care Salon” (page 11) for residents who want to learn about skin care, makeup, hair and other self care topics as you age. Sarah Schimm is introducing a new “Sewing for a Cause” (page 11). We have all the equipment needed for this, we just need your skills! If you enjoy opera, you will want to attend our new Royal House Opera series (page 11) and get a back stage look along with a full opera. And lastly, I am excited to be partnering with Joanne Cameron, Clusters resident, to offer a “Death Café” (page 4). This unique program offers an opportunity for us to tackle what can be a difficult subject in a way that encourages us to live our lives to the fullest.

If you have questions or ideas, please stop by my office (across from the mailboxes) or contact me at (517) 827-1068 or [awilliams@burchamhills.com](mailto:awilliams@burchamhills.com). I look forward to hearing from you because your ideas make your community what it is!

#### Who to Contact

##### Security

(517) 977-4581

##### Concierge Services

(517) 351-0087

Maddy Knott

Kristen Triewiller

Susan Wilcox

Concierge Services

7 days per week

9:30 am - 6:00 pm

##### Life Enrichment

Alesha Williams, CTRS

Director of Life Enrichment

(517) 827-1068

Matt Bebermeyer

Resident Life Manager

(517) 220-2215

### Name Your Newsletter Contest

The time has come to make your newsletter official and give it a proper name. We would like to hear ideas from you! During the month of February, we will collect your suggested names and a new name will be chosen and announced in our March newsletter! So put on those creative hats and submit your ideas. Forms are on the sign-up table by the mailboxes!



##### February 2

Norma Taylor

Larry Combs

##### February 11

Jim Nelson

##### February 12

Terry Specker

##### February 21

Linda Foster

##### February 22

Shirley Noetzold

##### February 24

Betsy Pifer

##### February 25

Jann Clemens



## *From the Desk of the Executive Director . . .*

*by Kari Rennie*

February is the month that celebrates many things.

To name a few:

- Love (**Valentines & Valentine's Day**)
- Repetitiveness and the forecast of the length of our Winter (**Groundhog Day**)
- The ultimate Sports Sunday (if you're a football lover that is for all things - **Super Bowl**). If you're a fan, who are you rooting for? The Kansas City Chiefs or the Philadelphia Eagles?!?!)



### **Burcham Hills Leadership Team**

**Kari Rennie, NHA**  
*Executive Director*  
827-1042

**Nancy Hanford**  
*Director of Admin. Services*  
827-1043

**Angela Brummette, NHA**  
*CHR Administrator*  
827-1037

**Annette O'Dell, RN**  
*CHR Director of Nursing*  
827-1038

**Arlone Hudson**  
*CHR Admissions*  
827-1035

**Rebecca Gehringer, BS, RN**  
*Director of Clinical Outreach*  
706-9790

**Michelle Robbins**  
*Resident Center Administrator*  
827-0692

**Michelle Trail-Crosser**  
*Director of Sales & Marketing*  
827-0703

**Petra Paca**  
*Director of Human Resources*  
827-1057

**Jim Kaczmarczyk**  
*Director of Finance/Controller*  
351-4662

**Mark Sarvis**  
*Director of Building & Grounds*  
351-3642

**Alesha Williams, CTRS**  
*Director of Life Enrichment*  
827-1068

**Jeff Davis**  
*Director of Food & Beverage*  
827-1025

**Lesla Smith, MPA, CFRE**  
*Foundation Director*  
827-2924

A short month with a multitude of fun packed in it! Our community is no different as we look to celebrate each of these items in a special way!

I can't believe I forgot to mention Mardi Gras too and I know Alesha Williams, Director of Life Enrichment, and the Recreation Team have a fun plan for us to celebrate within our community. 😊

Our hospitality promise for the month is, *"We Make You Feel Important!"* We look forward to you sharing ways that our team members have demonstrated this promise with you! As you may recall, our Hospitality Promises are part of our Extraordinary Impressions program, and we continue to work toward our goal of not only meeting your needs but doing our best to exceed them every day!

*"We will never have a perfect world, but it's not romantic or naïve to work toward a better one."*

~ Steven Pinker

H A P P Y  
*Valentine's Day* 

**Gadget Workshop\*****Tuesday, February 21****1:30 - 3:30 pm****2RC Lobby**

East Lansing Public Library will host a drop-by table in the lobby to answer a variety of technology related questions.

