



Buchanan Area Senior Center (BASC)

May 2025

## Buchanan Area Senior Chronicle

“Happy, Active, Living”



### NEWS FROM THE EXECUTIVE DIRECTOR



The intense March 30<sup>th</sup> storm is a reminder that the weather is a potent force. Keeping your house well-maintained helps to protect your investment, but even well-maintained buildings can succumb to severe storm damage, as we saw on March 30<sup>th</sup>. These hazards are exactly why we all need to have home insurance coverage, but make sure your policy covers you in the event of wind, hail and lightning storm damage. With all the unpredictable changes currently underway at the Federal Government, it's difficult to determine whether FEMA or other federal programs will continue, so keeping your own insurance up to date is more essential than ever.

In the event you do need some home repairs, whether or not due to storm damage. We keep a list of various local contractors recommended by other BASC patrons, so contact the BASC office at 269-695-7119, [info@thebasc.org](mailto:info@thebasc.org) or stop in when you are at the BASC.

In addition, if you get your water from a well on your property and are faced with major repairs or replacement, you may face an intimidating expense. The National Ground Water Association provides a 12-month same as cash loan, as well as a 12-year loan at a fixed 9.99% interest rate. You can read more about these programs and even apply for them at <https://wellowner.org/water-well-loans/>

### MENTAL HEALTH AWARENESS MONTH

How fortunate are we that our society is beginning to change the stigma of mental health? Many of us have battled with our thoughts and are unaware of the importance of how mental health is vital to our overall well-being, or we know someone who has. Whatever your age, there is help and tools to assist you along your way. Education is important.

May is Mental Health Awareness month and the BASC is offering several Mental Health Awareness programs. Come on by and join us as we learn more and gather information to help us on our journey.

#### Self Care Strategies for Stress Management

Wednesday, May 7 at 2:00 pm

Refer to page 3 for detailed program information.

#### Mental Health Awareness Seminar

Tuesday, May 13, 1:00—3:30 pm

Refer to page 4 for detailed program information.

#### Clutter Hoarding and Home Safety

Wednesday, May 14 at 2:00 pm

Refer to page 4 for detailed program information.

Your mental health is everything – prioritize it. Make the time like your life depends on it, because it does.

— Mel Robbins

### INSIDE THIS ISSUE

Special Features .....	1
Programming .....	2-4
Community Events .....	3
Puzzles & Fun .....	5
Recipe, BASC Legacy & Programs .....	6
Advertisements.....	7-10
Thank You & Follow-up .....	11
Commodities & Services .....	12
Senior Nutrition Menu .....	13
Programming & Extra Stuff....	14
Calendar .....	15
Important Numbers & Staff...	16

### SPOTLIGHT



**Get your  
Blood  
Pressure  
Checked**

**&  
Blood  
Sugar  
Tested**



Blood sugar test

**Monthly at the  
BASC!**

**These are  
Free Services!**

**Easy & Quick!**

**Blood Pressure  
Checks are on the  
2nd Monday of  
each month.**

**See Ellen on**

**May 12**

**11:00—11:45 am.**

**Blood Sugar  
Testing is on the  
1st Wednesday of  
each month.**

**Buchanan  
Meadow's will be  
at the BASC on**

**May 7**

**9:00—10:00 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 BRITTANY:** Tuesdays at 10:00 am

**POWERBEATS WITH MISSY:** May 6—June 26 on Thursdays 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

### 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 Monday of each month, May 12 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, May 13, 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, May 15, at 10:30 am**.
- ♦ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets at a restaurant for lunch and socialization. **Call the BASC at 695-7119 to reserve your seat for lunch on Friday, May 23 at Downtown Niles Café, 226 E Main 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, May 8, beginning at 9:00 am.** Initial appointment fee is \$40; all subsequent appointments will cost \$30 (checks payable to Blessed Feet, LLC). This is **not** covered under any insurance. Please call and schedule your appointment at 695-7119. 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 Riverridge. Join in the fun at the BASC on Wednesday, May 28 at 1:00 pm.**
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, May 21 at 12:30 pm, provided by Woodland Terrace.**
- ♦ **ICE CREAM SOCIAL:** Brentwood at Niles treats the BASC to a monthly Ice Cream Social on the last Monday of each month, **Tuesday, May 27 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, May 7 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.

