



Buchanan Area Senior Center

July 2022

Buchanan Area Senior Chronicle

“Happy, Active, Living”



ADULT PROTECTIVE SERVICES— NOT AS SCARY AS IT SOUNDS

**Learn more about Adult Protective Services
on Tuesday, July 19, at 10:30 am.**

Registration is required.

Please call 695-7119 to reserve your seat.

Becky Brisboe-Gleissner, Adult Services Supervisor and Michigan Department of Health and Human Services will offer more information on what Adult Protective Services (APS) can and cannot do, what services are available, how to make referrals to APS if you have concern about yourself or someone else, and answer any other questions that you have about APS.



VOTERS EDUCATION

Join, Kalla Langston, City Clerk for the City of Buchanan, to learn more about the new voters redistricting lines, ID Cards, absentee voting process, becoming an election worker and election dates for upcoming elections. She will also be available to answer your questions regarding elections, however, we will not be discussing specific candidates and campaigns.

**Voters Education
Tuesday, July 5, at 10:30 am.**



VETERAN OUTREACH

**Maureen Adams, Berrien County Veterans
Service Officer will be at the BASC
on Tuesday, July 12, 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.



**Thank you, Joann,
for all you have given to the BASC,
the patrons, and your teammates.
You are greatly appreciated!
Enjoy your next adventure!**

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WELCOME CARYN

Welcome Caryn Adler to the awesome BASC team. Caryn is our new Administrative Assistant and will be greeting you at the BASC reception desk. Caryn comes with a wealth of community experience in the area, having most recently served as the Adult Librarian at the Niles Library. Caryn has lived a life of giving to the community, including starting the nonprofit, Niles Music and More, that presents the music at Riverfront Park in Niles. Stop by and say hello to Caryn.



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

WEEKLY EVENTS

HEALTH

BLOOD PRESSURE:

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

GLASSES ADJUSTMENT AND REPAIR:

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

EXERCISE

CHAIR EXERCISE WITH LINDA: Mondays at 10:00 am

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

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

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

CHAIR EXERCISE WITH CC: Wednesdays at 10:15 am

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

POWERBEATS WITH MISSY: Fridays at 9:00 am

CHAIR EXERCISE WITH LIZZ: Fridays at 10:00 am

EXERCISE ROOM:
Is open all hours BASC is open.

CARDS & GAMES

EUCHRE: Mondays at 1:00 pm

MAH JONGG: Mondays and Thursdays at 1:00 pm

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

HAND AND FOOT: Wednesdays at 1:00 pm

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

OTHER PROGRAMS

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 **11:00 am**.
- ♦ **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists, will be at the BASC on **Tuesday, July 12, 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, July 21, 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 July 29, at Wegner's Lakeside Bar & Grill, Niles, MI.** At the time you register, please indicate if you are meeting at the BASC at 11:30 am, if you need a ride to the restaurant, or if you are meeting at the restaurant at Noon, 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, July 14, beginning at 9:00 am.** Initial appointment fee is \$30; all subsequent appointments will cost \$25 (checks payable to Blessed Feet, LLC). This is **not** covered under any insurance. Please call and schedule your appointment at 695-7119.
- ♦ **BIRTHDAY BINGO:** Celebrate the month's birthdays at Birthday Bingo! We will sing "Happy Birthday", play bingo, and win prizes! **Cake and ice cream will be provided by Hamilton Grove. Join in the fun at the BASC on Wednesday, July 27, at 1:00 pm.**
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, July 20, at 12:30 pm.**
- ♦ **ICE CREAM SOCIAL:** **Brentwood at Niles** treats the BASC to a monthly Ice Cream Social on the last Monday of each month, **July 25, at 12:30 pm.**
- ♦ **FASTING BLOOD SUGAR & BRUNCH SOCIAL:** Get your blood sugar checked the first Wednesdays at 9:00 am and join Coffee Chat. **Buchanan Meadows** will provide the blood sugar test and refreshments on **Wednesday, July 6.**
- ♦ **PEOPLE INSPIRING PEOPLE:** Share time inspiring each other and be part of the change in the world. **People Inspiring People** meets the **first Friday of the month at 11:00 am, in the BASC library.**
- ♦ **LGBTQ+ SOCIAL GATHERING:** Folks will meet at the Buchanan Commons on Sunday, July 3, for the Buchanan Fest. Please call Adam at 695-7119 for further details.

