



Buchanan Area Senior Chronicle

“Happy, Active, Living”



NEWS FROM THE EXECUTIVE DIRECTOR

As part of my work on the State Advisory Council on Aging, we advocate for improvements to aging services in Michigan. We have been advocating for several things over the past few years, and we are pleased to see the Governor has listened and added several of our requests to her 2026 Executive Budget:

- Continue providing tax relief to seniors through rollback of the retirement tax, returning an average of \$1,000 each to 500,000 senior households.
- \$2.9 million to expand PACE programs providing comprehensive medical, social and physical care for the frail and elderly.
- \$2.7 million to protect nursing home residents, supporting 9 additional nursing home oversight positions.
- \$700,000 to enhance oversight of Homes for the Aged, supporting 3 additional staff to assure timely issuances of new and existing licenses, inspections, and complaint investigations.
- \$2 million to support services for Michiganders experiencing dementia

The governor’s budget recommendation kicks off the budgeting process, and now the legislature will start crafting the 2026 state budget. If you would like to see the initiatives above funded, you should let your state elected officials know. You can find contact info for your state representatives at <https://www.michiganvotes.org/legislators> or contact our office if you don’t have an internet connection. Make your voice heard!

WOMEN’S CONTRIBUTIONS TO MICHIGAN HISTORY

Traditionally we celebrate Women’s History during the month of March. This presentation will focus on the many women who contributed to the greatness of our state from the early Natives to the Twenty First Century. Some will recognize the names and stories of the famous; other women’s stories will be new to many. In addition, women contributed in ways not generally noted in histories of our state but they will be included in this presentation. Ruth Writer, a retired educator who keeps on educating will be the presenter of this history program.

Women’s Contributions to Michigan History
Thursday, March 20 at 2:00 pm
Registration is Required.
Please call 695-7119 to register



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Happy Spring!



Time to Spring Forward and change your clocks!

Before you go to bed on Saturday night, March 8, be sure to change your clocks 1 hour forward.



WEEKLY EVENTS

HEALTH

BLOOD PRESSURE CHECKS: The second Thursday of each month, get your blood pressure check at 9:30 am.

GLASSES ADJUSTMENT AND REPAIR:

The third Thursday of each month, get your eyeglasses repaired and adjusted at 9:30 am.

FITNESS

CHAIR FITNESS WITH LINDA: Mondays at 10:00 am

OSTEO FIT WITH MISSY: Tuesdays at 9:00 am

CHAIR FITNESS WITH CeCe: Wednesdays at 10:15 am

CHAIR YOGA WITH SARA: Thursdays at 11:00 am

POWERBEATS WITH MISSY: Tuesdays at 5:30 pm and Fridays at 9:00 am

CHAIR FITNESS WITH LIZZ: Fridays at 10:00 am

FITNESS ROOM:

Is open all hours BASC is open.

CARDS & GAMES

EUCHRE: Mondays at 1:00 pm and Wednesdays at 6:00 pm

MAH JONGG: Mondays and Thursdays at 1:00 pm

PINOCHLE: Tuesdays at 1:00 pm and Wednesdays at 6:00 pm

HAND AND FOOT CARDS: Wednesdays at 1:00 pm

GAME DAY: Thursdays at 1:00 pm—play a variety of games

OTHER PROGRAMS

QUILTING & SEWING: Tuesdays from 1:00 to 3:00 pm

FIBER FRIENDS: Fridays from 1:00 to 3:00 pm



MONTHLY PROGRAMS

Programs are subject to change.

- ◆ **BLOOD PRESSURE CHECKS:** The second Thursday of each month between 9:30—10:30 am get your blood pressure checked. Provided by Ellen Caagbay.
- ◆ **HEARING AID CHECKS:** **Dr. Michelle Ridenour from Miracle Ear**, will be at the BASC on **Tuesday, March 11 and April 1, 2:00 to 3:00 pm**, to check ears for wax, clean hearing aids, and answer questions. Please call 695-7119 to register.
- ◆ **BOOK CLUB:** The Book Club meets on the third Thursday of each month in our library. The book club meeting is **Thursday, March 20, 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, March 28 at Culvers, 1420 S 11th St Niles.** 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, March 13, 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 Willows Assisted Living. Join in the fun at the BASC on Wednesday, March 26 at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, March 19 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, March 31 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 Social. **Buchanan Meadows** will provide the blood sugar test and refreshments on **Wednesday, March 5 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.



