



Buchanan Area Senior Center

December 2022

# Buchanan Area Senior Chronicle

"Happy, Active, Living"

## BASC HOLIDAY BAZAAR & SLOPPY JOE LUNCHEON

**BASC Holiday Bazaar  
Over 25 Vendors!**

**Saturday, December 3, 9:00 am—2:00 pm**

Grab your family/friends and come on by to shop for the holiday and make sure you get something special for you!



Buy your door prize tickets for a chance to win!

BASC will be selling one of a kind ornaments representing the BASC, Buchanan High School and Scarecrow Charities!  
(See page 4 for more info.)

BASC will be selling yummy baked goods!

On your way out pick up a boxed sloppy joe lunch!  
See you on December 3!

## HOLIDAY PARTY & POTLUCK



Join us at the BASC for some holiday cheer, comfort food, tasty dessert, door prizes, and bingo!

**Holiday Party & Potluck  
Wednesday, December 14  
Noon—3:00 pm**

The BASC will provide the meat and bread, The Willows will provide potatoes, and PACE will provide green beans.

Please bring your favorite side dish, salad or dessert to share with everyone.

## NEW YEAR'S PARTY

3,2,1.... Happy New Year!  
Can you believe another year has gone by and we are about to welcome 2023!?

**Stop by the BASC to be with friends  
and to give a toast to the new year!**

**New Year's Party  
Friday, December 30  
1:00—3:00 pm**

Ice Cream Social provided by Brentwood.



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## BASC HOLIDAY CLOSINGS

The BASC Staff &  
Board of Directors  
wishes everyone a wonderful  
holiday full of comfort and joy.

We will be closed the following  
days to enjoy time with our family  
and friends.

Friday, December 23  
Monday, December 26  
Monday, January 2

Be Safe!  
Happy Holidays!



### 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 WNDU-16. If you are in doubt, please call us at 695-7119.

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 November 16 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

**ZUMBA LOW-IMPACT 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:**  
Wednesdays at 1:00 pm

**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  
**No Fiber Friends on  
December 2 & 30**



## **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, December 13, 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, December 15, 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 Hilltop Café, Buchanan, MI on December 30. Please indicate when you make your reservation to let us know if you can drive others 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, Thursday, December 8, 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 Community Home Care Services. Join in the fun at the BASC on Wednesday, December 28, at 1:00 pm.**
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, December 21, at 12:30 pm, provided by Woodland Terrace. Root Beer Floats cancelled for December.**
- ♦ **ICE CREAM SOCIAL:** Brentwood at Niles treats the BASC to a monthly Ice Cream Social on the last Monday of each month. **December ice cream social will be at the New Year's Party on Friday, December 30 at 1:00 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, December 7.**
- ♦ **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.**

