



Buchanan Area Senior Center

March 2021

Buchanan Area Senior Chronicle

"Happy, Active, Living"



VIRTUAL BIRTHDAY BINGO AND VIRTUAL FUN BINGO



It is BINGO time! Only a little different!

Virtual Birthday BINGO and Virtual Fun BINGO with the BASC is a way we can play bingo together online via Zoom meeting. You can join in the fun using a home computer, smart phone, or a tablet. Your pre-printed BINGO cards can either be emailed to you or you can pick-up your cards at the BASC. During the Zoom meeting a staff member will announce the BINGO ball number, you will mark your cards with coins, beans, candy... have fun choosing your marker. If you get a BINGO, unmute your microphone and yell out BINGO! You will select a prize and at a later date you can pick-up your prize at the BASC.

To join in the fun you will need internet access and a current email address to launch Zoom to play virtual BINGO. Zoom launching information will be emailed to you.

We are limited to 15 people playing each virtual BINGO Game.

You may register for ONLY ONE VIRTUAL BINGO event and we will add you to a wait list for the other bingo event. If there is not a full roster, we will contact you to join in the other BINGO event. First come, first served.

**Call Diana at 695-7119 or email her at diana@thebasc.org
to register to play
Virtual Birthday BINGO or Virtual Fun BINGO.**

**Virtual Birthday BINGO via Zoom
Tuesday, March 9, at 2:00**

**Virtual Fun BINGO via Zoom
Tuesday, March 30, at 2:00 pm.**

JOIN THE BASC GARDEN CLUB

START UP MEETING WITH SPEICAL GUEST: JEROME VITE FROM VITE GREENHOUSES

**The BASC Garden Club is happy to announce that
Jerome Vite from Vite Greenhouses will be speaking on
"Gardening with Raised Beds"
on Thursday, March 11, at 1:00 pm.**



Jerome is a graduate from Hope College. He worked in commercial finance for 10 years before joining the family business. He is co-owner of Vite Greenhouses with his brothers since 2001.

Please feel welcome to join the BASC Garden Club and grow fresh vegetables this spring and summer. After Jerome's presentation we will work out a schedule to plant seeds and a watering schedule. Please call 695-7119 to register.



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Happy St. Patrick's Day



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**Board Meeting  
Thursday, March 11  
3:00 pm**

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

**BASC**  
Buchanan Area Senior Center  
Seniors Embracing Life

## WEEKLY EVENTS

### REGISTRATION IS REQUIRED FOR ALL PROGRAMS

Due to State guidelines, we are limited to the number of people in the building at any given time.

#### BLOOD PRESSURE:

SMCAS checks blood pressures at the center on Tuesday's between 11:00 am and noon.

#### GLASSES ADJUSTED AND REPAIRED:

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

#### EXERCISE:

**Most exercise classes  
are held inside the building.  
A mask is required.**

LINE DANCING is offered on Mondays at 10:00 am .

CHAIR EXERCISE WITH  
LINDA is offered on Wednesdays at 10:00 am

CHAIR EXERCISE WITH LIZ is offered on Fridays at 10:00 am.

POWERBEATS WITH MISSY is offered on Fridays at 8:45 am.  
**Held in the garage.**

CHAIR YOGA WITH ULRIKE: Chair yoga is offered on Thursdays at 10:00 am.

EXERCISE ROOM: Is open all hours BASC is open, Appointment required.

FIBER FRIENDS is offered on Fridays from 1:00 pm to 3:00 pm.

MAH JONG is postponed until further notice.

EUCHRE is postponed until further notice.

PINOCHLE is postponed until further notice.

HAND AND FOOT is postponed until further notice.

CRIBBAGE is postponed until further notice.

### **IMPORTANT NOTICE:**

**ALL PROGRAMS ARE SUBJECT TO CHANGE, DUE TO THE PANDEMIC AND RESTRICTIONS. IF IN DOUBT THAT A PROGRAM IS BEING OFFERED, PLEASE CALL THE BASC AT 695-7119**

## MONTHLY PROGRAMS - FACE MASK REQUIRED

With on going changes & restrictions we are limited to indoor/outdoor gatherings & the number of patrons who can attend. You must call 695-7119 to reserve your space.