**Pease note that Hearing Aid Checks
Tuesday, March 11 at 2:00 pm
Tuesday, April 1 at 2:00 pm**

**The BASC is grateful for those who
created Valentine Cards for local
living assistant residents.**



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 WITH THE WOMEN ON THE BUCHANAN AREA CHAMBER OF COMMERCE



As we celebrate Women's History Month, the BASC has invited Fran Terry and Patricia Robinson of the Buchanan Area Chamber of Commerce to share who they are and what women in history have influenced their life's journey.

Coffee Chat, Wednesday, March 5 at 9:00 am
Please call 695-7119 to register



Fasting Blood Sugar Testing
Wednesday, March 5
9:00 to 10:00 am

DEBUNKING DIABETES MYTHS: SEPARATING FACT FROM FICTION

Join us as we delve into common misconceptions surrounding diabetes. The goal is to empower participants with accurate knowledge, dispel myths, and promote a better understanding of this prevalent health condition. Traci Kuhn, Corewell Health Community Health Program Specialist will be your presenter.



Debunking Diabetes Myths: Separating Fact from Fiction
Wednesday, March 12 at 2:00 pm
Registration is Required. Please call 695-7119 to register.

HOSPICE AND MYTH BUSTERS



Heidi Hanley, Corewell Health Hospice & Palliative Care Southwest Michigan Community Relations Representative will offer important information on what you should know about Hospice care, Myths vs Fact. This information may have you thinking differently about Hospice care.

Hospice and Myth Busters
Wednesday, March 19 at 2:00 pm
Registration is Required. Please call 695-7119 to register.

ST. PATRICK'S DAY PARTY

Have some fun with St. Patrick's Trivia!
Make sure you research St. Patrick's Day and Irish themed trivia.

St. Patrick's Day Party
Monday, March 17, 1:30—3:00 pm
Bring a snack to share with everyone.
Registration is Required.
Please call 695-7119 to register.



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.

COMMUNITY EVENTS



Empty Bowls Presale
and date of sale, April 17
4:00—7:00 pm
Buchanan High School
Auxiliary Gym
Contact Roti Roti Art Center
at 697-4005
for more information.



St. Patrick's Corned Beef
and Cabbage Dinner
Provided by
Buchanan-Galien Lions Club
\$15 per person
Monday, March 17
4:00—7:00 pm
pick-up at the
Buchanan Area Senior Center
810 Rynearson St.,
Buchanan, MI
Drive Thru Only
For tickets
stop by the BASC
or call 269-470-0571



The Clock Struck One
Play at the Tin Shop Theatre
March 7, 8, 9, 14, 15, 16
Call 695-6464
for more information



FOREVER FRIENDS: THE BUCHANAN GIRL SCOUTS

Have you wondered about the Girl Scouts on the Buchanan District Library's 2022 calendar?

Join us to learn more about the eight Girl Scouts as Susan Haedtler Ruth will share stories of what she found out through her research.

This program is brought to you via the Buchanan District Library YouTube Channel. We are grateful for all the BDL does for our community.



**Forever Friends:
The Buchanan Girl Scouts
Please stay after the video
and share your
Buchanan stories
Tuesday, March 11
10:30 am
Registration is Required.**

MARCH IS WOMEN'S HISTORY MONTH

Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.