**Lunch Bunch  
will meet on  
December 30  
at  
Hilltop Cafe**

**Day Programs  
Cancelled on  
December 14  
Root Beer Floats  
Cancelled**

**No Fiber Friends  
on December 2 & December 30  
~~~~~  
No Ice Cream Social  
on Monday, December 26**

**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: AARP TAX-AID PREPARATION

Would you like to learn more about the AARP Tax-Aid Preparation and even become a volunteer to help 60+ years old with electronic tax-aid preparation?

The Tax-Aid Preparation is a wonderful program, however, in order for the program to be successful in helping our community, AARP needs volunteers. If not you, perhaps someone you know would be interested.



**AARP**  
**Tax-Aid Preparation**  
**Learn about their program and**  
**sign up for the volunteer training.**  
**Wednesday, December 7, at 9:00**



**Fasting Blood Sugar Testing**  
**Wednesday, December 7**  
**9:00 to 10:00 am—During Coffee Chat.**  
**Testing and refreshments provided by Buchanan Meadows.**

## PAPA VINO'S ITALIAN KITCHEN

December welcomes the holiday season  
with decorated trees and  
festive garland wrapped around banisters.

**Please join us for a holiday lunch at**  
**Papa VINO's Italian Kitchen**  
**on Tuesday, December 6th, 12:00 pm**

**Lunch is patron's responsibility,**  
**please plan to leave a tip for your server.**  
**Registration is required.**  
**Please call 695-7119 to reserve your seat.**



When you register please indicate if you are riding in the van, meeting at the BASC and following the van, or meeting at Papa VINO's, 5110 Edison Lakes Parkway, Mishawaka, IN. If you are riding in the van or following the van please be at the BASC by 11:15 am.

## FLORAL ARRANGEMENT WITH THE GIRL SCOUTS

Have fun making a floral arrangement with the Girl Scouts Troop 52020, Buchanan 4th and 5th grade girls. Maybe even share some giggles!

The Girl Scouts are working toward a badge as well as a service project such as contributing to a food pantry or shelter.

Please help us help them achieve their goals and have fun along the way.



**Girl Scouts®**

**Floral Arrangement with the Girl Scouts**  
**Thursday, December 29**  
**1:00—3:00 pm**  
**All material is provided.**  
**\$5 fee which will go toward the Girl Scouts**  
**service project. Feel free to donate an**  
**additional amount.**  
**Call 695-7119**  
**to reserve your space.**

## COMMUNITY EVENTS



Grandparents let your  
grandchildren know about  
Letters to Santa!

Elves left the folks at  
Buchanan City Hall  
special instructions to make sure  
all the kid's letters get  
delivered to the North pole  
before Santa loads his sleigh on  
Christmas Eve.



**Buchanan-Galien**  
**Lions Club**

**Nut and Candy Sale**

Looking for last-minute  
Christmas gifts, hostess gifts,  
or snacks to have on hand  
when company comes?

The Buchanan-Galien Lions Club  
is selling premium bagged  
nuts and candy at locations  
throughout Buchanan in their  
annual fundraiser. Proceeds  
go to their programs.

The BASC is one of the  
participating locations, so stock  
up next time you are here!



**Gene Wesner Automotive**  
**& RAM**  
**Annual Toy Drive**

Your Money and Toy Donations  
can be dropped off at  
Gene Wesner Automotive  
201 Redbud Trail North,  
now through December 15,  
Monday—Friday,  
8:00 am—5:00 pm



## BASC RECRUITING VOLUNTEERS FOR AARP TAX-AIDE PROGRAM

We are looking for compassionate and friendly people to join our team of AARP Tax-Aide volunteers for the upcoming tax season. Tax-Aide is a free program that makes it easier for older taxpayers to file their tax returns. Neighbors like you help prepare tax returns or serve in other ways, like organizing client paperwork, managing computer equipment, acting as interpreters, or making sure everything runs smoothly. There's a role for everyone. Our volunteers come from a variety of industries and span from retirees to college students.

We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. Our elders love coming to the Buchanan Area Senior Center to socialize and to take part in the many programs and services, and they rely on the annual AARP Tax-Aide Program to help them file their taxes correctly and efficiently. The AARP Tax-Aide Preparation Training is January 9 - 13, 2023. Call the BASC today to sign-up at 269-695-7119 or email [info@thebasc.org](mailto:info@thebasc.org)



