



Buchanan Area Senior Center

March 2024

# Buchanan Area Senior Chronicle

“Happy, Active, Living”



## NEWS FROM THE EXECUTIVE DIRECTOR



I want to introduce you to Tony Houser, who joined our Board last August to fill a vacancy. Tony chairs the Facilities & Grounds Committee. You may know his food truck, Fork in the Road, or his restaurant, Fork on Main. He also gives many hours serving the community on City Boards and other volunteering. Welcome Tony aboard and grab some tasty grub from his food truck. You'll probably find him at the Farmer's Market and Munchy Mondays.

Do like Tony and improve your health! A recent national study by AmeriCorps shows that consistent volunteering offers physical and mental health benefits to people 55 and older. After 2 years of volunteering, 84 percent of older adults reported physical and mental health benefits. In 2023, 61 people volunteered at the BASC for a total of 3,763 hours. That's an amazing amount of help and health benefits! We invite you to improve your health by volunteering at the BASC. There are many volunteer options, including serving on one of these committees: Programming, Volunteer, Facility and Grounds, and Fundraising. Call or stop by the office to inquire or email [info@thebasc.org](mailto:info@thebasc.org).

**INSIDE THIS ISSUE**

- Special Features ..... 1
- Programming .....2-4
- Community Events .....3
- Puzzles & Fun .....5
- Commodities & Services .....6
- Senior Nutrition Menu .....7
- Recipe & Programs .....8
- Thank You & Follow-up .....9
- Extra Stuff .....10
- Calendar .....11
- Important Numbers & Staff...12

**BASC WILL BE  
CLOSED  
GOOD FRIDAY  
MARCH 29**

## ST. PATRICK'S DAY PARTY

St Patrick's Day is near!  
Join us for a Margarita Mocktail and Play Hangman!

**St. Patrick's Party**  
Friday, March 15, 1:00—3:00 pm  
Bring a snack to share with everyone.  
Registration is Required.  
Call 695-7119 to register.  
Wear green or get pinched!



## 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.



Thank you in advance for your  
generosity and support!

**The BASC Staff and  
Board of Directors  
are wishing you an  
Easter that is bright,  
joyful, and filled with  
plenty of love and  
happiness.**

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 10:00–10:30 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:** Thursdays at 11:00 am

**POWERBEATS WITH MISSY:** Tuesdays at 5:30 pm and 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 and 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

**SKIP-BO:** Mondays at 10:00 am

### 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:** Always Best Care Senior Services will be at the BASC on the **2nd and 4th Thursday** each month at **10:00–10:30 am**.
- ◆ **HEARING AID CHECKS:** **Dr. Michelle Ridenour from Miracle Ear**, will be at the BASC on **Tuesday, March 19, 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 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 lunch on March 22 at Homeplate, 730 S 11th St., Niles MI.** 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 restaurant 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 14, beginning at 9:00 am.** Initial appointment fee is \$40; all subsequent appointments will cost \$30 (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 & Health Care Center. Join in the fun at the BASC on Wednesday, March 27 at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, March 20, 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 25 at 12:30**
- ◆ **FASTING BLOOD SUGAR & BRUNCH SOCIAL:** Get your blood sugar checked the first Wednesdays at 9:00 am and join Coffee Chat Social. **Buchanan Meadows** will provide the blood sugar test and refreshments on **Wednesday, March 6.**
- ◆ **LGBTQ+ SOCIAL GATHERING:** If you are interested in joining in a LGBTQ+ Social Gathering, please call Adam at 695-7119 to learn more.



Are you looking for a fitness center?

The BASC has  
(2) NuStep Recumbent Steppers,  
(2) Treadmills,  
a Body Gym, and  
Free Weights.

Fitness Room hours are  
Monday—Friday, 9:00 am—4:00 pm

**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.*



**Fasting Blood Sugar Testing**  
**Wednesday, March 6,**  
**9:00 to 10:00 am—During Coffee Chat**  
**Social. Testing and refreshments**  
**provided by Buchanan Meadows.**

**COFFEE CHAT SOCIAL**



Please stop by the BASC, have your fasting blood sugar testing done (if you choose), enjoy some light morning refreshments and chat with your friends.

