



**Buchanan Area Senior Center**

**August 2023**

# Buchanan Area Senior Chronicle

**“Happy, Active, Living”**

## MEDICARE SERIES



Join us at the BASC for a Medicare Series that will offer you information on Medicare Fraud, Medicare Basics, and Medicare Information & Assistance. Programs are provided by the Area Agency on Aging, Inc.

**Please call 695-7119 to register for EACH program.**

### **Medicare Fraud:**

What to look for and what you need to know to protect yourself.

**Tuesday, August 15 at 1:00 pm**

Learn more about phone call phishing, mailer scammers, and commercials not providing all the information.

### **Medicare Basics:**

Untangling the steps and finding what will fit your health needs.

**Tuesday, August 22 at 1:00 pm**

Learn more about Medigap vs. Advantage, Medicaid eligibility, Medicare.gov navigation.

### **Medicare Information & Assistance:**

A free, confidential, and easy way to gain information on in-home care, housing, meals, and transportation.

**Tuesday, August 29 at 1:00 pm**

Learn more about in-home care resources, housing help, meal needs, and transportation needs.

## GRAND PAD TRAINING

Have you been curious and wanted to learn more about the Grand Pads we have at the BASC?

Grand Pads are easy to use and you will be trained how to access emails, messages, video calls, search the internet, and more! To make the Grand Pad even more grand is that the internet is built in the device, no need for internet service in your home! Also, when you are in the comfort of your home and have questions about the use of the Grand Pad, you can access live support for friendly US-based customer support.

**The BASC offers free training and free rental of Grand Pads for a month at a time.**



**Grand Pad Training on**

**Thursday, August 10, at 1:30 pm**

**Call 695-7119 to be added to the training and reserve a Grand Pad. Space is limited.**



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### Senior Picnic Reminder

**Senior Picnic  
A Day in the Topics**

**Tuesday, August 8  
Doors open at 11:30 am  
Event begins at 12:00 pm  
Ticket Required**

If you have not done so, please pick up your senior picnic ticket by August 4. You must have a ticket to attend the senior picnic.



**No day programs on Tuesday, August 8.**

**Powerbeats will be in session at 5:30 pm.**

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 WITH LISA:** 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 Thursdays each month at 10:00 am.**
- ♦ **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists, will be at the BASC on **Tuesday, August 15, 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, August 17, 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 August 25 at Café Italiano at The Sweet Shop, Buchanan, 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 11:15 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, August 10, 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 Riveridge Rehab & Healthcare Center. Join in the fun at the BASC on Wednesday, August 23, at 1:00 pm.**
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, August 16, 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. **August 28 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, August 2.**

**Evening Fitness  
Class on  
Tuesday's**

**Powerbeats  
at 5:30 pm**

**Enter at the south  
door between  
5:20—5:30 pm**

**Alzheimer's & Dementia Support Group  
Last Wednesday of every month  
from 5:30 to 6:30 pm  
Located at Brentwood at Niles Senior Living  
1147 S. 3rd Street, Niles, MI**

Brentwood at Niles has partnered with Alzheimer's & Dementia Services of northern Indiana to provide support to caregivers and families facing the challenges of dementia. For more information, please call 269-684-9470 and ask for Jennifer or Ryan.

**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: HARVEY BURNETT, BUCHANAN POLICE CHIEF



Get to know City of Buchanan Police Chief, Harvey Burnett, and what is happening with our local police department. Harvey is also a fully licensed psychologist in the State of Michigan and is currently a Professor of Psychology at Andrews University.

**Coffee Chat with Chief of Police, Harvey Burnett**  
**Wednesday, August 2, at 9:00 am.**



**Fasting Blood Sugar Testing**  
**Wednesday, August 2**  
**9:00 to 10:00 am—During Coffee Chat.**  
**Testing and refreshments provided by**  
**Buchanan Meadows.**

## GRIEF SHARE SUPPORT GROUP INTRODUCTION

GriefShare program is offered to our community to help, comfort and encourage people after the death of a spouse, child, family member, or friend.

