



Buchanan Area Senior Center

September 2023

# Buchanan Area Senior Chronicle

“Happy, Active, Living”



## NEWS FROM THE BASC EXECUTIVE DIRECTOR, ADAM BURCK

I want to reiterate our thanks to our fabulous BASC volunteer corps who help us provide you with the many programs and services that we offer. Our volunteers serve in a variety of essential roles, including providing rides to medical appointments, delivering meals to the homebound, helping with special events, making care calls, serving on committees, and many other ways. There really is an option for every interest, and you'll make new friends along the way and receive immense gratitude from those we serve. Volunteers with 15 hours or more per year get to attend the volunteer luncheon in April, with goody bags and great fellowship!

Hop on board and help us help more people! Give a call to Jayme at the BASC to sign up, 269-695-7119. We currently are seeking volunteers, particularly for the following programs:

- Drivers for rides to medical appointments
- AARP Tax-Aide income tax preparation program
- Programming Committee
- Volunteer Committee

Thank you!



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## DANCE PARTY AT THE BASC!

Friday,  
September 29  
1:00—3:00 pm

Music provided  
by DJ  
**Bob Carnes!**  
Wear your  
dancing shoes!

Bring a snack  
to share.

RSVP  
Required  
Call 695-7119  
to reserve  
your space.



## GRANDKIDS DAY IS BACK!!!

Grandparents—bring your grandkids and make some memories at the BASC Grandkids Day County Fair event on Saturday, September 16, 11:00 am to 2:00 pm. Enjoy spending time with your grandkids while they have their face painted, play fair games, and be sure to get your photo taken at the photo booth. Have lunch at the center—hot dogs, brats, snow cones, tasty kid-friendly snacks and drinks will be provided. Everything is free! Registration is required before September 13th.



**Grandkids Day  
County Fair  
Saturday, September 16  
11:00 am—2:00 pm  
Registration is required  
Call 269-695-7119 to register**

## SELF-HELP RESOURCE CENTER

**Self-Help  
Resource Center  
Thursday, September 28  
9:00 - 10:00 am  
Call 695-7119 to register**

A representative from the Berrien County Self-Help Resource Center will be at the BASC speaking on how they assist patrons with procedural steps involved in filing court documents.

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 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  
**No Quilting & Sewing on September 12. Sign-up for your flu shot.**

**FIBER FRIENDS:**  
Fridays from 1:00 pm to 3:00 pm  
**No Fiber Friends on Friday, September 29. Dance Party!**

## 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 am.**
- ◆ **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists, will be at the BASC on **Tuesday, September 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, September 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 September 22, Taqueria Don Chepe, 1168 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 11:00 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, September 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 The Willows. Join in the fun at the BASC on Wednesday, September 27, at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, September 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. **September 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. **Buchanan Meadows** will provide the blood sugar test and refreshments on **Wednesday, September 6.**

Would you like to learn how to play MAHJONGG?

Mahjongg is played at the BASC on Mon. & Thurs. at 1:00 pm.

Call 695-7119 to sign-up for a training day!

Caregiver Support Group  
Presented by Alzheimer's Association Michigan

Second Tuesday of the Month  
6:30 pm—8:00 pm  
Campus for Creative Aging  
2920 Lakeview Ave., St. Joseph, MI

Nicole Hourani, 269-487-9700  
nthourani@alz.org

**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: BUCHANAN-GALIEEN LIONS CLUB



BUCHANAN-GALIEEN LIONS CLUB

Coffee Chat with Buchanan-Galienen Lions Club  
Wednesday, September 6, at 9:00 am.

\*\*\*\*\*

Fasting Blood Sugar Testing

Wednesday, September 6

9:00 to 10:00 am—During Coffee Chat.

Testing and refreshments provided by Buchanan Meadows.

## PLAY AT THE TIN SHOP—[TITLE OF SHOW]



[title of show] - Sunday, October 8, at 4:00 pm  
BASC group rate \$12. Cash Only.

