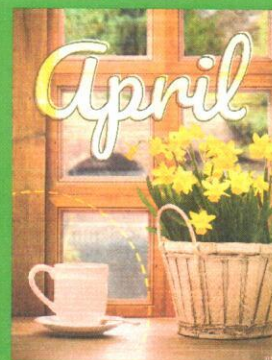




SENIOR-WISE

NORTH BERRIEN SENIOR CENTER, INC

NEWSLETTER



April 2024 • Vol. 48 • Issue 4

6648 Ryno Road • P.O. Box 730 • Coloma, MI 49038 • 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



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.

2nd Annual Health Fair Wednesday, April 17th, 2024 at 12:30

Join us on Wednesday, April 17th at 12:30 for our 2nd Annual Health Fair. This year's health fair will focus on a topic that can effect everyone, diabetes. Do you have a family member with diabetes? Are you diabetic or pre-diabetic? Are you concerned that if you don't make healthy decisions throughout your life you could quickly fall into one of these categories? Do you know what a healthy portion of carbohydrates look like? Are you struggling with food choices that fit into your weight management? Then join us on April 17th! We will have Melissa Powell, a registered dietitian from Area Agency on Aging, here to show us what a healthy lunch looks like with accurate portion sizes. **Lunch will be provided!** Also, Carol Derucki, a nurse practitioner from Area Agency on Aging, will be discussing what pre-diabetes and diabetes actually is and ways to prevent it and manage it. We will also have several nurses from Corewell Health here to provide **personal wellness assessments**, if you would like one. This includes a diabetic screening, if you qualify you will have the option to check your A1C (there will be a nominal fee for the A1C test). RSVP by calling 468-3366 by April 5th if you would like to attend the health fair so we can have an accurate lunch count. All are welcome to attend!

Veteran's Program with Maureen Adams from Veteran's Affairs Wednesday, April 24th at 1:00 PM

Over the last couple of years Maureen has compiled a list of frequently asked questions and concerns from local Veteran's. She will be at the senior center on Wednesday, April 24th at 1:00 PM for a group presentation to address these commonly asked questions. There will be additional time after the presentation for one on one questions with Maureen. Call the center at 468-3366 to sign up today.

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



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**



Branson Show Extravaganza May 6th - 11th, 2024 \$820.00 per Person (DBL Occupancy)

We are heading to the "Live Music Show Capital of the World" for a 6 day 5 night trip with 5 breakfasts and 3 dinners included! The week includes three morning shows: Dalena Ditto's Country Evolution, Doug Gabriel Morning Show, and a Neil Diamond Tribute Show. Plus, three evening shows: The Haygoods Show, Queen Esther Show and Laugh your Yak-Off Show featuring Yakov Smirnoff. There will be time to visit historic downtown Branson with it's old-fashioned charm, and free time at Branson Landing on Lake Taneycomo's beautiful waterfront. A \$75.00 deposit is due at time of sign up with the remaining balance due February 28th, 2024. Please call the senior center at 468-3366 to sign up today, fliers and insurance available. This will be such a fun trip and it will fill up quickly!

ACTIVITY LEVEL: HIGH



Meyer & Meijers Wednesday, April 10th, 2024 \$70.00 per Person

The first stop of the day is at the Meyer May House. The Meyer May house was designed by Frank Lloyd Wright in 1908 for a prominent Grand Rapids Clothier. The Meyer May House was purchased by Steelcase Inc. in 1985, meticulously restored and opened to the public in 1987. Today, complete with original furnishings and faithfully executed reproductions, the Meyer May house provides the rare opportunity to experience a Prairie house exactly as Frank Lloyd Wright intended. The next stop is for lunch (on your own) and then it's off to Fredrick Meijer Gardens. At the gardens you will have a tram ride through the gardens (weather permitting) and time on your own to meander thru the butterfly house and the rest of the gardens. The cost includes transportation, entrance fees to both places, tram ride (weather permitting) and the driver's gratuity. The trip leaves from the senior center at 8:00 AM and returns at 6:00 PM. Call the center at 468-3366 to sign up, payment due at sign up.