**"Oopsy Daisy" Flower Sales****Wednesday, February 22****3:00 - 6:00 pm / 2RC Lobby****Book Club****March 20 / 1:00 pm / Quartz Study**

This group is hosted by Clusters Residents. The current book selection is The Life List, by Lori Nelson Spielman.

*The Book Club is held every other month.*

**COOKING THROUGH TIME****Tuesday, February 28****2:00 pm / Slate Room**

If you think modern day Mardi Gras enthusiasts know how to party, wait till you hear about their medieval counterparts on feast days! Join us this month as we dive into the food and festivities surrounding this crazy carnival mentality.

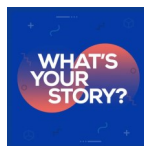
**Ted Talks****Hosted By: Barb McLean, Clusters**

Each Monday, this group will explore new Ted Talk presentations and discuss as a group the videos they watch. This is a great opportunity to learn about new areas and hear the input of your friends and neighbors on interesting topics we may not encounter every day. If you have topic ideas you would like to see, please let Barb or Alesha know.

**Mondays at 1:30 pm / Slate Room**

**Art Appreciation  
with Ethel Anthony****Will return in April 2023****Travel with Tom to Nepal****Monday, February 6, 1:30 pm / AWR**

Tom is the manager of the Haslett Public Library and has prepared a travel series that he is excited to share with you! Join him in February to learn about Nepal.

**Our Stories: Then & Now****Thursday, February 2, at 2:30 pm**

Topic: Family Traditions

**Wednesday, February 8, at 3:30 pm**

Topic: Travel

**Held in the Slate Room (1RC)**

Gather with friends and share topical anecdotes from the past and today. Have a treasure with a story? Bring it along!

*\*This program is replacing both Sharing Memories and Know Your Neighbor!*

**Let's Talk About Birds****Thursday, February 23****3:30 pm / AWR**

John Baumgardner, Clusters Resident, will provide an educational presentation on local birds. There will also be an opportunity for an open discussion about birds.

**ART CLASSES****Floral Décor Class**

with Neva Lee's Nursery &amp; Gardening Store

**Wednesday, February 8****1:00 pm / Wild Rose Art Studio**

Staff from Neva Lee's will provide instruction on making a unique floral art piece for you to keep or give as a gift.

\*RSVP required and will be available starting January 18.

Cost: \$30/person **(must have 5 participants for class to run)**

*What art programs would you like to see in the new year? Please let Alesha know!*