~National Women's History Museum

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

*President Jimmy Carter's Message designating
March 2-8, 1980 as National Women's History Week*

MOVIE MATINEE

**Second Friday,
Second Friday, March 14 at 1:00 pm
Fourth Friday, March 28 at 1:00 pm**

March 14: Ironed Jawed Angels

The film focuses on the American women's suffrage movement during the 1910s and follows women's suffrage leaders Alice Paul and Lucy Burns as they use peaceful and effective nonviolent strategies, tactics, and dialogues to revolutionize the American feminist movement to grant women the right to vote. Not Rated

March 28: I am Woman

In 1966, single-mother Helen Reddy leaves her old life in Australia for New York and stardom, only to find that the industry doesn't take her seriously. Learn more about Helen's journey and how her song, I Am Woman, became a symbol for the woman's liberation. Not Rated

QUILTING AND SEWING PROJECT

Beginning Small Lap Quilt

This is the perfect time to make your own lap quilt!

Material is provided.

Colors and patterns vary.

Limited Space

**This is a 3 week class with 2 sessions.
Please call 695-7119 to register which
session you would like to attend.**

Session 1:

Tuesdays, March 4, 11 and 18, 1–3 pm

Fee: \$5, cash only, due on March 4

Session 2:

Tuesdays, March 25, April 1 and 8, 1–3 pm

Fee : \$5, cash only, due by March 11



FIREKEEPERS CASINO

**Take a Signal Travel & Tours, Inc
bus trip to Firekeepers Casino!**



**Wednesday, April 9
Fee: \$44 due by March 9
cash only, non-refundable
Registration is Required**

When you register, please let us know if you are meeting at the BASC (limited space) at 7:30 am or meeting at Signal Travel 2540 South 11th St, Niles, MI at 8:00 am.

Bus departs for home at 3:15 pm.

Inclusions:

* Must have a valid government-issued photo I.D. to enter the casino.

*\$25 in "Red Hot Credits" for slot play, \$5 in "Red Hot Credits" to be used for food, slot play or in the gift shop.

WORD SEARCH: Songs With Girls' Names

HAVE FUN!

Find and circle all of these songs that have a girls name in the title.
The remaining letters spell an additional song title.

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

ADIA
 ALISON
 AMANDA
 ANGIE
 BARBARA ANN
 BETH
 BILLIE JEAN
 BRANDY
 CANDIDA
 CARRIE ANNE
 CECILIA
 CLAIR
 DELILAH
 DELTA DAWN
 DIANA
 ELEANOR RIGBY
 ELVIRA
 GLORIA
 JOANNA
 JOLENE
 KYRIE
 LAYLA
 LITTLE JEANNIE
 LUCILLE
 MAGGIE MAY
 MANDY
 MICHELLE
 MY SHARONA
 NIKITA
 OH SHERRIE
 PEGGY SUE
 RHIANNON
 ROSANNA
 ROXANNE
 RUBY TUESDAY
 SARA
 SHERRY
 SUSIE Q
 SUZANNE
 SWEET CAROLINE

SUDOKU

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



RECIPE: Bagel Gone Bananas

Talk about a grab-and-go breakfast! Ready in 5 minutes!



Ingredients:

2 tablespoons natural nut butter (almond, cashew or peanut) 1 tsp honey
1 whole-wheat bagel, split and toasted 1 small banana sliced Pinch of salt (optional)

Instructions:

1. Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top of with banana slices.

BASC LEGACY



The social opportunities provided by a senior center are important and allow for new friendships to develop and supports positive mental health outcomes. Dr. Factora of Cleveland Clinic explains that “social isolation is a really big problem and it’s probably one of the most recognized contributors to mental health issues now in the United States. For older individuals, it’s a bigger deal.” (<https://cle.clinic/3Es9Esf>).

We love seeing friendships develop, and we, the staff, also make great friends with our patrons, so it’s hard when we lose someone. On January 14th, Wally Casto, one of our regular patrons, passed away at the age of 74. Wally and his wife, Sue Rose, were here every week playing cards and enjoying the company of their friends. Wally is survived by his loving wife; his daughter, Jennifer Bressler; his granddaughter; two great-grandsons; his brother Larry Casto; his sister Beverly Casto; and his nephew. In lieu of flowers, memorial donations may be made to National Pancreatic Cancer Foundation, P.O. Box 189, Box Elder, SD 57719.

