



Buchanan Area Senior Center

January 2024

Buchanan Area Senior Chronicle

“Happy, Active, Living”



NEWS FROM THE EXECUTIVE DIRECTOR

Our team at the BASC hopes you enjoyed your holidays and wish you a very Happy New Year! There was plenty of joy shared at our various BASC holiday events. Our Holiday Bazaar overflowed with beautiful handmade goods. We loved seeing participation grow in our second *Sing, Sing, Sing!* program with Greta Pope. It is truly inspiring to see people hone their vocal skills and gain confidence in their singing abilities.



We also want to thank all of our many volunteers who crocheted 120 mittens for Buchanan preschoolers. This is our third year doing this, and each year the students are overjoyed to pick their favorite pair and feel the warmth and love put into making them. Enjoy this photo of a few of the students proudly displaying their new mittens.



MUNCH ON THE MEDITERRANEAN

Are you looking for a healthy eating pattern to reduce cardiovascular risks, reduce inflammation, and support healthy aging? The Mediterranean Diet has proven to help with these things and more. Learn what foods fit into a Mediterranean style of eating, how to incorporate specific foods into your daily eating and tips to get started. Lisa Powell RD, CSG from the Area Agency on Aging will offer you information along with a couple food samples.



Munch on the Mediterranean
Thursday, January 11, 1:00 pm
Registration is required,
please call 695-7119 to register.

VACCINE INFORMATION

Michigan State University Extension Program Instructor with the Michigan Vaccine Project, Yolanda Thrash, will share information on vaccines and what vaccines to ask your doctor about.

Vaccine Information
Friday, January 5, 2:00 pm
Please call 695-7119 to register



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ASSISTANCE AND HELP FOR UTILITIES

State Emergency Relief Program
michigan.gov/mdhhs/adult-child-serv/adults-and-seniors

Michigan Veterans Affairs Agency
Emergency Assistance Form
Michigan.gov
Click on
Seek Emergency Assistance

United Way
call 211 or visit online at
Mi211.org

Contact your gas and electric providers for additional information



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

NO CLASSES ON JAN 1

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—Starts 7/18
Fridays at 9:00 am

CHAIR FITNESS WITH LIZZ: Fridays at 10:00 am

FITNESS ROOM:
Is open all hours BASC is open.

CARDS & GAMES

NO CLASSES ON JAN. 1

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

MAH JONGG: Mondays and Thursdays at 1:00 pm

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

HAND AND FOOT CARDS: Wednesdays at 1:00 pm

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

SKIP-BO: Mondays at 10:00 am

OTHER PROGRAMS

QUILTING & SEWING: Tuesdays from 1:00 to 3:00 pm

FIBER FRIENDS: Fridays from 1:00 pm to 3:00 pm

MONTHLY PROGRAMS

Programs are subject to change.

If you are wondering if a program will be held, please call us at 695-7119.

- ◆ **BLOOD PRESSURE CHECKS:** Always Best Care Senior Services will be at the BASC on the **2nd and 4th 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, January 9, 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, January 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 January 26 at Hometown & Co. Mercantile & Food Market, purchase lunch from either Taqueria Don Chepe or Diana's Kitchen.** 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 11:15 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! **Please refer to page 4 for more information.**
- ◆ **PAMPER YOUR FEET:** Monthly foot clinic through **Blessed Feet, LLC, Thursday, January 25, 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 Brentwood. Join in the fun at the BASC on Wednesday, January 24 at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, January 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, **January 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, January 3.**
- ◆ **LGBTQ+ SOCIAL GATHERING:** If you are interested in joining in a LGBTQ+

BASC is closed on Monday, January 1.

"Healthy Mondays" on the BASC Facebook page shares information on medical, physical and emotional issues.



Thank you for being such an important part of our lives at the BASC.

We are sending you best wishes for the New Year!
May the year be filled with joy, laughter, peace, and comfort.

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.



Fasting Blood Sugar Testing
Wednesday, January 3
9:00 to 10:00 am—During Coffee Chat.
Testing and refreshments provided by
Buchanan Meadows.

