

# BENZIE

## SENIOR RESOURCES

### April 2026

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*April is National Humor Month, Parkinsons Awareness Month, Oral Cancer Awareness Month, Jazz Appreciation Month, Keep America Beautiful Month, National Pet Month, National Poetry Month, and April is the National Month of Hope. Easter falls on the 5th.*

*April 2nd is the Full Moon known as the Pink Moon, Sprouting Grass Moon, sometimes the Egg Moon or Fish Moon. The Lyrid Meteor Showers peak the 22-23rd.*

# THE SENIOR SCOOP



*Be connected.  
Be supported.  
Be home.*



*Happy Spring!*

*“A little madness in the Spring is wholesome, even for the King.”  
—Emily Dickinson*

*“Spring is nature’s way of saying, Let’s Party!”—Robin Williams*

*“It’s spring fever—That is what the name of it is. And when you’ve got it, you want-oh, you don’t quite know what it is you do want, but it is just fairly makes your heart ache you want it so!”  
—Mark Twain*

*“In the spring at the end of the day, you should smell like dirt.”—Margaret Atwood*

*“If Spring came but once a century instead of once a year, or burst forth with the sound of an earthquake and not in silence, what wonder & expectation there would be in all hearts to behold the miraculous change.”—Henry Wadsworth Longfellow*





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**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.

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

Angela Haase, Editor  
Benzie Senior Resources  
10542 Main Street  
Honor, MI 49640

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# Here We Are—celebrating Volunteers' Week April 19-25



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

**Benzie Senior Resources is committed to providing nutritious, enjoyable meals for all participants.** Please be aware that our meals are prepared in a shared kitchen where common allergens—including dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish—may be present. While we take every reasonable precaution to minimize cross-contact, we cannot guarantee that any meal is completely free of allergens. Your health, safety, and comfort are very important to us. Thank you for your understanding and support.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>We accept cash, Visa, Mastercard, and Discover. Personal Checks also accepted — made out to BSR Lunch is served 11:30am to</b>	<b>\$4.00 suggested donation for age 60 and older. Under 60 is \$8.00 Caregivers under 60 are \$4.00</b>	1 Potato Encrusted Tilapia, Oven Roasted Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Classic Fruit Cocktail	2 Homemade White Chicken Chili, Oven Roasted Asparagus, Steamed Sweet Corn, Oyster Crackers, Fresh Banana	3 Shrimp Scampi over Pasta, Scandinavian Vegetable Blend, Steamed Parisian Carrots, Whole Wheat Garlic Toast, Diced Pears
		6 Pineapple Dijon Baked Ham, Whipped Sweet Potatoes, California Vegetable Blend, Sweet Hawaiian Rolls, Pineapple	7 Homemade Franks & Baked Beans, Steamed Broccoli Florets, Steamed Cauliflower Florets, Fresh Cut Watermelon	8 Grand Rapids Style Wet Burrito, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Spiced Apples
13 Bratwurst w/ Sautéed Peppers & Onions, Baked Beans w/ Bacon, Steamed Broccoli Florets, Fresh Grapes	14 Spaghetti & Italian Meatballs, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Whole Wheat Garlic Toast, Fresh Plums	15 Creamy Chicken Primavera w/ Pasta, Venetian Vegetable Blend, Steamed Sweet Peas, Whole Wheat Garlic Toast, Tropical Fruit Blend	16 Grilled Chicken Caesar Salad, Soft Baked Breadsticks, Fresh Banana	17 Boneless Pork Chops w/ Herbed Stuffing, Oven Baked Potato, Steamed Spinach, Stoneground Wheat Bread, Diced Peaches
20 Country Style Beef Fritters & Gravy, Herb Buttered Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread,	21 Smoky Ham & Bean Soup, Capri Vegetable Blend, Green bean Blend, Oyster Crackers, Fresh Banana	22 Chicken Lo Mein w/ Asian Vegetables, Thai Style Spring Roll, Steamed Broccoli Florets, Lucky Fortune Cookie, Mandarin Oranges	23 Deluxe Pizza, Italian Vegetable Blend, Steamed Sweet Corn, Soft Baked Breadsticks, Diced Pears	24 Pineapple Dijon Baked Ham* Whipped Sweet Potatoes, Malibu Vegetable Blend, Sweet Hawaiian Rolls, Pineapple Tidbits
27 Crispy Crab Cakes, Crispy Smashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread,	28 Stuffed Cabbage Rolls, Steamed Cauliflower, Oven Roasted Asparagus, Stoneground Wheat Bread, Fresh Plums	29 Shredded Chicken Taco Bar, Latin Style Rice, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	30 Greek Style Pita Sandwich, Oven Baked Tater Tots, Capri Vegetable Blend, Classic Fruit Cocktail	* Our meal on the 24th may be a BBQ made with our new smoker. Appropriate sides will be available with this meal at that time, if it's possible to use our new smoker to prepare the entrée.

