



Buchanan Area Senior Center

April 2024

Buchanan Area Senior Chronicle

“Happy, Active, Living”



NEWS FROM THE EXECUTIVE DIRECTOR



I hope you enjoyed reading about board director Tony Houser last month. This month, meet Judi Jason, another fabulous new director who was elected last October and took her seat at the November board meeting. Judi began her BASC journey a few years ago when she joined the Garden Committee. She brought her knowledge and energy to help the committee flourish.

Judi was born and raised in Detroit, Michigan, and moved to Chicago to pursue a career in radio advertising sales, marketing, and forklift sales. After retiring, she and her husband moved to Buchanan in 2010. She started volunteering at Fernwood Botanical Gardens and was soon hired as volunteer coordinator until her 2nd retirement in 2018! She now volunteers at the BASC, serves on the Board of Directors and engages in many great activities the BASC offers. Judi enjoys watercolor painting, pottery, crafts, reading, and cooking. She lives in the White Oaks Community with her husband, Tim, and Coco the dog.

Also, please come out and support the BASC on Thursday, April 25th, for our Taco Night Fundraiser, 4-6 pm. There is a Buchanan High School varsity baseball double header that evening, so come grab your grub to enjoy at the games! More details on page 10.

SPRING FLING PARTY WITH THE REDBUD RAMBLERS

Let’s all get together, tap our toes, and enjoy listening to the Redbud Ramblers!

Please invite your children and grandchildren, your friends, and your neighbors to join in the fun!

**Spring Fling Party with the Redbud Ramblers
Sunday, May 5, 2:00–4:00 pm at the BASC
Registration is required—please call 695-7119 to let us know the number of people in your party.**

Please bring a snack or dish to share with everyone. Fruit Punch, Lemonade and Water will be available.



NAVIGATING NUTRITION WITH (PRE)DIABETES



Do you have a diagnoses of pre-diabetes or diabetes? Did you know that what you eat and how you move can impact your risk for complications of diabetes? Meet Melissa Powell, RD with Area Agency on Aging to learn more about managing your blood sugars. We will review tips for meal planning, healthy snacks, carbohydrate foods and more.

**Navigating Nutrition with (Pre)Diabetes
Thursday, April 25, 1:00–2:30 pm**

Registration is Required. Call 695-7119 to reserve your seat

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CONVERSATIONS WITH JUDI JASON

Conversations with friends is a wonderful way to get to know other people.

Join us at Conversations with Judi Jason, one of our new Board of Directors. Judi is an asset at the BASC as she has volunteered at the front desk, with events and is a lead of the BASC Garden Club. Come and hear her story.

**Conversations with Judi Jason
Wednesday, April 10
2:00 pm**



If you do NOT want to receive the BASC newsletter, please call 695-7119 to let us know.

WEEKLY EVENTS

HEALTH

BLOOD PRESSURE CHECKS:
The second and fourth Thursday of the month at 10:00–10:30 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

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: Thursdays at 11:00 am

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

CHAIR FITNESS WITH LIZZ: Fridays at 10:00 am

FITNESS ROOM:
Is open all hours BASC is open.

CARDS & GAMES

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

MAH JONGG: Mondays and Thursdays at 1:00 pm

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

HAND AND FOOT CARDS: Wednesdays at 1:00 pm

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

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 Thursday** each month at **10:00–10:30 am**.
- ◆ **HEARING AID CHECKS:** **Dr. Michelle Ridenour from Miracle Ear**, will be at the BASC on **Tuesday, April 16, 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 18, 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 April 26 at Juicy Buffet, 52820 State Hwy 933, South Bend, IN**. 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, April 11, 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.
- ◆ **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 24 at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, April 17, 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, **April 29 at 12:30**
- ◆ **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 3.**
- ◆ **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.

Fitness programs at the
BASC are offered
Monday—Friday each week!

Pictured are patrons from a CeCe Chair Fitness class that is offered on Wednesdays! Come by the BASC and join in the fun!



