



# BENZIE

## SENIOR RESOURCES



# THE SENIOR SCOOP



*Be connected.  
Be supported.  
Be home.*

## March 2025

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March is: Women's History Month, National Reading Month, Colorectal Awareness Month, National Sleep Awareness, Brain Injury Awareness Month, and National Nutrition Month

March 14th is the full moon known as the Worm Moon, the Sap Moon, the Crow Moon, and the Lenten Moon. A total lunar eclipse will be on the 14th. The Spring Equinox is on the 20th of March. Happy Spring!!!



***Nature's first green is gold—Robert Frost***



## DIRECTORY



Phone: 231-525-0600 or  
Toll Free: 888-893-1102  
Fax: 231-325-4855  
The Gathering Place: 231-525-0601

Email: [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org)  
Website: [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org)  
Facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

Benzie Senior Resources Office Hours  
Monday – Friday: 9:00 a.m. – 3:00 p.m.

The Gathering Place Senior Center Hours:  
Monday — Friday,  
8:00 a.m.— 4:00 p.m. with exception  
for special events and inclement weather.

## BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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Benzie Senior Resources is a 503 (c) 3 organization funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan, and grants from: Allen Foundation, Art & Mary Schmuckal Foundation, Benzie County Community Chest, Benzie County Sunrise Rotary Foundation, Cherryland Cares Electric Co-op, Father Lovett Foundation, Grand Traverse Band of Ottawa and Chippewa Indians, Grand Traverse Regional Community Foundation, Herbert H. and Barbara C. Dow Foundation, John L. Mulvaney Foundation, Seabury Foundation, Wayne and Joan Webber Foundation, and Willoughby Rotary Foundation. In addition, we are supported by generous donations from individuals, community businesses, churches and service clubs. We are grateful for each and every gift!

## THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

Brigit Hassig, Executive Director  
Angela Haase, Issue Editor  
Benzie Senior Resources  
10542 Main Street  
Honor, MI 49640

## NEWSLETTER SUBSCRIPTION FORM

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## From Our Director

### A Warm Hello from Your New Executive Director

It is my great honor to introduce myself as the new Executive Director of Benzie Senior Resources. As a lifelong Michigander, having lived on both the east and west sides of the state, I am deeply committed to the values of community, service, and respect for our older adults. The overwhelming support shown by Benzie County residents through the successful millage increase last August is a testament to the care and dedication this community has for its seniors. I am grateful to be a part of an organization and a county that recognizes the importance of ensuring older adults have access to the resources, support, and opportunities they need to thrive.

With over 15 years of experience working in aging services at the local, regional, state, and national levels, my passion has always been to combat ageism and advocate for the right to live life fully at every stage. I believe growing older should be about expanding opportunities, not limiting them—even as we navigate life's transitions. Older adults are an invaluable part of our community, bringing wisdom, experience, and contributions that strengthen us all. My goal is to support and enhance the programs that help you continue to live vibrant, independent, and fulfilling lives.

Outside of work, I find joy in the great outdoors—whether it's hiking, biking, playing pickleball, or simply digging in the dirt. The beach and the forest are my favorite places to recharge. Most importantly, I look forward to meeting each of you, hearing your stories, and working together to ensure Benzie County remains a wonderful place to grow older. If we haven't met yet, please don't hesitate to introduce yourself—I'd love to connect. It is truly a privilege to serve this incredible community, and I am excited for the journey ahead!

With our David Main, Michelle Francis, and Jim Gribble, executive Director of Benzie Community Chest, accepting grant monies toward our next Meals on Wheels delivery vehicle. Big thanks! And Karaoke fun at The Gathering Place!