**Lunch Bunch at Wegner's Lakeside
will be at NOON!
Last Friday, July 29
Call to reserve you seat!
695-7119**

**The BASC will
be closed
Monday,
July 4th
In observance of Independence Day**



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: SOUTHWEST MICHIGAN COMMUNITY AMBULANCE SERVICES

Learn more about different services the Southwest Michigan Community Ambulance Services (SMCAS) offers, including membership information. SMCAS has been proudly serving the residents of Southwest Michigan since 1976 with emergency response 24 hours a day/365 days a year.

**Coffee Chat:
SMCAS— Memberships & More
Wednesday, July 6, at 9:00 am**



Fasting Blood Sugar Testing Wednesday, July 6

9:00 to 10:00 am—During Coffee Chat.

Testing and refreshments provided by Buchanan Meadows.

PHONE AND ONLINE SCAMS UPDATE FOR 2022

Charlie Olszewski has been doing seminars on scams since 2019 and wants people to know “The more you know about scams and how they operate, and the more careful you are in how you respond to money or personal information requests, the less likely you are to be a victim.”



Charlie will update you on the latest scams in our area and the USA. He will talk about COVID scams, Cryptocurrency scams, computer related scams (including tech support), scams aimed at the over 60-year-old population, and the impact that Russia's threat of increased cyber-attacks as a result of the

Ukraine - Russia war may have on us, and more. He will provide tips on how to spot scams, reduce likelihood of being scammed, deterring scams, scam enablers, & what to do if scammed.

Phone and Online Scams Update for 2022

Wednesday, July 6, at 2:00 pm

Registration is Required.

Please call 695-7119 to reserve your seat.

CONVERSATIONS WITH FRIENDS FEATURING JESS MINKS

**Jess Minks is the BASC Board
Vice President
and he has stories to tell.**

Please join us to learn more about Jess,
his life, and his passions.

**Conversations with Friends
Ft.**

Jess Minks

Tuesday, July 26, at 2:00 pm



COMMUNITY EVENTS



Visit the BASC booth for
yummy treats at the
Buchanan Farmers' Market
Saturday, July 16
8:00 am—1:00 pm



The Common Concert Series

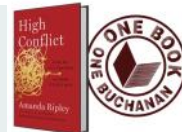
July 7, 14, 30
7:00—9:00 pm



Buchanan City Wide Garage Sale

Friday, July 8—Sunday, July 10
8:00 am—8:00 pm

Visit the City of Buchanan
Website or Buchanan City
Wide Garage Sale Weekend
Event on Facebook



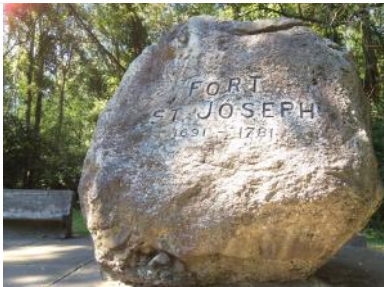
One Book/One Buchanan
Community-Wide read is
High Conflict: Why We Get
Trapped and How We Get Out
by Amanda Ripley

Please call the
Buchanan District Library at
695-3681 to ask about receiving
a free book and to learn more.

FIELD TRIP

**Fort St. Joseph Archaeological Project,
Lunch at Pizza Transit and
Fort St. Joseph Museum
Friday, July 22**

1. Call 695-7119 to register for a fun day. Registration is required and space is limited. Let us know if you are riding in the van or if you are following the van to the archaeological location.
2. Meet at the BASC at 9:30 am.
3. Guided tour of the Fort St. Joseph Archaeological Project. Free admission.
4. Lunch at Pizza Transit. Lunch is patron's responsibility.
5. Semi-guided tour at the Fort St. Joseph Museum. Free admission.



Fort St. Joseph was a mission, garrison and international trading post occupied from 1691 to 1781. The French built the fort as a trading post on the lower St. Joseph River. The site had been taken over by the British, the Spanish, and the United States, earning Niles the nickname City of Four Flags. The site fell into ruins and was only rediscovered in 1998. An archeology excavation has been under way since 2002. Join us to walk on the same land as those who worked and visited the fur trade site. Please note we will be walking on uneven ground.

Lunch will be at Pizza Transit, downtown Niles, and then we will travel to Fort St. Joseph Museum to learn more about Niles from the prehistoric era through the 17th century founding of Fort St. Joseph to the modern business and industrial era.

