



# SENIOR-WISE

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## NORTH BERRIEN SENIOR CENTER, INC

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# NEWSLETTER



May 2024 • Vol. 48 • Issue 5

6648 Ryno Road • P.O. Box 730 • Coloma, MI 49038 • [northberrienseniocenter.org](http://northberrienseniocenter.org)  
CENTER HOURS Monday through Thursday 8:00 AM - 4:00 PM Fridays 8:00AM - 3:00 PM  
Phone: 269-468-3366 Email: [nbsc2@i2k.com](mailto:nbsc2@i2k.com)



### **The Greatest: The Spectacular and Controversial Career of Muhammad Ali presented by Tim Moore from Lake Michigan College** **Friday, May 10th, 2024 at 1:00 PM**



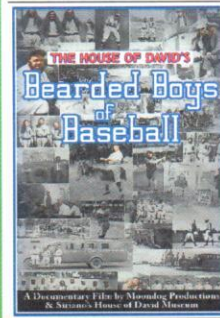
Born Cassius Clay in 1942, Muhammad Ali, with his lightning hands and fancy foot work, became the three-time heavyweight boxing champion. His shouts of "I Am the Greatest" and self-promotion appealed to some Americans and disgusted others. Refusing to serve in the U.S. Army during the height of the Vietnam War, he was stripped of his heavyweight title in 1967, suspended from boxing, and became one of the more reviled men in the United States. Infidelity marked his several marriages, and his parenting skills were less than exemplary. His comeback featured epic, bruising matches with "Smokin" Joe Frazier, and Ali regained his title with a knockout of George Foreman in 1974. In retirement, he gave his time and money to worthwhile causes in Southwestern Michigan. Suffering from Parkinson's Disease, the visibly ill and popular Ali lit the cauldron at the 1996 Summer Olympics. Please join us on Friday, May 10th at 1:00 PM for a look at an amazing and controversial man, Muhammad Ali. If you plan to attend please call the senior center at 468-3366 to RSVP.



### **Property Alert System - Register of Deeds Presentation with Lora Freehling** **Wednesday, June 19th, 2024 at 1:00 PM**

Register of Deeds now offering Property Alert! Lora L. Freehling, Berrien County Register of Deeds, will be here to discuss Property Alert; a **FREE notification services** available to the residents of Berrien County. Property Alert performs a daily review of documents recorded in Berrien County and sends an email notification if data matches provided criteria. Property Alert could help combat potential fraud. Lora will give a brief demonstration, answer questions, and help prepare residents subscribe to Property Alert. If you are interested in attending this presentation please call the senior center at 468-3366.

### **The Bearded Boys of Baseball from the House of David** **Wednesday, June 12th, 2024 at 1:00 PM**



Chris Siriano with the House of David will be at the senior center on Wednesday, June 12th at 1:00 PM with a new movie "House of David BEARDED BOYS OF BASEBALL" is a compilation of over 30 years of research done by Chris Siriano, combined with knowledge shared by the Founder of the Negro League Baseball Museum to tell this amazing and fascinating story that originated from right here in Benton Harbor Michigan!! We share stories, photos and vintage film footage never before shared! We hope you'll ENJOY! Chris will be offering copies of the movie after the show! This is always a popular presentation, please call the senior center to RSVP, 468-3366.



### **Learn about the latest SCAMS With Kelly Latsch from the Berrien County Sheriff's Department** **Wednesday, July 10th, 2024 at 1:00 PM**

Kelly Laesch with the Berrien County Sheriff's Department, through Berrien County TRIAD, which stands for "The Right Information and Direction", which seeks to reduce criminal victimization of older citizens and enhance the delivery of law enforcement to this population, will provide a presentation on SCAMS on **Wednesday, July 10th at 1:00pm**. In 2023, Michigan residents lost \$152 million to fraud. Older adults continue to be targeted by a wide range of scams aimed at taking their money and identification information. Falling prey to the schemes of fraudsters can have a devastating financial and emotional impact on victims. The best defense to protect people from scams and fraud involves education and awareness. We'll help you learn how to recognize the common signs of scams and provide tips on how to avoid them. Please call the senior center at 468-3388 if you plan on attending this presentation.