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:
ELIZABETH AND INNER FREEDOM RETREATS**



Learn more about Elizabeth and Inner Freedom. Inner Freedom is a nonjudgment space where horses help bring oneself to align with their awareness of what is, innate wisdom, and the choice to open and cultivate harmony within.

**Coffee Chat: Elizabeth and Inner Freedom Retreats
Wednesday, April 3, 9:00 am**



**Fasting Blood Sugar Testing
Wednesday, April 3,
9:00 to 10:00 am—During Coffee Chat
Testing and refreshments**

**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
1:30—3:30 pm
Wednesdays, May 15—July 10, 2024
Book Fee: \$20**



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

**Payment Due by April 26 (Scholarship available)
Cash or Check Payable to Area Agency on Aging
Registration Required. Space is limited.
Call 269-695-7119 to reserve your space.**

WHAT IS KINSHIP CARE?

**Are you or do you know someone who are raising
a family member's child?**

Learn more on the importance of Kinship Care at a FREE educational program located at the Buchanan Area Senior Center on Thursday, April 11 at 6:30 pm. Meg Killips of Region IV Area Agency on Aging will share more information regarding what and who the Region IV Area Agency on Aging are, along with how they can support you and your family.



**What is Kinship Care?
Thursday, April 11,
6:30—7:30 pm
Please call 695-7119 to register**



COMMUNITY EVENTS

Buchanan
Chamber of Commerce
Chili-Walk Cook-Off
Thursday, April 11
5:00—6:45 pm
Start at Lehman's Farmhouse.



Roti Roti Art Center
Women Painters in Mexico
Presentation
Saturday, April 6
2:00—4:00 pm
\$12.75 Member or
\$15 Non-Member



Buchanan District Library
Ask a LEO!
Tech Help from Teens
Tuesday, April 30
4:00—5:00 pm



Old Fashion Plow Day
& Breakfast
Saturday, April 20
8:00 am—2:00 pm
Buchanan School Farm
3588 Andrews Road, Buchanan



FIRESIDE CHATS WITH GAYLA

**Fireside Chats with Gayla
of Always Best Care
10:30—11:30 am**



April 11: Group chat—bring your topic to the table.

April 25: Group discussion on grief.

REGISTER OF DEEDS NOW OFFERING PROPERTY ALERT!



Berrien Register of Deeds

Lora L. Freehling, Berrien County Register of Deeds, will be here to discuss Property Alert; a FREE notification service available to the residents of Berrien County. Property Alert performs a daily review of documents recorded in Berrien County and sends an email notification if data matches provided criteria. Property Alert could help combat potential fraud. Lora will give a brief demonstration, answer questions, and help residents subscribe to Property Alert.

**Register of Deeds Now Offering Property Alert!
Tuesday, April 9, 10:30 am
Call 695-7119 to register**

VOLUNTEER AT THE BASC

**There are many benefits
of volunteering
to help you feel
healthier and happier!**



Come hear about the ways you can volunteer at the BASC. The Executive Director, Adam Burck, and Committee Chairs will inform you of the different volunteer options available at the BASC. Volunteering provides many rewards, including the thanks of our grateful patrons, staff and Board; plus this is another way to meet new people and expand your social network!

Volunteering connects you to others and your community. Even helping out with the smallest tasks can make a real difference to the lives of people and organizations.

Volunteering is good for your mind and body, as well as helps combat depression. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Also it gives you a sense of purpose and helps you stay physically healthy and happier.

