

Buchanan Area Senior Chronicle

"Happy, Active, Living"



FRONT PAGE NEWS



HAPPY NEW YEAR!

The senior center will be **closed on New Year's Day, Wednesday, January 1**. We will reopen on Thursday, January 2. Have a safe and Happy New Year!



MAKE 2020 HEALTHY!

Check out these programs to help you achieve a healthy body in 2020!

EXERCISE EQUIPMENT ORIENTATION

Michelle Holloway, Director of Personal Training and Health Promotions at the Niles-Buchanan YMCA, will be at the senior center on **Monday, January 13, at 2:00 pm**, to give us an orientation on our exercise equipment. Learn how each machine in our workout room works and what areas of our bodies each one targets. Need more personal attention to focus on certain areas? Michelle will return on **Monday, January 27, at 2:00 pm**, for a bit of one-on-one attention to help you meet your fitness goals this year.



WATER KEFIR CLASS

Probiotics have been touted widely for their health benefits, and we are just beginning to understand the importance of our intestinal bacteria to a healthy immune system. Come learn to make Water Kefir, a probiotic beverage that has no dairy and which is becoming more and more popular. Adam will share his two recipes for delicious Lemon Ginger and Cherry Lime Water Kefir on **Wednesday, January 29, at 1:30 pm**. Learn how to make the beverage and go home with Water Kefir culture to make your own at home. Start your new year off healthier!



PAJAMA PARTY/GAME DAY



Do you ever have days that you just want to stay in your pajamas and play cards all day? Then we have a day for you! Join us on **Monday, January 20**, for a Pajama Party and Game Day! Wear your comfy jammies and bring your robe if you are chilly. Senior Nutrition Services is closed in recognition of

Martin Luther King Day, but **we will provide brunch at noon**. You may bring snacks for the afternoon if you would like. Come join the fun!

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



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SPECIAL POINTS OF INTEREST

Board Meetings:

Thursdays, January 9, 3:00 pm

Monthly Potluck:

Wednesday, January 8,
at noon.

Please bring a dish to pass (10-12 servings).

Winter Closing Reminder:

Please remember this winter that if Buchanan Schools are closed due to bad weather, the Center is closed and there will be no meal delivery. Watch for closings on WNDU-16. If you are in doubt, please call us before you leave home.



WEEKLY EVENTS

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.

LINE DANCING: Line dance every Monday at 9:00 am, and Tuesday at 9:30 am.

EXERCISE: Chair Exercise every Monday & Wednesday at 10:15 am, and Friday at 10:00 am.

TAI CHI: Tuesdays at 11:00 am.

CHAIR YOGA: Thursdays at 10:15 am. **NO CHAIR YOGA on January 9!**

POWERBEATS: Fridays at 9:00 am.

QUILTING: Get help with your quilting projects and socialize with other quilters, every Tuesday at 1:00 pm.

FIBER FRIENDS: Gather with friends to crochet, knit, or work on other fiber crafts every Friday at 1:00 pm.



MAH JONG: Mondays and Thursdays at 12:30 pm.

EUCHRE: Every Monday at 1:00 pm.

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

HAND AND FOOT: Every Wednesday at 12:30 pm.

CRIBBAGE: Thursdays at 1:00 pm.

Please join us!