**Powerbeats on Tuesday evenings will be on Thursdays during May 6—June 26 at 5:30 pm.**

**Advanced Walk Days with Flo on Mondays, meet at the BASC at 11:00 am. Walk about 1 hour. They walk at a faster pace.**

**Ice Cream Social is on Tuesday, May 27 at 12:30 pm  
Thank You, Brentwood!**

**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—ROSS SANDERS HOUSE



Such an exciting event to watch the Ross Sanders House being transformed. Please join us to learn more about the past, current and future of this historic building in Buchanan.

We welcome Michael Rowland, Gateway Community Foundation and Peter Lysy, Buchanan Preservation Society & Buchanan District Library History Room.

**Coffee Chat, Wednesday, May 7 at 9:00 am**  
**Please call 695-7119 to register**

**Fasting Blood Sugar Testing**  
**Wednesday, May 7**  
**9:00 to 10:00 am**



## SELF-CARE STRATEGIES FOR STRESS MANAGEMENT

Join us to learn how to reduce stress by balancing your life in four circles of health – biological, psychological, social and spiritual.



**Self-Care Strategies for Stress Management**  
**Jane Oelke, ND, PhD of Natural Choices, Inc.**  
**Wednesday, May 7 at 2:00 pm**  
**Please call 695-7119 to register.**

## PAPA VINO'S FUNDRAISER & LUNCH

Enjoy a dinner out while supporting the BASC!

We have partnered with Papa's Partners Event to Benefit program for a fundraiser that will help raise money for programing, services, and building upkeep, including our new improved parking lot.

Enclosed in this newsletter, please find a Papa's Partners voucher that you will present at Papa VINO's with your guest check to receive credit for the sale, one voucher per guest check, and they will donate up to 20% of your guest check to the BASC. The voucher is required. If you need more vouchers stop by the BASC or email [diana@thebasc.org](mailto:diana@thebasc.org).

**Papa's Partners Event to Benefit**  
**Papa VINO's Dinner Fundraiser**  
**Offer is only valid May 5—8, 2025**

**Papa VINO's**  
**5110 Edison Lakes Parkway, Mishawaka, IN**  
**Voucher required with each guest check.**



**Lunch with Adam, BASC Executive Director,**  
**at Papa VINO's Fundraiser**

**Lunch on Tuesday, May 6**

**Meet at BASC, 10:45 am to ride in the van or follow the van.**

**If you are meeting at Papa VINO's, 11:30 am.**

**Please bring a voucher!**

**Payment of meal is patron's responsibility.**

**Registration is required. Space limited in the Van.**

## COMMUNITY EVENTS



**Buchanan Farmers' Market**  
**Saturdays**  
**8 am—1 pm**  
**Buchanan Commons**



**Community Fish Fry**  
**Buchanan Township**  
**Fire/Rescue**  
**Saturday, May 3**  
**Check with them for**  
**more information**



**Household Hazardous**  
**Waste Collection &**  
**Document Shredding Event**  
**Southeast Berrien County**  
**Landfill**  
**1540 Mayflower Rd**  
**Buchanan, MI**  
**Saturday, May 10**  
**8 am—12 pm**



**Buchanan**  
**Memorial Day Parade**  
**Monday, May 26 at 10 am**  
**Starts at Oak St. and travels to**  
**Oakridge Cemetery**

**Wave to the BASC Team!**





## MENTAL HEALTH AWARENESS SEMINAR

**Mental Health Awareness Seminar**  
**Tuesday, May 13, 1:00–3:30 pm**  
**Registration is Required.**  
**Call 269-695-7119 to register.**

We are grateful to offer a Mental Health Awareness Seminar made possible by the following presenters that will share information on mental health. This program is for EVERYONE... if you have mental health issues or not... It is important to educate ourselves.

Stephanie Kostizen, Corewell, LMSW, ACHP-SW, Veteran Support, Mental Health Resources, including information, and education on the trauma informed care that Corewell Health offers.

Carrie Crosbie, MSW, Access Senior Consulting, Retirement—the emotional and mental toll, both positive and negative.

Terri Albers, MPH, Community Health Specialist, Corewell Health, Self Care for Mental Wellness, learn how to develop healthy coping strategies to improve mental wellness.

A representative from Riverwood Center will also speak at the Mental Health Awareness Seminar.

Heidi Hanley, Community Relations Representative and Carrie Freeman, Business Management Specialist of Corewell Health will also be at the BASC for the seminar.

A special “Thank You!” to Corewell Health in partnering with the BASC for the Mental Health Awareness Seminar.