**Join us and learn more about
Volunteering at the BASC
April 17, at 2:00 pm
Call 695-7119 to reserve your seat**

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MOVIE MATINEE

**Second Friday, April 12, at 1:00 pm
Fourth Friday, April 26, at 1:00 pm**

April 12: *The Secret Life of Bees*



Haunted by memories of her late mother and abused by her father (Paul Bettany), 14-year-old Lily Owens (Dakota Fanning) runs away with her friend and caregiver Rosaleen (Jennifer Hudson) to the South Carolina town that holds the key to her mother's past. There, Lily meets the Boatwright sisters (Queen Latifah, Alicia Keys, Sophie Okonedo), who take her in and teach her about beekeeping, honey, and the Black Madonna. Lily also discovers that the truth about her mother is closer than she thinks. PG -13

April 26: *Made in Italy*



Jack is getting divorced and his London art gallery building belongs to his parents-in-law so his soon-to-be ex-wife gives him one month to find the money to buy the place. He contacts his estranged artist/painter dad, Robert, and they drive down to Tuscany, Italy, to fix up and sell the country house inherited from their late wife/mom (car accident). Jack hasn't been there since he was 7 and it hasn't been used the following 20 years or so. It has a fantastic view but is in dire need of repair and paint if they want to sell it. Jack heads to the nearest town and meets cute, single divorcee Natalia, who owns and runs a restaurant there. R

MICHIGAN LGBTQ+ CIVIL RIGHTS FORUM



One Buchanan and OutCenter Southwest Michigan are presenting a forum on the state LGBTQ+ civil rights in Michigan.

Featured speakers will include Jay Kaplan, LGBTQ+ Rights Project Staff Attorney with ACLU of Michigan, and Emme Zanotti, Director of Advocacy & Civic Engagement with Equality Michigan. Joining the conversation is MaryJo Schnell, Executive Director OutCenter Southwest Michigan. Adam Burck, Executive Director Buchanan Area Senior Center will moderate the discussion.



**Michigan LGBTQ+ Civil Rights Forum
Saturday, April 6, 11:00 am—12:30 pm
Buchanan Area Senior Center,
810 Rynearson St., Buchanan, MI
Registration is required.
Call the BASC at 269-695-7119**

BASC BOARD MEETING

**Attend the BASC Board Meeting
Thursday, April 11, at 3:00-4:00 pm.
Board minutes & agendas are available**

WORD SEARCH: Animals 1

Find and circle all of the animals that are hidden in the grid.
The remaining letters spell the name of an additional animal.

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

HAVE FUN!

AARDVARK
 ALLIGATOR
 BABOON
 BARRACUDA
 BEAR
 BISON
 CAMEL
 CHIMPANZEE
 CHINCHILLA
 COBRA
 COUGAR
 CROW
 DONKEY
 DOVE
 EAGLE
 ELK
 FERRET
 FOX
 GECKO
 GOAT
 GOPHER
 HAMSTER
 HAWK
 HERON
 HIPPOPOTAMUS
 JACKAL
 JELLYFISH
 KIWI
 LEOPARD
 LION
 LLAMA
 MACAW
 MEADOWLARK
 MINK
 MOOSE
 NIGHTINGALE
 OTTER
 PANTHER
 PARROT
 PEACOCK
 PELICAN
 PIG
 PORCUPINE
 QUAIL
 RACCOON
 RAVEN
 REINDEER
 ROADRUNNER
 SALMON
 SLOTH
 SWAN
 SWORDFISH
 TIGER
 TORTOISE
 TROUT
 TURKEY
 VULTURE
 WOLVERINE
 WOODPECKER
 WREN

SUDOKU

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



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, April 11 1:00—2:00 pm

Second Pick-Up Date Monday, April 15 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 2, 2024—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

Saturday, April 6, 2024—12:00 PM - Berrien County (Drive Thru), Mt. Calvary Missionary Baptist Church, 601 Ferry Street, Niles, MI 49120

Monday, April 8, 2024—12:00 PM - Berrien County (Drive Thru), Neighbor to Neighbor, 9147 Old U.S. 31, Berrien Springs, MI 49103

Monday, April 8, 2024—4:00 PM - Berrien County (Drive Thru), The Bridge Academy @ Kinexus, 499 W. Main Street, Benton Harbor, MI 49022

Monday, April 29, 2024—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.