MONTHLY PROGRAMS

- ♦ **CASH BINGO:** Cash Bingo is held on the first and third Fridays of each month. Join us on **January 3 & 17, at 1:00 pm.**
- ♦ **COFFEE CHAT:** The Coffee Chat in January will be the second **Wednesday, January 8, at 9:00 am.** We offer a Coffee Chat with an interesting speaker, along with Fasting Blood Sugar and Brunch Social refreshments provided by Buchanan Meadows. See page 3 for details.
- ♦ **POTLUCK BINGO:** We share potluck on the second Wednesday of each month at noon, followed by Bingo at 1:00 pm. The potluck this month will be **Wednesday, January 8, at noon.**
- ♦ **PAMPER YOUR FEET:** Monthly foot clinic through Van's Medical, the **second Thursday, January 9,** 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.
- ♦ **SHADOW STEPPERS:** Monthly grief support group led by Caring Circle, on **Tuesday, January 14, from 2:30 to 4:00 pm.** This is an open-ended support group, so you may start and stop attending whenever you choose.
- ♦ **CLARK RETIREE CLUB:** Clark salaried retirees meet at the Senior Center the **third Wednesday, January 15, at noon** for lunch, offered by Senior Nutrition Services. A speaker follows lunch and the public is welcome.
- ♦ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, January 15, at 12:30 pm,** sponsored by All Needs Senior Services.
- ♦ **BOOK CLUB:** The Book Club meets on the third Thursday of each month. The January book club meeting is **Thursday, January 16, at 10:30 am.**
- ♦ **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists will be here on **Tuesday, January 21, from 2:00 to 3:30 pm,** to check your hearing aids and remove ear wax.
- ♦ **BIRTHDAY BINGO:** We will celebrate the December *and* January birthdays this month on the fourth **Wednesday, January 22, at 1:00 pm.** We play Bingo at 1:00, followed by cake and ice cream provided by the BASC.
- ♦ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets on the fourth Friday of the month at a restaurant for lunch and socialization. Meet **Friday, January 24, at 11:30 am, at Cameron's in Buchanan,** or meet at 11:00 at the senior center to carpool. Sign up at the front desk so we know how many are attending.
- ♦ **ICE CREAM SOCIAL:** Brentwood at Niles treats us to an Ice Cream Social on the last Thursday of each month. Join us for the January Ice Cream Social on **Monday, January 27, at 12:30 pm.**

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

VETERAN OUTREACH



Due to a bad weather postponement in November, Lee Lull from Veteran's Services will be at the center on **Tuesday, January 14, from 2:30 to 4:00 pm,** to answer your veteran-related questions and help you fill out paperwork. This service is first-come, first-served.

Board minutes & open items are available to be read at the center.

COFFEE CHAT/FASTING BLOOD SUGAR/BRUNCH SOCIAL: MILL POND APARTMENTS



Join us for our monthly Coffee Chat/Fasting Blood Sugar/Brunch Social on **Wednesday, January 8, at 9:00 am**. This month we welcome our neighbor to the south, Mill Pond Apartments, who will tell us about what they have to offer for apartments and senior housing.

Fasting blood sugar tests and refreshments are provided by Buchanan Meadows.



Buchanan Meadows

BUDGETING AND SAVING MONEY

We want to help you with your financial health as well as physical health in 2020, so we will be presenting several courses from Fifth Third Bank's "Empower U" Financial Empowerment Program. Join us as a representative from Fifth Third Bank talks to us about Budgeting and Saving Money. In this class on **Thursday, January 9, at 1:00 pm**, you will learn how to create a budgeting process that will work for you and get you on track to meet your own personal financial goals. You will learn how to save—no matter your income level, amount of debt or fear of the process.



NEW VEHICLE DONATION CAMPAIGN

On behalf the BASC Board and Staff, I would like to extend our sincere wishes for a very healthy and happy New Year. We have had a very productive year at the BASC and some highlights include:

- Completed sidewalk connecting BASC, Metea Court, and Mill Pond
- Converted to LED lights, saving over 30% on electric costs and using the savings to enhance programs and services
- Installed a Senior Garden providing another physical activity program and raising 175+ quarts of fresh, organic produce for our seniors and commodities program

We have identified the purchase of a new vehicle for our medical transportation program as our new fundraising focus. We have only one vehicle and this limits our ability to serve the medical transportation needs of our seniors:

Over the past year, we provided 266 rides to medical appointments and have declined about the same number of requests due the lack of a second vehicle.

Please pitch in to help purchase a second vehicle to get more seniors to medical appointments.

We've made it easy to donate. You can mail a check to our office, 810 Rynearson Street, Buchanan, MI, 49107 or stop by the office to pay with cash, check or a credit card. On behalf of our wonderful seniors, we thank you for your generosity!

Adam Burck, Executive Director

COMMUNITY EVENTS

GET INVOLVED!

Buchanan Tree Friends



The Buchanan Tree Friends, working in concert with the city of Buchanan and its residents shall strive to improve the beauty of our city's streets by maintaining and planting trees which will provide shade, environmental and health benefits to all inhabitants of Buchanan.

Are you interested in helping the Buchanan Tree Friends plant trees around our city? Attend their meeting at River St. Joe Hopyard Brewery, 15475 Walton Rd, Buchanan, on Thursday, January 9, at 6:00 pm to learn more.

Would you like to make a donation for a memorial tree planted in honor of someone? Contact Richard Martin of Buchanan Tree Friends at 269-876-9578.

Other Organizations of Interest

Dog Park Committee
and
Friends of the Ducks

Meet at Buchanan City Hall
on Tuesday, January 28,
at 6:00 pm.



