



Buchanan Area Senior Center

July 2023

# Buchanan Area Senior Chronicle

“Happy, Active, Living”

## SENIOR PICNIC

### A DAY IN THE TROPICS

You are invited to attend the Event of the Year, Tropical Style!



Registration begins July 10th and you may stop by the BASC beginning July 17th to pick up your free ticket. Tickets must be picked up by Friday, August 4th. Space is limited and you must be 60+ years old to attend. If you have a ticket and are unable to attend, please let us know *as soon as possible*, as we anticipate

a waiting list. Bring your appetite! Pulled pork and chicken will be served, along with coleslaw, baked beans, fresh fruit and dessert. Then clear your plates and play bingo! Listen for your name to be called in between bingo games for door prizes!

**Senior Picnic – A Day in the Tropics**

**Tuesday, August 8<sup>th</sup>**

**Doors open at 11:30 am/Event begins at 12:00 pm**

## COMMUNITY SHREDDING EVENT

Gather and bring your sensitive paperwork that you no longer need to be safely destroyed by experts in the field of document shredding to the Community Shredding Event. Protect your identity and clear out the clutter with peace of mind that your personal information is kept safe. Please have your boxes and/or bags of documents in your trunk or in your hatchback.



Thank you to our sponsor United Federal Credit Union in helping the BASC provide the Community Shredding Event!



**Community Shredding Event**

**Saturday, July 29**

**9:00 am to Noon**

**This is a free event, however, your donations are greatly appreciated.**

## COMMUNITY BLOOD DRIVE

**The Bloodmobile from the South Bend Medical Foundation will be at the BASC on**

**Saturday, July 29, from 9:00 am to 1:00 pm**



Donating up to one pint of whole blood can save up to three lives! About 700 whole blood donations are needed each week in our community to maintain an adequate supply for area hospitals and doctor offices.

Donating blood takes 45–60 minutes. We need at least 20 donors for the blood drive, **please sign up online at**

**www.GiveBloodNow.com or call the BASC at 695-7119.**

Thank you for being a blood donor!



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**Please mark your calendars that the BASC is closed on Tuesday, July 4th.**

**Happy 4th of July!**

### Donations Needed

The big event is happening and we need bingo and door prizes for the Senior Picnic. New items only.

Door prizes are typically larger and more expensive items. Some people donate items they received from the casino. Thank you!



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 :** **Tentatively on hold. Please call to inquire if we will be having a yoga class that week.**

**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, July 11, 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, July 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 July 28 at Downtown Niles Café, 226 East Main Street, Niles MI. Please indicate when you make your reservation to let us know if you can drive others to the restaurant, if you are meeting at the BASC at 11:00 am or at the restaurant at 11:30 am.** Diana will make reservations at most restaurants. Please make sure you call and reserve your seat!
- ◆ **PAMPER YOUR FEET:** Monthly foot clinic through **Blessed Feet, LLC, Thursday, July 13, 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 Hamilton Grove. Join in the fun at the BASC on Wednesday, July 26, at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, July 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. **July 31 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, July 5.**

**Chair Yoga is tentatively on hold.**

**Please call to inquire if we will be having a yoga class that week.**

**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.**

## COFFEE CHAT: THE BUCHANAN DISTRICT LIBRARY HISTORY ROOM.

### Remember the “Good Old Days?”

Do you remember when Buchanan was a busy place, with dime stores and shops, even a movie theater downtown, and Clark Equipment was going strong? Well, we remember those days too, and want to preserve the memories of the days gone by. The Buchanan District Library History Room has a vast collection of information about Buchanan’s past, and Debbie O’Bryant will share her experience as a volunteer at the History Room. Come prepared to remember those days, and learn even more about the history of our little town.

**Coffee Chat with  
The Buchanan District  
Library History Room  
Debbie O’Bryant  
Wednesday, July 5, at 9:00 am**



### Fasting Blood Sugar Testing Wednesday, July 5

**9:00 to 10:00 am—During Coffee Chat.  
Testing and refreshments provided by  
Buchanan Meadows.**



## BECOMING A DEMENTIA FRIEND

Become a Dementia Friend. This training will give you insight to help you understand how to support and better communicate with those with dementia. The program will be presented by Amy Nichols and Meg Killips from the Area Agency on Aging, Inc.

