



Buchanan Area Senior Center (BASC)

September 2025

Buchanan Area Senior Chronicle

“Happy, Active, Living”



NEWS FROM THE EXECUTIVE DIRECTOR

You blinked and now it's September, schools are back in session, asters are blooming, and the trees will soon reveal their fall colors. As the outdoor season concludes, we are upgrading our Fitness Room with new equipment, so you can continue your fitness journey in the cold months. The upgrades include a new multi-gym machine, repairing the NuStep, and adding a full body scanner to help you track fitness outcomes. We will offer Fitness Room Orientations on how to use the new equipment, so keep your eyes on our newsletter and Facebook for information.

We sincerely thank the following organizations for supporting this project:

**Corewell Health Foundation,
Michigan Gateway Community Foundation,
Buchanan Scarecrow Charities, and
Buchanan-Galien Lions Club.**

*Thank
you*

Interested in helping at the BASC? **We are holding a Volunteer Orientation session on Monday, Sept. 22nd at 2 pm to provide more information.** We really appreciate the assistance provided by our very helpful volunteers, and we couldn't do all that we do at the BASC without you. Members of our Board and staff will discuss the many volunteer opportunities, and there is something to appeal to all interests. We hope you can join us and other interested folks. Many thanks!

CELEBRATE NATIONAL SENIOR CENTER MONTH AT THE BASC



**Join in the Fun and Celebrate
Your Fabulous Senior Center!
Flip the Script on Aging!**

**Wednesday, September 17, starting at 11:30 am
Registration is Required—Call 695-7119 to Register**

If you like, start the celebration with eating lunch with friends! Either bring your lunch with you or order lunch through Senior Nutrition Services. If you order lunch with SNS you will need to call 695-7119 by 10:00 am on September 15 for this event, see page 12 for more information. You are responsible for your lunch, including the cost.

At 12:30 pm Woodland Terrace will be at the BASC serving Root Beer Floats! Save room for a sweet treat!

A little after 1:00 pm we will play some fun and silly games! Hopefully, you will be laughing!

How well do you know what the BASC offers our community? Stop by the BASC each week in September to pick up a trivia questionnaire. Bring your completed trivia questionnaires to the party on September 17 for a door prize drawing.

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SPOTLIGHT

The weather will be changing and people will start to go inside. For this time of the year, it is a nice transition from being outside to being in the BASC sunroom.

Join our Chair Yoga class on
Thursdays at 11:00 am.

No previous yoga
experience is necessary.

Our instructor, Sara,
is amazing!
All of the chair yoga
participants are friendly!
Please, join us on
Thursdays at 11:00 am.



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

WEEKLY EVENTS

HEALTH

BLOOD PRESSURE

CHECKS: The second Monday of each month, get your blood pressure check at 11:00 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

ADVANCE WALK DAYS

WITH FLO: Mondays at 11:00 am, meet at the BASC.

OSTEO-FIT WITH BRENDA: Tuesdays at 10:15

QIGONG WITH MALKAM: Tuesdays at 2:30 pm

POWERBEATS WITH

MISSY: Tuesdays at 5:30 pm

CHAIR FITNESS WITH

CeCe: Wednesdays at 10:15 am

CHAIR YOGA WITH SARA:

Thursdays at 11:00 am

POWERBEATS WITH LIZZ:

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

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

TABLETOP

SHUFFLEBOARD:

Wednesdays at 1:00 pm/No play the 4th Wednesday of each month

Women play on Fridays at 11:00 am

OTHER PROGRAMS

QUILTING & SEWING:

Tuesdays from 1:00 to 3:00 pm
No class on September 23

FIBER FRIENDS:

Fridays from 1:00 to 3:00 pm

MONTHLY PROGRAMS

Programs are subject to change.

