



Buchanan Area Senior Center (BASC)

October 2025

Buchanan Area Senior Chronicle

“Happy, Active, Living”



NEWS FROM THE EXECUTIVE DIRECTOR

We hope your transition to the fall season is going well, and this time of the year means BASC Board elections are coming up. If you are interested in running for the Board, applications can be picked up at the front desk and are due by October 14th. We will have one week of voting from October 15th to the 21st, so stop by the BASC during that time to cast your vote. If you would like to discuss Board service, the Executive Director or a member of the Board would be happy to discuss this with you. The BASC is powered by volunteers, including our volunteer Board of Directors, and we appreciate the efforts all of our volunteers give to keeping the BASC humming.



After the Board elections, we will hold our Annual Meeting on Thursday, October 23 at 2 p.m. We will discuss the past year's activities and the plans we have for the upcoming year. We hope you can attend. Light refreshments and socializing will follow.

Also, please note that the Medicare Open Enrollment period runs from Oct. 15th to Dec. 7th, 2025. See page 6 for more information about help we can provide to evaluate your current plan.

SHIPWRECKS & BRIDGES

Our Great Lakes serve as a major link and yet a barrier at the same time. For centuries this massive fresh water has been used as a major means of transporting people and goods. It serves a major highway linking the interior of North America to the world. Unfortunately, some of the ships never reach their destination due to unforeseen obstacles. From the Griffon and the Eastland to the Edmund Fitzgerald. Shipwrecks become legends. Learn about some of these historical events. With land transportation the Great Lakes become more of a barrier that must be crossed. Three land connections between Michigan and Canada will also be discussed including the new Gordie Howe International Bridge.

One Book One Buchanan, Buchanan District Library and the BASC invite you to attend this program presented by Ruth Writer.



Shipwrecks & Bridges
The Great Lakes as Links & Barriers
Thursday, October 2
2:00 pm
Please call 695-7119 to register

PINECONE BIRD FEEDER

Make Two Pinecone Bird Feeders!
Wednesday, October 29, 1:00 pm
Fee is \$2 Cash Only / Due Oct. 22

Registration Required / Call 695-7119 to register



INSIDE THIS ISSUE

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

SPOTLIGHT

Compassionate Care Caller Program at the BASC

CCC volunteers perform a free well-check telephone call to seniors, who appreciate the connection with another person. With a quick call the senior is safely checked in on and the call offers them something to look forward to on their day.

If you are interested in joining our Compassionate Care Caller program, please contact Jayme at 695-7119 or email her at jayme@thebasc.org.



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

WEEKLY EVENTS

HEALTH

BLOOD PRESSURE

CHECKS: The second Monday of each month, get your blood pressure check at 11:00 am.

GLASSES ADJUSTMENT AND REPAIR:

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

FITNESS

CHAIR FITNESS WITH

LINDA: Mondays at 10:00 am

ADVANCE WALK DAYS

WITH FLO: Mondays at 11:00 am, meet at the BASC.

OSTEO-FIT WITH BRENDA: Tuesdays at 10:15

QIGONG WITH MALKAM:

Oct 7 & 14 Tues at 2:30 pm
Starting Oct 22 Wed at 2:00

POWERBEATS WITH

MISSY: Tuesdays at 5:30 pm

CHAIR FITNESS WITH

CeCe: Wednesdays at 10:15 am

CHAIR YOGA WITH SARA:

Thursdays at 11:00 am

POWERBEATS WITH LIZZ:

Fridays at 9:00 am

CHAIR FITNESS WITH

LIZZ: Fridays at 10:00 am

FITNESS ROOM:

Is open all hours BASC is open.

CARDS & GAMES

EUCHRE: Mondays at 1:00 pm

MAH JONGG: Mondays and Thursdays at 1:00 pm

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

HAND AND FOOT CARDS:

Wednesdays at 1:00 pm

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

TABLETOP

SHUFFLEBOARD:

Wednesdays at 1:00 pm/No play the 4th Wednesday of each month

Women play on Fridays at 11:00 am

OTHER PROGRAMS

QUILTING & SEWING:

Tuesdays from 1:00 to 3:00 pm

FIBER FRIENDS:

Fridays from 1:00 to 3:00 pm

No class Oct. 31

MONTHLY PROGRAMS

Programs are subject to change.