## BASC BOARD MEETING

**Attend the BASC Board Meeting**  
**Thursday, May 8, at 3:00 pm.**  
*Board minutes & agendas are available to be read at the center.*

## MOVIE MATINEE

**Second and Fourth Fridays**  
**Second Friday, May 9 at 1:00 pm**  
**Fourth Friday, May 23 at 1:00 pm**

### May 9: The Last Rifleman

Inspired by a true story, Pierce Brosnan plays Artie Crawford, a World War II veteran living in a care home in Northern Ireland who has just lost his wife. On the 75th anniversary of the D-Day landings, he decides to escape his care home and embarks on a journey to France to pay his final respects. PG-13

### May 23: A Beautiful Life

Elliott, a young fisherman with an extraordinary voice, gets the chance of a lifetime when he is discovered by the successful high-profile music manager, Suzanne. Suzanne soon pairs Elliott with her estranged daughter and music producer, Lilly. On his way to becoming a star, struggles from the past threaten not only his big breakthrough, but also the budding love with Lilly. TV-MA

## CLUTTER HOARDING & HOME SAFETY

Do you wonder what is considered to be hoarding? Susan Holcomb of Caring Connections will have an open discussion on what is over collecting vs hoarding. Learn how to make you and your home safe from exploitation and clutter.

**Clutter Hoarding & Home Safety**  
**Wednesday, May 14 at 2:00 pm**  
**Please call 695-7119 to register.**



## CRAFT FOR BUCHANAN MEADOWS

The Buchanan Meadows residents enjoyed the homemade snowman wall/door décor! We want to bring them more smiles with a spring wall/door décor.



**Bird Wall/Door Décor Craft**  
**Monday, May 12 at 2:00–3:30 pm**  
**Gifting to**  
**Buchanan Meadows Residents**  
We will deliver the décor  
on Tuesday, May 13.  
Meet at the BASC at 10:30 am.

The BASC is closed on  
Memorial Day,  
Monday, May 26, to  
remember and honor  
our Fallen Heroes.



## 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: Mother's Day

Find and circle all of the Mother's Day related terms that are hidden in the grid.

The remaining letters spell a Victor Hugo quotation.

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

## HAVE FUN!

ACCEPTING  
ADVICE  
AMAZING  
BEAUTIFUL  
BELOVED  
BLESSED  
CARING  
COMFORTING  
CONSIDERATE  
DEAR  
DEVOTED  
ENCOURAGING  
FAMILY  
FLOWERS  
GENEROUS  
GIVING  
HELPFUL  
HUGS  
INSPIRING  
JOY  
KIND  
LAUGHTER  
LISTENER  
LOVING  
MENTOR  
MOTHER  
NICE  
NURTURING  
PRECIOUS  
PROTECTIVE  
PROUD  
RESPECTFUL  
SELFLESS  
SHARING  
SMILES  
STRONG  
SUPPORTIVE  
TEACHING  
TENDER  
THOUGHTFUL  
TOLERANT  
TRUSTING  
WARM  
WATCHFUL  
WISE  
WONDERFUL

## SUDOKU

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



## RECIPE: Easy Shrimp Alfredo

**Scratch-made Alfredo sauce needs just a few ingredients and cooks quickly.  
Add the shrimp, toss with pasta and it's on the table in a flash.**



### Ingredients:

8 oz uncooked fettuccine	1/4 cup butter, cubed	1-1/2 cups heavy whipping cream
1 lb cooked medium shrimp, peeled & deveined		3/4 cup grated Parmesan cheese
1 garlic clove, minced	1/4 tsp pepper	1 tsp minced fresh parsley
		Lemon wedges

### Instructions:

1. Cook fettuccine according to package directions. In a large saucepan or skillet, melt the butter over medium heat. Stir in cream. Bring to a gentle boil. Reduce heat; simmer, uncovered, for 3 minutes, stirring constantly.
2. Add the shrimp, cheese, garlic and pepper; cook and stir until heated through. Drain fettuccine; toss with shrimp mixture. Sprinkle with parsley; if desired, top with additional Parmesan cheese and serve with lemon.

## BASC LEGACY

We love our work at the BASC and all of the wonderful patrons that we serve. We build relationships with folks, so we grieve the loss of every one of our patrons who passes. The love and care expressed by the friends and loved ones who remember them with a memorial contribution lifts our spirits, as does adding a leaf to the Memorial Tree engraved with their name. Every time we look at the leaf it brings back fond memories. Thanks to your love and generosity, this month we have added the following patrons to the Memorial Tree:

Grace Batchelor  
Walter Ned Gardner  
Wayne Hentsch  
Birdie Marsh  
Norma Metzger  
Mary Williams

## 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](mailto:info@thebasc.org).

## FIELD TRIP

Welcome the nicer weather with a visit to Wellfield Botanic Gardens, Elkhart, IN!