LUNCH BUNCH

The BASC Lunch Bunch is open to all patrons who would like to gather, socialize, and sit down to enjoy a good meal.

Each month the group meets at a designated restaurant that varies month to month. Registration is required. Please call 695-7119 to reserve your seat. please let us know if you are meeting at the BASC at 11:30 am or at the restaurant at Noon.

Lunch Bunch
Friday, July 29
Wegner's Lakeside Bar & Grill,
Niles, MI



MOVIE MATINEE

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

July 8: Dream Horse

Experience the inspiring true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With little money and no experience, Jan convinces her neighbors to chip in their meager earnings to raise Dream and compete against the racing elites, becoming a beacon of hope in their struggling community as he rises through the ranks. Rated PG



July 22: Last Vegas



Four sixty something pals -- Billy, Paddy, Archie and Sam -- gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could've ever imagined. Rated PG-13

WALK DAY

**Walk Day at the
Galien River County Park
17424 Red Arrow Highway
New Buffalo
Thursday, July 28**

Join us to enjoy a walk on the Marsh Overlook Platform, the Canopy Walkway, River Viewing, and the Marsh Boardwalk at the Galien River County Park. This park is beautiful!



You may want to bring bug repellent, sunscreen, and a bottle of water. The park has free admission.

Call 695-7119 to register for walk day. Let us know if you are meeting at the BASC at 9:00 am to ride in the van or to follow the van, or if you are meeting us in the parking lot of the Galien River County Park at 9:45 am. Please do not start without Diana.

We will have lunch at Subway at 18913 Laporte Road, New Buffalo. Lunch is patrons responsibility.

AMAZON SMILE

Do you shop at Amazon? Sign up for Amazon Smile to earn money for BASC.

1. Go to Google and type Smile.Amazon
2. Click to get started.
3. Type Buchanan Area Senior Center for organization.
4. Click box "I understand that I must always start at Smile. Amazon.com to support BASC.



WORD SEARCH:

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional weather word.

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

HAVE FUN!

BAROMETER
BLIZZARD
CELSIUS
CLOUDS
COLD
CYCLONE
DOWNPOUR
DRIZZLE
DROUGHT
FAHRENHEIT
FLOOD
FLURRIES
FOG
FORECAST
FREEZE
FROST
HAIL
HOT
HUMIDITY
HURRICANE
ICE
LIGHTNING
MIST
MONSOON
OVERCAST
RAIN
SHOWER
SLEET
SNOW
SQUALL
STORM
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TORNADO
TSUNAMI
TYPHOON
VISIBILITY
WINDY

SUDOKU

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

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



**Buchanan Area
Senior Center
Dollar Club**



**Won't you 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



Important Notice:
Line up begins at
12:50 pm to ensure
the safety of others.

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**COMMODITY  
PICK-UP DAYS**

Commodities are distributed  
from the Senior Center garage.

**MARK YOUR CALENDAR**

**CSFP Monthly**  
**Thursday, July 14**  
**1:00—2:00 pm**

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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.*

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**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.*

Tuesday, July 5, 2022—3:30 PM - Berrien County (Drive Thru),  
Harbert Community Church, 6444 Harbert Road, Sawyer, MI  
49125

Wednesday, July 6, 2022—4:30 PM - Berrien County (Drive Thru), Woodland Shore  
Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Friday, July 8, 2022—4:00 PM - Berrien County (Drive Thru), Eau Claire Seventh Day  
Adventist Church, 6562 Naomi Road, Eau Claire, MI 49111

Saturday, July 9, 2022- 11:00 AM - Berrien County (Drive Thru), Mt. Calvary Mission-  
ary Baptist Church, 601 Ferry Street, Niles, MI 49120

Monday, June 25—4:00 PM—Galien Township Fire Station, 305 Kiley Dr., Calien, MI  
49113, sponsored by the Galien River UM Church.