- ♦ **PAMPER YOUR FEET:** Monthly foot clinic through Van's Medical, the **second Thursday, March 11** beginning at 9:00 am. Initial appointment \$30; all subsequent appointments will cost \$25 (checks payable to Van's Medical). This is **not** covered under any insurance. Please call and schedule your appointment at 695-7119.
- ♦ **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists, will be at the BASC on **Tuesday, March 16, 2:00 to 3:30 pm**, to check ears for wax, clean hearing aids, and answer questions. Please call and schedule your appointment at 695-7119.
- ♦ **BOOK CLUB:** The Book Club meets on the third Thursday of each month in our library. The book club meeting is **Thursday, March 18, at 10:30 am**. Please call and schedule your appointment at 695-7119.
- ♦ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets on the fourth Friday of the month at a restaurant for lunch and socialization. **Friday, March 26, at 11:30 am, location TBD, meet at 11:15 am at the senior center to carpool.** Call 695-7119 to add you to the reservation list.

## MONTHLY PROGRAMS POSTPONED DUE TO COVID-19

- ♦ **POTLUCK BINGO:** No Potluck Bingo until further notice.
- ♦ **SHADOW STEPPERS:** No Shadow Steppers until further notice.
- ♦ **CLARK RETIREE CLUB:** Clark salaried retirees is postponed until further notice.
- ♦ **ROOT BEER FLOATS:** No Root Beer Floats until further notice.
- ♦ **CASH BINGO:** No Cash Bingo until further notice.
- ♦ **BIRTHDAY BINGO:** No Birthday Bingo until further notice.
- ♦ **ICE CREAM SOCIAL:** No Ice Cream Social until further notice.

### **The BASC is excited and grateful to be offering most of our exercise classes inside the building!**

Line Dance—Mondays at 10:00 am

Exercise with Linda—Wednesdays at 10:00 am

Chair Yoga with Ulrike—Thursdays at 10:00 am

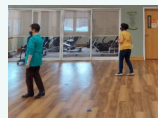
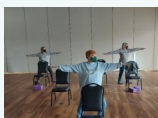
Exercise with Liz—Fridays at 10:00 am

The above classes are all held on the main floor at the BASC.

Facemasks are required.

Powerbeats with Missy is held in the garage on Fridays at 8:45 am.

If the weather is severe, class will be canceled, however you can watch Missy live on her Facebook Page, Fit for life/osteo fitness/Drumming Class at the same time.



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

## VIRTUAL GUIDED MEDITATION: I AM

### I Am Affirmations

I am wonderful.  
I am loved.  
I am kind.  
I am blessed.  
I am healthy.  
I am wealthy.  
I am successful.  
I am more than enough.

### Guided Meditation: I Am

Close your eyes, focus on breathe,  
and use positive “I Am” affirmations  
to help motivate yourself,  
change negative thoughts,  
and boost self confidence.

**Watch the recorded guided meditation on  
Monday, March 8, at 2:00 pm  
on the BASC  
Facebook Page or YouTube Channel**

## TAI CHI

**Tai Chi via an online event through Eventbrite at the BASC  
Monday, March 29, at 3:00 pm  
at the BASC**

Learn a Chinese martial art and system of calisthenics,  
consisting of sequences of very slow controlled movements.  
The practice promotes the qi or life energy within us to  
flow smoothly and effectively throughout the body.  
It is also a meditation and spiritual practice.

Call 695-7119 to register



## ART/CRAFT CLASS: SHAMROCK FELT DECO

Make a handmade shamrock  
hanging pillow to display.

**Jan Ferris, will show you how to make your  
own shamrock stitch by stitch on  
Monday, March 15, at 2:00**

**Call 695-7119 to register to attend the class.**

Watch the recorded Shamrock Felt Deco  
on the BASC  
Facebook Page or YouTube Channel after March 17.

*It is the mission of Buchanan Area Senior Center  
to promote physical, social, and mental well-being.*

## Our Planet Documentary “Frozen Worlds”



On the unforgiving  
frontier of climate change,  
polar bears,  
walruses, seals and  
penguins find their icy  
Edens in peril.