**Coffee Chat Social—Hang Out With Friends**  
**Wednesday, March 6, 9:00 am**

**INFORMATION ABOUT**  
**FRAUDS AND PERSONAL SAFETY**

Come to the Senior Center as Buchanan City Police Officer Brie gives a safety talk! The presentation gives information about new fraud complaints, how to keep safe from frauds, and personal safety in and outside of your home!

**Information About**  
**Frauds and Personal Safety**  
**Wednesday, March 13, 1:00—3:00 pm**  
**Please call 695-7119**  
**to sign-up for the program.**



**A SAFER SPRING FOR A SAFER YOU**

“Spring is the time of plans and projects” -Leo Tolstoy.



Join us Wednesday, March 20 at 11:30 am for a Lunch-N-Learn presented by The Rehabilitation Hospital of Northern Indiana. This Inpatient Rehab Hospital specializes in physical, speech, and occupational therapy and wants to share their tips to keep you safe this upcoming spring season!

**A Safer Spring for a Safer You**  
**Lunch-N-Learn, Wednesday, March 20, 11:30 am**  
**You must register by March 12.**  
**Please call 695-7119 to register.**

**REASONS TO ATTEND EDUCATIONAL**  
**PROGRAMS AT THE BASC**

Lifelong learning is not confined to any age group; it is a journey that can bring immense benefits to seniors. By engaging in ongoing education and exploration, you can maintain your mental acuity, foster social connections, enhance self-esteem, and stay adaptable in a changing world. This, in turn, leads to a more fulfilling and enjoyable retirement experience.

Educational programs keeps you informed, even if you aren't necessarily experiencing the topic of interest. Learning more of the topic offers you the opportunity to engage in conversations with other people.



Be sure to sign-up for BASC's educational programs!

**COMMUNITY EVENTS**



**St. Patrick's Corned Beef**  
**and Cabbage Dinner**  
 Provided by  
**Buchanan-Galien Lions Club**  
 \$15 per person  
**Sunday, March 17**  
**1:00—5:00 pm**  
 at the  
**Buchanan Area Senior Center**  
**810 Rynearson St.,**  
**Buchanan, MI**  
**Drive Thru Only**  
 For tickets call 269-470-0571  
 or stop by the BASC



**Easter Egg Hunt**  
 Provided by the  
**Buchanan High School Leos**  
**Saturday, March 30, 11:00**  
 At the  
**Buchanan Commons**



**Knights of Columbus**  
**Fish Fry**  
 Adults \$14 / Children 4-11 \$7  
**Friday, February 23,**  
**4:00—7:00 pm**  
 or until they run out.  
 At  
**St. Anthony Catholic Church**  
**509 W. Fourth St.,**  
**Buchanan, MI**

## FIRESIDE CHATS WITH GAYLA

Fireside Chats with Gayla  
10:30—11:30 am

**March 14:** Spring into new opportunities and enrich your life!

**March 28:** Group discussion on grief.



## BECOMING A SENIOR COMPANION VOLUNTEER



The Senior Companion Program was designed for the dual purpose of bringing persons into volunteer services to meet critical community needs and provide a high-quality experience that will enrich the lives of the volunteers.

Meg Killips from Area Agency on Aging, Inc. will share more about what being a Senior Companion is all about? Where do I volunteer? How do I apply? Why is this volunteer opportunity important? Along with other benefits of the program.

**Becoming a Senior Companion Volunteer**  
**Tuesday, March 19, 10:30 am**  
**Call 695-7119 to sign-up for the program.**

## MEET & GREET WITH LOCAL AUTHOR, MARCY BLESY

The BASC Book Club is not only a place to discuss books, but also a place to discuss life topics. Our Book Club members have deep conversations and we laugh!

At our Book Club meeting on March 21, Marcy Blesy will be our guest. Marcy is the author of over thirty books including her adult romance mystery series, Secret of Blue Lake and the Secret of Silver Beach, set in Michigan.



