



Buchanan Area Senior Center

February 2024

Buchanan Area Senior Chronicle

“Happy, Active, Living”



COVID VACCINE CLINIC

Lakeland Care Network, a partner with Corewell Health will have a team at the BASC to offer the Moderna COVID vaccine. The vaccine will be billed to your insurance company. Please contact your insurance company if you have any questions regarding your coverage.

COVID Vaccine Clinic

Tuesday, February 20, 10:00—11:00 am

To make an appointment, call the BASC at 695-7119.

Bring your insurance and vaccination cards to your appointment.



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GROUNDHOG DAY FEBRUARY 2

AARP TAX-AIDE PREPARATION



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. Please refer to Page 8 for more information.

VALENTINE’S DAY PARTY

Join in the fun and play Pictionary!
Have some laughs guessing what your team mate is drawing!
No experience needed!



Valentine’s Day Party
Wednesday, February 14, 1:00—3:00 pm
Sign-up by Friday, February 2

Call 695-7119 to RSVP. Snacks & drinks will be provided.

SUPER BOWL LVIII PARTY

Do you like watching the Super Bowl for the game or for the commercials? Either way, sign-up to watch this years Super Bowl game at the BASC!



Super Bowl Party at the BASC on Sunday, February 11
Doors open at 5:30 pm for pre-game and game starts at 6:30.
You must RSVP. Call 695-7119 to join in the excitement.
We will have bean & ham soup, vegetable soup, and drinks available. Please bring a snack to share.

Groundhog Day has its roots in the ancient Christian tradition of Candlemas, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting the hedgehog as a means of predicting weather.

On February 2, 1887, German settlers in Pennsylvania continued the tradition and switched the animal to a groundhog.

Do you predict the groundhog will see it’s shadow and we will have six more weeks of winter weather, or will there be no shadow and an early spring?



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—Starts 7/18
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

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, February 20, 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, February 15, at 10:30 am**.
- ◆ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets at a restaurant for lunch and socialization. **Call the BASC at 695-7119 to reserve your seat for lunch on February 23 at Pizza Transit, 215 E Main 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 11:10 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, February 8, 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, February 28 at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, February 21, 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, **February 26 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, February 7.**
- ◆ **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, February 7
9:00 to 10:00 am—During Coffee Chat.
 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, February 7, 9:00 am

TULSA RACE MASSACRE PRESENTATION AND DOCUMENTARY

Our very own BASC Board of Director and Vice President of our Board, Jeanne Harris, had the opportunity this past summer to walk the streets of what was once known as Tulsa's "Black Wall Street."

Over 100 years ago, a white supremacist mob destroyed the district where black business leaders, homeowners, and civic leaders thrived.

Jeanne will share her knowledge she gained from her visit along with photographs at the Tulsa Race Massacre presentation.



Please join us to learn more about this important piece of history.
Tulsa Race Massacre

Thursday, February 22, at 1:00 pm.

Jeanne will present and afterwards we will watch the documentary

Dreamland: The Burning of Black Wall Street
 Call 695-7119 to reserve your seat.



DISCUSSION ON DEMENTIA CARE

Dementia is a disease that changes a person's behavior. Challenges arise for those who take time to care for a loved one with Dementia. Education is important to learn how to live a new way with the disease.



James "Buzz" Busby will be at the BASC to discuss Caring & Interacting—Examples of Dementia Behaviors—Communication Techniques—Warning Signs

Thursday, February 15, at 2:00 pm
 Please call 695-7119 to sign-up.

ASSISTANCE WITH YOUR CELL PHONE & TABLET



Some members of the Buchanan High School Leos Club will be at the BASC on **Tuesday, February 13, from 3:00—4:00 pm** to help you on how to use your cell phone & tablet.

COMMUNITY EVENTS



BUCHANAN-GALLEN LIONS CLUB

Buchanan-Galien Lions Club
 Trivia Night
 Saturday, February 24
 at Buchanan Legion Hall
 403 E Front St,
 Buchanan, MI

\$25/person
 max 8 people per team
 limited seating



Buchanan District Library
 Solar Eclipse 2024
 Saturday, February 17, 2:00 pm



Roti Roti Art Center
 Valentine's for Vets
 January 13



Fernwood
 Botanical Garden
 Great Backyard Bird Count
 February 17
 10:00 am—4:00 pm



FIRESIDE CHATS WITH GAYLA

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

February 8: How to continue to love even when there's a loss.