## MOVIE MATINEE

**Second Friday, December 9, at 1:00 pm**  
**Third Friday, December 16, at 1:00 pm**

### December 9: Hugo



Orphaned and alone except for an uncle, Hugo Cabret (Asa Butterfield) lives in the walls of a train station in 1930s Paris. Hugo's job is to oil and maintain the station's clocks, but to him, his more important task is to protect a broken automaton and notebook left to him by his late father (Jude Law). Accompanied by the god-daughter (Chloë Grace Moretz) of an embittered toy merchant (Ben Kingsley), Hugo embarks on a quest to solve the mystery of the automaton and find a place he can call home.

### December 16: The Holiday



The Holiday was filmed in both California and England, and stars Kate Winslet and Cameron Diaz as Iris and Amanda, two lovelorn women from opposite sides of the Atlantic Ocean, who arrange a home exchange to escape heartbreak during the Christmas and holiday season.



## COLLECTIBLE ORNAMENTS REPRESENTING BUCHANAN

The BASC has something new and just in time for the holidays!

We are selling three collectible, one of a kind, hand painted ornaments.

Choose one, two or all three ornaments!

All proceeds will go toward the Russell Stephens Memorial Sunroom.

Each ornament is \$25 and you can purchase the stand for an extra \$3!

We can ship the ornament to you! Shipping cost is purchasers responsibility.

Call Caryn at 269-695-7119 to order your ornaments!

Buchanan High School  
Celebrating 100 Years



Buchanan  
Scarecrow Charities



Buchanan Area  
Senior Center



## WORD SEARCH:

Find and circle all of the Christmas Tree words that are hidden in the grid.  
The remaining 53 letters spell a secret message.

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

## HAVE FUN!

ANGEL  
ARTIFICIAL  
BRANCHES  
CANDY CANES  
CELEBRATION  
DECEMBER  
DECORATE  
DECORATIONS  
FESTIVE  
FRESH CUT  
GARLAND  
GIFTS  
GREEN  
LARGE  
LIGHTS  
NEEDLES  
ORNAMENTS  
PINE  
PRESENTS  
PURCHASE  
REAL  
SCENT  
SETTING UP  
SKIRT  
SMALL  
SPRUCE  
STAND  
STAR  
TAKING DOWN  
TINSEL  
TOPPER  
TRADITION  
TREE FARM  
TREE LOT  
TRUNK  
WATER  
YEARLY

## SUDOKU

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





**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, December 15**

**1:00—2:00 pm**

**Second Pick-Up Date**

**Monday, December 19**

**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  
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  
please 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. Anyone reserving a meal  
three times but not showing up, will  
not be able to eat at the site for three  
months.
- 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.

**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.*

Monday, December 5, 2022—11:00 AM - Berrien Coun-  
ty (Drive Thru), Benevolent Ministries @ 2nd Baptist  
Church, 600 Donald Atkins Dr., Benton Harbor, MI 49022



Tuesday, December 6, 2022—3:30 PM - Berrien County (Drive Thru), Harbert  
Community Church, 6444 Harbert Road, Sawyer, MI 49125

Wednesday, December 7, 2022—4:30 PM - Berrien County (Drive Thru), Wood-  
land Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Friday, December 9, 2022—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

Saturday, December 10, 2022—11:00 AM - Berrien County (Drive Thru), Mt. Cal-  
vary Missionary Baptist Church, 601 Ferry Street, Niles, MI 49120

**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

# DECEMBER 2022

## Menu Is Subject To Change Without Notice

| Monday                                                                                                                                                           | Tuesday                                                                                                      | Wednesday                                                                                                     | Thursday                                                                                                             | Friday                