Registration and payment due by September 15.  
Call 695-7119 to reserve your seat. Diana will be in  
contact with you regarding ticket pick-up.

## FLU CLINIC

Rite Aid Pharmacy in Buchanan will be providing our  
Annual Flu Shot Clinic

At the Buchanan Area Senior Center  
810 Rynearson St., Buchanan, MI  
Monday, September 18,  
10:00 am—1:00 pm  
Appointment Required



Rite Aid accepts Medicare and most insurances. If you don't have insurance the cost for the Quad Flu vaccine is \$48.99 and the High Dose Flu vaccine is \$94.99

The Flu, Tdap, Shingrix, and Pneumonia vaccines will be available.

1. Call 695-7119 to schedule your flu shot appointment. Please let us know at that time if you want any of the other vaccines. If you need transportation to and from the Flu Shot Clinic, please let us know.
2. Stop by the BASC to pick up a Screening Questionnaire between September 1—September 13.
3. Complete the Screening Questionnaire and return to the BASC by Friday, September 13. Please have your insurance card(s) and Driver License/ID Card available so we can make copies.
4. Show up 5 minutes prior to your scheduled appointment and please make sure you have your insurance cards with you.

## MEALS IN MINUTES

Are you tired of cooking?

Are you overwhelmed with meal planning for one or two?



Come to Meals in Minutes to learn how to prepare healthy items that don't require a culinary degree, or a day spent in the kitchen. Bring your appetite as we sample items recommended. You will walk away with recipes that are simple, delicious, and ready in minutes.

Meals in Minutes

Thursday, September 28, 1:00 pm / Call 695-7119 to register

Presented by Melissa Powell, Registered Dietitian, Area Agency on Aging.

## COMMUNITY EVENTS



Buchanan  
Farmers' Market  
Saturdays  
8:00 am—1:00 pm  
Buchanan Commons



Tin Shop Theatre  
[title of show]  
September 29, 30 and  
October 6, 7 at 7:30 pm  
October 1 and 8  
at 4:00 pm.

Call box office at 269-695-6464  
to purchase tickets.



Buchanan-Galienen Lions Club  
Kayak Poker Run  
September 10  
9:30 am—3:00 pm  
For more information call  
269-695-3000



Buchanan District Library  
Grown Up Game Night  
Enjoy a classic board game night  
just for grown ups!  
September 15  
5:30—6:30 pm



**SINGING!  
THE MANY BENEFITS!  
WITH DR. GRETA POPE**



Come out, meet new friends and learn all about the benefits of singing as we age. This will be a presentation delving into why singing is a wonderful promoter of good mental, emotional & physical health.

We will also talk about Performance Anxiety (stage fright). Everyone gets it, but we'll address the reasons for it and how to overcome it so that we can all fully enjoy the benefits of singing.

Join us for this educational and fun presentation. Looking forward to seeing you there!

**Sing! The Many Benefits! With Dr. Greta Pope  
Wednesday, September 6, 1:00—3:00 pm  
Please call 695-7119 to register.**

**CAREGIVER SHENANIGANS  
PODCAST**

Jennifer Kedik and her partner, Shawn, love their caregivers and want to be a resource. Caregiver Shenanigans is a fun but informative podcast for those that are taking care of a loved one. You can find their podcast at caregivers.lol



**Learn more about  
Caregiver Shenanigans Podcast  
Thursday, September 14, 1:00 pm  
Call 695-7119 to register**

**WALK DAY**

**Walk Day  
Brandywine Creek  
Nature Park  
Breakfast/Lunch at  
Home Plate Restaurant  
Wednesday, September 13  
Call 695-7119 to register  
8:30 am at the BASC  
8:50 am at the park,  
1701 S 3rd St., Niles, MI**



When you register, please let us know if you are riding in the van (limited space), following the van, or meeting at Brandywine Creek Nature Park.