**Becoming a Dementia Friend  
Friday, July 7, at 2:15 pm  
Please call 695-7119 to register.**



## WHAT IS KINSHIP CARE?

Meg Killips from the Area Agency on Aging, Inc. will provide education regarding the importance of Kinship Care. Kinship care is a support system for families raising a family member’s child. She will cover what Kinship Care is and how they can support you and your family.

**What is Kinship Care?  
Friday, July 7 at 1:00 pm  
Please call 695-7119 to register.**



## MAINTAINING A POSITIVE MINDSET

Gayla Konanz is a Licensed Clinical Social Worker who has been working in the field of Social Work for the last 25 years. In her presentation, Maintaining a Positive Mindset, Gayla will be openly talking about the changes and struggles that come with aging. She will discuss practical ways of taking small actions to stay positive, hopeful, and mentally happy.

**Maintaining a Positive Mindset  
Thursday, July 13, 1:00 pm  
Please call 695-7119 to register**



## 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  
July 22.**



**The Common  
Concert Series  
July 6, 8, 13, 20, 22**



**Thrill on the Hill  
July 14—16  
Games, Special Events,  
Activities, DJ, Food & Vendors**

For more information visit  
[cityofbuchanan.com](http://cityofbuchanan.com) or  
call 269-695-3844



**One Book / One Buchanan  
Annual Community-Wide  
Reading Event**

**The Other Side of the River  
by Alex Kotlowitz**

Call Buchanan District Library at  
695-3681 to request a free copy  
of the book.



## SELF-CARE FOR CAREGIVER

A common phrase we often share with caregivers is “You can’t take care of anyone else if you don’t take care of yourself.” Although the concept of self-care may seem simple enough, it is surprising how easily it can be forgotten in the day-to-day routine when you are caring for a loved one. When you have someone who is depending on you to care for them, their needs often become priority. It often isn’t until the caregiver finds themselves struggling with fatigue and burnout that they realize that their own needs have been neglected. Self-Care for the Caregiver explores important aspects of self-care that are often overlooked by caregivers, discusses signs of caregiver fatigue and burnout, provides self-care options along with ways to implement them into a caregiver’s daily routine, as well as provides support and encouragement for those who are caring for a loved one. This training is provided by Stephanie Kostizen, LMSW, ACHP-SW who is a hospice social worker and veteran advocate for Caring Circle.



**Self-Care for Caregiver**  
**Tuesday, July 11, at 10:00 am**

## CARFIT HELPING MATURE DRIVERS FIND THEIR SAFEST FIT

Schedule your appointment for CarFit at the BASC!

CarFit is a free, interactive and educational program that teaches participants how to make their personal vehicle ‘fit’ them to increase safety and mobility when they hit the road.

**CarFit is sponsored by TRIAD and will be held at the BASC on Tuesday, July 18, 10:00 am—12:00 pm. Please call 695-7119 to schedule your appointed time for your free CarFit checkup!**

## VETERAN OUTREACH

**Maureen Adams**  
**Berrien County Veterans Service Officer**  
**will be at the BASC on**  
**Tuesday, July 11, at 2:30 pm**  
**Please call 695-7119 to register.**

If you have any questions or concerns regarding Veteran support and help, please join us. Maureen will be available to meet with you, individually.



## MOVIE MATINEE

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

### July 14: Blended



Recently divorced mom Lauren (Drew Barrymore) and widowed dad Jim (Adam Sandler) let their friends push them into a blind date, which goes disastrously wrong. Unsurprisingly, neither wants to see the other ever again. However, fate intervenes when both Jim and Lauren, unbeknown to each other, purchase one-half of the same vacation package at a South African resort; they and their children are forced to share the same suite and participate in a slew of family activities together. PG-13