Join Cindy and Marlin to learn more about the GriefShare Support Group, a nondenominational program that will be offered at the Buchanan Christian Church on Mondays, September 11—December 4, 6:30—8:00 pm.

**GriefShare Support Group Introduction**  
**at the BASC**  
**Tuesday, August 29, 10:00—11:30 am**  
**Call 695-7119 to register.**



## HEALTHIER COOKING AND MEAL PLANNING WITH CHEF GWEN MOTTL

Join us for the Healthier Cooking and Meal Planning with Chef Gwen Mottl. Chef Gwen will be showing you how to make Mahi Mahi with pineapple salsa, Jicama slaw, and a strawberry kiwi fiber explosion smoothie. Yum!



**Healthier cooking and meal planning**  
**with Chef Gwen Mottl**  
**Thursday, August 17, 1:30—3:30 pm**  
**Registration is required. Space is limited.**  
**Call 695-7119 to register.**

## CONVERSATIONS WITH FRIENDS TAMMY ROSS

**Get to know the BASC Administrative Assistant**  
**Tammy Ross on Thursday, August 3 at 1:00 pm**

Tammy will share with us about her love for her family and growing flowers.



## COMMUNITY EVENTS



**Buchanan**  
**Farmers' Market**  
**Saturdays**  
**8:00 am—1:00 pm**  
**Buchanan Commons**  
Stop by the BASC booth and get  
some yummy treats on  
August 19.



**The Common**  
**Concert Series**  
**August 2, 11, 24, 26, 31**



**Buchanan-Galien Lions Club 4th**  
**Annual Kickball Tournament on**  
**August 12 at 10:00 am.**  
Contact Michelle Holloway at  
269-591-2961  
for more information.



**Roti Roti**  
**ART CENTER**  
**OF BUCHANAN**

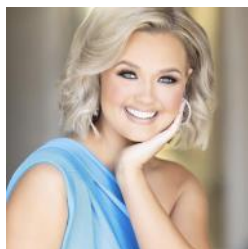
**Roti Roti**  
**Art Center of Buchanan**  
**Summer Concert Series**

**Lakeside Piano Trio**  
**Sunday, August 27**  
**at 2:00 pm**



## MEET MISS MICHIGAN, MAYA SCHUHKNECHT

Maya Schuhknecht, 22, of Buchanan was named Miss Michigan 2023 on June 17, 2023. She is the first Speed Painter to represent the state of Michigan and will be at the BASC to show us her talent.



**Join us on Thursday, August 31, 1:00 pm to meet Miss Michigan, Maya Schuhnkecht and watch her perform her talent, Speed Painter. Please call 695-7119 to reserve your seat.**

## FIELD TRIP: AIR ZOO



Men, we would like to invite you to explore Air Zoo, an Aerospace & Science experience! Of course, women you are also invited.

Our exploration will be lead by a tour guide, we will explore Air Zoo, the Flight Discovery Center, and have lunch at Kitty Hawk Cafe.

**Field Trip—Air Zoo in Kalamazoo, MI**

**Wednesday, August 30**

**Meet at the BASC at 8:30 am**

**Admission: \$14—CASH ONLY**

**Due August 17**

**Registration is required & space is limited**

**Call 695-7119 to register**

**Diana will contact you to**

**pre-order your lunch.**

## WALK DAY



**Walk Day  
John & Dede Howard Trail  
Paved Path**

**St. Joseph, MI**

**Breakfast/Lunch at**

**Thornton's Hometown Café**

**Thursday, August 24**

**Meet at the BASC at 8:30 am**

**Registration Required.**

**When you register let us know if you are riding in the van (space is limited) or following the van.**

## MOVIE MATINEE

**Second Friday, August 11, at 1:00 pm**

**Fourth Friday, August 25, at 1:00 pm**

### August 11: Zookeeper



Kindhearted Griffin Keyes (Kevin James) is one of the best-loved caretakers at the Franklin Park Zoo, but since he is more comfortable with the animals than with females of his own species, his love life is lacking. When Griffin decides that the only way to get a girlfriend is to find a more-glamorous career, the animals panic. To keep him from leaving, they reveal their secret ability to talk and offer to teach him the rules of courtship, animal style. PG