**MOVIE MATINEE**

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

**September 8: Persuasion (2022)**



Living with her snobby family on the brink of bankruptcy, Anne Elliot is a nonconforming woman with modern sensibilities. When Frederick Wentworth--the dashing one she let get away--crashes back into her life, Anne must choose between putting the past behind her or listening to her heart when it comes to second chances. Adapted from the Jane Austen novel.

PG

**September 22: Big Eyes**



In the late 1950s and early '60s, artist Walter Keane (Christoph Waltz) achieves unbelievable fame and success with portraits of saucer-eyed waifs. However, no one realizes that his wife, Margaret (Amy Adams), is the real painter behind the brush. Although Margaret is horrified to learn that Walter is passing off her work as his own, she is too meek to protest too loudly. It isn't until the Keanes' marriage comes to an end and a lawsuit follows that the truth finally comes to light.

PG-13

**FLAGS FLYING OVER OUR  
STATE: THE U.S. FLAG AND  
MICHIGAN'S FLAG  
THROUGH HISTORY**



On July 14, 1777, the Second Continental Congress approved the design for the original American flag. We celebrate

Flag Day every July 14<sup>th</sup> as a result. Americans see the flag daily but there is a rich history of the changes to our flag and our pledge to the flag. What has been the evolution of the flag over these almost two hundred and fifty years? Only a decade later, the newly united states adopted our Constitution. We celebrate Constitution Day each September as citizens. So let's explore the story of our national flag along with our unique Michigan flag adopted 74 years after statehood!

Ruth Writer will share her knowledge on the flags histories and Larry Money will share how to properly care for the flags.

**The U.S. Flag and  
Michigan's Flag  
Through History  
Thursday,  
September 21, 2:00 pm  
Call 695-7119 to register**



## WORD SEARCH: Canada Day

Find and circle all of the Countries of Europe that are hidden in the grid.

The remaining letters spell a secret message.

Note: IRELAND and NORTHERN IRELAND are separately hidden and do not overlap.

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

ALBANIA  
 ANDORRA  
 ARMENIA  
 AUSTRIA  
 AZERBAIJAN  
 BELARUS  
 BELGIUM  
 BOSNIA-  
 HERZEGOVINA  
 BULGARIA  
 CROATIA  
 CYPRUS  
 CZECH REPUBLIC  
 DENMARK  
 ENGLAND  
 ESTONIA  
 FINLAND  
 FRANCE  
 GEORGIA  
 GERMANY  
 GREECE  
 HUNGARY  
 ICELAND  
 IRELAND  
 ITALY  
 LATVIA  
 LIECHTENSTEIN  
 LITHUANIA  
 LUXEMBOURG  
 MACEDONIA  
 MALTA  
 MOLDOVA  
 MONACO  
 NETHERLANDS  
 NORTHERN IRE-  
 LAND  
 NORWAY  
 POLAND  
 PORTUGAL  
 ROMANIA  
 RUSSIAN FEDERA-  
 TION  
 SAN MARINO  
 SCOTLAND  
 SLOVAKIA  
 SLOVENIA  
 SPAIN  
 SWEDEN  
 SWITZERLAND  
 TURKEY  
 UKRAINE  
 SERBIA/  
 MONTENEGRO  
 VATICAN CITY  
 WALES

## SUDOKU

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



**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, September 14 1:00—2:00 pm**

**Second Pick-Up Date Monday, September 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. Please see all new instructions for pick-up in the tote out front of the center.*

*This institution is an equal opportunity provider.*



**SENIOR CENTER SERVICES**

- At the Senior Center you can:
- Make b&w copies for 10¢ each
  - Make color copies for 40¢ each
  - Send a FAX for \$1.00 per page
  - Have paperwork notarized (Please call ahead to make sure notary is available.)
  - Use our computer to go on the Internet.