BASC offers various options to memorialize loved ones. For more information, contact the office or email bascdir@thebasc.org:

* Memorial Tree—donate in name of a deceased person, we engrave their name for a leaf on the Memorial Tree.

* Tribute Tree—we have a live Tribute Tree planted on the BASC grounds plus add engraved leaf to the Memorial Tree.

* BASC Legacy—you may support the BASC through end-of-life preparations such as directing donations in lieu of flowers or by including the BASC in your will or estate plan.

* Custom memorials – if you have a special idea of how you want to honor someone

For your questions, please contact the Executive Director at bascdir@thebasc.org or call the office at 269-695-7119

APRIL FIELD TRIP

Be sure to register for the BASC Field Trip to
**The History Museum
Exhibit on the
History of Facial Hair
and
Studebaker Museum
Guided Tour**
**Lunch at PEGGS—Patrons Responsibility
Friday, April 11**



**Fee: \$10, cash only, due by April 4
Registration is Required**

Call 695-7119 to register

When you register

please let us know if you are:

- * Riding in the van, meet at the BASC at 9:15 am
- * Following the van, meet at the BASC at 9:15 am
- * Meeting at the museum, 808 West Washington Street, South Bend, IN at 9:50 am

BASC EUCHRE TOURNEY



Congratulations to January’s Euchre Tournney Winners,
Garrick and Donna
Stubblefield!



**Make sure you register
for April’s BASC
Euchre Tournney!**

**Saturday, April 12,
starts at 1:00 pm,
Registration Required
Call 695-7119 to register
2 people per team
Ages 55+**

BASC BOARD MEETING

**Attend the BASC Board Meeting
Thursday, March 13, at 3:00 pm.**
*Board minutes & agendas are available
to be read at the center.*

WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Jess Minks, *Leona Wonacott, *Judi Jason, *Tony Houser, *Dylan Carden, Dan Riley, Anne Reed, Mary Weaver, Linda Luhrsens, Maxine Brown, Joan McGuire, Mary Speckine, Wendie Stephenson, Larissa Perkins, Herb Boyersmith, Mary Ann Blake, Kim Calkins, Linda Abair, Gyl Bateman, Richard Beavo, Beth Benjamin, David Carlson, Karen Evans, Siegfried Hulse, Ann Kish, Hal Loebach, Wanda Middlebrook, Samuel Ntawiniga, Molly Ross, LuAnn Sarters. *Indicates Board Member

In Kind Donations: Marilyn White, Phyllis Davis, Pam Serene, Nancy Kubal.

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

Program Fund: Patron Donation Box.

Annual Appeal: Edward Klug, Jr., Josetta Bibbs.

Thank you

Thank you for choosing the BASC for your Harding's Rewards! We appreciate you!

Adam Burck, Barb Chandler, Bill Catalano, Catherine Hager, Cindy Cloutier, Daniel Wilcox, Donna Lace, Jan Ferris, Janet Seals, Janis Sexton, Kay Schadler, Kenneth Kaufmann, Kim Sears, Michele Phillips Nancy Kasten, Pamela Sten, Patsy Brcka, Stephanie Novak, Tammy Wilson, Tim Robinson, Traci Lewis.

Thank you

Thank you for donating toward new and updated BASC Fitness Equipment:
Buchanan Scarecrow Charities

Thank you

Thank you for donating toward the BASC Bakeless Bake Sale: Roma Holmes, Norma Ferris, Deann Benak, Larry & Ruth Casto, Barbara Shoene, Linda, Luhrsens, Pat Kipker, Grace Cronin, Linda Fisk, Rosalie Holloway, Bev Matthews, Edith Styburski, Patricia Klaeren, Sue Zimmerle, Judith Brewer, Sue Rose, Earl & Patricia Robbins, Joan McGuire, Maxine Brown, Bob Marsh, Patricia Peterek, Barb Miller, Janice Ferris, Bob & Patty Carnes, Robert Burgoyne, Dixie Detgen, Mary Vincent, Diane Wilcox, Sylvia Stull, Josetta Bibbs, Sue Kile, Debbie Vervalin, Laura Cowart.



