



**Buchanan Area Senior Center**

**January 2023**

# Buchanan Area Senior Chronicle

**“Happy, Active, Living”**

## Healthier Cooking and Meal Planning with Chef Gwen Mottl

Senior cooking classes designed to assist in healthier cooking and eating habits. The class will also include segments in learning to cook in smaller portions for those whose nest has become smaller, as well as meal planning and prep, which will provide you with convenient, make-ahead meal ideas. This is an interactive class, where all will be invited to participate! There will be featured recipe(s) for each class, and all will learn how to make the dish, as well as taste it! Plans for upcoming classes will give you the opportunity to invite a family member to possibly learn and also help with meal planning and prep, as well as classes that allow you to cook with a grand or even a great-grand! Food is fun, cooking is fun. It's even better when you can do it with someone you love! Let's Get Cooking!!



## Healthier Cooking and Meal Planning with Chef Gwen Mottl

**Thursday, January 19, 1:00—3:00 pm**

**Fee is \$15/person or \$25/2 people  
(Bring a friend and save money!)**

Registration is required.

Please call 695-7119 to reserve your space.

Fee is due by January 12.

If the BASC is closed due to weather on the 19th,  
the rescheduled date is January 26.

## PHYSICAL THERAPY BENEFITS

### Physical Therapy Benefits

**Wednesday, January 18, 11:15 am—12:00 pm**

**Please call 695-7119 to reserve your space.**

Becky Roush is a licensed Physical Therapist, with 32 years of experience. She provides direct care as well as consultations for patients that do not respond well to more traditional physical therapy.

Her passion is using her skills to change lives. Whether someone is a pro athlete or a great-grandmother, the same principle applies to us all. We all want to focus on the things that matter. We all want our bodies to move with greater ease. Having to worry about the basics of movement robs us of joy.

Becky will be dropping by each fitness class for the first 3-5 minutes the week of January 9 offering you a little tidbit about health and movement with a more complete workshop on January 18.

Let's start this new year off right.



### INSIDE THIS ISSUE

Special Features .....	1
Programming .....	2-4
Community Events .....	3
Puzzles & Fun .....	5
Commodities & Services .....	6
Senior Nutrition Menu .....	7
Recipe & Programs .....	8
Thank You & Follow-up .....	9
Extra Stuff .....	10
Calendar .....	11
Important Numbers & Staff...	1

## BASC HOLIDAY CLOSING

The BASC Staff &  
Board of Directors  
wishes everyone a wonderful  
New Year!

We will be closed  
Monday, January 2  
to enjoy time with our  
family and friends.

Be Safe!  
Happy New Year!



### Winter Closing Reminder:

If the Buchanan Schools are closed  
due to bad weather, the BASC is  
closed and there will be no meal  
delivery. Watch for closings on  
WN DU-16.

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

## WEEKLY EVENTS

### HEALTH

**BLOOD PRESSURE CHECKS:**  
The second and fourth Thursday of the month at 11:00 am.

**GLASSES ADJUSTMENT AND REPAIR:** Please call 695-7119 on January 18 to confirm the program is will be available that day.  
The third Thursday of each month, get your eyeglasses repaired and adjusted at 9:30 am.

### FITNESS

**CHAIR FITNESS WITH LINDA:** Mondays at 10:00 am

**DANCING TO THE OLDIES WITH CeCe:** 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 FITNESS WITH CeCe:** Wednesdays at 10:15 am

**CHAIR YOGA WITH ULRIKE:**  
Thursdays at 11:00 am

**POWERBEATS WITH MISSY:**  
Fridays at 9:00 am

**CHAIR FITNESS WITH LIZZ:**  
Fridays at 10:00 am

**FITNESS ROOM:**  
Is open all hours BASC is open.

### CARDS & GAMES

**EUCHRE:** Mondays at 1:00 pm  
Wednesdays at 6:00 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 CARDS:**  
**CANCELLED**