### Wellfield Botanic Gardens

**Friday, May 30**

**\$10/person, cash only—due by May 21**

**Lunch at Bird in the Hand**

(patron responsibility)

**Registration Required.**

**Call 695-7119 to register.**

Let us know if you are:

- \*Riding in the van/BASC at 9:00 am
- \*Following the van/BASC at 9:00 am
- \*Meeting at Wellfield Botanic Garden entrance at 10:15 am



## QUILTING & SEWING PROJECT

Make a pretty cell phone case at this month's Quilting and Sewing Project

May 6, 13, 20, or 27

1:00—3:00 pm

Fee: \$3, cash only, due by May 6

Register for One Date—Required

Limited Space

Call 695-7119 to register

Colors and patterns vary



## PLAY AT THE TIN SHOP

Andrew and Anthony are getting married – and everyone wants to "help"! *My Big Gay Italian*

*Wedding* spins into a hysterical fiasco as everyone tries to have their way. From a saboteur ex-boyfriend to a loud, opinionated, outspoken Italian mother, personalities and culture collide in a music and dance-filled extravaganza.



**My Big Gay Italian Wedding**

**Sunday, June 22**

**\$12/ticket, cash only, due by June 16**

**Diana will call you when your ticket is ready to be picked up at the BASC.**



## 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, Herb Boyersmith, Linda Abair, Richard Beavo, Beth Benjamin, Karen Evans, Wanda Middlebrook, Molly Ross, LuAnn Sarters, Charles Serene, Pam Serene, Bobbi Benak, Ellen Caagbay, Kim Calkins, Charles Carpenter, Julie Deeds, Siegfried Hulse, Pat McBain, Yolanda Julian, Evelyn Morris, Samuel Ntawiniga, Karen Smith, Vergie Wolfe. *\*Indicates Board Member*

**In Kind Donations:** Rosalie Holloway, Patsy Brcka, Marilyn White, Deann Benak, Linda Abair, Vergie Wolfe, Shirley Peterson, Diana Hickok, Betty Wilson, Marvin Harper, Bobbi Benak, Linda Snodgrass.

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

**Program Fund:** Patron Donation Box.

**General Fund:** Wanda Middlebrook, Judi Jason, A. Carol Taylor-Fowler, Donna Lace, Leona Wonacott.

**Tax Prep Donation:** MaryAnn Riley, Clara Bennett, Dan Riley, Ray Clark, Richard & Cynthia LaBay, Judith Zandarski, Sue Wreggelsworth, John Tackett, Mr. & Mrs. Thibodeaux, Jean Whetstone, Judy Shaw, Edward Collmer, Phillis Hammer, Janice Price, Grace Cronin, Renee Dorman, William Cline, Alice Clark, Lance Willard.

**Memorial Donation:** Dianne Ross for Grace Batchelor, Doyle & Judy Vergon for Grace Batchelor, Todd & Lisa Toll for Mary Williams, Jan Ferris for Norma Metzger, Marjorie Depyl, Norma Metzger.

**Bakeless Bake Sale:** Marlene Kachur, Terri Sisk, Evelyn Cole.

**Fitness Room Upgrade:** Patron Donation Box, Buchanan Galien Lion's Club, Michigan Gateway Community Foundation,

**Senior Emergency Fund:** Zeta Theta Chapter of PSI IOTA XI.

### Thank you to the volunteers who have logged in 15+ volunteer hours from April 2024—March 2025!!!

Thank  
you

Linda Abair, Rita Arnold, Gyl Bateman, Richard Beavo, Bobbi Benak, Beth Benjamin, Josetta Bibbs, Mary Blake, Herb Boyersmith, Maxine Brown, Kim Calkins, Dylan Carden, David Carlson, Marge Collins, Karen Evans, Jill Garmire, Jeane Harris, Deborah Hendrix, Tony Houser, Siegfried Hulse, Judi Jason, Ken Matthew, Ann Kish, Hal Loebach, Linda Luhrsens, Pat McBain, Joan McGuire, Wanda Middlebrook, Jess Minks, Evelyn Morris, Samuel Ntawiniga, Sharon Oswalt, Doreen Pienkowski, Anne Reed, Dan Riley, Earl Robbins, Pat Robbins, LuAnn Sarters, Kay Schadler, Charles Serene, Pam Serene, Janis Sexton, Karen Smith, Mary Speckine, Wendie Stephenson, Mary Weaver, Marilyn White, Leona Wonacott, Sue Zimmerle, Tim Jason.