- ♦ **BLOOD PRESSURE CHECKS:** The second Monday of each month, October 13 between 11:00—11:45 am get your blood pressure checked. Provided by Ellen.
- ♦ **HEARING AID CHECKS:** **Dr. Michelle Ridenour from Miracle Ear**, will be at the BASC on **Tuesday, October 14, 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, October 16, 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, October 24, Pizza Transit, 215 E Main St., Niles, MI.** 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, October 9, beginning at 9:00 am.** Initial appointment fee is \$40; all subsequent appointments will cost \$30 (checks payable to Blessed Feet, LLC). This is **not** covered under any insurance. Please call and schedule your appointment at 695-7119. You will need to pick-up a consent form that needs to be completed by your doctor prior to your first visit.
- ♦ **BIRTHDAY BINGO:** Celebrate the month's birthdays at Birthday Bingo! We will sing "Happy Birthday", play bingo, and win prizes! **Cake and ice cream will be provided by Willows Assisted Living. Join in the fun at the BASC on Wednesday, October 22 at 1:00 pm.**
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, October 15 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, October 27 at 12:30 pm.**
- ♦ **FASTING BLOOD SUGAR & BRUNCH SOCIAL:** Get your blood sugar checked the first Wednesdays at 9:00 am and join Coffee Chat. **Buchanan Meadows** will provide the blood sugar test and refreshments on **Wednesday, October 1 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.

Qigong with Malkam Date and Time Changes

**Beginning the week of
October 20,
Qigong will be on
Wednesdays at 2:00 pm.
Starting on
Wednesday, October 22.**



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— ARL EDUCATIONAL HEALTH SERVICES INC.



Coffee Chat
ARL Educational Health Services Inc.
Wednesday, October 1 at 9:00 am
Please call 695-7119 to register

Learn about ARL Educational Health Services Inc.,
the new nursing school going in the old Stark Elementary School.

Fasting Blood Sugar Testing
Wednesday, October 1
9:00 to 10:00 am



MEDICARE—SHIP

Gain more information with an educational program explaining the
different components of Medicare—State Health Insurance Assistance
Programs (SHIP).



Medicare—SHIP
Thursday, October 9 at 1:00 pm
Please call 695-7119 to register.
Registration is Required

BASC BOARD ELECTIONS & ANNUAL MEETING

We currently have three 3-year term Board of Directors positions open.
Incumbents Deborah Hendrix and Jeanne Harris are running again for
their seats, and we have a vacant seat. If you are interested in running,
please pick up an application at the center, fill it out, and return it no
later than 2:00 pm on Tuesday, October 14. We welcome your interest
in the BASC.

Board of Directors Applications are due by
2:00 pm on Tuesday, October 14.

Board of Directors Elections—Place Your Vote
Between October 15—21 / 9:00 am—3:00 pm.

Ballots are available at reception.
For questions, please call 695-7119.

The BASC Annual Meeting
is on Thursday, October 23, 2:00—4:00 pm.

Note that the office will be closed between
2:00 and 4:00 pm on Thursday, October 23.



GROUP WALK

A group of Buchanan residents walk Mondays and Thursdays on the
south end of McCoy Creek Trail. This group of friends walked 267 miles
combined from April through August! Great Job!

COMMUNITY EVENTS



Bucanan Farmers' Market
October 4 & 11
8:00 am—1:00 pm
Bucanan Commons



Roti Roti Art Center
of Buchanan
All Members Art Show
September 17—October 26
Wednesday—Sunday
12:00—4:00 pm



Household Hazardous
Waste Collection
& Document Shredding
October 4, 8:00 am—12:00 pm
Southeast Berrien County
Landfill Authority,
1540 Mayflower Rd, Niles



Ottawa Elementary
Shoe Drive

Students are collecting gently
used shoes to raise money,
teach recycling, and
make the world better.

Drop your gently used shoes at
the BASC. All shoe types and
sizes are needed. These shoes
will be repurposed and
delivered throughout the world.

The more shoes they collect,
the more money
Ottawa Elementary will make!

PAPA VINOS FUNDRAISER SAVE THE DATE

Enjoy a lunch/dinner out while supporting the BASC!