**Senior Nutrition Services suggested donation based on monthly income**

- \$1,101 & up \$3.75 and up
- \$801—\$1,100 \$3.25 per Meal
- \$701—\$800 \$2.75 per Meal
- \$551—\$700 \$2.25 per Meal
- \$0—\$550 \$1.75 per Meal

Meals are funded in part by Region IV Area Agency on Aging and Senior Nutrition Services

**SENIOR NUTRITION**

SNS/Meals on Wheels of SW Michigan is pleased to announce the meal site in the BASC is open.

- Lunch starts at noon.
- 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 [HTTPS://WWW.FEEDWM.ORG/FINDFOOD/](https://www.feedwm.org/findfood/) AND CLICK ON MOBILE FOOD PANTRY.*



Tuesday, September 5, 2023—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Friday, September 8, 2023—4:00 PM - Berrien County (Drive Thru), Eau Claire Seventh Day Adventist Church, 6562 Naomi Road, Eau Claire, MI 49111

Monday, September 11, 2023—11:00 AM - Berrien County (Drive Thru), Neighbor to Neighbor, 9147 Old U.S. 31, Berrien Springs, MI 49103

Monday, September 11, 2023—4:00 PM - Berrien County (Drive Thru), Kinexus, 499 W Main St., Benton Harbor, MI 49022

Friday, September 15, 2023—4:00 PM - Berrien County (Drive Thru), Baroda Bible Church, 9058 Third Street, Baroda, MI 49101

Monday, September 25, 2023—4:00 pm—Berrien County (Drive Thru), Galien River Church @ Galien American Legion, 402 N. Main Street, Galien, MI 49113

**Faith United Methodist Church, 728 N. Detroit St., Buchanan, distributes food from 9:00 to 10:30 am, on the second Saturday of each month, to people in the Buchanan School District.**

**Meals on Wheels of Southwest Michigan  
Senior Nutrition Services  
PACE, HDM, Congregate Menu**

Meals are funded in part by:



**MEALS on WHEELS**

— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region IV



**REGION IV  
Area Agency  
On Aging**



Offering Choices for Independent Lives

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

Donations

# September 2023

## 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%</b>  <b>2% milk</b></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!  <b>We thank you!</b></p>		<p><b>1</b> BBQ Chicken Quarter                  Mac and Cheese                  Kernel Corn                  Seasonal Fruit</p>
	<p><b>5</b> Hamburger                  With Lettuce/Onion                  Ketchup/Mustard                  Seasonal Veggies                  Pudding                  Mixed Fruit</p>	<p><b>6</b> Loaded Potato Chicken Casserole                  Green Beans                  Steamed Peas                  Fruited Jello</p> <p><b>NEW</b></p>	<p><b>7</b> Chicken and Broccoli Rice Casserole                  Carrot Coins                  Grapes</p>	<p><b>8</b> Cheesy Chili Mac Casserole                  Diced Tomatoes                  Pineapple</p> <p><b>NEW</b></p>
<p><b>11</b> Citrus Herb Pork Chop                  Mashed Potatoes                  Oriental Blend                  Mandarin Oranges</p>	<p><b>12</b> Vegetable Lasagna                  Italian Marinated Vegetables                  Texas Toast                  Peaches</p>	<p><b>13</b> Breaded Fish Sandwich                  Tarter, Lettuce, Tomato                  Coleslaw                  Mixed Vegetables                  Pears</p>	<p><b>14</b> Jambalaya                  Steamed Squash                  Cornbread                  Diced Mango</p>	<p><b>15</b> Chicken and Dumplings                  Capri Vegetable Blend                  Beets                  Fruit Cocktail</p>
<p><b>18</b> Shepherd's Pie                  Brussels Sprouts                  Dinner Roll w/ Margarine                  Peaches</p>	<p><b>19</b> BBQ Pork Rib Patty                  Succotash Vegetables                  Tossed Salad w/ Ranch                  Seasonal Fruit</p>	<p><b>20</b> Chili                  Lima Beans                  Coleslaw                  Saltine Crackers                  Applesauce</p>	<p><b>21</b> Biscuits and Sausage Gravy                  Steamed Spinach                  Baked Cinnamon Apples</p>	<p><b>22</b> Chicken Courdon                  Bleu Pasta                  5 Way Vegetable                  Mandarin Oranges</p>
<p><b>25</b> Honey Mustard Chicken                  Scalloped Potatoes                  Wax Beans                  Tropical Fruit Blend</p>	<p><b>26</b> BBQ Roast Beef Sandwich                  3 Bean Salad                  Kyoto Blend Veggies                  Pears</p>	<p><b>27</b> Spinach Ravioli Bake                  Steamed Broccoli                  Texas Toast                  Fruited Yogurt</p> <p><b>NEW</b></p>	<p><b>28</b> Chicken Chow Mein                  Steamed Rice                  Stir Fried Vegetables                  Spiced Fruit Crisp</p>	<p><b>29</b> Stuffed Cabbage Roll                  Mashed Potatoes                  Green Beans                  Mandarin Oranges                  Birthday Cake</p>

