



Buchanan Area Senior Center

March 2023

Buchanan Area Senior Chronicle

“Happy, Active, Living”

3 MEALS UNDER \$30

River St. Joe Chef and Vegetable Whisperer Tony Houser will be at the BASC to teach you how to cook 3 meals under \$30.

Tony will use one protein to prepare three easy dinner ideas. The total cost for all three meals will be under \$30! He will teach you fun ways to reduce the cost of daily meals as well as reducing food waste.



3 Meals Under \$30 with Chef Tony Houser
Wednesday, March 29, 2:00–3:30 pm
Fee is \$15/person or \$25/2 people
Cash or check payable to Tony Houser
Payment due by March 15
(Bring a friend and save money!)

Registration is required and space is limited.
Call 695-7119 to reserve your space.

SIMPLIFY YOUR HOME BY DECLUTTERING

Sabine Wheatley is dedicated to giving you tools to understand how the process of decluttering can work for you. Once you get started and find your flow in this method, you will find greater confidence, a balanced lifestyle and find more joy in your life. Learn how to get into the declutter mindset. Mindset really matters. By changing the way you think about decluttering and shifting your attitude, you can make life easier and more fulfilling. Reduced clutter brings about an organized and safe environment. This, in turn, optimizes your time, gives you control over your schedule, promotes a more mental, balanced and fruitful life.



Simplify Your Home by Decluttering
Tuesday, March 7, at 1:30 pm
Please call 695-7119 to reserve your seat.

BAKELESS BAKE SALE

No Baking and No Fuss Required for the Annual Bakeless Bake Sale!

No baking is required for this fundraising event. All you have to do is consider what you might have contributed in time, energy, resources, and/or purchasing items at a traditional bake sale, and place that amount in the envelope enclosed in the newsletter mailing. Drop the envelope in the mail or bring it to the center.



Proceeds from our biggest fundraiser of the year will go to fund the Russ Stephens Memorial Sunroom.

Thank you in advance for your generosity and support!



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CORRECTION FROM FEBRUARY'S NEWS FROM THE EXECUTIVE DIRECTOR

The last sentence of the Executive Directors article was cut off in the BASC February newsletter. We apologize for the confusion. The last sentence should have read: Please know if you would like to view the annual audit, you are welcome to come by the BASC office to do so.

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 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 11:30 am.

GLASSES ADJUSTMENT AND REPAIR:
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: 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



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, March 14, 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, March 16, 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 Rise N Shine Café, 2616 Detroit Rd, Niles on March 24. 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 11:00 am or at the diner at 11:30 am.** 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, March 9, 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 Riveridge Rehabilitation & Healthcare Center. Join in the fun at the BASC on Wednesday, March 22, at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, March 15, 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. **March 27, 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, March 1.**
- ◆ **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.

No afternoon programs on Thursday, March 9

"We now accept the fact that learning is a lifelong process of keeping abreast of change. And the most pressing task is to teach people how to learn."

~ Peter Drucker

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: FERNWOOD BOTANICAL GARDEN & NATURE PRESERVE

Did you know that in 1941 Fernwood began in a country home and became a public botanical garden in 1964?

Fernwood is a beautiful 104 acre garden providing an arboretum, prairie restoration, many gardens, and along the St. Joe River in the Niles/Buchanan area.



Carol Line, Executive Director, will share Fernwood's history, what there is to see and do, and what is happening in 2023 at the BASC March Coffee Chat.

**Join us on Wednesday, March 1, at 9:00 am
to learn more about Fernwood
Botanical Garden and Nature Preserve**



**Fasting Blood Sugar Testing
Wednesday, March 1
9:00 to 10:00 am—During Coffee Chat.
Testing and refreshments provided by
Buchanan Meadows.**

DEMENTIA CARE & UNDERSTANDING

Dementia Education and Understanding is a training for family caregivers that provides education on the different forms and causes of dementia, gives insight into the progression of cognitive decline, and offers tools to better understand how to provide care for the unique needs and challenges that individuals with dementia face. This training also focuses on the needs of the caregivers who selflessly give to their loved ones and offers tools for self-care to ensure that caregivers are also taking time to care for themselves. This training is provided by Stephanie Kostizen, LMSW, ACHP-SW who is a hospice social worker and veteran advocate for Caring Circle and Corewell Health South.