- ♦ **BLOOD PRESSURE CHECKS:** The second Monday of each month, September 8 between 11:00—11:45 am get your blood pressure checked. Provided by Ellen.
- ♦ **HEARING AID CHECKS:** **Dr. Michelle Ridenour from Miracle Ear**, will be at the BASC on **Tuesday, September 16, 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 18, 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 Friday, September 26 at Hopper's, 9675 Old 31, Berrien Springs, MI.** Please indicate when you make your reservation if you are meeting at the BASC at 11:00 am or at the restaurant at 11:30 am.
- ♦ **FOOT CLINIC:** **Blessed Feet, LLC, Thursday, September 11, 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. You will need to pick-up a consent form that needs to be completed by your doctor prior to your first visit.
- ♦ **BIRTHDAY BINGO:** Celebrate the month's birthdays at Birthday Bingo! We will sing "Happy Birthday", play bingo, and win prizes! **Cake and ice cream will be provided by Riveridge Rehabilitation & Healthcare Center. Join in the fun at the BASC on Wednesday, September 24 at 1:00 pm.**
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, September 17 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, **Monday, September 29 at 12:30 pm.**
- ♦ **FASTING BLOOD SUGAR & BRUNCH SOCIAL:** Get your blood sugar checked the first Wednesdays at 9:00 am and join Coffee Chat. **Buchanan Meadows** will provide the blood sugar test and refreshments on **Wednesday, September 3 at 9:00 am.**
- ♦ **LGBTQ+ SOCIAL GATHERING:** If you are interested in joining in a LGBTQ+ Social Gathering held the second Thursday of the month from 6:00 to 8:00 pm, please call Adam at 695-7119 to learn more.

The BASC Pollinator Garden has done its magic!

We had the opportunity to watch a caterpillar enter its pupa (chrysalis) stage and emerge into a beautiful Monarch butterfly.

It's a girl!



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— PALMER FUNERAL HOME FORMERLY HOVEN FUNERAL HOME



Coffee Chat
Palmer Funeral Home
Wednesday, September 3 at 9:00 am
Please call 695-7119 to register

Lean more about the changes from
Hoven Funeral Home to Palmer Funeral Home.

Fasting Blood Sugar Testing
Wednesday, September 3
9:00 to 10:00 am



FLU CLINIC

**Niles Wellcare Pharmacy in Niles will be providing our
Annual Flu Shot Clinic / 55+ Years Old**

At the Buchanan Area Senior Center
810 Rynearson St., Buchanan, MI
Tuesday, September 23,
10:00 am—2:00 pm
Appointment Required



Niles Wellcare accepts Medicare and most insurances. If you don't have insurance the cost for the Regular Flu vaccine is \$45 and the High Dose Flu vaccine is \$90.

The Flu, Tdap, Shingrix, and Pneumonia vaccines will be available. At this time, the Covid 19 vaccine has not been released. The pharmacist said that the new recommendation says that you do not have to get the Covid vaccine every year.

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 12.
3. Complete the Screening Questionnaire and return to the BASC by Friday, September 12. 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.

PLAY AT THE TIN SHOP THEATRE

Gas Light
Sunday, October 5, 3:00 pm
\$12/person, cash only, due by September 26
Diana will contact you regarding ticket pick-up.



Gas Light is a thriller written by Patrick Hamilton in 1938. This work, which was the basis of the term 'Gaslighting' and the source of the famous movie 'Gas Light', is as current in its emotional tension and cruelty as any modern day play, all while unveiling a terrible crime.

COMMUNITY EVENTS



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



City of Buchanan
Brush and Yard
Waste Pickup
April 7—October 6
1st & 3rd Monday
of Each Month.
For more information please
call the City of Buchanan
at 695-3844



Roti Roti Art Center
of Buchanan
All Members Art Show
September 17—October 26
Wednesday—Sunday
12:00—4:00 pm
Reception is on
Sunday, September 28
2:00—4:00 pm



Visit the BASC website for a full
list of businesses

[Thebasc.org/
SeniorWednesdays!](http://Thebasc.org/SeniorWednesdays)

GEOCACHING

Explore Your World Through Geocaching
Thursday, September 18 at
1:30 to about 3:00 pm
Call 695-7119 to Register—Required



Maxine Brown—MaxB on the River will be your presenter. She will begin with an hour presentation and then you will explore outside for about 30 minutes.

Geocaching is a unique way to explore your hometown, state, country and the world at any age. Think of geocaching as a high tech treasure hunt for everyone, regardless of disabilities, who wants a reason to get outside. Fantastic for creating memories for families, grandkids, and you. Using your cell phone, and the geocaching app, you're taken to places where you can learn local history, geology or visit beautiful off-the-beaten path locations. You'll explore different geocache types and see photos from some of the places Maxine has visited. You'll then explore outside around the BASC and for those interested find a couple of geocaches around downtown Buchanan.