## RECIPE: The Best Baked Apples

Easy baked apples recipe!

Two apples filled with oats, cinnamon, nutmeg, and brown sugar. Baked until perfectly tender. Perfect for breakfast or dessert.



Ingredients:

2 medium apples (such as Gala, Jonagold, Fuji, or Honeycrisp)  
2 tbsp. brown sugar    1/4 c. old fashioned oats    1/4 tsp. ground cinnamon  
1 tsp. ground nutmeg    1/2 tbsp. salted butter    1/4 cup boiling water

Instructions:

1. Preheat oven at 375 degrees F
2. Rinse and dry the apples. Using a sharp knife or an apple corer, cut out the cores, leaving the bottom 1/2-inch of the apples intact and create a well roughly 1-inch wide.
3. Mix the brown sugar, oats, cinnamon and nutmeg in a bowl. Divide this mixture between the two apples, packing the mixture into the wells firmly.
4. Arrange the apples in a small baking dish, and top each apple with 1/4 tbsp. of butter.
5. Pour the hot water into the bottom of the dish.
6. Bake for 35-40 minutes, until the apples are cooked through and tender.
7. Remove the apples from the oven and spoon the juices from the dish over the apples.
8. Serve with vanilla ice cream, if desired.

## CRAFT DAY AT BEE CRAFTY, LLC

We will visit Bee Crafty, LLC for a craft day. You will select your ceramic art project, choose whether you would like to paint or glaze. Painted projects can be taken home the same day and glaze projects can take up to 2 weeks to be completed, you will need to come back to pick your item up.



**Craft Day at Bee Crafty, LLC**  
**Thursday, September 21**  
**9:30 am—Meet at the BASC**  
**or 9:50 am—Meet at Bee Crafty,**  
**101 E. Main St., Niles, MI**

Registration is required. **Call 695-7119 to reserve your space. A \$10 deposit (cash only) is due by September 13.** Your deposit will be returned to you the day of the class. Fee is attendees responsibility and price varies on the project item you choose (around \$10—\$30+).

When you register please let us know if you are riding in the van (limited space), following the van, or meeting at Bee Crafty, LLC,

## BASC BOARD MEETING



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

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

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## FISHING DAY

**Grab your buddy and go fishing with us!**

**We will fish**  
**(catch and release) at**  
**Spaulding Lake Campground in Niles**  
**September 15**  
**9:00 am—Meet us at the BASC**  
**Registration is Required.**  
**Limited number of fishers.**  
**Fee is \$15 (cash only)**  
**for fishing fee and lunch.**  
**Fee is due September 12.**

When you register, please let us know if you need a ride, space is limited, or following the van.  
Feel free to bring a hat and a folding lawn chair.

You don't have to have your own fishing poles or tackle, but if you do have these items, please bring them with you to the fishing hole.