Thank  
you

### A huge Thank You for the following people & organizations that have helped the BASC in various ways!

**Spaghetti Dinner Fundraiser:** Everyone who came out and supported our fundraiser, Judi Jason for preparing the delicious spaghetti, Marlene Kachur for making the cookies, Nancy Gaynor for donating the bread and butter, and the volunteers. Thank you!

**BASC Garden:** Bill Blumka and some of our local Boy Scouts helped remove soil from our raised beds. Melissa Frost and some of her Buchanan High School Students helped us put in new manure and fertilizer in our raised beds. Thank you!

## CARD GAME WINNERS

### Monday Euchre

03/10 1st Place: Anna Bradford  
03/17 1st Place: Pat Peterek  
03/24 1st Place: Pat Peterek

2nd Place: Norman Decker  
2nd Place: Joy G  
2nd Place: Edie Styburski

### Wednesday Evening Euchre

03/10 1st Place: Wendie Stephenson  
03/19 1st Place: John March  
03/26 1st Place: John March

2nd Place: John March  
2nd Place: Wendie Stephenson  
2nd Place: Stombaugh

### Tuesday Pinochle

03/11 1st Place: Marilyn Holden  
03/18 1st Place: Gail Moad  
03/25 1st Place: Pat Peterek  
04/01 1st Place: Sharon Geisler

2nd Place: Mary Speckine  
2nd Place: Kay Schadler  
2nd Place: Herb Boyersmith  
2nd Place: Edie Styburski

### Wednesday Evening Pinochle

03/05 1st Place: Brian Strawser  
03/12 1st Place: Edie Styburski  
03/19 1st Place: Kay Schadler  
03/26 1st Place: Herb Boyersmith

2nd Place: Gail Moad  
2nd Place: CJ Leiter  
2nd Place: Pat Peterek  
2nd Place: Maxine Brown



### Cribbage

03/06 Kay Schadler  
03/20 John March

### Mah Jongg Best Weekly Score

02/12 Rosalie Holloway  
02/19 Pat L, Cindy B, Kay F  
02/26 Kay Foster  
03/06 Kay F, Rosalie H

### Hand and Foot

03/05 Kay Schadler  
03/26 Linda Fisk

**Do you play cribbage? Would you like to learn how to play cribbage?**

**We have a friendly group of people who plays cribbage at Game Day on Thursdays, 1:00 pm. They would**



**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, May 15**  
**1:00—2:00 pm**

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

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

**Second Pick-Up Date**  
**Tuesday, May 27**  
**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.*

**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/)**



**Saturday, May 3, 2025—12:00 pm - Berrien County (Drive Thru), Mt.  
Calvary Missionary Baptist Church, 601 Ferry Street, Niles, MI 49120**

**Tuesday, May 6, 2025—3:30 pm - Berrien County (Drive Thru), Harbert  
Community Church, 6444 Harbert Road, Sawyer, MI 49125**

**Wednesday, May 7, 2025—4:30 pm - Berrien County (Drive Thru),  
Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106**

**Monday, May 19, 2025—4:00 pm—Berrien County (Drive Thru),  
Galien River Church @ Galien American Legion, 402 N. Main Street,  
Galien, MI 49113**