DANCE/EXERCISE CLASSES

We have plenty of exercise classes to help us get moving and get in shape. Work out on our exercise equipment or join one of our exercise or dance classes. Keep in shape and have fun with your friends at the Buchanan Area Senior Center.

- ♦ The **Exercise Room** is available from 9:00 am to 4:00 pm, Monday through Friday. Sign a waiver for our file and come whenever you can.
- ♦ **Line Dancing** on Monday at 9:00 am and Tuesday at 9:30 am.
- ♦ **Chair Exercise** on Monday & Wednesday at 10:15 am, and Friday at 10:00 am.
- ♦ **Tai Chi here** on Tuesdays at 11:00 am, and Saturdays at 10:00 am at Redbud Fitness (\$10 month).
- ♦ **Chair Yoga** on Thursdays at 10:15 am. No chair yoga on January 9.
- ♦ **Powerbeats** on Fridays at 9:00 am.

We gladly offer eight exercise classes each week for our patrons. These classes are free of charge but your donations are greatly appreciated.

NOTE CARD CLASS



Learn to make note cards with Shelli Draper in this class on **Thursday, January 30, at 1:00 pm**. Shelli will bring her crafting supplies and offer instructions for a variety of designs. For a fee of \$5 (payable to

Shelli) you will get three note cards with envelopes. Let your creativity shine in this fun class.

QUILT BLOCK A MONTH

Make 2020 the year that you learn how to quilt! You can accomplish big things in small steps with a Block of the Month program, and our quilting instructor, Vi DePhillipe, will help you. Our quilt class meets every **Tuesday from 1:00 to 3:00 pm**, and the first Tuesday of each month Vi will introduce a new quilt pattern for you to make a square with the fabric of your choice. You will have the rest of the month in which to complete it, and learn a new quilt pattern the next month. Complete 9 squares of 9 different patterns in 9 months, and then learn how to put them together to complete a quilt. Here's your chance to socialize with other quilters and learn quilting tips.

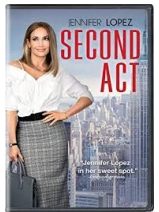


NETFLIX FRIDAY MOVIE MATINEE

Join us for the Netflix Friday Movie Matinee on **Fridays, January 10 and 24, at 1:00 pm**. Includes snack and beverage.

January 10: *Second Act*

A big box store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do. Starring Jennifer Lopez. PG-13

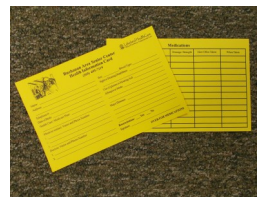


January 24: *Three Identical Strangers*

In 1980 New York, three young men who were all adopted meet each other and find out they're triplets who were separated at birth. But their quest to find out why turns into a bizarre and sinister mystery. PG-13



9-1-1 EMERGENCY CARDS



With the new year upon us, we want to update our patron photos and Emergency Contact cards for our files. We have new patrons since we originally asked for the information, and we are missing photos of some of you.

If you have already filled out a card, you won't need to do it again unless there have been changes in address, emergency contact person, medications, etc. But for those of you who have not completed a card yet, please get one from a staff person and allow them to get your photo to attach to the card. We also have Patron Handbooks for those of you who don't already have one.

We hope that we never need the information you supply, but we would like to have it on file in case of an emergency. Please understand that this is not an invasion of your privacy, but rather a tool to provide better care for you. The cards are held in a secure and locked location within staff offices, keeping your information safe. Thank you for your thoughtful consideration of this request.

CYBER SENIORS:

Do you have questions about technology such as laptops, tablets, cell phones, or other technology? Students from



Russ Philip's tech class at Buchanan High School will be here to assist you on **Thursday, January 16, at 1:00 pm**. Bring your questions!

WORD SEARCH: MOODS AND EMOTIONS

Find and circle all of the words that are hidden in the grid.
The remaining 12 letters spell an additional word.

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

SUDOKU

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

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

PUZZLES & FUN

AFRAID
 AGITATED
 ANQUISH
 BLUE
 BORED
 CHEERY
 DARK
 DOWN
 DREAD
 EDGY
 ELATION
 FURIOUS
 GENIAL
 GLOOMY
 GROUCHY
 HELPLESS
 HOPEFUL
 HUMILIATED
 HURT
 IRKED
 JADED
 JOVIAL
 LONELY
 LOVE
 MELLOW
 MERRY
 MISERY
 OFFENDED
 ORNERY
 PANIC
 PEACEFUL
 PLEASED
 REMORSE
 SOMBER
 SUNNY
 SYMPATHY
 UNEASY
 UPBEAT
 WEARY



**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
per year

Thank you for your pledge!