Please join us to learn more about Marcy and her passion of writing books.

**Meet & Greet with Local Author, Marcy Blesy**  
**Thursday, March 21, 10:30 am**  
**Registration is Required.**  
**Call 695-7119 to register.**

## BASC BOARD MEETING

**Attend the BASC Board Meeting**  
**Thursday, March 14, at 3:00-4:00 pm.**  
4 *Board minutes & agendas are available*

## MOVIE MATINEE

**Second Friday, March 8, at 1:00 pm**  
**Fourth Friday, March 22, at 1:00 pm**

### March 8: The Hill



Growing up impoverished in small-town Texas, young Rickey Hill shows an extraordinary ability for hitting a baseball, despite being burdened by leg braces from a degenerative spinal disease. His stern, pastor father discourages Rickey from playing baseball to protect him from injury, and to have him follow in his footsteps and become a preacher. As a young man, Rickey becomes a baseball phenomenon. His desire to participate in a try-out for a legendary major league scout divides the family and threatens Rickey's dream of playing professional baseball. PG

### March 22: Dog Gone



After a young man and his beloved dog are separated on the Appalachian Trail, he and his father must begin a desperate search to find him before it's too late. Based on an incredible true story of humanity and everyday heroism. PG

## TIN SHOP THEATRE "SPIRIT"

When 83 year old Clara begins taking hula lessons, holding seances and sending out for pepperoni pizza, the other residents are overjoyed and the manager is dismayed. The play adroitly combines with wisdom as a young aide, a lawyer and a policeman join forces to ensure that Happy Hollow's group spirit is allowed to grow. From the hilarious piker party to the touching final scene, this play offers charm, insight and heart-warming humor.



**Play at the Tin Shop Theatre: Spirit**  
**Sunday, April 7 at 4:00 pm**  
**Registration is Required by March 22.**  
**\$12/person—Cash Only**  
**Diana will be in contact with you regarding ticket pick-up.**

**Spring Forward!**  
**Remember to change your**  
**clocks 1 hour ahead when you**  
**go to bed on March 9.**



The BASC is collecting bags of candy for the Buchanan High School Leos, which will be distributed at the Buchanan Community Easter Hunt.

Please drop off bags of candy at the BASC by March 22.

## WORD SEARCH: Newspaper

Find and circle all of the songs by The Beatles that are hidden in the grid.  
The remaining letters spell the name of an additional Beatles song.

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

## HAVE FUN!

ANOTHER GIRL  
 ASK ME WHY  
 BIRTHDAY  
 BLACKBIRD  
 CRY BABY CRY  
 DAY TRIPPER  
 DEAR PRUDENCE  
 DIG A PONY  
 ELEANOR RIGBY  
 FIXING A HOLE  
 FLYING  
 GET BACK  
 GETTING BETTER  
 HELLO GOODBYE  
 HEY BULLDOG  
 HEY JUDE  
 HONEY PIE  
 I ME MINE  
 I WILL  
 IF I FELL  
 IN MY LIFE  
 JULIA  
 LADY MADONNA  
 LOVELY RITA  
 MICHELLE  
 NO REPLY  
 OH DARLING  
 PLEASE PLEASE ME  
 POLYTHENE PAM  
 SEXY SADIE  
 SOMETHING  
 SUN KING  
 TAXMAN  
 TELL ME WHY  
 THE END  
 TICKET TO RIDE  
 TWO OF US  
 WAIT

## SUDOKU

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



# THE BEATLES



**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 14 1:00—2:00 pm**

**Second Pick-Up Date Monday, March 18 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.

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 \$4.50 and up

\$801—\$1,100 \$4.00 per Meal

\$701—\$800 \$3.25 per Meal

\$551—\$700 \$2.75 per Meal

\$0—\$550 \$2.25 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.
- You will need to call Kerri at 695-7119 by 10:00 am (Monday-Friday) to reserve your meal for the next business day.
- 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 [www.feedwm.org/findfood/](http://www.feedwm.org/findfood/) and click on Mobile Food Pantry.