Meals on Wheels of Southwest Michigan Senior Nutrition Services Congregate, Home-Delivered Menu

Meals are funded in part by:



MEALS on WHEELS
— OF SOUTHWEST MICHIGAN —
Senior Nutrition Services Region IV



Offering Choices for Independent Lives

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

Donations

Menu Is Subject To Change Without Notice

1 Cheese Ravioli w/ Marinara Sauce Green Beans Pears	2 Meatloaf with Mashed Potatoes Corn Blueberry Crisp	3 Greek Salad w/ Chickpeas, Beets, Feta, Onions, Olives and Dressing Pita Bread Peaches	4 Chicken Cordon Blue Broccoli Steamed Carrot Coins Whole Wheat Bread w/ margarine Applesauce	5 Diced Turkey and Gravy over Whipped Potatoes Kernel Corn Strawberry Crisp
8 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Mandarin Oranges	9 Silver Dollar Pancakes w/ Syrup Sausage Patty Breakfast Potatoes Baked Apples w/ Raisins	10 Black Bean Chicken Chili Steamed Spinach Cornbread Mixed Fruit Cup	11 Pasta with Meat Sauce Tuscan Blend Vegetables Roll with Cheese Pears	12 BBQ Chicken Roasted Butternut Squash Creamed Corn Apple
15 Stuffed Green Peppers with Rice and Meat Carrot Coins Roll Diced Pears	16 Boneless Pork Chops Steamed Red Skin Potatoes Green Beans Yogurt topped with Fruit	17 Hamburger with Bun Ketchup, Mustard, Lettuce, Pickles and Tomato Cheezy Mashed Potatoes California Blend Vegetables Mandarin Oranges	18 Loaded Macaroni and Cheese with Chicken and Broccoli Stewed Tomatoes Chocolate Pudding	19 
22 Chicken Spinach, Bacon Alfredo Peas & Carrots Pineapple	23 Sloppy Joe on a Whole Wheat Bun Mixed Vegetable Blend Steamed Broccoli Tropical Fruit Salad	24 Hot Ham and Cheese Sandwich Capri Veggie Blend Coleslaw Mandarin Oranges 	25 Tuna Noodle Casserole with Peas Crinkle Cut Carrots Strawberries & Yogurt	26 Beef & Bean Tortilla Casserole Diced Bell Pepper Medley Apple Birthday Cake
29 Vegetable Quiche Sausage Links Biscuit w/ Margarine Fruit Cup	30 Baked Cod with Tarter Sauce Confetti Rice Succotash Vegetable Blend Diced Mango Cup	<p>Meals provide (average per week)</p> <p>Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30%</p> <p>Your donation toward the cost of the meal helps to make sure that these meals can contin- ue. Please be as gener- ous as you can!</p>		

RECIPE: Citrus-Oil-Marinated Spring Vegetables

The fleeting vibrance of spring vegetables is captured in this citrus-and-garlic-infused marinade, turning delicate produce into a versatile condiment.



Ingredients: 6–8 servings

1 cup shelled fava beans
5 oz frozen shelled edamame
2 lemons 1 orange
4 sprigs thyme
1 tbsp fennel seeds, lightly crushed

8 oz asparagus, woody ends trimmed
4 oz French green beans, trimmed
2 cups extra-virgin olive oil
5 garlic cloves, thinly sliced
2 sprigs rosemary
2-1/2 tsp kosher salt
1 tsp crushed red pepper flakes

1 tsp sugar

Directions:

Step 1—Cook fava beans in a large pot of generously salted boiling water until pale green and tender and skins look swollen, about 5 minutes. Using a slotted spoon, transfer beans to a large bowl of ice water. Let cool completely, about 2 minutes. Remove from ice bath with slotted spoon and peel outer layer from fava beans; set aside.

Step 2—Combine asparagus, edamame, and green beans in the same pot of boiling water and cook until bright green and slightly tender, about 3 minutes. Using slotted spoon, transfer to ice bath and let sit until cold, about 10 minutes.