### July 28: Won't Back Down



Jamie Fitzpatrick (Maggie Gyllenhaal) and Nona Alberts (Viola Davis) are two women from opposite sides of the social and economic track, but they have one thing in common: a mission to fix their community's broken school and ensure a bright future for their children. The two women refuse to let any obstacles stand in their way as they battle a bureaucracy that's hopelessly mired in traditional thinking, and they seek to re-energize a faculty that has lost its passion for teaching. PG

## ADVANCED CARE PLANNING WORKSHOP

**Advanced Care Planning Workshop**  
**Julie Griffen from Corewell Health**  
**Thursday, July 6 at 1:00—2:30 pm**  
**Registration is Required**  
**Please call 269-695-7119 to register.**



Julie will be available to help complete the plans that were discussed at the Advance Care Planning. Join us for a free workshop that will answer questions and assist with:

- Developing and completing your Healthcare Power of Attorney/Advance Directive
- Witnessing of signatures
- Adding your document to your medical record so it's available to all Corewell Health hospitals and providers, in case of emergency
- Having copies made for your advocates

## SOUTH BEND CUBS BASEBALL GAME

**South Bend Cubs Baseball Game**  
**Wednesday, July 19**

**For those who have registered for the baseball game, please meet at the BASC at 10:45 am. Registration is closed.**



## WORD SEARCH: Old TV Shows 2

Find and circle all of the old TV shows that are hidden in the grid.  
The remaining letters spell the name of an additional old TV show.

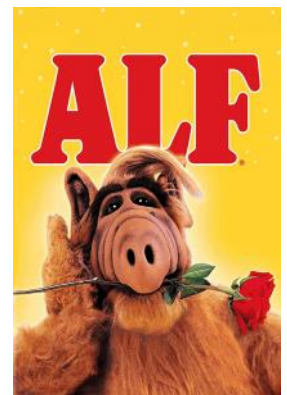
R M S M D O S I L V E R S P O O N S  
 E I A N Y T S E R C N O C L A F T E  
 Z S L B N Y N I G H T C O U R T N C  
 I T L O A P B S T R A H W E N O O V  
 L E A N S R E N O S I R P Y Z A I F  
 A R D A T T N I T H R Y O T C R A F  
 U E F N Y F S A N J N E H H G M S L  
 Q D L Z A U O P B N H G E I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

## HAVE FUN!

A-TEAM  
 ALF  
 AIRWOLF  
 BARETTA  
 BARNABY JONES  
 BENSON  
 BIG VALLEY  
 BONANZA  
 CHEERS  
 COACH  
 DALLAS  
 DOCTOR WHO  
 DYNASTY  
 EQUALIZER  
 FALCON CREST  
 FAME  
 FANTASY ISLAND  
 FISH  
 FLINTSTONES  
 FULL HOUSE  
 GROWING PAINS  
 HAWAII FIVE-O  
 HEE HAW  
 HUNTER  
 JEFFERSONS  
 KNIGHT RIDER  
 MACGYVER  
 MAVERICK  
 MAYBERRY R.F.D.  
 MISTER ED  
 MUNSTERS  
 NANNY  
 NEWHART  
 NIGHT COURT  
 OUTER LIMITS  
 PRISONER  
 S.W.A.T.  
 SILVER SPOONS  
 T.J. HOOKER  
 TWILIGHT ZONE  
 VIRGINIAN  
 WEBSTER

## SUDOKU

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





**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, July 13 1:00—2:00 pm**

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

*This institution is an equal opportunity provider.*



**SENIOR CENTER SERVICES**

At the Senior Center you can:

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

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

\$1,101 & up \$3.75 and up

\$801—\$1,100 \$3.25 per Meal

\$701—\$800 \$2.75 per Meal

\$551—\$700 \$2.25 per Meal

\$0—\$550 \$1.75 per Meal

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

**SENIOR NUTRITION**

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

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



**FEEDING AMERICA MOBILE FOOD PANTRY**

*THE DISTRIBUTION SCHEDULE BELOW IS PROVIDED AS A COURTESY. IT IS NOT GUARANTEED TO BE ERROR FREE, AND MAY BE UPDATED OR CHANGED AT ANY TIME, USE AT YOUR OWN RISK. IF YOU HAVE QUESTIONS ABOUT A SPECIFIC MOBILE PANTRY DISTRIBUTION, PLEASE CONTACT THE HOST AGENCY, OR VISIT [HTTPS://WWW.FEEDWM.ORG/FINDFOOD/](https://www.feedwm.org/findfood/) AND CLICK ON MOBILE FOOD PANTRY.*