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>Meals provide (average per week)</b><br><b>Carbs: 75 grams</b><br><b>Calories: 800 average</b><br><b>Sodium: 800 mgs. average</b><br><b>Protein: 19 grams</b> |                                                                                                              |                                                                                                               | 12/1<br>Roast pork w/ gravy<br>Steamed broccoli<br>Mashed potatoes<br>Roll<br>Apple crisp                            | 12/2<br>Glazed turkey ham<br>Roasted potatoes<br>Green bean casserole<br>WW roll<br>Pudding with fruit                            |
| 12/5<br>Lemon tilapia over rice<br>Orange glazed carrots<br>Green beans<br>Roll<br>Yogurt with fruit                                                             | 12/6<br>Chicken tetrazzini<br>Italian blend veggies<br>Mixed green salad<br>Breadstick<br>Peaches            | 12/7<br>Philly steak sandwich w/ cheese<br>Peppers and onions<br>SW Blend<br>Steak bun<br>Pears               | 12/8<br>Beef & broccoli<br>Rice<br>Peas<br>Mandarin oranges                                                          | 12/9<br>Roast pork<br>Mashed potatoes<br>Mixed vegetables<br>Roll<br>Jello w/ fruit                                               |
| 12/12<br>Sloppy joes<br>Mexican corn<br>SW mixed vegetables<br>Bun<br>Pineapple                                                                                  | 12/13<br>Italian chicken quarter<br>Au gratin potatoes<br>Stewed tomatoes<br>Roll<br>Fruit yogurt            | 12/14<br>Beef stroganoff w/ peas and<br>onions over noodles<br>Baked cauliflower<br>WW roll<br>Fruit crisp    | 12/15<br>Honey garlic chicken<br>Baked red potatoes<br>Lima beans<br>Roll<br>Citrus mix                              | 12/16<br>Liver & onions<br>Mashed potatoes<br>Carrots<br>Roll// Cinnamon applesauce<br>Birthday cake                              |
| 12/19<br>Shepherd's pie w/<br>Mashed potato, carrots,<br>peas<br>Steamed greens<br>Roll<br>Mixed fruit cup                                                       | 12/20<br>Hot beef sandwich<br>Peppers & onions<br>Potato wedges<br>Whole grain steak bun<br>Mandarin oranges | 12/21<br>Spaghetti w/ meat sauce<br>Peas and carrots<br>Broccoli<br>Breadstick<br>Pears                       | 12/22 XMAS MEAL<br>Roast beef w/ gravy<br>Mashed potatoes<br>Creamed Corn<br>Silver dollar roll<br>Christmas dessert |                                                                                                                                   |
|                                                                                                                                                                  | 12/27<br>Fish sandwich<br>Spinach<br>Stewed tomatoes<br>Bun<br>Peaches                                       | 12/28<br>Chicken fajitas W/ sauteed onions<br>and peppers<br>Black beans<br>Mexican rice<br>Tortilla<br>Juice | 12/29<br>Chicken lasagna w/<br>tomatoes<br>Italian vegetables<br>Breadstick<br>Jello w/ fruit                        | 12/30<br><b>GOOD LUCK MEAL</b><br>Cabbage rolls w/ rice &<br>meat/ Greens<br>Black eyed peas /cornbread<br>Oranges/ Birthday cake |

## RECIPE: Roasted Garlic Potatoes and Green Beans



These baked potatoes and green beans are seasoned with delicious garlic and spice blend then roasted to perfection.

### Directions:

1. Preheat oven to 400 degree F
2. Boil halved baby potatoes for 8 minutes. At 6 minutes, throw the fresh green beans in boiling water with the potatoes. Drain and transfer to a large bowl.
3. Add garlic powder, minced garlic, salt, black pepper, and Italian seasoning, pour olive oil over mixture, and toss to combine with green beans and potatoes.
4. Spread prepared green beans and baby potatoes on a baking sheet in one single layer and roast for 20-25 minutes, stirring halfway through. Remove from oven, transfer to a serving plate and serve immediately, garnish with fresh chopped parsley.



### Ingredients:

- 1 lb fresh green beans
- 1 lb baby potatoes
- 1/4 cup olive oil
- 1 tsp garlic powder
- 6 large cloves of garlic
- 1 tsp salt
- 1 tsp fresh cracked black pepper