**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 12



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


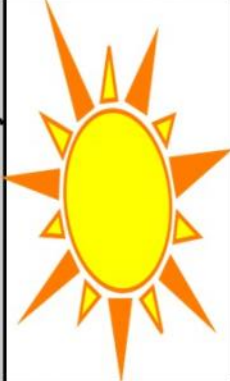
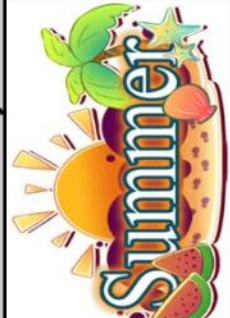
Along with Participant Contributions,  
United Way Partners, Grant Awards and  
Donations



**MEALS on WHEELS**  
— OF SOUTHWEST MICHIGAN —  
Senior Nutrition Services Region 12

## JULY 2022

**Menu Is Subject To Change Without Notice**

| Monday                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                           | Wednesday                                                                                                                             | Thursday                                                                                                                  | Friday                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Meals provide (average per week)</b><br>Carbs: 75 grams<br>Calories: 800 average<br>Sodium: 800 mgs. average<br>Protein: 19 grams<br>Total Fat : 30%<br>2% milk<br><br><i>Happy 4th of July</i> | Your donation toward the cost of the meal helps to make sure that these meals can continue.<br>Please be as generous as you can!<br>We thank you! |                                                     |                                          | <b>1</b><br>Hamburger with fixings<br>Potato salad<br>Coleslaw<br>Bun<br>Fruit                                                                                 |
| <b>5</b><br>BBQ chicken quarter<br>Mac & cheese<br>Mixed vegetables<br>Corn muffin<br>Mandarin oranges                                                                                                                                                                                | <b>6</b><br>Biscuits and gravy<br>Turkey ham<br>Sliced tomatoes<br>Deli fruit salad                                                               | <b>7</b><br>Beef burrito<br>Black beans<br>Spinach salad w/ shredded carrots<br>Tortilla<br>Applesauce                                | <b>8</b><br>Tuna salad on mixed greens<br>Sliced peppers and cucumbers<br>Corn salad<br>Crackers<br>Fresh fruit in season | <b>15</b><br>Taco salad w/ cheese & black bean and peppers<br>Shredded lettuce & diced tomatoes & carrots<br>Mexican rice/tortilla chips<br>Pudding w/ bananas |
| <b>11</b><br>BBQ roast beef sandwich<br>Potato salad<br>Sautéed onions & peppers<br>Fruit yogurt<br>Grape juice                                                                                                                                                                       | <b>12</b><br>Hot dog on bun<br>Chopped onions and tomatoes<br>Harvest beets<br>Bun<br>Melon                                                       | <b>13</b><br>Loaded baked potato w/ chicken, cheese & broccoli<br>Mixed lettuce salad w/ cherry tomatoes and carrot shreds<br>Fruit   | <b>14</b><br>Crispy fish<br>Summer squash & zucchini medley<br>Confetti rice<br>Peaches                                   | <b>22</b><br>CLOSED FOR INSERVICE                                                                                                                              |
| <b>18</b><br>Bratwurst<br>Roasted potatoes<br>Green beans<br>Bun<br>Fresh fruit in season                                                                                                                                                                                             | <b>19</b><br>Pancakes<br>Turkey breakfast sausage<br>Mixed fruit salad<br>Orange juice                                                            | <b>20</b><br>Summer cobb salad: chicken, hard boiled egg, corn, tomato, lettuce, shredded carrots & cheese<br>Crackers<br>Fresh fruit | <b>21</b><br>Sloppy joes<br>Carrot raisin salad<br>Side green salad<br>Bun<br>Cherry crumble                              | <b>29</b><br>Turkey meatloaf<br>Mashed potatoes<br>Coleslaw<br>Roll<br>Apricots & birthday cake                                                                |
| <b>25</b><br>Summer pasta with cherry tomatoes, peas & cheese<br>Green salad w/ carrots & broccoli<br>Breadstick<br>Fruit salad                                                                                                                                                       | <b>26</b><br>Handmade salmon patty w/ sauce<br>Seasoned spinach<br>Carrots<br>WW bread<br>Cantaloupe                                              | <b>27</b><br>BBQ chicken<br>Roasted sweet potatoes<br>Steamed greens<br>Biscuit<br>Jello w/ fruit                                     | <b>28</b><br>Salisbury steak<br>Mashed potatoes<br>Summer peach spinach salad<br>WW bread<br>Strawberries                 |                                                                                                                                                                |

## RECIPE: Red, White and Blue Yogurt Parfaits

A layered red, white and blue yogurt parfait made with wholesome, natural ingredients, perfect for a festive breakfast, snack or dessert!