**Join the BASC on  
Wednesday, March 3  
at 8:45 am**



Buchanan-Galien  
Lions Club  
Coornbeef & Cabbage  
Dinner

\$10.00 per person  
Wednesday, March 17th  
3:00—7:00 pm  
Drive Thru Only  
at the

Buchanan Area Senior Center  
810 Rynearson Street,  
Buchanan

Please pick up presale dinners  
by 6:30 pm

For more information call  
269-470-0571





## AARP TAX-AIDE PREPARATION & VOLUNTEERS NEEDED



Please call the BASC at 269-695-7119 to inquire if we are scheduling appointments for AARP Tax-Aide Preparation.

The AARP Foundation Tax-Aide Program is seeking to train people to help with preparing taxes for seniors. If you or someone you know would be interested, please call the BASC at 695-7119. Volunteers are desperately needed.

For a scheduled appointment you should bring the following paperwork:

- Social security card and picture id's for both you and your spouse.
- All monthly or annual income statements for you and your spouse (W-2s, 1099s, etc).
- Social Security Benefit Statement(s), for SSA-1099, SSI Statement(s).
- Pension(s) and information pertaining to the company you receive it from (1099-R).
- All interest and dividend statements from your financial institution (1099-R).
- Property tax notices or amount you pay in rent.
- Name and address of your landlord.
- Total heat cost from the previous year.
- Health insurance premiums you pay.
- **VERY IMPORTANT TO BRING a blank check and last year's tax return.**

## COVID- 19 VACCINATIONS

The BASC is pleased to share that the Berrien County Health Department has done a fabulous job with the COVID-19 Vaccine Clinic at the center.

The BASC was selected to host two clinics. The first clinic was on February 10th and 300 shots were administered. On February 24th the second clinic was held and another 300 shots were administered.

A grateful thank you to the Berrien County Health Department, the BASC staff, volunteers, and everyone who contributed in our successful Covid-19 Vaccine clinics.

If you haven't received your Covid-19 vaccine shot and are over 65 years old you can schedule vaccine shot with the following:

[Riteaid.com/Covid-19](https://www.Riteaid.com/Covid-19)

[clinic.meijer.com](https://www.clinic.meijer.com)

Berrien County Health Department  
[bchdmi.org](https://www.bchdmi.org) or 800-815-5485

[martins-supermarkets.com/covid-19-vaccine](https://www.martins-supermarkets.com/covid-19-vaccine)



## NETFLIX MOVIE MATINEE

Wednesdays, March 3, 17, and 31, at 1:00 pm.  
Please call 695-7119 to reserve your space.

### March 3: *I Still Believe*



A 2020 American Christian romantic drama film directed by the Erwin Brothers and starring KJ Apa, Britt Robertson, Shania Twain, Melissa Roxburgh, and Gary Sinise. It is based on the life of American contemporary Christian music singer-songwriter Jeremy Camp and his first wife, Melissa Lynn Henning-Camp, who was diagnosed with ovarian cancer shortly before they married. Camp's song "I Still Believe" is the film's namesake. PG

### March 17: *The Wind That Shakes the Barley*

As political tensions brew in early 1920s Ireland, brothers Damien and Teddy (Cillian Murphy and Padraic Delaney) abandon their civilian lives and take up arms to liberate their country from the oppressive "Black and Tan" squads of Britain. Winner of the Palme d'Or at the 2006 Cannes Film Festival, Ken Loach's provocative drama examines a microcosm of civil war in Cork, Ireland. Liam Cunningham co-stars. NR



### March 31: *Queen of Katwe*



Disney presents Queen of Katwe, a movie based on a vibrant true story starring Lupita Nyong'o and David Oyelowo, and directed by Mira Nair. A Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, in this celebration of the human spirit. PG

## WHAT YOU WILL FIND IN THE TOTE AT THE BASC

In the tote outside the front doors at the BASC you will find the March schedule for the Feeding America West Michigan Food Pantry, Meals on Wheels (SNS) March Menu, coloring page, sudoku puzzles, March newsletters, and 2020-2021 Senior Resource Guide. Please stop by and help yourself.



**WORD SEARCH: St. Patrick's Day**

Find and circle all of the words that are hidden in the grid.  
The remaining 34 letters spell a secret message.