Step 3—Using a vegetable peeler, remove zest from lemons, leaving as much white pith behind as possible. Cut lemons in half and squeeze juice through your hand or fine-mesh sieve into a small bowl. Remove peel from orange with peeler; set fruit aside for another use (or eat!)

Step 4—Heat oil in a medium saucepan over medium until simmering, about 5 minutes, then remove from heat. Add garlic and let sizzle until fragrant, about 30 seconds. Stir in lemon and orange zest, thyme sprigs, rosemary sprigs, salt, fennel seeds, red pepper flakes, and sugar. Let cool completely, about 30 minutes.

Step 5—Drain vegetables, discarding any remaining ice cubes, and add to infused room-temperature oil along with lemon juice; stir to combine. Transfer vegetables and oil to a 1½-qt. glass jar; cover and chill at least 4 hours before serving.

QUILTING & SEWING PROJECT

Make a Spring Basket in our Quilting & Sewing Program

This is a 2 week class. Choose one of the two selected dates & register. Fee is \$5 for the class.

Call 695-7119 to register for one of the following classes April 2 & 9 or April 16 & 23, 1:00–3:00 pm. All material will be provided. Colors and patterns will vary.



BASIC EMBROIDERY STITCHING

Learn how to make basic embroidery stitches in this fun class!

Debbie Vervalin will teach you step by step on how to embroider a beautiful tulip felt spring coaster.

Friday, April 19
1:00–3:00 pm

Fee is \$5

All material will be provided.
Colors will vary.



TIN SHOP THEATRE

Play at the Tin Shop Theatre: Spirit
Sunday, April 7 at 4:00 pm

\$12/person—Cash Only
Diana will be in contact with you regarding ticket pick-up.



WALK DAY

Walk Days are back at the BASC!!!



Join us for a stroll in the woods, along a deep ravine with beautiful spring flowers, including a variety of Trilliums.

Walk Day at Trillium Ravine Plant Preserve.
(Part of the Michigan Nature Association)

Please note this walk will have uneven ground and exposed roots.

Tuesday, April 30

Registration is Required.

Please call 695-7119 and let us know if you are meeting at the BASC at 10:00 am to ride in the van, following the van, or meeting at Trillium Ravine Plant Preserve, 1669 Riverside Rd., Niles, MI at 10:20 am. Parking is limited.

WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Jess Minks, *Terri Sisk, *Leona Wonacott, *Judi Jason, *Tony Houser, *Dylan Carden, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Kay Schadler, Mary Speckine, Wendie Stephenson, Marge Collins, Mary Blake, Mary Weaver, Charles Serene, Pam Serene, Nancy Bicard, Maxine Brown, Kim Calkins, Siegfried Hulse, Pat Kipker, Samuel Ntawiniga, Linda Abair, Gyl Bateman, Richard Beave, Bobbi Benak, Herb Boyersmith, Dawnita Burgoyne, Yolanda Julian, Ann Kish, Linda Luhrsen, Pat McBain, Sharon Oswalt.
*Indicates Board Member

In Kind Donations: Wanda Middlebrook, Sondra Brookwalter, Pam Sten, Royal Neighbors of America, Lois Howard, Donna Sarley, Wendie Stephenson, Elaine Cole, Pam Serene.

Dollar Club: Ann Forsgren, Beverly Holt, Julie Deeds, Howard Jackson, Pat Bateman, Pat Casto, Yolanda Julian.

Program Fund: Vergie Wolfe, Schelly Hickman

General Fund: Vergie Wolfe

Ornaments: Janice Vergon

Puzzle: Julie Blackwell

Medical Transportation Donation: Pat Casto, Lisa Weed

Thank you for donating candy for the Buchanan LEOS Easter Egg Hunt!

Thank you for those who donated toward the AARP Tax-Aid Preparation!

Patsy Brcka, Deann Benak, Evelyn Cole, Linda Abair, Mary Speckine, Frank Vines, Clara Bennett, Sue Ann Wreggelsworth, Yolanda Julian, Ray Clark, Kathleen Lane, Richard & Cynthia Labay, Madeline Thierbach, Tom McNeely.