February 22: Group discussion on grief.

CONVERSATIONS WITH FRIENDS

Have you visited Buchanan's new and homey bookshop?

Glendora Bookshop is one of Buchanan's new businesses in town and owner Carla Mayer is excited to tell you about her adventures of being a bookshop owner.



Conversations with Friends
Featuring Carla Mayer,
Glendora Bookshop owner
Tuesday, February 27,
at 2:00 pm
Call 695-7119 to sign-up.

CONVERSATIONS WITH FRIENDS

We rescheduled Conversations with Friends, featuring Buchanan Middle School Principal, Shelby Beasley to February 21 at 2:00 pm.



Mentoring can change the course of a young persons life. Wouldn't it be nice to know that you make a difference in someone's life?

Please join us to learn more about Shelby and the BMS mentoring program.

Conversations with Friends
Wednesday, February 21, at 2:00 pm

BLOOD PRESSURE CHECKS & BLOOD SUGAR TESTING



Your health is important and monitoring your blood pressure and blood sugar levels can be done at the BASC. Blood pressure checks are provided by Always Best Care on the 2nd and 4th Thursdays of each month at 10:00 am and fasting blood sugar testing is provided by Buchanan Meadows the 1st Wednesday of each month at 9:00 am. Mark the dates on your calendar!

BASC BOARD MEETING

Attend the BASC Board Meeting
Thursday, February 8, at 2:00-4:00 pm.
Board minutes & agendas are available

MOVIE MATINEE

Second Friday, February 9, at 1:00 pm
Fourth Friday, February 23, at 1:00 pm

February 9: 80 for Brady



When a local radio station promises four Super Bowl tickets to anyone who comes up with the best story, Trish (Jane Fonda), Lou (Lily Tomlin), Betty (Sally Field), and Maura (Rita Moreno) decide it's their chance to take a break from the various complications of their lives and go on a wild adventure to see their beloved Tommy in the 2017 Super Bowl. PG-13

February 23: Hidden Figures



Three brilliant African American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. PG

CANNABIS EDUCATION

Are you curious about cannabis, how the plant and flower can help with sleeping, chronic pain, and more?



Cannavista Wellness will be at the BASC to share about the healing properties, share cannabis information, and available to answer questions.

Cannabis Education
Tuesday, February 13, at 10:30 am
Call 695-7119 to sign up.

LEAP YEAR FUN DAY



We have an extra day in 2024!
Let's make it a fun day!

Play Trivia! Guess the Teenage Reveal!
Win Prizes! Eat!
Laugh & Have Leaps of Fun!

Leap Year Fun Day!
Thursday, February 29, 1:00—2:30 pm
Please bring a snack to share.
Call 695-7119 to sign up.

The Teenager Reveal—Bring in a picture of you when you were a teenager, we will make a copy of the photo. At Fun Day, all the pictures will be displayed and everyone will guess who is in the picture and we will reveal who is who. Pictures are due by February 16.

WORD SEARCH: Newspaper

HAVE FUN!

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

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

ADVERTISEMENTS
ARTS
BOOKS
BUSINESS
CIRCULATION
CLASSIFIEDADS
COLUMNISTS
COLUMNS
COMICS
COMPUTERS
COOKING
CROSSWORD
CULTURE
EDITORIAL
ENTERTAINMENT
EVENTS
EXTRA
FAMILY
FASHION
FINANCE
HEADLINES
HEALTH
HOME
INSERTS
INTERNATIONAL
INTERVIEWS
LETTERS
LIFESTYLE
LOCAL
MOVIES
NEWSSTAND
OBITUARIES
OPINION
PEOPLE
POLITICS
PUBLISHER
PUZZLES
RACK
REPORTER
REVIEWS
SECTIONS
SPORTS
SUBSCRIPTION
TECHNOLOGY
TELEVISION GUIDE
TRAVEL
WEATHER

SUDOKU

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





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, February 15
1:00—2:00 pm

Second Pick-Up Date
Monday, February 19
1:00—2:00 pm

TEFAP Quarterly
Wednesday, February 21
1:00—2:30 pm

Second Pick-Up Date
Monday, February 26
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 \$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.
- 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/ and click on Mobile Food Pantry.