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

### OTHER PROGRAMS

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

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



## **MONTHLY PROGRAMS**

Programs are subject to change.  
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 **11:30 am**.
- ♦ **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists, will be at the BASC on **Tuesday, January 10, 2:00 to 3:00 pm**, to check ears for wax, clean hearing aids, and answer questions. Please call 695-7119 to register.
- ♦ **BOOK CLUB:** The Book Club meets on the third Thursday of each month in our library. The book club meeting is **Thursday, January 19, at 10:30 am**.
- ♦ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets at a restaurant for lunch and socialization. **Call the BASC at 695-7119 to reserve your seat for lunch at JD's Family Diner, Niles, MI on January 27. Please indicate when you make your reservation to let us know if you can drive others to the restaurant, if you are meeting at the BASC at 11:15 pm or at the diner at 11:30 pm.** 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, Thursday, January 12, 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 Always Best Care. Join in the fun at the BASC on Wednesday, January 25, at 1:00 pm.**
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, January 18, at 12:30 pm, provided by Woodland Terrace.**
- ♦ **ICE CREAM SOCIAL:** **Brentwood at Niles** treats the BASC to a monthly Ice Cream Social on the last Monday of each month. **January 30, 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, January 4.**
- ♦ **LGBTQ+ SOCIAL GATHERING:** If you are interested in joining in a LGBTQ+ Social Gathering, please call Adam at 695-7119 to learn more.

**Any Semco Energy Gas Company account holder 65 years or older regardless of income, may notify Semco at 800-624-2019 to be protected from shut off from November 1—March 31. You may also call Semco Energy regarding their payment plans.**

**Zumba has been changed to Dancing to the Oldies**

**Hand & Foot cards have been cancelled.**

"The secret of being happy is accepting where you are in life and making the most out of everyday."  
~ Unknown

**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.**

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

## COFFEE CHAT:

Niles Dial-A-Ride Transportation (DART) has been serving the greater Niles and Buchanan areas since 1974.

DART is an important and essential asset to our seniors at the BASC. On a daily basis we have seniors who are able to attend programs at the BASC because of public transportation.



**Learn more about Dial-A-Ride  
Coffee Chat  
Wednesday, January 4, at 9:00 am**



**Fasting Blood Sugar Testing  
Wednesday, January 4  
9:00 to 10:00 am—During Coffee Chat.  
Testing and refreshments provided by  
Buchanan Meadows.**

## VETERAN'S OUTREACH



**Maureen Adams,  
Berrien County Veterans Service Officer  
will be at the BASC on  
Tuesday, January 10, at 2:30 pm**

If you have any questions or concerns regarding Veteran support and help, please join us. Maureen will meet with everyone individually.

## DANCING TO THE OLDIES WITH CECE



The BASC is changing gears for our seniors! Zumba has been changed to Dancing to the Oldies with CeCe! She will guide you in fun dance movements to music from the 50's, 60's, and 70's! A great way to begin your day and week!

**Dancing to the Oldies with CeCe  
Mondays at 11:00—11:45 am  
A fun fitness routine with dancing and laughing!**

## BASC GARDEN CLUB

### Join the BASC Garden Club!

Would you like to have access to free vegetables and herbs? Being part of the BASC Garden Club also offers the opportunity to stay active, soothe your soul with gardening, learn something new, and gather with friends.



**2023 Garden  
Planning Meeting with a  
Special Guest Speaker  
Tuesday, January 31,  
1:00—3:00 pm  
Please call 695-7119  
to register.**



## COMMUNITY EVENTS



**Hunter Ice Festival  
Niles, MI  
January 13, 14, 15, 2023**

Enjoy looking at the many ice sculpturers in downtown Niles. Walk the sidewalks or stay in your vehicle and drive around downtown.