**COMMODITY
PICK-UP DAYS**

Commodities are distributed
from the Senior Center garage.



MARK YOUR CALENDAR

**CSFP Monthly on
Thursday, January 9
from 1:00 to 2:00 pm**

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*This institution is an equal  
opportunity provider.*

**PLEASE NOTE:**

Commodity home deliveries  
are reserved for the home-  
bound or people who do not  
have a proxy. All others must  
pick up commodities at the  
senior center or have a  
proxy pick them up on the  
scheduled date.

**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:**

Lunch is served at the Center,  
Monday–Friday, at noon.

- Please order your meal by calling Kerri at 695-7119 before 10:00 am the day before you would like lunch.
- If you are on the list as a regular and cannot come for lunch on a day you are expected, please call by 10:00 am the day before and cancel your reservation so your meal does not have to be thrown away.
- 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/> and click on Mobile Food Pantry.*

**January 7**

3:30 pm—Chikaming Twp Hall  
13535 Red Arrow Hwy, Harbert, MI

**January 8**

4:00 pm—Woodland Shores Baptist Church  
@ Bridgman Fire Dept.  
9765 Maple St., Bridgman, MI

**January 10**

4:00 pm—Eau Claire Seventh Day Adventist Church  
6562 Naomi Rd, Eau Claire, MI

**January 15**

4:00 pm—Stevensville United Methodist church  
@ Lincoln Township Fire Dept.  
2130 W. John Beers Road, Stevensville, MI



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 Congregate Menu



## January 2020—Congregate

**Menu Is Subject To Change Without Notice**



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

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

| Monday                                                                                                                                                                                                       | Tuesday                                                                                                                                            | Wednesday                                                                                      | Thursday                                                                                             | Friday                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <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> |                                                                                                | <b>2</b> Baked manicotti w/ sausage<br>Steamed Broccoli<br>WW roll<br>Peaches                        | <b>3</b> Roasted turkey w/ gravy<br>Mashed potatoes<br>Chef's choice vegetable<br>Fruited Jello       |
| <b>6</b> Chicken sandwich<br>Lettuce, tomato<br>Roasted vegetables<br>Bun<br>Pineapple                                                                                                                       | <b>7</b> Stuffed pepper with rice, meat & cheese<br>Creamed corn<br>Fruit & yogurt parfait                                                         | <b>8</b><br>CENTER<br>POTLUCK                                                                  | <b>9</b> Traditional goulash<br>Coleslaw<br>Biscuit<br>Apricots                                      | <b>10</b> Roasted chicken & vegetables<br>Redskin potato<br>3 bean salad<br>Pears                     |
| <b>13</b> Pork loin w/ gravy<br>Mashed potatoes<br>Broccoli florets<br>Cornbread<br>Fruit cocktail                                                                                                           | <b>14</b> Chicken teriyaki<br>Rice<br>Steamed spinach<br>Oriental blend<br>Peaches                                                                 | <b>15</b> Pot roast w/ potatoes, carrots, onions<br>Peas<br>WW roll<br>Baked apple w/ cinnamon | <b>16</b> Chef's choice meat (no pork)<br>European blend<br>Bun or biscuit<br>Oranges                | <b>17</b> Southern corn meal fish<br>Coleslaw<br>Carrot coin<br>Biscuit<br>Vanilla pudding + fruit    |
|                                                                                                                                                                                                              | <b>21</b> Hot beef sandwich<br>Rosemary baked potato wedges<br>Beet salad<br>Bun<br>Pineapple                                                      | <b>22</b> Chicken n' dumplings<br>Chef's choice vegetable<br>Rye bread<br>Ambrosia fruit salad | <b>23</b> Hamburger on a Bun<br>Potato salad<br>Lettuce, tomato & pickles<br>Bun<br>Mandarin oranges | <b>24</b> Chef's choice meat (no pork)<br>Corn<br>Key West vegetable<br>Rye<br>Birthday Cake + Fruit  |
| <b>27</b> Country Chicken<br>Rice<br>Capri blend vegetables<br>Pears                                                                                                                                         | <b>28</b> Swiss steak w/ onions<br>Mashed potatoes<br>Steamed spinach<br>WW roll<br>Craisins                                                       | <b>29</b> Teriyaki Pork Stir Fry<br>White Rice<br>Oriental blend<br>Applesauce                 | <b>30</b> Turkey chili with beans<br>Tomato & cheese<br>Corn bread<br>Pineapple                      | <b>31</b> Loaded baked potato w/ cheese, bacon, broccoli<br>Sliced tomato & cucumber salad<br>Peaches |