- 1 tbs Italian seasoning
- Fresh chopped parsley, for garnish

## BAKERS NEEDED

### Bakers Needed for the Christmas Bazaar!!!

The BASC is continuing our fundraising for the Russell Stephens Memorial Sunroom and we need your help in baking treats and/or making breakfast food such as quiches and cinnamon rolls to sell at our holiday bazaar on December 3. Be creative in what you bake and cook.



## BAKE SALE

Bring your homemade baked goods and breakfast items to the BASC by 2:00 pm on Friday, December 2. Please mark your package with the name of the item, also note if the item was made with nuts.

We appreciate you!!! Thank you!!!

**THE FRIENDS OF MCOY'S  
CREEK TRAIL EXECUTIVE  
COMMITTEE EXPRESSES  
THEIR HEARTFELT THANKS  
FOR THOSE WHO DONATED  
CANDY FOR TREK OR TREAT.**

## BASC BOARD MEETING

Attend the BASC Board Meeting  
Thursday, December 8,  
at 3:00 pm.

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



## CHAIR FITNESS—QIGONG

If the afternoon would be a better time for you to get out to do some exercise during the winter, you're welcome to join the Qigong (chi gong) group on Mondays at 2:00 pm.

Qigong is a routine of low impact movements based on Tai Chi. You can adapt the routine to your abilities—sitting in a chair, standing or combination. The goal is to maintain or improve flexibility, leg strength and balance. Why not try it?

## PILL DROP OFF SAFELY DEACTIVATE MEDICATION

**Pill Drop Off—Safely Deactivate Medication  
Thursday, December 8, at 1:30—2:30 pm**

The Area Agency on Aging, Inc. has generously given the BASC several DETERRA drug deactivation system pouches to help our patrons remove outdated and unwanted medications (pills, liquid, and patches) from their homes.

Please stop by the BASC on Thursday, December 8, 1:30—2:30 pm and to have your medication safely deactivated and disposed. You may also pick up a DETERRA drug deactivation system pouch to take home.

The DETERRA System deactivates drugs, using activated carbon rendering them inert, unavailable for misuse, non-retrievable for all practical purposes and safe for the environment.



## 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, Linda Luhrsens, Janis Sexton, Bobbi Benak, Pam Sten, Jill Garmire, Kay Schadler, Gillian Robbins, Linda Abair, Phyllis Davis, Lisa Weed, Yolanda Julian. *\*Indicates Board Member*

**In Kind Donations:** Joan McGuire, Linda Abair, Wanda Middlebrook, Marilyn White, Jill Garmire, Joanne Pugh, Jenny Chapla, Wendi Stephenson, Vicki Liska, LuAnn Starters, Janet Carpenter, Janis Sexton, Flo Sasaki, Carol Carroll, Lois Willis, Pat Burns, Pat Robbins, Bob Dings, Nan Skopeck, Dawnita Burgoyne, Pat Hollis.

**Dollar Club:** Chuck Clem, Howard Jackson, Julie Deeds, Pat Casto.

**General Fund:** Janis Sexton

**Program Fund:** Janis Sexton.

**Medical Transportation Donation:** Pat Casto, Sue Kalus, Karen Jackson.

**Memorial Donation:** John Rose for Dawne Nelson, Linda Abair for Nancy Fehlner, Judy Vergon for Nancy Fehlner.

### SPECIAL THANK YOU FOR ANNUAL APPEAL DONATIONS!

Vergie Wolfe, Terry Perkins, Jerry Pilot, Judy Vergon, Jeff Letcher, Bob Dings, Victoria Eberhard, Pamela Wright, Lauren Kruger, Linda Holcomb Martin, Myra Dockery Ramey, Pat Rosette Robbins, Margo Green, Beverly Matthews, Janis Sexton, Jeanne Harris, Dennis Paskiet.



### Thank you for those who uses Harding's Friendly Market Points toward the BASC!

Karol Behrle, Patsy Brcka, Adam Burck, Alan Chambers, Barb Chandler, Jan Ferris, Lesley Hughes, Kenneth Kaufmann, Donna Lace, Chris Nordstrom, Kerri Pettie, Cheryl Pettke, Jodi Phillips, Kay Schadler, Janet Seals, Kim Sears, Janis Sexton, Mary Speckine, Kimberlee Thurston, Laura Upton, Tammy Wilson



**Thank you to the amazing BASC Garden Tenders! These ladies take time each week to water, weed and harvest the eight vegetable/herb raised beds. Be sure to say thank, Jeannine Davie, Judi Jason, Jeanne Harris, Pat McBain, Kay Schadler, Diana Smuda (pic only), and Jill Garmire.**

### CARD GAME WINNERS

#### Monday Euchre

10/10 1st Place: Bob Marsh  
10/17 1st Place: Connie Larson  
10/24 1st Place: Dick Rossow  
11/02 1st Place: Wayne Hentsch

2nd Place: Sandra McCarthy  
2nd Place: Duane S & Wayne H  