We have partnered with Papa's Vinos for a fundraiser that will help raise money for programming, services, and building upkeep.

Detailed information will be in your BASC November Newsletter.

Save the Date

**Papa Vinos Fundraiser
November 3–6, 2025
in Mishawaka
And
Lunch with Adam at
Papa Vinos
on November 5**



FITNESS ROOM ORIENTATION

Fitness Instructor, Brenda Lewis will be at the BASC to teach a Fitness Room Orientation class. The BASC has purchased new fitness equipment and we are excited to have Brenda show you how to properly use all of the equipment in the fitness room.



**Fitness Room Orientation,
Tuesday, October 21, 11:30 am
Call 695-7119 to register**

ASSISTANCE WITH YOUR CELL PHONE & TABLET



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

**Assistance With Your Cell Phone & Tablet
Tuesday, October 21 at 3:00 pm
Registration is Required—Limited Space
Call 695-7119 to register.
Bring your cell phone/tablet
with you to class.**

BIRTHDAY BINGO

While we appreciate your donation of bingo prizes, we are only able to accept new, unused items moving forward. Thank you.

MOVIE MATINEE

Second and Fourth Fridays at 1:00 pm

October 10: The Penguin Lessons

95% Popcornmeter on Rotten Tomatoes
Inspired by the true story of a disillusioned Englishman who went to work in a school in Argentina in 1976. Expecting an easy ride, Tom discovers a divided nation and a class of unteachable students. However, after he rescues a penguin from an oil-slicked beach, his life is turned upside-down. Rated PG-13

October 24: I'm Still Here

97% Popcornmeter on Rotten Tomatoes
As Brazil faces the tightening grip of a military dictatorship, Eunice Paiva, a mother of five, must reinvent herself and her family when authorities abduct her husband. Rated PG-13

SHIPSHEWANA VISIT

Enjoy a day in Shipshewana shopping and lunch at Blue Gate Restaurant

**Shop & Lunch in Shipshewana
Friday, October 10
Meet at the BASC
at 9:00 am
Call 695-7119
Registration is Required
Lunch is patrons
responsibility.**



When you register please let us know if...

- * You are riding in the van.
- * You are following the van.
- * You need a ride if the van is full.

BASC HALLOWEEN PARTY

Mark your calendars for the
BASC Halloween Party!
We will feast on snacks and watch the movie
Hocus Pocus 2

Get dressed up in a costume for extra fun
and you may end up winning a prize.



**BASC Halloween Party
Friday, October 31
1:00—3:00 pm
Bring a snack to share.
Must be 55+ to attend.
Registration is Required.
Call 695-7119
to reserve your space.**

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: Transportation

HAVE FUN!

Find and circle all of the transportation words that are hidden in the grid. The remaining letters will reveal an additional method of transportation

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

AIRPLANE
BICYCLE
BLIMP
BOAT
CAMEL
CANOE
CARRIAGE
ELEVATOR
ESCALATOR
FERRY
GONDOLA
HORSE
JET
MOPED
MOTORCYCLE
PARACHUTE
RAFT
RICKSHAW
ROCKET
ROLLER BLADES
SCOOTER
SHIP
SKATEBOARD
SKIS
SLED
SNOWMOBILE
SUBMARINE
TRAIN
TRAM
TRUCK
VAN
WAGON
YACHT

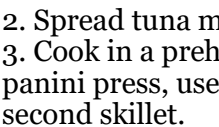
SUDOKU

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



RECIPE: Tuna Panini Melt

This tuna panini melt is a new twist on an old standby.



1 (5oz) can solid white albacore tuna in water (such as Bumble Bee) 1 tbsp mayonnaise
1 tbsp balsamic vinegar 1 tbsp chopped onion 1 dill pickle, chopped
4 slices of sourdough bread 2 slices American cheese

1. Combine tuna, mayonnaise, balsamic vinegar, onion, and dill pickle in a bowl. Spread mixture over 2 slices bread. Top with American cheese and remaining 2 slices bread. Cook in a heated panini press until the bread is crispy and cheese melted, 2 to 4 minutes. If you don't have a panini press, cook in a skillet on the stovetop, pressing the sandwich down with another heavy, flat object like a

BASC LEGACY

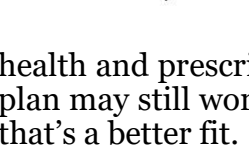
BASC Memorial Options

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.