## Music Opportunities in AWR

**Jonathan Gerry**

Wednesday, February 1 / 2:30 pm

**Family Finger Band**

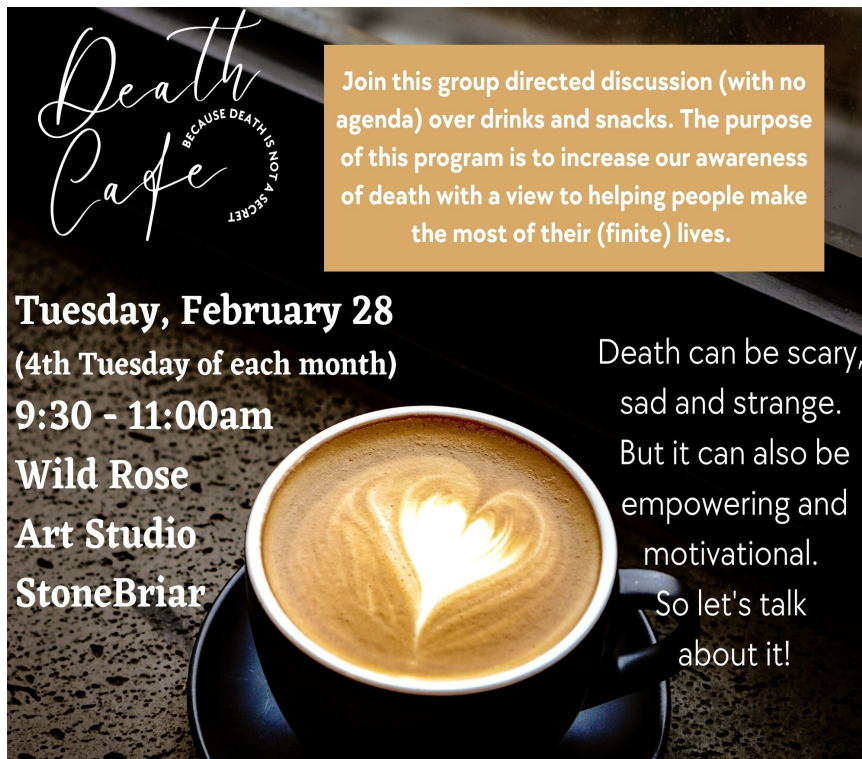
Thursday, February 9 / 7:00 pm

**Lansing Matinee Musicale**

Wednesday, February 15 / 2:00 pm

**Vivace Strings**

Sunday, February 12 & 26 / 2:00 pm



Join this group directed discussion (with no agenda) over drinks and snacks. The purpose of this program is to increase our awareness of death with a view to helping people make the most of their (finite) lives.

**Tuesday, February 28**  
(4th Tuesday of each month)  
**9:30 - 11:00am**  
**Wild Rose Art Studio**  
**StoneBriar**

Death can be scary, sad and strange. But it can also be empowering and motivational. So let's talk about it!

## StoneBriar Resident Council Meetings

The StoneBriar Resident Council invites all StoneBriar Residents to attend the monthly meetings. Please mark your calendars to meet the 2nd Thursday of each month at 2:15 pm in the AWR. This will be an opportunity to weigh in on agenda items and hear information first hand of what is happening in your community.

**Next Meeting: Thursday, February 9 / 2:15 pm / AWR**



**Burcham MIXER**

Every Monday  
3:30 pm  
Bistro

A cocktail will be featured each week as you join together with your friends and neighbors for this weekly event.



**Join Together**

Each Thursday, join together with your neighbors at 4:00 pm in the Cornerstone Bistro for Happy Hour! Enjoy some wine or beer and good company!

## Cornerstone Bistro

**Lunch & Dinner is served**  
**12:00 - 7:00 pm**  
**Monday - Friday**

**Dinner Buffet**  
**4:00 - 7:00 pm**  
**Mon, Thurs & Sat**

## Dining Services Contacts

**Jeff Davis**  
**Director of Food**  
**& Beverage**  
**(517) 827-1025**



# for the Spring Fashion Show

We are looking for residents who would like to participate in our Spring Fashion Show on March 29, 2023. We can provide clothing from Kellie's Consignments or you are welcome to wear something of your own. Please contact Alesha at (517) 827-1068 to register.



Margaret Rockwell has retired as Chair of the Library Steering Committee after an interesting and challenging term of change and growth. We are grateful for her leadership. She has been replaced for the 2023 year by Susan York but will graciously remain involved on the Steering Committee as well as her position as Chair of the Library Committee of the Resident Center Association. Susan may be found in the Library on Tuesday mornings and is available by phone at (517) 230-8430 and/or [yorksusanm@aol.com](mailto:yorksusanm@aol.com) to anyone who wants to volunteer, suggest or discuss books or donate them to our collection.

During the past 2½ years of COVID while the Library was closed for business, staff and volunteers worked devotedly to organize and catalogue the Library's collection of books. This project has facilitated keeping track of our collection while lending books and other materials to readers. The primary work was accomplished by the following individuals, and they should be given great credit. Eleanor Pinkham led this effort with dedication and persistence, and Ann Kinzer was her able and reliable partner. Laurie Chapin, Eleanor's daughter from East Lansing, spent many a day making signs and applying new book labels, while Sarah Schimm created the labels.

You may have noticed that the Library has been choosing monthly themes to call attention to the variety of books we offer. January's theme was "Movies Made from Books", featuring "Little Women" and "Where the Crawdads Sing". We explored offering movie/book discussion after movie showings on January 21 and 28.

February's theme will be "Travel." Books about travel will be featured in our "Good Reads" display. We also would like to refer readers interested in armchair and real-life travel to "Travels with Tom", the Rick Steves' Series with Sarah Schimm and travel films scheduled for February showing at Burcham, all sponsored by the Recreation Department (see page 19 for listings).





## Valentine's Day Dinner

**Tuesday, February 14, 2023**

Invite your family and friends to join us on Valentine's Day!

