



Buchanan Area Senior Center

April 2022

Buchanan Area Senior Chronicle

“Happy, Active, Living”



SAFETY TALK

Safety Talk

Presented by

Officer Brianna Schmitz, Buchanan City Police Department

Sponsored by Honor Credit Union

Thursday, April 21, at 2:00 pm

Join Officer Brianna Schmitz to learn more on home safety, personal safety, and financial safety. With scams and fraud increasing it is important to be more aware of our surroundings in all areas of your life.

Honor Credit Union is sponsoring the Safety Talk program and will be providing a light snack.

Registration is Required.

Please call 695-7119 to reserve your space.



VETERAN OUTREACH IS BACK!

Maureen Adams, Berrien County Veterans Service Officer will be at the BASC on Tuesday, April 12, at 2:30 pm.

If you have any questions or concerns regarding Veteran support and help, please join us.



I & M POWER—ENERGY EFFICIENCY

I & M Power

Presents

Energy Efficiency

Tuesday, April 12, at 10:30 am

Richard Gadacz, Program Coordinator for all Income Qualified Programs, will share energy efficiency tips we can do at home. He will also talk about the LICUS Program that may save you a \$7.25 monthly discount off electric bill income for qualified customers, and the Senior Citizen Discount Program for customers that average less than 900 KWH per month.

Registration is Required.

Please call 695-7119 to reserve your seat.

Remember to bring your electric bill to the presentation!



An AEP Company

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Happy Easter!



**The BASC will be closed
Friday, April 15
to observe
Good Friday.**

Be Safe! Be Blessed!

GrandPad Training

Want to try accessing the internet? The internet helps people stay connected and engaged when we are homebound or can't be together in person. In addition, you can access news, radio stations, email, and more. You may also view videos of BASC programs on YouTube, such as exercise classes, coffee chats and more. The BASC lends out computer tablets with internet access at no cost, so you don't need your own internet connection and the GrandPads are simple to use.

**Learn more at the
GrandPad Training**

**Thursday, April 28, 2:00 pm
Call 695-7119
to register for the class.**

If you do NOT want to receive the BASC newsletter, please call 695-7119 to let us know.

WEEKLY EVENTS

HEALTH

BLOOD PRESSURE:

The second and fourth Thursday of the month at 11:00 am.

GLASSES ADJUSTMENT AND REPAIR:

The third Thursday of each month, get your eyeglasses repaired and adjusted at 9:30 am.

EXERCISE

CHAIR EXERCISE WITH LINDA: Mondays at 10:00 am

ZUMBA LOW-IMPACT WITH CC: Mondays at 11:00 am

QIGONG: Mondays at 2:00 pm via DVD—Assisted by Marge

OSTEO FIT WITH MISSY: Tuesdays at 9:00 am.

CHAIR EXERCISE WITH CC: Wednesdays at 10:15 am

CHAIR YOGA WITH ULRIKE: Thursdays at 10:00 am.

POWERBEATS WITH MISSY: Fridays at 9:00 am

CHAIR EXERCISE WITH LIZZ: Fridays at 10:00 am

EXERCISE ROOM: Is open all hours BASC is open.

CARDS & GAMES

EUCHRE: Mondays at 1:00 pm

MAH JONGG: Mondays and Thursdays at 1:00 pm

PINOCHLE: Tuesdays at 1:00 pm and Wednesdays at 6:00 pm

HAND AND FOOT: Wednesdays at 1:00 pm

GAME DAY: Thursdays at 1:00 pm—play a variety of games

OTHER PROGRAMS

FIBER FRIENDS: Fridays from 1:00 pm to 3:00 pm.

QUILTING & SEWING: Tuesdays from 1:00 to 3:00 pm.



MONTHLY PROGRAMS

Programs are subject to change. At this time, we are scheduling programs as normal, however, please be aware that the BASC may have to require you to wear a mask, limit our programs, and/or cancel classes. If you are wondering if a program will be held, please call us at 695-7119.