Saturday, July 1, 2023—4:30 PM - Berrien County (Drive Thru), Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Saturday, July 8, 2023—11:00 AM - Berrien County (Drive Thru), Mt. Calvary Missionary Baptist Church, 601 Ferry Street, Niles, MI 49120

Monday, July 10, 2023—11:00 AM - Berrien County (Drive Thru), Neighbor to Neighbor, 9147 Old U.S. 31, Berrien Springs, MI 49103

Monday, July 10, 2023—4:00 PM - Berrien County (Drive Thru), Kinexus, 499 W Main St., Benton Harbor, MI 49022

Tuesday, July 11, 2023—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Monday, July 31, 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:






Offering Choices for Independent Lives

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

## JULY 2023

### Menu Is Subject To Change Without Notice

<p><b>3</b> BBQ Oven Fried Chicken Mac and Cheese Summer Squash Blend Cornbread Watermelon</p>		<p><b>5</b> Crispy Fish Filet Sandwich With Tarter Sauce Coleslaw Pea Pods Diced Mango</p>	<p><b>6</b> Porcupine Meatballs Served over Mashed Potatoes Kyoto Blend Vegetables Apricots</p>	<p><b>7</b> Pizza Casserole Peas and Pearl Onions Italian Marinated Vegetables Texas Toast Peach Halves</p>
<p><b>10</b> Beans and Greens with Ham Mixed Vegetables Italian Bread w/margarine Pineapple </p>	<p><b>11</b> Loaded Baked Potato w/ Seasoned Beef and Cheese Steamed Broccoli Tossed Salad with Ranch Blueberry Crisp</p>	<p><b>12</b> Sloppy Joe On a Wheat Bun Warm Pasta Salad California Blend Yogurt with Fruit</p>	<p><b>13</b> Chicken Enchilada Casserole Shredded Lettuce &amp; Tomato Black Beans and Corn Grapes</p>	<p><b>14</b> Turkey Meatloaf Mashed Potatoes Lima Beans Summer Berries</p>
<p><b>17</b> Turkey Tetrazzine Steamed Beets Green Beans Tropical Fruit Salad</p>	<p><b>18</b> Stuffed Green Peppers with Rice and Meat Carrot Coins Dinner Roll Diced Pears</p>	<p><b>19</b> Polish Sausage on a Bun Warm Potato Salad Prince Charles Veg Blend Orange Wedges</p>	<p><b>20</b> Silver Dollar Pancakes w/Syrup Sausage Links Baked Apples w/ Raisins 100% Juice</p>	<p><b>21</b> Chicken Teriyaki Quinoa Bowls Lima Beans Applesauce </p>
<p><b>24</b> Hamburger with Bun Ketchup, Mustard, Lettuce, Pickle and Tomato Cheezy Mashed Potatoes Sweet Corn Seasonal Fruit</p>	<p><b>25</b> Orange Chicken Over Rice Stir Fry Vegetable Blend Green Peas Fortune Cookie Fruited Jello</p>	<p><b>26</b> Chef Salad with Turkey Ham, Shredded Cheese, Tomato, Cucumber, Eggs Rye Bread with Margarine Berry Applesauce</p>	<p><b>27</b> Pulled Pork Sandwich Creamy Broccoli Salad Green Beans Fruit Cocktail</p>	<p><b>28</b> Ravioli with Marinara Italian Blend Vegetables Breadstick Pears Birthday Cake</p>
<p><b>31</b> Philly Cheesesteak Sandwich with Peppers Red Skin Potatoes Prince Charles Veggie Blend Mandarin Oranges</p>	<p><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></p>			
<p><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></p>				

## RECIPE: Stuffed Peppers for Two

**Just the right size!**

**For color  
steam carrots  
to round out the  
meal perfectly**



### Ingredients:

2 medium green peppers  
1/4 cup uncooked instant rice  
1 tbsp chopped onion  
1/2 tsp salt  
1 large egg, beaten