**Serving Times:**

**CHR 4:30 pm (all floors)**

**RC 3:45 pm & 5:00 pm**

**Bistro 4:30 pm**

*The guest charge for the buffet is \$25.00 per person.*

Please make your reservations for the time of your choice and indicate how many guests will be in your party by contacting:

**CHR Ken Peters at (517) 351-8377**

**RC/Bistro Diane Peltier at (517) 827-0363 or sign-up sheet**

**Main Entrees include:**

**Beef Tenderloin, Chicken Marsala & Shrimp Scampi**



## Valentine's Day Party



**FEBRUARY**

**TUESDAY**

**14**

**2:30PM**

**ADA WHITEHOUSE ROOM**

**JOIN YOUR FRIENDS AND NEIGHBORS AND HELP US CELEBRATE THAT CRAZY THING CALLED "LOVE"!**

**ENTERTAINMENT BY: JOHNATHAN STARS  
LIGHT REFRESHMENTS WILL BE SERVED**



**Extraordinary Impressions™**

In January, we highlighted our Extraordinary Impressions program with boards throughout our community displaying our 10 Hospitality Promises. We gave staff and residents a chance to participate in recognizing the things they saw throughout the month that demonstrated our culture of going above and beyond to make Burcham the best place to live and work! This program doesn't end here and is an ongoing, year-round opportunity to recognize each other. Moving forward, we will use the Extraordinary Impressions *Thank You* cards. These are available in Human Resources, at each reception desk and will be added in other areas where they will be easily accessible daily. Thank you for your participation in this program and promoting a culture of gratitude and positivity.



# Mardi Gras Floats and Parade!

## FLOAT BUILDING

THURSDAY, FEBRUARY 16

2:30 PM / AWR

We will gather in groups to build our floats that will be in the parade. See your Recreation Calendar for planning meeting times and dates.

Come be a part of this fun experience!



## PARADE

TUESDAY, FEBRUARY 21

10:00 AM

COMMUNITY-WIDE

Staff will pull the floats around the community in a festive and colorful parade. Stay in your doorway or common areas to see the parade come through and maybe get some beads!



## MARDI GRAS PARTY

LIVE MUSIC • FLOAT DISPLAY • FESTIVE FOOD

TUESDAY | FEBRUARY 21  
START AT 2:30 PM  
ADA WHITEHOUSE ROOM

**THIS PARTY IS SHAPING UP TO BE A "CAN'T MISS" EVENT!  
WE WILL HAVE MASKS AND BEADS READY FOR YOU!  
ENTERTAINMENT WILL BE BY A NEW PERFORMER: CLIQUE  
COME CHECK THEM OUT!**







happy new year 2023





# Sewing for a Cause

**Friday, February 10 & 24**  
**2:30 pm / Slate Room**

Do you love to sew but feel like you already have enough “stuff” as it is? That’s okay!

Our Sewing for a Cause group offers the opportunity to apply your stitchery skills and know that the finished product is put to good use for various causes.



This exciting program streams performances from one of the world’s leading opera houses. Showcasing classical opera and dance, as well as candid insight into the process of creating and preparation of performances!

**Wednesday, February 8**  
**2:30 pm / AWR**

## Self Care SALON



**Friday, February 17**  
**10:30 am**  
**Wild Rose Art Studio**

*Erikica, a cosmetology expert will provide tips and tricks for hair, makeup and other self care techniques. Come join us for a cup of tea and bring your questions and ideas. This will be a relaxed and informal group!*

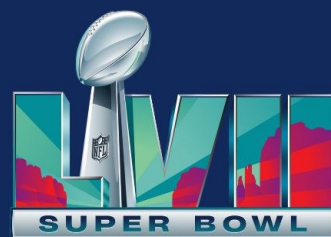
**Don't miss the kick off!**

## **SUPER BOWL SUNDAY**

Join your friends and neighbors for Super Bowl Sunday and watch the Kansas City Chiefs face off with the Philadelphia Eagles!

**Sunday, February 12, 2023**  
**6:30 pm**  
**Quartz Study**

Bring your own drinks and snacks. The Cornerstone Bistro will serve a themed buffet and will offer beer and wine for purchase to take to the event!



**VS**



### **Community-Wide Outings**

The outings below are offered to residents throughout the entire Burcham Hills Community. All outings require an RSVP and sign-up for these outings, please call Alesha at (517) 827-1068 or the Recreation Department directly at (517) 827-1061.

#### **NCG Movie Outing:** *Movie to be determined*

Friday, February 17

Departure time: TBD

Cost: \$8.25 movie; snack \$ optional

Movie times cannot be selected more than one week ahead of outing due to changing show times at the theater. Movie times will be posted the week prior to the outing.

