



Buchanan Area Senior Center (BASC)

April 2025

Buchanan Area Senior Chronicle

“Happy, Active, Living”



NEWS FROM THE EXECUTIVE DIRECTOR

We celebrate our volunteers year-round, but, in April/National Volunteer Month, we have our annual Volunteer Appreciation Dinner. It’s our chance to pamper them and show how much we appreciate their efforts! We encourage you to personally thank them and also consider volunteering. Volunteers with 15+ volunteer hours for the year are invited to the dinner. Plus, volunteering is a great way to stay engaged and to make new friends.



2023-2024 New Volunteer Award went to Mary Weaver, Quilting and Sewing Lead.

To help newly registered volunteers get oriented, we are implementing a Volunteer Ambassador program, and Board members Deb Hendrix and Judi Jason are filling this role. They will be reaching out to recently registered volunteers to discuss your volunteer interests and find volunteer options that fit your interests. It’s even possible you have new ideas for volunteering that you can discuss with them. For example, do you have knowledge or a skill that you would like to share with fellow BASC patrons?

Finally, we send thanks to ALL of our volunteers. Your help makes so much possible, including our medical transportation program, commodities programs, craft and sewing classes, walking groups, Compassionate Callers Club, special events & parties, AARP Tax Aide, monthly newsletter mailing, and more. Our fabulous Board of Directors and members of BASC Committees are also volunteers and essential to BASC operations. Thank you all!

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BASC WILL BE CLOSED GOOD FRIDAY, APRIL 18

HOMEMADE SPAGHETTI DINNER FUNDRAISER

Enjoy dinner and support the BASC!



Homemade Spaghetti Dinner Fundraiser
Wednesday, April 9
4:00—6:00 pm
Dine In or Take Out
\$12/Meal or \$40/4 Meals
Stop by the BASC to purchase your dinner tickets, this will help us determine how many meals we need to prepare.
Walk-ins are welcome.
Buchanan Area Senior Center
810 Rynearson St., Buchanan, MI
 We accept Cash, Checks and Credit Cards

A Dinner Box includes spaghetti with meat sauce, garlic toast, tossed salad, and a cookie. Pop and bottled water available for \$0.50.

Thank you for supporting the BASC Fundraiser! Your donation will help us continue to offer exceptional programs and services.



The BASC Board of Directors and Staff are wishing you an Easter that is bright, joyful, and filled with love.

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 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

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

Fridays: Call 695-7119 for info

CHAIR FITNESS WITH LIZZ: Fridays at 10:00 am

FITNESS ROOM:
Is open all hours BASC is open.

ADVANCED WALK DAYS WITH FLO: Starting in May—Mondays at 11:00 am

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, 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, April 17, at 10:30 am**.
- ◆ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets at a restaurant for lunch and socialization. **Call the BASC at 695-7119 to reserve your seat for lunch on Friday, April 25. Juicy Buffet, 52820 State Hwy 933, South Bend, IN 46637.** 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, April 10, 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 Chalet of Niles. Join in the fun at the BASC on Wednesday, April 23 at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, April 16 at 12:30 pm, provided by Woodland Terrace.**
- ◆ **ICE CREAM SOCIAL: Brentwood at Niles** treats the BASC to a monthly Ice Cream Social on the last Monday of each month, **Monday, April 28 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, April 2 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.

Hearing Aid Checks is on Tuesday, April 1 at 2:00 pm.

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

Coming in May! Advanced Walk Days with Flo on Mondays, meet at the BASC at 11:00 am.

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
MIKE ZENK
BUCHANAN COMMUNITY GARDEN CLUB**



Spring is here and it is time to think about gardening! We welcome Mike Zenk of the Buchanan Community Garden Club to share what is happening with our community garden club. Perhaps he will share some tips with us on gardening.

**Coffee Chat, Wednesday, April 2 at 9:00 am
Please call 695-7119 to register**



**Fasting Blood Sugar Testing
Wednesday, April 2
9:00 to 10:00 am**

**MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS**

At the BASC, we want you to feel more confident in moving around in your home as well as getting out and doing what brings a smile to your face. We want to help you live your best life.

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

**A MATTER OF BALANCE
Evenings: 5:30—7:30 pm
Tuesdays, May 6—June 24, 2025
Book Fee: \$20**



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

**Payment Due by April 22 (Scholarship available)
Cash or Check Payable to Area Agency on Aging
Registration Required. Space is limited.
Call 269-695-7119 to reserve your space.**

BUCHANAN SENIOR STORYTELLING EVENT

Eight storytellers – 4 elders from the Buchanan community and 4 seniors from this year’s Buchanan High School graduating class – will each tell a true story, based upon their lived experience. The general “Theme” for the evening’s stories will be about “a time/experience when you learned a significant life lesson from another person; that is to say, a person/experience that has made a lasting impression on the storyteller.”