1 can ( 8 ounces) tomato sauce, divided  
3 tbsp shredded cheddar cheese, divided  
1/4 tsp Worcestershire sauce  
1/4 tsp pepper  
1/2 lb of ground beef

### Directions:

1. Cut tops off peppers and discard; remove seeds. Blanch peppers in boiling water for 5 minutes. Drain and rinse in cold water; set aside.
2. In a bowl, combine beef, 1/4 cup tomato sauce, rice, 2 tbsp cheese, onion, Worcestershire sauce, salt, pepper and egg; mix well. Stuff the peppers; place in an ungreased 1-1/2-qt baking dish. Pour the remaining tomato sauce over peppers. Cover and bake at 350 degrees for 45-60 minutes or until meat is no longer pink and peppers are tender.
3. Sprinkle with remaining cheese; return to the oven for 5 minutes or until cheese is melted.

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

**BASC Bakesale at the  
Buchanan Farmers' Market  
Saturday, July 22,  
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, July 21.**

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

## EVENING POWERBEATS CLASS

Are you still working during the day or are your days busy? Join Missy for cardio drumming, "Powerbeats" class on Tuesday evenings! Equipment is provided.

**Powerbeats—Starts July 18  
Tuesdays, 5:30—6:15 pm  
Entrance Door by the Garden  
Door opens at 5:20 pm  
and will be locked at 5:30 pm.**



## BASC BOARD MEETING

Attend the BASC Board Meeting  
Thursday, July 13,  
at 3:00 pm.

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



## CASINO DAY

**Join in a fun day at  
Four Winds Casino  
in South Bend, IN  
Tuesday, July 25**



**Meet at the BASC at 10:30 am  
Registration is Required.  
Please call 695-7119 to register.  
Limited Spacing.**

When you register let us know if you are riding in the van (space is limited), meeting at the BASC and following the van, or meeting at Four Winds Casino in South Bend, IN.

Gambling & lunch is patrons responsibility.

## PEN, INK & WATERCOLOR

Bring out your creative side and learn how to use pen, ink and watercolor! Mary will offer you step by step instructions on creating an 8 X 10 painting using pen, ink and watercolors of birds and a bird house. Make yours unique in choosing your own colors.

**Pen, Ink & Watercolor  
Thursday, July 20,  
1:00—3:00 pm  
\$10/person—payment due  
by July 13, Cash Only  
Registration is Required  
and Space is Limited  
Call 695-7119  
to reserve your space.**





## 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, Yolanda Julian, Linda Luhrsen, Mary Speckine, Jan Ferris, Pat McBain, Gillian Robbins, Wendie Stephenson, Maxine Brown, Marge Collins, Mary Blake, Suzie Zimmerle, Larissa Perkins, Karen Smith, Kim Calkins, Charles Carpenter, Gail Crocker, Jeannine Davie, Anita Grace, Riitta Rosenhagen, Pam Sten, Judy Vergon, Linda Abair, Jane Doebel, Joyce Ferris, Mary Weaver, Lois Willis, Laura McGlauchlin-Duis.  
\*Indicates Board Member

**In Kind Donations:** Bonnie Chadderdon, Leona Wonacott, Kerri Pettie, Diane Heiler, Barb Ferris, Gail Crocker, LeeAnn Flenar, Jane Doebel, Tammy Ross, Maxine Brown, Linda Abair.

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

**General Fund:** Janis Sexton.

**Program Fund:** Janis Sexton.

**Medical Transportation Donation:** Sue Kalus.

**Memorials:** Conrad & Mary Beth Larson for Elaine Marsh; Ruth & Wayne Writer, Mary & Jeromee Liebenberg, Nancy & Jay Gelose for Lucille Mack.