## Nutrition Notes

### How do food choices affect chronic illnesses?

By limiting foods and beverages higher in added sugars, saturated fat, and sodium, you can reduce your risk of chronic disease – or better manage your symptoms.

#### Make Healthy Drink Choices

Building a healthy eating routine isn't just about the foods you eat – it's important to pay attention to your drink choices, too. Excess calories from drinks can make it hard to stay at a healthy weight.

When you're thirsty, reach for water first. Water helps you stay hydrated without adding calories. The next best choice is low-fat milk. Limit drinks with added sugars, such as soda, sports drinks, fruit drinks, or sweetened coffee and tea drinks.

#### Cut Down on Saturated Fat

Saturated fat is a type of fat in foods and drinks that has a negative impact on your heart health. Most saturated fat comes from animal products like dairy, meat, and poultry. There's typically a lot of saturated fat in popular foods like burgers, pizza, and ice cream.

Try replacing saturated fat with healthier unsaturated fats, which help protect your heart. Examples include using olive or canola oil when cooking, eating more nuts and seeds, and including seafood like salmon or tuna in your diet.

#### Reduce Your Sodium Intake

Eating too much sodium (salt) can raise your risk of high blood pressure, heart attack, and stroke.

Sodium is a *mineral* found in salt. Whenever you add salt to your food, you're adding sodium. But most of the sodium we eat doesn't come from our salt shakers! Sodium is in almost all processed and prepared foods we buy, like ready-to-eat meals and restaurant meals. Again, popular foods like burgers and pizza top this list. Other high sodium foods include soup, macaroni and cheese, tacos, and fried foods.

For more information visit the [USDA.gov](https://www.usda.gov) website.



# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Produce Bingo will be on the 15th during our regular Bingo time during the day.</b></p> <p><b>Come join us for fun! And lunch!</b></p>	<p><b>Looking ahead— Please consider joining us Friday the 10th for help from Nevin to navigate your voicemail and How to use your smart phone to improve your health.</b></p>	<p style="text-align: center;">1</p> <p>8:30 Zumba’s back!</p> <p>11:30-1:30 Lunch <b>12:30 Bingo—</b> Wear Sunglasses!</p>	<p style="text-align: center;">2</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>11:30-1:30 Lunch <b>1:00 BUNCO</b></p>	<p style="text-align: center;">3</p> <p>9:30 BUNCO 11:30-1:30 Lunch</p> <p style="color: red;"><b><u>Birthday Celebration with Cake and Song</u></b></p> <p>1:00 Wii Bowling <b>2-3:30 Helping Hands</b></p>
<p style="text-align: center;">6</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p>1:30 Craft—make Beaded Heart Sun Catcher</p> <p>5:00 Zumba’s Back!</p>	<p style="text-align: center;">7</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">8</p> <p>8:30 Zumba’s Back!</p> <p>11:30-1:30 Lunch <b>12:30 Bingo—</b> <b>Hawaiian Shirt Day</b></p> <p>Each of these bingo days, when you wear something for the theme, you are entered for a special prize drawing!</p>	<p style="text-align: center;">9</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>10:00 Coffee and Donuts w/ Vets</p> <p>10:00 Craft with Sandy</p> <p>11:30-1:30 Lunch 1:00 BUNCO</p>	<p style="text-align: center;">10</p> <p>9:30 BUNCO 12:00 Lunch &amp; learn w/ Nevin <b>“Help with Voicemail and Healthcare Help”</b></p> <p>11:30-1:30 Lunch 1:00 Wii Bowling</p>
<p style="text-align: center;">13</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p>1:30 Craft—Felt ornament. Make one take one</p> <p><b>3:00 Functional Movement w/ Luke</b></p> <p>5:00 Zumba’s back!</p>	<p style="text-align: center;">14</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">15</p> <p>8:30 Zumba’s Back!</p> <p>11:30-1:30 Lunch <b>12:30 Bingo—</b> <b>Wear Stripes</b></p> <p><b>Produce Bingo is happening today at this time!</b></p> <p><b>Come for lunch &amp; PINGO!</b></p>	<p style="text-align: center;">16</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>10:00</p> <p>11:30-1:30 Lunch</p> <p>1:00 BUNCO</p>	<p style="text-align: center;">17</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p style="color: red;"><b>2-3:30 Helping Hands</b></p>
<p style="text-align: center;">20</p> <p>9:30 Stretch and Balance</p> <p>11:30--1:30 Lunch</p> <p>1:30 Craft— Make Ladies’ Derby Day Hats</p> <p>5:00 Zumba’s Back!</p>	<p style="text-align: center;">24</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">25</p> <p>8:30 Zumba’s Back</p> <p>11:30-1:30 Lunch <b>12:30 Bingo—Wear Your Favorite Shirt</b></p>	<p style="text-align: center;">23</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>10:00 TGP Book Group</p> <p>11:30-1:30 Lunch 1:00 BUNCO</p>	<p style="text-align: center;">24</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch 1:00 Wii Bowling</p>
<p style="text-align: center;">27</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p>5:00 Zumba’s Back!</p>	<p style="text-align: center;">28</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">29</p> <p>8:30 Zumba’s Back!</p> <p>11:30-1:30 Lunch <b>12:30 Bingo—Wear Unique/Patterned Pants</b></p>	<p style="text-align: center;">30</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>10:00</p> <p>11:30-1:30 Lunch</p> <p>1:00 BUNCO</p>	

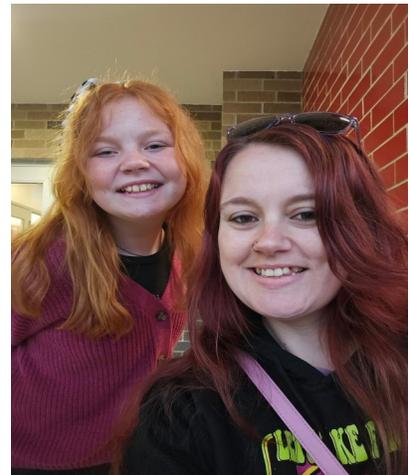
# Staff Milestones



Angie's birthday is 4/4. We are so pleased she is our Kitchen Assistant at TGP. Her favorite thing about working for us is the mission. In her spare time she is happiest with family and her new found passion for wood working. She has created some helpful pieces for us at TGP and we are grateful for them. She says, "I want to tell people there's a lot of love here, and it's very rewarding to be part of that. Thanks and happy birthday Angie!"



Meranda's birthday is 4/17. As lead cook at TGP she has a lot happening every day, but we hope she finds time to celebrate herself and all that she is about. Nurturing her family is a big part of who she is, cooking for them is her love language. We are so pleased she came to us in December and we wish her a very happy birthday!



Erica celebrates her anniversary on April 11 and her birthday on the 18th! Erica is part of our Home Health Care team. She enjoys being out in the community and all the different people she meets. She has a terrific, clever nature and a dry endearing sense of humor. She loves doing things outdoors, especially rock hunting and bird watching. She hopes to take up pickle ball this summer for both exercise and to feed her competitive spirit! Thanks and happy Birthday Erica!