Feeding America West Michigan Online Schedule: [www.feedwm.org/mobile-pantry-schedule/](http://www.feedwm.org/mobile-pantry-schedule/)



Tuesday, March 5, 2024—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Wednesday, March 6, 2024—4:30 PM - Berrien County (Drive Thru), Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Friday, March 8, 2024—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 25, 2024—4:00 pm—Berrien County (Drive Thru), Galien River Church @ Galien American Legion, 402 N. Main Street, Galien, MI 49113

Faith Global 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 Southwest Michigan Senior Nutrition Services Congregate, Home Delivered Menu

Meals are funded in part by:



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






*Offering Choices for Independent Lives*

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

Donations

## MARCH 2024

**Menu Is Subject To Change Without Notice**

<p>Meals provide (average per week)  <b>Carbs: 75 grams</b>  <b>Calories: 800</b>  <b>Sodium: 800 milligrams</b>  <b>Protein: 19 grams</b>  <b>Total Fat : 30%                  2% milk</b></p>	<p><b>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can!</b></p>			<p>1 Vegetarian Chili                  Italian Vegetables                  Cornbread                  Mandarin Oranges</p>
<p>4 Chicken Cordon Blue                  Broccoli                  Peas and Carrots                  Applesauce</p>	<p>5 Hamburger with Bun                  Ketchup, Mustard, Lettuce,                  Pickle and Tomato                  Cheezy Mashed Potatoes                  Sweet Corn                  Mandarin Oranges</p>	<p>6 Chef Salad with Turkey                  Ham, Shredded Cheese,                  Tomato, Cucumber, Eggs                  Italian Salad Dressing                  Rye Bread with Margarine                  Peaches</p>	<p>7 Citrus Herb Pork Chop                  Mashed Potatoes                  Oriental Blend                  Mandarin Oranges</p>	<p>8 Cheese Ravioli with                  Marinara Sauce                  Green Beans                  Tossed Salad with                  Ranch                  Diced Pears</p>
<p>11 Sweet Potato Breakfast                  Casserole w/ Sausage                  Stewed Tomatoes                  Wheat Bread w/Margarine                  Mixed Fruit</p>	<p>12 BBQ Chicken                  Whipped Potatoes                  Cooked Spinach                  Orange Wedges</p>	<p>13 Jambalaya                  Steamed Squash                  Cornbread                  Diced Mango</p>	<p>14 Corn Beef and                  Cabbage                  Red Potatoes                  Roasted Carrots                  Fruit Fluff</p>	<p>15 Tuna Noodle                  Casserole                  Peas and Carrots                  Beets                  Berry Applesauce</p>
<p>18 Pasta with Meat Sauce                  Normandy Blend Vegetables                  Peas and Pearl Onions                  Peaches</p>	<p>19 Shepherd's Pie                  Peas and Carrots                  Baked Cinnamon Apples</p>	<p>20 Philly Cheesesteak Sand-                  wich with Peppers                  Red Skin Potatoes                  Prince Charles Vegetable                  Blend                  Tropical Fruit Blend</p>	<p>21 Sloppy Joe on a                  Wheat Bun                  Seasoned Potato Wedges                  Italian Vegetable Blend                  Pears</p>	<p>22 Meatless Chili Mac                  Green Beans                  Texas Toast                  Birthday Cake</p>
<p>25 Million Dollar Chicken                  Noodle Bake                  Broccoli                  Green Peas                  Grapes</p>	<p>26 Stuffed Green Peppers                  with                  Rice and Meat                  Carrot Coins                  Dinner Roll                  Diced Pears</p>	<p>27 Chicken Ceaser Salad                  with Croutons, Tomato,                  and Parmesean Cheese                  Diced Mango</p>	<p>28 HOLIDAY MEAL                  Spiral Ham                  Baked Sweet Potato                  Green Beans w/ almonds                  Wheat Roll &amp; Fruit Cocktail                  Sugar Cookie</p>	<p>29 GOOD FRIDAY</p> 

## RECIPE: Perfect Sweet Potato Casserole

Sweet Potato Casserole with a crunchy brown sugar topping that will give you life.