Thank you for those who donated toward Bakeless Bakesale!

Mary Vincent, Ruth Casto, Sue Zimmerle, Mary Speckine, Diane Heiler, Pat Burns, Doug & CJ Leiter, Betty Kalmer, LuAnn Sarters, Linda Abair, Pat Kipker, Sylvia Stull, Grace Cronin, Linda Luhrsen, Laura Cowart, Alice Ketchan, Leona Wonacott, Edith Styburski, Esther Florey, Kay Foster, Rosalie Holloway, Deann Benak, Barbara Gooch, Peggy Mattson, Linda & Elmer Doyle, Jean McCarty, Joan McGuire, Shirly & Gerald Rudell, Lois Howard, Joyce Ferris, Bobbi Benak, Mary Blake, Diane & Charles Wilcox, Bob Marsh, Judy Brewer, Margaret Slocombe, Lillian Hasse, Josetta Bibbs, Linda Fisk, Larry & Johann Hasse, Clara Hagan, Cheryl Schulkins, Phillip & Kathleen Lane, Shirley Kelley, Doyle & Judy Vergon, Patsy Brcka, Patricia Klaeren, Judi Jason, Terri Sisk, Donna Lace, Patricia Lorange, Jane Mitchell, Barb Ferris.



A huge thank you to Samuel for making Valentine cards for BASC patrons!

A special thank you to BASC patrons who wrote a letters back to the 3rd graders at McKinley Elem. School. A thank you to Gayla from Always Best Care for organizing the letter exchange.



CARD GAME WINNERS

Monday Euchre

02/26	1st Place: Wayne Hentsch	2nd Place: Susan P, Wally C, Judy B
03/06	1st Place: Susan Piper	2nd Place: Mary Speckine
03/11	1st Place: Danny Sandmann	2nd Place: Susan Piper
03/18	1st Place: Janice Hartz	2nd Place: Mary Nixon

Cribbage

02/15 Marilyn Holden
02/29 Herb Boyersmith

Wednesday Evening Euchre

02/07	1st Place: Wendie Stephenson	2nd Place: John M & Wayne H
02/28	1st Place: John March	2nd Pace: Wendie Stephenson
03/06	1st Place: Cheryl Richards	2nd Place: Wendie S & John M
03/13	1st Place: Cheryl Richards	2nd Place: Wendie S

Mah Jongg Best Weekly Score

01/25 Lois H & Judy B
02/01 Rosalie Holloway
02/08 Pat Burns
02/15 Pat Burns

Tuesday Pinochle

02/13	1st Place: Kay Schadler	2nd Place: Pat Peterek
02/20	1st Place: Marilyn Holden	2nd Place: Gail Moad
02/27	1st Place: Jerry Feece	2nd Place: Gloria Linde
03/05	1st Place: Marilyn Holden	2nd Place: Danny Sandmann

Hand and Foot

02/07 Kay Schadler
02/14 Pat Bateman
02/21 Wendie Stephenson
03/06 Sue Rose

Wednesday Evening Pinochle

01/24	1st Place: Marsha Ruby	2nd Place: Edi Styburski
01/31	1st Place: Marilyn Holden	2nd Place: CJ Leiter
02/07	1st Place: Gail Moad	2nd Place: Marilyn Holden
02/14	1st Place: CJ Leiter	2nd Place: Marilyn Holden

OLD FASIONED PLOW DAY & PANCAKE BREAKFAST

Join Diana for some Farm Fun!



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 with Diana Saturday, April 20

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.

SAVE THE DATE SENIOR EXPO

Senior Expo, Friday, May 10,
10:00 am—3:00 pm
Mendel Center at Lake Michigan College
1100 Yore Ave., Benton Harbor

SOS MOBILE OFFICE

Michigan Secretary of State Mobile Office
will be at the
Greater Niles Senior Center
1109 Bell Rd, Niles, MI
Thursday, May 16, 11:00 am—2:00 pm

Senior services include Secretary of State Transactions—First-time MI ID, renew driver's license or ID, transfer title, apply for/renew disability placard.