COFFEE CHAT SOCIAL



The format of Coffee Chat is changing starting in January. In lieu of a guest speaker on the first Wednesday of each month at 9:00 am we will have a Coffee Chat Social. Please stop by the BASC, have your fasting blood sugar testing done (if you choose), enjoy some light morning refreshments and chat with your friends.

Starting in January our guest speakers will be in the format of Conversations with Friends or in an informative presentation. These programs offer a way to get to know people, businesses, and organizations along with what they bring to our community and surrounding area.

Coffee Chat Social—Hang Out With Friends
Wednesday, January 3, 9:00 am

CONVERSATIONS WITH FRIENDS

Join us to learn more about the mentoring program at the Buchanan Middle School and Principal Shelby Beasley at Conversations with Friends. If you know anyone, of any age, who would be interested in mentoring, please invite them to this program.



Mentoring at Buchanan Middle School is a wonderful chance to be a positive role model or make a positive impact on a middle school student. Mentors work one-on-one with an assigned student. They meet once a week during the student's lunch hour. During that time, our mentors and students chit-chat about various things/happenings in their lives, and even play card games or simply enjoy each other's company. Students selected for the mentor program either are in need of positive role models or positive adult attention. Sometimes our mentored students are those who simply have so much to say and not a ton of one-on-one time to share it with adults. Whatever the reason, we found the relationships built between students and mentors is an incredible experience for both parties.

Conversations with Friends
Buchanan Middle School Mentoring Program
Shelby Beasley, BMS Principal
Thursday, January 4, 2:00 pm

ASSISTANCE WITH YOUR CELL PHONE & TABLET



Some members of the Buchanan High School Leos Club will be at the BASC on **Tuesday, January 23 from 3:00—4:00 pm** to help you on how to use your cell phone & tablet. Please call 695-7119 to register. Bring your cell phone & tablet with you to class.

COMMUNITY EVENTS



Roti Roti Art Center
 Jeffrey Paulette: Lithographs & Hand-crafted Furniture Exhibit
 January 10—February 18



110 E Front Street
 Buchanan, MI
 Hours:
 Monday, Tuesday & Wednesday Closed
 Thursday, Friday & Saturday 11 am—6 pm
 Sunday 12 pm—4 pm



Close to Home Adult Day Center
 207 East Front Street
 Buchanan, MI
 Call 574-210-4728 for more information.



Hometown & Co Mercantile & Food Market

101 Days Avenue
 Buchanan MI

Sunday & Monday Closed
 Tuesday—Saturday 11 am—7 pm



FIRESIDE CHATS WITH GAYLA

Fireside Chats with Gayla
10:30—11:30 am

January 11: Ways you can make 2024 amazing!

January 25: Gayla will have fun activities as well as a piece of jewelry you will make to reflect your intentions to make 2024 amazing. Please plan on attending the January 11 class. Registration is required for January 25. Call 695-7119 to reserve your space.



BASC GARDEN CLUB



Join the BASC Garden Club!
Would you like to have access to free vegetables and herbs?

Being part of the BASC Garden Club also offers the opportunity to stay active, soothe your soul with gardening, learn something new, and gather with friends.

BASC Garden Club
2024 Meeting
Tuesday, January 30,
10:30 am—12:00 pm
Please call 695-7119 to register.



LUNCH BUNCH

The BASC Lunch Bunch program is a fun way to try new restaurants, visit favorite restaurants, and socialize with friends... and make new friends.

We are excited about January's Lunch Bunch as it will be at Buchanan's new Hometown & Co. Mercantile & Food Market on the corner of Front Street and Days Ave.

You will have the opportunity to purchase lunch from either Taqueria Don Chepe or Diana's Kitchen. Seating space is limited... so feel free to place your order to go and bring your meal back to the BASC and eat together.

Lunch Bunch at
Hometown & Co. Mercantile & Food Market
Taqueria Don Chepe or Diana's Kitchen
Friday, January 26, 11:30 am

Registration is Required. Call 695-7119 to RSVP. Lunch is patron's responsibility. If you need a ride, please let us know when you register.

