



Buchanan Area Senior Chronicle

“Happy, Active, Living”



AARP FOUNDATION TAX-AIDE AT THE BASC



The mission of the AARP Foundation Tax-Aide is to provide “free tax assistance to those who need it most.” To accomplish this mission, we offer tax return assistance **free of charge to any Michigan resident, but with a special**

focus on taxpayers who are over age 50 with low to moderate income. The Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year. The Buchanan Area Senior Center (BASC) is proud to partner with the AARP Foundation to provide this free service. Each year our local volunteer Tax Team spends hundreds of hours in training and then preparing individual tax returns for our community’s seniors.

So how does the tax return preparation work at the BASC? Taxpayers are scheduled for an appointment and must stop by the BASC to pick-up an intake form. The taxpayer must bring their completed intake form and their tax information to their scheduled tax appointment. At that time, the Tax-Aid volunteer will review their documentation. If all necessary documentation is provided, the taxpayer will be contacted at a later date to schedule a tax return appointment pick-up date and time. A limited number of appointments are available.

Please plan on attending the Tax Filing Presentation on January 23 at 1:00 pm. Program information below. We will begin to make tax appointments after the presentation. Starting on January 24 you can call the BASC at 269-695-7119 or stop by the BASC to schedule a tax appointment.

TAX FILING PRESENTATION

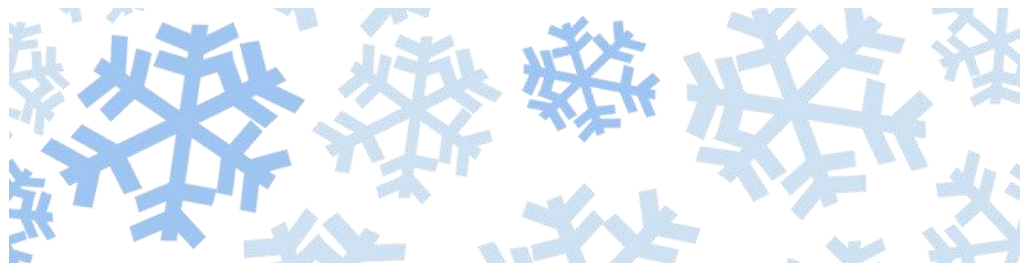
Tax Filing Presentation
Thursday, January 23 at 1:00 pm
Registration Required
Call 695-7119 to Register



You will learn:

- ⇒ What to bring to your tax appointment
- ⇒ What you need to know
- ⇒ Your questions answered

Appointment scheduling will be available after the presentation.



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Happy New Year from the BASC Board of Directors & Staff

The BASC is closed on January 1, 2025

You are *never* too old to set another goal or to *dream* a new dream.

C.S. Lewis

Make a new goal or dream and partake in BASC programming!

- * Attend fitness classes
 - * Learn how to play a new card game
 - * Make a goal to keep moving and learning new things.
- 2025 is your year!**

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

WEEKLY EVENTS

HEALTH

BLOOD PRESSURE CHECKS: Postponed

GLASSES ADJUSTMENT AND REPAIR:

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

FITNESS

CHAIR FITNESS WITH LINDA: Mondays at 10:00 am

DANCING TO THE OLDIES WITH CeCe: Mondays at 11:00 am

OSTEO FIT WITH MISSY: Tuesdays at 9:00 am

CHAIR FITNESS WITH CeCe: Wednesdays at 10:15 am
No class on January 1

CHAIR YOGA WITH SARA: Thursdays at 11:00 am

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

CHAIR FITNESS WITH LIZZ: Fridays at 10:00 am

FITNESS ROOM: Is open all hours BASC is open.

CARDS & GAMES

EUCHRE: Mondays at 1:00 pm and Wednesdays at 6:00 pm
No class on January 1.

MAH JONGG: Mondays and Thursdays at 1:00 pm

PINOCHLE: Tuesdays at 1:00 pm and Wednesdays at 6:00 pm
No class on January 1.