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.

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

MEDICARE OPEN ENROLLMENT



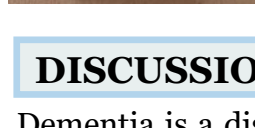
tion drug options. Your current
for you, or you may find a plan

16

QUILTING & SEWING PROJECT

Call 605-7110 to Register

Call 695-7119 to Register
Registration is Required
Space is Limited
Pattern & Color May Vary
Please sign up for only one day.
October 7, 14, or 21
Fee: \$5.00 due by October 7
1:00—3:00 pm



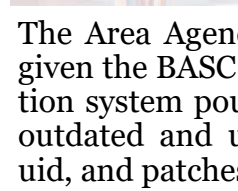
DISCUSSION ON DEMENTIA CARE

**James “Buzz” Busby
will be at the BASC to discuss
Caring & Interacting
Examples of Dementia Behaviors
Communication Techniques
Warning Signs**



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PILL DROP OFF



Tuesday, October 28
9:00 am—3:00 pm

Please stop by the BASC on Tuesday, October 28 to have your medication safely deactivated and disposed.

WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Leona Wonacott, *Judi Jason, *Tony Houser, *Dylan Carden, *Dianne Ross, Dan Riley, Anne Reed, Mary Weaver, Linda Luhrsens, Joan McGuire, Wendie Stephenson, Linda Abair, Charles Serene, Ellen Caagbay, Evelyn Morris, Karen Smith, Mary Blake, Milly French, Flo Sasaki, Judy McGhee, Keiah Peters, Rita Arnold, Herb Boyersmith, Maxine Brown, Kim Calkins, Tammy Downing, Marlene Kachur, Pat McBain, Wanda Middlebrook, Doreen Pienkowski, Beth Ropp, Vergie Wolfe, Dawnita Burgoyne, Schelly Hickman, Frieda Hughes, Gail Moad, Larissa Perkins, Kay Schadler, Marilyn White. **Indicates Board Member*

In Kind Donations: Pam Sten, Judi Jason, Diane Wilcox, Deann Benak, Wanda Middlebrook, A. Carol Taylor-Fowler, Herb Boyersmith, Jim Barrier, Stephanie Thornburg, Edna Lakin, Linda Snodgrass, Pam Serene.

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

Program Fund: Patron Donation Box, Vicki Rosenbluth, Jerry Flenar, Schelly Hickman.

General Fund: Donna Potter.

Fitness Room Upgrade: Patron Donation Box. Deb Hendrix.

Puzzle Donation: Carl Shepard.

Medical Transportation Donation: Pam Sten, David Thain.

Memorial Donation: A. Carol Taylor-Fowler for Leon Parker Taylor.

The BASC is collecting bags of individually wrapped candy for TREK-OR-TREAT at McCoy's Creek Trail. Please help by donating candy!!!



Candy donations can be dropped off at the BASC, 810 Rynearson St., by October 17. Thank you!

Trek-or-Treat at McCoy's Creek Trail is on Saturday, October, 25, 12:30—2:00 pm



We had lots of laughter and fun on our South Haven Trip

We had a perfect day for our walk day!



We had amazing experiences on our art gallery trip!

Warm Hearts-Warm Hands

is beginning to think about the giving season with making mittens for the Buchanan's preschoolers.

The 5th Annual Warm Hearts Warm Hands program will provide every preschool student with a pair of mittens. We ask you to please volunteer your time in helping create and crochet around 6 pairs of mittens. We will need approximately 100 mittens total. We will provide worsted weight yarn. The pattern is available at the BASC. Please drop off the mittens at the BASC by October 23. Thank you!