- ◆ **BLOOD PRESSURE CHECKS:** Patti from **Always Best Care Senior Services** will be at the BASC on the **2nd and 4th Thursdays each month at 11:00 am.**
- ◆ **HEARING AID CHECKS:** **Dr. Michelle Ridenour from West Michigan Hearing Specialists,** will be at the BASC on **Tuesday, April 26, 2:00 to 3:00 pm,** to check ears for wax, clean hearing aids, and answer questions. Please call and schedule your appointment at 695-7119.
- ◆ **BOOK CLUB:** The Book Club meets on the third Thursday of each month in our library. The book club meeting is **Thursday, April 21, at 10:30 am.**
- ◆ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets on the fourth Friday of the month at a restaurant for lunch and socialization. **Call the BASC at 695-7119 to reserve your seat for the April 29, Lunch Bunch Club at Jay's Lounge, Niles.** At the time you register, please indicate if you are meeting at the BASC at 11:00 am and leaving the BASC at 11:05 am or if you are meeting at the restaurant at 11:30 am, also, please let us know if you need a ride to the restaurant. Diana will make reservations at most restaurants, please make sure you call and reserve your seat!
- ◆ **PAMPER YOUR FEET:** Monthly foot clinic through **Blessed Feet, LLC,** the **second Thursday, April 14, beginning at 9:00 am.** Initial appointment fee is \$30; all subsequent appointments will cost \$25 (checks payable to Blessed Feet, LLC). This is **not** covered under any insurance. Please call and schedule your appointment at 695-7119.
- ◆ **BIRTHDAY BINGO:** Celebrate the month's birthdays at Birthday Bingo! We will sing "Happy Birthday", play bingo, and win prizes! **Cake and ice cream will be provided by The Willows. Join in the fun at the BASC on Wednesday, April 27, at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, April 20, at 12:30 pm, sponsored by All Needs Senior Serves.**
- ◆ **ICE CREAM SOCIAL:** **Brentwood at Niles** treats the BASC to a monthly Ice Cream Social on the last Monday of each month, **April 25, at 12:30 pm**
- ◆ **FASTING BLOOD SUGAR & BRUNCH SOCIAL:** Get your blood sugar checked the first Wednesdays at 9:00 am and join Coffee Chat. **Buchanan Meadows** will provide the blood sugar test and refreshments on **Wednesday, April 6.**
- ◆ **PEOPLE INSPIRING PEOPLE:** Share time inspiring each other and be part of the change in the world. **People Inspiring People** meets the **first Friday of the month at 11:00 am, in the BASC library.**

Grief Group for Adults—an adult grieving community is available at the Niles YMCA the second Wednesday of each month, 12:00—1:00 pm. For more information please call Lory's Place at 269-983-2707.

MONTHLY PROGRAMS POSTPONED DUE TO COVID-19

- ◆ **POTLUCK BINGO:** No Potluck Bingo until further notice.
- ◆ **SHADOW STEPPERS:** No Shadow Steppers until further notice.
- ◆ **CLARK RETIREE CLUB:** No Clark Salaried Retirees Club until further notice.
- ◆ **CASH BINGO:** No Cash Bingo until further notice.

It is the mission of the Buchanan Area Senior Center to promote physical, social, and mental well-being.

**COFFEE CHAT:
BUCHANAN DISTRICT LIBRARY
MEG PAULETTE, DIRECTOR**



**Find out what is happening at the
Buchanan District Library
Wednesday, April 6, at 9:00 am**

Meg Paulette, Director of the Buchanan District Library, will be speaking at the BASC Coffee Chat and share what is going on at the library.



**Fasting Blood Sugar Testing
Wednesday, April 6**

9:00 to 10:00 am—During Coffee Chat.

Testing and refreshments provided by Buchanan Meadows.

**CONVERSATIONS WITH FRIENDS
FT. VERGIE WOLFE**

**Join us to get to know Vergie Wolfe
Wednesday, April 13, at 2:00 pm.**

Virgie is a 90 year young woman who stays busy leading the BASC Quilting & Sewing group, as well as creating her own crafts. She lives in Buchanan, but still has southern ties. A few of you may know some of her family. Learn more about Vergie's adventures as she shares with us some of her stories on Wednesday, April 13, at 2:00 pm.