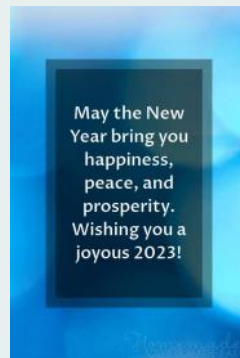
**Pop Cornography  
Art Exhibit**

**Featured Artist is Buchanan  
High School Graduate  
Erica Kuhl**

**Roti Roti Art Center  
117 West Front St., Buchanan**

**Reception on Sunday,  
January 15, 2:00—4:00 pm**

**Exhibit: January 11—February 18**





## LEARN HOW TO MAKE PAPER FLOWERS OUT OF COFFEE FILTERS



What to do on a winter day?  
Make paper flowers  
out of coffee filters and  
add some spring to your life!

**Paper Flowers**  
**Monday, January 30,**  
**1:00 pm**  
**Fee is \$3/person**  
**Fee is due by January 23.**

Be sure to register for this fun craft class!  
Call 695-7119 to register.

## HARDINGS SHOPPING WITH DIAL-A-RIDE

Do you want free transportation  
to Harding's Market and a senior  
discount on your shopping?

Dial-a-Ride provides a free pick  
up at your home, within the city  
of Buchanan, and drop-off at  
Harding's Market in Buchanan,  
**on Wednesdays.** (Seniors only)

You must call Dial-a-Ride, 269-684-5150, the Tuesday  
before or around 8:30 am on Wednesdays to schedule  
pick up. Dial-a-Ride will take you to Harding's and take  
you back home.

Dial-a-Ride also is looking for volunteer aides to ride  
the bus during this time to assist seniors in carrying  
their groceries onto the bus and off to their doorstep. If  
you are interested in this volunteer opportunity, please  
let us know.



## MOVIE MATINEE

**Second Friday, January 13, at 1:00 pm**  
**Fourth Friday, January 27, at 1:00 pm**

### January 13: The Shape of Water



Elisa is a mute, isolated woman who works as a cleaning lady in a hidden, high-security government laboratory in 1962 Baltimore. Her life changes forever when she discovers the lab's classified secret, a mysterious, scaled creature from South America that lives in a water tank. As Elisa develops a unique bond with her new friend, she soon learns that its fate and very survival lies in the hands of a hostile government agent and a marine biologist. Four academy awards wins. Rated—R

### January 27: The Misfits



Even a federal maximum-security prison can't hold Richard Pace, a brilliant international thief. But his daring escape and high-octane car chase, eluding the FBI and police, ends with him being scooped up by The Misfits, a band of modern-day Robin Hoods. The skilled group convinces Pace to join them to pull off the heist of the century: stealing millions in gold bars kept under one of the most secure prisons on earth, owned by rogue businessman Schultz, and used for funding terrorist groups worldwide. Rated—R

**Assistance and Help for Utilities**  
**State Emergency Relief Program:**  
[www.michigan.gov/mdhs](http://www.michigan.gov/mdhs)

**Michigan Veterans Trust Fund**  
**Emergency Grant Program:**  
[www.michiganveterans.com](http://www.michiganveterans.com)

**United Way:**  
call 2-1-1 or visit [mi211.org](http://mi211.org)

**Contact your gas and electric providers  
for additional information.**

## SENIOR HOMESTEAD PROPERTY TAX CREDIT



Michigan's homestead property tax credit is how the State of Michigan can help you pay some of your property taxes if you are a qualified Michigan homeowner or renter and meet the requirements, you should complete the Michigan Homestead Property Tax Credit Claim MI-1040CR to see if you qualify for the credit. The credit, for most people, is based on a comparison between property taxes and total household resources. Homeowners pay property taxes directly and renters pay them indirectly with their rent. Please contact your tax preparer for more information.

## HOME HEATING CREDIT



The Home Heating Credit is a way the State of Michigan helps low-income families pay some of their heating expenses if they are a qualified Michigan homeowner or renter. You should complete the Home Heating Credit Claim MI-1040CR-7 to see if you qualify for the credit. For more information call Jayme at the BASC, 269-695-7119.