MOVIE MATINEE

Second Friday, January 12, at 1:00 pm
Fourth Friday, January 26, at 1:00 pm



January 12: Dog Gone

After a young man and his beloved dog are separated on the Appalachian Trail, he and his father must begin a desperate search to find him before it's too late. Based on an incredible true story of humanity and everyday heroism. TV-PG



January 26: NYAD

A remarkable true story of tenacity, friendship and the triumph of the human spirit, NYAD recounts a riveting chapter in the life of world-class athlete Diana Nyad. Three decades after giving up marathon swimming in exchange for a prominent career as a sports journalist, at the age of 60, Diana (four-time Academy Award nominee Annette Bening) becomes obsessed with completing an epic swim that always eluded her: the 110 mile trek from Cuba to Florida, often referred to as the "Mount Everest" of swims. Determined to become the first person to finish the swim without a shark cage, Diana goes on a thrilling, four-year journey with her best friend and coach Bonnie Stoll (two-time Academy Award winner Jodie Foster) and a dedicated sailing team. PG-13

CRAFT CLASS—CREATE YOUR OWN SNOWMAN

Gather your friends and stop by the BASC for a fun, simple and easy craft making a snowman.

Create your own
Snowman Craft Class
Tuesday, January 9,
10:30 am—noon
Fee: \$5.00—Cash Only
Fee due by January 5.



Colors and patterns will vary.
Registration is required, call 695-7119 to sign-up.

QUILTING AND SEWING

Are you working on a quilting or sewing project?



The BASC has a room designated for quilting and sewing, and we welcome you to stop by to work on your project. Our quilting and sewing class is on Tuesdays at 1:00 – 3:00 pm. Feel free to bring your own sewing machine or use one of ours. No registration required, just gather your project and come on over to the BASC.

Mary, our quilting and sewing instructor, will be on hiatus in January, February and part of March, but the quilting and sewing program will be happening. We wish Mary a peaceful and restful winter.

WORD SEARCH: Happy New Year

HAVE FUN!

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE
 DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS
 HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION
 PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW

SUDOKU

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





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, January 11 1:00—2:00 pm

Second Pick-Up Date Monday, January 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 \$3.75 and up

\$801—\$1,100 \$3.25 per Meal

\$701—\$800 \$2.75 per Meal

\$551—\$700 \$2.25 per Meal

\$0—\$550 \$1.75 per Meal

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

SENIOR NUTRITION

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

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



FEEDING AMERICA MOBILE FOOD PANTRY

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

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



Tuesday, January 2, 2024—3:30 PM - Berrien County (Drive Thru), Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

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

Friday, January 12, 2024—4:00 PM - Berrien County (Drive Thru), Eau Claire Seventh Day Adventist Church @ Pipestone Berrien Township Fire Department, 6265 W. Main St., Eau Claire, MI 49111

“Sure, not every day will be good, but there will always be something good about every day. Notice these things and celebrate them. Train your mind to see what’s right. Positivity is a choice.”
~ Unknown



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, Frozen, and PACE Menu

Meals are funded in part by:






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



**Area Agency
On Aging**
Offering Choices for Independent Lives
Along with Participant Contributions,
United Way Partners, Grant Awards
and
Donations