# March Menu

Our meals meet 1/3 of the recommended daily allowance nutrition requirements (RDA)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Bratwurst w/ Sauteed Peppers and Onions, Baked Beans w/ Bacon</p> <p>Steamed Broccoli Florets, Fresh Banana</p>	<p>4</p> <p>Grilled Ham and Cheese, Oven Baked Tater Tots, Fresh Garden Salad w/ Betsie Valley Ranch, Oven Baked Spiced Apples</p>	<p>5</p> <p>Spaghetti and Italian Meatballs, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Whole Wheat Garlic Toast, Tropical Fruit Blend</p>	<p>6</p> <p>Zesty Steak Fajitas, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Pears</p>	<p>7</p> <p>Crispy Crab Cakes, Cheddar Bacon Mashed Potatoes, Japanese Vegetable Blend, Stoneground Wheat Bread, Mandarin Oranges</p>
<p>10</p> <p>Deluxe Pizza, Italian Vegetable Blend, Steamed Sweet Corn, Soft Baked Breadsticks, Diced Pears</p>	<p>11</p> <p>Slow Roasted Beef, Herbed Mashed Potatoes, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Banana</p>	<p>12</p> <p>Beef and Cheese Stuffed Ravioli, Steamed Cauliflower Florets, Steamed Spinach, Whole Wheat Garlic Toast, Pineapple Tidbits</p>	<p>13</p> <p>Boneless Pork Chops w/ Herbed Stuffing, Oven Baked Potato, Key West Vegetable Blend, Multi-Grain Dinner Roll, Fresh Grapes</p>	<p>14</p> <p>Chicken Florentine Over Rice, Malibu Vegetable Blend, Steamed Sweet Peas, Stoneground Wheat Bread, Apricot Halves</p>
<p>17</p> <p>Corned Beef w/ Braised Cabbage, Herb Buttered Potatoes, Steamed Parisian Carrots, Marble Rye Bread, Fresh Plums</p>	<p>18</p> <p>Jamaican Style Chicken, Whipped Sweet Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Apricot Halves</p>	<p>19</p> <p>Whole Wheat Cinnamon French Toast, Savory Sausage Links, Freshly Scrambled Eggs, Fresh Veggie Sticks, Oven Baked Pears</p>	<p>20</p> <p>Georgia Style BBQ Pork Sandwich, Oven Baked Tater Tots, Southern Style Succotash, Diced Peaches</p>	<p>21</p> <p>Homemade White Chicken Chili, Oven Roasted Asparagus, Steamed Sweet Corn, Oyster Crackers, Classic Applesauce</p>
<p>24</p> <p>Country Style Beef Fritters &amp; Gravy, Herb Buttered Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Cranberry Applesauce</p>	<p>25</p> <p>Stuffed Cabbage Rolls, Venetian Vegetable Blend, Steamed Sweet Peas, Stoneground Wheat Bread, Diced Peaches</p>	<p>26</p> <p>Loaded Baked Potato Bar, Steamed Broccoli Florets, Stoneground Wheat Bread, Classic Applesauce</p>	<p>27</p> <p>Beef Empanadas with Latin Rice, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches</p>	<p>28</p> <p>Potato Encrusted Tilapia, Crispy Smashed Potatoes, Scandinavian Vegetable Blend, Stoneground Wheat Bread, Classic Fruit Cocktail</p>
<p>31</p> <p>Thai Style Peanut Chicken, Thai Style Spring Roll, Asian Vegetable Blend, Lucky Fortune Cookie, Mandarin Oranges</p>	<p><b>We accept cash, Visa, Mastercard, and Discover. Personal Checks also accepted — made out to BSR Lunch is served 11:30am to 1:30pm</b></p>	<p><b>\$4.00 suggested donation for age 60 and older.</b></p> <p><b>Under 60 is \$8.00</b></p> <p><b>Caregivers under 60 are \$4.00</b></p>	<p><b>March 20th at Karaoke We'll have Chicken Sandwiches, Slaw, Potato Chips, and Brownie</b></p> <p><b>Singing start at 5 p.m. Dinner at 5:10 p.m.</b></p>	<p><b>For March 5th We'll have a Vegetarian Sauce Option for our Spaghetti.</b></p>

# Nutrition Notes

National Nutrition Month is celebrated in March to promote healthy eating and physical activity. The month-long campaign includes events, classes, and resources to help people make better food choices.