This live storytelling event is jointly sponsored by The Buchanan Area Senior Center, Buchanan High School and Story Club SW MI

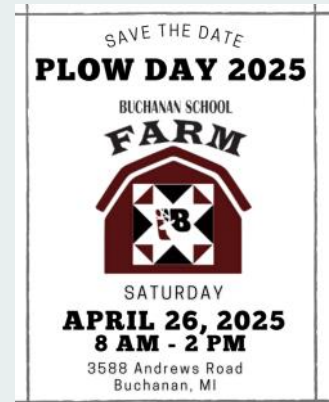


**Buchanan Senior Storytelling Event
Wednesday, April 16, 7:00—9:00 pm
location: Tin Shop Theatre
108 E. Roe St, Buchanan
To register call the BASC at 695-7119**

COMMUNITY EVENTS



Empty Bowls, April 17
4:00—7:00 pm
Buchanan High School
Auxiliary Gym
Contact Roti Roti Art Center
at 697-4005
for more information.
Pancake Breakfast \$5



Hotdog Lunch \$5
Buchanan Community



Easter Egg Hunt
by the
Buchanan High School Leos
Saturday, April 19, 11:00 am
at the
Buchanan Commons

If you would like to help stuff candy in the plastic eggs, please follow the Buchanan-Galien Lions Club Facebook page.

Bags of individual wrapped candy can be dropped off at the BASC by April 11.



**WHAT IS IT ALL ABOUT?
END OF LIFE DOULA,
ADVANCED CARE PLANNING
& FUNERAL ARRANGEMENTS**



Join us for a BASC seminar discussing the end of life. The subject is a tough one to have with our family members. Yet, the conversation could help ease the pain knowing a loved ones wishes, or your own wishes, are carried out.

**What is it All About?
End of Life Doula,
Advanced Care Planning
& Funeral Arrangements
Tuesday, April 29, 1:00—3:30 pm
Around 2:30—3:30 you will have the
opportunity to speak to the
presenters individually.
Registration Required.
Call 695-7119 to Register.**

End of Life Doula: Ever wonder about what you can do at the end of life? Karen Quasny will share the different types of support an End of Life Doula can offer. This is not only for people with a terminal diagnosis. Research supports that people who make plans for their death live happier, less stressed lives, and approach death, when it does arrive, with less trepidation and worry.

Advanced Care Planning: Join Julie Griffin, Advance Care Planning Coordinator of Corewell Health South to learn more about the importance of preplanning your medical care advocate. She will have ACP packets available.

Funeral Arrangements: Cameron Ondresky, Starks Family Funeral Home & Cremation Services, Manager/Funeral Director of Swem Chapel, will discuss the importance of having funeral plans set in advance to help relieve the burden off of family members. He will touch on the different types of prearrangements and services we can help facilitate to families.

BASC BOARD MEETING

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

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

MOVIE MATINEE

**Second and Fourth Fridays
Second Friday, April 11 at 1:00 pm
Fourth Friday, April 25 at 1:00 pm**

April 11: SPENCER

The marriage of Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. There's eating and drinking, shooting and hunting. Diana knows the game. But this year, things will be profoundly different. SPENCER is an imagining of what might have happened during those few fateful days. Rated R

April 25: The Fundamentals of Caring

A writer (Paul Rudd) retires after a personal tragedy and becomes a disabled teen's caregiver. When the two embark on an impromptu road trip, their ability to cope is tested as they start to understand the importance of hope and friendship. Rated TV-MA

**COREWELL HEALTH
MYCHART CUSTOMER SUPPORT**

A representative of the Corewell Health MyChart Customer Support Team will be providing patient education for MyChart including how to activate an account, how to login, how to manage proxy accesses, how to view multiple health organizations in one portal, and general navigation of the patient portal (scheduling appointments, messaging, video visits, and more).

The program will begin with a 30 minute presentation and then you will have the opportunity to sit down with a representative of the Corewell Health MyChart Customer Support Team, one-on-one, to learn how to access and use your account.

**Corewell Health MyChart
Customer Support
Tuesday, April 22
Presentation is 10:30—11:00 am
To schedule One-On-One
Assistance Appointment,
call 695-7119 to make an appointment.**



SAVE THE DATE

May 5—8: Papa Vino's Fundraiser
May 6: Lunch at Papa Vino's
May 9: Senior Expo
May 15: Mental Awareness Seminar at the BASC

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: Adverbs

HAVE FUN!