## RECIPE: MAPLE BUTTERSCOTCH BROWNIES

Wonderful little maple-flavored bars. Would be good for everyday snacking or a nice potluck dessert.

### Ingredients:

1-1/4 c. packed brown sugar  
 1/2 c. melted butter  
 1-1/2 t. maple flavoring  
 2 eggs  
 1-1/2 c. all-purpose flour  
 1 t. baking powder  
 1/4 t. salt  
 20 pecan halves

### Instructions:

Preheat oven to 350 degrees. Prepare an 8 or 9" square pan with parchment paper (or spray with Pam). In a bowl, combine the brown sugar, butter, and maple flavoring. Add the eggs, one at a time, beating well after each addition. Combine flour, baking powder, and salt; add slowly into the egg mixture and mix. Pour the mixture into the prepared pan and place the pecan halves in rows on top of the batter, pressing lightly so they won't fall off. Bake bars at 350 degrees for 27-30 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut into 16-20 bars.



## CARD GAME WINNERS

### Euchre

| 11/25/19                              | 12/2/19         | 12/9/19                                 | 12/16/19              |
|---------------------------------------|-----------------|-----------------------------------------|-----------------------|
| 1st Terry Walsh                       | 1st Sue Rose    | 1st Danny Sandmann                      | 1st Wendie Stephenson |
| 2nd Donna Hoyer and<br>Danny Sandmann | 2nd Terry Walsh | 2nd Charles Burgoyne<br>and Pat Peterek | 2nd Chuck Underly     |
| HM Erv Schmaltz and<br>Norma Metzger  | HM Janis Sexton | HM Ken Callahan<br>Maryann Schultz      | HM Pat Peterek        |

\* Thank you Don and Betty Cornwell for coordinating Monday Euchre.

### Tuesday Pinochle

| 11/26/19         | 12/3/19            | 12/10/19            | 12/17/19           |
|------------------|--------------------|---------------------|--------------------|
| 1st Pat Peterek  | 1st Gerald Feece   | 1st Herb Boyersmith | 1st Danny Sandmann |
| 2nd Kay Schadler | 2nd Danny Sandmann | 2nd Pat Peterek     | 2nd Gail Moad      |

### Wednesday Evening Pinochle

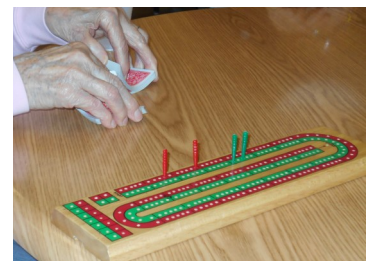
| 11/27/19            | 12/4/19              | 12/11/19          | 12/18/19        |
|---------------------|----------------------|-------------------|-----------------|
| 1st Chuck Underly   | 1st Marilyn Holden   | 1st Chuck Underly | 1st Gail Moad   |
| 2nd Herb Boyersmith | 2nd Gail & Jeff Moad | 2nd C J Leiter    | 2nd Pat Peterek |

### Hand & Foot

| 11/27/19                             | 12/4/19       | 12/11/19         | 12/18/19     |
|--------------------------------------|---------------|------------------|--------------|
| Dawnita Burgoyne<br>and Janis Sexton | Elden Meschke | Dawnita Burgoyne | Janis Sexton |

### Cribbage—Best Hand

11/21/19 Janis Sexton  
 12/5/19 Chuck Underly  
 12/12/19 Herb Boyersmith  
 12/19/19 Herb Boyersmith