## TRIPS

### **Shipshewana Wednesday, July 3rd, 2024 \$45.00 per Person**

Start the holiday off with a fun day at Shipshewana! At Shipshewana the flea market will be open, along with the antique auction and the livestock auction that day. You will have plenty of time to walk around Shipshewana, enjoy lunch on your own and visit all the wonderful shops that Shipshewana is known for. The bus departs at 8:30 AM and returns to the senior center at 4:30 PM. The cost of \$45.00 per person includes transportation and the driver's gratuity. Please don't delay in signing up call the center at 468-3366, this trip fills up quickly.

**ACTIVITY LEVEL: HIGH**

### **Gun Lake Casino Thursday, May 23rd, 2024 \$38.00 per Person Waiting List Only**

Are you in need of a day away? Join us as we take a bus trip to Gun Lake Casino on Thursday, May 23rd. The trip costs \$38.00 per person and includes transportation, driver's gratuity and the gaming package of \$10.00 in free slot play and a \$10.00 food voucher. The bus departs from the North Berrien Senior Center at 9:00 AM and returns at 4:30 PM. Payment is due at time of sign up, call the senior center today at 468-3366. **ACTIVITY LEVEL: LOW**

### **Montreal, Quebec City and Ottawa, Canada July 20th - 27th, 2024 \$1375.00 per Person**

Join us on a wonderful bus trip as we discover the French inspired culture in Montreal, Quebec City and Ottawa, Canada. The province of Quebec has a distinctly European style that you will be immersed in from start to finish. There will be guided tours of Montreal, Quebec City and the capital city of Ottawa. Some highlights will be the magnificent Notre Dame Basilica, the Underground City, a stroll through Quebec's city center, and a tour of the famous Parliament Hill. Included among all of this will be a narrated cruise on the St. Lawrence River. The price includes transportation, lodging, 7 breakfasts, 5 dinners, all of the entrance fees and tours to the different sites and the driver's gratuity. A passport or a passport card is needed for this trip. A deposit of \$75.00 is due at time of sign up and the balance is due by May 13th. Please call the senior center to sign up today, fliers and insurance information available. **ACTIVITY LEVEL: HIGH**

### **Asheville and Charlotte, North Carolina Featuring The Biltmore Estate and Charlotte Motor Speedway September 22nd - 28th, 2024 \$1,229.00 per Person (Double Occupancy)**



This will be a fantastic bus trip down south with something to see for men and women! The trip includes lodging (with 2 nights each in both Asheville and Charlotte), 6 breakfasts and 4 dinners (including Narrowway Productions Dinner Theatre). Some of the attractions that you will see and visit are a **tour of Asheville, a visit to Billy Graham's library, admission to the NASCAR Hall of Fame, a visit to the Levine Museum of the New South, a tour of the Charlotte Motor Speedway. Plus a day spent at the Biltmore Estate, the former home of George Vanderbilt.** There are fliers and insurance available at the senior center. Please call 468-3366 to sign up. A deposit of \$75.00 is due at time of sign up and the remaining balance is due by July 22nd, 2024. **ACTIVITY LEVEL: HIGH**



### **Beehive the 60's Musical at the Marriott Theatre in Lincolnshire, IL Wednesday, June 26th, 2024 \$135.00 per Person - WAITING LIST ONLY**

The senior center is heading back to the 60's and spending the day at the Marriott Theatre in Lincolnshire, IL. A Rockin' Tribute to the Music of the 1960s where the women take the spotlight. The cost includes lunch, please let the senior center know if you would like **lunch option 1: Stuffed Pork Loin** (stuffed with cream cheese, spinach, red pepper) with red pepper cream sauce or **lunch option 2: Baked Tilapia** with lemon beurre blanc. Both lunch options include a chef's choice of starch, vegetables and dessert. The cost of \$135.00 per person includes transportation, lunch at the Marriott Theatre, the musical and the driver's gratuity. The bus will leave the senior center at 9:00 AM and return at 8:00 PM. Payment is due at time of sign up. **ACTIVITY LEVEL: LOW**

**A special THANK YOU...** The **2023 tax season** has come to an end at our Senior Center, we are so thankful for our tax preparers this season, Alicia Cartwright, Lou Gibson, and Teresa Wetmore. We could not offer this service without their help and are thankful for the commitment they have to area senior and the program. Thank you all very much.