JANUARY 2024

Menu Is Subject To Change Without Notice

	<p>8 Sloppy Joe on a Wheat Bun Seasoned Potato Wedges Italian Vegetable Blend Apricots</p>		<p>22 Million Dollar Chicken Noodle Bake Broccoli Green Peas Grapes</p> 	<p>29 Honey Garlic Chicken Over Brown Rice Oriental Blend Veggies Pears</p>	<p>2 Chicken Cobbler Roll with Margarine Harvest Beets Cherry Crisp</p>	<p>9 Shredded Chicken Taco with Cheese, Lettuce, Tomatoes Fiesta Corn Pudding with Fruit</p>	<p>16 Spaghetti with Meatballs Steamed Broccoli Fruited Jell-O</p>	<p>23 Cheeseburger on a Bun with Condiments Mac and Cheese Coleslaw Mandarin Oranges</p>	<p>30 Sweet Potato Breakfast Casserole w/ Sausage Stewed Tomatoes Wheat Bread w/Margarine Applesauce</p>	<p>3 Chicken Ceaser Salad with Croutons, Tomato, and Parmesean Cheese Diced Mango</p>	<p>10 Stuffed Pepper Soup Roll w/Margarine Carrot Coins Fruit Cobbler</p>	<p>17 Polish Sausage on a Bun Sauerkraut Mixed Vegetables Mandarin Oranges</p>	<p>24 White Bean Chicken Chili Collard Greens Cornbread Berry Applesauce</p>	<p>31 Beef Stew Dinner Roll w/margarine Steamed Spinach Fruit Cocktail</p>	<p>4 Salisbury Steak Whipped Potatoes w/ Gravy Green Beans Creamed Corn Berry Applesauce</p>	<p>11 Tuna Noodle Casserole w/ Peas Beets Yogurt with Fruit</p>	<p>18 BBQ Chicken Quarter Acorn Squash Wax Beans Diced Peaches</p>	<p>25 French Onion Pasta Bake Peas and Carrots Pineapple Tidbits</p>	<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30%</p>	<p>5 Baked Whitefish served Over Confetti Rice Broccoli Crowns Pineapple Tidbits</p>	<p>12 Liver and Onions Mashed Potatoes w/ Gravy Green Beans Mandarin Oranges</p>	<p>19 French Toast Bake Sausage Patty Steamed Spinach Banana</p>	<p>26 Baked Ziti Pasta Italian Vegetable Blend Tossed salad with Italian Mixed Fruit Cup Birthday Cake</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>
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RECIPE: Chicken & Gnocchi Dumplings for Two



Use gnocchi in place of homemade dumplings in this rich and warming chicken and vegetable stew recipe.

Ingredients: 8 oz shelf-stable gnocchi - 1/2 cup thawed frozen peas - 8 oz boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces - 1 1/2 tbsp all-purpose flour - 4 tsp extra-virgin olive oil, divided - 1/8 tsp salt—1/4 tsp ground pepper, divided - 1 cup diced carrot - 1/2 cup sliced celery - 1 small onion, diced - 1 cup low-sodium chicken broth

Directions:

Step 1: Bring a medium saucepan of water to a boil. Add gnocchi and cook, stirring frequently, for 2 minutes. Stir in peas and cook until the gnocchi are tender, 1 to 2 minutes more. Drain.

Step 2: Meanwhile, toss chicken with flour in a bowl until coated. Heat 2 teaspoons oil in a medium skillet over medium-high heat. Transfer the chicken to the pan (reserving the flour remaining in the bowl) and sprinkle with 1/8 teaspoon each salt and pepper. Cook, stirring occasionally, until lightly browned, 4 to 5 minutes. Transfer the chicken to a plate.

Step 3: Add the remaining 2 teaspoons oil to the pan. Add carrot, celery, onion, thyme and the remaining 1/8 teaspoon pepper; cook, stirring occasionally, until the vegetables are crisp-tender, 4 to 6 minutes. Sprinkle the reserved flour over the vegetables; stir to coat. Stir in broth and the chicken. Cook, stirring occasionally, until the stew is thickened, 2 to 3 minutes. Add the gnocchi and peas and cook, gently stirring, until the gnocchi are hot, about 2 minutes.

BLESSED FEET NEW FEES



Jane Sherwin, RN owner of Blessed Feet, LLC has been providing her foot clinics for 15 years. She loves helping seniors with clipping their toenails/fingernails.

Due to the increase supply costs, she has increased her fees, this is her first increase in 8 years. **Starting in January 2024, 1st time patients fee is \$40 and returning patients fee is \$30.**

Jane is at the BASC on the 2nd Thursday of each month. (In January she will be at the BASC the 4th Thursday.) To schedule an appointment please call 695-7119. See page 2 for more information.

SEWING MACHINES

Do you have a sewing machine that is in good working condition that you no longer use?

Please consider donating your sewing machine to the BASC. Thank you!



BASC BOARD MEETING

Attend the BASC Board Meeting Thursday, January 11, at 3:00 pm.

Board minutes & agendas are available

MEET SARA BURNS

BASC YOGA INSTRUCTOR

Sara Burns lives in Galien with her husband, two year old daughter, two dogs, and two cats. She works full time as an environmental scientist. She has been practicing yoga for 17 years, and received a 200 hour yoga teacher certification from the Authentic Movements teacher training program. She enjoys spending time in nature and baking. As a yoga teacher, she focuses on a sense of integration, activation, and playfulness.