RECRUITING FOR CLARK



**Recruiting for Clark
Tuesday, April 5, at 2:00 pm**

During World War II, the Clark Equipment Company had switched to wartime production. They produced landing craft and other mechanical equipment. But the need for soldiers had produced a severe labor shortage in Buchanan.

To supplement Clark's labor force, Clark employee, Everett Watson, was sent South to recruit new employees. You will see what the recruits saw when Everett came to towns throughout the South. Photos of what their workplace and jobs would be like, where they would be housed, what they needed to bring, and what they could expect to be paid. Also how they would get to Buchanan and photos of former recruits in Buchanan.

All materials used in this presentation are from the Everett Watson Collection in the Local History Room of the Buchanan District Library.



COMMUNITY EVENTS



**14th Annual
Chili-Walk Cook-Off
Thursday, April 7
5:00-7:00 pm**

Walk around Buchanan and taste the different kinds of chili especially made for the walk from surrounding vendors and citizens.



**27th Annual
Buchanan Community
Empty Bowls
Friday, April 22,
4:00—7:00 pm
Buchanan High School
Auxiliary Gym**

\$5 Soup and Chili Take-out Meal Pick out a clay bowl, take home supper and Fight Hunger All profits will be donated to Redbud Area Ministries' Food Pantry.



**Documentary Movie
Fractals: Hunting the
Hidden Dimension
Buchanan District Library
Friday, April 29, at 5:00 pm**

Discover how a branch of math called fractals opens up a path to scientific analysis and understanding.



**Papasan-Mamasan Meeting
April 16, at 1:00 pm
American Legion
Edwardsburg Post 55
25751 US 12,
Edwardsburg, MI**

FIELD TRIP: MUSEUM OF NATURAL HISTORY AT ANDREWS UNIVERSITY

Join us on an adventure to see the most complete skeleton of a woolly mammoth to be found in Michigan!

The adventure will also be highlighted with many birds, mammals and even fossils on display.

**Field Trip: Museum of Natural History at Andrews University
Thursday, April 7**

**Free Admission—Donations Welcomed
Registration is Required—Call 695-7119**

Please let us know if you are meeting us at the BASC at 9:30 am to ride in the van, following the van, or meeting at Andrews University at 9:55 am.
Limited Space Available



FIELD TRIP: THE JAILHOUSE FROCKS

Reminder for those who have purchased tickets to attend the play at the Tin Shop Theatre with the BASC...

“The Jailhouse Frocks”

Sunday, April 3, at 3:30 pm.

Diana will be in contact with you regarding your tickets to the play.



CRAFT: MAY DAY UMBRELLAS

People Inspiring People Helping Hands current project is to bring in sunshine and smiles to the residents at the Buchanan Meadows and Senior Nutrition Services participants. Each resident will receive a May Day Umbrella from the BASC to let them know we are thinking of them. Between the two services, we need 53 baskets, which means we need your help!



**Please join us in making the May Day Umbrellas
Tuesday, April 5,
10:30 am—Noon
and/or
Thursday, April 7,
1:30—3:30 pm**

Make 2 Umbrellas to Give Away
Make 1 Umbrella for Yourself
Create Your Own Design!

MOVIE MATINEE

Friday, April 8 and 22, at 1:00 pm.

April 11: The Peanut Butter Falcon



Zak, a young man with Down syndrome, runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck. On the road, Zak meets Tyler, a small-time outlaw who becomes Zak's unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor, a kind nursing-home employee charged with bringing Zak back, to join them. PG-13

April 22: Ocean's 8

The tide has turned and it's a whole new "Ocean's." Danny Ocean's sister, Debbie Ocean, recruits a seven women crew to plan and execute the heist of the century at New York City's star-studded annual Met Gala. PG-13



WALK DAY

Walk Days are here again! Welcome Spring!

Our first walk day of the year is walking in the woods, along a deep ravine with beautiful spring flowers, including a variety of Trilliums.

**Walk Day
Trillium Ravine
Plant Preserve
(Part of the Michigan
Nature Association)**



Thursday, April 28

**Registration is Required—Call 695-7119
Bring your lunch and eat at the
BASC after the walk.**

Please note this walk will have uneven ground and exposed roots.