### August 25: Glass Onion: A Knives out Mystery



Benoit Blanc returns to peel back the layers in a new Rian Johnson whodunit. This fresh adventure finds the intrepid detective at a lavish private estate on a Greek island, but how and why he comes to be there is only the first of many puzzles. Blanc soon meets a distinctly disparate group of friends gathering at the invitation of billionaire Miles Bron for their yearly reunion. As in all the best murder mysteries, each character harbors their own secrets, lies and motivations. When someone turns up dead, everyone is a suspect. PG-13

## BERRIEN COUNTY SENIOR RESOURCES FAIR

On Tuesday, August 1st, 10 am to 11:45 am, we are holding a senior resources fair. The fair will include businesses and organizations, offering resources important to seniors. Congressman Walberg's office constituent relations team will also be present to help with Medicare and Social Security difficulties. We thank the Congressman's office for organizing the fair.

**Berrien County Senior  
Resources Fair**

**Tuesday, August 1,  
10:00 – 11:45 am**



## BASC ACTIVE SENIORS HAD A WONDERFUL DAY AT POTAWATOMI ZOO!



## WORD SEARCH: Canada Day

Find and circle all of the Canada Day related words that are hidden in the grid.  
The remaining letters spell a Sir Wilfred Laurier quotation.

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

## SUDOKU

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

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

## HAVE FUN!

ACTIVITIES  
AIRSHOWS  
ANNIVERSARY  
BARBECUES  
BIRTHDAY  
BRITISH  
CAKE  
CANADA  
CEREMONIES  
CONCERTS  
CONFEDERATION-  
CONSTITUTION ACT  
DANCERS  
DISPLAYS  
DIVERSITY  
DOMINION  
ENGLISH  
EVENTS  
FAMILIES  
FESTIVALS  
FIREWORKS  
FLAGS  
FOOD  
FRENCH  
FUN  
GALAS  
GATHERINGS  
HISTORY  
HOLIDAY  
JULY FIRST  
MAPLE LEAF  
MUSIC  
OTTAWA  
PARADES  
PATRIOTISM  
PERFORMERS  
PRIDE  
RCMP  
RED AND WHITE  
SINGERS  
SMILES





### 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, August 10**  
**1:00—2:00 pm**

**Second Pick-Up Date**  
**Monday, August 14**  
**1:00—2:00 pm**

**TEFAP Quarterly**  
**Thursday, August 16**  
**1:00—2:00 pm**

**Second Pick-Up Date**  
**Monday, August 21**  
**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.*

### 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, August 1, 2023—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Wednesday, August 2, 2023—11:00 AM - Berrien County (Drive Thru), Christian Service Center, 322 Clay St., Niles, MI 49120

Tuesday, August 8, 2023—4:00 PM - Berrien County (Drive Thru), Baroda Bible Church, 9058 Third Street, Baroda, MI 49101

Friday, August 11, 2023—4:00 PM - Berrien County (Drive Thru), Eau Claire Seventh Day Adventist Church, 6562 Naomi Road, Eau Claire, MI 49111