HAND AND FOOT CARDS: Wednesdays at 1:00 pm
No class on January 1.

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

OTHER PROGRAMS

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

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



MONTHLY PROGRAMS

Programs are subject to change.

- ◆ **BLOOD PRESSURE CHECKS:** Postponed
- ◆ **HEARING AID CHECKS:** Dr. Michelle Ridenour from Miracle Ear, will be at the BASC on **Tuesday, January 14, 2:00 to 3:00 pm**, to check ears for wax, clean hearing aids, and answer questions. Please call 695-7119 to register.
- ◆ **BOOK CLUB:** The Book Club meets on the third Thursday of each month in our library. The book club meeting is **Thursday, January 16, at 10:30 am**.
- ◆ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets at a restaurant for lunch and socialization. **Call the BASC at 695-7119 to reserve your seat for lunch on Friday, January 24 at Wings Etc., 2455 W Cleveland Rd, South Bend, IN—near Meijer on Portage Ave.** Please indicate when you make your reservation if you are meeting at the BASC at 11:00 am or at the restaurant at 11:30 am. Please make sure you call and reserve your seat!
- ◆ **FOOT CLINIC:** Blessed Feet, LLC, **Thursday, January 16, beginning at 9:00 am.** Initial appointment fee is \$40; all subsequent appointments will cost \$30 (checks payable to Blessed Feet, LLC). This is **not** covered under any insurance. Please call and schedule your appointment at 695-7119. You will need to pick-up a consent form that needs to be completed by your doctor prior to your first visit.
- ◆ **BIRTHDAY BINGO:** Celebrate the month's birthdays at Birthday Bingo! We will sing "Happy Birthday", play bingo, and win prizes! **Cake and ice cream will be provided by Riveridge Rehab. Join in the fun at the BASC on Wednesday, January 22 at 1:00 pm.**
- ◆ **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, January 15, at 12:30 pm, provided by Woodland Terrace.**
- ◆ **ICE CREAM SOCIAL:** Brentwood at Niles treats the BASC to a monthly Ice Cream Social on the last Monday of each month, **Monday, January 27 at 12:30 pm.**
- ◆ **FASTING BLOOD SUGAR & BRUNCH SOCIAL:** Get your blood sugar checked the first Wednesdays at 9:00 am and join Coffee Chat Social. **Buchanan Meadows** will provide the blood sugar test and refreshments will be on **Thursday, January 2 at 9:00 am.**
- ◆ **LGBTQ+ SOCIAL GATHERING:** If you are interested in joining in a LGBTQ+ Social Gathering held the second Thursday of the month from 6:00 to 8:00 pm,

The BASC is closed January 1, 2025.

Fasting Blood Sugar & Brunch Social will be on Thursday, January 2.

Hearing Aid Checks—Mark you calendar that February's Hearing Aid Check is on Tuesday, February 4, 2:00—3:00 pm.

Coffee Chat—postponed until February 5.

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.

NO COFFEE CHAT HAVE A BLESSED NEW YEAR'S DAY



The BASC will not have a January Coffee Chat due to the program being on New Year's Day. Why not call or visit a friend and have your own coffee chat conversations!



Fasting Blood Sugar Testing
Thursday, January 2
9:00 to 10:00 am

ADVANCE CARE PLANNING (ACP)

Join Julie Griffin, Advance Care Planning Coordinator of Corewell Health South to learn more about the importance of preplanning your medical care advocate. This is a difficult conversation to have with your loved ones, however, the conversation will help your loved ones make decisions in knowing your preferences. She will have ACP packets available. See page 6, the BASC Legacy article, for more information.



Advanced Care Planning
Wednesday, January 29 at 1:00 pm
Registration Required—Call 695-7119 to register

SUPER BOWL PARTY AT THE BASC



Do you like watching the Super Bowl for the game or for the commercials? Either way, sign-up to watch this year's Super Bowl game at the BASC!