Please let us know if you are meeting us at the BASC at 9:30 am to ride in the van, following the van, or meeting at Trillium Ravine Plant Preserve, 1669 Riverside Rd. Niles, at 9:45 am. Parking is Limited—Highly Suggest Car Pooling.



Please Note: April's SNS Menu may change if the kitchen is unable to get any of the items.

Meals on Wheels of SW Michigan/
Senior Nutrition Services
Menu

Meals are funded in part by:





Along with Participant Contributions,
United Way Partners, Grant Awards and
Donations

APRIL 2022

Menu Is Subject To Change Without Notice



<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams Total Fat : 30%</p>	<p>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!</p>			<p>1 Roast chicken Cheesy mashed potato California blend vegetables Pears Roll</p>
<p>4 Roast beef with gravy Mashed potatoes Stewed tomatoes WW roll Pears</p>	<p>5 Chicken fillet sandwich with lettuce & tomato Marinated vegetables Potato wedges WW bun Mixed fruit</p>	<p>6 Beef fajitas with onions & peppers Chopped tomatoes & shr lettuce Black beans Tortilla shell Apple crisp</p>	<p>7 Turkey Ala King Noodles Vegetable blend Biscuit Citrus mix</p>	<p>8 Baked cod w/ tartar sauce Rice Mixed vegetables Roll Yogurt w/ fruit</p>
<p>11 Orange chicken over rice Oriental vegetables Peas Pineapple</p>	<p>12 Cheese burger Potatoes O'Brien Coleslaw WW bun Apricots</p>	<p>13 Pizza casserole w/ tomatoes & cheese Green beans Breadstick Fruited jello</p>	<p>14 Easter Meal Sliced ham with pineapple sauce Roasted asparagus Easter cookies Fruit punch</p>	<p>15 CLOSED FOR GOOD FRIDAY</p>
<p>18 Oven fried chicken Mashed potatoes Mixed vegetables Biscuit Craisins</p>	<p>19 Sausage & shells Steamed broccolini Breadstick Peach crumble</p>	<p>20 Stuffed green pepper w/ rice and meat Sliced carrots Roll Baked apples</p>	<p>21 BBQ chicken Mac & cheese Spinach salad Ambrosia salad</p>	<p>22 Meatloaf Mashed potatoes with gravy Side salad with dressing Mandarin oranges + birthday cake</p>
<p>25 Beef chili Corn Coleslaw Crackers Banana pudding</p>	<p>26 Chicken teriyaki over rice Carrots Peas Pears</p>	<p>27 Sloppy joes Carrot salad Roasted sweet potato WW bun Fruit yogurt</p>	<p>28 Pasta w/ meat sauce Green salad with ranch Breadstick Vanilla pudding with fruit</p>	<p>29 Pulled pork sandwich Mixed bean salad Roast potato wedges Applesauce Bun</p>

RECIPE: Salmon and Asparagus Sheet Pan Meal

*This baked salmon and asparagus recipe is the definition of easy dinner!
Throw it all on a sheet pan with lemon, and the flavor is unreal.*

Ingredients:

- 1 pound thin asparagus*
- 1 pound salmon, wild caught if possible
- 2 tablespoons olive oil
- Kosher salt and fresh ground black pepper
- Lemon
- Minced fresh herbs (chives, mint or thyme) for garnish

Instructions:

1. Allow salmon to come to room temperature.
2. Preheat the oven to 425 degrees Fahrenheit.
Line a baking sheet with foil.
3. Trim the asparagus. Place it on the baking sheet and toss it with 2 tablespoon olive oil.
Sprinkle with 1/2 teaspoon kosher salt and fresh ground black pepper.
4. Pat the salmon dry and place the fish on the foil and drizzle with 1 teaspoon olive oil. Sprinkle the salmon with 1/2 teaspoon kosher salt and fresh ground black pepper. Place asparagus around the salmon. Slice the lemon into wheels and place them on top of the asparagus (but not the salmon). Squeeze juice from the two ends of the lemon onto the tray. Then add the chopped fresh herbs on top of everything.
5. Bake 9 to 12 minutes until the asparagus is tender at the thickest part, and the salmon is just tender and pink at the center.