INTERGENERATIONAL PUZZLE

Intergenerational Puzzle Competition
Saturday, September 13, 1:00—3:00 pm
3—4 person teams,
At least 1 person 55+ yrs old
and 1 person under 18 yrs old
Team Registration is Required
Call 695-7119 to Register / Limited Space
Register by September 6

Grab a minor and a senior for our first ever intergenerational Puzzle Competition! Teams consisting of 3 to 4 people, including one person under 18 and one person over 55, will race to complete a 350-piece puzzle. Identical puzzles will be provided. The first-place team will receive a prize! Only the team captain needs to register.



WHICH FORK DO I USE??!

Which Fork Do I Use??!

Friday, September 5, 1:00—3:00 pm
Please call 695-7119 to Register—Required
Join Cultural Arts Everywhere to learn how to set a fabulous table for your next dinner table.

MOVIE MATINEE

Second and Fourth Fridays at 1:00 pm

September 12: The Notebook

85% Popcornmeter on Rotten Tomatoes

In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over. Rated PG-13

September 26: His Three Daughters

97% Tomatometer on Rotten Tomatoes

A funny story of an elderly patriarch and the three grown daughters who come to be with him in his final days. Katie (Carrie Coon) is a controlling Brooklyn mother dealing with a wayward teenage daughter; free-spirited Christina (Elizabeth Olsen) is a different kind of mom, separated from her offspring for the first time; and Rachel (Natasha Lyonne) is a sports-betting stoner who has never left her father's apartment -- much to the chagrin of her stepsisters, who share a different mother and worldview. Continuing his astute exploration of family dynamics in close-knit spaces, Jacobs follows the siblings over the course of three volatile days, as death looms, grievances erupt, and love seeps through the cracks of a fractured home. Rated R

AARP SMART DRIVER COURSE

AARP Smart Driver Course
September 30 & October 1
Both Days are Required
11:30 am—3:30 pm
Classroom Course Fee:
\$20 for AARP Members
\$25 for Non-Members
Registration is Required
Call 695-7119 to register
Space is limited.

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).



VETERANS SERVICES

If you need to talk to someone regarding Veteran services or transportation, please call the Berrien County Veterans Services, at 269-983-7111.

WORD SEARCH: Fish 2

HAVE FUN!

Find and circle all of the fish that are hidden in the grid.
The remaining letters spell a secret message - a Benjamin Franklin quotation

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

AMBERJACK
BASS
BLUEGILL
BONITO
BOWFIN
BUFFALO
BURBOT
CARP
CHAR
CISCO
COBIA
CROAKER
DOLPHIN
FLOUNDER
GOLDFISH
GROUPER
HADDOCK
HOUNDFISH
LINGCOD
MARLIN
PERCH
PICKEREL
PIKE
POLLOCK
PORGY
PUMPKINSEED
ROCKFISH
SAILFISH
SHAD
SHEEFISH
SNAPPER
SOLE
SPEARFISH
STEELHEAD
TARPON
TROUT
TUNNY
WALLEYE
WEAKFISH
WHITEFISH
YELLOWTAIL

SUDOKU

[illegible]

RECIPE: Apple-Cinnamon Overnight Oats

It takes just a few minutes in the evening to make this healthy breakfast for the next morning.



Ingredients:

1/2 cup old-fashioned rolled oats 1/2 cup unsweetened almond milk
1/2 tbsp chia seeds (optional) 1 tsp maple syrup 1/2 tsp ground cinnamon
pinch of salt 1/2 cup diced apple 2 tbsp toasted pecans (optional)

Instructions:

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and pinch of salt in a pint-sized jar and stir. Cover and refrigerate overnight.
2. Before serving, top with diced apples and pecans.
3. Refrigerate for up to 4 days.

BASC LEGACY

BASC Memorial Options

We offer various ways to memorialize loved ones:

Memorial Tree – donate \$50 or more in name of a deceased person and we engrave their name on a *Memorial Tree* leaf at the BASC.

Tribute Tree – for a donation of \$300, we have a live *Tribute Tree* planted on BASC grounds plus add an engraved leaf to the *Memorial Tree*

BASC Legacy – support BASC in end-of-life preparations, such as directing donations to BASC in lieu of funeral flowers or by including BASC in your will or estate plan.