## SEWING PROJECT

Mary Weaver, the BASC Quilting & Sewing lead, will help you sew an apron. Fabric pattern will vary. Please feel free to bring your own fabric.



**Sew Your Own Apron**  
**Choose a date & register**  
**No fee for this class.**  
**Registration is required.**  
**Call 695-7119 to register for**  
**one of the following classes:**  
**September 5, 19 or 26**  
**1:00—3:00 pm**



**WITH SINCERE GRATITUDE, THANK YOU!**

**Our Great Volunteers:** \*Josetta Bibbs, \*Jeanne Harris, \*Deborah Hendrix, \*Monroe Lemay, \*Richard Martin, \*Jess Minks, \*Terri Sisk, \*Leona Wonacott, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Judi Jason, Herb Boyersmith, Janis Sexton, Kay Schadler, Linda Luhrsen, Mary Speckine, Pat McBain, Wendie Stephenson, Marge Collins, Mary Blake, Suzie Zimmerle, Karen Smith, Charles Carpenter, Anita Grace, Judy Vergon, Linda Abair, Mary Weaver, Bobbie Benak, Jill Garmire, Charles Serene, Shirley Woods, Gillian Robbins, Tammy Kelley, Larissa Perkins, Rita Arnold, Maxine Brown, Kim Calkins, Pam Serene  
*\*Indicates Board Member*

**In Kind Donations:** Leona Wonacott, Dan Riley, Mary Speckine, Sharon Dalrymple, Ed Winchell, Rita Arnold, Wendie Stephenson, Bob and Patty Carnes, Marilyn White, Jan Ferris, Mary Ann Riley, Bev Matthews, JoAnn Roberts, Linda Abair, Julie Wisner, Jerry Feece, Joan McGuire, Susan Masiokas, Cindy Blaine, LeeAnn Flenar, Patti Wargo, Wendy Ross.

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

**General Fund:** Janis Sexton, Edward Jones

**Program Fund:** Janis Sexton, Marie Lewis, Willa McGlauchlin.

**Medical Transportation Donation:** Pat Casto, Sue Kalus, Lisa Weed.

**SAVE THE DATE**  
**BASC HOLIDAY BAZAAR**  
**SATURDAY, DECEMBER 2**  
**9:00 AM—4:00 PM**  
**Interested in being a vendor?**  
**Call Diana at 695-7119.**

**SPECIAL THANK YOU FOR YOUR ANNUAL APPEAL DONATIONS!**

Patricia Anderson, Billie Holloway



Thank you to Corewell Health for honoring the BASC with a Community Wellness Endowment Grant to use toward a new NuStep fitness machine! Grateful!

*Thank You*

Thank you to all of YOU! September is National Senior Center Month and we wouldn't be here without YOU! You are our inspiration in offering a safe space to socialize, to attend a variety of programs, to stay active, and to utilize the many services at the BASC. We appreciate YOU! Grateful!



Thank you for those who donated at the Shredding Event and donated Blood. Grateful!

**We do live in a beautiful place  
with beautiful people.**

**To Gene Warner and Leona Wonacott:**  
Thank you for making the tie runners for my granddaughters. They are beautiful!

From Pat Anderson

**CARD GAME WINNERS**

**Monday Euchre**

07/24 1st Place: Wayne  
 07/31 1st Place: Tim Robinson  
 08/07 1st Place: Kay Schadler  
 08/14 1st Place: Sandra McCarthy

2nd Place: Pat Peterek  
 2nd Place: Norman D & Wally C  
 2nd Place: Mary Beth Larson  
 2nd Place: Dick Rossow

**Cribbage**

07/13 Herb Boyersmith  
 07/20 Kay Schadler  
 07/27 Herb B & Kay S

**Wednesday Evening Euchre**

07/05 1st Place: Lawrence Marsh  
 07/26 1st Place: Bob Marsh  
 08/02 1st Place: Wally Casto  
 08/09 1st Place: Duane S & Bob M