SAVE THE DATES

CarFit Program, May 10, 10:00 am—Noon
Field Trip: Oak Ridge Cemetery, May 27, 10:00 am

UNITED WAY 2-1-1

2-1-1 is a one-stop, around the clock, free phone and online service that links people with information or agencies that can help with utility assistance and other needs, such as rent payment help, child and elder care, emergency shelters, job training, counseling, etc. Just dial 2-1-1 on your phone.

SPARTAN/OUR FAMILY UPC

Don't forget to save your UPC barcodes from Spartan and Our Family products for the Senior Center. For every 500 UPC barcodes we send in we receive \$25 for programs for the center. Bring them to the front desk. Thank you!



BASC BOARD MEETING



Attend the BASC Board Meeting
Thursday, April 14,
at 3:00 pm.

*Board minutes & agendas are available
to be read at the center.*

HARDINGS COMMUNITY AWARDS

Did you know you can earn money for the BASC every time you shop at Harding's Friendly Market? Every quarter the BASC receives dividends from Harding's based on your shopping dollars. Sign up for Harding's Community Rewards today to raise money for our programs. It's easy and takes only a couple of minutes. Visit www.hardings.com.

Thank You for Your Support!

Karol Behrle, Adam Burck, Bill Catalano, Alan Chambers, Barb Chandler, Jan Ferris, Lesley Hughes, Kenneth Kaufmann, Donna Lace, Chris Nordstrom, Kerri Pettie, Cheryl Pettke, Jodi Phillips, Michele Phillips, Kay Schadler, Janet Seals, Kim Sears, Janis Sexton, Mary Speckine, Sarah Suhm, Rhineholt Tillman, Laura Upton, Sabine Wheatley.



WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Monroe Lemay, *Richard Martin, *Jess Minks, *Terri Sisk, *Sabine Wheatley, *Leona Wonacott, Mary Speckine, Joan McGuire, Dan Riley, Charles Serene, Anne Tews, Karen Pratt, Judi Jason, Pat McBain, Gail Crocker, Vergie Wolfe, Linda Abair, Herb Boyersmith, Julie Deeds, Yolanda Julian, Gillian Robbins, Pam Sten, Mary Williams. **Indicates Board Member*

In Kind Donations: Wade Cole, Tom Nyhuis, Marilyn Stevenson, Korean Vets-Mamasan/Papasan, Marilyn White, Linda Fredericks, Sharon Travis.

Program Donations: Janis Sexton

General Fund Donations: Janis Sexton

Dollar Club: Chuck Clem, Pat Casto.

Medical Transportation Donation: Helen Buggie.

Tax Donation: Grace Batchelor, Dan Riley, Dennis & Sandra Redman, Lance Williard, Sue Wreggelsworth, Mr. & Mrs. Hasse, David Zubik, Mary Brotherton, Kim Kresten, Deann Benak, Anita Grace, Patsy Brcka, Mary Speckine.

Veteran's Program Donation: Chuck Clem.

Garden Club Donation: Vergie Wolfe

Memorial Donations: Don Holmes by Joyce Ferris. Fred Moore by Joyce Ferris. Dick Marsh by Jerry & Leann Flenar. Diane & Tom Fritz by Tami & Kenneth Smith. Clyde Weaver by Bob Burgoyne.

ANNUAL BAKELESS BAKE SALE—THANK YOU FOR YOUR GENEROSITY!