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

## SUDOKU

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

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

## PUZZLES & FUN

BEER  
BELFAST  
BISHOP  
CABBAGE  
CELEBRATION  
CELTIC CROSS  
CHRISTIAN  
CLOVER  
CORK  
CORNED BEEF  
DANCING  
DUBLIN  
EVENTS  
FEAST DAY  
FESTIVAL  
GREEN  
GUINNESS  
HERITAGE  
HISTORY  
HOLIDAY  
HOLY DAY  
IRELAND  
IRISH  
LEPRECHAUN  
LIMERICK  
MARCH  
MISSIONARY  
MUSIC  
PARADE  
PATRON SAINT  
POTATOES  
SEVENTEENTH  
SHAMROCK  
SNAKES  
SODA BREAD  
TRADITION  
YEARLY



**Buchanan Area Senior Center  
Dollar Club**



**Won't you please  
consider making a  
pledge?**

Gold Level—\$1.00 per day

Silver Level—\$1.00 per  
week

Bronze Level—\$1.00 per  
month

Patron Level—\$500.00 or  
more

**COMMODITY  
PICK-UP DAYS**

Commodities are distributed  
from the Senior Center garage.

**MARK YOUR CALENDAR**



**CSFP Monthly**

**Thursday, March 11,  
1:00—2:00 pm.**

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PLEASE NOTE:

*It is very important that your
trunk be cleaned out and
opened for us to place your
box. Please see all new
instructions for pick-up in the
tote out front of the center, and
posted on our front door the
week before distribution.*

*This institution is an equal
opportunity provider.*

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**Important Notice:**

**Line up begins at  
12:50 pm to ensure the  
safety of others.**

**SENIOR CENTER  
SERVICES**

At the Senior Center you can:

- Make copies for 10¢ 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  
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

**Senior Nutrition:**

**NO Congregate Meals  
at this time.**

- Please order your meal by calling Kerri at 695-7119 before 10:30 am the day before you would like lunch.
- Pick up your lunch at kitchen door.
- If you are on the list as a regular and cannot come and pick up your lunch on a day you are expected, please call by 10:30 am the day before and cancel your reservation.
- Home Delivery Service may also be available to home bound senior clients.

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

**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, SO IS USED AT YOUR OWN RISK. IF YOU HAVE QUESTIONS ABOUT A SPECIFIC MOBILE PANTRY DISTRIBUTION, PLEASE CONTACT THE HOST AGENCY, OR VISIT [HTTPS://WWW.FEEDWM.ORG/FINDFOOD/](https://www.feedwm.org/findfood/) AND CLICK ON MOBILE FOOD PANTRY.*

March's Feeding America West Michigan schedule and the Meals on Wheels calendar are available in the clear tote located in front of the Buchanan Area Senior Center.



March 2, 2021— 3:30 PM - Berrien County, Harbert Community Church, 6444 Harbert Road, Sawyer, MI 49125

March 3, 2021— 4:30 PM - Berrien County, Woodland Shores Baptist Church, 3555 Shawnee Rd, Bridgman, MI 49106

March 12, 2021— 4:00 PM - Berrien County, Eau Claire Seventh Day Adventist Church @ Pipestone Berrien Township Fire Department, 6265 W. Main St., Eau Claire, MI 49111

March 15, 2021— 1:00 PM - Berrien County, Community Nonprofit Housing Corporation, 870 Nate Wells Drive, Benton Harbor, MI 49022

March 17, 2021— 4:00 PM - Berrien County, Stevensville United Methodist Church, 5506 Ridge Road, Stevensville, MI 49127

**Faith United Methodist Church, 728 N. Detroit St., Buchanan, distributes food from 9:00 to 11:00 am, on the second Saturday of each month, to people in the Buchanan School District.**