Custom memorials – Contact us to discuss other ideas of how you want to honor someone.

For more information, please stop by the BASC office or contact us at 269-695-7119 or info@thebasc.org.

SING! INTERGENERATIONAL

Sing! Intergenerational Concert with Buchanan Area Senior Center Patrons and Buchanan High School Students

REHEARSALS:

September 22, 23, 24, 7:00–8:30 pm

September 28, 2:00–3:30 pm

CONCERT:

Sunday, September 28, 4:00–5:00 pm

LOCATION:

BASC, 810 Rynearson St., Buchanan

The BASC, the BHS and Dr. Greta Pope are excited to collaborate together and offer an intergenerational Sing! program.

REGISTER:

To participate call 695-7119

**To attend the concert
call 695-7119**



QUILTING & SEWING PROJECT

Make a Witch Hat



Call 695-7119 to Register
Registration Required
Space is Limited
Pattern & Color May Vary
Program is two day classes.
Please sign up for only one session.
September 2 & 9
OR September 16 & 30
Fee: \$7.00 due by September 2

BLACKSMITH WORKSHOP

Make a Frederich Cross

Blacksmith Workshop

by Wolf Prairie Historic Arts

Wednesday, September 10, 1:00–3:00 pm

Fee is \$20, due by September 8, no refunds

Registration is Required by September 8

Call 695-7119 to Register

A trained facilitator will be at the BASC to help you take a piece of scrap steel and turn it into something of beauty. The project demonstrates the artistic principle of considering what it can become not what it currently is. Each will be unique, and they will have the option of how they want to finish (texture) their Frederich Cross.



Dress Code/Safety Notice:

Safety is important to all of us if you want to participate in the BLACKSMITHING HONOR. We ask that you wear clothing made from natural fibers, like cotton, wool, leather, etc. Due to their inherent flammability, wearing manufactured fabrics like nylon, spandex, polyester, etc., can significantly increase the tissue damage caused by a burn if something hot lands on it. No natural fiber clothes/no cuffs/no shorts/no open-toed shoes or shoes with holes in them, no sandals, no crocs/long sleeves preferred/if your hair is longer than 6 inches, please bring a secure way of tying it back. Please Note: To come within the safety perimeter, you must have appropriate attire. Safety glasses provided.

WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Leona Wonacott, *Judi Jason, *Tony Houser, *Dylan Carden, *Dianne Ross, Dan Riley, Anne Reed, Mary Weaver, Linda Luhrsen, Joan McGuire, Wendie Stephenson, Linda Abair, LuAnn Sarters, Charles Serene, Pam Serene, Ellen Caagbay, Yolanda Julian, Evelyn Morris, Karen Smith, Mary Blake, Milly French, Flo Sasaki, Judy McGhee, Keiah Peters, Rita Arnold, Herb Boyersmith, Maxine Brown, Kim Calkins, Tammy Downing, Marlene Kachur, Kerri Pettie, Gail Crocker, LeeAnn Flenar, Pat McBain, Wanda Middlebrook, Doreen Pienkowski, Christine Ring, Beth Robb, Molly Ross, Sylvia Stull, Carol Taylor-Fowler, Vergie Wolfe, Ruth Writer.

**Indicates Board Member*

In Kind Donations: Deb Hendrix, Marilyn White, Linda VanOverberghe, Linda Landgrebe, Edna Lakin, Flo Sasaki, Linda Abair, Carol Taylor-Fowler, Pam Serene, Bob & Patty Carnes, Joan McGuire, Leona Wonacott, Glendora Bookshop, Yolanda Julian, George Tabbert, Dawn Hyslop.

Dollar Club: Julie Deeds, Diane Heiler, Norman Decker, Walter Birdsong, Pat Bateman, Ann Forsgren.

Program Fund: Patron Donation Box, Monroe LeMay-Emerick, Pam Serene.

General Fund: Schelly Hickman, Carol Taylor-Fowler

Fitness Room Upgrade: Patron Donation Box.

Thank you

A big thank you to everyone who donated baked goods for the BASC Bake Sale and supported the BASC at the Buchanan Farmers' Market!
You made a difference!

And thank you to everyone who supported the bake sale and purchased yummy treats!



Thank you

Thank you to the Conference of Catholic Women—St. Anthony Catholic Church for donating quilt blocks to the BASC.