**WORD SEARCH: Wedding**

Find and circle all of the Wedding words that are hidden in the grid.  
The remaining letters spell a quote from William Lyon Phelps.

T	R	E	R	E	T	A	C	C	H	E	M	H	E	S	U	O	P	S
R	Y	S	I	E	B	G	A	H	B	E	S	O	N	T	R	H	A	R
A	N	A	E	R	C	R	S	E	P	Y	B	O	O	P	I	N	R	E
B	O	I	I	H	I	E	S	R	R	T	I	O	N	R	N	O	T	N
B	M	D	M	N	C	T	P	T	E	T	U	I	U	P	G	I	N	N
I	E	N	G	U	M	E	S	T	A	W	N	X	U	Q	S	T	E	I
E	R	O	O	A	S	I	E	L	I	V	O	E	E	S	U	C	R	D
T	E	M	N	O	G	I	U	P	I	O	K	L	E	D	N	E	S	R
S	C	A	H	E	M	T	C	T	S	A	N	N	F	A	O	F	T	E
A	M	I	R	C	A	Y	A	E	M	O	I	N	D	E	A	F	R	H
O	A	D	G	R	R	T	E	I	L	S	D	R	E	S	S	A	T	E
T	I	L	G	U	I	U	N	N	U	E	G	A	I	R	R	A	M	A
H	D	N	I	O	E	I	H	O	O	I	B	N	W	O	G	S	B	R
T	O	C	N	E	S	S	M	C	H	H	D	R	I	N	K	S	U	S
C	F	E	A	T	V	I	T	N	E	M	E	G	A	G	N	E	D	A
H	H	A	E	K	L	S	G	S	E	O	H	S	P	T	P	S	G	L
I	O	R	E	N	E	I	E	S	C	O	U	P	L	E	I	W	E	S
O	N	V	F	I	F	P	R	O	P	O	S	A	L	M	A	O	T	R
R	O	I	R	T	A	G	N	E	W	L	Y	W	E	D	S	V	N	E
L	R	P	S	R	S	V	P	H	O	T	O	G	R	A	P	H	E	R

**HAVE FUN!**

AFFECTION  
BEST MAN  
BOUQUET  
BRIDE  
BUDGET  
CAKE  
CARING  
CATERER  
CELEBRATION  
CEREMONY  
CHURCH  
CONGRATULATIONS  
COUPLE  
DANCE  
DIAMOND  
DINNER  
DRESS  
DRINKS  
ENGAGEMENT  
FLOWERS  
GIFTS  
GOWN  
GROOM  
GUESTS  
HONEYMOON  
INVITATION  
LIMOUSINE  
LOVE  
MAID OF HONOR  
MAKEUP  
MARRIAGE  
MINISTER  
MUSIC  
NEWLYWEDS  
PARTNER  
PHOTOGRAPHER  
PRIEST  
PROPOSAL  
RABBI  
RECEPTION  
REGISTRY  
REHEARSAL  
RINGS  
RSVP  
SHOES  
SPEECHES  
SPOUSE  
TOAST  
TUXEDO  
VEIL

## SUDOKU

			8		3		1	
	8	7	1					9
	1			6			3	5
8						4	9	6
6							5	2
		5		4			7	
				2				8
4			7	3		6		

		7						9
2				9				
		4					1	2
				5		9	6	3
	2	8		6				1
9				8			2	
3								
				6	5		7	





**Buchanan Area  
Senior Center  
Dollar Club**

**Please consider  
making a pledge?**

Gold Level—\$1.00/day

Silver Level—\$1.00/  
week

Bronze Level—\$1.00/  
month

Patron Level—  
\$500.00+/year

Thank you



**COMMODITY  
PICK-UP DAYS**

Commodities are distributed  
from the Senior Center garage.