Find and circle all of the adverbs that are hidden in the grid.
The remaining letters spell a secret message.

S O O N O W H E R E A D V D H G I H A E
 R B W I S E L Y S Y L T N E G N O L L D
 T H E R E M N I A G A I E A S I L Y M R
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SUDOKU

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

QUICK SNACK RECIPE: Cheesy Chex Mix

Simple, Easy, and Yummy!



Ingredients:

3 cups Chex cereal of choice 2 cups mini pretzels 1 cup cheese crackers
3/4 cup grated parmesan 1/2 stick melted butter a pinch of garlic powder

Instructions:

Toss all the ingredients together. Spread on a baking sheet and bake for 15 minutes at 325 degrees F. Enjoy!

BASC LEGACY

At BASC, we offer a variety of options to memorialize a loved one. The most popular is donating towards a Memorial Tree leaf, but we have added other options and BASC Legacy is the newest one, see www.thebasc.org/donation-form/legacy for more details or contact the BASC office. We heartily thank these 11 BASC Legacy members who want to support the BASC through end-of-life arrangements to ensure our services are here for many years to come:

Deborah Hendrix, Anthony “Tony” Houser, Judi Jason, Tim Jason, Alice Kring, Doug & CJ Leiter, Jack McClellan, Brian J. Murphy, Leona Wonacott, and Adam Burck.

We are sad to report the passing of 2 patrons, but pleased that we have received donations to add a leaf to the Memorial Tree for these dearly departed patrons:

Grace Batchelor and Wayne Hentsch.

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.

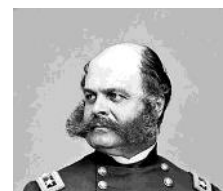
Custom memorials – Contact us to discuss other ideas of how you want to honor someone.

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

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

April's BASC Euchre Tourney!

Saturday, April 12, 1:00 pm,

Registration Required

Call 695-7119

2 people/team—Ages 55+



OLD FASHIONED PLOW DAY

If you would like to attend the Old Fashioned Plow Day & Pancake Breakfast and want to hang out with Diana, make sure you register to join her for breakfast.

**Old Fashioned Plow Day
& Pancake Breakfast Saturday,
April 26**



Suggested Donation is \$5—pay at the event
Call 695-7119 and let us know if you are meeting
at the BASC at 9:30 am to ride in the van,
following the van, or meeting at the
Buchanan School Farm, 3588 Andrews Rd,
Buchanan, MI at 9:45 am.

The festivities are from 8:00 am—2:00 pm

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, Gyl Bateman, Richard Beavo, Beth Benjamin, Karen Evans, Ann Kish, Wanda Middlebrook, Molly Ross, LuAnn Sarters, Ella Fanslow, Tim Jason, Charles Serene, Pam Serene.

**Indicates Board Member*

In Kind Donations: Penny Muntz, Barbara Schoene, Mary Speckine, Linda Nix, Royal Neighbors of America, Marilyn White, Pat Robins.

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

Program Fund: Patron Donation Box, Vergie Wolfe.

General Fund: Vergie Wolfe.

Tax Prep Donation: Hazel Marsh, Ronald & Beverly Link, Madeline Thierbach, Joyce Florey, Johanna Hasse, Lorna Dillinger, Linda Garcia, Wanda Shepard, Deann Benak, Anna Bumstead, Charles Kelley.

Memorial Donation: Grace Cronin for Grace Batchelor, Jerry & LeeAnn Flenar for Grace Batchelor, Kathleen Swank & Christine Gowen for Grace Batchelor, Kenneth & Linda Harness for Grace Batchelor, Jan Ferris for Mary Williams, CJ Leither for Walter Ned Gardner, Ahliah Bratzler for Grace Batchelor, River City Church for Grace Batchelor.

Annual Appeal: Donna Lace, Cheryl Schulkins, Margaret O'Neill.

Thank you

Thank you for donating toward the BASC Bakeless Bake Sale: Donna Potter, Pat Lorange, Robert Nash, Jean McCarty, Elmer & Linda Doyle, Elaine Cole, Marilyn White, Betty Kalmar, Mary Blake, Lois Howard, Jerry & LeeAnn Flenar, Leona Wonacott, Katherine Richter.

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.

SAVE THE DATE: MAY 5—8 PAPA VINO'S FUNDRAISER



The BASC is partnering with Papa Vino's for a fundraiser. In our May newsletter we will enclose the voucher and share more information.