**Dementia Care & Understanding
Thursday, March 23, at 1:00 pm
Please call 695-7119
to reserve your seat.**



**DEMENTIA
CARE
EDUCATION**

FITNESS EQUIPMENT ORIENTATION

Do you ever wonder how to use the machines in the fitness room?

Missy, one of the BASC fitness instructors, will show you how to use the fitness machines which will give you the opportunity to familiarize yourself with the equipment and help get you started on your fitness journey.



**Fitness Equipment Orientation
Friday, March 3, at 11:15 am
Please call 695-7119
to register for the class.**

COMMUNITY EVENTS

Fish Fry!
Friday, March 3
4:00—7:00 pm
(or while supplies last)

St. Anthony Catholic Church
509 W. Fourth St.
Buchanan, MI

Adults: \$12
Seniors: \$10
Children 4-11: \$6



Buchanan-Galien
Lions Club
Corned Beef & Cabbage
St. Patrick's Dinner
\$15 a person
Friday, March 17th
3:00 to 7:00 pm
Buchanan Area
Senior Center
Drive Thru Only
810 Rynearson Street
For tickets
call 269-470-0571
or stop by
Redbud Insurance or
the BASC



Spring Break
Guided Scavenger Hunt at
Fernwood Botanical Garden
Tuesday, March 21,
10:30—11:30 am
Call Fernwood at
269-695-6491
for more information.



AARP TAX-AIDE PREPARATION



AARP Tax-Aide preparation at the BASC has opened up appointments outside the BASC service area. Appointment times are limited.

The Buchanan Area Senior Center will once again offer free assistance in filing taxes (e-filing) for seniors (55+) who live in the BASC service area, through the AARP Foundation Tax-Aide Program.

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

Pick up an "Intake Form" at the BASC before your scheduled tax appointment. Complete the "Intake Form" and return at your scheduled appointment.

Please bring the following documents to your scheduled tax appointment:

1. Social Security card and picture ID's for both you and your spouse.
2. All monthly or annual income statements for you and your spouse (W-2s, 1099s, etc.).
3. Social Security Benefit Statement(s), for SSA-1099, SSI Statement(s).
4. Pension(s) and information pertaining to the company you receive it from (1099-R).
5. All interest and dividend statements from your financial institution (1099-INT and 1099-DIV).
6. Homeowners bring your property tax bills for both winter and summer.
7. Renters bring in landlord contract including name and address. You will need to know your rent payment amount.
8. Total heat cost from the previous year.
9. Health insurance premiums you pay.
10. Completed "Intake Form."

Very Important to bring...

11. Blank Check

MOVIE MATINEE

Second Friday, March 10, at 1:00 pm
Fourth Friday, March 24, at 1:00 pm

March 10: Gambit



Harry Deane (Colin Firth) is a man with a plan. Art curator for media tycoon Lord Lionel Shabandar (Alan Rickman), Harry devises an elaborate plot to con his abusive boss, Shabandar, into purchasing a take Monet painting. With the help of beautiful rodeo queen PJ Puznowski (Cameron Diaz), Harry hatches a scheme to fool Shabandar into believing that Harry's expert forgery is the real deal, pocketing a hefty sum in the process. But with the con proving harder to pull off than they had first intended, Harry and PJ find themselves in increasingly hilarious situations in order to see the job through to the end.

March 24: Ticket to Paradise



Academy Award winners George Clooney and Julia Roberts reunite on the big screen as exes who find themselves on a shared mission to stop their lovestruck daughter from making the same mistake they once made. From Working Title, Smokehouse Pictures and Red Om Films, Ticket to Paradise is a romantic comedy about the sweet surprise of second chances. PG-13

CRAFT CLASS: FRENCH SEAM PILLOWCASES

Learn how to make a pillowcase step by step using a French seam, which encloses all edges and your pillowcase will look professional.

Fabric will be provided in a variety of colors, patterns, and materials. You are welcome to bring your own fabric. For each pillowcase you will need three different color fabric, 1/2 yard for the trim, and 1 yard for the main section of the pillowcase. You are also welcome to bring your sewing machine.

French Seam Pillowcases

**Tuesday, March 21, at
10:00 am — 12:00 pm**

**Fee is \$3 for
two pillowcases
Cash Only**



**Registration required and space is limited
Call 695-7119 to reserve your seat.**

WORD SEARCH: Families

HAVE FUN!

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a special occasion for families.