Thank you to the BASC ladies who donated their time and created quilts from the quilt blocks.

Thank you to Mary Weaver, the BASC amazing quilting and sewing lead. She has been helping people learn and improve their quilting and sewing skills.

These beautiful quilts were donated to Buchanan Meadows... it took a tribe.



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



The 5th Annual Warm Hearts-Warm Hands program will provide every pre-school student with a pair of mittens. We ask you to please volunteer your time in helping create and crochet around 6 pairs of mittens. We will need approximately 100 mittens total. We will provide worsted weight yarn. The pattern is available at the BASC. Please drop off the mittens at the BASC by October 23. Thank you!



**We had a
gorgeous day
on our
July Walk Day!**

CARD GAME WINNERS

Monday Euchre

07/07 1st Place: Debbie Fields	2nd Place: Norman Decker
07/14 1st Place: Walt Hollobaugh	2nd Place: Connie Larson
07/21 1st Place: Glen Allender	2nd Place: Tim Robinson
07/28 1st Place: Janice Hartz	2nd Place: Kay Schadler

Tuesday Pinochle

07/08 1st Place: Herb Boyersmith	2nd Place: Maxine Brown
07/15 1st Place: Kay Schadler	2nd Place: Maxine Brown
07/22 1st Place: CJ Leiter	2nd Place: Edie Styburski
07/29 1st Place: Tim Robinson	2nd Place: Pat Peterek

Wednesday Evening Pinochle

07/02 1st Place: Brian Strawer	2nd Place: Herb Boyersmith
07/09 1st Place: Barb Brady	2nd Place: Maxine Brown
07/16 1st Place: Marsha Ruby	2nd Place: Tim Robinson
07/23 1st Place: CJ Leiter	2nd Place: Barb Brady

Cribbage

07/24 Norman Decker

Mah Jongg Best Weekly Score

07/03 Cynthia B, Judy B, Rosalie H
07/10 Kay F, Cynthia B
07/24 Kay Foster
07/31 Rosalie H, Judy B

Hand and Foot

07/09 Rosalie Holloway
07/23 Maxine Brown
07/30 Maxine Brown



Congrats to
Gary & John!
July's Tourney
Winners!



Make sure you register for the BASC Euchre Tourney!

Saturday, October 11, starts at 1:00 pm

Registration is required. Call 695-7119 to register.

2 people per team / Ages 55+



**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
for your pledge!



**COMMODITY
PICK-UP DAYS**

Commodities are distributed
from the
Senior Center garage.

MARK YOUR CALENDAR

**CSFP Monthly
Thursday, September 11
1:00—2:00 pm**

**Second Pick-Up Date
Monday, September 15
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 busi-  
ness day.
- The number of people attend-  
ing 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, September 2, 2025—3:30 PM - Berrien County (Drive Thru), Har-  
bert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Wednesday, September 3, 2025—12:00 PM - Berrien County (Drive Thru),  
Christian Service Center, 322 Clay St., Niles, MI 49120

Wednesday, September 3, 2025—4:30 PM - Berrien County (Drive Thru),  
Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Monday, September 29, 2025—4:00 pm—Berrien County (Drive Thru),  
Galien River Church @ Galien American Legion, 402 N. Main Street, Gal-  
ien, 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.**