Wendie Stephenson scored a "28" in Cribbage a few weeks ago. This is the second highest hand that can ever be achieved!!! She said that it was a fun experience! Congratulations, Wendie!

Compassionate Callers Club

Do you know a senior who...
lives alone, is recently widowed, has a medical condition, or has little or no contact with others?

Call Jayme Marrow at the BASC today for more information and to register for this FREE well-check program.

Become a Compassionate Caller Club Volunteer

Do you like to help others and make a difference in the world? Do you have 1–3 hours, 1 day a week to make well-check calls to seniors that would appreciate hearing your kind voice?

Call Jayme Marrow at the BASC today for more information on becoming a CCC Volunteer.



**Compassionate Caller Club
Buchanan Area Senior Center
Jayme Marrow
269-695-7119**

CARD GAME WINNERS

Monday Euchre

12/30	1st Place: Bob Marsh	2nd Place: Diane Heiler
01/06	1st Place: John March	2nd Place: Connie Larson
01/13	1st Place: Kay Schadler	2nd Place: Dawn Marsden
01/27	1st Place: Kim Calkins	2nd Place: Donna S, Connie L, Janice H

Wednesday Evening Euchre

01/08	1st Place: Bob Marsh	2nd Place: Wendie Stehenson
01/15	1st Place: John March	2nd Place: Barb Miller
01/29	1st Place: Wendie Stephenson	2nd Place: Dennie L, John M
	1st Place:	2nd Place:

Tuesday Pinochle

01/07	1st Place: Marilyn Holden	2nd Place: Pat Peterek
01/28	1st Place: Kay Schadler	2nd Place: Jerry Feece
	1st Place:	2nd Place:
	1st Place:	2nd Place:

Wednesday Evening Pinochle

01/08	1st Place: Kay Schadler	2nd Place: Pat Peterek
01/15	1st Place: Marilyn Holden	2nd Place: Marsha Ruby
01/29	1st Place: Kim Sears	2nd Place: Maxine Brown
02/25	1st Place: Pat Peterek	2nd Place: Herb Boyersmith

Cribbage

01/09 John March
01/16 Norman D & Kay S
01/23 Norman Decker
01/30 Wendie Stephenson "28"

Mah Jongg Best Weekly Score

12/12 Pat Lorange
12/19 Kay F, Rosalie H
12/26 Rosalie H, Pat L
01/02 Judy B, Kay F

Hand and Foot

01/15 Wendie Stephenson
01/29 Rosalie Holloway
02/05 Kay Schadler



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, March 13 1:00—2:00 pm

Second Pick-Up Date Monday, March 17 1:00—2:00 pm



PLEASE NOTE:

It is very important that your trunk be cleaned out and opened for us to place your box.

This institution is an equal opportunity provider.



SENIOR CENTER SERVICES

At the Senior Center you can:

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

Senior Nutrition Services suggested donation based on monthly income

\$1,101 & up \$4.50 and up
\$801—\$1,100 \$4.00 per Meal
\$701—\$800 \$3.25 per Meal
\$551—\$700 \$2.75 per Meal
\$0—\$550 \$2.25 per Meal

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

SENIOR NUTRITION

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

- Lunch starts at noon.
- You will need to call Kerri at 695-7119 by 10:00 am (Monday-Friday) to reserve your meal for the next business day.
- The number of people attending each meal may be limited.
- Home delivery service may also be available to qualifying homebound seniors.
- Must be 60 years or older.



FEEDING AMERICA MOBILE FOOD PANTRY

The distribution schedule below is provided as a courtesy. It is not guaranteed to be error free, and may be updated or changed at any time, use at your own risk. If you have questions about a specific Mobile Pantry distribution, please contact the host agency, or visit www.feedwm.org/findfood/ and click on Mobile Food Pantry.