Super Bowl Party at the BASC on Sunday, February 9.
Doors open at 5:00 pm for pre-game - game starts at 6:30 pm.
You must RSVP. Call 695-7119 to join in the excitement.
We will have pizza, soup and drinks available.

CONVERSATIONS WITH FRIENDS FEATURING TONY HOUSER

Tony Houser is one of the newer BASC Board of Directors. Tony has a passion for creating dishes to be served to others, an entrepreneur who freefalls and takes risks, and a man of family. Please join us for Conversations with Friends, Featuring Tony Houser to learn more about one of the BASC Directors.

Conversations with Friends
Featuring Tony Houser
Tuesday, January 21 at 10:30 am
Please call 695-7119 to register



COMMUNITY EVENTS

Niles Hunter Ice Festival
January 17, 18 & 19



River St. Joe Brewery
Farm Pickin's
Jam Session
Sunday, January 5
1:00—3:00 pm
in the greenhouse



Visit Buchanan's downtown
food and shopping
establishments this winter!



BASC EUCHRE TOURNEY

It is time to play Euchre!!
Make sure you register for the
BASC Euchre Tourney!

Saturday, January 11,
starts at 1:00 pm,
Registration Required
Call 695-7119 to register
2 people per team
Ages 55+



BATTLE CREEK VA MY HEALTHEVET ASSISTANCE



Join Shannon McManus-Bowers, Healthy Vet Coordinator for the Battle Creek VA to learn more

about HealthVet changes on VA.gov, a single place for you to manage your VA health care needs. After Shannon's presentation she will be available to help Veterans and their family get set up on HealthVet. Northern Indy Veterans are welcomed.

If you would like assistance after the presentation please bring your Michigan ID or Drivers License, Social Security Card or DD 214, and a utility bill with your name and address printed on it or your car registration.

Battle Creek VA
HealthVet Assistance
Tuesday, January 14, at 10:30 am
Please call 695-7119 and register

For more information go to YouTube and search My HealthVet on VA.gov: What to Expect or <https://www.youtube.com/watch?>

STAY SAFE IN COLD WEATHER

Keep warm blankets and extra cold-weather clothing in your car. Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand and foot warming products. Wear warm and loose layers of clothing.

From the National Institute of aging (.gov)

BASC BOARD MEETING

Attend the BASC Board Meeting
Thursday, January 9, at 3:00 pm.
Board minutes & agendas are available to be read at the center.

MOVIE MATINEE

Second Friday, January 10, at 1:00 pm
Fourth Friday, January 24, at 1:00 pm

January 10: Whiplash

Whiplash, a movie that earned one of its stars an Oscar and getting a nomination for Best Picture. Andrew Neiman (Miles Teller) is an ambitious young jazz drummer, in pursuit of rising to the top of his elite music conservatory. Terence Fletcher (J.K. Simmons), an instructor known for his terrifying teaching methods, discovers Andrew and transfers the aspiring drummer into the top jazz ensemble, forever changing the young man's life. But Andrew's passion to achieve perfection quickly spirals into obsession, as his ruthless teacher pushes him to the brink of his ability and his sanity. R

January 24: It Ends With Us

A story of Lily Bloom, a woman who overcomes a traumatic childhood to embark on a new life in Boston and chase a lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid sparks an intense connection, but as the two fall deeply in love, Lily begins to see sides of Ryle that remind her of her parents' relationship. When Lily's first love, Atlas Corrigan, suddenly reenters her life, her relationship with Ryle is upended, and Lily realizes she must learn to rely on her own strength to make an impossible choice for her future. PG-13

ASSISTANCE WITH YOUR CELL PHONE & TABLET



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

Assistance With Your Cell Phone & Tablet
Tuesday, January 28 at 3:00 pm
Registration is Required—Limited Space
Call 695-7119 to register.
Bring your cell phone & tablet with you to class.

BASC GARDEN CLUB MEETING

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
2025 Meeting
Tuesday, January 30,
2:00—3:30 pm
Please call 695-7119 to register.



