

The StoneBriar Flyer

January 2026

Volume 5; Issue 1



Who to Contact

Concierge Services

(517) 351-0087

Ella Fisher

Concierge Services

7 days per week

9:30 am - 6:00 pm

Security

(517) 977-4581

Life Enrichment

Matt Bebermeyer

Resident Life Manager

(517) 220-2215

Administration

Nancy Hanford

Director of Admin Services

(517) 827-1043



January Birthdays

13 Ann Blalock

13 Kate Dennis

15 Ursula Baker

17 James White

24 Gerard Wills



StoneBriar
at Burcham Hills®



From the Desk of the Executive Director . . .

by Lisa Cummins

Happy New Year!

As we look forward to the New Year, it is always an opportunity to have regained strength and hope to start anew! As we all plan to start that exercise program, eating better or maybe spending more time with loved ones, keep your hope alive all through the year. We may stumble but we can always, always start over or take a new direction.

This is a time of year that makes me think of safety. Please be sure to stay on safe surfaces especially during this time of the snowy and icy weather. If you encounter any dangerous areas such as ice and snow build up, please let us know so that we can address those areas. Remember to wear proper outerwear for the conditions. This includes warm enough clothing, gloves and winter gear to protect from the cold and icy conditions.

I hope your New Year is getting off to a great start and is full of blessings!

Burcham Hills Leadership Team

Lisa Cummins

Executive Director

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Director of Building & Grounds

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Lesa Smith, MPA, CFRE

Foundation Director

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Welcome 2026!



Fitness Classes

Join any of our fitness classes to see which ones 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	Cost
M/W	10:15 am	AWR	Fall Prevention*	Free
M/W	11:15 am	AWR	Advanced Fit & Functional*	Free
T/Th	10:00 am	Pebble 1	Yoga	\$16
T/Th	11:15 am	AWR	Fit & Functional	Free
Fri	10:15 am	AWR	Combo Class*	Free
Fri	12:00 pm	Pebble 1	Tai Chi Class On hold/will resume February 6, 2026.	\$16
Sat	11:30 am	Pebble 1	Restorative Yoga	\$16

Fitness Updates

January 23 & 26 – All Fit Classes Cancelled

Please check digital signage for the most up-to-date information.



Tuesday, January 6

(1st Tuesday of the month)

9:30 am / Bistro

Join Matt Pray, Director of Food & Beverage, to discuss dining services.

**JOIN US
FOR HAPPY HOUR**



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! *Dinner will begin at 5:00 pm on Thursdays.*

*Cornerstone
Bistro*

Matt Pray
Director of Food & Beverage
(517) 827-1025

Open Daily

12:00 ~ 6:30 pm

Daily Lunch Specials

12:00 ~ 2:00 pm

Dinner Service

4:30-5:00 pm (take out service)

5:00-6:15 pm (table service)

6:15-6:30 pm (take out service)

FOOD, BLOOD SUGAR & YOU


Burcham Hills
Where Tradition Meets Tomorrow



Join our registered dietitians for an engaging and informative discussion on diabetes, where you'll learn practical, easy-to-follow nutrition strategies to support healthy blood sugar management.

This interactive session will provide helpful insights, real-life tips and an opportunity to ask questions during a live Q&A, making it a supportive and welcoming space to learn, share and feel empowered in managing diabetes.

WEDNESDAY, JANUARY 14
2:00 PM
ADA WHITEHOUSE ROOM



SIGN UP FOR THE DIABETES SUPPORT GROUP TODAY!
CONTACT SAM VOLK AT (517) 827-1078.

Community-Wide Outings

Community Outing: Royal Philharmonic



Monday, January 26

Depart 6:30 pm

Return approx.: 10:00 pm

Cost: \$61

Please sign-up by January 9

Community Outing Afternoon at the Movies



Thursday, January 22

Depart: 1:00 pm

Return approx.: 4:00 pm

Cost: \$10

Please sign-up by January 19

Lunch Bunch: Fiesta Charra



Wednesday, January 14

Depart: 11:30 pm

Cost: \$15-25

Please sign-up by January 9

Outings Sign-up Procedure

Please sign-up by calling the Recreation Department at (517) 827-1061 at least 72-hours in advance for ALL outings, unless otherwise advertised. If your call is not answered, please leave a message so we can return your call and complete your sign up. Please be aware that signing up does not guarantee attendance. Number of seats as well as the needs and safety of the individuals will be evaluated. You will be notified once a decision is made on the final attendance. To provide a fair opportunity for others, we may limit the number of outings individuals attend each month. *ALL trips depart from the 2RC Lobby.*

NOTE: Outing locations are accessible to ALL residents unless otherwise advertised. Accessible transportation is provided and wheelchairs can be requested in advance for your added convenience. If you require assistance or reasonable accommodations to attend, please indicate assistance needed when signing up.