### Mah Jongg— Most Wins for the Week

11/21/19 Rosalie Holloway  
 11/25/19 Jeanette Arent  
 12/12/19 Lois Howard



## THANK YOU!

**Our Great Volunteers:** \*Josetta Bibbs, \*Deb Hendrix, \*Jeanne Harris, \*Monroe Lemay, \*Richard Martin, \*Jess Minks, \*Terri Sisk, \*Sabine Wheatley, \*Leona Wonacott, Linda Abair, Jeff Armstrong, Bobbie Benak, Mary Blake, Herb Boyersmith, Francis Brown, Dawnita Burgoyne, Don and Betty Cornwell, Julie Deeds, Vi DePhillipe, Ron Hartline, Marilyn Holden, Linda Luhrsen, Joan McGuire, Pat Peterek, Michelle Phillips, Dan Riley, Gill Robbins, Sue Rose, Kay Schadler, Pam and Charlie Serene, Janis Sexton, Yvonne Shaw, Mary Speckine, Wendie Stephenson, Judy Vergon, Carol Walters, Lisa Weed, Mary Williams, and Rose Marie Yaw.

*\*Indicates Board Member*

**General Fund Donation:** Network for Good.

**Dollar Club:** Don Holmes, Nancy Hain, and Julie Deeds.

**Program Donations:** C J Leiter, Judy Vergon, Carole Schlutt, Joanne Ziebarth, and Pat Casto.

**New Vehicle Donation:** Catherine and Louis Desenberg.

**Gifts-in-Kind:** Bob and Mary Dings, Marilyn White, Tri-City Church of Christ, Linda Luhrsen, Mary Ann Schultz, Anna Bumstead, Bobbi Benak, Janice, Donna Ochenryder, Royal Neighbors of America, Joyce Ferris, Pat Robbins, Pauline Dickinson, Pam Sten, Yvonne Shaw, Delores Arroyo, Linda Abair, and Herb Boyersmith.

**Memorials:** *In Memory of Larry Ott* from Lawrence & Elaine Marsh; *In Memory of Mary Louise Hess* from Cindy Berry, Maurice & Carol McMichael, Sue Edlin, Ronald Kaufman, and Mary Jo Prosser; *In Memory of Ken Smith* from Mary Jo Prosser; *In Memory of Jeri Nespital* from Linda & Monte Abair.

*New year—new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.*

*~ Alex Morritt*

### BASC COMMITTEES

We have several committees with volunteer opportunities at the Buchanan Area Senior Center. If you are interested in serving on a committee, please see a staff member. The committees include Facility & Transportation, Memorial, Programming, Fundraising, and Volunteer. Patron input helps us plan our future. Thank you for your interest and participation.



Escape the winter blues and join us for lunch, fun, and companionship at the Buchanan Area Senior Center. Come for lunch and stay for cards, crafts, or one of the many other programs we offer. Get out of the house and join your friends at the Buchanan Area Senior Center. Call Kerri at 269-695-7119 for reservation by 10:00 the day before or for questions.



### IN REMEMBRANCE



As another year begins, we at the senior center pause to remember our friends and patrons who passed last year. We won't list all of the special people who left us last year, but you all probably have special memories of someone whose time you enjoyed sharing at this center. As you think of them this New Year, also think of their families who begin a new year without their loving presence.

*New Years Wishes are lovingly sent, to the Heavens above to where you went.*

### POINSETTIA THANK YOU

We would like to thank WSJM, News Talk 94.9, for the donation of poinsettia plants. These beautiful plants were distributed to our exercise instructors and the homebound to help brighten their holidays. Thank you!



## SENIOR CENTER PHOTOS



Thank you everyone for supporting our annual Christmas Bazaar! It was a very successful event and a fun day!



Santa visited our Christmas party. Here he is showing Joan McGuire and Adam Burck the book he has written.



Senior Nutrition Services driver, Jerry Kimble, spreading Christmas cheer!

### 6 WAYS TO SAVE YOUR KNEES

Your knees are one of the largest joints in your body and may be prone to pain, stiffness, and inflammation. AARP has compiled this list of the top 6 ways to save your knees.

1. **Maintain a healthy weight.** For every pound of weight you put on, the knees will have four more pounds of force on them, and even more than that when you go up or down stairs.
2. **Keep moving.** Regular physical activity helps maintain joint function, including strength and range of motion in knees.
3. **Strengthen the muscles that support your knees.** Developing strong thigh muscles, especially the quadriceps, hamstrings, and abductors, improves range of motion, protects knee cartilage, and reduces the stress you place on your knees.
4. **Perfect your posture.** People often slouch or get more stooped over as they get older. This is problematic because poor posture changes your body's center of gravity, placing added stress on your knees and hips. Make a point of standing tall and your knees will thank you.
5. **Choose the right shoes.** Wearing supportive, comfortable shoes promotes proper alignment of the joints in your lower extremities as you move.
6. **Listen to your knee pain.** If you develop pain and swelling in your knee, take a break from walking, running, or any other high-impact activity you are doing. Give your knee the RICE treatment—rest, ice, compression, and elevation—and take an anti-inflammatory medication such as ibuprofen.