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

ANCESTOR
 AUNT
 BOND
 BROTHERS
 CHILDREN
 CLAN
 COUSINS
 DAD
 DAUGHTER
 DESCENDANTS
 FATHER
 FOLKS
 GENEALOGY
 GRANDPARENT
 HALF BROTHER
 HALF SISTER
 HUSBAND
 KIN
 MARRIAGE
 MOM
 MOTHER
 NEICE
 NEPHEW
 NEWLYWED
 OFFSPRING
 PARENTS
 PROGENY
 RELATIONS
 RELATIVES
 SIBLING
 SISTERS
 SON
 SPOUSE
 STEPPARENT
 TRIPLETS
 TWINS
 UNCLE
 WIFE

SUDOKU

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



**WE
 ARE
 FAMILY**



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, March 9 1:00—2:00 pm

Second Pick-Up Date Monday, March 13 1:00—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 business 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.

Wednesday, March 1, 2023—4:30 PM - Berrien County (Drive Thru), Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106



Tuesday, March 7, 2023—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Friday, March 10, 2023—4:00 PM - Berrien County (Drive Thru), Eau Claire Seventh Day Adventist Church @ Pipestone Berrien Township Fire Department, 6265 W. Main St., Eau Claire, MI 49111

Monday, March 13, 2023—4:00 PM - Berrien County (Drive Thru), Kinexus, 499 W Main St., Benton Harbor, MI 49022

Wednesday, March 15, 2023—4:00 PM - Berrien County (Drive Thru), Stevensville United Methodist Church, 5506 Ridge Road, Stevensville, MI 49127

Monday, March 27, 2023—4:00 pm—Berrien County (Drive Thru), Galien River Church @ Galien American Legion, 402 N. Main Street, Galien, MI 49113

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



Arc Agency on Aging, Inc.
SPECIALTY IN AGING



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

March 2023

Menu Is Subject To Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals provide (average per week)</p> <p>Carbs: 75 grams</p> <p>Calories: 800 average</p> <p>Sodium: 800 mgs. average</p> <p>Protein: 19 grams</p> <p>Total Fat : 30%</p>	<p>1 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 Mongolian beef over rice</p> <p>Oriental vegetables</p> <p>Peas</p> <p>Vanilla pudding w/ fruit</p>	<p>2 Stuffed green pepper w/rice and meat</p> <p>Sliced carrots</p> <p>Roll</p> <p>Pineapple</p>	<p>3 Chili</p> <p>Confetti corn</p> <p>Cucumber & onion salad</p> <p>Crackers</p> <p>Pears</p>
<p>6 Lasagna w/ tomatoes</p> <p>Broccoli</p> <p>Mixed vegetables</p> <p>Breadstick</p> <p>Jello with fruit</p>	<p>7 Roast pork with gravy</p> <p>Mashed potatoes</p> <p>Roasted winter vegetables</p> <p>Roll</p> <p>Raisins</p>	<p>8 Sloppy Joes</p> <p>Creamed peas</p> <p>Carrot raisin salad</p> <p>WW hamburger bun</p> <p>Citrus mix</p>	<p>19 Tortellini w/ marinara</p> <p>Tuscan blend</p> <p>Side salad</p> <p>Breadstick</p> <p>Baked apples</p>	<p>10 King Ranch casserole</p> <p>Roasted broccoli</p> <p>Baked beans</p> <p>Fruit salad</p>
<p>13 American goulash w/ tomatoes and noodles</p> <p>Green beans</p> <p>Carrots</p> <p>Oranges</p>	<p>14 Chicken breast with mushroom gravy</p> <p>Noodles</p> <p>Apple baked beans</p> <p>Roll/ Mixed fruit</p>	<p>15 Pepper steak w/onions & peppers</p> <p>Asian vegetables</p> <p>Rice</p> <p>Fruit jello</p>	<p>16 Meatloaf with gravy</p> <p>Mashed potatoes</p> <p>Mixed vegetables</p> <p>Applesauce</p>	<p>17 St. Patrick's Day</p> <p>Corned beef and cabbage</p> <p>Red potatoes and carrots</p> <p>Irish soda bread</p> <p>Irish fluff</p>
<p>20 Salmon patty w/ sauce</p> <p>Creamed spinach</p> <p>Coleslaw</p> <p>Roll</p> <p>Tangerine segments</p>	<p>21 Liver & Onions</p> <p>Mashed potatoes</p> <p>Green beans</p> <p>Roll</p> <p>Peaches</p>	<p>23 Meatball sub</p> <p>Shredded cheese</p> <p>Carrots</p> <p>Coleslaw</p> <p>Oranges</p>	<p>24 BBQ chicken</p> <p>Baked sweet potato</p> <p>Green beans</p> <p>Roll</p> <p>Baked apple slices</p>	<p>24 Baked manicotti w/ sausage</p> <p>Steamed zucchini & onions</p> <p>Carrots</p> <p>Breadstick</p> <p>Mixed fruit/ Birthday cake</p>
<p>27 Carolina pulled pork</p> <p>Roasted potatoes</p> <p>Green beans</p> <p>WW bun</p> <p>Applesauce</p>	<p>28 Salisbury steak</p> <p>Noodles</p> <p>Creamed peas</p> <p>Cornbread</p> <p>Fruit yogurt</p>	<p>29 Chicken fajitas</p> <p>Black beans</p> <p>Mixed lettuce & tomatoes</p> <p>Tortilla and salsa</p> <p>Mixed fruit</p>	<p>30 Philly cheesesteak sandwich w/ cheese</p> <p>Potato wedges</p> <p>Baked beans</p> <p>Steak bun/ pears</p>	<p>31 Turkey Ala King</p> <p>Noodles</p> <p>Vegetable blend</p> <p>Biscuit</p> <p>Citrus mix</p>