WORD SEARCH: Animals 3

HAVE FUN!

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

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

- ALBATROSS
- ALPACA
- ANACONDA
- ARMADILLO
- ASP
- BADGER
- CARIBOU
- CHAMELEON
- CONDOR
- COUGAR
- COW
- CROCODILE
- DINGO
- EGRET
- ERMINE
- FALCON
- FERRET
- FINCH
- GERBIL
- GIBBON
- GROUSE
- GULL
- HARE
- HYENA
- IGUANA
- LEMUR
- LIZARD
- LOON
- MARMOSET
- MARTEN
- MOLE
- MONGOOSE
- MULE
- MUSKOX
- OCELOT
- OSTRICH
- PANDA
- PHEASANT
- POSSUM
- PUFFIN
- PYTHON
- SHARK
- SKUNK
- SNAKE
- SQUIRREL
- SWALLOW
- VULTURE
- WARTHOG
- WILDEBEEST
- WOLF

SUDOKU

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



RECIPE: Chicken & Rice Soup for Two



A fast and easy lunch or dinner with no leftovers to deal with.

Ingredients: 2 servings

3 Cups chicken stock 1 Cup chopped chicken 1/4 Cup uncooked rice 1 Tsp thyme chopped
1/4 Cup frozen mixed vegetables 1 celery stalk finely diced 1 carrot peeled and finely diced
1/4 onion finely diced 1 Tsp olive oil Cooking spray Kosher salt & ground pepper to taste

Instructions:

1. Spray saucepan with cooking spray & then add the teaspoon of olive oil. When hot, add celery, carrot & onion & sauté until veggies are starting to get soft.
2. Add the rice & stir into the veggies to coat.
3. Add the chicken stock & heat until boiling. Lower the heat to simmer & add the frozen veggies & chicken. Cook until heated through. Taste. Add salt & pepper to taste.
4. Add the thyme and stir into the mixture. Serve piping hot in soup bowls.

BASC LEGACY



Julie Griffin, Advance Care Planning Coordinator at Corewell Health South is an advocate for your rights and choices for healthcare preferences. Below, Julie has highlighted the importance of Advance Care Planning. Please join her at an ACP presentation at the BASC on Wednesday, January 29 at 1:00 pm, see page 3 for more information.

Advance Care Planning (ACP) is something **every adult, 18 and up**, should have ready in case of emergency. Having a conversation with your loved ones about what kind of medical care you would want if you couldn't speak for yourself is a gift, providing peace of mind.

During advance care planning, you:

- Reflect on your goals, values and preferences
- Learn about the types of decisions that might need to be made in your health care
- Create advance directives – documents that specify what type of medical care you want in the future or who you want to make decisions for you if you can't speak for yourself. These documents can be changed at any time.

Patient Advocates: These are trusted people you name to speak for you when you can't speak for yourself. Their responsibilities may include:

- Arranging your medical care
- Honoring your healthcare preferences
- Making decisions about your living situation
- Reviewing and releasing your medical records.

Choosing a Patient Advocate: Think carefully about who will advocate for you. Make sure the person you choose:

- Is an adult (18 years old or older)
- Is willing to take on the role and responsibility
- Can make decisions in stressful situations
- Knows your preferences
- Will honor your preferences, even if they disagree.

Why advance care planning is important: Going through this process makes it more likely that you'll get the type of care you want – no matter what happens. It also takes a burden off your loved ones because they'll know what you want them to do.

For assistance with advance care planning, email advancecareplanningsouth@corewellhealth.org; or call 269) 983-8166.