*Please sign-up by Feb 15*

#### **Lunch Bunch:** Olive Garden

Wednesday, February 22

Depart: 11:30 am

Return approx.: 2:00 pm

Cost: approx. \$20-\$25, depending your order.

*Please sign-up by Feb 20*

#### **Facility for Rare Isotope Beams (FRIB) Tour**

Thursday, February 23

Depart: 1:30 pm

Return approx.: 3:30 pm

Cost: Free

*Please sign-up by Feb 20*

#### **Kinky Boots** at Riverwalk Theater

Thursday, March 2

Depart: 6:15 pm; Show at 7:00 pm

Return approx.: 9:00 pm

Cost: \$30 (\$20 ticket, \$10 transportation fee)

*Please sign-up by Feb 10*

### **Outings Sign-up Procedure**

Please sign-up by calling the Director of Life Enrichment at (517) 827-1068 or by using the sign up sheets on the table by the mailboxes before the sign-up deadline. Please be aware that seating on our bus is limited and you may be provided with alternative transportation options to attend the outing. Outings listed at above are for the entire Burcham Hills community. Outings listed to the right are advertised to StoneBriar and Clusters residents.

### **Reminder:**

Your StoneBriar amenity credit can be used for any outing costs.

### **StoneBriar Outings**

*Sign-up sheet is available by mailboxes or call Alesha at (517) 827-1068.*

#### **“Wild Horses” at Williamston Theater**

Sunday, February 12

Depart: 1:15 pm (performance at 2:00pm)

Return approx.: 4:00 pm

*Sign-up before Feb 7*

#### **StoneBriar Lunch Outing at Bravo**

Monday, February 20

Depart: 11:30 am

Return approx.: 2:30 pm

*Sign-up before Feb 17*

#### **Jazz at Lincoln Center at Wharton**

Tuesday, February 21

Depart: 7:00 pm

Return approx.: 9:30 pm

*Sign-up was previously due for tickets*

### **SAVE THE DATES**

*Additional outings that are being explored or are booked further out:*

**Turner Dodge House**

**Michigan State Capitol**

**Michigan Historical Museum**

**MSU Radiology Healing Garden**

**Lugnuts Baseball Game**

**Broad Museum**

**RE Olds Museum**

**Kayak Trip**

Do you have ideas for outings? We would love to hear them! Please let Alesha know where you would like to go!



**Caregiver Support Group***Thursday, February 9 (every 2nd Thursday)**4:00 - 5:00 pm, Private Dining Room*

**It's a family affair.** You are not alone in the fight against Alzheimer's disease. This Caregiver Support Group can help. The support group is designed to offer emotional support and provide helpful information on coping with the challenges of Alzheimer's disease. The group is facilitated by trained support group professionals. The group is confidential, free and open to the public. Everyone needs support, especially those caring for loved ones with Alzheimer's Disease.

**Lansing Area Parkinson's Support Group***Tuesday, February 28 (usually every 3rd Tuesday, changed for scheduling conflict)**3:00 - 5:00 pm, Ada Whitehouse Room (1RC)*

Join this local organization for education, comradery and social activities. Learn coping technology, share knowledge and experiences and make new friends. Offer and receive support from those who understand.

## Religious Services

**Open Bible Study (Non-Denominational)\****Hosted by Pastor Peter Robinson from Pilgrim Congregational UCC**Tuesdays, 10:00 am / Slate Room***Rosary & Communion\****Hosted by volunteers from St. Thomas Aquinas**Thursdays, 10:00 am / AWR**Catholic Mass will be February 9***TV Mass (Catholic)***Hosted by volunteers from St. Thomas Aquinas**Sundays, 10:00 am / AWR***Peoples Church Live-Stream Service***Sundays, 10:30 am / 5RC***Vespers (Non-Denominational)****Sundays, 4:00 pm / Ada Whitehouse Room**

**February 5**      **Dr. Rev. Stan Parker**  
Faith Fellowship Baptist

**February 12**      **Dr. Rev. Shawnthea Monroe**  
The Peoples Church

**February 19**      **Rev. Peter Robinson**  
Pilgrim Congregational UCC

**February 22**      **TBD**



## Call for Ministers

Our Vespers Program relies on Ministers in our community willing to volunteer their time. If you know of a minister who may be willing to officiate services at Burcham Hills, please contact Jayme Sweten, Volunteer Coordinator at (517) 827-1060 to provide information. We will call the ministers to provide details and gauge interest.