Some ways to celebrate:

## Learn about nutrition

Check out resources from the USDA, the Academy of Nutrition and Dietetics, and [eatright.org](http://eatright.org)

## Eat well

Try new foods, like a fruit or vegetable from the farmer's market

Plan meals around what you already have

Practice mindful eating

**Be active** Get moving with physical activity

## Find local events

Look for classes and special programs at hospitals, food banks, schools, and community organizations

## Other ideas:

Take inventory of your kitchen before shopping

Pack healthy snacks like carrots, orange slices, or nuts

Add water to snacks to help you feel full

Read food labels to avoid added sugars

Choose foods that are good for your teeth, like dairy and protein

Plan a picnic with friends

Good nutrition is important year-round, but National Nutrition Month is a fun reminder to make healthy choices.

**And Move! The more active you are the better!**





# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p><b>1:30 Folded Iris Heart Card with Debbie</b></p>	<p>4</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>5</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p> <p>2:00 Mexican Train Dominoes</p>	<p>6</p> <p>10:30 Corner Stone-Christian Book Group</p> <p>11:30-1:30 Lunch</p> <p>1:30 BUNCO</p> <p><b>1:30 Snack and Learn w/ Pursuit Physical Therapy</b></p>	<p>7</p> <p>9:30 BUNCO</p> <p><b>10:30 Walk Fit w/ Rebecca</b></p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:30 Crochet, Knit &amp; Sew Circle</p>
<p>10</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p><b>1:30 Quilt Block #5 with Joan</b></p>	<p>11</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>12</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p> <p>2:00-4:00 Mexican Train Dominoes</p>	<p>13</p> <p>10:00 Altered Books</p> <p>10:00 Coffee w/ Vets</p> <p>10:30 BP Clinic</p> <p>10:30 Corner Stone-Christian Book Group</p> <p>11:30-1:30 Lunch</p> <p>1:30 BUNCO</p> <p><b>5:00 PINGO meal</b></p> <p><b>6:00 PINGO game!</b></p>	<p>14</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p><b>10:30 Walk Fit w/ Rebecca</b></p> <p>1:00 Wii Bowling</p> <p>1:30 Crochet, Knit, &amp; Sew Circle</p>
<p>17</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p><b>1:30 Pine Cone Ostrich with Cindy</b></p> <p><b>Wear Green &amp; Win A Prize!</b></p>	<p>18</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>19</p> <p>8:00 leave for Little River Casino!</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p> <p>2:00-4:00 Mexican Train Dominoes</p> <p><b>4:30 Board of Director's Meeting</b></p>	<p>20</p> <p><b>10:00 Scarf Dying with Sandy</b></p> <p>10:30 Corner Stone-Christian Book Group</p> <p>11:30-1:30 Lunch</p> <p>1:30 BUNCO</p> <p><b>5:00 Karaoke with Ruby Rose</b></p> <p><b>5:10 Dinner!</b></p>	<p>21</p> <p>9:30 BUNCO</p> <p><b>10:30 Walk Fit w/ Rebecca</b></p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:30 MITTEN KITTENS Workshop</p>
<p>24</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p><b>1:30 Tai Chi – For Better Sleep</b></p>	<p>25</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>26</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p> <p>2:00 Mexican Train Dominoes</p>	<p>27</p> <p><b>10:00 TGP Book Group</b></p> <p>11:30-1:30 Lunch</p> <p>1:30 BUNCO</p>	<p>28</p> <p>9:30 BUNCO</p> <p><b>10:30 Walk Fit w/ Rebecca</b></p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:30 Crochet, Knit &amp; Sew Circle</p> <p><b>NO TRIVIA this month</b></p>
<p>31</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p><b>1:30 Tai Chi – For Better Sleep</b></p>	<div> <p><b>TAI CHI FOR BETTER SLEEP</b></p> <p>The Gathering Place- Benzie Senior Center Mondays, March 24 - May 19, 2025 1:30 - 3:30 p.m.</p> </div> <div> </div> <div> </div>			

## Staff Milestones and More



Happiest of birthdays to our very own Jordan Webb! Jordan loves working at The Gathering Place and interacting with the seniors. Jordan will be turning 39 this year on March 6th and hopes to be here with us for years to come. Here he is with his super pal Mickey! Happy Birthday Jordan!