### Ingredients:

2 tbsp 1% milk    1 1/2 tsp brown sugar    1 tsp ground cinnamon    1/4 cup quick cooking oats, dry    1 15-oz can low-sodium sweet potatoes, drained & chopped

### Directions:

1. Preheat oven to 350 degrees.
2. Combine milk, brown sugar, cinnamon, and oats in a small bowl.
3. Mix well and set aside.
4. Cover the bottom of a medium size baking pan with the sweet potatoes.
5. Add the oat mixture on top of sweet potatoes.
6. Bake for 20 minutes. Serve hot or cold.



## GRANDPAD TRAINING

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.



**Grand Pad Training on  
Tuesday, March 26, at 1:00 pm  
Call 695-7119 to be added to  
the training and reserve  
a Grand Pad. Space is limited.**

## QUILT AS YOU GO PROJECT



Quilt your own  
Spring Egg Mug Rug!

Mary, the BASC Quilting & Sewing Lead, will teach you how to quilt by using this simple, yet beautiful pattern.

**Choose one date & register.  
Fee is \$2 for the class.  
You will make 1 to 2 rug mugs.  
Registration is Required.  
Call 695-7119 to register  
for one of the following classes  
March 12, 19 or 26.  
1:00—3:00 pm  
All material will be provided.  
Colors and patterns will vary.**

## HOW TO BUILD AN ECO-FRIENDLY WREATH



Join Chikaming Open Lands' Education and Outreach Coordinator, Grace, for a workshop on How to Build an Eco-Friendly Wreath. We'll cover the benefits of building your own wreath with materials found around your property and practice building our own. Please note that some of the material has been processed in a peanut/tree nut facility.

**How to Build an Eco-Friendly Wreath  
Tuesday, March 12, 10:00 am—12:00 pm  
Fee: \$7.00—Cash only and due by March 8.  
Registration is Required.  
Call 695-7119 to register.  
Limited space.**

## GARDEN CLUB MEETING

The BASC Garden Club invites you to join them in planting preparations, harvesting the vegetables and herbs, and attend their luncheons.

Being part of the BASC Garden Club offers the opportunity to stay active, soothe your soul with gardening, and gather with friends.

**BASC Garden Club Meeting  
Thursday, March 21  
1:00—3:00 pm  
Call 695-7119 to sign-up**





## WITH SINCERE GRATITUDE, THANK YOU!

**Our Great Volunteers:** \*Josetta Bibbs, \*Jeanne Harris, \*Deborah Hendrix, \*Jess Minks, \*Terri Sisk, \*Leona Wonacott, \*Judi Jason, \*Tony Houser, \*Dylan Carden, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Kay Schadler, Mary Speckine, Wendie Stephenson, Marge Collins, Mary Blake, Mary Weaver, Charles Serene, Pam Serene, Pam Sten, Kelly Minks, Rita Arnold, Nancy Bicard, Maxine Brown, Kim Calkins, Charles Carpenter, Jeannine Davie, Siegfried Hulse, Tim Jason, Marlene Kachur, Pat Kipker, Samuel Ntawiniga, Hope Robinson, David Scroggs, Karen Smith.  
\*Indicates Board Member

**In Kind Donations:** Sylvia Stull, Ms. Lockamy, Marilyn White, Pat Burns, Lisa Toll.

**Dollar Club:** Ann Forsgren, Beverly Holt, Julie Deeds, Howard Jackson, Pat Casto, Yolanda Julian.

**Program Fund:** Vergie Wolfe, Schelly Hickman, Mike Snook.

**General Fund:** Steve Racht.

**Garden Club:** Vergie Wolfe.

**Medical Transportation Donation:** Sue Kalus.

**Memorial Fund:** Bob Burgoyne for Betty Cornwell.

## SPECIAL THANK YOU FOR YOUR ANNUAL APPEAL DONATIONS!

Ruby Radford, Jack McClellen.