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



# MAY 2025





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

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

| MONDAY                                                                                                                         | TUESDAY                                                                                            | WEDNESDAY                                                                                                            | THURSDAY                                                                                     | FRIDAY                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>Meals provide: (weekly average):</b><br>800 Calories 75 grams Carbohydrate 19 grams Protein Less than 30% Calories from Fat | <b>Meals provide: (weekly average):</b><br>800 milligrams Sodium 1/3 RDA for Vitamins and Minerals |                                    |                                                                                              |                                                                                                               |
| 5 Cheesy Turkey Taco Pasta<br>Santa Fe Blend<br>Fruit Crisp                                                                    | 6 Chicken Primavera<br>Seasonal Vegetable<br>Warm Peaches                                          | 7 Sloppy Joe on a Bun<br>Cheesy Potatoes<br>Scandinavian Blend<br>Vegetable<br>Fresh Fruit                           | 1 Turkey Breast<br>Mashed Potatoes w/ Gravy<br>Rustic Root Blend<br>Peaches                  | 2 Salmon Burger on a Bun<br>w/ Tartar Sauce<br>Three Bean Salad<br>Normandy Blend<br>Tropical Fruit           |
| 12 Spaghetti w/ Meatballs<br>Green Beans<br>Dill Carrot Coins<br>Banana Pudding                                                | 13 Chicken Mashed<br>Potato Bowl<br>Peas & Carrots<br>Corn<br>Fruited Jello                        | 14 Biscuits w/ Sausage Gravy<br>Cooked Greens<br>Baked Apples and Raisins                                            | 8 Cheese Omelette<br>Sausage Links<br>Potatoes O Brian<br>Cinnamon Applesauce                | 9 Beef & Broccoli Stir Fry<br>over Rice<br>Oriental Blend Veggies<br>Pineapple                                |
| 19 Honey Mustard Chicken<br>Brown Rice<br>Meadow Blend Veggies<br>Citrus Mix                                                   | 20 Beef Pepper Steak<br>over Rice<br>Spinach<br>Sugar Snap Peas<br>Peaches                         | 21 Brat on a Bun<br>Ketchup & Mustard<br>Mediterranean Green Beans<br>Mandarin Oranges                               | 15 Pork Loin w/ Mushroom Gravy<br>Mashed Sweet Potatoes<br>California Blend Veggies<br>Apple | 16 Beef Soft Tacos<br>w/ Cheese, Lettuce, Tomato<br>Succotash<br>Black Beans<br>Fruit Cocktail                |
|                                           | 27 Cheeseburger Casserole<br>Normandy Blend Veg<br>Mixed Berry Applesauce                          | 28 Chef Salad w/ Turkey, Tomatoes, Cucumbers, Egg, & Cheddar w/ Italian dressing<br>Whole Wheat Bread<br>Fruit Fluff | 22 Vegetable Lasagna<br>Scandinavian Blend<br>Texas Toast<br>Fresh Fruit                     | 23 Turkey Burger w/ Mayo, Mustard, Ketchup<br>Maple Baked Beans<br>Green Peas<br>Tropical Fruit Mix<br>Cookie |
|                                                                                                                                |                                                                                                    |                                                                                                                      | 29 Turkey Pot Pie<br>Noodles<br>Asparagus<br>Banana                                          | 30 BBQ Roast Beef on a Bun<br>Potato Wedges<br>Broccoli & Cauliflower<br>Mandarin Oranges<br>Birthday Cake    |

## CHANGES WITH BASC FITNESS PROGRAMS

“True life is lived when tiny changes occur.”  
~ Leo Tolstoy

We are grateful for our fitness instructors.

With sweet bitterness, Missy has made a life change and will only continue to teach Powerbeats (Cardio Drumming) on Tuesdays at 5:30 pm.

Lizz has taken over teaching Powerbeats on Fridays at 9:00 am.

We welcome our new Osteo-Fit instructor... “Hi, I’m Brittany Bolinger, a certified fitness instructor with 6 years of experience. I am certified in Zumba, hip-hop, and enrolled in the personal training/ nutrition program. I’m excited to lead Osteo-Fit, a strength circuit class designed to help build muscle mass and cardiovascular endurance. I’m committed to provide a supportive and fun environment for all participants.”



Another fitness change at the BASC is that we have added an Advanced Walk Day on Mondays. The group will leave the BASC at 11:00 am and walk around town for about an hour or so. We welcome our volunteer Advanced Walk Day Lead, Flo Sasaki... “As a retired computer programmer, walking and hiking is way to be outside and is a great way to exercise. I have been a member of a walking group for 30 years and hiking for 25 years.”



Thank you Missy, Lizz, Britany, Flo as well to Linda (Chair Fitness), CeCe (Chair Fitness), and Sara (Chair Yoga)! You all rock!

## BASC FRIENDS WALK

A group of BASC friends walk throughout the year, weather permitting... they are committed!

From November to March they have walked 97 miles amongst the group. Amazing! They could have walked to Western Michigan University in Kalamazoo and back to Buchanan! Great job, everyone!



## JOIN THE BASC AND WALK WITH US AT THE BUCHANAN MEMORIAL DAY PARADE

If you would like to walk with some of the BASC Board Members in this years Buchanan Memorial Day Parade on Monday, May 26, please call 695-7119 to sign-up. We will be in touch with you with detailed information!



## SB CUBS BASEBALL GAME

Take me out to the ball game!