Monday, August 28, 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



Offering Choices for Independent Lives

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

Donations

## August 2023

### Menu Is Subject To Change Without Notice

<b>Meals provide (average per week)</b> <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>	<b>1</b> Vegetable Lasagna Italian Marinated Vegetables Texas Toast Mixed Fruit Cup	<b>2</b> Chicken and Broccoli Rice Casserole Carrot Coins Grapes	<b>3</b> Shepherd's Pie Steamed Spinach Dinner Roll w/ Margarine Yogurt with Fruit	<b>4</b> BBQ Roast Beef Sandwich 3 Bean Salad Kyoto Blend Veggies Pears
<b>7</b> Chicken and Dumplings Capri Vegetable Blend Beets Fruit Cocktail	<b>8</b> Chicken Chow Mein Steamed Rice Stir Fried Vegetables Peach Cobbler	<b>9</b> Egg Salad Croissant Cucumber and Onion Salad Fruit Juice Diced Pears	<b>10</b> Beef and Bean Wet Burrito Cilantro Lime Brown Rice Diced Tomatoes Pineapple	<b>11</b> Breaded Fish Sandwich Tarter, Lettuce, Tomato Warm Potato Salad Mixed Vegetables Fresh Fruit
<b>14</b> Citrus Herb Pork Chop Mashed Potatoes Oriental Blend Mandarin Oranges	<b>15</b> Spinach and Sausage Egg Bake Potatoes O'Brien Rye Bread with Margarine Cinnamon Applesauce	<b>16</b> Creamy Potato Soup Cheese Sandwich on Rye Tossed Salad with Ranch Fruited Jello	<b>17</b> Spaghetti with Meat Sauce Steamed Broccoli Texas Toast Peach Cobbler	<b>18</b> Honey Mustard Chicken Scalloped Potatoes Wax Beans Tropical Fruit Blend
<b>21</b> Chicken Courdon Bleu Pasta 5 Way Vegetable Peaches	<b>22</b> Baked Fish Over Rice Green Peas Kyoto Veggie Blend Fruit Cocktail	<b>23</b> Jambalaya Steamed Squash Cornbread Diced Mango	<b>24</b> BBQ Pork Rib Patty Succotash Vegetables Tossed Salad w/ Ranch Seasonal Fruit	<b>25</b> Turkey Burger on a Wheat Bun w/Lettuce,Tom, Onion & Mayo Mashed Sweet Potatoes Pineapple Tidbits Birthday Cake
<b>28</b> Beef w/ Gravy over Egg Noodles Prince Charles Blend Berry Crumble	<b>29</b> Turkey Chili Lima Beans Coleslaw Saltine Crackers Applesauce	<b>30</b> Chicken Apple Walnut Salad Sandwich Pea and Cheese Salad Mixed Fruit	<b>31</b> Stuffed Cabbage Roll Mashed Potatoes Green Beans Mandarin Oranges	<b>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can!</b>

## RECIPE: Crispy Summer Squash Pancakes

An easy recipe of using fresh out of the garden squash into pancakes.

Enjoy!



### Ingredients:

2 medium yellow squash, grated on the medium holes of a box grater and squeezed dry  
 2 scallions, thinly sliced  
 1 jalapeno, thinly sliced  
 1 large egg, beaten  
 1/2 cup all-purpose flour  
 2 teaspoons baking powder  
 Kosher salt  
 Pepper  
 6 tbsps canola oil  
 Lemon wedges and sour cream, for serving

### Directions:

Step 1—In a medium bowl, combine the squash with the scallions, jalapeno, egg, flour and baking powder and season with salt and pepper. Mix gently just to combine.

Step 2—In a large nonstick skillet, heat 2 tablespoons of the oil. Spoon 3 heaping 1/3-cup mounds of the batter into the skillet and press lightly to flatten them. Cook over moderate heat until golden, about 3 minutes. Flip the pancakes, add 1 tablespoon of the oil and cook until golden and crisp, 2 minutes longer. Drain on paper towels. Repeat with the remaining oil and batter. Serve the pancakes hot with lemon wedges and sour cream.

## CALLING ALL BAKERS! THE BASC NEEDS BAKED GOODS FOR THE BUCHANAN FARMERS' MARKET

**BASC Bakesale at the  
Buchanan Farmers' Market  
Saturday, August 19,  
8:00 am to 1:00 pm.**



**Help the BASC by making homemade baked goods and bring your yummy treats to the senior center by 3:00 pm on Friday, August 18.**

If any of your baked goods have nuts, please mark the packages indicating "contains nuts".