CARD GAME WINNERS

Monday Euchre

02/03 1st Place: Bob Marsh
02/10 1st Place: Pat Peterek
02/17 1st Place: Connie Larson
02/24 1st Place: Joyce Matchett

2nd Place: Walt Hollobaugh
2nd Place: Kim Calkins
2nd Place: Marilyn White
2nd Place: Connie Larson

Wednesday Evening Euchre

Tuesday Pinochle

02/11 1st Place: Gail Moad
02/25 1st Place: Pat Peterek
02/18 1st Place: CJ Leiter
03/04 1st Place: Danny Sandmann

2nd Place: Bob Wesner
2nd Place: Mary Speckine
2nd Place: Herb Boyersmith
2nd Place: Gail Moad

Wednesday Evening Pinochle

02/19 1st Place: CJ Leiter
01/15 1st Place: Marilyn Holden
01/29 1st Place: Kim Sears
02/25 1st Place: Pat Peterek

2nd Place: Gail Moad
2nd Place: Marsha Ruby
2nd Place: Maxine Brown
2nd Place: Herb Boyersmith

Hand and Foot

02/26 Pat Bateman

Cribbage:

Mah Jongg Best Weekly Score

01/09 Kay Foster
01/16 Kay Foster
01/30 Kay Foster
02/06 Pat Lorange

VALENTINE FUN!





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, April 10 1:00—2:00 pm

Second Pick-Up Date Monday, April 14 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, April 1, 2025—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Saturday, April 5, 2025- 12:00 PM - Berrien County (Drive Thru), Mt. Calvary Missionary Baptist Church, 601 Ferry Street, Niles, MI 49120

Monday, April 28, 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.

APRIL 2025

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>7 Turkey Pot Pie Noodles Asparagus Pineapples</p>	<p>1 Biscuits w/ Sausage Gravy Cooked Greens Baked Apples and Raisins</p>	<p>2 Balsalmic Honey Pulled Pork on a Bun Diced Sweet Potatoes Green Beans Pineapple Tidbits</p>	<p>3 Salisbury Steak Mashed Potatoes w/ Gravy Rustic Root Blend Peaches</p>	<p>4 Whitefish over Confetti Rice Three Bean Salad Carrot Coins Coleslaw Mandarin Oranges</p>
<p>14 Chicken & Broccoli Stir Fry over Rice Oriental Blend Veggies Pineapple</p>	<p>8 Beef Soft Tacos w/ Cheese, Lettuce, Tomato Succotash Refried Beans Fruit Cocktail</p>	<p>9 Salsa Corn Chowder Cornbread Tossed Greens Salad w/ Ranch Berry Crisp</p>	<p>10 Honey Lime Chk'N over Cilantro Rice Corn O'Brien Blueberry Compote</p>	<p>11 Tortellini with Marinara Sauce and Spinach California Blend Veg Baked Apples w/ Cinnamon</p>
<p>21 Stuffed Green Peppers w/ Rice & Meat Carrot Coins Berry Applesauce</p>	<p>15 Pancakes w/ Syrup Sausage Patty Potatoes O'Brien Mandarin Oranges</p>	<p>16 Turkey Burger w/ Mayo, Mustard, Ketchup Maple Baked Beans Green Peas Tropical Fruit Mix</p>	<p>17 Spiral Ham w/ Pineapple Scalloped Potatoes Glazed Carrots Dinner Roll w/ Margarine Ambrosia Salad</p>	
<p>28 Vegetable Lasagna Scandanavian Blend Texas Toast Peaches</p>	<p>22 Cheesy Turkey Taco Pasta Santa Fe Blend Fruit Crisp</p>	<p>23 Lentil Stew Whole Wheat Bread w/ Margarine Salad w/ Italian Mandarin Oranges</p>	<p>24 Chicken Mashed Potato Bowl Peas & Carrots Corn Grapes</p>	<p>SORRY WE'RE CLOSED</p>
<p>Meals provide: (weekly average): 800 milligrams Sodium 1/3 RDA for Vitamins and Minerals</p>	<p>29 BBQ Roast Beef on a Bun Potato Wedges Broccoli & Cauliflower Tropical Fruit Blend</p>	<p>30 Warm Chicken Salad over Spinach Greens Whole Wheat Bread Mediterranean Green Beans Banana</p>	<p>Meals provide: (weekly average): 800 Calories 75 grams Carbohydrate 19 grams Protein Less than 30% Calories from Fat</p>	

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!