# SEPTEMBER 2025

## MEALS ON WHEELS OF SOUTHWEST MICHIGAN GENERAL MENU - CONGREGATE & PACE



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

|                                                                                               |                                                                                                    |                                                                                                                          |                                                                                                         |                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HAPPY LABOR DAY</b>                                                                        | 2 Chicken & Broccoli Alfredo Bake<br>Asparagus cuts & tips<br>Plum or Seasonal Fresh Fruit         | 3 Taco Salad w/ Ground Beef, Tomatoes, Onions, Cheese & Ranch Dressing<br>Tortilla Chips & Salsa<br>Mandarin Oranges     | 4 Stir Fried Rice w/ Chicken (Shredded Carrots, Onions, Sugar Snap Peas)<br>Steamed Bok Choy<br>Apricot | 5 Stuffed Green Peppers<br>Roasted Yellow Beans<br>Peach Cobbler                                                                                                                         |
| 8 Sweet Potato Breakfast Casserole<br>Green Beans<br>Cinnamon Baked Apples w/ Raisins         | 9 Pork Tenderloin w/ Pear & Thyme<br>Mashed Potatoes<br>Green Peas<br>Beet Salad<br>Seasonal Melon | 10 Tuna Casserole<br>Roasted Radishes<br>Sliced Cucumbers with Ranch<br>Grapes                                           | 11 Cheese Tortellini<br>Roasted Squash Medley<br>Berry Crisp                                            | 12 Parmesan Crusted Chicken with Creamy Garlic Sauce<br>Peach, Cucumber, Basil Salad<br>Fresh Fruit                                                                                      |
| 15 Cheesy Spinach Chicken Casserole<br>Brussels Sprouts<br>Banana                             | 16 French Dip w/ Swiss Cheese on a Hoagie<br>Potato Wedges<br>Broccoli Salad<br>Pineapple          | 17 Egg Roll in a Bowl over Rice<br>Asian Cucumber Salad<br>Fruit Crumble                                                 | 18 Creamy Beef & Garlic Butter Pasta<br>Lima Beans<br>Yogurt with Berries                               | 19 Zucchini Boats w/ Ground Turkey<br>Steamed Rainbow Carrots<br>Seasonal Fruit                                                                                                          |
| 22 Meatloaf<br>Diced Butternut Squash<br>Spinach Salad w/ Vinaigrette<br>Seasonal Fresh Fruit | 23 Zucchini Lasagna with Ground Chicken<br>Kale & Brussels Salad<br>Peach Cobbler                  | 24 Fall Cobb Salad w/ Chickpeas, Apple, Squash, Cheese<br>Crumbles & Vinaigrette<br>Whole Wheat Bread<br>Yogurt w/ Fruit | 25 Pulled Pork on a Bun<br>Mac & Cheese<br>Steamed Seasonal Vegetable<br>Apple<br>Birthday Cake         |                                                                                                        |
| 29 Homemade Hamburger Helper w/ Mushrooms<br>Green Beans<br>Apples                            | 30 Baked Chicken<br>Mashed Potatoes<br>Roasted Eggplant & Tomatoes<br>Peaches                      |                                       |                                                                                                         | Meals provide: (weekly average):<br>800 Calories 75 grams Carbohydrate 19 grams Protein<br>Less than 30% Calories from Fat<br>800 milligrams Sodium<br>1/3 RDA for Vitamins and Minerals |

YOUR DONATION TOWARD THE COST OF A MEAL HELPS TO KEEP OUR MEAL PROGRAM IN PLACE. PLEASE BE AS GENEROUS AS YOU CAN! WE THANK YOU!



**MEALS on WHEELS**  
— OF SOUTHWEST MICHIGAN —  
Senior Nutrition Services Region 10

## SAVE THE DATE—BASC FALL FESTIVAL



**BASC Fall Festival – A fun event for the whole family!**  
**Saturday, October 18, 11:00 am – 2:00 pm**  
**Space is limited and you must RSVP no later than October 3**

We will have food, hayrides (courtesy of Ted Foster), Little Bucks Bookmobile (courtesy of the Buchanan Library), pumpkin painting, face painting, crafts, and goodie bags. Flyers will go out in K – 7 backpacks mid September.

We will also have a 'Make Your Own Small Scarecrow' station, courtesy of the Buchanan Scarecrow Charities. There will be a fee of \$35 to make a scarecrow, which will be the patron's responsibility. If you are interested in making one, please let us know when you call to RSVP. Money is due by October 10, cash only, and you can bring your money to the Buchanan Area Senior Center during office hours.

### QIGONG/TAIJI INSTRUCTOR

**Meet your new Qigong/Taiji instructor, Malkam Wyman.**  
**Qigong/Taiji is offered on Tuesdays at 2:30 pm**



Malkam began studying martial arts when he was a young child, and at the age of 14 he joined the Kalamazoo Chinese Martial Arts Club and began to practice Kung Fu and Taiji (Tai Chi) under the guidance of Grandmaster George Hu, and his advanced community of students. Every lesson has taught him invaluable self-defense skills and mental discipline, and in more than two decades of practice, Malkam has attended countless seminars and private lessons where he has learned Qigong stances and breathwork for cultivating energy, and a variety of Kung Fu styles and their self-defense applications, eventually leading him toward the study of the Taiji Public and Hidden forms. Malkam has taught martial arts for ten years and inspired by these experiences he is now a student at Pacific College of Health and Science, pursuing a doctorate in Acupuncture and Chinese Herbal Medicine.