### Ingredients

#### Strawberry Layer:

1 cup plain nonfat yogurt (flavored, plain or vanilla yogurt will work fine)  
1/3 cup strawberry puree  
4-5 strawberries, thinly sliced

#### Honey and Banana Layer:

3/4 cup plain nonfat yogurt  
1-2 teaspoon honey  
1/2 teaspoon pure vanilla extract  
1 small banana, thinly sliced

#### Blueberry Layer:

1/2 cup plain nonfat yogurt  
3 tablespoons blueberry or grape sauce  
or jam



### Instructions:

**Bottom Layer**—Combine yogurt and strawberry puree in a small bowl and mix well. Divide evenly among your jars or glasses and smooth the top. Place sliced strawberries on top of the yogurt layer.

**Middle Layer**—Combine the yogurt, honey and vanilla in a small bowl. Add on top of the sliced strawberries in your jars or glasses. Top with sliced bananas.

**Top Layer**—Combine the yogurt and blueberry syrup (or Jam) in a small bowl. Add on top of the sliced bananas in your jars or glasses. Top with fresh blueberries

## EYEGLOSS REPAIR

Do your eyeglasses need adjusted?

Stop by the BASC on the third Thursday of each month at 9:30 am and Mary Anne will adjust your eyeglasses.

Mary Anne worked for the local optometrists, Dr. Benedict, fixing glasses and managing the office for 36 years.



**Eyeglass Repair**  
**Thursday July 21, at 9:30 am**

## CALLING ALL BAKERS! IN NEED OF BAKE GOODS FOR THE BUCHANAN FARMERS' MARKET

**BASC will be at the  
Buchanan Farmers' Market  
Saturday, July 16,  
8:00 am to 1:00 pm.**

Help the BASC by making homemade baked goods and bring your yummy treats to the senior center by 3:00 pm on Friday, July 15. If any of your baked goods have nuts, please mark the packages indicating "contains nuts".

Come and visit Sabine, Leona and Jeanne at the Buchanan Farmers' Market. Thank You!



## SPARTAN/OUR FAMILY UPC

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



## BASC BOARD MEETING



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

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

## SAVE THE DATES

Coffee Chat with Scarecrow Ladies on August 3  
Senior Picnic on August 10  
Field Trip to Oak Ridge Cemetery on August 12  
How to Recognize a Stroke on August 25  
Flu Shot Clinic on September 20

## BRING A SWEATER

It's heating up outside, which means we may have the air conditioning turned on in the center. Please remember to bring along a sweater or wear an extra layer just in case it is too cool for you.



## WITH SINCERE GRATITUDE, THANK YOU!

**Our Great Volunteers:** \*Josetta Bibbs, \*Jeanne Harris, \*Deborah Hendrix, \*Monroe Lemay, \*Richard Martin, \*Jess Minks, \*Terri Sisk, \*Sabine Wheatley, \*Leona Wonacott, Mary Speckine, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Judi Jason, Pat McBain, Gail Crocker, Vergie Wolfe, Herb Boyersmith, Linda Abair, Dawnita Burgoyne, Linda Luhrsen, Janis Sexton, Bobbi Benak, Mary Ann Blake, Pam Sten, Judy Vergon, Jill Garmire, Kay Schadler, Charlie Serene, Lee Ann Flenar.  
*\*Indicates Board Member*

**In Kind Donations:** Marjorie Stypczynski, Royal Neighbors of America, Rich Appelget, Betty Weaver, Karol Behrle.

**Program Donations:** Janis Sexton

**General Fund Donations:** Janis Sexton

**Dollar Club:** Chuck Clem, Howard Jackson, Julie Deeds

**Medical Transportation Donation:** Pat Casto, Fran Gowan.

**Tax Donation:** Kim Pruitt



**Memorials:** Mary Ellen Robards Memorial from Joan McGuire, Gloria Harroff. William (Frank) Anderson Memorial from The Family of William (Frank) Anderson.

Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness.  
~ Harold Kushner

### SPECIAL THANK YOU TO THOSE OF YOU WHO USES HARDING REWARDS

Karol Behrle, Adam Burck, Bill Catalano, Alan Chambers, Barb Chandler, Sara Deyarmon, Jan Ferris, Lesley Hughes, Kenneth Kaufmann, Donna Lace, Elaine Marsh, Chris Nordstrom, Kerri Pettie, Cheryl Pettke, Jodi Phillips, Tim Robinson, Kay Schadler, Janet Seals, Kim Sears, Janis Sexton, Mary Speckine, Rhineholt Tillman, Laura Upson, Sabine Wheatley.