**THE BASC WELCOMES
BUCHANAN HIGH SCHOOL
STUDENTS**

Please support our future generation and attend
**Current Topics in
Environmental Sciences
Tuesday, April 29,
9:30 am—10:30 am
BHS Students will present
their school projects.**



Emerald Ash Borer Beetles a Lasting Legacy
by Morgan Kuntz and Julianna Wheply

DDT Then and Now
by Charlotte Sylvester

McCoy Creek Health Winter 2025
by Aiden Dale and Locus Corbert

Emerging Environmental Issues
by Maxwell Arbanas

Painted Dogs
by Bradi-Lynn Sokoloskis
Call 695-7119 to register

POLLINATOR GARDENING



Last year the BASC added a Butterfly Garden to our grounds and not only are we enjoying the benefits, so is our vegetable garden, as well as the butterflies.

Join Tammy Ross as she will share tips for creating and enjoying your pollinator garden.

**Pollinator Gardening
Wednesday, April 30 at 2:00 pm
Please register by calling 695-7119**

BUILD A BLUE BIRD HOUSE

**Build a Blue Bird House
Thursday, April 17, 1:00 pm
\$20 for materials
cash only due by April 10
Registration is Required
Call 695-7119**



Ben Davidson will be your instructor for the afternoon, guiding you step by step.



The BASC is collecting bags of candy for the Buchanan High School Leos which will be distributed at the Buchanan Community Easter Egg Hunt. Drop off candy by April 11.

DEMENTIA FRIENDS

Join the Movement! Become a Dementia Friend!

**Dementia Friends
Tuesday, April 15,
10:30 am—12:00 pm
Registration Required
Please call 695-7119
to register**



Dementia Friends Michigan (DFMI) is an informational session designed to help you understand how to better communicate and support those with dementia.

What You Will Learn:

- Raise your awareness
- Learn dementia friendly practices
- How to take action in your community
- What it's like to live with the disease
- Effective communication and support

As A Dementia Friend You Will:

- Be a support to your friends and family
- Change the way you think, act, and talk about dementia
- Contribute to a dementia friendly community

TRIP TO THE PLANETARIUM



Join us on a field trip to the PHM Klinger Planetarium and Museum!

**Birth of Planet Earth & Dynamic Earth
Tuesday, April 22**

**Meet at the BASC at 3:45 pm
Dinner at McAlister's Deli
(patron responsibility)**

**Planetarium Show at 6:30-7:30 pm
Fee: \$3.50 cash only—Due by April 15**

**If under 65, fee is \$5.50
Limited Space**

**Registration Required
Call 695-7119 to Register
Please let us know if you need a ride**

The formation of the solar system was an extremely violent event. One must wonder: "How did the Earth become such a calm paradise in the midst of chaos?" In this show, we will study the formation of other solar systems that scientists have witnessed to learn more about our own. We will also discuss the possibility of other Earth-like worlds in outer space.

Buchanan Area Senior Center—April 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>Buchanan Senior Storytelling Event Wednesday, April 16 7:00—9:00 pm Location: Tin Shop Theatre Call 695-7119 to register See page 3 for more information</p>	<p>1 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>2 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>3 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p>4 9:00 Powerbeats call 695-7119 for info 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>7 10:00 Chair Fitness with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p>8 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Powerbeats with Missy</p>	<p>9 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre 4:00—6:00 Homemade Spaghetti Dinner Fundraiser</p>	<p>10 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>11 9:00 Powerbeats call 695-719 for infor 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: SPENCER Trip—Museums— See page 6 for more information</p>
<p>14 10:00 Chair Fitness with Linda 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities</p>	<p>15 10:30 Dementia Friends 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Powerbeats with Missy</p>	<p>16 10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre 7:00 Storytelling Event</p>	<p>17 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Build a Blue Bird House</p>	<p>18 </p>
<p>21 10:00 Chair Fitness with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p>22 10:30 MyChart Customer Support 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Powerbeats with Missy Trip—Planetarium— See page 14 for more information</p>	<p>23 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p>24 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p>25 9:00 Powerbeats call 695-7119 for info 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: The Fundamentals of Caring</p>
<p>28 10:00 Chair Fitness with Linda 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg</p>	<p>29 9:30 Current Topics in Environmental Science BHS Students 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 1:00 What is it All About? End of Life... 5:30 Powerbeats with Missy</p>	<p>30 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 2:00 Pollinator Gardening 6:00 Pinochle 6:00 Euchre</p>	<p>BASC Euchre Tourney Saturday, April 12 1:00 pm See page 6 for more information</p>	<p>Breakfast with Diana At the Buchanan Old Fashioned Plow Day & Pancake Breakfast Saturday, April 26 See page 6 for more information</p>

Buchanan Area Senior Center
810 Rynearson St.
Buchanan, MI 49107
Phone: 269-695-7119
Fax: 269-695-2901
E-mail: adam@thebasc.org

**RETURN SERVICE
REQUIRED**

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

**A
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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.