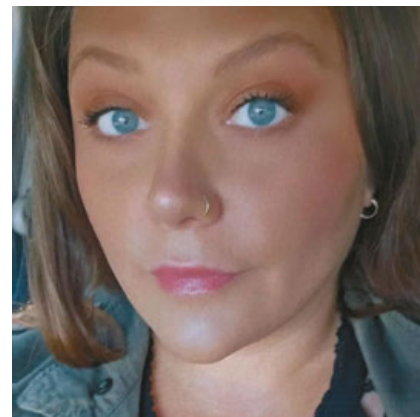


Marissa's birthday is March 8th. Her cat Rocko is a very important part of her life. Marissa walks him on a leash and he can even talk. She enjoys time with family and friends. In warmer months she can be found beachcombing for beautiful rocks and driftwood. We're so glad you're part of our TGP family Marissa! Happy Birthday Marissa!



Terry celebrates her 3rd anniversary as one of our amazing staff of Home Health Aides on March 28th! We are grateful she is part of many of our senior's days. Terry loves being a grandma (grammy) for her three grandchildren and has two more on the way. She and husband Ken love the outdoors, laughter, and that lovely Northern Michigan is still home. Happy Anniversary and thanks Terry!

Amanda's birthday is March 30th! Amanda is another of our amazing staff of Home Health Aides for whom we are grateful and glad to have as part of our agency. She's very proud of her children's many accomplishments, and loves that her children's classmates know her wherever they see her. Happy Birthday Amanda!



**Who are we?** Benzie Senior Resources is an inclusive organization serving Benzie County residents ages 60 and above of any income level (some services are based on sliding scale fees), and Medicaid-waiver disabled adults with special needs. BSR does not discriminate against any individual or group on the basis of ethnicity, gender, marital status, national origin, physical disability, political beliefs, race, religion or lack thereof, sexual orientation or weight.





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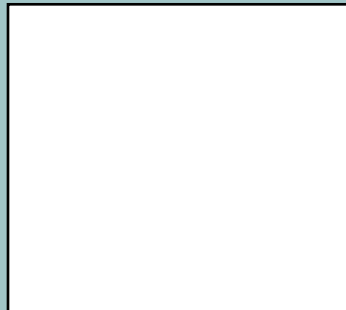
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## Bulletin Board

Are you a Veteran? Need benefit help?



Call Karen Korolenko,  
Director at Benzie County  
Department of Veterans  
Affairs. 231.882.0034 or

Email [kkorolenko@benzieco.net](mailto:kkorolenko@benzieco.net).

### FOOT CARE CLINIC

BY APPOINTMENT

Wednesdays at Benzie Senior Resources  
office, for Age 60 and over  
For Benzie residents.

Call 231-525-0600 to set yours up.

There is a service fee for each client session —  
\$20.00/client.

Frankfort Area Vet to Vet Group  
is held the 1<sup>st</sup> Monday every month  
6:30pm at Trinity Lutheran Church  
in Frankfort at 955 James Street.

Come join us! Welcome home...



### Free Computer Help—Fall hours

The Darcy Library in Beulah  
Thursdays 10 a.m. to 12 p.m. Noon  
Use your computer or one at the library.  
Questions? Call Carol at 231.882.4037

### List for The Gathering Place Book Club

Book Group meets  
next on March 27th  
at TGP  
10:00 a.m.

For March we'll discuss  
*Winona's Web* by Priscilla Cogan

We hope to read and discuss for April  
*The Living Great Lakes* by Jerry Dennis

**IMPORTANT: Call our office to  
cancel your BSR worker/contractor  
for Home Healthcare or for your  
Homemaking Service if you're sick  
or need to reschedule. Let's keep  
each other healthy! (231) 525-0600**

### Essential Estate Planning

Benzie Senior Resources offers Essential Estate  
Planning **by appointment only**. Meet with an  
estate planning attorney for free to review, update and/  
or create an estate plan.

Call 231-525-0600  
to schedule your appointment.