## WELLNESS WEDNESDAYS

### Reflections of Italy - November 11th - 20th, 2024 Book and Save Rate \$4,029.00 per Person (Dbl Occup)

Cost includes roundtrip airport transfers and airfare, touring and hotel accommodations and 12 meals (8 breakfasts, 1 lunch, and 3 dinners). Book and Save discount expires 5/12/2024. To reserve call Collette at 1-800-581-8942, booking #1200171.

### The Ark Encounter & The Creation Museum August 5th - 7th, 2024 \$589.00 per Person (Double Occupancy) WAITING LIST ONLY

This is a 3 day, 2 night trip with 2 breakfast, and 2 dinners, including a Riverboat Dinner Cruise with entertainment. There are fliers and insurance information available at the senior center. A \$75.00 deposit is due at time of sign up with the balance due by May 25th, 2024.

### Reefs and Rhythms and Panama Canal December 3rd - 13th, 2024

#### Price based on Cabin Category with Oceania Cruises

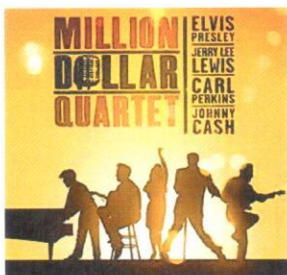
If interested in more information there are fliers at the senior center or call Grand American Tours at 1-800-423-0247.

**ACTIVITY LEVEL: HIGH for these trips**

### NEW Turkeyville Trip! Million Dollar Quartet September 11th, 2024 \$90.00 per Person

A day trip to Turkeyville for a delicious lunch and show is a great way to spend the day. Journey back to December 4, 1956, where a twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records for one of the greatest jam sessions ever. This smash-hit sensation features an incredible score of rock, R&B and country hits, including "Blue Suede Shoes," "Walk the Line," "Sixteen Tons," "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On," "Hound Dog," and more. There will be time before lunch to enjoy the Country Junction Gift Shoppe and the Ice Cream Parlor, Popcorn and Fudge Shop. The bus departs from the North Berrien Senior Center at 10:00 AM and returns at 5:30 PM. The cost of \$90.00 per person includes transportation, lunch, the show and the driver and waitstaff gratuity. Please call the senior center at 468-3366 to sign up today, payment due at time of sign up.

**ACTIVITY LEVEL: LOW**



### Wellness Wednesdays

Throughout every month we will have activities and presentations on Wednesday afternoons on how to maintain a healthy lifestyle, this includes your mental, physical, financial and emotional wellbeing. Please call the senior center at 468-3366 to sign up for any of these programs.

**April 24th through May 29th** - Memory Rescue every Wednesday with Jane Oelke at 1:00 PM

**FRIDAY, May 10th** - Muhammad Ali presentation with Tim Moore from Lake Michigan College at 1:00.

**June 12th** - House of David program with Chris Sarno at 1:00.

**June 19th** - Register of Deeds Property Alert System with Lora Freehling at 1:00 PM.

**July 17th** - Dementia Education & Understanding with Stephanie Kostizen from Caring Circle.

**July 31st** - Grandkids and Me Day at 1:00.



### Dementia Education and Understanding With Stephanie Kostizen from Caring Circle Wednesday, July 17th, 2024 at 1:00 PM

Dementia Education and Understanding is a training for family caregivers that provides education on the different forms and causes of dementia, gives insight into the progression of cognitive decline, and offers tools to better understand how to provide care for the unique needs and challenges that individuals with dementia face. This training also focuses on the needs of the caregivers who selflessly give to their loved ones and offers tools for self-care to ensure that caregivers are also taking time to care for themselves. This training is provided by Stephanie Kostizen, LMSW, ACHP-SW who is a hospice social worker and veteran advocate for Corewell Health South Hospice and Palliative Care. Please call the senior center at 468-3366 to sign up for the beneficial program, all are welcome.



## MONTHLY SERVICES AND ACTIVITIES

### TRANSPORTATION

Volunteers donate their time to drive the center's VAN/CAR and wheelchair accessible van to provide this service for seniors who do not have other means of transportation. This includes medical appointments, grocery shopping, hair-dresser, and rides to the center for lunch. Transportation is available 9:00 a.m. to 1:00 p.m. and is limited to certain areas of Berrien County. Donations are very much appreciated.