To schedule a visit call
Greater Niles Senior
Center at 683-9380



Congratulations to Nichole Ayers for becoming a NASA astronaut!
Nichole is the granddaughter of Jean McCarty.

VETERANS SERVICES

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

TACO NIGHT AT THE BASC

Stop by the BASC
to pick-up your Taco Dinner
to go or dine in and
eat in our dining area.



Your support for our Taco Night Fundraiser will help us continue to offer exceptional programs and services.

Taco Night Fundraiser
Thursday, April 25, 4:00—6:00 pm
A Taco Box Dinner includes 2-hard shell
tacos, chips, a drink, and a cookie.
\$12/box dinner—Family of 4 special is \$40
Buchanan Area Senior Center
810 Rynearson St., Buchanan, MI

If you are going to the Buchanan High School Boy's Varsity Double-Headed Baseball game, be sure to stop by the BASC to get your tacos!

Tell your friends!



The BASC received a
Silver Medal for our
logo through
MySenior Center,
our log in system!
Congratulations!

THANK YOU FOR CHOOSING THE BASC FOR YOUR HARDINGS/SPARTAN REWARDS

Adam Burck, Alan Chambers, Barb Chandler, Chris Nordstrom, Cindy Cloutier, Diane Wilcox, Jan Ferris, Janet Seals, Janis Sexton, Jodi Phillips, Karol Behrle, Kay Schadler, Kenneth Kaufmann, Kim Sears, Patsy Brcka, Tami Cox, Tammy Wilson, Jessica Hearington, Nancy Kasten Tim Robinson, Richard Smith, Stephanie Novak, Catherine Hager, Daniel Wilcox, Donna Lace, and Sara Suhm.



Patrons were ready to start the St. Patrick's festivities! We ate lots of food and played hangman!

We learned a lot about the Tulsa Massacre at Jeanne & Ruth's presentation.



Buchanan Area Senior Center—April 2024 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>1</p> <p>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</p>	<p>2</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Spring Basket Class 1 of 2 5:30 Powerbeats with Missy</p>	<p>3</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p>4</p> <p>11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p>5</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>8</p> <p>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</p>	<p>9</p> <p>9:00 Osteo Fit with Missy 10:30 Register of Deeds 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Spring Basket Class 2 of 2 5:30 Powerbeats with Missy</p>	<p>10</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre 2:00 Conversations with Judi Jason</p>	<p>11</p> <p>9:00 Foot Clinic 10:00—10:30 Blood Pressure Check 10:30 Fireside Chats 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 6:30 What is Kinship Care?</p>	<p>12</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee:</p>
<p>15</p> <p>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</p>	<p>16</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Spring Basket Class 1 of 2 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>17</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre 2:00 Volunteering at the BASC</p>	<p>18</p> <p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p>19</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Basic Embroidery Stitching</p>
<p>22</p> <p>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</p>	<p>23</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Spring Basket Class 2 of 2 5:30 Powerbeats with Missy</p>	<p>24</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p>25</p> <p>10:00—10:30 Blood Pressure Check 10:30 Fireside Chats 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Navigating Nutrition with (Pre) Diabetes 4:00 Taco Night Fundraiser</p>	<p>26</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee:</p>
<p>29</p> <p>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>	<p>30</p> <p>9:00 Osteo Fit with Missy 10:00 Walk Day 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy</p>	<p>Spring Fling Parth with the Redbud Ramblers</p> <p>Sunday, May 5 2:00—4:00 pm Registration Required Call 695-7119 to register</p> 	<p>Michigan LGBTQ+ Civil Rights Forum</p> <p>Saturday, April 6 11:00—12:30 pm Registration Required Call 695-7119 to reserve your seat</p> 	<p>Old Fashioned Plow Day & Pancake Breakfast with Diana</p> <p>Saturday, April 20 More info on page 10</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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2024

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.