# Meals on Wheels of SW Michigan/ Senior Nutrition Services Meals Menu

Meals are Funded By

REGION IV



**Area Agency on Aging, Inc.**  
**SPECIALISTS IN AGING**

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

## March 2021

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

**Menu Is Subject To Change Without Notice**

| Monday                                                                                      | Tuesday                                                                                          | Wednesday                                                                                                                | Thursday                                                                                                                                                                                                     | Friday                                                                                                                                             |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>Shepherd's pie w/ veggies<br>Sautéed zucchini & tomatoes<br>Roll<br>Peaches            | 2<br>Chicken enchilada<br>Black beans<br>Mixed lettuce<br>Tortilla<br>Mixed fruit                | 3<br>Roast pork loin<br>Mashed potatoes with gravy<br>Steamed broccoli<br>Applesauce                                     | 4<br>Stuffed green pepper w/ rice and meat<br>Sliced carrots<br>Pineapple<br>Roll                                                                                                                            | 5<br>Vegetarian chili<br>Corn<br>Cucumber & onion salad<br>Pears<br>Crackers                                                                       |
| 8<br>Mongolian beef over rice<br>Oriental vegetables<br>Citrus mix                          | 9<br>Roast turkey with gravy<br>Mashed potatoes<br>Roasted winter vegetables<br>Mandarin oranges | 10<br>Bratwurst on bun<br>Potatoes O'Brien<br>Coleslaw<br>Vanilla pudding + fruit<br>Bun                                 | 11<br>Sloppy Joes<br>Green beans<br>Carrot raisin salad<br>Fruited yogurt<br>WW hamburger bun                                                                                                                | 12<br>Cheese tortellini with marinara<br>Tuscan blend<br>Lettuce romaine<br>Baked apples with cinnamon                                             |
| 15<br>Baked manicotti w/ sausage<br>Breadstick<br>Pineapple                                 | 16<br>Chicken breast with mushroom<br>gravy<br>Rice<br>Apple baked beans<br>Roll                 | 17 <b>St. Patrick's Day</b><br>Corn beef and cabbage<br>Red potatoes and carrots<br>Baking powder biscuit<br>Irish fluff | 18<br>Pepper steak w/ peppers over rice<br>Asian blend vegetables<br>Fruited jello                                                                                                                           | 19<br>Crispy fish sandwich<br>Creamed spinach<br>Coleslaw<br>Applesauce<br>Roll                                                                    |
| 22<br>Meatloaf<br>Mashed potatoes<br>Winter vegetables<br>WW bread<br>Grapes (???)          | 23<br>BBQ chicken<br>Baked sweet potato<br>Roasted cauliflower florets<br>Pineapple              | 24<br>Meatball sub w/ cheese<br>Carrot salad<br>Coleslaw<br>Sub sandwich<br>Fruited yogurt                               | 25<br>Liver & Onions<br>Mashed potatoes<br>Green beans<br>Baked apple slices                                                                                                                                 | 26<br>Vegetarian lasagna casserole<br>Side salad w/ carrots<br>Italian vegetables<br>Fruit/ birthday cake                                          |
| 29<br>Spaghetti w/ meatballs<br>Green salad<br>Sautéed broccoli<br>Breadstick<br>Citrus mix | 30<br>Philly steak sandwich with cheese<br>Potato wedges<br>Coleslaw<br>Peaches<br>Steak bun     | 31<br>Salisbury steak<br>Noodles<br>Creamed peas<br>Cornbread<br>Pears                                                   | <b>Meals provide (average per week)</b><br><b>Carbs: 75 grams</b><br><b>Calories: 800 average</b><br><b>Sodium: 800 mgs. average</b><br><b>Protein: 19 grams</b><br><b>Total Fat : 30%</b><br><b>2% milk</b> |                                                                                                                                                    |
|                                                                                             |                                                                                                  |                                                                                                                          |                                                                                                                                                                                                              | <b>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!</b> |

## RECPIE: TEX-MEX PORK CHOPS

**These easy Tex-Mex pork chops are full of flavor with salsa, cumin and green chiles that gives them the kick to earn their name.**

### Ingredients:

|                                            |                           |
|--------------------------------------------|---------------------------|
| Butter-flavored cooking spray              | 1 small onion, chopped    |
| 6 boneless pork loin chops (5 ounces each) | 1 cup salsa               |
| 1 can (4 ounces) chopped green chilies     | 1/2 teaspoon ground cumin |
| 1/4 teaspoon pepper                        |                           |



### Directions:

1. In a large skillet coated with butter-flavored cooking spray, sauté onion until tender. Add pork chops; cook over medium heat until a thermometer reads 145°, 5-6 minutes on each side.
2. Combine the salsa, chilis, cumin and pepper; pour over pork. Bring to a boil. Reduce heat; cover and simmer until heated through.