*(Transportation supported by Area Agency on Aging IV)*

### DOUBLE COMMODITIES

#### Monthly CSFP & Quarterly TEFAP

**Wednesday, May 15th, 9:00 a.m.-12:30 p.m.**

We register and distribute commodities to seniors. Call us for information on these programs. The next distribution date is Wednesday the 15th, 9:00 – 12:30. If you need help carrying out your commodities, please be here at that time. If you're not available on that day, please make arrangements with your authorized representative to pick your commodities up for you. This institution is an equal opportunity provider.

### LOAN CLOSET

We have wheelchairs, walkers, stool risers, bathtub seats, canes, etc. available for **SHORT TERM LOAN**. If you need an item for short-term use, call us before you buy.

### K.I.S.S.

#### Keeping Independent Seniors Safe

We have a staff person who makes daily calls to seniors living alone to check on their welfare. If you or someone you know might benefit from this program, call the center for more information.

### Counsel and Advocacy Law Line

Call 1-888-783-8190 to talk to a lawyer. A Lawyer will be available Mon., Tues., & Thurs. from 9:00 a.m. – 4:00 p.m. and Wed. from 11:00 am to 6:00 p.m. to answer questions and give advice.

### FOOT CLINIC

On a monthly basis, Jane Sherwin from Blessed Feet comes to our center to trim and file toenails. Initial cost is \$40 which includes a reusable foot care kit. Follow up visits are \$30. BRING YOUR OWN TOWEL. Call 468-3366 for an appointment.

### YOGA

Vicky Shoemaker, a licensed yoga instructor will be here on Mondays and Fridays at 1:00 pm for yoga. The cost is \$5.00 per person. Please bring your own yoga mat.

### TAI CHI

On Friday mornings at 10:00 AM Janet Snelgrove is at the center for TAI CHI class. TAI CHI is an ancient Chinese form of movement and motion that improves your cardiovascular fitness, strengthens muscles, aids flexibility, relieves stress, and helps you find balance in life, both mentally and physically. Cost is \$60.00 for eight sessions, \$48.00 for 6 weeks, or \$10.00 drop in rate.

### OPEN ART SESSIONS

Join fellow artists on Thursday afternoons from 1:00 PM to 3:00 PM for an open art sessions. Bring along your latest art project to show others.

### BASKET MAKING

Join the group on Mondays at 1:00 p.m. and learn how to create your own beautiful basket. Bring your own water basin. All are welcome! (Small Fee per Person)

### BOARD GAMES

Bring in your favorite board game or just join in the fun – all are welcome – it's a great way to spend an afternoon and a chance to meet new people. The fun begins at 1:00 p.m. on Tuesdays.

### BOARD MEETING

3<sup>rd</sup> Tues. of the month, meetings are open to the public, 1:00 pm.

### BRIDGE

If you enjoy playing bridge, join us on Thursdays at 1:00 p.m. for a fun afternoon of cards and camaraderie.

### CHAIR EXERCISE PROGRAM

This is a CHAIR exercise program DVD on Mondays, and Wednesdays at 9:00 AM and Fridays at 11:00 AM, that will help improve stability, balance, help you stay mobile, and go up and downstairs.

### DUPLICATE BRIDGE

If you enjoy playing duplicate bridge, bring a partner and join us on Thursdays from noon to 3:30 PM for a great afternoon of cards.

### GROUP EXERCISE CLASS

Join Linda LaGrow and a group of dedicated seniors on Tuesdays at 11:00 AM and Thursdays at 12:30 for a light workout using bands and bodyweight only.

### LINE DANCING

Cookie Henry volunteers her time every other Wednesdays at 10:30 AM.

### MAH JONG

Join us on Thursday afternoons at 1:00 PM for Mah Jong. Come learn a new fun game! Bring your card if you have one.

### NEEDLEWORK (Crocheting, Knitting, etc)

Bring your project to work on and enjoy the conversation every Friday at 1:00 p.m. Come on in and learn a new hobby.

### PINOCHLE

This is one game you don't want to pass on. Gather your group of four and share in the fun of pinochle on Tuesdays at 1:00 p.m.

### QUILTING

If you enjoy sewing and putting together Quilts, then come to the center on Tuesdays at 1:00 p.m. to join the quilters as they magically turn pieces of material into beautiful comforters and room decorations.

### TAP

Pat Culver will be here on Thursdays at 9:45 AM for tap class. The class is \$20 for 4 weeks. Advanced class starts at 9:45 AM and the Beginner class is at 11:00 AM.