Stop by the BASC on Thursdays at 11:00 am for chair yoga!

We are happy to have Sara join the BASC Team!

SAVE THE DATE



**Watch
Super Bowl LVII
at the BASC
Sunday, February 11**

More information will be in the February newsletter.

WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Jess Minks, *Terri Sisk, *Leona Wonacott, *Judi Jason, *Tony Houser, Joan McGuire, Dan Riley, Anne Tews, Karen Pratt, Herb Boyersmith, Kay Schadler, Linda Luhrsen, Mary Speckine, Pat McBain, Wendie Stephenson, Marge Collins, Mary Blake, Suzie Zimmerle, Linda Abair, Mary Weaver, Charles Serene, Gillian Robbins, Maxine Brown, Phyllis Davis, Pam Serene, Pam Sten, Judy Vergon, Jan Ferris, Marilyn Holden, Pat Robbins, Vergie Wolfe. **Indicates Board Member*

In Kind Donations: Elaine Cole, Jenny Chapla, Lee Ann Flenar, Pat Peterek, Kathleen Kulis, Ellen Kizer, Diane Ross, Ed & Sandy Winchell, Linda Abair, Connie Baber, Pat Burns, Barb Ferris, Vergie Wolfe, Sylvia Stull, Jill Garmire, Sarah Bailey, Diane Wilcox, Mama Nix, Evelyn Cole, Donna Johnson, Pat Robins, Doreen Pienkowski, Jeanne Harris, Royal Neighbors of America, Deanna Benak, Elaine Cole.

Dollar Club: Ann Forsgren, Beverly Holt, Julie Deeds, Pat Bateman, Pat Casto.

General Fund: Janis Sexton, Maxine Brown, Jenny Hoover

Program Fund: Janis Sexton, Dawn Hyslop, Mary Ward, Schelly Hickman, Vicki Liska, Leona Wonacott, Barb Ferris, Harold Wagner, Linda Fisk

Medical Transportation Donation: Pat Casto, Sue Kalus.

Memorial Donation: Barbara M. Blumka memorial for Barbara J. Blumka

Building Fund: Don Wolfe

SPECIAL THANK YOU FOR YOUR ANNUAL APPEAL DONATIONS!

Barbara Sumerix, Flo Sasaki, Mary Jo Prosser, Marilyn White,
Louis A. Desenberg, Mary Ann Riley, Jenny Chapla, Gillian Robbins, Pam Sten.



Thank you to so many people who helped in the success of the BASC Holiday Bazaar!
Everyone is greatly appreciated!

Thank You

Thank you to all of those who stopped by the BASC Holiday Bazaar! We had a wonderful day! And thank you for all who shared our Facebook posts and Facebook event!

Thank you to all who supported the vendors and purchased their homemade items!

Thank you to all the vendors who participated in the bazaar! Wow! Everyone took it a notch up this year! So many new items! We received numerous compliments on the vendors and their items! Excellent work vendors!

Thank you to all of you who donated your homemade baked goods! Yummy! All the items were a hit!

Thank you to our volunteers and staff for their time and help at the bazaar! The event is definitely one of teamwork!



Thank you to the high school students at the Berrien County Math & Science Center at Andrews University for donating socks for our seniors at the BASC!

Your kindness is appreciated!