### REDBUD RX PHARMACY

**Redbud Rx Your Neighborhood Pharmacy**  
**Dedicated to Community Wellness**



**Thursday, September 25 at 2:00 pm**  
**Please call 695-7119 to Register**

Join us for a special presentation about Redbud Rx Pharmacy, now open in town! Pharmacy Manager Venu Maheshwaram will share how Redbud Rx is bringing personalized, hometown care to our community, including services designed with seniors in mind, such as easy-to-manage medication packaging, prescription delivery, immunizations, and more.

### OSTEO FIT NEW INSTRUCTOR

**Meet your new Osteo Fit instructor, Brenda L. Lewis.**  
**Osteo Fit is offered on Tuesdays at 10:15 am**



Below is a message from Brenda:

My name is Brenda L. Lewis. I have been coaching, training, instructing for 18 years now! My first 6 years were spent teaching fitness classes and becoming the best personal trainer out there! The next 12 years have been spent working for myself teaching fitness classes and coaching people on movement and nutrition! I live in Southwest Michigan and my four children are grown and on their own! I wake up daily looking to inspire my clients and followers to want to make better choices for health and fitness and set an example for their families! I spend my free time educating myself about movement and practicing movement. Spending time in nature kayaking and biking are my favorite!

### BOCCE BALL AND LUNCH

**Bocce Ball and Lunch at River St. Joe**  
**Friday, September 12 at 12:00 pm**  
**Lunch is patrons responsibility.**  
**Call 695-7119 to register**

Play Bocce Ball with Judi Jason and other BASC patrons at River St. Joe! There will be someone on site to teach people to play Bocce Ball! Order lunch and enjoy a fabulous day socializing!