### **National Women's History Month: President Jimmy Carter's Message to the nation designating March 2-8, 1980 as National Women's History Week.**

*"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.*

*As Dr. Gerda Lerner has noted, "Women's History is Women's Right." – It is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision."*

*I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2-8, 1980.*

*I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality – Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul. Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people.*

*This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that "Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex."*

## CARD GAME WINNERS

### **Monday Euchre**

01/15 1st Place: Dick R & Danny S  
01/22 1st Place: Bob Marsh  
01/29 1st Place: Edie Styburski  
02/05 1st Place: Pat Peterek

2nd Place: Wayne Hentsch  
2nd Place: Danny S & Kim C  
2nd Place: Dick Rossow  
2nd Place: Wayne Hentsch

### **Cribbage**

01/25 John M & Herb B  
02/08 Kay S & Herb B  
01/04 Janis Sexton

### **Wednesday Evening Euchre**

01/10 1st Place: Wayne Hentsch  
01/17 1st Place: Wayne Hentsch  
01/24 1st Place: John March  
01/31 1st Place: Bob Marsh

2nd Place: Wendie Stephenson  
2nd Place: Wendie Stephenson  
2nd Place: Wendie Stephenson  
2nd Place: Wayne Hentsch

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

12/18 Pat B. Jeanette A  
01/04 Judy Brewer  
01/11 Judy Brewer  
01/18 Lois H & Judy B

### **Tuesday Pinochle**

01/09 1st Place: Gail Moad  
01/30 1st Place: Edie Styburski  
02/06 1st Place: Danny Sandmann  
1st Place:

2nd Place: Mary Speckine  
2nd Place: Gail Moad  
2nd Place: Gail Moad  
2nd Place:

### **Hand and Foot**

01/10 Jill Garmire  
01/17 Kay Schadler  
01/24 Kay Schadler  
01/31 Sue Rose

### **Wednesday Evening Pinochle**

12/27 1st Place: Pat Peterek  
01/03 1st Place: Edie Styburski  
01/10 1st Place: CJ Leiter  
01/17 1st Place: Kay Schadler

2nd Place: Marilyn Holden  
2nd Place: Pat Peterek  
2nd Place: Herb Boyersmith  
2nd Place: Pat Peterek

Grateful for those who made  
homemade Valentine cards for local  
assistant living residents!



### SIGNAL TRAVEL GROUP TRIPS 2024

March 27—The Music of Judy Garland  
April 2—My Way: A Tribute to the Music of Frank Sinatra

May Date TBD—Vera Bradley Outlet Sale  
August 4—Chicago Cubs vs. St. Louis Cardinals  
August Date TBD—White Sox vs. Detroit Tigers  
September 5—Million Dollar Quartet  
FireKeepers Casino—Several Dates

To learn more visit  
[www.signaltravel.com](http://www.signaltravel.com)  
or call 269-684-2886 or stop by  
the BASC to pick-up an application



### GAMES AND CARDS

Are you looking for something fun to do?  
How about play cards or games?

**EUCHRE:** Mondays at 1:00 pm and 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 - Several people are playing Cribbage, Skip-Bo and Backgammon

**SKIP-BO:** Mondays at 10:00 am

Stop on by and join in the fun!

### VETERANS SERVICES

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

Happy Spring!  
Just knowing that March 19 is the first day of  
spring gives us something to get excited about!  
Warmer weather and flowers are coming our way!



### SOUTHWEST MICHIGAN SYMPHONY ORCestra



**SMSO**  
SOUTHWEST MICHIGAN  
SYMPHONY ORCHESTRA

*Rhapsody in Blue*,  
featuring Daniel Hsu, a  
Gilmore Young Artist, will  
be held Saturday, May 11 at  
7:30 p.m. at the LMC

Mendel Center, 1100 Yore Ave., Benton Harbor. At the concert you will meet some of music's boundary pushers and barrier breakers with a featured side-by-side performance with the next generation of musicians, the Lake Michigan Youth Orchestra. Relish a gem from female composer Fernande Decruck, a personal favorite of the SMSO's Maestro Matthew Aubin. The sounds of gospel, blues and jazz meet the orchestral stage with Duke Ellington's *Black, Brown and Beige*, his musical illustration of African American history. Gershwin's *Rhapsody in Blue* concludes the SMSO's 2023-2024 Mainstage Season with the raucous and joyous energy of city life.