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Have you considered where your volunteer hours  
might have the most local impact? We'd love to chat  
with compassionate people who could help us deliver  
daily meals to Benzie County home-bound seniors.  
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**Michelle at 231-525-0601, ext. 202.** She may  
be out delivering meals, so please leave a mes-  
sage!







## Tai Chi for Better **SLEEP**

This program combines the benefits of **Tai Chi for Arthritis and Fall Prevention and Sleep Education for Everyone**. Tai Chi has been shown to increase strength, improve balance, and prevent falls. Participants will also learn techniques to improve the quality and quantity of their sleep.

The **FREE** program consists of **8- 2-hour sessions**. Each session will include:

- Tai Chi Warm-ups
- Tai Chi Lesson
- Tai Chi Cool Downs
- Sleep Education: the relationship between pain and sleep, sleep hygiene, and techniques to improve sleep.
- Goal Setting

*This work is supported by the Rural Health and Safety Education program, project award no. 2024-46100-42884, from the U.S. Department of Agriculture's National Institute of Food and Agriculture.*

### **DATES/TIME:**

Mondays, 3/24, 3/31, 4/7,  
4/14, 4/21, 5/5, 5/12 & 5/19  
From 1:30-3:30 p.m.

*\*Participants should plan to  
attend all 8 sessions!*

### **LOCATION:**

The Gathering Place  
Benzie Senior Center  
10579 Main St. Honor, MI

### **REGISTRATION:**

Please pre-register at the  
Gathering Place front desk or  
by calling 231-525-0601

### **INSTRUCTOR:**

Naomi Hyso  
MSUE Health Educator  
[hysonaom@msu.edu](mailto:hysonaom@msu.edu)

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# Word Search

## Musical Terms

C	O	A	D	O	C	I	O	O	T	A	O	I	S
A	A	N	O	Z	A	Z	R	S	C	A	G	T	D
V	L	E	T	Z	D	I	G	D	U	E	T	L	R
A	N	L	R	E	E	V	E	N	C	S	O	E	A
T	D	E	E	M	N	C	L	E	N	O	C	Y	I
I	A	C	C	O	C	N	L	C	F	D	E	E	L
N	O	N	N	L	E	R	A	A	O	L	T	C	L
A	I	A	O	E	N	L	O	N	D	A	E	A	A
C	G	N	C	G	T	A	A	E	S	A	C	D	G
L	A	O	D	A	E	D	M	N	L	V	Y	E	L
E	D	S	E	T	S	S	U	R	O	H	C	N	Z
F	A	S	N	O	D	R	O	H	C	T	G	Z	E
A	O	I	F	A	L	S	E	T	T	O	A	A	C
E	I	D	O	V	I	S	S	E	R	P	S	E	C

MEDLEY  
ADAGIO  
ATONAL  
ALLEGRO  
LEGATO  
CHORD  
CLEF  
CADENZA  
CADENCE  
GALLIARD  
CONCERTO  
MEZZO  
DISSONANCE  
CHORUS  
DUET  
ESPRESSIVO  
FALSETTO  
CAVATINA