**MARK YOUR CALENDAR**

**CSFP Monthly**

**Thursday, January 12**

**1:00—2:00 pm**

**Second Pick-Up Date**

**Monday, January 16**

**1:00 0 2:00 pm**

~~~~~

**PLEASE NOTE:**

*It is very important that your  
trunk be cleaned out and  
opened for us to place your  
box. Please see all new  
instructions for pick-up in the  
tote out front of the center.*

*This institution is an equal  
opportunity provider.*

~~~~~

**SENIOR CENTER  
SERVICES**

At the Senior Center you can:

- Make b&w copies for 10¢ each
- Make color copies for 40¢ each
- Send a FAX for \$1.00 per page
- Have paperwork notarized  
(Please call ahead to make sure  
notary is available.)
- Use our computer to go on the  
Internet.

**Senior Nutrition Services  
suggested donation based on  
monthly income**

**\$1,101 & up \$3.75 and up**

**\$801—\$1,100 \$3.25 per Meal**

**\$701—\$800 \$2.75 per Meal**

**\$551—\$700 \$2.25 per Meal**

**\$0—\$550 \$1.75 per Meal**

**Meals are funded in part by  
Region IV Area Agency on Aging  
and Senior Nutrition Services**

**SENIOR NUTRITION**

**SNS/Meals on Wheels of SW Michigan is  
pleased to announce the meal site in the  
BASC is open.**

- Lunch starts at noon.
- Masks are required at all times  
except when actively eating or  
drinking.
- You will need to call Kerri at  
695-7119 by 10:00 am (Mon-Fri) to  
reserve your meal for the next busi-  
ness day.
- Maintain a 6-foot distance between  
people at all times, including at the  
tables.
- A maximum of two people to a  
table, unless it is a couple who live  
together or have been in each other's  
“pod” during the pandemic.
- The number of people attending each  
meal may be limited.
- Home delivery service may also be  
available to qualifying homebound  
seniors.
- Must be 60 years or older.

**FEEDING AMERICA MOBILE FOOD PANTRY**

*THE DISTRIBUTION SCHEDULE BELOW IS PROVIDED AS A COURTESY. IT IS NOT  
GUARANTEED TO BE ERROR FREE, AND MAY BE UPDATED OR CHANGED AT ANY  
TIME, USE AT YOUR OWN RISK. IF YOU HAVE QUESTIONS ABOUT A  
SPECIFIC MOBILE PANTRY DISTRIBUTION, PLEASE CONTACT THE HOST  
AGENCY, OR VISIT [HTTPS://WWW.FEEDWM.ORG/FINDFOOD/](https://www.feedwm.org/findfood/) AND CLICK ON  
MOBILE FOOD PANTRY.*

Tuesday, January 3, 2023—3:30 PM - Berrien Coun-  
ty (Drive Thru), Harbert Community Church, 6444 Harbert  
Road, Sawyer, MI 49125



Monday, January 9, 2023—4:00 PM - Berrien County (Drive Thru), Kinexus, 499  
W Main St., Benton Harbor, MI 49022

Friday, January 13, 2023—4:00 PM - Berrien County (Drive Thru), Eau Claire  
Seventh Day Adventist Church @ Pipestone Berrien Township Fire Depart-  
ment, 6265 W. Main St., Eau Claire, MI 49111

Wednesday, January 18, 2023—4:00 PM - Berrien County (Drive Thru), Stevens-  
ville United Methodist Church, 5506 Ridge Road, Stevensville, MI 49127

**Faith United Methodist Church, 728 N. Detroit St., Buchanan, distributes  
food from 9:00 to 10:30 am, on the second Saturday of each month, to  
people in the Buchanan School District.**