## NATIONAL NIGHT OUT

**National Night Out  
Tuesday, August 1,  
6:00—9:00 pm  
McCoy Creek Park,  
behind the  
Buchanan High School.**



**Folks from One Buchanan and  
the BASC will be offering snow cones!**

## BASC BOARD MEETING

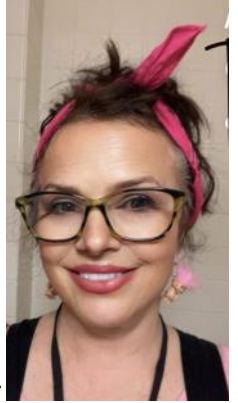


**Attend the BASC Board Meeting  
Thursday, August 10,  
at 3:00 pm.**

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

## WELCOME LISA GARRITANO

Lisa Garritano is the new BASC yoga instructor. She is a proud graduate of Buchanan High School. She holds a B.A. in Social Work from Ferris State University. Lisa has worked in education for over 25 years, and has greatly enjoyed being a substitute teacher for many area schools from 1996-2021. She is an author of a children's book, *The Adventures of Rafee and Jabari*, and is in the process of editing her second book in the same series. Lisa is also currently writing her autobiography. She has an online presence speaking as a life coach and being candid about her healing journey from trauma. Lisa recently moved to the village of Galien, along with her son, and is honored to be a part of the Buchanan community again in this capacity. Lisa believes that healing and wellness should always be accessible and is looking forward to being a part of the Buchanan Area Senior Center community of wellness and joy.



**Join Lisa for Chair Yoga  
Thursdays at 11:00 am**

## BASC WALKERS

BASC patrons have been busy walking since March. They have accumulatively walked 189 miles. That is about the distance from Buchanan to Grand Haven and back. Keep on walking!!





## WITH SINCERE GRATITUDE, THANK YOU!

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

**In Kind Donations:** Bobbie Benak, Bonnie Chadderdon, Royal Neighbors of America, Linda Abair, Sylvia Stull, Marge Collins, Leona Wonacott, Barb Ferris, Harding's Friendly Market, Ruth Shell, Rita Arnold, Jill Garmire, McCoy Creek Tavern, Area Agency on Aging, Kim Calkins, MaryAnn Schultz, Tammy Ross, Anita Grace, Susan Masiokas.

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

**General Fund:** Janis Sexton.

**Program Fund:** Janis Sexton.

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

**Memorials:** Michele Frost for Elaine Marsh; Joseph & Alice Kring for Rose Marie Yaw; Michael & Marsha Knight for Rose Marie Yaw; Mike and Jan Ferris for Elaine Marsh.

**Ornament Fundraiser:** Rose Richmond.

**Puzzle Fundraiser:** Nate Lakin, Tammy Ross.

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

Connie Dhaseleer—Class of 1968, Pat Bateman, Roy Eugene Lolmaugh



*thank you  
very much*

Everyone at the BASC will like to say "Thank You!" to Lowery's Meat & Grocery for supporting the BASC with a generous food donation for our senior picnic.

Thank you doesn't even begin to cover how grateful we are!



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

**To Patricia Wishart:** Thank you for your kindness and returning the keys you found at Costo's parking lot. They belong to Tim Robinson and he wanted you to know he is very thankful you found them and brought them to the center. Thank you!

### CARD GAME WINNERS

#### Monday Euchre

06/12 1st Place: Wally Casto  
06/19 1st Place: Sue Rossow  
06/26 1st Place: Norman Decker  
07/23 1st Place: Marilyn White

2nd Place: Marlin Turbett  
2nd Place: Dave Lange  
2nd Place: Bob Marsh  
2nd Place: Wendie Stephenson

#### Cribbage

06/29 Norman Decker  
07/06 Wendie Stephenson

#### Wednesday Evening Euchre

06/08 1st Place: Wayne H, Wendie S  
06/14 1st Place: Mary Speckine  
06/22 1st Place: Bob Marsh  
06/29 1st Place: Wayne Hentsch

2nd Place: Mary Speckine  
2nd Place: Wendie Stephenson  
2nd Place: Wayne Hentsch  
2nd Place: Duane Shunkwiler