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The Nurse is in...

## Getting the Most Out of Your Doctor Visit

Healthcare providers today face cumbersome electronic health record systems and limits on appointment times, which sometimes feels like you don't get much out of your time with your doctor. Also, as people age, their health concerns may become more complex and require more time to address. Taking control of your own healthcare through self-advocacy is essential in achieving your highest level of health. Learning and understanding your health issues and treatments that are prescribed is the first step in self-advocacy. Preparing for your time with your doctor will help you and your provider to use that time to be comprehensive in your healthcare plan.



### *Preparing for your visit:*

- \* **Make a medical folder that you can bring at each appointment** that includes:
  - A list of illnesses and surgeries along with dates when occurred.
  - Family health history
  - Allergies
  - A list of all medications including both prescription and over-the-counter medications.
  - A log of home monitoring results like blood pressures and blood sugars especially with heart, blood pressure and Diabetes diagnoses. This information is tremendously helpful for the provider to accurately prescribe medication.
  - Blank paper tablet to keep notes from each visit to refer back.
- \* **Bring all your medicine bottles (you would be surprised how many mistakes are found this way)**
- \* **Make a list of medication refills needed**
- \* **Make a list of everything you want to discuss in order of importance.**
- \* **Make a list of symptoms of problems.** You'll want to be as specific as possible when describing any symptoms, so try keeping a symptom diary in the days leading up to your appointment. For example: Dizziness-when does it happen, how long does it last, what were you doing before each dizzy spell, did standing up make it worse, describe in detail what you actual feel like: double vision or feeling like the room is spinning.
- \* **Bring a trusted friend or relative** can be helpful to get an extra set of ears as well as another perspective for questions. Choosing someone who makes you feel supported and will effectively communicate on your behalf can be very helpful to you as well as your doctor to ensure a complete and effective visit.
- \* **Seek out free guidance and clarification from your trusted Senior Center Nurse Advocate.** Nurse advocates can break down complicated information regarding diagnoses, medication, or treatment plans and can take time to educate patients about their specific health care needs. One of the most important benefits of advocacy is that nurses connect patients with outside resources they may need. For instance, if a patient needs financial assistance, transportation, or an at-home caregiver, a nurse advocate can make sure that the patient gets referrals and guidance.

*Do you have some medical concerns? Our nurse, Brenda, can assist you, she is available Monday through Thursday 8:30 am to 1:30 pm, please call 468-3366 to set up a free appointment with her.*

If you have an extra working blood pressure cuff laying around at home please consider donating it to the senior center for other seniors to use.



## MAY BIRTHDAYS 2024



1-Arthur Engler  
Laura Ludwig  
Sandra McClure

2-Bill Hoban  
Anne Loikits  
Robert Howley  
Bev Ostrowski  
Ruth Still

3-John Madill  
Robin Mileski

4-Carol Bushert  
John Godush  
Jean Bower  
Richard Harris

5-Bob Dillenbeck  
Deborah Fee

6-Anne Bankston  
Judy Brant

7-Manila Timmons  
Lawrence Eckoff  
MarySue Vaughn  
Francis Varney

8-Pauline McGuire  
Glenda Murphy  
Elizabeth Mundt  
Joyce Wolff  
Susie Trueblood  
Vicki Garland  
Rodney Sanders Sr.  
Sylvia Sutton

9-Lavina Sims  
Fannie Turner  
Eleanor Shaff  
Opal Jewell  
Jack Drummond

10-Caroline Baes  
Eleanor Wolf  
Dorothy Smith  
James Doroh  
Carol Bonczkowski

11-James Miller  
Al Bialik  
Keith Duffield  
Earl Redding

12-Geneva Eaton  
Mary Dickson  
Robert Ball  
Ken Groen  
Madeline Spinks  
Barbara Kroening

13- Mary Ann Kelly  
Tom Payne

14-Clara Demske  
Bill Faust  
Terry Rose

15-Evadean Steams  
Tina MacGirvin  
Gene Riorden  
June Parker

16-Erna Friesen  
Margaret Rodgers  
Marian Rhodes

17-Virginia Fillmore  
Arthur Phillips  
Vonnie Drake  
Joseph Riccioni  
Nancy Dings  
Earl Walls