WITH SINCERE GRATITUDE, THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Jeanne Harris, *Deborah Hendrix, *Jess Minks, *Leona Wonacott, *Judi Jason, *Tony Houser, *Dylan Carden, Dan Riley, Anne Reed, Mary Weaver, Charles Serene, Linda Abair, Linda Luhrsen, Pat McBain, Carolyn Zimmerle, Janis Sexton, Doreen Pienkowski, Bobbi Benak, Pam Serene, Maxine Brown, Phyllis Davis, Joan McGuire, Evelyn Morris, Mary Speckine, Wendie Stephenson, Barbara Stover, Marilyn White, Flo Sasaki, LuAnn Sarters, Larissa Perkins, Barb Ferris, Jan Ferris, Herb Boyersmith, Karol Behrle. **Indicates Board Member*

In Kind Donations: Marilyn White, Elaine Cole, Linda Nix, Bev Holt, Stephanie Thornburgh, Linda Abair, Sylvia Stull, Pam Serene.

Dollar Club: Howard Jackson, Pat Bateman, Jerry Birdsong, Julie Deeds

Program Fund: Janis Sexton, Donation Box, Carol Ballard, Debbie Fields, Jenny Hoover, Pam Sten

General Fund: Janis Sexton.

MMAF Donation: MaryAnn Schultz



Thank you for your Annual Appeal Donations! We appreciate you!

Pam Sten, Mary Blake, and Kay Welsh.

Thank you to Grace Cronin for donating a handmade rug in the memory of Joyce Ferris. The rug was raffled off at the BASC Bazaar and the money went toward the Annual Appeal. Thank you Grace!



Thank you,
Corewell Health Foundation
Southwest Michigan
for your grant donation!



Thank You for choosing BASC for your
Harding's Rewards!

Adam Burck, Barb Chandler, Catherine Hager, Cindy Cloutier, Daniel Wilcox, Donna Lace, Jan Ferris, Janet Seals, Janis Sexton, Kay Schadler, Kenneth Kaufmann, Kim Sears, Nancy Kasten, Patsy Brcka, Richard Smith, Stephanie Novak, Tammy Wilson, Tim Robinson, Traci Lewis.



Thank you,
National Energy Foundation
for your grant donation!



Donating to non-profits, such as the Buchanan Area Senior Center, is way to show your support with the BASC values, elder care services, programming, socializing, and much more. For children whose parents frequent the BASC programs and utilize BASC services, it is a reassurance your parent is in a safe environment as they are taking part of an active lifestyle. Your donations also help us partner with community businesses, organizations and events. The BASC is opened to people 55+ and has several intergenerational programming to include the whole family! You help raise awareness about important information that is offered in our educational programs. And of course, there is the personal satisfaction of contributing to positive and healthy living and that you are appreciated and recognized in the BASC newsletter.

The BASC Board of Directors and Staff, Thank You!

CARD GAME WINNERS

Monday Euchre

11/04	1st Place: Wendie Stephenson	2nd Place: Joyce Matchett
11/11	1st Place: Bob Marsh	2nd Place: Nancy Lane
11/18	1st Place: Dick Rossow	2nd Place: Wendie S & Dawn M
11/25	1st Place: Connie Larson	2nd Place: Nancy Lute

Cribbage

11/14 John March

Wednesday Evening Euchre

10/30	1st Place: Nancy Lane	2nd Place: Dennis Stombaugh
11/06	1st Place: Nancy Lane	2nd Place: Joyce Matchett
11/13	1st Place: Nancy Lane	2nd Place: Dennie LeMunion
	1st Place:	2nd Place:

Mah Jongg Best Weekly Score

10/10 Cynthia Blaine
10/17 Judy Brewer
10/24 Rosalie Holloway
10/28 Jeanette Arent

Tuesday Pinochle

11/05	1st Place: Gail Moad	2nd Place: Pat Peterek
11/12	1st Place: Mary Speckine	2nd Place: Pat Peterek
11/19	1st Place: Maxine Brown	2nd Place: Gail Moad
11/26	1st Place: CJ Leiter	2nd Place: Herb Boyersmith

Hand and Foot

11/13 Kay Schadler
11/20 Rosalie Holloway
11/27 Kay Schadler

Wednesday Evening Pinochle

10/30	1st Place: Pat Peterek	2nd Place: Gail Moad
11/06	1st Place: Barb Brady	2nd Place: CJ Leiter
11/13	1st Place: CJ Leiter	2nd Place: Marilyn Holden
11/20	1st Place: Barb Brady	2nd Place: Pat Peterek



Buchanan Area Senior Center Dollar Club
Please consider making a pledge?