Linda Abair, Vergie Wolfe, Deann Benak, Leona Wonacott, Linda Luhrsen, Gail Crocker, Joan McGuire, Mary Blake, Walker Sutton, MaryAnn Schultz, Jeanette Arent, Patricia Lorange, Linda Torgeson, CJ Leiter, Cheryl Lowery, Ruth Casto, Judy Vergon, Grace Cronin, Robert Baldwin, Barb Ferris, Janis Sexton, Josetta Bibbs, William & Diane Loeffler, Beverly Winquist, Elmer & Linda Doyle, Alice Ketcham, Jacqueline Wesner, Guys & Dolls Styling, Patricia Klaeren, Midge DePyl, Mary Vincent, Lois Howard, Pat Casto, Marcia Stupka., Lawrence & Elaine Marsh, Carol O'Brien, Sue Zimmerle, Pam Sten, Jan Ferris, Bob & Mary Dings, Norma Metzger, Bob Marsh, Pat Robbins, Carol Walter, Kathleen Lane, Lillian Hasse, Jacalyn Franklin, Shelly Kelley, Werner & Gloria Linde, Donna Lace, Gloria Harroff, Marilyn White, Judy Brown, Sally Dehring, Barbara Gooch.

SPECIAL THANK YOU FOR ANNUAL APPEAL DONATIONS!

Please stop by the BASC and look at the architectural plan for the enclosed Russell Stephens Memorial Sunroom.
Everyone's donations are greatly appreciated! Thank you!

Buchanan American Legion, Norma Metzger, Vergie Wolfe, Lauren Krueger, Robert White
Yolanda Julian, Jerry Flenar, Joyce Ferris, Judy Vergon, Grace Batchelor, Adam Burck.

CARD GAME WINNERS

Euchre

02/07	1st Place: Ed Klug	2nd Place: Danny S & Sandra M	H/M: Wendie S & Dick R
02/14	1st Place: Pat Peterek	2nd Place: Dave Lange	H/M: Wendie Stephenson
02/21	1st Place: Mary Speckine	2nd Place: Lawrence Marsh	H/M: Sue Rose
02/28	1st Place: Danny Sandmann	2nd Place: Susan Piper	H/M: Sue Rose

Tuesday Pinochle

02/08	1st Place: Dave Lange	2nd Place: Carol Hadley
02/15	1st Place: Danny Sandmann	2nd Place: Mary Speckine
02/22	1st Place: Herb Boyersmith	2nd Place: Danny Sandmann
03/01	1st Place: CJ Leiter	2nd Place: Marilyn Holden

Hand and Foot

02/16	1st Place: Elden Meschke
02/23	1st Place: Norma Metzger
03/02	1st Place: Janis Sexton
02/09	1st Place: Elden Meschke

Wednesday Evening Pinochle

01/26	1st Place: Werner Linde	2nd Place: Kay Schadler
02/09	1st Place: Danny Sandmann	2nd Place: Bob Wesner
02/16	1st Place: Dave Lange	2nd Place: Gloria Linge
02/23	1st Place: Dave Lange	2nd Place: Pat Peterek

Mah Jongg Best Weekly Score

02/17	Rae VanDyken
02/24	Pat Lorange
03/03	Rosalie Holloway

AARP TAX PREPARATION



The Buchanan Area Senior Center is offering free assistance in filing taxes (e-filing) for seniors (60+) who live in the BASC service area, through the AARP Foundation Tax-Aide Program until April 11th.

Call the BASC at 269-695-7119 to schedule an appointment.

24TH ANNUAL SENIOR EXPO

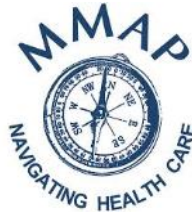


24 Annual Senior Expo
Age My Way
Thursday May 5, 2022
10:00 am - 3:00 pm

Mendel Center at Lake Michigan College
2755 E. Napier Ave., Benton Harbor

MMAP VOLUNTEER

Your Talents and Skills Are Needed
Become a MMAP Volunteer
Counselor, Outreach Assistant, and
Administrative Assistant
Call to Join the MMAP Volunteer Team
and to Learn More.
1-800-803-7174



SAVE YOUR PENNIES

Berrien County Cancer Services, Inc is collecting pennies to help provide in-home skilled nursing and supportive resources at no cost for Berrien County oncology patients who need care but struggle with coverages.



Please save your pennies and turn them in at the BASC to help others during a difficult time. Your pennies can be put in the big red milk jug near the front desk. Thank you!!!!



FUN TIMES AT THE BASC!

Lunch Bunch
At
The Buchanan
Sweet Shop



COLLECTING BAGS OF CANDY FOR THE BUCHANAN-GALIEN LEO CLUB

Please drop off bags of individually wrapped candy to the BASC !