ACTIVITY LEVEL: MODERATE (there is no elevator available at the Meyer House, stairs only)

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 ultimate celebration of 1960's female empowerment! Featuring such timeless classics as "My Boyfriend's Back," "Be My Baby," "Son of a Preacher Man" and "Me and Bobby McGee," BEEHIVE: THE 60'S MUSICAL nostalgically recalls the days of miniskirts, transistor radios and flower power. 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. Dig out your tie-dye and bell bottoms and sign up for this fantastic day trip. Payment is due at time of sign up.

ACTIVITY LEVEL: LOW



TRIPS CONTINUED & WELLNESS WEDNESDAYS

Montreal, Quebec City and Ottawa, Canada
July 20th - 27th, 2024
8 Days and 7 Nights with 12 Meals Included
\$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**

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.

Pacific Northwest Cruise with Princess Cruises
April 27th - May 4th, 2024

The senior center has fliers and insurance information available. For reservations please contact Grand American Tours at 1-800-423-0247.

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

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 17th - HEALTH FAIR, all about Diabetes at 12:30.

April 24th - VA Services with Maureen Adams at 1:00.

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.



April's Spring

Tiny green shoots break from their early bond
Bringing tulips, hyacinths for which we're fond
Magnolia trees and weeping cherry
Vivid white and pinks so merry
Lush green leaves of a weeping willow
As winds blow and clouds billow
Birds now wake me in the morn
No more am I to feel forlorn
~Rhonda Baker

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)

COMMODITIES

Monthly CSFP

Wednesday, April 17th, 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 17th, 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.

ART SESSIONS

Pam Spica is skilled in a variety of art mediums and will be available to help on Thursday afternoons from 1-3:00 pm. Cost is \$7.00 for a two hour session.

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

3rd 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

Margaret O'Neill volunteers her time on 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.

April 2024

We provide a meal site for Meals on Wheels of Southwest MI Senior Nutrition Services to serve Lunches daily Monday through Friday at 11:30 a.m. Senior Nutrition Meals Are supported by Area Agency on Aging (Region IV) Menu is subject to change without notice. Donations are requested. Please call 24 hours in advance for reservations, 468-3366.