Donna's third anniversary with us is 4/26. Her caring nature is greatly appreciated. It translates to the success she has with her beautiful long-lived plants, and her love of gardening. She and her family love to travel when possible, preferably together. We are fortunate to have Donna's help and thank her for her three years with us!



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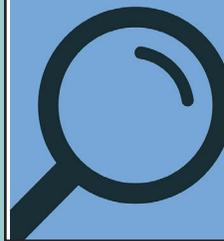
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Benzie Senior Resources, Honor, MI

15-0688

# Move of the Month! And More...

Starting in May we will have a new opportunity for you to move! Physical therapist Aubrey Jabour of Northbound Physical Therapy and Wellness, PLLC will be leading us in some movement with sessions twice a week. We will feature a Move of the Month as we move along with this program. Try it!

## April Move of the Month:

### Sit-to-Stand

**Why it matters:** Standing up from a chair is something we do many times each day. Strengthening this movement improves leg strength, balance, and independence.

#### How to do it:

1. Sit in a sturdy chair in a safe environment.
2. Sit at the front of the chair with feet flat on the floor.
3. Lean slightly forward and press through your feet.
4. Stand up slowly without using your hands if possible.
5. Get your balance then sit back down with control.

**Try it:** Do **3–10 repetitions**, rest, and repeat for **2–3 rounds**. Do whatever is safe for you. Have your walker in front with brakes locked if you normally use that for balance.

#### Make it easier:

- Put a cushion on your seat to raise the surface height.
- Push up from the arm rests or a sturdy table in front of you.

#### Make it harder:

- Tap the chair as you return versus sitting all the way down.
- Hold a light weight close to your chest as you raise and lower.

If you have pain, instability or difficulty, a physical therapist can help you with strategies to improve this skill.



Aubrey Jabour, PT, DPT, CEAS  
Northbound Physical Therapy and Wellness, PLLC  
Phone: 231-331-3311



Consider our Shipshewana trip in August! 3 days, 2 nights at \$489 August 11-13th

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Our trips are a lot of fun!



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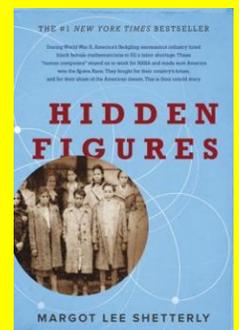
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*Join us for Coffee & Donuts w/ Vets  
April 9th at TGP at 10:00a.m.*

**The Gathering Place Book Group**  
will meet  
10:00 a.m. Thursday  
April 23rd

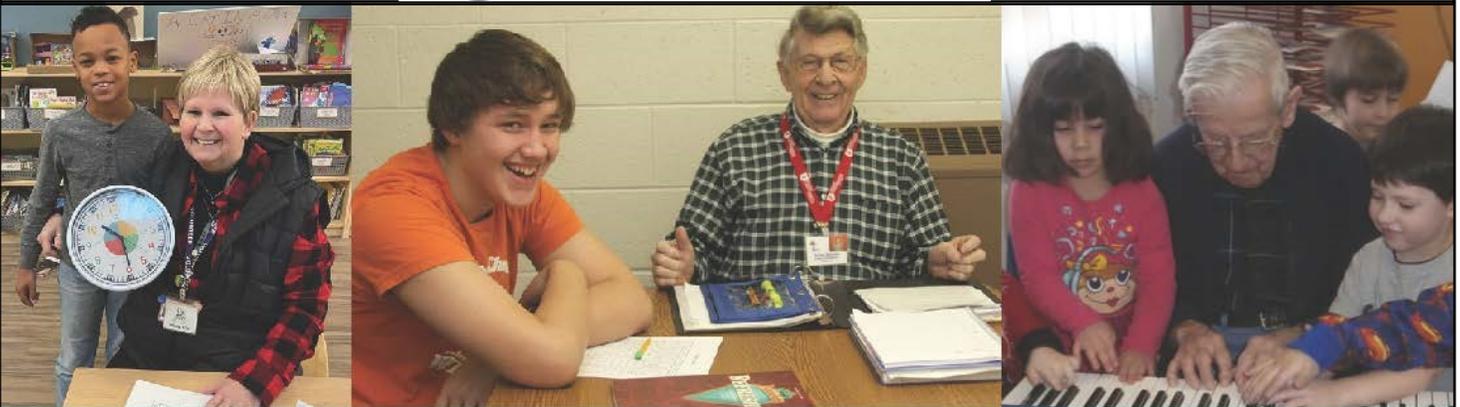
**Hidden Figures**  
By Margot Lee Shetterly