CARD GAME WINNERS

Monday Euchre

08/04 1st Place: Norman D & Danny S	2nd Place: Gary Nagy
08/11 1st Place: Mary Nixon	2nd Place: John March
08/18 1st Place: Norman Decker	2nd Place: Glen Allender
08/25 1st Place: Danny Sandmann	2nd Place: Donna Sarley

Tuesday Pinochle

08/05 1st Place: Sharon Oswalt	2nd Place: Marilyn Holden
08/12 1st Place: Maxine Brown	2nd Place: CJ Leiter
08/19 1st Place: Nancy Sain	2nd Place: Kay Schadler
08/26 1st Place: Pat Peterek	2nd Place: Danny Sandmann

Wednesday Evening Pinochle

07/30 1st Place: CJ Leiter	2nd Place: Herb Boyersmith
08/06 1st Place: CJ Leiter	2nd Place: Marilyn Holden
08/13 1st Place: Sharon Geisler	2nd Place: Herb Boyersmith
08/20 1st Place: Kay Schadler	2nd Place: Gail Moad

Cribbage

08/07 Kay Schadler
08/14 Kay Schadler
08/21 Wendie Stephenson
08/28 Wendie S & Norman D

Mah Jongg Best Weekly Score

08/07 Judy Brewer
08/14 Rosalie Holloway
08/21 Jeanette Arent
08/28 Pat Lorange

Hand and Foot

08/06 Valerie Frye
08/13 Wendie Stephenson
08/20 Wendie Stephenson
08/27 Kay Schadler



Make sure you register for the BASC Euchre Tourney!
Saturday, October 11, starts at 1:00 pm
Registration is required. Call 695-7119 to register.
2 people per team / Ages 55+





**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, October 9
1:00—2:00 pm

Second Pick-Up Date
Monday, October 13
1:00—2:00 pm

**In order to alleviate
traffic back-ups, blockage
of the entryway and dan-
gerous situations for our
patrons and community,
please **DO NOT** line up
before 1:00 pm for
monthly/quarterly
commodities.**

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 busi-
ness day.
- The number of people attend-
ing each meal may be limited.
- Home delivery service may
also be available to qualifying
homebound seniors.
- Must be 60 years or older.



FEEDING AMERICA MOBILE FOOD PANTRY

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

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



Wednesday, October 1, 2025—12:00 PM - Berrien County (Drive Thru),
Christian Service Center, 322 Clay St., Niles, MI 49120

Wednesday, October 1, 2025—4:30 PM - Berrien County (Drive Thru),
Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

Tuesday, October 7, 2025—3:30 PM - Berrien County (Drive Thru), Harbert
Community Church, 6444 Harbert Road, Sawyer, MI 49125

Monday, October 27, 2025—4:00 pm—Berrien County (Drive Thru),
Galien River Church @ Galien American Legion, 402 N. Main Street, Gal-
ien, 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.**

OCTOBER 2025

**YOUR
DONATION
TOWARD THE
COST OF A
MEAL HELPS
TO KEEP OUR
MEAL
PROGRAM IN
PLACE.
PLEASE BE AS
GENEROUS AS
YOU CAN!
WE THANK
YOU!**







MEALS ON WHEELS
— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Agency of

MEALS PROVIDE:
(WEEKLY AVERAGE):
800 CALORIES 75
GRAMS CARBOHYDRATE
19 GRAMS PROTEIN
LESS THAN 30%
CALORIES FROM FAT
800 MILLIGRAMS
SODIUM
1/3 RDA FOR VITAMINS
AND MINERALS