**South Bend Cubs Baseball Game  
Wednesday, July 30**

**Ticket is \$13/person, includes  
a hot dog and a drink.**

**Money for ticket is due by May 7**

Call 695-7119 to reserve your seat.



When you register let us know if you are:

\* Riding in the van (space is limited), meeting at BASC at 10:30 am. \* Meeting at the BASC at 10:30 am and following the van. \* Meeting at the stadium. There may be a parking fee.

## WE ARE SEEKING VENDORS FOR OUR PARKING LOT TRUNK SALE

The BASC is having a Parking Lot Trunk Sale on Saturday, June 7 and we are seeking vendors to sell items out of their trunks/their parking spot. These items can be Avon, Tupperware, typical garage sale things. Set-up is 8–9 am, sale is 9 am–2 pm. Fee is \$20 per parking space. The Buchanan City Wide Garage Sale is June 6–8. The BASC is only have a one day sale. If you would like to reserve a parking space, please call us at 695-7119 and your \$20 fee is due by Wednesday, May 21.



## FUN MAKING A QUILT—SESSION 1



Fun at the  
St. Patrick's  
Trivia Party!



# Buchanan Area Senior Center—May 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><b>27th Annual<br/>SENIOR EXPO</b><br/>10 a.m. to 3 p.m.<br/>Friday, May 9, 2025<br/>Mendel Center at<br/>Lake Michigan College<br/>www.AreaAgencyonAging.org/Senior-Expo</p> |  <p>Presented by<br/>Area Agency on Aging, Inc.<br/>Offering Choices for Independent Living<br/>The Peralta Balladium<br/>Health &amp; Wellness Pavilion<br/>sponsored by<br/>Corewell Health</p> | <p><b>National Buttermilk<br/>Biscuit Day, May 14</b></p>                                                                                                                                                                | <p>1<br/><b>11:00 Chair Yoga</b><br/><b>1:00 Mah Jongg</b><br/><b>1:00 Game Day</b></p>                                                                                                                                                                                                                | <p>2<br/><b>9:00 Powerbeats<br/>with Lizz</b><br/><b>10:00 Chair Fitness<br/>with Lizz</b><br/><b>1:00 Fiber Friends</b></p>                                                                                                                        |
| <p>5<br/><b>10:00 Chair Fitness<br/>with Linda</b><br/><b>11:00 Adv Walk Days</b><br/><b>1:00 Euchre</b><br/><b>1:00 Mah Jongg</b></p> <p><b>Papa Vino's Dinner<br/>Fundraiser</b><br/>see page 3</p>                                                              | <p>6<br/><b>10:00 Osteo-Fit</b><br/><b>11:30 Papa Vino's<br/>Luncheon</b><br/><b>1:00 Pinochle</b><br/><b>1:00 Quilting &amp;<br/>Sewing Class/Project</b><br/><b>5:30 Matter of<br/>Balance Class is Full</b></p> <p><b>Papa Vino's Dinner<br/>Fundraiser</b><br/>see page 3</p>  | <p>7<br/><b>9:00 Coffee Chat</b><br/><b>9:00 Fasting Blood<br/>Sugar Testing</b><br/><b>10:15 Chair Fitness<br/>with CeCe</b><br/><b>1:00 Hand &amp; Foot</b><br/><b>2:00 Self-Care/Stress<br/>Management</b><br/><b>6:00 Pinochle</b></p> <p><b>Papa Vino's Dinner<br/>Fundraiser</b><br/>see page 3</p> | <p>8<br/><b>9:00 Foot Clinic</b><br/><b>11:00 Chair Yoga</b><br/><b>1:00 Mah Jongg</b><br/><b>1:00 Game Day</b><br/><b>3:00 Board Meeting</b><br/><b>5:30 Powerbeats with<br/>Missy</b><br/><b>6:00 LGBTQ+ Social<br/>Gathering</b></p> <p><b>Papa Vino's Dinner<br/>Fundraiser</b><br/>see page 3</p> | <p>9<br/><b>9:00 Powerbeats<br/>with Lizz</b><br/><b>10:00 Chair Fitness<br/>with Lizz</b><br/><b>1:00 Fiber Friends</b><br/><b>1:00 Movie Matinee:<br/>The Last Rifleman</b></p> <p><b>Senior Expo</b><br/>See page 6 for more<br/>information</p> |