Feeding America West Michigan Online Schedule:
www.feedwm.org/mobile-pantry-schedule/



Tuesday, February 6, 2024—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Wednesday, February 7, 2024—4:30 PM - Berrien County (Drive Thru), Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Friday, February 9, 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, January 29, 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, PACE 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

FEBRUARY 2024

Subject To Change

<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30% 2% milk</p>			<p>1 Goulash with Kidney Beans Texas Toast Green Beans Diced Peas</p>	<p>2 Liver and Onions Mashed Potatoes Peas Mandarin Oranges</p>
<p>5 Sweet and Sour Chicken Over Brown Rice Broccoli Diced Bell Peppers Mixed Fruit Cup</p>	<p>6 Beef Lasagna Texas Toast Mixed Vegetables Pineapple Tidbits</p>	<p>7 Chicken and Mushroom Casserole Green Beans Fruit Crisp with Oats</p>	<p>8 BBQ Pork Rib Patty Baked Beans Peas and Carrots Cinnamon Applesauce</p>	<p>9 Turkey Burger on a Whole Grain Bun with Lett/Ketchup/Mustard Seasoned Potato Wedges Steamed Veggie Blend Grapes</p>
<p>12 Chicken Mashed Potato Bowl with Gravy Kernel Corn Diced Mango</p>	<p>13 FAT TUESDAY Red Beans and Rice Cooked Greens Mandarin Oranges Cream Puff</p>	<p>14 Greek Salad w/ Chickpeas, Beets, Feta, Onions, Olives and Dressing Pita Bread Peaches</p>	<p>15 Stuffed Cabbage Roll Mashed Potatoes Green Beans Peas</p>	<p>16 Red Pepper and Parmesean Tilapia Confetti Rice Steamed Mixed Veggie Mixed Fruit</p>
<p>19 Baked Oatmeal with Blueberries Warm Fruit Salad Cottage Cheese</p>	<p>20 Cheesy Chicken, Broccoli, Rice Casserole Tossed Salad with Ranch Fruit Crisp</p>	<p>21 Meatball Sub with Marinara and Mozzarella Cheese Steamed Spinach Peaches</p>	<p>22 Turkey Medallions w/ Gravy Whipped Potatoes Creamed Corn Mandarin Oranges</p>	<p>23 Macaroni and Cheese Stewed Tomatoes Broccoli Birthday Cake</p>
<p>26 Turkey Meatloaf Seasoned Potato Wedges Italian Blend Vegetables Mandarin Oranges</p>	<p>27 Shepherd's Pie Peas and Carrots Baked Cinnamon Apples</p>	<p>28 Barley and Chickpea Risotto Sugar Snap Peas Fruit Cobbler</p>	<p>29 Chicken Fajitas Onions and Peppers Black Beans and Tomatoes Applesauce</p>	<p>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can!</p>

RECIPE: Dark Chocolate Chip Oatmeal Bars



Gluten-free! These easy, homemade snack bars can help you feel fuller longer and keep you on a path toward healthier eating, and help satisfy your sweet tooth.

Ingredients: 1 large egg - 1/2 cup fat-free Greek yogurt (plain or vanilla) - 1/2 cup artificial sweetener brown sugar blend (like Truvia or Splenda) - 1 1/2 cups gluten-free quick oats - 2 tablespoons milled flaxseed - 1/4 cup bittersweet chocolate chips or bittersweet baking bar broken into small chunks

Directions:

- 1: Preheat oven to 350 degree F. Spray an 8x8 inch baking dish with cooking spray.
- 2: Whisk together the egg, yogurt and brown sugar blend.
- 3: Add oats, flaxseed and chocolate chips.
- 4: Spread mixture in an 8 inch square pan coated with cooking spray.
- 5: Bake for 30 minutes.