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
   6 Parmesan Crusted Chicken w/ Creamy Garlic Sauce over Pasta Honey Roasted Carrots Steamed Broccoli Fresh Fruit	 7 Teriyaki Meatballs over Steamed Rice Edamame Oriental Blend Veggies Pineapple	1 Chili w/ Kidney Beans Cornbread Sautéed Spinach Warm Cinnamon Apples	2 Cheesy Spinach Chicken Casserole Brussels Sprouts Pineapple	3 French Dip w/ Swiss Cheese on a Hoagie Potato Wedges Carrot & Raisin Salad Plums or Seasonal Fruit
13 Pizza Casserole Lima Beans Roasted Carrots Yogurt with Berries	14 Stuffed Green Peppers Steamed Yellow Beans Seasonal Fruit	8 Chef Salad w/ Turkey Ham, HB Eggs, Tomatoes, Cucumbers, Green Peas, Shrd Cheese & 1000 Island Dressing Texas Toast w/ Margarine Pears	9 Pork Chops w/ Mushroom Gravy over Mashed Potatoes Roasted Squash Medley Berry Crisp	10 Tuna Casserole Steamed Beets Sliced Cucumbers with Ranch Grapes
20 Meatloaf Diced Butternut Squash Spinach Salad w/ Vinaigrette Seasonal Fresh Fruit	21 Zucchini Lasagna with Ground Chicken Kale & Brussels Salad Peach Cobbler	22 Fall Cobb Salad w/ Chickpeas, Apple, Squash, Cheese Crumbles & Vinaigrette Wheat Bread w/ Margarine Yogurt w/ Fruit	23 Fish Sandwich on Bun w/ Tartar Sauce Mac & Cheese Seasonal Vegetable Apple	24 Chicken & Broccoli Alfredo Bake Steamed Squash Medley Banana
27 Sweet Potato Breakfast Casserole Asparagus Cuts & Tips Citrus Mix	28 Chickpeas & Dumplings Mixed Vegetables Grapes	29 Honey Mustard Chicken Scalloped Potatoes Green Peas Fruit Cocktail	30 Cheeseburger Mushroom Casserole w/ Mushrooms Green Beans Cinnamon Baked Apples w/ Raisins	31 Spaghetti & Meatballs Steamed Broccoli & Cauliflower Medley Spinach Salad w/ Italian Orange Wedges Birthday Cake

SAVE THE DATE—BASC FALL FESTIVAL



BASC Fall Festival – A fun event for the whole family!
Saturday, October 18, 11:00 am – 2:00 pm
Space is limited and you must RSVP no later than October 3

We will have food, hayrides (courtesy of Ted Foster), Little Bucks Bookmobile (courtesy of the Buchanan Library), pumpkin painting, face painting, crafts, and goodie bags. Flyers went out in K – 5 backpacks in early September.

We will also have a 'Decorate Your Own Small Scarecrow' station, courtesy of the Buchanan Scarecrow Charities. There will be a fee of \$35 to decorate a scarecrow, which will be the patron's responsibility. If you are interested in making one, please let us know when you call to RSVP. Money is due by October 10, cash only, and you can bring your money to the Buchanan Area Senior Center during office hours.

FALL WATERCOLOR PAINTING

You don't need to be an experienced painter for Mary's watercolor class. She will guide you on how to use watercolor paints. Each painting will be unique, as you are the creator of your art.

**Fall Watercolor
Painting
Thursday, October 8
1:00—3:00 pm**

**Fee: \$20 / Cash Only
Due by October 6**

All material is provided.
Please call 695-7119
to register—required



PUMPKIN ROLLS FOR SALE

**Pre-Order your
Pumpkin Rolls!**

**Call the BASC at
695-7119 to place your
Pumpkin Roll order.
Each Pumpkin Roll
is \$15.**



Your order will be available to pickup
after November 1.

Thank you to our volunteer bakers
for making the delicious pumpkin rolls!

VETERANS PROGRAM

**Veterans and their families,
please join us for our
Veteran Program
on Thursday, November 6 at 1:00 pm.
Please call us at 695-7119 to register.**

Veterans will be honored with a lapel pinning by Stephanie Kostizen, Corewell Health, Veteran Advocate, and a Challenge Coin by Ryan McNeely, Berrien County Veterans Service Officer.

We also welcome the Buchanan American Legion Post #51, Auxiliary American Legion Buchanan Post #51, Berrien County Veterans Services, and Therapeutic Equestrian Center.



ADVANCE WALK DAY IS STILL HAPPENING!

Join us on Mondays at 11:00 am at
the BASC for a walk around
Buchanan. They will be walking as
long as weather permits.