Meals on Wheels of SW Michigan/  
Senior Nutrition Services  
Meals Menu

Meals are Funded By

REGION IX



**Area Agency on Aging, Inc.**  
**SPECIALISTS IN AGING**



**MEALS on WHEELS**

— OF SOUTHWEST MICHIGAN —  
Senior Nutrition Services Region IX

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

**JANUARY 2023**

**Menu Is Subject To Change Without Notice**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED FOR NEW YEAR'S HOLIDAY</b>	<b>3</b> French dip sandwich w/ au jus Mashed potatoes Green beans Fruit cocktail	<b>4</b> Swedish meat balls Noodles Scandinavian blend veggies Peaches	<b>5</b> Chicken, broccoli and rice casserole Sugar snap beans Bread Mandarin oranges	<b>6</b> Turkey chili w/ beans, carrots, onions Redskin potatoes Cheese Crackers Pears
<b>9</b> Pepper steak over rice Oriental vegetable blend Fruit yogurt	<b>10</b> Sloppy joes Roasted winter vegetables Creamed peas Bun Fruit juice	<b>11</b> Chicken fajitas w/ onions and peppers Tortilla Black beans/ Mexican rice Oranges	<b>12</b> Beef tips w/ rice & gravy Lima beans Carrot coins Pears	<b>13</b> BBQ chicken Mac & cheese Greens Cornbread Fruit cobbler
<b>23</b> Pizza casserole Mixed vegetables Sautéed mushrooms Pears	<b>17</b> Meatloaf Roasted sweet potatoes Spinach WW bread Pineapple	<b>18</b> Liver & onions Mashed potatoes Beets Roll Banana pudding	<b>19</b> Spaghetti w/ turkey meatballs Italian blend vegetables Side salad/ Breadstick Mixed fruit	<b>20</b> Fish sandwich Capri blend vegetables Coleslaw Bun Applesauce
<b>30</b> Chicken marsala over pasta Scandinavian blend Roasted cauliflower Mandarin oranges	<b>24</b> Pork roast w/ mushroom gravy Mashed potatoes Green beans Roll Citrus mix	<b>25</b> Hearty beef stew w/ potatoes, carrots & onions Mixed vegetables Roll Peaches	<b>26</b> Tuna noodle casserole w/ peas and carrots Country mix vegetables Baked apple slices	<b>27</b> Philly steak sandwich Sautéed sweet peppers & onions Broccoli Bun Pears/ Birthday cake
	<b>31</b> Beef enchiladas Southwest blend Mexican corn Tortilla Craisins	<b>Meals provide (average per week)</b> Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams Total Fat : 30% 2% milk	<b>Your donation toward the cost of the meal helps to make sure you can continue to get these meals. Please be as generous as you can. We thank you!</b>	

## RECIPE: Tuscan Bean Soup

A hearty soup filled with healthy ingredients, add vegetables such as carrots, mushrooms, spinach or tomatoes to give it even more of a nutritional punch. It's a recipe that it's recommended by the American Heart Association.



### Ingredients:

- 1 tsp. olive oil
- 1/2 small red onion, chopped
- 1 medium celery, chopped
- 1 medium garlic glove, minced
- 2 cups fat-free, low-sodium chicken broth
- 15.5 oz canned, no salt-added Great Northern beans, rinsed & drained
- 14.5 oz canned, no salt-added, diced tomatoes, undrained
- 1 tsp dried oregano, crumbled
- 1/2 tsp dried thyme, crumbled
- 1/4 tsp crushed red pepper flakes

### Directions:

1. In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are soft.
2. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.
3. Just before serving, sprinkle the soup with the Parmesan cheese.

## BINGO PRIZE DONATIONS



The BASC patrons have had a blast playing birthday bingo and bingo at our senior picnic and holiday party.

Even with all of the donations we have received, our prize closet is getting low.

We would appreciate you dropping off bingo prizes to the BASC during operating hours, Monday—Friday, 9:00 am—4:00 pm, office closed 12:00—12:30 pm for lunch. Thank you!



## A HUGE THANK YOU TO EVERYONE WHO HELPED MADE THE BASC HOLIDAY BAZAAR A SUCCESS!

**Including the...  
Bakers, Volunteers, Vendors,  
Board Members, & Staff!**

## BASC BOARD MEETING

Attend the BASC Board Meeting  
Thursday, January 12,  
at 3:00 pm.



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

## JOIN OUR DOLLAR CLUB

Be part of the BASC Dollar Club!