## Community Partner—AmeriCorps Seniors

Our regional Senior Companion Program is based in Traverse City. Over the years a number of our clients have benefitted from the program. We have also encouraged some of our friends to volunteer for the program which they found to be a very rewarding experience. They serve isolated seniors in our community. There is also a Foster Grandparent Program which is for senior citizens who want to volunteer with children. They are matched with schools and youth organizations. They receive the benefits from being part of the program, earning a tax-free stipend while finding a new purpose in the community.

The programs are through AmeriCorps Seniors. We hope you might consider helping with one of our programs.



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# Word Search and 100!

## Neil Diamond



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BLUE JEANS  
I AM ISAI D  
HEARTLIGHT  
NEW YORK  
BROOKLYN  
SONG SUNG BLUE  
LESLIE  
SWEET  
HELLO AGAIN  
AMERICA  
JAZZ SINGER  
HOLLY HOLY  
SHILO  
PLAY ME  
NEIL DIAMOND



“This world can overwhelm. But if you slow down, and sit under a tree long enough, it’ll tell you everything. And if you forget who you are, draw something. Or go walk alone. Nature remembers you.”—

Robert Redford



Play this puzzle online at : <https://thewordsearch.com/puzzle/12619/>



## Happy 100th!

Bud Ballard sets a fine example for us! He walks every day because he was told he needed to do so over 30 years ago. He walks from his Beulah home out to his workshop on Eden Hill Road each day, round trip four miles. Bud enjoys working on his toys and projects out there, even one of the go carts from when there were races in Beulah. In the 1960’s.

Motorcycles and airplanes are huge interests of Bud’s. He’s had a number of motorcycles over the years, enjoying travel on each over the years. His sons Chuck and Tom stay close and are dear to him.

His wife Donna (Sam) passed in 2013—they had 59 wonderful years together. But Bud keeps going, every day—walking, reading, working puzzles, everything!

If you see him wish him a happy birthday and remember that you’ve got to move to keep moving. **Happy Birthday Bud! He’s 100 on April 24th!**