## Virtual Cooking Class Ft. Sabine Wheatley Salmon with Roasted Sweet Potatoes and Bell Peppers



Watch the BASC Board Secretary, Sabine Wheatley as she cooks a healthy meal with Salmon with Roasted Sweet Potatoes and Bell Peppers on **Monday, March 22, at 2:00 pm, at the BASC on the big screen or in the comfort of your home on the Buchanan Area Senior Center Facebook Page or YouTube Channel.**

**Virtual Cooking Class**  
**Watch at your leisure on Facebook and YouTube**  
**After Monday, March 22**



There are many benefits to eating salmon, such as salmon offers Omega-3 Fatty Acids, Protein, Vitamin B, Potassium, Selenium, and helps with a healthier life. Sweet Potatoes helps prevent Vitamin A, manage diabetes, manage stress levels, guard against ulcers, minimizing the risk of cardiovascular diseases, regulate blood pressure, good for digestion, plus more.

|                                                  |                                          |
|--------------------------------------------------|------------------------------------------|
| 2 5 oz pieces of Salmon strips                   | 1 tbsp each Cumin, Coriander and Oregano |
| 2 3/4 oz Avocado Mayo or Cilantro Salad Dressing | 1 large Sweet Potato                     |
| 1 green Bell Pepper                              | 1 Shallot                                |
| 1/4 tsp Cilantro                                 | 1/4 tsp Pumpkin Seeds                    |
| Salt and Pepper to taste                         |                                          |

Preheat oven to 425 Degrees \* Medium dice green bell pepper \* Cut ends of shallot, cut in half and medium dice \* De-stem cilantro roughly chop leaves \* Spray a cooking sheet with vegetable oil, place bell pepper, sweet potato and shallot on it \* Sprinkle with half of the cumin, coriander and oregano \* Toss well, and spray a bit more with cooking oil if needed \* Roast 18-20 minutes or until sweet potatoes are tender when pricked with a fork \* Place pumpkin seeds in a dry sauté pan and toast 2-3 minutes \* Set seeds aside and roughly chop up if desired \* Pat Salmon dry with a paper towel, season with salt and pepper to taste. And remaining cumin, coriander and oregano \* Place 1 1/2 tablespoons of cooking oil in sauté pan over medium-high heat \* Add salmon skin down in pan and sear for about 2-3 minutes \* Flip salmon and cook for about 5-7 minutes on medium heat, or until cooked fully through \* Salmon is fully cooked when it reaches 145 degrees internally and flakes easily with a fork \* Place salmon on plate, sprinkle Avocado Mayo or Cilantro Salad Dressing over it, add vegetable mixture to side \* Sprinkle Pumpkin Seeds and cilantro.

### SNOW DAY CLOSINGS:

**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.**  
**If you are in doubt, please call us before leaving your home.**



## WITH SINCERE GRATITUDE, THANK YOU!

**Our Great Volunteers:** \*Josetta Bibbs, \*Jeanne Harris, \*Deborah Hendrix, \*Monroe Lemay, \*Richard Martin, \*Jess Minks, \*Terri Sisk, \*Sabine Wheatley, \*Leona Wonacott, Herb Boyersmith, Mary Ann Blake, Julie Deeds, Vinette DePhillipe, Jan Ferris, Jeanne Harris, Richard Martin, Joan McGuire, Dan Riley, Della Schadler, Charles Serene, Janis Sexton, Anne Tews, Karen Pratt, Eleanor Catalano, Kim Griffin, Mercedes Moran, Lee Ann Flenar, Jerry Flenar, Cheri Martin, Pat McBain

*\*Indicates Board Member*

**General Fund Donation:** Janis Sexton, Lauren Kreiger, Monroe Lemay.

**Dollar Club:** Howard Jackson, Chuck Underly, Pat Casto, Don Holmes, Margaret Hayden.

**Program Donations:** Janis Sexton, Deann Benak, Members, Judy Buck, Richard Seifert.

**Transportation:** Pat Casto, Helen Buggie, Joanne Ziebarth, Carole Schlutt.

**Annual Appeal:** Norma Metzger, Leona Wonacott, Judy Vergon.

**In Kind Donation:** Wade Cole.

**"Treat everyone with respect and kindness.  
Period. No exceptions."  
~ Kiana Tom**

**MEMORIAL: RUSSELL STEPHENS  
THANK YOU!**

Gloria Harroff

**THANKS YOUR FOR USING  
HARDINGS COMMUNITY REWARDS**



Did you know you can earn money for the BASC every time you shop at Harding's Friendly Market?