*Don't forget  
to turn  
your clocks  
**AHEAD**  
1 hour  
Sunday March 9th*



Play this puzzle online at : <https://thewordsearch.com/puzzle/168/>





## March Birthdays

Bob Rosa	3/1	Betty Bishop	3/12	Wayne Trumbell	3/21
June McPherson	3/2	Fred Braden	3/12	Ron Bushong	3/22
Michael Parson-		Rob Manilla	3/12	Zoe DeGroat	3/22
McNamara	3/2	Steve Ely	3/13	Doug Stolz	3/22
Marla Dykstra	3/3	Antoinette LaDouce	3/14	Dale Herscher	3/23
Rebecca Ramarize	3/3	Joe Perri	3/14	Cathy Brown	3/24
Susan Welsh	3/3	Dale Gauthier	3/15	Nancy VanderLinde	3/24
John Reigler	3/3	Gale Jacobs	3/15	Lyle Crist	3/25
Jerry Zeller	3/3	Don Johnson	3/15	Dennis Johnson	3/25
Maggie Baker	3/5	John Noecker	3/15	Becky Miller	3/25
Cindy Falter	3/5	Josephine Pace	3/15	Cynthia Plowman	3/25
Etta Mae Pierce	3/5	Kathy Shadwick	3/15	Judy Herban	3/26
Glen Reed	3/5	<b>Kathy Bacon</b>	<b>3/17</b>	Alfred Komoll	3/26
Linda Williams	3/5	<b>Cloral Beeler</b>	<b>3/17</b>	Doug Norris	3/26
Pam Clark	3/6	<b>Jannette Ervin</b>	<b>3/17</b>	Fawn Ream	3/26
Dan Davidson	3/6	<b>Mary Hoyt</b>	<b>3/17</b>	Teresa Stockman	3/26
Beverly Rockwell	3/6	<b>Vi Labadie</b>	<b>3/17</b>	Bob Sullivan	3/27
Maxine Taylor	3/6	<b>Steve Loveless</b>	<b>3/17</b>	Jill Pullen	3/28
David Witkop	3/6	<b>Steve Lowry</b>	<b>3/17</b>	Sharon Rosa	3/28
Cathy McCoy	3/7	<b>Patty Tolar</b>	<b>3/17</b>	Donna Sandecki	3/28
Linda Skidmore	3/7	<b>Gary Worden</b>	<b>3/17</b>	Ed Schlueter	3/28
Regina Doyle	3/8	Lewis Adams	3/18	Marty Jablonski	3/29
Lorene Gleason	3/8	Susan Hughes	3/18	Ted Mead	3/29
Carol Poullisse	3/8	Patty Moore	3/18	Irene Nugent	3/29
Jack Harnish	3/9	Phyllis Cederholm	3/19	Thelma Rider	3/29
Joan Lichty	3/9	Sara Hollenbeck	3/19	Kathy Huffman	3/30
Russ Mix	3/10	Tim Jablonski	3/19	Dale Janusch	3/30
Connie Danke	3/11	Don Mead	3/19	Lynn Smith	3/30
Marie Souvatzidis	3/11	Greta Steele	3/19	Connie Erickson	3/31

## Produce Bingo

Produce Bingo is March 13th. We want to thank recent supporters of PINGO— Denny the Library Dog , and Chris Martin! We really appreciate your help!

We'll be having: Cabbage Rolls & Veggie Tray. Please sign up in advance at TGP!

Trivia is cancelled for March & April but we'll eat together before Karaoke  
March 20th Singing starts at 5:00 p.m.  
Dinner starts shortly after at 5:10 p.m.

We'll be having: Chicken Sandwich, Slaw, Potato Chips, and Brownie.  
Call 231.525.0601 to sign up or stop by to see us at TGP!



# Upcoming Trip!

## BENZIE SENIOR RESOURCES PRESENTS

### Beautiful Vermont



#### INCREDIBLE PRICE INCLUDES:

- ✦ Motorcoach transportation
- ✦ 6 nights lodging including 4 consecutive nights in Vermont
- ✦ 10 meals: 6 breakfasts and 4 dinners
- ✦ Tour of an authentic Vermont Maple Farm
- ✦ Tour of Ben and Jerry's Ice Cream Factory including Free Samples
- ✦ Dinner Cruise on Beautiful Lake Champlain with Entertainment
- ✦ Admission to Shelburne Museum
- ✦ Visit to Cold Hollow Cider Mill
- ✦ Tour of Rock of Ages Granite Quarry
- ✦ Visit to Stowe Village

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[www.GroupTrips.com/benzieseniorresources](http://www.GroupTrips.com/benzieseniorresources)

## \$959\*

### 7 Days 6 Nights

\*PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)  
 Jun 8 - 14  
 2025

**Departure: Save A Lot, 1579 Michigan Ave, Benzonia, MI @ 8 am**

**Day 1:** Board your spacious, video and restroom equipped Motorcoach and set off for beautiful Vermont! Tonight, check into an en route hotel for a good night's rest.

**Day 2:** Today after enjoying Continental Breakfast, you'll arrive in the beautiful state of Vermont! Dine at a local restaurant tonight before returning to your hotel for a four night stay.