## April Birthdays

Keith Behm	1	Fran Wallace	9	Gary Houghtaling	22
Patricia Carr	1	Charlotte Wheaton	9	Therese Dahringer	23
Olga Horn	1	Mary Anderson	10	Robin Groesbeck	23
Michael Poe	1	Evelyn Goethals	10	Michael Peterson	23
Tom Thompson	1	Don Greene	11	Bud Ballard	24
Richard Bandstra	2	Cynthia Groh	11	William Drake	24
Dorothy Bryan	2	Jimmy Holland	11	Linda Middleton	24
Bonnie Ness	2	Sue Sheffield	11	Carol Bear	25
<b>Adelle Porter</b>	<b>3</b>	Pat Laarman	12	Tom Bretzke	25
Eric Kalis	3	Connie Schrock	12	Andrea Harig	25
Joan Harwood	4	Rebecca Webb	13	Joseph Hommel	25
James Pawlak	4	Barbara Richards	15	Kimberly Raz	26
Laura Payment	4	Janeth Stevens	15	Diane Brutzer	27
Fred Delaney	5	Matt Torres	15	Carol Crawford	27
Art Leffring	5	Lolita Brownell	16	Alice Smith	27
Sharon Murphy	5	Sally Hennessee	16	Elaine Vanderberg	27
Anna Nordbeck	5	Dan Berndt	17	Gordon Armstrong	28
David Favreau	6	Barb Bowlby	17	Norris Cutler	28
Barbara Gurn	6	Thomas Haan	17	Larry Lozen	28
Gloria Pierce	6	Marsha Behm	18	Jerry Torresan	28
Jed Jaworski	6	Jean Bowers	18	Ron Blough Sr.	29
Debra Kulawiak	6	Phil Cyphers	19	Kathy Burns	29
Loretta Sheets	6	Carol Kozlowski	19	Lisa Davidson	29
Bill Buck	7	Shirley Bolling	20	James Meszaros	29
Viva Fender	7	Lee Brooks	20	Jack Sage	29
Linda Wolfe	7	Dudley Cogburn	20	Laura Sheffield	29
Lester Brownell	8	Marie Cote	20	Mike Bailey	30
Darrell Edgley	8	Jean Kalchik	20	Blanca Bujega	30
Connie Fitzhugh	8	Lynn Vanderplow	20	Dudley Cogburn	30
Mary Garwood	8	Anna Brown	21	Oscar Jaquish	30
Joanne Rafferty	8	Rich Frisbie	21	Susie Owen	30
Ron Fought	9	Christine Olsen	21	Vince Palazzolo	30
Carolyn Griffin	9	Brendan Straubel	21	<b>Cathy Sanders</b>	<b>30</b>
Gloria Holtrey	9	John Strunk	21	Marge Wright	30



Virginia "Ginger" Marsden sends her thanks to those of you who sent her birthday cards for her 100th . She was so surprised and pleased. Ginger got almost 200 cards! So glad we could make it a little more special for her this way. Thank you!



Cecelia Adelle Porter is celebrating her 100th birthday this year on April 3rd! She was born in Arcadia, Michigan where she has many great stories about the adventures she had with her family growing up in a small town close to Lake Michigan. Adelle worked at Arcadia Furniture Factory (There was a furniture factory in Arcadia!) when she was a teen. Her job was scraping and sanding glue off the furniture before it went to be varnished. The pay for a day's work then was 25 cents. Adelle also worked at the Watervale Inn and the Manistee Garment Factory.

Adelle found the love of her life, John Porter at the free show (movies) in Elberta. He went off to WWII and she waited for him. She graduated from high school. Then she waited some more. They married June 25, 1955 They had three daughters and a lot of fun. Their daughters are Sharon, Jan, and Marcy. John passed away in 1994 but Adelle keeps going...

While the girls were growing up Adelle did a lot of crocheting, knitting, and was a fine seamstress. She was very detail oriented and made many special occasion dresses for the girls, and beautiful dolls clothes for the girls' dolls. She had a daycare for a number of years and now enjoys the family little ones as they come to this world. They will help her celebrate this milestone to be sure! Happy Birthday Adelle!



We realize this may not get to you before her birthday, but please, if you'd like to send a card to congratulate Adelle on this important birthday, please send it to us at:

**Benzie Senior Resources 10542 Main St., Honor, MI 49640**

We'll be sure to get your cards to her to enjoy!

# 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 (c)3 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 (231)525-0600 or toll free 888-893-1102, or email [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org).

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**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 \_\_\_\_\_

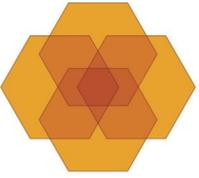
***Benzie Senior Resources is an independent 501 (c) 3 not-for-profit organization. Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.***

**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.



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## Traverse City **SENIOR EXPO**

Traverse City Senior Expo

Northern Michigan's Largest Senior Event

Grand Traverse County Civic Center

### Benzie Bus

### Round-Trip Shuttle

Wednesday May 13<sup>th</sup>, 2026

Departs: 12:30

Returns: 3:30

Pickup Location:

The Gathering Place

10579 Main Street, Honor, MI 49640

## Reserve Your Seat Today!

### (231) 325-3000

\$3.00 R/T (or 2 BSR ticket punches)

Space is limited