Gold Level—\$1.00/day
Silver Level—\$1.00/week
Bronze Level—\$1.00/month
Patron Level—\$500.00+/year
Thank you for your pledge!



COMMODITY PICK-UP DAYS

Commodities are distributed from the Senior Center garage.

MARK YOUR CALENDAR

CSFP Monthly
To be determined
1:00—2:00 pm

Second Pick-Up Date
To be determined
1:00—2:00 pm

PLEASE NOTE:

It is very important that your trunk be cleaned out and opened for us to place your box.

This institution is an equal opportunity provider.



SENIOR CENTER SERVICES

At the Senior Center you can:

- Make b&w copies for 10¢ each
- Make color copies for 40¢ each
- Send a FAX for \$1.00 per page
- Have paperwork notarized (Please call ahead to make sure notary is available.)
- Use our computer to go on the Internet.

Senior Nutrition Services suggested donation based on monthly income

\$1,101 & up \$4.50 and up
\$801—\$1,100 \$4.00 per Meal
\$701—\$800 \$3.25 per Meal
\$551—\$700 \$2.75 per Meal
\$0—\$550 \$2.25 per Meal

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

SENIOR NUTRITION

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

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



FEEDING AMERICA MOBILE FOOD PANTRY

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

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



Monday, January 27, 2027—4:00 pm—Berrien County (Drive Thru), Galien River Church @ Galien American Legion, 402 N. Main Street, Galien, MI 49113

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



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.

JANUARY 2025

MEALS ON WHEELS OF SOUTHWEST MICHIGAN
HOME DELIVERED, CONGREGATE, PACE MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provide: (weekly average) 800 Calories 75 grams Carbohydrate 19 grams Protein Less than 30% Calories from Fat 800 milligrams Sodium</p>				
<p>6 Spanish Rice with Ground Turkey Peppers & Onions Baked Apples w/ Raisins</p>	<p>7 Smothered Pork Loin Rice Pilaf Steamed Carrots Fruit Crisp</p>	<p>8 Beef Stew Whole Wheat Bread w/ Margarine Tossed Salad w/ Ranch Fruit Crisp</p>	<p>9 Chicken Tender Tortilla Wrap w/ Cream Sauce Stewed Tomatoes Lima Beans Peaches</p>	<p>10 Salmon Burger on a Bun w/ Mayo, Lettuce, Tomato Green Beans Grapes</p>
<p>13 Spaghetti with Meat Sauce 5 Way Blend Vegetables Fruit Crisp</p>	<p>14 Pancakes & Sausage Scrambled Eggs w/ Peppers & Onions Banana</p>	<p>15 Hot Turkey w/Gravy over Texas Toast Steamed Beets Cherry Cobbler</p>	<p>16 Liver and Onions Mashed Potatoes Steamed Green Beans Peaches</p>	<p>17 Swedish Meatballs over Pasta Peas and Carrots Mandarin Oranges</p>
<p>CLOSED FOR MLK-JR DAY</p>		<p>22 Winter Salad of Greens, Baked Chicken, Squash, Mozzarella Cheese w/ Italian Dressing Croutons Peaches</p>	<p>23 French Onion Meatloaf w/ Swiss Cheese Mashed Potatoes Peas & Carrots Tropical Mixed Fruit</p>	<p>24 Baked Cabbage Casserole California Blend Veggies Yogurt w/ Fruit</p>
<p>27 Ranch Chicken Casserole Normandy Blend Peaches</p>	<p>28 Shepherd Pie Steamed Squash Berry Applesauce</p>	<p>29 White Bean Chicken Chili Green Peas Crackers Mandarin Oranges</p>	<p>30 BBQ Pork Ribette on a Bun Mac and Cheese Green Beans Fruit Cocktail</p>	<p>31 Sweet & Sour Meatballs over Rice Oriental Veg Blend Pineapple Tidbits Birthday Cake</p>



MEALS ON WHEELS
— OF SOUTHWEST MICHIGAN —
Senior Nutrition Services Program

SEWING AND QUILTING

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.