RECIPE: Tropical BBQ Chicken

The delicious, slightly spicy sauce will win you over!



Ingredients:

2 chicken leg quarters (8 oz each, skin removed)
3 tbsp ketchup
1 tbsp brown sugar
1 tbsp olive oil
1/2 tsp Worcestershire sauce
2 tsp cornstarch

2 tbsp orange juice
1 tbsp red wine vinegar
1 tsp minced fresh parsley
1/4 garlic salt
1 tbsp cold water

Directions:

1. With a sharp knife, cut leg quarters at the joints if desired; place in a 1-1/2-qt. slow cooker. In a small bowl, combine the ketchup, orange juice, brown sugar, vinegar, oil, parsley, Worcestershire sauce, garlic salt and pepper; pour over chicken.

2. Cover and cook on low until meat is tender, 3-4 hours.

3. Remove chicken to a serving platter; keep warm.

4. Skim fat from cooking juices; transfer 1/2 cup to a small saucepan. Bring liquid to a boil. Combine cornstarch and water until smooth. Gradually stir into the pan. Return to a boil; cook and stir until thickened, about 2 minutes. Serve with chicken. If desired, top with additional fresh parsley



GRAND PAD TRAINING

Have you been curious and wanted to learn more about the Grand Pads we have at the BASC?

Grand Pads are easy to use and you will be trained how to access emails, messages, video calls, search the internet, and more! To make the Grand Pad even more grand is that the internet is built in the device, no need for internet service in your home! Also, when you are in the comfort of your home and have questions about the use of the Grand Pad, you can access live support for friendly US-based customer support.

The BASC offers free training and free rental of Grand Pads for a month.



Grand Pad Training on Wednesday, March 8, at 1:00 pm
Call 695-7119 to be added to the training and reserve a Grand Pad.
Space is limited.

BASC BOARD MEETING

Attend the BASC Board Meeting
Thursday, March 9,
at 1:00—1:30 pm.

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



TIME CHANGE



Daylight Saving Time
Spring forward on
March 12, 2023

Remember to set your clocks ahead one hour!

BLESSED FEET, INC FOOT CLINIC

Each month Blessed Feet, LLC, offers a medical pedicure at the BASC. We are adding a few more time slots during the monthly foot clinic. Please call 695-7119 to schedule your appointment, and for first timers, please stop by the BASC to pick up a health provider release form. Initial appointment fee is \$30; all subsequent appointments will cost \$25 (checks payable to Blessed Feet, LLC). This is **not** covered under any insurance.