Every quarter the BASC receives dividends from Harding's based on your shopping dollars.

**LIVE STREAMING OF  
BOARD MEETINGS**

During this time of restrictions of how many people we can have in the center, BASC is live streaming the board meetings on Facebook. If pandemic protocol prevents the assembly @ BASC, meetings will be held on Zoom. March board meeting is on the 11th.



**OTTAWA ELEMENTARY  
SCHOOL STUDENTS  
THANK YOU!**

A huge thank you to the Ottawa Elementary school students for making and giving Valentine's Day cards to our seniors and to our Senior Nutrition Services homebound and pick-up meal participants.

We are grateful for your commitment to your school wide expectations that you work on each day:

**"THE BUCK 3"**

- Be Respectful
- Be Responsible
- Be Safe



We appreciate you sharing with the BASC and the Buchanan community, thank you.

**SPARTAN/OUR FAMILY  
UPC COLLECTION**

Save your UPC barcodes from Spartan and Our Family products for the Senior Center. For every 500 UPC barcodes we send in we receive \$25 for programs for the center. Please, bring your cut out UPC barcodes to the front desk. Thank you!



## FIREPLACE CONVERSATIONS

The intention for Fireplace Conversations is to have free-flowing conversations, offering the opportunity for our patrons to get to know our Board Members, staff, and friends in our community. A relaxed virtual setting allows us to connect with our seniors through the pandemic and the with limiting restrictions. If you have a suggestion of someone to feature on Fireplace Conversations, please call Diana at 695-7119.



### Fireplace Conversations Featuring Jess Minks Board Member, V.P.



\*\*\*\*\*  
**Watch the recoded interview  
at the BASC  
On Tuesday, March 9  
At 10:00 am  
Call 695-7119**  
\*\*\*\*\*

**Watch the recorded interview  
on the BASC  
Facebook Page or YouTube Channel  
after March 10**

### Fireplace Conversations Featuring Ulrike McCarty Chair Yoga Instructor



\*\*\*\*\*  
**Watch the recoded interview  
at the BASC  
On Tuesday, March 23  
At 10:00 am  
Call 695-7119**  
\*\*\*\*\*

**Watch the recorded interview  
on the BASC  
Facebook Page or YouTube Channel  
after March 24**

## EYEGLASS REPAIR & ADJUSTMENTS

Come in to have your eye glasses repaired or adjusted.  
This is a free service to the senior community  
in an effort to promote vision care.

Maryanne Penwell will be here to repair or adjust  
your eye glasses on the  
first and third Thursday of each month.

Maryanne will be here on  
**Thursday, March 4, at 9:30 am  
and  
Thursday, March 14, at 9:30 am  
Please call 695-7119 to register.**



## COMPASSIONATE CALLERS CLUB

Do you know a senior who lives alone?  
Someone who has little or no contact with others,  
or who has a medical condition that  
makes them vulnerable?

The Buchanan Area Senior Center has a senior  
well-check call program named Compassionate  
Callers Club (CCC), in partnership with the  
Buchanan Police Department and Berrien County  
Sheriff Department.

Trained volunteers place well-check calls to seniors  
who are 55 years and older who reside in the city or  
township of Buchanan. For more information, or if  
you would like to volunteer as a caller, please  
contact Joann at 695-7119.



# Buchanan Area Senior Center - March 2021 Calendar

Call prior to any program to register/schedule an appointment, and face mask is required.  
Bring your own beverages, as we are not able to serve coffee. Bottle water is available to purchase.