2nd Place: Wendi Stephenson  
2nd Place: Sue R & Donna G

H/M: Ken Callahan  
H/M: Herb Boyersmith  
H/M: Wally C & Carol H  
H/M: Wendie Stephenson

#### Wednesday Evening Euchre

10/12 1st Place: Wendie Stephenson  
10/19 1st Place: Wendie Stephenson  
10/26 1st Place: Donna Sarley  
11/07 1st Place: Danny Sandmann

2nd Place: Ronna  
2nd Place: Bob Marsh  
2nd Place: Connie Larson  
2nd Place: Wally Casto

H/M: Patti Wargo  
H/M: Patti Wargo  
H/M: Wally Casto  
H/M: Kay Schadler

#### Tuesday Pinochle

09/20 1st Place: Herb Boyersmith  
09/27 1st Place: Danny Sandmann  
10/04 1st Place: Pat Peterek  
10/11 1st Place: Herb Boyersmith

2nd Place: Maxine Holder  
2nd Place: Marilyn Holden  
2nd Place: Marilyn Holden  
2nd Place: Mary Speckine

#### Hand and Foot

09/28 1st Place: Eldon Meschke  
10/05 1st Place: Eldon Meschke  
10/12 1st Place: Rosalie Holloway  
10/19 1st Place: Kay Schadler

#### Wednesday Evening Pinochle

09/21 1st Place: Edie Styburski  
09/28 1st Place: Danny Sandmann  
10/05 1st Place: Dave Lange  
10/12 1st Place: Chuck Underly

2nd Place: Gloria Linde  
2nd Place: Gail Moad  
2nd Place: Gail Moad  
2nd Place: Pat Peterek

#### Mah Jongg Best Weekly Score

10/13 Kay Foster  
10/17 Pat B & Rosalie H  
10/27 Judy B, Lois H & Rosalie H  
11/03 Judy B & Kay F

## HONORING VETERANS

If you have been by the BASC, you have seen a box to donate your cans and bottles. Garrick has been collecting cans and bottles throughout our community and have raised over \$900!

**The money will be donated to Veterans of Buchanan, through the American Legion on December 1, at 7:00 pm.** If you are a veteran, please join Garrick at the American Legion to be honored and receive a gift card.

## CONGRATULATIONS TO THE RE-ELECTED BOARD MEMBERS



Pictured, front row, left to right: Jeanne Harris, President; Monroe Lemay; Leona Wonacott; and Sabine Wheetley; Back row, left to right, Deb Hendrix, Secretary; Richard Martin, Treasurer; Josetta Bibbs; Adam Burck, Executive Director; Jess Minks, Vice President; and Terri Sisk.

## SOUTHWEST MICHIGAN SYMPHONY ORCHESTRA SENIOR DISCOUNTED TICKETS

SMSO is presenting Hollywood Holiday on Saturday December 10, at 7:30 pm at the Mendel Center Mainstage, 1100 Yore Ave., Benton Harbor, MI. Discounted tickets are \$15. Please call the BASC at 269-695-7119 to reserve your space. Tickets will be available the day of the event at the Mendel Center.



Patrons painting a snowman on their wine bottles.

**Thank you for those who made mittens for the Buchanan Preschool students!  
You are greatly appreciated!!!**



Fun times at the BASC Halloween Party!



Honoring Veterans with Flags



## 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 - December 2022 Calendar

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

| Monday                                                                                                                                                                                                                               | Tuesday                                                                                                                                            | Wednesday                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                       | Friday                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Holiday Bazaar</b><br><br><b>Saturday, December 3</b><br><b>9:00 am—2:00 pm</b><br><br><b>Boxed  Sloppy Joe Lunch Available</b>                                                                                                   | <b>Holiday Party &amp; Potluck</b><br><br><b>Wednesday, December 14</b><br><br><b>Noon—3:00 pm</b>                                                 | <b>New Year's Party</b><br><br><b>Friday December 30</b><br><br><b>1:00—3:00 pm</b>                                                                                                                   | <sup>1</sup><br><b>11:00 Chair Yoga with Ulrike</b><br><b>1:00 Mah Jongg</b><br><b>1:00 Game Day</b>                                                                                                                           | <sup>2</sup><br><b>9:00 Powerbeats with Missy</b><br><b>10:00 Chair Fitness with Lizz</b><br><b>1:00 Fiber Friends</b>                                            |