*Life begins at the end of your comfort zone.*

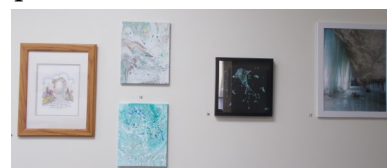
*~ Neale Donald Walsch*

**If you want 2020 to be your year:** *Don't sit on the couch and wait for it. Go out. Make a change. Smile more. Be excited. Do new things. Throw away what you've been cluttering. Unfollow negative people on social media. Go to bed early. Wake up early. Be fierce. Don't gossip. Show more gratitude. Do things that challenge you. Be brave.*

### ON EXHIBIT IN OUR LIBRARY

Currently on exhibit in our library is a compilation of artwork from 13 area seniors, entitled *Artistic Seniors*. The collection includes fabric art, photographs, oil paintings, and much more.

The exhibit will remain through the end of February, 2020. Stop in this winter and check it out!

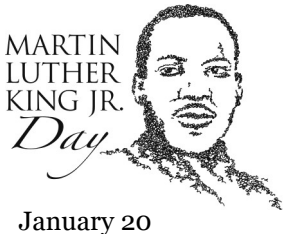



### SENIOR COMPANIONS NEEDED

Families in every community struggle to care for their elderly loved ones. Area Agency on Aging trains Senior Companions to help the elderly stay in their own home, help to control the rising cost of health care, and give families or caregivers much-needed time off. If you are over 55 and would like to help seniors in our community become more independent, call Robin Ross at Region IV Area Agency on Aging at 269-408-4305. Most Senior Companions who qualify serve 20 hours per week and earn a tax-free hourly stipend. Become a Senior Companion today!