Donate \$1 per week to help with our programs, annual appeal, and special events. A dollar a week goes toward in making the BASC a fun and educational place to visit.



You can pay weekly, monthly, or once a year.

**A special thank  
you to the  
high school  
students at the  
Berrien County  
Math & Science  
Center at  
Andrews  
University for  
donating a box  
full of socks for  
our seniors!**



**A BIG THANK YOU  
To the Sharon Krueger family  
and friends for donating gift  
bags full of goodies to hand  
out to our Compassionate  
Caller Seniors!**



## 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, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Judi Jason, Herb Boyersmith, Janis Sexton, Bobbi Benak, Jill Garmire, Kay Schadler, Linda Abair, Phyllis Davis, Nancy Bicard, Mary Ann Blake, Gail Crocker, Jan Ferris, Joyce Ferris, Vickie Liska, Pat McBain, Wendie Stephenson, Judy Vergon, Suzi Zimmerle, Marilyn Holden.  
*\*Indicates Board Member*

**In Kind Donations:** Jill Garmire, Judy Sarratore, Jerry Price, Bill Hess, Pam Sten, Pam and Charlie Serene, Pat Burns, Patricia Klaersen, Sharon Krueger Family & Friends, Flenar Family, Royal Neighbors of America, CeCe Cheney.

**Dollar Club:** Pat Casto.

**General Fund:** Janis Sexton.

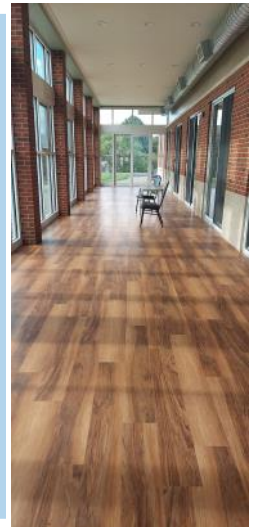
**Program Fund:** Janis Sexton.

**Ornament Fundraiser:** Marvin Pruett, Jess Minks, Suzie Zimmerlee, Marilyn White, Norma Ferris, Beth Chubb, Kay Welsh, Ruth Writer, Clarence Grimm, Donna Lace, Trina VanKirk, Richard Martin, Cynthia Scharmach.

**Medical Transportation Donation:** Helen Buggie, Karen Bosse, Pat Casto.

### SPECIAL THANK YOU FOR ANNUAL APPEAL DONATIONS!

Jane Doebel, Stephen Jackson, Marjorie Trapp, Grace Cronin, Laura Cowart, Lillian Bird, Bob Baldwin, Kerry & Cheryl Dubie, Michele Frost, Jackie & Cletus Wesner, Marjorie Depyl, Margaret Slocombe, Robert Sims, Jeanette Arent, Barbara Smerud, Ed Proud, LouAnn Sarters, Judy Brewer, Mary Blake, Elden & Bea Meschke, Mary Ann Schultz, Nancy Harrell, Kay Welsh, Marie Schneider, Norma Metzger, Michael Walker, Cheryl Schulkins, Leiter Family, Flo Sasaki, Richard & Beth Chubb, Mary Scoggins, Chuck Underly, Kay Foster, Kathy Swem, Diane Graham, Michael Lasiewicz, Karen Smith, Diane Wilcox, Patricia Klaeren, Patricia Lorange, Barbara Sumerix, Jenny Chapila, Geneva Swem.



### CARD GAME WINNERS

#### **Monday Euchre**

11/14	1st Place: Elaine Marsh	2nd Place: Danny Sandmann	H/M: Dave L & Kay S
11/21	1st Place: Danny Sandmann	2nd Place: Connie Larson	H/M: Mary Beth Larson
11/28	1st Place: Edith Styburski	2nd Place: Wendi Stephenson	H/M: Sue Rossow
12/05	1st Place: Wendi S, Edith S, Susan P	2nd Place: MaryAnne Schultz	H/M: Lawrence M & Wally C