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

### SPECIAL THANK YOU FOR ANNUAL APPEAL DONATIONS!

Please stop by the BASC and look at the progress of the enclosed Russell Stephens Memorial Sunroom.

Everyone's donations are greatly appreciated!

We are still taking  
Annual Appeal  
Donations  
for the sunroom.



Thank you to Norma Metzger, Anita Grace, Micah Barrett, Janet Shuler, Chuck Clem, Lauren Kruger.

## CARD GAME WINNERS

### Euchre

05/02 1st Place: Connie Larson  
05/09 1st Place: Bob Marsh  
05/16 1st Place: Mary Speckine  
05/23 1st Place: Pat Peterek

2nd Place: Donna Sarley  
2nd Place: Wendie Stephenson  
2nd Place: Donna S, Ken C  
2nd Place: Mary Speckine

H/M: Patti Wargo  
H/M: Duane Shunkwiler  
H/M: MaryAnn Schultz  
H/M: Patti Wargo

### Tuesday Pinochle

05/03 1st Place: Jerry Feece  
05/10 1st Place: Marilyn Holden  
05/17 1st Place: Mary Speckine  
05/24 1st Place: Marilyn Holden

2nd Place: Marilyn Holden  
2nd Place: Mary Speckine  
2nd Place: Herb Boyersmith  
2nd Place: Mary Speckine

### Hand and Foot

05/11 1st Place: Norma Metzger  
05/18 1st Place: Kay Schadler  
05/25 1st Place: Norma Metzger  
06/01 1st Place: Janet Schuler

### Wednesday Evening Pinochle

05/04 1st Place: Herb Boyersmith  
05/11 1st Place: Bill Brady  
05/18 1st Place: Marilyn Holden  
05/25 1st Place: Marilyn Holden

2nd Place: Gail Moad  
2nd Place: Barb Brady  
2nd Place: Julie Wisner  
2nd Place: Jeff Moad

### Mah Jongg Best Weekly Score

05/05 Kay Foster  
05/12 Jeanette Arent  
05/19 Pat Burns  
05/26 Pat Lorange

## HOUSE OF DAVID FILMS (RESCHEDULED)

**House of David Films**  
**Thursday, July 7, 2:00—3:30 pm**



Watch historical film coverage of the Israelite House of David in Benton Harbor. The film dates between 1931 and 1975. The vast majority was taken by House of

David members themselves between 1938 and 1950. A surprising amount of this early footage is in color! It shows the colony's amusement park as it evolved through the years, and also contains film of the colony's famous barnstorming baseball team, as well as behind-the-scenes footage showing House of David members, the colony's many businesses, and everyday life at the colony.

## NEW TO THE BASC FITNESS EQUIPMENT ORIENTATION

With much gratitude the BASC is happy to share that we have been gifted a new to the BASC ProForm Treadmill and a Tony Little Gazelle Power Plus Glider. We are asking if you would like to use these fitness equipment to please attend the orientation.



**New to the BASC**  
**Fitness Equipment Orientation**  
**Wednesday, July 20, at 2:00 pm**  
**Please call 695-7119 to register.**

BASC patrons catching the sun with their personalized suncatchers.



## BRING IN A BABY OR TODDLER PICTURE OF YOURSELF AND THEN MEET US FOR SOCIAL HOUR TO GUESS WHO IS WHO!

**Let's have fun in guessing who is who!**

Bring in a baby or toddler picture of yourself to the BASC by Friday, July 7. We will have all the pictures on display sometime the next week. Then, over the next few weeks, try to figure out whose picture is being displayed. Join us for the reveal of who is who!



**Baby/Toddler Picture due by July 7.**  
**Join us on Friday, July 29, at 1:00 pm**  
**for the Revile and Social Hour!**



BASC patrons cruised through the Studebaker Museum

BASC Patrons drove through the CarFit stations to have a proper and safe fit in their vehicles.