| <p>12<br/><b>10:00 Chair Fitness<br/>with Linda</b><br/><b>11:00 Adv Walk Days</b><br/><b>11:00 Blood<br/>Pressure Check</b><br/><b>1:00 Euchre</b><br/><b>1:00 Mah Jongg</b><br/><b>2:00 Craft</b></p>                                                            | <p>13<br/><b>10:00 Osteo-Fit</b><br/><b>1:00 Pinochle</b><br/><b>1:00 Quilting &amp;<br/>Sewing Class/Project</b><br/><b>1:00 Mental Health<br/>Awareness Seminar</b><br/><b>2:00 Hearing Aid<br/>Check</b><br/><b>5:30 Matter of<br/>Balance Class is Full</b></p>                | <p>14<br/><b>10:15 Chair Fitness<br/>with CeCe</b><br/><b>1:00 Hand &amp; Foot</b><br/><b>2:00 Clutter Hoarding<br/>&amp; Home Safety</b><br/><b>6:00 Pinochle</b></p>                                                                                                                                    | <p>15<br/><b>9:30 Eyeglass Repair</b><br/><b>10:30 Book Club</b><br/><b>11:00 Chair Yoga</b><br/><b>1:00 pm Mah Jongg</b><br/><b>1:00 Game Day</b><br/><b>1:00 Monthly CSFP<br/>Commodities</b><br/><b>5:30 Powerbeats with<br/>Missy</b></p>                                                          | <p>16<br/><b>9:00 Powerbeats<br/>with Lizz</b><br/><b>10:00 Chair Fitness<br/>with Lizz</b><br/><b>1:00 Fiber Friends</b></p>                                                                                                                       |
| <p>19<br/><b>10:00 Chair Fitness<br/>with Linda</b><br/><b>11:00 Adv Walk Days</b><br/><b>1:00 Euchre</b><br/><b>1:00 Mah Jongg</b><br/><b>1:00 2nd Pick-Up<br/>Monthly CSFP<br/>Commodities</b></p>                                                               | <p>20<br/><b>10:00 Osteo-Fit</b><br/><b>1:00 Pinochle</b><br/><b>1:00 Quilting &amp;<br/>Sewing Class/Project</b><br/><b>5:30 Matter of<br/>Balance Class is Full</b></p>                                                                                                          | <p>21<br/><b>10:15 Chair Fitness<br/>with CeCe</b><br/><b>12:30 Root Beer<br/>Floats</b><br/><b>1:00 Hand &amp; Foot</b><br/><b>1:00 Quarterly TEFAP<br/>Commodities</b><br/><b>6:00 Pinochle</b></p>                                                                                                     | <p>22<br/><b>11:00 Chair Yoga</b><br/><b>1:00 pm Mah Jongg</b><br/><b>1:00 Game Day</b><br/><b>5:30 Powerbeats with<br/>Missy</b></p>                                                                                                                                                                  | <p>23<br/><b>9:00 Powerbeats<br/>with Lizz</b><br/><b>10:00 Chair Fitness<br/>with Lizz</b><br/><b>11:30 Lunch Bunch</b><br/><b>1:00 Fiber Friends</b><br/><b>1:00 Movie Matinee:<br/>A Beautiful Life</b></p>                                      |
| <p>26<br/><b>The BASC is closed<br/>on Memorial Day</b></p>                                                                                                                      | <p>27<br/><b>10:00 Osteo-Fit</b><br/><b>12:30 Ice Cream<br/>Social</b><br/><b>1:00 Pinochle</b><br/><b>1:00 Quilting &amp;<br/>Sewing Class/Project</b><br/><b>1:00 2nd Pick-Up<br/>Quarterly TEFAP<br/>Commodities</b><br/><b>5:30 Matter of<br/>Balance Class is Full</b></p>    | <p>28<br/><b>10:15 Chair Fitness<br/>with CeCe</b><br/><b>1:00 Hand &amp; Foot</b><br/><b>1:00 Birthday Bingo</b><br/><b>6:00 Pinochle</b></p>                                                                                                                                                            | <p>29<br/><b>11:00 Chair Yoga</b><br/><b>1:00 pm Mah Jongg</b><br/><b>1:00 Game Day</b><br/><b>5:30 Powerbeats with<br/>Missy</b></p>                                                                                                                                                                  | <p>30<br/><b>9:00 Trip</b><br/><b>9:00 Powerbeats<br/>with Lizz</b><br/><b>10:00 Chair Fitness<br/>with Lizz</b><br/><b>1:00 Fiber Friends</b></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

M  
A  
Y

2025



**Happy  
Mother's Day  
Sunday,  
May 11**

**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.