AARP TAX-AIDE PREPARATION

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 and dependents.
2. All **2023** annual income statements or 2023 letter of record for you, your spouse and your dependents
 - a. W-2s - wages
 - b. All 1099’s – Social Security, Pensions, Interest, Dividends, Financial Institutions/Investments, gambling, self-employment, etc. **REVIEW INTAKE FORM QUESTIONS CAREFULLY**
 - c. Medicaid, Veterans Benefits, Alimony, SSI Disability for dependents
3. Homeowners bring your **2023 Winter and Summer tax bills even if winter is not yet paid.** (for possible Property Tax Credit)
4. Renters bring your landlord contract including the name and address along with each month’s rent payment amount for a possible MI Property Tax Credit
5. Total Heat Cost from 2023 – **NOTICE IF HOUSEHOLD TOTAL INCOME EXCEEDS \$15,000 – 1 PERSON; \$20,000 -2 PEOPLE – you do not qualify.**
 - a. SEMCO (natural gas) Heat credit is found on 12/23 or 1/24) statement
 - b. Indiana Michigan Power or Electric provider - (dates – November 22-October 23)
 - c. Propane/oil – statement for all payments and company name
6. Health Insurance premiums you pay out of pocket
 - a. Advantage Plan
 - b. Medicare Supplement
 - c. Prescription Drug plan
7. **Completed AARP Intake Form**
8. A **NEW COPY** of a Blank Check from your account or printed information provided by your bank.
 - a. Includes your name, routing number, account number, name of bank
9. Last Year’s tax return



WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Jess Minks, *Terri Sisk, *Leona Wonacott, *Judi Jason, *Tony Houser, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Herb Boyersmith, Kay Schadler, Linda Luhrsen, Mary Speckine, Pat McBain, Wendie Stephenson, Marge Collins, Mary Blake, Suzie Zimmerle, Linda Abair, Mary Weaver, Charles Serene, Pam Serene, Pam Sten, Judy Vergon, Marilyn Holden, Pat Robbins, Robalyn Benak, Julie Deeds, Janis Sexton, Brooke Streffling, Geneva Tabor, Kelly Minks, Molly Ross.

**Indicates Board Member*

In Kind Donations: Elaine Cole, Barbara Burge, Bev Matthews, Jeanette Arent, Sylvia Stull, Ms. Lockamy, Marilyn White, Valerie Wesner, Diane Wilcox, Roger Smith, Bob Marsh, CeCe Skala, Linda Luhrsen, Pat Burns.

Dollar Club: Ann Forsgren, Beverly Holt, Julie Deeds, Howard Jackson, Pat Bateman, Pat Casto.

General Fund: Janis Sexton, Schelly Hickman, John & Carol Kuntz.

Program Fund: Janis Sexton, Joyce Cronin, Edith Styburski, Schelly Hickman.

Medical Transportation Donation: Pat Casto, Elizabeth Shurte, Lisa Weed.

SPECIAL THANK YOU FOR YOUR ANNUAL APPEAL DONATIONS!

Doreen Pienkowski, Judi Jason, Cheryl Schulkins, Gerald Pilot, Sylvia Stull, B.G & J.E. Morrison

Random Act of Kindness Day is on February 17.



According to the American Psychological Association, studies have shown that acts of generosity not only benefit the recipients, but also boost happiness and well-being for the person offering kindness.

Random Acts of Kindness Day encourages people to think about ways they can make a positive impact on their communities. Your gesture doesn't have to be big or elaborate. Listed below are some ideas how you can spread kindness in the world.

1. Offer to help a neighbor with chores or errands.
2. Pay for someone's meal or coffee.
3. Leave a kind note for someone to find.
4. Volunteer at a local charity, shelter or other nonprofit organizations.
5. Donate items to a shelter or food bank.
6. Offer to give someone a ride or help with transportation.
7. Listen and offer support to someone who needs it.
8. Compliment a stranger and give them a reason to smile.
9. Hold the door open for someone or offer assistance when their hands are full.
10. Write a positive review or recommendation for a local business or service provider.