Blessed Feet, Inc
Foot Clinic
Thursday, March 9
Appointment Required



WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Monroe Lemay, *Richard Martin, *Jess Minks, *Terri Sisk, *Sabine Wheetley, *Leona Wonacott, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Judi Jason, Herb Boyersmith, Janis Sexton, Bobbi Benak, Kay Schadler, Linda Abair, Mary Ann Blake, Marilyn Holden, Yolanda Julian, Linda Luhrson, Larissa Perkins, Julie Deeds, Charlie Serene, Mary Speckine, Garrick Stubblefield, Dawnita Burgoyne, Joyce Ferris, Jill Garmire, Anita Grace, Linda Luhrsen, Pat McBain, Gillian Robbins, Wendie Stephenson, Maxine Brown, Matthew Kent, Judy Vergon, Lisa Weed. **Indicates Board Member*

In Kind Donations: Linda Abair, Pat Burns, Mary Speckine, Lois Willis, Jeanne Harris, Linda Crowther, Herb Boyersmith, Flo Sasaki, Scarecrow Charities, Joyce Ferris, Marilyn White, Karen Yach, Pat McBain, Joann Forburger, Michelle Purucker, Ed and Sandy Winchell, Nan Skopec, Carl Shepard Sr., Maxine Brown, Redbud Hardware, Janice Sexton, Pam Sten.

Dollar Club: Yolanda Julian, Howard Jackson, Pat Bateman, Pat Casto.

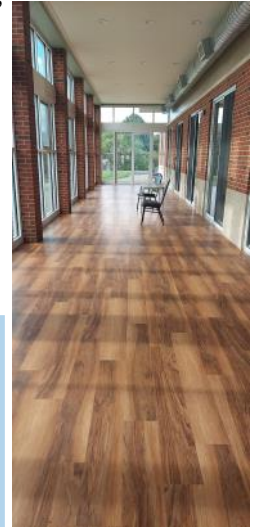
General Fund: Janis Sexton, Linda Torgeson.

Program Fund: Janis Sexton, Joann Dodson.

Medical Transportation Donation: Sue Kalus, Charlotte Stevenson.

Memorials: Joyce Ferris to the Fred Moore Memorial.

Tax Donation: Joann Pugh, Patsy Brcka, Sue Ann Wregglesworth.



SPECIAL THANK YOU FOR ANNUAL APPEAL DONATIONS!

Marilyn White, Victoria Eberhard, Cynthi Hayes, Paul and Jacalyne Franklin,
Jan Leiter, Anonymous, Wanda Shepard,.

The BASC is collecting bags of candy for the Buchanan-Galien Leo Club, which will be distributed at the Buchanan Area Easter Egg Hunt.



Please drop off bags of individually wrapped candy to the BASC by March 17th.

SOMETHING TO PONDER

(Aging Mastery Activity Card from the NCOA)

Change up your routine.

Why:

Even a small change can help you get unstuck, pay attention to your actions, and see the world from a fresh perspective.

How:

Go for a walk before your morning coffee/tea.
Read a short story rather than the newspaper.

CARD GAME WINNERS

Monday Euchre

01/16 1st Place: Donna Sarley

01/23 1st Place: Kay Schadler

01/30 1st Place: Kim Calkins

02/06 1st Place: Nancy Sain

2nd Place: Charles B & Kay S

2nd Place: Mary Speckine

2nd Place: Danny Sandmann

2nd Place: Kim Calkins

H/M: Kim Calkins

H/M: Diane Heiler

H/M: Donna Sarley

H/M: Elaine Marsh

Wednesday Evening Euchre

02/01 1st Place: Maxine Brown

02/08 1st Place: Wendie Stephenson

1st Place:

1st Place:

2nd Place: Wally Casto

2nd Place: Wally Casto

2nd Place:

2nd Place:

H/M: Wendie Stephenson

H/M: Mary Speckine

H/M:

H/M:

Tuesday Pinochle

12/13 1st Place: Kay Schadler

12/20 1st Place: Gail Moad

12/28 1st Place: Mary Speckine

01/03 1st Place: Gail Moad

2nd Place: Chuck Underly

2nd Place: Kay Schadler

2nd Place: CJ Leiter

2nd Place: Danny Sandmann

Hand and Foot

01/25 1st Place: Rosalie Holloway

02/01 1st Place: Linda Fisk

02/08 1st Place: Rosalie H & Wally C

1st Place:

Wednesday Evening Pinochle

12/28 1st Place: Marsha Ruby

01/04 1st Place: Pat Peterek

01/11 1st Place: Dave Lange

01/18 1st Place: Marilyn Holden

2nd Place: Marilyn Holden

2nd Place: CJ Leiter

2nd Place: CJ Leiter

2nd Place: Pat Peterek

Mah Jongg Best Weekly Score

01/12 Pat Burns

01/19 Judy B & Pat B

01/26 Kay Foster

02/02 Pat Burns

MEN'S CORNER

Hello BASC Men!