#### Mah Jongg Best Weekly Score

05/25 Judy Brewer  
06/01 Kay Foster  
06/08 Rosalie Holloway  
06/15 Rosalie Holloway

#### Tuesday Pinochle

05/09 1st Place: Wener Linde  
05/16 1st Place: Kay Schadler  
05/23 1st Place: Mary Speckine  
05/30 1st Place: Marilyn Holden

2nd Place: Chuck Underly  
2nd Place: Werner Linde  
2nd Place: Chuck Underly  
2nd Place: Werner Linde

#### Hand and Foot

06/07 Rosalie Holloway  
06/14 Linda Fisk  
06/21 Pat Bateman  
06/28 Janis Sexton

#### Wednesday Evening Pinochle

05/31 1st Place: Bob Wesner  
06/07 1st Place: Edi Styburski  
06/14 1st Place: Barb Brady  
06/22 1st Place: Gail Moad

2nd Place: Herb Boyersmith  
2nd Place: Sharon  
2nd Place: Edie Styburski  
2nd Place: CJ Leiter

## A MATTER OF BALANCE

The BASC is having another session of A Matter of Balance: Managing Concerns About Falls.



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes eight two-hour classes presented to a small group led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

### A MATTER OF BALANCE

**1:30—3:30 pm**

**Wednesdays—September 13, 20, 27;**

**October 4, 11, 18, 25; November 1**

**Book Fee: \$20, Payment Due by  
August 31, Scholarship available**

**Cash or Check Payable  
to Area Agency on Aging**

**Registration Required.**

**Space is limited.**

**Call 269-695-7119**

**to reserve your space.**

## A FUN THEORY ABOUT PLAYING CARDS

An interesting theory on why there are 52 cards in the deck and more theories. There are 52 weeks within a year. The two colors red and black reflect day and night, the four suits represent the four seasons. There are 13 cards in a suit to match the number of lunar cycles, and 12 court cards that represent the 12 month of the year. When you add all the symbols in a deck of cards, there are 365. Now it is time to play cards at the BASC. Take a peek at page 2 for our card/games schedule.



## QUILTING & SEWING PROJECT

Mary Weaver, the BASC Quilting & Sewing lead, will help you quilt a heart shape pot holder. Fabric pattern will vary. Please feel free to bring your own fabric.

**Heart Pot Holder**

**Choose a date &  
register.**

**No fee for this class.**



**Registration Required**

**Call 695-7119 to register for one of the  
following classes: August 1, 15, 22, 29.**

**All classes begin at 1:00 pm**

## BRING A SWEATER

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



## 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.**



Hyde's Lifestyle Taekwondo gave BASC Active Seniors an opportunity to learn new skills.

June's walk day had a little tweaking due to the weather. A few Active Seniors took the risk of walking at McCoy Creek.



Friday Fiber Friends laugh, share stores, and are genuine friends.