**Day 3:** After enjoying a Continental Breakfast, you'll depart for the Shelburne Museum. NOT your typical museum, this OUTDOOR museum spans 45 acres with 39 antique buildings. See all this stunning attraction has to offer with ease! A shuttle circumnavigates their "campus" all day long. It takes about 15 minutes to do the circuit of this massive attraction, with whatever stops you like to get off at along the way to explore! It has a collection of 150,000 items including circus pieces, toys, carriages, vehicles, furniture, and more. The buildings are arranged to welcome visitors and tell informal stories. The buildings include houses, a schoolhouse, a jail, lighthouse, railroad station, barns, and 220 foot steamboat. Next, you'll head to downtown Burlington's Church Street Marketplace. This award-winning open air mall is a hub of activity where you'll find architecture and over 100 places to shop and dine. This evening, enjoy a scenic Dinner Cruise on beautiful Lake Champlain, complete with entertainment and dance floor.

**Day 4:** Today, you'll have a Continental Breakfast followed by a Guided Tour of the spectacular Rock of Ages Granite Quarry - the world's largest granite quarry. The scenery at this attraction is stunning! At the Craftsmen Center, you will watch talented sculptors transform granite into lifelike statuary. Then visit Montpelier, the State Capitol of Vermont. Upon arrival, you'll enjoy a visit to the Vermont History Museum. This afternoon, you'll enjoy a tour of an authentic Vermont Maple Farm. With a history dating back hundreds of years, you'll learn how generations of tradition has gone into making real Vermont Maple Syrup from the tree to your table. This evening, you'll enjoy a Dinner Party with Entertainment.

**Day 5:** After enjoying a Continental Breakfast, you'll take a scenic drive to the Cold Hollow Cider Mill, one of the leading New England producers of fresh apple cider. Today, the mill produces more than one million gallons of cider every year. You'll also enjoy a taste of fresh apple cider while learning how it's made. Then you will visit Stowe Village, a charming New England village. Later, you will take a tour of the world-famous Ben & Jerry's Ice Cream Factory. Nestled in Vermont's Green Mountains, this fully guided factory tour will show you the complete ice cream making process. After your tour, you'll be able to try a sample of their freshly made ice cream. This evening, dine at a local restaurant.

**Day 6:** Enjoy a Continental Breakfast before leaving for the 1000 Islands Skydeck in Lansdowne, ON. This evening, relax at your en route hotel.

**Day 7:** Today after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

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 Final Payment Due: 4/1/2025

#### FOR INFORMATION & RESERVATIONS CONTACT:

**Lynn Vanderplow @ (231) 944-5463 or**  
**Judy Fast 231.871.8543**

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**Rock of Ages Granite Quarry**



**Dinner Cruise on beautiful Lake Champlain**

**COLD HOLLOW CIDER MILL**

**Cold Hollow Cider Mill**



**Beautiful Vermont Scenery**

Form ID: 2500-7D0506

WM

Tour#: 2186954



## Donation Information

Giving is not just about making a donation. It's about making a difference.  
**We Need Your Support!**

Benzie Senior Resources is an independent 501 c3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family, and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes. You can be assured we are good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes. If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org).

### DONOR INFORMATION:

**Legacy Giving:** Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

**Memorial Gifts:** Tribute gifts can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Type of Donation (please circle): Legacy    Tribute    Other

Make Checks Payable To: Benzie Senior Resources, Mail to: 10542 Main Street, Honor, MI 49640

☐ Check here if you wish to remain ANONYMOUS



***Benzie Senior Resources is an independent 501 (c) 3 not-for-profit organization. Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.***

**Privacy Policy**—Benzie Senior Resources (BSR) does not sell or distribute donor information. Be assured your information is secured and protected, and used only by BSR when processing your donation and supplying you with BSR information.

SCAN ME





# BENZIE SENIOR RESOURCES

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Please Join Us for Coffee With Vets  
Thursday March 13th from 10:00 am until  
11:30 a.m. with Karen Korolenko from the  
Benzie County Office of Veterans' Affairs