### BASC BOARD MEETING

**Attend the BASC Board Meeting**  
**Thursday, September 11, at 3:00 pm.**

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

# Buchanan Area Senior Center—September 2025 Calendar

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

| <u>Monday</u>                                                                                                                                                | <u>Tuesday</u>                                                                                                                                                                                | <u>Wednesday</u>                                                                                                                                                                 | <u>Thursday</u>                                                                                                                                                                       | <u>Friday</u>                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>  </div> <p>1</p>                                                      | <p>2</p> <p>10:15 Osteo-Fit<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing Class/Project<br/>2:30 Qigong/Taiji<br/>5:30 Powerbeats with Missy</p>                                           | <p>3</p> <p>9:00 Coffee Chat<br/>9:00 Fasting Blood Sugar Testing<br/>10:15 Chair Fitness with CeCe<br/>1:00 Hand &amp; Foot<br/>1:00 Shuffleboard<br/>6:00 Pinochle</p>         | <p>4</p> <p>11:00 Chair Yoga<br/>1:00 Mah Jongg<br/>1:00 Game Day</p>                                                                                                                 | <p>5</p> <p>9:00 Powerbeats with Lizz<br/>10:00 Chair Fitness with Lizz<br/>11:00 Shuffleboard—Women Play<br/>1:00 Fiber Friends<br/>1:00 Which Fork Do I Use?!!!</p>                                     |
| <p>8</p> <p>10:00 Chair Fitness with Linda<br/>11:00 Adv Walk Days<br/>11:00 Blood Pressure Check<br/>1:00 Euchre<br/>1:00 Mah Jongg</p>                     | <p>9</p> <p>10:15 Osteo-Fit<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing Class/Project<br/>2:30 Qigong/Taiji<br/>5:30 Powerbeats with Missy</p>                                           | <p>10</p> <p>10:15 Chair Fitness with CeCe<br/>1:00 Hand &amp; Foot<br/>1:00 Shuffleboard<br/>1:00 Blacksmith Workshop<br/>6:00 Pinochle</p>                                     | <p>11</p> <p>9:00 Foot Clinic<br/>11:00 Chair Yoga<br/>1:00 Mah Jongg<br/>1:00 Game Day<br/>3:00 Board Meeting<br/>6:00 LGBTQ+ Social Gathering<br/>1:00 Monthly CSFP Commodities</p> | <p>12</p> <p>9:00 Powerbeats with Lizz<br/>10:00 Chair Fitness with Lizz<br/>11:00 Shuffleboard—Women Play<br/>12:00 Bocce Ball and Lunch<br/>1:00 Fiber Friends<br/>1:00 Movie Matinee: The Notebook</p> |
| <p>15</p> <p>10:00 Chair Fitness with Linda<br/>11:00 Adv Walk Days<br/>1:00 Euchre<br/>1:00 Mah Jongg<br/>1:00 2nd Pick-Up<br/>Monthly CSFP Commodities</p> | <p>16</p> <p>10:15 Osteo-Fit<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing Class/Project<br/>2:00 Hearing Aid Check<br/>2:30 Qigong/Taiji<br/>5:30 Powerbeats with Missy</p>               | <p>17</p> <p>10:15 Chair Fitness with CeCe<br/>11:30 Celebrate the Senior Center<br/>12:30 Root Beer Floats<br/>1:00 Hand &amp; Foot<br/>1:00 Shuffleboard<br/>6:00 Pinochle</p> | <p>18</p> <p>10:30 Book Club<br/>9:30 Eyeglass Repair<br/>11:00 Chair Yoga<br/>1:00 Mah Jongg<br/>1:00 Game Day<br/>1:30 Geocaching</p>                                               | <p>19</p> <p>9:00 Powerbeats with Lizz<br/>10:00 Chair Fitness with Lizz<br/>11:00 Shuffleboard—Women Play<br/>1:00 Fiber Friends</p>                                                                     |
| <p>22</p> <p>10:00 Chair Fitness with Linda<br/>11:00 Adv Walk Days<br/>1:00 Euchre<br/>1:00 Mah Jongg<br/>7:00 Sing! Rehearsal</p>                          | <p>23</p> <p>10:00 Flu Clinic<br/>10:15 Osteo-Fit<br/>1:00 Pinochle<br/>2:30 Qigong/Taiji<br/>5:30 Powerbeats with Missy<br/>7:00 Sing! Rehearsal</p>                                         | <p>24</p> <p>10:15 Chair Fitness with CeCe<br/>1:00 Birthday Bingo<br/>1:00 Hand &amp; Foot<br/>6:00 Pinochle<br/>7:00 Sing! Rehearsal</p>                                       | <p>25</p> <p>11:00 Chair Yoga<br/>1:00 Mah Jongg<br/>1:00 Game Day<br/>2:00 Redbud Rx</p>                                                                                             | <p>26</p> <p>9:00 Powerbeats with Lizz<br/>10:00 Chair Fitness with Lizz<br/>11:00 Shuffleboard—Women Play<br/>11:30 Lunch Bunch<br/>1:00 Fiber Friends<br/>1:00 Movie Matinee: His Three Daughters</p>   |
| <p>29</p> <p>10:00 Chair Fitness with Linda<br/>11:00 Adv Walk Days<br/>12:30 Ice Cream Social<br/>1:00 Euchre<br/>1:00 Mah Jongg</p>                        | <p>30</p> <p>10:15 Osteo-Fit<br/>11:30 AARP Smart Driver Course Day 1<br/>1:00 Pinochle<br/>1:00 Quilting &amp; Sewing Class/Project<br/>2:30 Qigong/Taiji<br/>5:30 Powerbeats with Missy</p> | <p>1st day of Fall<br/>September 22</p> <div>  </div>                                         | <p>Intergenerational<br/>Puzzle Competition</p> <p>Saturday,<br/>September 13</p> <p>See age 4 for more<br/>information</p>                                                           | <p>Sing!<br/>Intergenerational<br/>Concert</p> <p>Sunday, September 28<br/>4:00—5:00 pm</p> <p>See page 6 for more<br/>information</p>                                                                    |

## Buchanan Area Senior Center

810 Rynearson St.

Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: adam@thebasc.org



RETURN SERVICE  
REQUIRED

 **WE WILL BE  
CLOSED  
LABOR DAY**

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

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2025

### **MEET OUR STAFF:**

**Executive Director:**

Adam Burck

**Office Manager:**

Jayne 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:** Benton Harbor office 877-405-5457 or National 800-772-1213

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

**Medicare Questions:** 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:** 269-983-7111 Ext 8224

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

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

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

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

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

**Dial A Ride Transportation (DART):** 269-684-5150

### **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.