**Do you have ideas on where
we should go for
Community-Wide outings?**

Matt Bebermeyer
Resident Life Manager
(517) 220-2215

StoneBriar Outings

Lunch Outing

One North Kitchen and Bar

Monday, January 19

Reservation for 12:00 pm

Return approx. 2:00 pm

Cost: \$20-\$30

Sign-up by January 15



Facility for Rare Isotope Beams (FRIB) MSU

Thursday, January 15

1:30 pm

Cost: \$0

Sign-up by January 12



Tuesday, January 27
(4th Tuesday of each month)

9:30 - 11:00 am

Wild Rose Art Studio (StoneBriar)

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.



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

RESIDENTIAL TOWN HALL



FRIDAY, JAN 23, 2026

3:00 pm

Ada Whitehouse Room



Lisa Cummins
Executive Director

COMMUNICATION PLATFORM

Join us for the **Residential Townhall**. An opportunity for all — Resident Center, Center for Health & Rehabilitation, StoneBriar and Cluster Condo residents to get to know each other better, ask questions and hear from the Leadership Team members.



Burcham Hills®
Where Tradition Meets Tomorrow



BURCHAM GIVING BACK PROGRAM

Volunteering within the community can be fulfilling and give a sense of purpose. We are looking to launch a new program and would love to hear your thoughts.

- Are there non-religious organizations you would like to volunteer for?
- How can we best facilitate this for you?

Please call the recreation department to provide feedback or send us an email.

 (517) 827-1068

 mbebermeyer2@Burchamhills.com

Book Club

Jan 19 / 1:30 pm / WRAS

This group is hosted by Clusters Residents. We will be discussing Tell Me Everything by Elizabeth Strout.

Any and all are welcome. Please contact Nancy Martling if you have questions or need a book. **The Book Club meets every other month and all are welcome to join!**

Ted Talks

January Topic: From AI to Human Intelligence.

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 inform Art Feinberg or Ella.

Mondays @ 2:30 pm / Slate Room

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: January 19 / 2:00 pm / AWR

Great Courses Dinner Night

Every Saturday

5:15 pm / Slate Room

Hosted by: Keith McConnell

Each Saturday night will feature a different video from professors selected by the Great Courses. Bring your dinner into the Slate Room and join this new program to learn and discuss with your friends and neighbors!



Smart Phone Coaching Available in 2026

Virtual Connections

**Jan
22**

ORIENTATION

**Jan
29**

**Feb
5**

**Feb
12**

**Feb
19**

**Feb
26**

**March
5**

THURSDAYS

2pm in the AWR

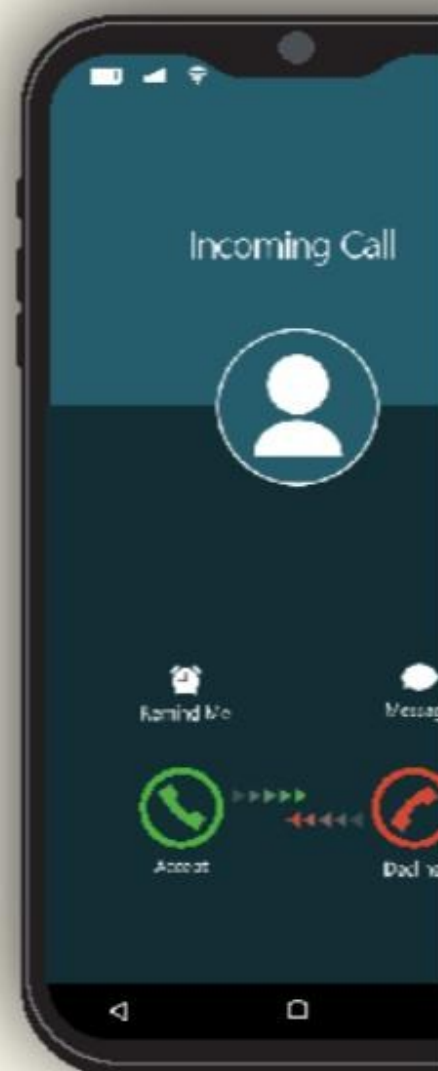
Learn more about this 6-Week
Program on Jan 22, 2026
from 2 – 3:00 pm

**Bring your
ANDROID OR IPHONE**

Burcham Hills is partnering with Michigan State University's School of Social Work to empower older adults with the skills needed to actively participate in our increasingly digital society by learning more about how to use their smartphone.

The orientation to the program will be followed by coaching sessions that cover smartphone basics, privacy and security, email, internet browsers, video chat, cameras, telehealth, and patient portals. A free lesson manual will be provided.

Interested in volunteering or want to register to attend? Please sign-up by calling the Recreation Department at (517) 827-1061. Limited Enrollment!



Mark you Calendar!

StoneBriar Christmas