## Wednesday MOVIES\*

7:00 pm - AWR (1RC) \*

### Feb 1 — Promised Land (2012)

Taking advantage of hard economic times, two salespeople for a natural gas company come to a small town to buy drilling rights from the residents. To their surprise, a local schoolteacher mobilizes a campaign aimed at blocking the companies plans. [106 min]

*Cast: Matt Damon, Frances McDormand, John Krasinski*

### Feb 8 - Beaches (1988)

Hillary is an unprepossessing WASP and Cecilia is an aspiring Jewish nightclub singer. But what began as an improbable friendship on the Atlantic City boardwalk becomes an unbreakable bond that's tested repeatedly when the chips are down.

[123 min]

*Cast: Bette Midler, Barbara Hershey, John Heard*

### Feb 15 - 180° South (2010)

Inspired by pioneering outdoorsman Yvon Chouinard's freewheeling 1968 van trip to Patagonia, South America, a band of bliss-seeking surfer-mountaineers sets out — in 2007, by boat — to remake the journey in this adventure documentary. [85 min]

*Cast: Yvon Chouinard, Doug Tompkins, Keith Malloy*

### Feb 22 - Eat Pray Love (2010)

Recent divorcee Liz decides to reshape her life, traveling the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family, friendship and forgiveness. [140 min]

*Cast: Julia Roberts, James Franco, Javier Bardem*

\*All programming complies with the FHA. Some programs may require support staff, which will need to be arranged with the Personal Wellness and/or Recreation departments prior to the event.

## Saturday MOVIES\*

1:30 pm - AWR (1RC) \*

Encore Presentation at 7:00 pm  
AWR (1RC) \*

### Feb 4 - The Private War of Major Benson (1955)

After getting into trouble, a tough officer is transferred to a military academy where is horrified to learn his new recruits are young boys. [105 min]

*Cast: Charlton Heston, Julie Adams, Williams Demarest*

### Feb 11 - The Secret Life of Walter Mitty (2013)

In this remake of the 1947 classic comedy, shy photo manager Walter Mitty is constantly day-dreaming to escape the humdrum life and domineering mother, but when he gets embroiled in a real-life adventure, he discovers that being a hero is tough work. [114 min]

*Cast: Ben Stiller, Kristen Wiig, Shirley MacLaine*

### Feb 18 - Around the World in 80 Days (1956)

This Oscar-nominated hit adaptation of Jules Verne's novel recounts the adventures of Englishman Phileas Fogg, who takes on a seemingly impossible wager: traveling around the world with his butler in 80 days. Their journey takes the pair to India, Hong Kong and the United States. [181 min]

*Cast: David Niven, Finlay Currie, Robert Morley*

### Feb 25 - Endless Summer (1966)

The quintessential surf film directed and narrated by Bruce Brown follows summer around the globe in 1966. Surfers ride the wild waters of Hawaii, Australia, Africa and other exotic locales in search of the perfect wave. [92 min]

*Cast: Michael Hynson, Robert August, Lord 'Tally Ho' Blears*



A Movie Committee selects the movies shown each month, which are based on resident requests.

If you would like to be a part of the committee or you have a movie to suggest, please contact Maxine Hewett or Alesha Williams, Director of Life Enrichment.



# Fitness Classes

Join any of our fitness classes to see which one works best for you!  
Please note that some classes have a charge for specialty instructors.  
Amenity credits can be used as payment for these classes  
or we accept cash or checks.

Day	Time	Location	Classes	Instructor	Cost
Mon	2:15 pm	Pebble 1	Moving to the Beat	Rachel M.	Free
Tues	11:00 am	Pebble 1	Yoga	Kristen T.	\$15
Wed	2:00 pm	Pebble 1	Cardio Drumming	Myranda Pugh	Free
Thur	11:00 am	Pebble 1	Yoga	Kristen T.	\$15
Thur	1:00 pm	Pebble 1	Advanced Standing Strength	Ethan K.	Free
Sat	11:30 am	Pebble 1	Restorative Yoga	Jen Cousina	\$15
EO Sat	8:30 am	Pebble 1	Morning Meditation	Kristen T.	Free
M/W/F	10:15 am	AWR	Fall Prevention	Myranda Pugh	Free
M/W/F	11:15 am	AWR	Advanced Fit & Functional	Ethan Kulaszewski	Free
T/Th	11:15 am	AWR	Fit & Functional	Myranda Pugh	Free
EO Sat	8:30 am	Pebble 1	Morning Meditation	Kristen T.	Free
EO Sun	6:15 pm	Pebble 1	Wind Down Meditation	Kristen T.	Free



## Monthly Wellness Focus:

### Emotional Wellness

Emotional Wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions. fostering a genuine connection with those around you.