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



Tuesday, March 4, 2025—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Wednesday, March 5, 2025—4:30 PM - Berrien County (Drive Thru), Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Monday, March 24, 2025—4:00 pm—Berrien County (Drive Thru), Galien River Church @ Galien American Legion, 402 N. Main Street, Galien, MI 49113

Please visit *Feeding America West Michigan Online Schedule:*

www.feedwm.org/mobile-pantry-schedule/



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.

MARCH 2025

MEALS ON WHEELS OF SOUTHWEST MICHIGAN GENERAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey Lime Chicken over Cilantro Rice Rustic Root Veggies Grapes	4 FAT TUESDAY Not Too Spicy Gumbo Squash Red Beans & Rice Banana Pudding	5 Meatball Sub on Whole Wheat Bun w/ Mozzarella Baked Diced Sweet Potatoes Green Beans Fruit Cocktail	6 Chicken Teriyaki Chow Mein Oriental Vegetables Apple Slices	7 Meatless Goulosh w/ Beans Broccoli Mandarin Oranges
10 Smothered Pork Loin Rice Pilaf Asparagus Cuts Apple	11 Shepherd's Pie Diced Beets Green Beans Tropical Mixed Fruit	12 Spinach Salad w/ Chicken, Kidney Beans, Radish, Carrots & Vinaigrette Cornbread Vanilla Yogurt with Strawberries	13 Spanish Chicken over Rice Mixed Veggies Carrot Coins Peaches	14 Baked Potato with Black Beans & Cheese Broccoli Florets Mandarin Oranges
17 Corned Beef & Cabbage Red Potatoes & Carrots Biscuit Irish Fluff	18 Sweet & Sour Chik'N over Rice Oriental Veg Blend Pineapple Tidbits	19 Lentil Stew Whole Wheat Bread w/ Margarine Tossed Salad w/ Ranch Fruit Crisp	20 CheeseBurger on a Bun w/ Ketchup, Mustard Potato Wedges Green Peas Berry Applesauce	21 Spaghetti with Marinara Sauce Harvest Blend Veggies Fruit Crisp
24 Meatloaf over Mashed Potatoes Creamed Spinach Broccoli Peaches	25 Chicken Alfredo with Spinach & Diced Peppers Green Beans Tropical Fruit Mix	26 White Bean Chicken Chili Carrot Coins CROUTONS Warm Cinnamon Apples	27 Beef & Cheese Enchiladas Veggie Blend Green Peas Pineapples	28 Vegetable Frittata Sweet Potato Hash Banana Birthday Cake
31 BBQ Pork Ribbette on a Bun Mac and Cheese Green Beans Fruit Cocktail		Meals provide: (weekly average) 800 Calories 75 grams Carbohydrate 19 grams Protein Less than 30% Calories from Fat 800 milligrams Sodium		



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 Program #1

MICHIGAN HOME HEATING CREDIT & SENIOR PROPERTY TAX ABATEMENT

Do you need to file for the Michigan Home Heating Credit or the Senior Property Tax Abatement, you should make an AARP Tax Aide appointment to file this paperwork. Call the BASC at 269-695-7119 to get an appointment.



ASSISTANCE WITH YOUR CELL PHONE & TABLET



Some members of the Buchanan High School Leos Club will be at the BASC to help you learn how to use your cell phone & tablet.

**Assistance With Your Cell Phone & Tablet
Tuesday, March 25 at 3:00 pm
Registration is Required—Limited Space
Call 695-7119 to register.
Bring your cell phone & tablet
with you to class.**

PLAY AT THE TIN SHOP

A reunion weekend for estranged sisters Connie and Regan takes a mysterious turn when they find the host of Hickory Dickory Inn murdered! With an early snowstorm raging outside and the phone line deliberately cut, it appears the killer is among those at the inn, and they each seem to have something to hide.