CARD GAME WINNERS

Monday Euchre

11/13 1st Place: Dick Rossow

11/20 1st Place: Sue Rose

11/27 1st Place: Bob Marsh

12/06 1st Place: Wayne Hentsch

2nd Place: Judy B & Wayne H

2nd Place: Sue R & Wally Casto

2nd Place: Danny S & Donna S

2nd Place: Mary Speckine

Cribbage

11/16 Herb B & Janis S

12/07 Janis Sexton

Wednesday Evening Euchre

11/08 1st Place: Kim Calkins

11/15 1st Place: Kim Calkins

11/29 1st Place: Wendie Stephenson

12/04 1st Place: Connie Larson

2nd Place: Wayne Hentsch

2nd Place: Wayne Hentsch

2nd Place: Kim Calkins

2nd Place: Sue Rose

Mah Jongg Best Weekly Score

10/26 Judy Brewer

11/02 Jeanette Arent

11/09 Kay Foster

11/16 Lois Howard

Tuesday Pinochle

11/07 1st Place: Gail Moad

11/14 1st Place: Marilyn Holden

11/21 1st Place: Gail Moad

11/28 1st Place: Danny Sandmann

2nd Place: Mary Speckine

2nd Place: CJ Leiter

2nd Place: Maxine Brown

2nd Place: Edie Styburski

Hand and Foot

11/01 Rosalie Holloway

11/08 Wendie Stephenson

11/15 Rosalie Holloway

10/25 Maxine Brown

Wednesday Evening Pinochle

11/01 1st Place: Marsha Ruby

11/08 1st Place: Edie Styburski

11/15 1st Place: Kay Schadler

11/22 1st Place: Marilyn Holden

2nd Place: Maxine Brown

2nd Place: Pat Peterek

2nd Place: Gail Moad

2nd Place: CJ Leiter

WHAT DOCUMENTS TO BRING FOR AN AARP TAX-AIDE PREPARATION APPOINTMENT

It is that time of the year to start thinking about doing your taxes. At the BASC, we are offering a program that will inform you what documents are needed for your AARP Tax-Aide appointment. We encourage you to attend this program, even if you will have your taxes prepared somewhere else.

The BASC will have AARP Tax-Aide trained preparers available for those 55+ years old and live in the BASC service area. More information will be in our February newsletter along with how to schedule an appointment. Please note that we are NOT scheduling appointments at this time.



What Documents to Bring for an AARP Tax-Aide Preparation
Friday, January 19, 1:00 pm
Please call 695-7119 to register.

FREE SMOKE DETECTORS AND CARBON MONOXIDE DETECTORS

Do you need a Smoke Detector and a Carbon Monoxide Detector?



Bob Blaylock of the Buchanan City Fire Department and his team want to make sure you are safe. They are providing free smoke and carbon monoxide detector checks as well as offering free detectors for anyone who needs one in the Buchanan City limits. If you are a senior and need assistance with installation, someone will help you to ensure the detectors are set-up and working correctly.

If you or anyone living in your home are hearing impaired and/or visually impaired the fire department will order detectors with a flashing light attached and the visually impaired ones will have an attachment that the person can put under their pillow and plug into an outlet that will shake their bed to wake them up.

If you live in the city limits and would like a smoke and carbon monoxide detector, please call Tammy at the BASC, 269-695-7119, to register. We will need to know your first and last name, address, telephone number and how many floors you have in your home. Someone will be in touch with you to schedule an installation date and time.

If you live outside Buchanan City limits, please call your local fire department to inquire if they have a similar program or leave a message on the Buchanan City Fire Department Facebook page.

Be safe!

VETERAN'S BENEFITS Q&A

Berrien County Veterans Service want to make sure that you have information for those moments when life happens and gives you unexpected situations to work through.

Ryan McNeely, a service officer from BCVS, will be at the BASC to share information as well as to answer your questions. Be sure to attend this program to learn how their services can help you. If you have questions, write them down and bring them to the program.

Veteran's Benefits Q&S
Thursday, January 25, 1:00 pm
Call 695-7119 to register



BASC CLOSING DURING BAD WEATHER

If the Buchanan Schools are closed due to bad weather, the BASC is closed and there will be no meal delivery. Watch for closings on WNDU-16.

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.

Buchanan Area Senior Center—January 2024 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy	3 9:00 Coffee Chat Social 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre	4 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Conversations with Friends	5 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 2:00 Vaccine Information
8 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	9 9:00 Osteo Fit with Missy 10:30 Craft Class 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check 5:30 Powerbeats with Missy	10 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre	11 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 Munch on the Mediterranean 1:00 Monthly CSFP Commodities 3:00 Board Meeting	12 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Dog Gone
15 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	16 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy	17 10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre	18 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day	19 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Tax-Aide Presentation
22 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	23 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 3:00 Assistance with Your Cell Phone & Tablet 5:30 Powerbeats with Missy	24 10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre	25 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 Veteran's Benefits Q&A	26 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: NYAD
29 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	30 9:00 Osteo Fit with Missy 10:30 Garden Club Meeting 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy	31 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre		

Buchanan Area Senior Center

810 Rynearson St.

Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: adam@thebasc.org

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



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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.