### Special Notice:

Myranda Pugh will be transitioning to per diem in February and we will be celebrating her next career steps with a social on Wednesday, February 8, at 3:00 pm in Pebble 1. Join us in wishing her well in her new adventure.

Class	Level of Difficulty	Description
Cardio Drumming	<b>Easy</b> Anyone can join!	During this class, drum along to your favorite music from the 50's, 60's, and 70's while getting an upper body workout in too! This class is a fun way to enjoy the music you love while getting your heart pumping!
Fall Prevention	<b>Moderate</b> Sitting and Standing Work	Seated and standing exercise class designed to improve balance and increase leg and core strength to prevent falls and injuries from falls.
Fit and Functional	<b>Easy – Moderate</b> All seated work	A moderate intensity evidence-based exercise group that focuses on strength training, flexibility, and endurance. Seniors of all ability levels are encouraged to attend!
Advanced Fit and Functional	<b>Moderate – Difficult</b> Sitting and Standing Work	This moderate-high intensity class works to incorporate strength training, flexibility, endurance, and balance exercises.
Move to the Beat	<b>Easy – moderate</b> Seated or Standing	Come move your body to the beat of your favorite music in this fun class offered every other week! Whether you're a beginner or advance, there's something for everyone!
Advanced Standing Strength	<b>Difficult</b> Standing Work	This high intensity class works to incorporate balance and strength training to improve endurance. This is a class primarily with standing exercises and great for advanced residents looking to challenge themselves!

### Move to the Beat Update

**Every Monday**  
(starting February 20)  
**2:15 pm / Pebble 1**

This new class began in January and we have decided to offer it weekly instead of monthly. Beginning February 20, this fun class will be offered each Monday! Come see if this class is right for you!

## **Reminders and Notices:**

### **A NOTE FROM SECURITY**

In the event that you experience a situation where you feel something has been tampered with (i.e., your belongings in storage, your vehicle parked in the parking lot, etc.), please contact Security before moving those items or taking them off of Burcham Hills property.

### **FACT & FICTION UPDATE**

Unfortunately, we are not able to continue with this program at this time. If you are interested in facilitating this program or another program, please reach out to the Matt Bebermeyer, Resident Life Manager, at (517) 220-2215.



## **VOLUNTEER OPPORTUNITIES**

ONE OF THE  
GREATEST GIFTS  
YOU CAN GIVE IS  
YOUR TIME

#VOLUNTEER

### **Ways to Get Involved in Your Community**

Are you still looking for a way to get involved in your community? This month we highlight our opportunity to be a **Friendly Visitor**. Residents who volunteer as a friendly visitor are strategically paired with a resident in Memory Care or our Center for Health and Rehabilitation based on interests, personality, and more. You get to set the frequency and length of visits, based on your own needs. Visits can include socializing, playing a game, reading to someone, sharing an interest you have, etc.

**See Alesha Williams or call (517) 827-1068  
to get started today!**



### **RESIDENT APP**

Have you accessed your resident app? This will give you real time access to the activities calendar, dining menus and more. For an instruction card or assistance in setting up the app, please visit the Concierge.

### **The Salon Team**

#### **Hair and Nail Stylists**

Ekbal Al Najjar  
Jodi Rice

#### **Massage Therapist**

Kimberly Rentfrow

**PS Salon & Spa** offers full services in our Burcham Hills Salon, located on the first floor of the Resident Center. Please contact the salon at (517) 351-7241 to make your appointment.

**PS**  
SALON & SPA

#### **Hair & Nail Appointments**

Monday-Friday / 9:00 am - 3:00 pm

#### **Massage Therapy Appointments**

Mondays / 10:00 am - 3:00 pm

Wednesdays / 12:00 - 5:00 pm