18-J. Dean Grieser  
Karen Tarantino  
Terry Bambrick

19- Marge Nelson  
Rosanne Brogno

20- Wanda Bouchikas

21-Margaret Nestle  
Elaine Dickinson  
Thomas Denbow  
Marietta Brown

22-Elizabeth Murphy  
Robert Goodrick  
Butch Mason  
Ron Metz

23-Evelyn Lambrecht  
Caroline Hetfield  
Hal Bundy

24-Clare Hornej  
Ross Julian  
Rosemary Fardello  
Harry Case

25-Marisa Cresto  
Ruby Fithian  
Vicki Withrow

26- Rose Schuman  
Vareta Chase  
Caroline Barnes  
Roger Boven  
David Fuller  
Mike VanTieghem  
Barbara Weber  
Jan Polmanteer

27-Donna Carver  
Judy Benson  
Linda Hiler

28-Claud Hobson  
Michael Drake  
Dorothy Thar



29-Gerald Miller  
Elizabeth Shapleigh  
John Schramm  
Sandra Sue Holmes  
Connie Froehlich

30- Bertha Gadberry  
Carol Moser

If you would like your birthday listed in the newsletter please call the senior center at 468-3366 with your information and we will be happy to add it to our list!

31-Ann Arntz  
Marion Campbell  
Mary Gibson  
Bernice Gibson  
Sheron Brower  
Onnie McIntosh  
Shirley Churchill  
Dick Shaffer

### Friday Jam Sessions at the Senior Center...

On Fridays from 11:30 to 12:30, Judy Peele and Pete Mannino have been playing the piano and trumpet for our lunch group. If you are musically inclined and interested in joining them please bring along your instrument (small ready to play instruments, no set up and tear down), they would love the addition to the band! If you don't play an instrument but would like to sing along or just sit and listen to the music you are welcome to join.





MANY THANKS TO THOSE WHO GAVE MONETARY DONATIONS TO THE CENTER DURING THE MONTH **MARCH**. WE APPRECIATE YOUR SUPPORT!

**Transportation:** Murlene Wolter, Kaye Kerstetter, Jim Healy, Mary Ann Matlow, Sarah Queen, Marvin Harvey, Jeff Christensen, Wayne Antosz, Linda Stuard, Marilyn Cates, Gail Weber, Pauline Stainbrook, Marge Duvernay, Caryl Snider, June Butler, Carol Cornelis, Darrell Fikes, Maggie Johnson, Sharon Turnbow, Linda Barber, Judie Lake, Don Nickels, Rhonda Goerg, Frank Schoenfelt, Renee Webb, Helen Harvey, Christean Sewcyck, Loreeta Bahr, Marlys Reeves, Sophie Shull, Carol Dempsey, Norma Lou, Carole Sternaman.

**Loan Closet:** Cathy and Gordon Johnson.

**General Fund:** Mary Brooks, Patricia Hauch, Phil Joslyn, Linda Weigel, Carabeth Culby, Betty Krell, Marge Nelson, Tom Kimbro, Willie and Betty Juengling, Polly Wanbaugh, Jeanette Lottridge, Mary Kendall, Robert and Ruth Gearing, Doris Atherton, Betty and James Hahn, Sandy and Lonnie Morris, Sherry MacDonald, Linda and Terry Pepple, Judie Lake, Barbara Lomonaco, Glenn Kublick, Linda and John Piehl, Michael Pecoraro, Gregory Schultz, Ron and Evelyn Lambrecht, David Stankiewicz, Patsy Stone, David Golladay, Donald Bahun, Jackie Ballard, Deborah and Kenneth Strain, Kathleen Vladic, Sharon Hoffman, Esther Schultz, Linda and John Bellinger, Judy Hankins, Richard and Linda Nelson, Elinor VanEgmond, Edward and Janice Gruss, Jean Vollrath, Isabella Burtchett, Alvin and Sandy Carter, Ralph and Pam Schriener, Wanda Durham, Don Ertman, Katie Davis, Bill and Jackie Brenneke, Don Boyer, Sharon Urban, Robert and Sandra Bauschke, Steven and Charleen Wilder, Brian and Sandy Kraemer.