A pre-concert conversation with Maestro Aubin will be at 6:30 p.m. He will discuss the music for the concert as well as the composers, giving listeners a new perspective on the music they will hear.

Tickets for senior center clients and their spouses are \$15 each. For more information, contact the SMSO Box Office at 269-982-4030 or call the BASC at 695-7119 and ask for Diana.

### BASC CLOSING DURING BAD WEATHER

If the Buchanan Schools are closed due to bad weather, the BASC is closed and there will be no meal delivery. If the schools have a two hour delay, the BASC will open at 11:00 am. Watch for closings and delays on WNDU-16.

# Buchanan Area Senior Center—March 2024 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Tin Shop Theatre “Spirit”</b>  <b>Sunday, April 7 at 4:00 pm</b>  <b>See page 4 for more information</b></p> 	<p>MARCH IS NATIONAL  <b>Reading Month</b></p> 	<p><b>National Let's Laugh Day 19<sup>th</sup> March</b></p> 	<p>It's National Celery Month!  <b>Are You Stalked Up?</b></p> 	<p><b>9:00 Powerbeats with Missy</b>  <b>10:00 Chair Fitness with Lizz</b>  <b>1:00 Fiber Friends</b></p> <p style="text-align: right;">1</p>
<p><b>10:00 Chair Fitness with Linda</b>  <b>10:00 Skip-Bo</b>  <b>11:00 Dancing to the Oldies with CeCe</b>  <b>1:00 Euchre</b>  <b>1:00 Mah Jongg</b>  <b>2:00 Qigong Exercise</b></p> <p style="text-align: right;">4</p>	<p><b>9:00 Osteo Fit with Missy</b>  <b>1:00 Pinochle</b>  <b>1:00 Quilting &amp; Sewing</b>  <b>5:30 Powerbeats with Missy</b></p> <p style="text-align: right;">5</p>	<p><b>9:00 Coffee Chat Social</b>  <b>9:00 Fasting Blood Sugar Testing</b>  <b>10:15 Chair Fitness with CeCe</b>  <b>1:00 Hand &amp; Foot</b>  <b>6:00 Pinochle</b>  <b>6:00 Euchre</b></p> <p style="text-align: right;">6</p>	<p><b>11:00 Chair Yoga</b>  <b>1:00 Mah Jongg</b>  <b>1:00 Game Day</b></p> <p style="text-align: right;">7</p>	<p><b>9:00 Powerbeats with Missy</b>  <b>10:00 Chair Fitness with Lizz</b>  <b>1:00 Fiber Friends</b>  <b>1:00 Movie Matinee: The Hill</b></p> <p style="text-align: right;">8</p>
<p><b>10:00 Chair Fitness with Linda</b>  <b>10:00 Skip-Bo</b>  <b>11:00 Dancing to the Oldies with CeCe</b>  <b>1:00 Euchre</b>  <b>1:00 Mah Jongg</b>  <b>2:00 Qigong Exercise</b></p> <p style="text-align: right;">11</p>	<p><b>9:00 Osteo Fit with Missy</b>  <b>10:00 Eco-Friendly Wreath</b>  <b>1:00 Pinochle</b>  <b>1:00 Quilting &amp; Sewing</b>  <b>1:00 Spring Egg Rug Mug</b>  <b>5:30 Powerbeats with Missy</b></p> <p style="text-align: right;">12</p>	<p><b>10:15 Chair Fitness with CeCe</b>  <b>1:00 Frauds &amp; Personal Safety</b>  <b>1:00 Hand &amp; Foot</b>  <b>6:00 Pinochle</b>  <b>6:00 Euchre</b></p> <p style="text-align: right;">13</p>	<p><b>9:00 Foot Clinic</b>  <b>10:00—10:30 Blood Pressure Check</b>  <b>10:30 Fireside Chats</b>  <b>11:00 Chair Yoga</b>  <b>1:00 pm Mah Jongg</b>  <b>1:00 Game Day</b>  <b>1:00 Monthly CSFP Commodities</b>  <b>3:00 Board Meeting</b></p> <p style="text-align: right;">14</p>	<p><b>9:00 Powerbeats with Missy</b>  <b>10:00 Chair Fitness with Lizz</b>  <b>1:00 Fiber Friends</b>  <b>1:00 St. Patrick's Day Party</b></p> <p style="text-align: right;">15</p>