**Harding's Community Rewards—Thank you for your support!:** Karol Behrle, Patsy Breka, Adam Burck, Bill Catalano, Alan Chambers, Barb Chandler, Cindy Cloutier, Jan Ferris, Lesley Hughes, Kenneth Kaufmann, Donna Lace, Chris Nordstrom, Kerri Pettie, Cheryl Pettke, Jodi Phillips, Kay Schadler, Janet Seal, Kim Sears, Janis Sexton, Mary Speckine, Sarah Suhm, Laura Upton, Sabine Wheatley, Diane Wilcox, Tammy Wilson. Visit [www.hardings.com](http://www.hardings.com) to sign up!

**Spartan Nash Label Program:** Thank you to everyone who saves their UPC barcodes from Spartan and Our Family products and brings them to Senior Center! We earn cash for the UPC barcodes! Thank you!



The BASC Pride Committee, made up of participants in our monthly LGBTQ+ Social, is producing the Pride on The Common event. We proudly thank the following sponsors and participating businesses who's donations have fully funded the production of this event:

**Presenting Sponsor:** Cannavista Wellness

**Sponsors:** Honor Credit Union, High Profile, Pinnacle Emporium and Zen Leaf

**Participating Businesses:** Blue Paw Pet Spa, Front Street Glass Works, Gustavsen Café, Sweet Shop Café Italiano, Union Coffeehouse



## CARD GAME WINNERS

### **Monday Euchre**

05/08 1st Place: Kay Schadler	2nd Place: Mary Speckine	H/M: Patti Wargo
05/15 1st Place: Mary Speckine	2nd Place: Kim Calkins	H/M: Norman Decker
05/22 1st Place: Wayne Hentsch	2nd Place: Marilyn Turbett	H/M: Wendie Stephenson
06/05 1st Place: Sue Rossow	2nd Place: Dave Lange	H/M: Ken Callahan

### **Wednesday Evening Euchre**

05/10 1st Place: Wendi Stephenson	2nd Place: Mary Speckine	H/M: Wayne Hentsch
05/17 1st Place: Norman Decker	2nd Place: M. Speckine & W. Stephenson	H/M: Wayne Hentsch
05/24 1st Place: Duane Shunkwiler	2nd Place: Sue Rose	H/M: Norman Decker
05/31 1st Place: Duane Shunkwiler	2nd Place: Lawrence Marsh	H/M: Mary Speckine

### **Tuesday Pinochle**

04/11 1st Place: Marilyn Holden	2nd Place: CJ Leiter
04/18 1st Place: Wally Casto	2nd Place: Marilyn Holden
04/25 1st Place: Marilyn Holden	2nd Place: Kay Schadler
05/02 1st Place: Edi Styburski	2nd Place: Sue Rose

### **Hand and Foot**

05/10 Dawnita Burgoyne  
05/17 Kay Schadler  
05/24 Janis Sexton  
05/31 Pat Bateman

### **Wednesday Evening Pinochle**

04/19 1st Place: Edi Styburski	2nd Place: Herb Boyersmith
04/26 1st Place: Herb Boyersmith	2nd Place: Barb Brady
05/03 1st Place: Herb Boyersmith	2nd Place: Gail Moad
05/24 1st Place: Marilyn Holden	2nd Place: B. Brady & W. Linde

### **Mah Jongg Best Weekly Score**

05/04 Rosalie Holloway  
05/11 Rosalie Holloway  
05/18 Rosalie Holloway  
05/25 Judy Brewer

## SING! SING! SING!

Come out and join us for great summer fun! Have you ever wanted to do a performance for your family and friends? Perhaps you sang in high school or college, or maybe in the church choir. Well, here is your chance to show off your skills in a fun and friendly atmosphere! Dr. Greta Pope is a professional, veteran entertainer who has performed throughout Europe, the Far East, South America, Canada and the U.S.A. She is a seasonal resident of Buchanan (Clear Lake) for more than 40 years. Dr. Pope has taught students of all ages to sing and develop their own vocal style with the type of music that they love. She addresses everything from vocal technique, to microphone technique, to stage fright! Dr. Greta Pope holds a Master of Music Degree and a Ph.D. in Business. Not only does she sing in the classical, Broadway, pop, r&b and country styles, she also teaches all of those styles. So, whatever your favorite style of music is...she's got you covered. Bring your favorite song and let's have some fun!