The Buchanan-Galien Leo Club are collecting bags of candy to be distributed at the Buchanan Easter Egg Hunt.

Drop of bags of candy by April 11.
Easter Egg Hunt on April 17.



VETERANS SERVICES

If you need to talk to someone regarding Veteran Services, please call Lee Lull, Berrien County Veterans Services, at 269-983-7111, ext. 8224.

Buchanan Area Senior Center - April 2022 Calendar

Exercise / Health / Cards & Games / Educational & Informative & Special Programs / Other Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Field Trip: The Jail House Frocks at the Tin Shop Sunday, April 3 at 3:30 Tickets Pre-Sold</p>	<p>Exercise at the BASC 5 days a week!</p>	<p>Enjoy Your Easter on Sunday April 17</p>	<p>April is BLT Sandwich Month</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:00 People Inspiring People 1:00 Fiber Friends</p>
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low- Impact with CC 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 10:30 Craft: May Day Umbrellas 1:00 Quilting & Sewing 2:00 Recruiting for Clark</p>	<p>9:00 Fasting Blood Sugar Testing 9:00 Coffee Chat 10:15 Chair Exercise with CC 1:00 Hand & Foot 6:00 Pinochle</p>	<p>9:30 Field Trip: Natural History at Andrews University 10:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day 1:30 Craft: May Day Umbrellas</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: The Peanut Butter Falcon</p>
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low- Impact with CC 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 10:30 Energy Efficiency 1:00 Pinochle 1:00 Quilting & Sewing 2:30 Veteran Outreach</p>	<p>10:15 Chair Exercise with CC 1:00 Hand & Foot 2:00 Conversations with Friends Ft. Vergie Wolfe 6:00 Pinochle</p>	<p>9:00 Foot Clinic 10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting</p>	
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low- Impact with CC 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p>10:15 Chair Exercise with CC 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle</p>	<p>9:30 Eyeglass Repair 10:00 Chair Yoga with Ulrike 10:30 Book Club 1:00 Mah Jongg 1:00 Game Day 2:00 Safety Talk</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Ocean's 8</p>
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low- Impact with CC 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check</p>	<p>10:15 Chair Exercise with CC 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle</p>	<p>9:30 Walk Day 10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 2:00 GrandPad Training</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends</p>

Electronic Service Requested

Buchanan Area Senior Center

810 Rynearson St.
Buchanan, MI 49107
Phone: 269-695-7119
Fax: 269-695-2901

E-mail: adam@thebasc.org
www.buchananareaseniorcenter.com

NONPROFIT ORG
US POSTAGE PAID
BUCHANAN, MI
PERMIT NO. 8



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2022

MEET OUR STAFF:

Executive Director:

Adam Burck

Office Manager:

Joann Dodson

Receptionist:

Jayme Marrow

Program Coordinator:

Diana Smuda

Staff Assistant:

Terry Perkins

Senior Nutrition Site Manager:

Kerri Pettie

IMPORTANT SERVICE NUMBERS:

Michigan 211 (Michigan 2-1-1 is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities.)

United Way: 269-982-1700 or 211

Social Security: 1-800-772-1213

Legal Hotline For Seniors: 1-800-347-5297

Medicare Questions: 1-800-633-4227

Medicaid: 269-934-2000

Michigan Department of Health & Human Services:
269-934-2000

Area Agency On Aging: 1-800-654-2810

Berrien Co. Veteran's Services:

1-269-983-7111 Ext 8224

Benton Harbor VA Out Patient Clinic: 1-269-934-9123

MI OMBUDSMAN: 1-866-485-9393

To Report A Scam: 1-877-765-8388

MI DHS Elder Abuse: 1-855-444-3911

For any assistance call 911 or 269-983-7141 x 4900

Hours of Operation

Monday–Friday
9:00 am–4:00 pm

Buchanan Area Senior Center is funded by:
County Millage, Region IV Area Agency on Aging, Public and Private
Groups, Individual Donations, Fund Raising Activities, Area Grants,
and very dedicated Volunteers.