<p><b>10:00 Chair Fitness with Linda</b>  <b>10:00 Skip-Bo</b>  <b>11:00 Dancing to the Oldies with CeCe</b>  <b>1:00 Euchre</b>  <b>1:00 Mah Jongg</b>  <b>1:00 2nd Pick-Up</b>  <b>Monthly CSFP Commodities</b>  <b>2:00 Qigong Exercise</b></p> <p style="text-align: right;">18</p>	<p><b>9:00 Osteo Fit with Missy</b>  <b>10:30 Becoming a Senior Companion Volunteer</b>  <b>1:00 Pinochle</b>  <b>1:00 Quilting &amp; Sewing</b>  <b>1:00 Spring Egg Rug Mug</b>  <b>2:00 Hearing Aid Check</b>  <b>5:30 Powerbeats with Missy</b></p> <p style="text-align: right;">19</p>	<p><b>10:15 Chair Fitness with CeCe</b>  <b>11:30 A Safer Spring for a Safer You</b>  <b>1:00 Hand &amp; Foot</b>  <b>12:30 Root Beer Floats</b>  <b>6:00 Pinochle</b>  <b>6:00 Euchre</b></p> <p style="text-align: right;">20</p>	<p><b>9:30 Eyeglass Repair</b>  <b>10:30 Book Club</b>  <b>10:30 Meet &amp; Greet Author, Marcy Blesy</b>  <b>11:00 Chair Yoga</b>  <b>1:00 Mah Jongg</b>  <b>1:00 Game Day</b>  <b>1:00 Garden Club Meeting</b></p> <p style="text-align: right;">21</p>	<p><b>9:00 Powerbeats with Missy</b>  <b>10:00 Chair Fitness with Lizz</b>  <b>11:30 Lunch Bunch</b>  <b>1:00 Fiber Friends</b>  <b>1:00 Movie Matinee: Dog Gone</b></p> <p style="text-align: right;">22</p>
<p><b>10:00 Chair Fitness with Linda</b>  <b>10:00 Skip-Bo</b>  <b>11:00 Dancing to the Oldies with CeCe</b>  <b>12:30 Ice Cream Social</b>  <b>1:00 Euchre</b>  <b>1:00 Mah Jongg</b>  <b>2:00 Qigong Exercise</b></p> <p style="text-align: right;">25</p>	<p><b>9:00 Osteo Fit with Missy</b>  <b>1:00 Pinochle</b>  <b>1:00 Quilting &amp; Sewing</b>  <b>1:00 Spring Egg Rug Mug</b>  <b>1:00 GrandPad Training</b>  <b>5:30 Powerbeats with Missy</b></p> <p style="text-align: right;">26</p>	<p><b>10:15 Chair Fitness with CeCe</b>  <b>1:00 Hand &amp; Foot</b>  <b>1:00 Birthday Bingo</b>  <b>6:00 Pinochle</b>  <b>6:00 Euchre</b></p> <p style="text-align: right;">27</p>	<p><b>10:00—10:30 Blood Pressure Check</b>  <b>10:30 Fireside Chats</b>  <b>11:00 Chair Yoga</b>  <b>1:00 pm Mah Jongg</b>  <b>1:00 Game Day</b></p> <p style="text-align: right;">28</p>	<p><b>The BASC is closed on Good Friday.</b></p>  <p style="text-align: right;">29</p>

# Buchanan Area Senior Center

810 Rynearson St.

Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: adam@thebasc.org

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



M  
A  
R  
C  
H

2024

## **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.