Dr. Greta Pope and her Motown band will be performing at the Buchanan Common Concert Series on Saturday, July 8, 7–9 pm.

### Sing! Sing! Sing!

#### A Singing Class Just for You!

**Tuesday, July 25—Wednesday, July 26—Thursday, July 27**  
**at 9:00—10:00 am (Must attend all three days.)**

**Registration required—please call 695-7119 to reserve your space.**

#### Concert Showcase for Family and Friends

**Thursday, July 27 at 6:00 pm**

**Refreshments provided after the concert.**



## WALK DAY



**Walk Day**  
**East Bank Trail**  
**South Bend, IN**  
**Breakfast/Lunch**  
**at Perkins**  
**Friday, July 21**  
**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.**

## MAKE STRAWBERRY COASTERS

The Quilting and Sewing lead, Mary, will help you make a pair of strawberry coasters! These coasters are adorable and perfect for summer.



**Strawberry Coasters**  
**Choose a date & register to make a pair of strawberry coasters.**  
**\$2.00/pair**  
**Cash only and payment can be made at the day of the class.**

**Registration is Required.**

**Call 695-7119 to register for one of the following classes: July 11, 18, 25. Class begins 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.



## HAPPY BIRTHDAY, ALICE!

Alice attends the BASC Quilting & Sewing program on Tuesdays, 1:00—3:00 pm and is making a quilt! Happy Birthday, Alice!



May Walk Day at Mishawaka River Walk

## VETERANS SERVICES

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

# Buchanan Area Senior Center - July 2023 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise	4  4th of July	5 9:00 Coffee Chat 9:00 Fasting Blood Sugar 10:15 Chair Fitness with CeCe  1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre	6 11:00 Chair Yoga— Please call first 1:00 Mah Jongg 1:00 Game Day 1:00 Advanced Care Planning Workshop	7 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 What is Kinship Care? 2:15 Becoming a Dementia Friend
10 10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise	11 9:00 Osteo Fit with Missy 10:00 Self-Care for Caregivers 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Make Strawberry Coasters 2:00 Hearing Aid Check 2:30 Veteran Outreach	12 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre	13 9:00 Foot Clinic 10:00 Blood Pressure Check 11:00 Chair Yoga— Please call first 1:00 Maintaining a Positive Mindset 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting	14 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Blended
17 10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities 2:00 Qigong Exercise	18 9:00 Osteo Fit with Missy 10:00 CarFit 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Make Strawberry Coasters 5:30 Powerbeats with Missy	19 10:15 Chair Fitness with CeCe 10:45 South Bend Cubs Baseball Game 12:30 Root Beer Floats 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre	20 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga— Please call first 1:00 Mah Jongg 1:00 Game Day 1:00 Pen, Ink & Watercolor	21 8:30 Walk Day 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends  Please bring in baked goods for the Farmers' Market.
24 10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 10:00 Skip-Bo 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise	25 9:00 Sing! Sing! Sing! 9:00 Osteo Fit with Missy 10:30 Four Winds Casino 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Make Strawberry Coasters 5:30 Powerbeats with Missy	26 9:00 Sing! Sing! Sing! 10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre	27 9:00 Sing! Sing! Sing! 10:00 Blood Pressure Check 11:00 Chair Yoga— Please call first 1:00 Mah Jongg 1:00 Game Day 6:00 Sing! Sing! Sing! Concert	28 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: Won't Back Down
31 10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise	<p><b>Senior Picnic</b> A Day in the Tropics</p> <p>Tuesday, August 8 Doors open at 11:30 am Event begins at 12:00 pm</p> <p>Registration and ticket required.</p>	<p>Community Shredding Event at the BASC</p> <p>FREE</p> <p>Saturday, July 29 9:00 am to noon</p>	<p>Community Blood Drive Event</p> <p>FREE</p> <p>Saturday, July 29 9:00 am to 1:00 pm</p>	<p>BASC Baked Sale at the Buchanan Farmers' Market</p> <p>Saturday, July 22</p> <p>Stop by and see what goodies we have for sale.</p>



# Buchanan Area Senior Center

810 Rynearson St.

Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: 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.