| <sup>5</sup><br><b>10:00 Chair Fitness with Linda</b><br><b>11:00 Zumba Low-Impact with CeCe</b><br><b>1:00 Euchre</b><br><b>1:00 Mah Jongg</b><br><b>2:00 Qigong Exercise</b>                                                       | <sup>6</sup><br><b>9:00 Osteo Fit with Missy</b><br><b>12:00 Papa Vino's Luncheon</b><br><b>1:00 Pinochle</b><br><b>1:00 Quilting &amp; Sewing</b> | <sup>7</sup><br><b>9:00 Coffee Chat</b><br><b>9:00 Fasting Blood Sugar</b><br><b>10:15 Chair Fitness with CeCe</b><br><b>1:00 Hand &amp; Foot Cards</b><br><b>6:00 Pinochle</b><br><b>6:00 Euchre</b> | <sup>8</sup><br><b>9:00 Foot Clinic</b><br><b>11:00 Chair Yoga with Ulrike</b><br><b>11:30 Blood Pressure Check</b><br><b>1:00 Mah Jongg</b><br><b>1:00 Game Day</b><br><b>1:30 Pill Drop Off</b><br><b>3:00 Board Meeting</b> | <sup>9</sup><br><b>9:00 Powerbeats with Missy</b><br><b>10:00 Chair Fitness with Lizz</b><br><b>1:00 Fiber Friends</b><br><b>1:00 Movie Matinee: Hugo</b>         |
| <sup>12</sup><br><b>10:00 Chair Fitness with Linda</b><br><b>11:00 Zumba Low-Impact with CeCe</b><br><b>1:00 Euchre</b><br><b>1:00 Mah Jongg</b><br><b>2:00 Qigong Exercise</b>                                                      | <sup>13</sup><br><b>9:00 Osteo Fit with Missy</b><br><b>1:00 Pinochle</b><br><b>1:00 Quilting &amp; Sewing</b><br><b>2:00 Hearing Aid Check</b>    | <sup>14</sup><br><b>12:00 Holiday Party &amp; Potluck</b><br><b>6:00 Pinochle</b><br><b>6:00 Euchre</b>                                                                                               | <sup>15</sup><br><b>9:30 Eyeglass Repair</b><br><b>10:30 Book Club</b><br><b>11:00 Chair Yoga with Ulrike</b><br><b>1:00 Mah Jongg</b><br><b>1:00 Game Day</b><br><b>1:00 Monthly CSFP Commodities</b>                         | <sup>16</sup><br><b>9:00 Powerbeats with Missy</b><br><b>10:00 Chair Fitness with Lizz</b><br><b>1:00 Fiber Friends</b><br><b>1:00 Movie Matinee: The Holiday</b> |
| <sup>19</sup><br><b>10:00 Chair Fitness with Linda</b><br><b>11:00 Zumba Low-Impact with CeCe</b><br><b>1:00 Euchre</b><br><b>1:00 Mah Jongg </b><br><b>1:00 2nd Pick-Up Monthly CSFP Commodities</b><br><b>2:00 Qigong Exercise</b> | <sup>20</sup><br><b>9:00 Osteo Fit with Missy</b><br><b>1:00 Pinochle</b><br><b>1:00 Quilting &amp; Sewing</b>                                     | <sup>21</sup><br><b>10:15 Chair Fitness with CeCe</b><br><b>1:00 Birthday Bingo</b><br><b>1:00 Hand &amp; Foot Cards</b><br><b>6:00 Pinochle</b><br><b>6:00 Euchre</b>                                | <sup>22</sup><br><b>11:00 Chair Yoga with Ulrike</b><br><b>11:30 Blood Pressure Check</b><br><b>1:00 Mah Jongg</b><br><b>1:00 Game Day</b>                                                                                     |                                                                              |
| <sup>26</sup><br>                                                                                                                                  | <sup>27</sup><br><b>9:00 Osteo Fit with Missy</b><br><b>1:00 Pinochle</b><br><b>1:00 Quilting &amp; Sewing</b>                                     | <sup>28</sup><br><b>10:15 Chair Fitness with CeCe</b><br><b>1:00 Hand &amp; Foot Cards</b><br><b>6:00 Pinochle</b><br><b>6:00 Euchre</b>                                                              | <sup>29</sup><br><b>11:00 Chair Yoga with Ulrike</b><br><b>1:00 Mah Jongg</b><br><b>1:00 Game Day</b><br><b>1:00 Floral Arrangement with the Girl Scouts</b>                                                                   | <sup>30</sup><br><b>9:00 Powerbeats with Missy</b><br><b>10:00 Chair Fitness with Lizz</b><br><b>11:30 Lunch Bunch</b><br><b>1:00 New Year's Party</b>            |

The BASC will be closed on Monday, January 2.

Happy New Year!!



## 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)

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2022

### **MEET OUR STAFF:**

**Executive Director:**

Adam Burck

**Office Manager:**

Jayme Marrow

**Administrative Assistant**

**/ Receptionist:**

Caryn Adler

**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.