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

| <u>Monday</u>                                                                                   | <u>Tuesday</u>                                                                                                  | <u>Wednesday</u>                                                                                                                                                                                                                     | <u>Thursday</u>                                                                                                                                                                          | <u>Friday</u>                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>10:00 Line Dancing<br>with Linda                                                           | 2<br>11:00 Blood Press.                                                                                         | 3<br>8:45 Frozen Worlds<br>Documentary<br>10:00 Chair Exercise<br>with Linda<br>1:00 Movie Matinee:                                                                                                                                  | 4<br>9:30 Eyeglass Repair<br>10:00 Chair Yoga<br>with Ulrike                                                                                                                             | 5<br>8:45 Powerbeats<br>with Missy<br>10:00 Chair Exercise<br>with Liz<br>1:00 Fiber Friends                                                                                 |
| 8<br>10:00 Line Dancing<br>with Linda<br>2:00 Guided<br>Meditation:<br>"I AM"                   | 9<br>10:00 Fireplace<br>Conversations<br>Ft. Jess Minks<br>11:00 Blood Press.<br>2:00 Virtual Birthday<br>Bingo | 10<br>9:00 am—4:00 pm<br>COVID-19 Vaccines<br>2nd Shot                                                                                                                                                                               | 11<br>9:00 Foot Clinic<br>10:00 Chair Yoga<br>with Ulrike<br>1:00 Garden Club<br>"Gardening wit<br>Raised Beds"<br>Vite Greenhouses<br>1:00 Monthly<br>Commodities<br>3:00 Board Meeting | 12<br>8:45 Powerbeats<br>with Missy<br>10:00 Chair Exercise<br>with Liz<br>1:00 Fiber Friends                                                                                |
| 15<br>10:00 Line Dancing<br>with Linda<br>2:00 Art Class                                        | 16<br>11:00 Blood Press.<br>Check<br>2:00 Hearing Aid<br>Clinic                                                 | 17<br>10:00 Chair Exercise<br>with Linda<br>1:00 Movie Matinee:<br>"The Wind that<br>Shakes the<br>Barley"<br><br>Happy St. Patrick's Day<br><br> | 18<br>9:30 Eyeglass Repair<br>10:00 Chair Yoga<br>with Ulrike<br>10:30 Book Club                                                                                                         | 19<br>8:45 Powerbeats<br>with Missy<br>10:00 Chair Exercise<br>with Liz<br>1:00 Fiber Friends                                                                                |
| 22<br>10:00 Line Dancing<br>with Linda<br>2:00 Virtual Cooking<br>Class with<br>Sabine Wheatley | 23<br>10:00 Fireplace<br>Conversations<br>Ft. Ulrike<br>McCarty<br>11:00 Blood Press.<br>Check                  | 24<br>9:00 am—4:00 pm<br>COVID-19 Vaccines<br>2nd Shot                                                                                                                                                                               | 25<br>10:00 Chair Yoga<br>with Ulrike                                                                                                                                                    | 26<br>8:45 Powerbeats<br>with Missy<br>10:00 Chair Exercise<br>with Liz<br>11:30 Lunch Bunch<br>1:00 Fiber Friends                                                           |
| 29<br>10:00 Line Dancing<br>with Linda<br>3:00 Tai Chi                                          | 30<br>11:00 Blood Press.<br>Check<br>2:00 Virtual Fun<br>Bingo                                                  | 31<br>10:00 Chair Exercise<br>with Linda<br>1:00 Movie Matinee:<br>"Queen of Katwe"                                                                                                                                                  | Garden Club<br>Thursday March 11<br>at 1:00<br>Vite Greenhouses<br>will be presenting<br><br>       | Virtual Cooking Class<br>with<br>Sabine Wheatley<br>Monday, March 22<br>at 2:00<br><br> |



## Buchanan Area Senior Center

810 Rynearson St.

Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: [adam@thebasc.org](mailto:adam@thebasc.org)

[www.buchananareaseniorcenter.com](http://www.buchananareaseniorcenter.com)

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### **MEET OUR STAFF:**

**Executive Director:**

Adam Burck

**Office Manager:**

Joann Dodson

**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 Hotline For Seniors:** 1-800-347-5297

**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, Region IV Area Agency on Aging, Public and Private Groups, Individual Donations, Fund Raising Activities, Area Grants, and very dedicated Volunteers.