BASC BOARD MEETING

**Attend the BASC Board Meeting
Thursday, October 9, at 3:00 pm.**

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

Buchanan Area Senior Center—October 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>Fall Festival Saturday, October 18 11:00—2:00 pm RSVP by October 3</p> 	<p>Euchre Tourney Saturday, October 11 1:00 pm</p> 	<p>1 9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 11:30 AARP Smart Driver Course Day 2 1:00 Hand & Foot 1:00 Shuffleboard 6:00 Pinochle</p>	<p>2 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Shipwrecks & Bridges</p>	<p>3 9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 1:00 Fiber Friends</p>
<p>6 10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg</p>	<p>7 10:15 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:30 Qigong/Taiji 5:30 Powerbeats with Missy</p>	<p>8 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Shuffleboard 1:00 Fall Watercolor Painting 6:00 Pinochle</p>	<p>9 9:00 Foot Clinic 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Medicare—SHIP 1:00 Monthly CSFP Commodities 3:00 Board Meeting 6:00 LGBTQ+ Social Gathering</p>	<p>10 9:00 Powerbeats with Lizz 9:00 Shop & Lunch in Shiphewana 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 1:00 Fiber Friends 1:00 Movie Matinee: The Penguin Lessons</p>
<p>13 10:00 Chair Fitness with Linda 11:00 Adv Walk Days 11:00 Blood Pressure Check 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities</p>	<p>14 10:15 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:00 Hearing Aid Check 2:30 Qigong/Taiji 5:30 Powerbeats with Missy</p> <p>Board of Directors Applications are due</p>	<p>15 10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 1:00 Shuffleboard 6:00 Pinochle</p> <p>Board of Directors Elections 9 am—3 pm</p>	<p>16 10:30 Book Club 9:30 Eyeglass Repair 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p> <p>Board of Directors Elections 9 am—3 pm</p>	<p>17 9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 1:00 Fiber Friends</p> <p>Board of Directors Elections 9 am—3 pm</p>
<p>20 10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg</p> <p>Board of Directors Elections 9 am—3 pm</p>	<p>21 10:15 Osteo-Fit 11:30 Fitness Room Orientation 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 3:00 Assistance with your Cell Phone/ Tablet 5:30 Powerbeats with Missy</p> <p>Board of Directors Elections 9 am—3 pm</p>	<p>22 10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 2:00 Qigong/Taiji 6:00 Pinochle</p>	<p>23 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p> <p>OFFICE WILL BE CLOSED BETWEEN 2—4 PM</p> <p>BASC Annual Meeting 2—4 pm</p>	<p>24 9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: I'm Still Here</p>
<p>27 10:00 Chair Fitness with Linda 11:00 Adv Walk Days 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg</p>	<p>28 10:15 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Powerbeats with Missy</p> <p>Pill Drop Off 9 am—3:00 pm</p>	<p>29 10:15 Chair Fitness with CeCe 1:00 Pinecone Bird Feeder 1:00 Shuffleboard 1:00 Hand & Foot 2:00 Qigong/Taiji 6:00 Pinochle</p>	<p>30 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Discussion on Dementia Care</p>	<p>31 9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 1:00 Halloween Party</p>

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



**RETURN SERVICE
REQUIRED**



NONPROFIT ORG
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PERMIT NO. 8

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2025

MEET OUR STAFF:

Executive Director:

Adam Burck

Office Manager:

Jayne Marrow

Administrative Assistant/Receptionist:

Tammy Ross

Program Coordinator:

Diana Smuda

Staff Assistant:

Terry Perkins

Senior Nutrition Site Manager:

Kerri Pettie

IMPORTANT SERVICE NUMBERS:

Michigan 211 (Michigan 2-1-1 is a free service that connects Michigan residents with help and answers from thousands of health and human services agencies and resources right in their communities.)

United Way: 269-982-1700 or 211

Social Security: Benton Harbor office 877-405-5457 or National 800-772-1213

Legal Help—Council & Advocacy: 888-783-8190

Medicare Questions: 800-633-4227

Medicaid: 269-934-2000

Michigan Department of Health & Human Services:
269-934-2000

Area Agency On Aging: 1-800-654-2810

Berrien Co. Veteran's Services: 269-983-7111 Ext 8224

Benton Harbor VA Out Patient Clinic: 1-269-934-9123

MI OMBUDSMAN: 866-485-9393

To Report A Scam: 877-765-8388

MI DHS Elder Abuse: 855-444-3911

For any assistance call 911 or 269-983-7141 x 4900

Dial A Ride Transportation (DART): 269-684-5150

Hours of Operation

Monday–Friday
9:00 am–4:00 pm

Buchanan Area Senior Center is funded by: County Millage, Senior Nutrition Services / Region IV Area Agency on Aging, Public and Private Groups, Individual Donations, Fund Raising Activities, Area Grants, and very dedicated Volunteers.