CARD GAME WINNERS

Monday Euchre

12/11 1st Place: Dick Rossow
12/18 1st Place: Mary Speckine
01/08 1st Place: Bob Marsh
1st Place:

2nd Place: Wayne H, Mary S, Wayne H
2nd Place: Norman Decker
2nd Place: Dick Rossow
2nd Place:

Cribbage

12/14 Janis Sexton
12/28 Janis Sexton
01/04 Janis Sexton

Wednesday Evening Euchre

12/06 1st Place: Wayne Hentsch
12/13 1st Place: Wayne Hentsch
12/20 1st Place: Wendie Stephenson
12/27 1st Place: Wayne Hentsch

2nd Place: Mary Speckine
2nd Place: Mary Speckine
2nd Place: Wayne Hentsch
2nd Place: Mary Speckine

Mah Jongg Best Weekly Score

11/20 Kay Foster
11/30 Kay F, R Holloway
12/07 Pat Burns
12/14 Kay Foster

Tuesday Pinochle

12/05 1st Place: Kay Schadler
12/12 1st Place: CJ Leiter
12/19 1st Place: Warner Linde
01/02 1st Place: CJ Leiter

2nd Place: Danny Sandmann
2nd Place: Marilyn Holden
2nd Place: Gail Moad
2nd Place: Herb Boyersmith

Hand and Foot

12/13 Jill Garmire
12/20 Kay Schadler

Wednesday Evening Pinochle

11/29 1st Place: CJ Leiter
12/06 1st Place: Herb Boyersmith
12/13 1st Place: Jerry Feece
12/20 1st Place: Herb Boyersmith

2nd Place: Maxine Brown
2nd Place: Gail Moad
2nd Place: Danny Sandmann
2nd Place: Marsha Ruby

PILL DROP OFF—SAFELY DEACTIVE MEDICATION

**Pill Drop Off—Safely Deactivate Medication
Wednesday, February 7, at Between 1:30—2:30 pm**



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

Please stop by the BASC on Wednesday, February 7, between 1:30—2:30 pm to have your medication safely deactivated and disposed. You may also pick up a DETERRA drug deactivation system pouch to take home.

BUCHANAN SCHOOL FARM OLD FASHIONED PLOW DAY & PANCAKE BREAKFAST

Would you like to participate or volunteer to help at the Buchanan School Farm Old Fashioned Plow Day & Pancake Breakfast on Saturday, April 20?

If you have any antique farm equipment or traditional/organic farmers who would like to display their equipment please contact the school.



Participant & volunteer contact for the
Buchanan School Farm Old Fashioned Plow Day & Pancake Breakfast
Phone: 269-695-8435
Email: schoolfarm@buchananschools.com.

Keep April 20th open for a BASC Field Trip to the Buchanan School Farm Old Fashioned Plow Day & Pancake Breakfast. Details will be in the BASC April newsletter.

BASC HOLIDAY PARTY



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 10:30 am. Watch for closings and delays on WNDU-16.

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.

Buchanan Area Senior Center—February 2024 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Watch the Super Bowl at the BASC on February 11</p> 	<p>February 13 Mardi Gras</p> 		<p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy</p>	<p>9:00 Coffee Chat Social 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Pill Drop Off 6:00 Pinochle 6:00 Euchre</p>	<p>9:00 Foot Clinic 10:00—10:30 Blood Pressure Check 10:30 Fireside Chats 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Board Meeting</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: 80 for Brady</p>
<p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 10:30 Cannabis Education 1:00 Pinochle 1:00 Quilting & Sewing 3:00 Assistance with Cell Phone & Tablet 5:30 Powerbeats with Missy</p>	<p>10:15 Chair Fitness with CeCe 1:00 Valentine's Day Party 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p> <p><i>Happy Valentine's Day</i></p>	<p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 2:00 Discussion on Dementia Care</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 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>9:00 Osteo Fit with Missy 10:00 COVID Vaccine Clinic 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 12:30 Root Beer Floats 1:00 Quarterly TEFAP Commodities 2:00 Conversations with Shelby Beasley 6:00 Pinochle 6:00 Euchre</p>	<p>10:00—10:30 Blood Pressure Check 10:30 Fireside Chats 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Tulsa Race Massacre</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: Hidden Figures</p>
<p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Quarterly TEFAP Commodities 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Conversations with Carla Mayer 5:30 Powerbeats with Missy</p>	<p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p>11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Leap Year Fun Day</p>	<p>February 19</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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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.