**Memorial:** In loving memory of **Gus Karaus:** Juan Delacruz. In loving memory of **Ray Evans:** Janet Evans.

Board Members: Sandy Kraemer, Sherry Bachman, Paulette Lynch, Karla Smothers, Dave Gearhart, Karen Matrau, Dorothy Messigner, Randy Westbrook, Bill Moser, Kandyce Hays, Rae Bacolor and Worney Skidmore.

**DEBILITY PREVENTION CLASS**  
**Wednesday, May 1st at 12:30 p.m.**

If you need to learn some techniques to build up your balance, this is the class for you! Sarah Frantz and Jami Zech from Corewell Health Rehabilitation will be here to walk you through the exercises to make sure you are doing them correctly. Plan on joining us on **Wednesday, May 1st**, for this beneficial class (as with any exercise program, know your own limitations and go at your own pace and abilities).



**Exercise Programs ...**

**Chair Exercise Program**

Monday, Wednesday at 9:00 AM and Friday at 11:00

**LINE DANCING**

**With Cookie Henry**

Every other Wednesday at 10:30 a.m.

**YOGA**

Mondays and Fridays with Vicky Shoemaker  
 Yoga 1:00 p.m. \$5.00 per class

**WALKING GROUP OUTSIDE!**  
**WEDNESDAYS at 9:00 AM**

**“WALK SLIM”** – (Leslie Sansone’s DVD)  
**NEW TIME!** Tues. at 9:45 a.m. & Thurs. at 8:30 a.m.

**TAP CLASSES with Pat Culver**

**Thursdays \$20 for 4 weeks**

Advanced 9:45 AM Beginner 11:00 AM

**Group Exercise Class with Linda LaGrow**  
 Tuesdays at 11:00 AM and Thursdays at 12:30

**TAI CHI**

Fridays with Janet Snelgrove 10:00 - 11:00 a.m.  
 \$60 for 8 weeks, \$48 for 6 weeks or \$10 drop in rate

**Debility Prevention Class**

1st Wednesday of Every Month at 12:30  
 With Sarah Frantz and Jamie Zech PTA from  
 Corewell Health Rehabilitation

**Pickleball**

Outside Daily from 10:00 AM to 2:00 PM

\*\*Please remember while attending our exercise classes to go at your own pace and ability. If you need to take a break and get a quick drink of water, please do so. It is always a good idea to talk with your doctor before starting a new exercise program.

The pickleball court is open! Now that the weather is getting nicer outside it is time to get some fresh air and exercise. Bring along a couple of friends and enjoy hitting the ball around on our pickleball court. The court is available to use Monday through Friday 8:30 AM - 2:30 PM.



Outdoor Walking Group has started again! The day is changing to **Wednesday** mornings at 9:00 AM. Join this great group of people for a 1 - 2 mile walk around Coloma at a light pace, weather permitting.





This newsletter was mailed from Coloma Post Office on April 25th, 2024

# Senior-Wise

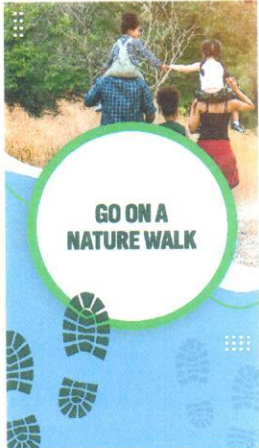
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### New Quilt Raffle



This quilt is a king size Apple Core Quilt made by Karen Simkins and Wahnetta Miller from the Tuesday quilting group. Tickets are \$1.00 each or 6 tickets for \$5.00. The raffle will be on Friday, July 12th.



## 26th Annual Senior Expo

Friday, May 10th, 2024  
10am-3pm

Mendel Center at Lake Michigan College  
1100 Yore Ave., Benton Harbor

FREE Admission

Presented by

- Don't Miss:**
- Local Entertainment
  - Door Prizes
  - Local Vendors
  - Drug Disposal & More!



The Herald-Palladium

**Experience the Health & Wellness Pavilion**  
Sponsored by  
**Corewell Health**  
Lakeland

**Potluck and Bingo**  
Friday, May 17th, 2024 at Noon

Celebrating the beginning of summer with a potluck and bingo. *For anyone who would like to participate in our potluck & bingo, please bring the following:*

1. A dish to pass that serves 12 people. (If there are 2 people in your party, you will need to bring two dishes)
2. A NEW store bought bingo prize that is a minimum of \$4.00 per person, a prize that is appropriate for a man or women.

We provide the main entrée and the tableware.