2nd Place: Wayne Hentsch  
 2nd Place: Duane Shunkwiler  
 2nd Place: Norman Decker  
 2nd Place: Wayne Hentsch

**Mah Jongg Best Weekly Score**

06/22 Pat Burns  
 06/29 Pat B & Kay F  
 07/06 Pat Burns  
 07/13 Judy B & Pat L

**Tuesday Pinochle**

06/07 1st Place: Werner Linde  
 06/13 1st Place: Gail Moad  
 06/20 1st Place: Mary Speckine  
 06/27 1st Place: Danny Sandman

2nd Place: CJ Leiter  
 2nd Place: Mary Speckine  
 2nd Place: Werner Linde  
 2nd Place: Kay Schadler

**Hand and Foot**

07/05 Wendie Stephenson  
 07/12 Linda Fisk  
 07/19 Pat Bateman  
 07/26 Wally Casto

**Wednesday Evening Pinochle**

06/29 1st Place: Edie Styburski  
 07/05 1st Place: Bill Brady  
 07/12 1st Place: Herb Boyersmith  
 07/19 1st Place: Bill Brady

2nd Place: CJ Leiter  
 2nd Place: Herb Boyersmith  
 2nd Place: Barb Brady  
 2nd Place: Bob Wesner

## PROGRESSIVE LUNCH

Enjoy a day of food and visit the University of Notre Dame

We will begin our adventure for coffee and a muffin at the Niles Martin's. We will drive to Notre Dame and walk the campus. Then off we go for lunch at Macri's Italian Bakery and Trattoria.

### Progressive Lunch

**Tuesday, September 26**

**8:30 am—Meet at the BASC**

**or 8:50 am—Meet at the Niles Martin's**

**All expenses is the individual's responsibility. Call 695-7119 to reserve your space. Please let us know if you are riding in the van, following the van, or meeting us at Martin's.**



## FIELD TRIP—COUNTRY STROLL



A day stroll through the countryside visiting an orchard and farm markets.

First stop is at Jolly Orchards where we can sit by the fishing pond, take a hay ride, and visit a western town, a haunted house, and an animal farm. Second stop is at Piggott's Farm Market & Bakery to take a peek what yummys they have for sale. Lunch will be at Baguette De France in St. Joseph. Back on the road for our final stop at Stover's Farm Market.

### Field Trip—Country Stroll

**Friday, September 8**

**8:30 am—Meet at the BASC**

**Fee: \$2.00 due by September 7 (cash only).**

**Lunch and all purchases are the individual's responsibility.**

**Call 695-7119 to reserve your space. Please let us know if you are riding in the van or following the van.**

Walk Day at East Race Waterway in South Bend.



## 6 PILLARS OF BRAIN HEALTH

Cognitive decline is not inevitable as we age. This session will equip participants with a basic understanding of dementia and brain health and address common myths. In this session, we will describe specific steps people can take at any age to optimize their chances of maintaining their cognitive health. We will also offer ideas and resources that individuals, families, and community leaders can share to empower people who currently have dementia to continue living with joy, meaning, and purpose. Presented by AARP.

### 6 Pillars of Brain Health

**Thursday, September 7,**

**9:00—10:30 am**

**Call to reserve your seat**



## WARM HEARTS WARM HANDS



Warm Hearts-Warm Hands is beginning to think about the giving season with making mittens for the Buchanan's Preschool program.

The 3rd Annual Warm Hearts-Warm Hands program will provide every preschool student with a pair of mittens. We are asking for time of those who are able to crochet and help create about 100 mittens to be given away. We will provide worsted weight yarn. The pattern is available at the BASC. We are hoping each person can make six pairs. Please drop off the mittens at the BASC by October 27. If you have any questions or need assistance, please stop by the BASC on Fridays during Fiber Friends between 1:00 –3:00 pm. Thank you!



A fun day at the South Bend Cubs baseball game.



Fiber Friends helping each other learn new skills.