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.

We hope to see you on Tuesdays for quilting and sewing!

These ladies know how to make pumpkin rolls!



PLEDGE TO THE BASC DOLLAR CLUB

What does it mean to Pledge to the BASC Dollar Club?



When you make a pledge to the BASC Dollar Club you are committing to support the BASC and donate each day, each week, each month or each year.... You get to decide. Your name will be added to our Dollar Club donation list in our monthly newsletter. Below is a list of the different Dollar Club levels.

Gold Level Donation: \$1.00 per day for a year/ \$365

Silver Level Donation: \$1.00 per week for a year/ \$52

Bronze Level Donation: \$1.00 per month for a year/\$12

Patron Level Donation: \$500 per year

We appreciate all who Pledge toward the BASC Dollar Club!



Wonderful donations for Giving Thanks in November!

A group of patrons stuffed holiday stockings for our area Veterans!



Cheer was shared with Buchanan Meadows residents with the delivery of snowmen door hangers!



Larry Money presented Bud Ally an award at the BASC Veteran's Seminar

David Ehlert, PhD discussed the evolution of numbers



Grateful to all who volunteer, donate, and help others at the BASC, in our community, and in our world. Thank you!

"We are not put on this earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you." ~ Jeff Warner

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, please call the Berrien County Veterans Services, at 269-983-7111.

Buchanan Area Senior Center—January 2025 Calendar

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p style="text-align: center;">1</p> <p style="text-align: center;">BASC Euchre Tourney Saturday, January 11 1:00 pm 695-7119 Registration Required Call 695-7119</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">National Penguin Day January 20</p> 	<p style="text-align: center;">3</p>  <p style="text-align: center; font-size: small;">Happy New Year To All</p>	<p style="text-align: center;">4</p> <p>9:00 Fasting Blood Sugar Testing 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: center;">5</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: center;">6</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg</p>	<p style="text-align: center;">7</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">8</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">9</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 3:00 Board Meeting 6:00 LGBTQ+ Social Gathering</p>	<p style="text-align: center;">10</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Whiplash</p>
<p style="text-align: center;">13</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg</p>	<p style="text-align: center;">14</p> <p>9:00 Osteo Fit with Missy 10:30 VA Assistance 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">15</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">16</p> <p>9:00 Foot Clinic 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p style="text-align: center;">17</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: center;">20</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg</p>	<p style="text-align: center;">21</p> <p>9:00 Osteo Fit with Missy 10:30 Conversations with Tony Houser 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">22</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">23</p> <p>11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Tax Filing Presentation</p>	<p style="text-align: center;">24</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: It Ends With Us</p>
<p style="text-align: center;">27</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg</p>	<p style="text-align: center;">28</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 3:00 Cell Phone Assistance 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">29</p> <p>10:15 Chair Fitness with CeCe 1:00 Advanced Care Planning 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">30</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Garden Club Meeting</p>	<p style="text-align: center;">31</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>

Buchanan Area Senior Center

810 Rynearson St.

Buchanan, MI 49107

Phone: 269-695-7119

Fax: 269-695-2901

E-mail: adam@thebasc.org

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2025



MEET OUR STAFF:

Executive Director:

Adam Burck

Office Manager:

Jayne Marrow

Administrative Assistant/Receptionist:

Tammy Ross

Program Coordinator:

Diana Smuda

Staff Assistant:

Terry Perkins

Senior Nutrition Site Manager:

Kerri Pettie

IMPORTANT SERVICE NUMBERS:

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

United Way: 269-982-1700 or 211

Social Security: 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

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

Hours of Operation

Monday–Friday

9:00 am–4:00 pm

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