## VETERANS SERVICES

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

# Buchanan Area Senior Center - July 2022 Calendar

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

| Monday                                                                                                                                                                     | Tuesday                                                                                                                                          | Wednesday                                                                                                                                                                                                 | Thursday                                                                                                                                                                                        | Friday                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                            |                                                                                                                                                  |                                                                                                                                                                                                           |                                                                                                                                                                                                 | <p>1</p> <p>9:00 Powerbeats with Missy<br/>10:00 Chair Exercise with Lizz<br/>11:00 People Inspiring People<br/>1:00 Fiber Friends</p>                                           |
| <p>4</p> <p><b>4<sup>th</sup> of July</b></p> <p><b>WE WILL BE CLOSED</b></p>                                                                                              | <p>5</p> <p>9:00 Osteo Fit with Missy<br/>10:30 Voters Education<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing</p>                            | <p>6</p> <p>9:00 Fasting Blood Sugar Testing<br/>9:00 Coffee Chat—SMCAS<br/>10:15 Chair Exercise with CC<br/>1:00 Hand &amp; Foot<br/>2:00 Phone &amp; Online Scams Update for 2022<br/>6:00 Pinochle</p> | <p>7</p> <p>10:00 Chair Yoga with Ulrike<br/>1:00 Mah Jongg<br/>1:00 Game Day<br/>2:00 House of David Films—Rescheduled</p>                                                                     | <p>8</p> <p>9:00 Powerbeats with Missy<br/>10:00 Chair Exercise with Lizz<br/>1:00 Fiber Friends<br/>1:00 Movie Matinee: Dream Horse</p>                                         |
| <p>11</p> <p>10:00 Chair Exercise with Linda<br/>11:00 Zumba Low-Impact with CC<br/>1:00 Euchre<br/>1:00 Mah Jongg<br/>2:00 Qigong Exercise</p>                            | <p>12</p> <p>9:00 Osteo Fit with Missy<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing<br/>2:00 Hearing Aid Check<br/>2:30 Veteran Outreach</p> | <p>13</p> <p>10:15 Chair Exercise with CC<br/>1:00 Hand &amp; Foot<br/>6:00 Pinochle</p>                                                                                                                  | <p>14</p> <p>9:00 Foot Clinic<br/>10:00 Chair Yoga with Ulrike<br/>11:00 Blood Pressure Check<br/>1:00 Monthly CSFP Commodities<br/>1:00 Mah Jongg<br/>1:00 Game Day<br/>3:00 Board Meeting</p> | <p>15</p> <p>9:00 Powerbeats with Missy<br/>10:00 Chair Exercise with Lizz<br/>1:00 Fiber Friends</p>                                                                            |
| <p>18</p> <p>10:00 Chair Exercise with Linda<br/>11:00 Zumba Low-Impact with CC<br/>1:00 Euchre<br/>1:00 Mah Jongg<br/>2:00 Qigong Exercise</p>                            | <p>19</p> <p>9:00 Osteo Fit with Missy<br/>10:30 Adult Protective Services Program<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing</p>          | <p>20</p> <p>10:15 Chair Exercise with CC<br/>12:30 Root Beer Floats<br/>1:00 Hand &amp; Foot<br/>2:00 New to the BASC Fitness Equipment Orientation with Missy<br/>6:00 Pinochle</p>                     | <p>21</p> <p>9:30 Eyeglass Repair<br/>10:00 Chair Yoga with Ulrike<br/>10:30 Book Club<br/>1:00 Mah Jongg<br/>1:00 Game Day</p>                                                                 | <p>22</p> <p>9:00 Powerbeats with Missy<br/>9:30 Field Trip<br/>10:00 Chair Exercise with Lizz<br/>1:00 Fiber Friends<br/>1:00 Movie Matinee: Last Vegas</p>                     |
| <p>25</p> <p>10:00 Chair Exercise with Linda<br/>11:00 Zumba Low-Impact with CC<br/>12:30 Ice Cream Social<br/>1:00 Euchre<br/>1:00 Mah Jongg<br/>2:00 Qigong Exercise</p> | <p>26</p> <p>9:00 Osteo Fit with Missy<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing<br/>2:00 Conversations with Friends Ft. Jess Minks</p>   | <p>27</p> <p>10:15 Chair Exercise with CC<br/>1:00 Birthday Bingo<br/>1:00 Hand &amp; Foot<br/>6:00 Pinochle</p>                                                                                          | <p>28</p> <p>9:00 Walk Day<br/>10:00 Chair Yoga with Ulrike<br/>11:00 Blood Pressure Check<br/>1:00 Mah Jongg<br/>1:00 Game Day</p>                                                             | <p>29</p> <p>9:00 Powerbeats with Missy<br/>10:00 Chair Exercise with Lizz<br/>11:30 Lunch Bunch<br/>1:00 Fiber Friends<br/>1:00 Baby/Toddler Picture Reveal and Social Hour</p> |

**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)

[www.buchananareaseniorcenter.com](http://www.buchananareaseniorcenter.com)

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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.