We are thinking of ways to offer programs geared toward men. In March, we are offering an afternoon getaway for lunch and billiards.

Mark your calendar to join in the fun of eating bar food and playing pool at the Tavern, 417 Brookfield St., Niles MI. Please note the Tavern only accepts cash and you will also need cash for the pool table, plan accordingly. The Tavern has reserved the billiard table just for you folks! Of course, women are welcome.



**Lunch and Billiards
at the Tavern
March 14,
11:30 am —1:00 pm
Call up your buddy and
invite him to join along!**

Please call 695-7119 to reserve your seat, also let us know if you would like to ride in the BASC van to the Tavern... be at the BASC at 11:00 am for transportation.

SENIOR EXPO 2023

**Save the date for the
Berrien County Senior Expo 2023
Friday, May 12, 2023
Look for more information
in the next newsletters.**

March is Women's History Month

Women's History Month is a time to reflect on the courage of women in past generations and to celebrate how their efforts and bravery afforded women the opportunities and freedoms they have today.



It also is a great time to celebrate women who make a difference in your life: perhaps a mom, grandmother, sister, teacher, boss or mentor. Without the efforts of women from generations before us, who knows if these influential women in our lives would have had the opportunity to succeed?

We celebrate all of the women in our lives, including all the BASC women patrons. Thank you for being you!

BOOK CLUB MEET & GREET

March's BASC Book Club will have local author, Patricia Strefling, at this month's meeting.

Patricia Strefling will discuss some of her books, her journey of becoming a writer, and share conversation with our book club members and guests.

**Book Club Meet and Greet
with Patricia Strefling
Thursday, March 16,
at 10:30 am
Registration is Required.
Call 695-7119
to reserve your seat.**



ST. PATRICK'S DAY SOCIAL

**Let's have a grand
St. Patrick's Day!
St. Patrick's Day Social
Friday, March 17
1:00—2:30 pm**



Wear green so you won't get pinched, bring a snack to share, and play corn hole...inside.

Registration is Required.
Call 695-7119 to register.

A beautiful gathering making paper roses from dyed coffee filters.



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 - March 2023 Calendar

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p style="text-align: center;">3 Meals Under \$30</p> <p style="text-align: center;">Wednesday, March 29 2:00–3:30 pm \$15/person or \$25/2 people</p> <p style="text-align: center;">Call 695-7119 to register for the class.</p>	<p style="text-align: center;">Simplify Your Home by Decluttering</p> <p style="text-align: center;">Tuesday, March 7 1:30 pm</p> <p style="text-align: center;">Call 695-7119 to reserve your seat</p>	<p style="text-align: right;">1</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">2</p> <p>11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">3</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 11:15 Fitness Equip- ment Orientation</p>
<p style="text-align: right;">6</p> <p>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</p>	<p style="text-align: right;">7</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:30 Simplify Your Home by Decluttering</p>	<p style="text-align: right;">8</p> <p>10:15 Chair Fitness with CeCe 1:00 Grand Pad Training 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">9</p> <p>9:00 Foot Clinic 11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Monthly CSFP Commodities 1:00–1:30 Board Meeting</p> <p style="color: red;">Afternoon Classes Cancelled</p>	<p style="text-align: right;">10</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Gambit</p>
<p style="text-align: right;">13</p> <p>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</p>	<p style="text-align: right;">14</p> <p>9:00 Osteo Fit with Missy 11:30 Lunch & Billiards at the Tavern 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check</p>	<p style="text-align: right;">15</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">16</p> <p>9:30 Eyeglass Repair 10:30 Book Club Meet & Greet 11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">17</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 St. Patrick's Day Social</p>
<p style="text-align: right;">20</p> <p>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</p>	<p style="text-align: right;">21</p> <p>9:00 Osteo Fit with Missy 10:00 French Seam Pillowcases 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">22</p> <p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">23</p> <p>11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 Dementia Care & Understanding</p>	<p style="text-align: right;">24</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: Tickets to Paradise</p>
<p style="text-align: right;">27</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right;">28</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">29</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 2:00 3 Meals Under \$30 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">30</p> <p>11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">31</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>

Buchanan Area Senior Center

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

E-mail: adam@thebasc.org

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2023

MEET OUR STAFF:

Executive Director:

Adam Burck

Office Manager:

Jayme Marrow

Administrative Assistant/Receptionist:

Tammy Ross

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.