# Buchanan Area Senior Center—August 2023 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Medicare Series</b> <b>Medicare Fraud on August 15</b> <b>Medicare Basics on August 22</b> <b>Medicare Info &amp; Assistance on August 29</b> <b>All classes begin at 1:00 pm</b>	<sup>1</sup> <b>9:00 Osteo Fit with Missy</b> <b>10:00 Resource Fair</b> <b>1:00 Pinochle</b> <b>1:00 Quilting &amp; Sewing / Heart Pot Holder</b> <b>5:30 Powerbeats with Missy</b> <b>6:00 National Night Out</b>	<sup>2</sup> <b>9:00 Coffee Chat</b> <b>9:00 Fasting Blood Sugar</b> <b>10:15 Chair Fitness with CeCe</b> <b>1:00 Hand &amp; Foot</b> <b>1:30 Matter of Balance</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b>	<sup>3</sup> <b>11:00 Chair Yoga with Lisa</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b> <b>1:00 Conversations with Tammy Ross</b>	<sup>4</sup> <b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>1:00 Fiber Friends</b>
<sup>7</sup> <b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>2:00 Qigong Exercise</b>	<sup>8</sup> <b>Senior Picnic</b> <b>11:30 Doors Open</b> <b>12:00 Event Begins</b>  <b>5:30 Powerbeats with Missy</b>	<sup>9</sup> <b>10:15 Chair Fitness with CeCe</b> <b>1:00 Hand &amp; Foot</b> <b>1:30 Matter of Balance</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b>	<sup>10</sup> <b>9:00 Foot Clinic</b> <b>10:00 Blood Pressure Check</b> <b>11:00 Chair Yoga with Lisa</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b> <b>1:00 Monthly CSFP Commodities</b> <b>1:30 Grand Pad Training</b> <b>3:00 Board Meeting</b>	<sup>11</sup> <b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>1:00 Fiber Friends</b> <b>1:00 Movie Matinee: Zookeeper</b>
<sup>14</sup> <b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>1:00 2nd Pick-Up Monthly CSFP Commodities</b> <b>2:00 Qigong Exercise</b>	<sup>15</sup> <b>9:00 Osteo Fit with Missy</b> <b>1:00 Pinochle</b> <b>1:00 Quilting &amp; Sewing / Heart Pot Holder</b> <b>1:00 Medicare Fraud</b> <b>2:00 Hearing Aid Check</b> <b>5:30 Powerbeats with Missy</b>	<sup>16</sup> <b>10:15 Chair Fitness with CeCe</b> <b>12:30 Root Beer Floats</b> <b>1:00 Hand &amp; Foot</b> <b>1:00 Quarterly TEFAP Commodities</b> <b>1:30 Matter of Balance</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b>	<sup>17</sup> <b>9:30 Eyeglass Repair</b> <b>10:30 Book Club</b> <b>11:00 Chair Yoga with Lisa</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b> <b>1:30 Cooking with Chef Gwen</b>	<sup>18</sup> <b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>1:00 Fiber Friends</b> <b>Please bring in baked goods for the Farmers' Market.</b>
<sup>21</sup> <b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>1:00 2nd Pick-Up Quarterly TEFAP Commodities</b> <b>2:00 Qigong Exercise</b>	<sup>22</sup> <b>9:00 Osteo Fit with Missy</b> <b>1:00 Pinochle</b> <b>1:00 Quilting &amp; Sewing / Heart Pot Holder</b> <b>1:00 Medicare Basics</b> <b>5:30 Powerbeats with Missy</b>	<sup>23</sup> <b>10:15 Chair Fitness with CeCe</b> <b>1:00 Birthday Bingo</b> <b>1:00 Hand &amp; Foot</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b>	<sup>24</sup> <b>8:30 Walk Day</b> <b>10:00 Blood Pressure Check</b> <b>11:00 Chair Yoga with Lisa</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b>	<sup>25</sup> <b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>11:30 Lunch Bunch</b> <b>1:00 Fiber Friends</b> <b>1:00 Movie Matinee: Glass Onion: A Knives Mystery</b>
<sup>28</sup> <b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>12:30 Ice Cream Social</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>2:00 Qigong Exercise</b>	<sup>29</sup> <b>9:00 Osteo Fit with Missy</b> <b>10:00 GriefShare Introduction</b> <b>1:00 Pinochle</b> <b>1:00 Quilting &amp; Sewing / Heart Pot Holder</b> <b>1:00 Medicare Info &amp; Assistance</b> <b>5:30 Powerbeats with Missy</b>	<sup>30</sup> <b>8:30 Air Zoo</b> <b>10:15 Chair Fitness with CeCe</b> <b>1:00 Hand &amp; Foot</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b>	<sup>31</sup> <b>11:00 Chair Yoga with Lisa</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b> <b>1:00 Miss Michigan, Maya Schuhknecht</b>	<b>BASC Baked Sale at the Buchanan Farmers' Market</b> <b>Saturday, August 19</b> <b>Stop by and see what goodies we have for sale.</b>



## Buchanan Area Senior Center

810 Rynearson St.  
Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: [adam@thebasc.org](mailto:adam@thebasc.org)

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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.