#### **Wednesday Evening Euchre**

11/09	1st Place: Wayne Hentsch	2nd Place: Wally Casto	H/M: Wayne Hentsch
12/07	1st Place: Wayne Hentsch	2nd Place: Patti Wargo	H/M: Wendie Stephenson
12/14	1st Place: Wendie Stephenson	2nd Place: Wayne H & Sue R	H/M: Wally Casto
	1st Place:	2nd Place:	H/M:

#### **Tuesday Pinochle**

10/18	1st Place: Danny Sandmann	2nd Place: Herb Boyersmith
10/25	1st Place: Sandy Johnson	2nd Place: Marilyn Holden
11/01	1st Place: Marilyn Holden	2nd Place: Danny Sandmann
11/08	1st Place: Gail Moad	2nd Place: Marilyn Holden

#### **Hand and Foot**

10/26	1st Place: Rosalie Holloway
	1st Place:
	1st Place:
	1st Place:

#### **Wednesday Evening Pinochle**

10/19	1st Place: Chuck Underly	2nd Place: Danny Sandmann
10/26	1st Place: Chuck Underly	2nd Place: Barb Brady
11/09	1st Place: Pat Peterek	2nd Place: Danny Sandmann
12/25	1st Place: Danny Sandmann	2nd Place: Jeff Moad

#### **Mah Jongg Best Weekly Score**

11/10	Kay F, Pat B, Rosalie H, Jeanette A
11/17	Judy B, Kay F, Pat L, Pat B
12/01	Kay Foster
12/08	Rosalie Holloway



## HOMEMADE GIFT IDEAS AT THE BASC HOLIDAY BAZAAR! AND HOLIDAY PARTY FUN!



### HOLIDAY LUNCHEON AT PAPA VINOS

### AFTERNOON TEA AT APOTHICA TEAS



### VETERANS SERVICES

If you need to talk to someone regarding Veteran Services or Transportation on Tuesday mornings, please call Maureen Adams, Berrien County Veterans Services, at 269-983-7111, ext. 8510.

# Buchanan Area Senior Center - January 2023 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>CLOSED</b> for New Years	3 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing	4 9:00 Coffee Chat 9:00 Fasting Blood Sugar 10:15 Chair Fitness with CeCe 6:00 Pinochle 6:00 Euchre	5 11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day	6 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends
9 10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise	10 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check 2:30 Veteran's Outreach	11 10:15 Chair Fitness with CeCe 6:00 Pinochle 6:00 Euchre	12 9:00 Foot Clinic 11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting	13 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: The Shape of Water
16 10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities 2:00 Qigong Exercise	17 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing	18 10:15 Chair Fitness with CeCe 11:15 Physical Therapy Benefits 12:30 Root Beer Floats 6:00 Pinochle 6:00 Euchre	19 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day 1:00 Healthier Cooking and Meal Planning	20 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends
23 10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise	24 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing	25 10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre	26 11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day	27 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: The Misfits
30 10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 1:00 Paper Flowers 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise	31 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 BASC Garden Club Planning Meeting	Healthier Cooking and Meal Planning With Chef Gwen Mottl  Thursday, January 19 1:00-3:00 pm Registration Required Call 695-7119	Physical Therapy Benefits  Wednesday, January 18 11:15-12:00 pm Registration Required Call 695-7119	Paper Flowers  Monday, January 30 1:00 pm Registration Required Fee \$3 Call 695-7119



## Buchanan Area Senior Center

810 Rynearson St.  
Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: [adam@thebasc.org](mailto:adam@thebasc.org)

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



J  
A  
N  
U  
A  
R  
Y

2023

### **MEET OUR STAFF:**

**Executive Director:**

Adam Burck

**Office Manager:**

Jayne 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 Help—Council & Advocacy:** 1-888-783-8190

**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, Senior Nutrition Services / Region IV Area Agency on  
Aging, Public and Private Groups, Individual Donations,  
Fund Raising Activities, Area Grants, and very dedicated Volunteers.