Ink, Pen and Watercolor was a huge success!

## VETERANS SERVICES

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

# Buchanan Area Senior Center—September 2023 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Grandkids Day County Fair</b></p> <p><b>Saturday, September 16</b> 11:00 am—2:00 pm Call 695-7119 to register</p>	<p><b>Flu Clinic</b></p> <p><b>Tuesday, September 12</b> 10:00 am—1:00 pm Call 695-7119 to schedule your appointment</p>	<p><b>Dance Party</b></p> <p><b>Friday, September 29</b> 1:00—3:00 pm Bring a snack to share Call 695-7119 to register</p>	<p><b>Warm Hearts Warm Hands</b></p> <p><b>Help crochet Buchanan Pre-schoolers Mittens!</b> See page 10 for more information.</p>	<p>1</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>4</p> 	<p>5</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing—Make an Apron 5:30 Powerbeats with Missy</p>	<p>6</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Singing! The Many Benefits! 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre</p>	<p>7</p> <p>9:00 6 Pillars of Brain Health 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p>8</p> <p>8:30 Field Trip 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Persuasion (2022)</p>
<p>11</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>12</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 5:30 Powerbeats with Missy</p>	<p>13</p> <p>8:30 Walk Day 10:15 Chair Fitness with CeCe 1:00 Hand &amp; Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>14</p> <p>9:00 Foot Clinic 10:00 Blood Pressure Check 11:00 Chair Yoga 1:00 Caregiver Shenanigans Podcast 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting 3:00 Board Meeting</p>	<p>15</p> <p>9:00 Fishing Day 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>18</p> <p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 10:00 Flu Clinic 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>19</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing—Make an Apron 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>20</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:30 Matter of Balance 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre</p>	<p>21</p> <p>9:30 Eyeglass Repair 10:30 Book Club 9:30 Bee Crafty, LLC 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Flags History</p>	<p>22</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: Big Eyes</p>
<p>25</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 2:00 Qigong Exercise</p>	<p>26</p> <p>8:30 Progressive Lunch 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing—Make an Apron 5:30 Powerbeats with Missy</p>	<p>27</p> <p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand &amp; Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>28</p> <p>9:00 Self-Help Resource Center 10:00 Blood Pressure Check 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Meals in Minutes</p>	<p>29</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Dance Party</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  
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BUCHANAN, MI  
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2023

## **MEET OUR STAFF:**

### **Executive Director:**

Adam Burck

### **Office Manager:**

Jayme Marrow

### **Administrative Assistant/Receptionist:**

Tammy Ross

### **Program Coordinator:**

Diana Smuda

### **Staff Assistant:**

Terry Perkins

### **Senior Nutrition Site Manager:**

Kerri Pettie

## **IMPORTANT SERVICE NUMBERS:**

**Michigan 211** (Michigan 2-1-1 is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities.)

**United Way:** 269-982-1700 or 211

**Social Security:** 1-800-772-1213

**Legal Help—Council & Advocacy:** 1-888-783-8190

**Medicare Questions:** 1-800-633-4227

**Medicaid:** 269-934-2000

**Michigan Department of Health & Human Services:**  
269-934-2000

**Area Agency On Aging:** 1-800-654-2810

**Berrien Co. Veteran's Services:**

1-269-983-7111 Ext 8224

**Benton Harbor VA Out Patient Clinic:** 1-269-934-9123

**MI OMBUDSMAN:** 1-866-485-9393

**To Report A Scam:** 1-877-765-8388

**MI DHS Elder Abuse:** 1-855-444-3911

For any assistance call 911 or 269-983-7141 x 4900

## **Hours of Operation**

Monday–Friday

9:00 am–4:00 pm

Buchanan Area Senior Center is funded by:  
County Millage, Senior Nutrition Services / Region IV Area Agency on  
Aging, Public and Private Groups, Individual Donations,  
Fund Raising Activities, Area Grants, and very dedicated Volunteers.