**The Clock Struck One
Play at the Tin Shop Theatre
Sunday, March 16 at 4:00 pm
Tickets: \$12, cash only, due by March 10.
Diana will call you when your ticket is
ready to be picked up at the BASC.**

SAVE THE DATES

Coffee Chat, Wednesday, April 2 at 9:00 am,
Buchanan Community Gardens, Mike Zink

**Homemade Spaghetti Dinner at the BASC
Fundraiser**, Wednesday, April 9, 4–6 pm

DELINQUENT PROPERTY TAX

**The Berrien County Treasurer,
Shelly Weich, will be visiting
The City of Buchanan,
302 N. Redbud Trail**



on Thursday, March 9, 1:00–3:00 pm
to assist property owners who are in jeopardy of
losing their home to foreclosure.

For more information call the
Berrien County Treasure's Office at
269-983-7111 ext 8569.

VETERANS MYHEALTHEVET ASSISTANCE

**Veterans...
Are you locked out of
MyHealtheVet?**



The MyHealtheVet online portal (VA's version of My Chart) has adopted a more robust security feature to protect Veteran health information, and Veterans are now required to login using Login.gov or ID.me. VA Staff members will be onsite to assist Veterans and caregivers with accessing MHV through ID.me on Thursday, March 27 from 1:00 – 3:00 pm. If you cannot make it to the event, you can reach out to the MHV Coordinator at 269-223-1224 with your questions.

**MyHealtheVet Assistance at the BASC
Thursday, March 27, 1:00–3:00 pm
Please call 695-7119 to register.
Walk-ins are welcomed.**

HERSTORY: EMPOWERING WOMEN

**One Buchanan will present
Herstory: Empowering Women,**
a forum on women's issues in Michigan on
Saturday, March 8 from 2-4 pm at the Buchanan
Area Senior Center. Dr. Bernice Patterson of
Infinity Consultation Group will lead the panel
and the additional panelists are the Honorable
Mabel J. Mayfield, Berrien County Trial Court;
Janet Bloch, Lubeznik Center for the Arts; Vicki
Brown, Dustin's Place. The event is free and light
refreshments will be served.

**Herstory: Empowering Women
Saturday, March 8, 2:00–4:00 pm
Location: Buchanan Area Senior Center**



Buchanan Area Senior Center—March 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>
<p style="text-align: right;">3</p> <p>10:00 Chair Fitness with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p style="text-align: right;">4</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">5</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">6</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">7</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: right;">10</p> <p>10:00 Chair Fitness with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p style="text-align: right;">11</p> <p>9:00 Osteo Fit with Missy 10:30 Forever Friends: Buchanan Girl Scouts 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">12</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre 2:00 Debunking Diabetes Myths</p>	<p style="text-align: right;">13</p> <p>9:00 Foot Clinic 9:30 Blood Pressure Check 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting 6:00 LGBTQ+ Social Gathering</p>	<p style="text-align: right;">14</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Iron Jawed Angels</p>
<p style="text-align: right;">17</p> <p>10:00 Chair Fitness with Linda 1:00 Euchre 1:00 Mah Jongg 1:30 St. Patrick's Day Party 1:00 2nd Pick-Up Monthly CSFP Commodities</p>	<p style="text-align: right;">18</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">19</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 2:00 Hospice and Myth Busters 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">20</p> <p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 2:00 Women's Contributions to Michigan History</p>	<p style="text-align: right;">21</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: right;">24</p> <p>10:00 Chair Fitness with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p style="text-align: right;">25</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 3:00 Phone Assistance 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">26</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">27</p> <p>11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Veterans MyHealthVet Assistance</p>	<p style="text-align: right;">28</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: I am Woman</p>
<p style="text-align: right;">31</p> <p>10:00 Chair Fitness with Linda 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg</p>	 <p>Play at the Tin Shop Theatre The Clock Struck One Sunday, March 16 at 4:00 pm See page 14 for more information</p>	<p>National Meatball Day March 9</p> 	<p>March was once considered the first month of the year.</p> 	<p>March was named after Mars</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**

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

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2025



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

Hours of Operation
Monday–Friday
9:00 am–4:00 pm

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
Dial A Ride Transportation (DART): 269-684-5150
Berrien Bus: 269-471-1100

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.