# Buchanan Area Senior Center - January 2020 Calendar

| <u>Monday</u>                                                                                                                                                              | <u>Tuesday</u>                                                                                                                                                            | <u>Wednesday</u>                                                                                                                                                        | <u>Thursday</u>                                                                                                                                              | <u>Friday</u>                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|  <p>MARTIN LUTHER KING JR.<br/><i>Day</i><br/>January 20</p>                               |                                                                                          | <p>1</p> <p><b>CLOSED</b></p> <p><i>HAPPY New Year</i></p>                                                                                                              | <p>2</p> <p>9:30 Eyeglass Repair<br/>10:15 Chair Yoga<br/>12:30 Mah Jongg<br/>1:00 Cribbage</p>                                                              | <p>3</p> <p>9:00 Powerbeats<br/>10:00 Exercise/Liz<br/>1:00 Cash Bingo<br/>1:00 Fiber Friends</p>                            |
| <p>6</p> <p>9:00 Line Dancing<br/>10:15 Exercise/Linda<br/>12:30 Mah Jongg<br/>1:00 Euchre</p>                                                                             | <p>7</p> <p>9:30 Line Dancing<br/>11:00 Blood Press. Check<br/>11:00 Tai Chi<br/>1:00 Pinochle<br/>1:00 Quilting</p>                                                      | <p>8</p> <p>9:00 Coffee Chat/Fasting<br/>Blood Sugar/Brunch<br/>10:15 Exercise/Cecil<br/>12:00 Potluck/Bingo<br/>12:30 Hand &amp; Foot Cards<br/><br/>6:00 Pinochle</p> | <p>9</p> <p>9:00 Foot Clinic<br/>12:30 Mah Jongg<br/>1:00 Cribbage<br/>1:00 Mo. Commodities<br/>1:00 Budgeting &amp; Saving Money<br/>3:00 Board Meeting</p> | <p>10</p> <p>9:00 Powerbeats<br/>10:00 Exercise/Liz<br/>1:00 Fiber Friends<br/>1:00 Friday Matinee</p>                       |
| <p>13</p> <p>9:00 Line Dancing<br/>10:15 Exercise/Linda<br/>12:30 Mah Jongg<br/>1:00 Euchre<br/>2:00 Exercise Equipment Orientation</p>                                    | <p>14</p> <p>9:30 Line Dancing<br/>11:00 Blood Press. Check<br/>11:00 Tai Chi<br/>1:00 Pinochle<br/>1:00 Quilting<br/>2:30 Shadow Steppers<br/>2:30 Veterans Outreach</p> | <p>15</p> <p>10:15 Exercise/Cecil<br/>12:00 Clark Retirees<br/>12:30 Root Beer Floats<br/>12:30 Hand &amp; Foot Cards<br/><br/>6:00 Pinochle</p>                        | <p>16</p> <p>9:30 Eyeglass Repair<br/>10:15 Chair Yoga<br/>10:30 Book Club<br/>12:30 Mah Jongg<br/>1:00 Cribbage<br/>1:00 Cyber Seniors</p>                  | <p>17</p> <p>9:00 Powerbeats<br/>10:00 Exercise/Liz<br/>1:00 Cash Bingo<br/>1:00 Fiber Friends</p>                           |
| <p>20</p> <p>9:00 Line Dancing<br/>10:15 Exercise/Linda<br/>12:30 Mah Jongg<br/>1:00 Pajama Party/<br/>Game Day<br/>1:00 Euchre<br/><br/><i>Martin Luther King Day</i></p> | <p>21</p> <p>9:30 Line Dancing<br/>11:00 Blood Press. Check<br/>11:00 Tai Chi<br/>1:00 Pinochle<br/>1:00 Quilting<br/>2:00 Hearing Aid Checks</p>                         | <p>22</p> <p>10:15 Exercise/Cecil<br/>12:30 Hand &amp; Foot Cards<br/>1:00 Birthday Bingo<br/><br/>6:00 Pinochle</p>                                                    | <p>23</p> <p>10:15 Chair Yoga<br/>12:30 Mah Jongg<br/>1:00 Cribbage</p>                                                                                      | <p>24</p> <p>9:00 Powerbeats<br/>10:00 Exercise/Liz<br/>11:30 Lunch Bunch<br/>1:00 Fiber Friends<br/>1:00 Friday Matinee</p> |
| <p>27</p> <p>9:00 Line Dancing<br/>10:15 Exercise/Linda<br/>12:30 Mah Jongg<br/>12:30 Ice Cream Social<br/>1:00 Euchre<br/>2:00 Exercise Equipment Orientation</p>         | <p>28</p> <p>9:30 Line Dancing<br/>11:00 Blood Press. Check<br/>11:00 Tai Chi<br/>1:00 Pinochle<br/>1:00 Quilting</p>                                                     | <p>29</p> <p>10:15 Exercise/Cecil<br/>12:30 Hand &amp; Foot Cards<br/>1:30 Water Kefir Class<br/><br/>6:00 Pinochle</p>                                                 | <p>30</p> <p>10:15 Chair Yoga<br/>12:30 Mah Jongg<br/>1:00 Cribbage<br/>1:00 Note Card Class</p>                                                             | <p>31</p> <p>9:00 Powerbeats<br/>10:00 Exercise/Liz<br/>1:00 Fiber Friends</p>                                               |

*Please Note: Some programs require advance registration. Programs are subject to change—please call ahead to confirm.*



## Buchanan Area Senior Center

810 Rynearson St.

Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

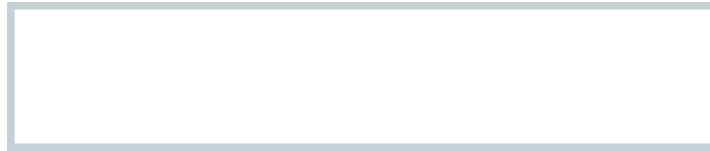
E-mail: [adam@thebasc.org](mailto:adam@thebasc.org)

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

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### **MEET OUR STAFF:**

**Executive Director:**

Adam Burck

**Office Manager:**

Joann Dodson

**Program Coordinator:**

Jan Ferris

**Elder Care and Facilities Coordinator:**

Danielle Martell

**Staff Assistant:**

Terry Perkins

**Senior Nutrition Site Manager:**

Kerri Pettie

### **IMPORTANT SERVICE NUMBERS:**

**United Way:** 1-800-310-5454

**Social Security:** 1-800-772-1213

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

**Medicare Questions:** 1-800-633-4227

**Medicaid Hotline:** 1-800-642-3195

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

**Senior Law Center:** 1-888-418-1311

**Berrien Co. Veteran's Services:** 1-269-983-7111  
Ext 8224

**Benton Harbor VA Office:** 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.