Sun

Mon

Tue

Wed

Thu

Fri

Sat

	<p>1</p> <p><i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i></p> <p>Cheese Ravioli</p>	<p>2</p> <p><i>Walking Exercise 9:45</i> <i>Quilting 1:00 p.m.</i> <i>Cards & Games 1:00</i> <i>Exercise Class 11:00</i> FOOT CLINIC</p> <p>Meatloaf</p>	<p>3</p> <p><i>Chair Exercise 9</i> <i>Outside Walking 9:00</i> <i>LINE Dancing 10:30</i> Stain Glass 10-11:30 & 12:30-2:00</p> <p>Greek Salad</p>	<p>4</p> <p><i>Walking 8:30</i> <i>TAP 9:45</i> <i>Mah Jong & Bridge 1:00</i> Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> Art Class 1-3PM</p> <p>Chicken Cordon Bleu</p>	<p>5</p> <p><i>Tai Chi 10:00</i> <i>Chair Exercise 11:00</i> Needlecrafts (Crocheting, Knitting) 1:00 p.m. <i>YOGA 1:00 PM</i> FOOT CLINIC</p> <p>Turkey and Gravy</p>	<p>6</p>
<p>7</p>	<p>8</p> <p><i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i></p> <p>Salisbury Steak</p>	<p>9</p> <p><i>Walking Exercise 9:45</i> <i>Quilting 1:00 p.m.</i> <i>Cards & Games 1:00</i> <i>Exercise Class 11:00</i> Nurse at TCV</p> <p>Pancakes</p>	<p>10</p> <p><i>Chair Exercise 9</i> <i>Outside Walking 9:00</i> <i>LINE Dancing 10:30</i> Stain Glass 10-11:30 & 12:30-2:00 Debility Prevention Class 12:30 Meyer & Meijer Trip</p> <p>Chicken Chili</p>	<p>11</p> <p><i>Walking 8:30</i> <i>TAP 9:45</i> <i>Mah Jong & Bridge 1:00</i> Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> Art Class 1-3PM</p> <p>Pasta with Meat</p>	<p>12</p> <p><i>Tai Chi 10:00</i> <i>Chair Exercise 11:00</i> Needlecrafts (Crocheting, Knitting) 1:00 p.m. <i>YOGA 1:00</i></p> <p>BBQ Chicken</p>	<p>13</p> 
<p>14</p>	<p>15</p> <p><i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i></p> <p>Stuffed Green Peppers</p>	<p>16</p> <p><i>Walking Exercise 9:45</i> <i>Quilting 1:00 p.m.</i> <i>Cards & Games 1:00</i> <i>Exercise Class 11:00</i> Board Meeting</p> <p>Pork Chops</p>	<p>17</p> <p><i>Chair Exercise 9</i> <i>Outside Walking 9:00</i> <i>LINE Dancing 10:30</i> Stain Glass 10-11:30 & 12:30-2:00 HEALTH FAIR 12:30 Commodities 9:00-12:30 Hamburger</p>	<p>18</p> <p><i>Walking 8:30</i> <i>TAP 9:45</i> <i>Mah Jong & Bridge 1:00</i> Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> Art Class 1-3PM</p> <p>Mac n' Cheese</p>	<p>19</p> <p><i>Tai Chi 10:00</i> <i>Chair Exercise 11:00</i> Needlecrafts (Crocheting, Knitting) 1:00 p.m. <i>YOGA 1:00</i></p> <p>No Onsite & No Homebound Nutrition</p>	<p>20</p>
<p>21</p> 	<p>22</p> <p><i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00</i></p> <p>Chicken</p>	<p>23</p> <p><i>Walking Exercise 9:45</i> <i>Quilting 1:00 p.m.</i> <i>Cards & Games 1:00</i> <i>Exercise Class 11:00</i></p> <p>Sloppy Joe</p>	<p>24</p> <p><i>Chair Exercise 9</i> <i>Outside Walking 9:00</i> <i>LINE Dancing 10:30</i> Stain Glass 10-11:30 & 12:30-2:00 Veteran Affair's Presentation 1:00 Memory Rescue 1:00</p> <p>Ham & Cheese Sandwich</p>	<p>25</p> <p><i>Walking 8:30</i> <i>TAP 9:45</i> <i>Mah Jong & Bridge 1:00</i> Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> Art Class 1-3PM</p> <p>Tuna Noodle Casserole</p>	<p>26</p> <p>Potluck and Bingo At Noon</p> <p>No Regular Activities No Onsite Nutrition</p>	<p>27</p>
<p>28</p>	<p>29</p> <p><i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i></p> <p>Vegetable Quiche</p>	<p>30</p> <p><i>Walking Exercise 9:45</i> <i>Quilting 1:00 p.m.</i> <i>Cards & Games 1:00</i> <i>Exercise Class 11:00</i></p> <p>Baked Cod</p>				
				<p>A huge "Thank You" to our sponsors of this newsletter located on pages 6, 7 and 8</p>		<p>This Newsletter is available on line at <a href="http://northberrien
seniorcenter.org">northberrien seniorcenter.org Click on the Newsletter heading</p>

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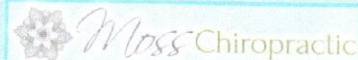
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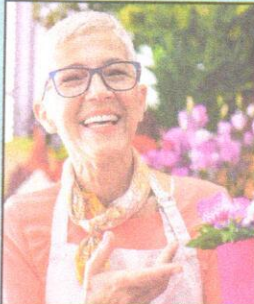
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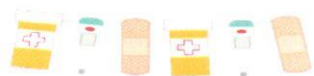


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The Nurse is in...

Diabetes prevention: 5 tips for taking control

Changing your lifestyle could be a big step toward type 2 diabetes prevention and it's never too late to start. Prevention is especially important if you're currently at an increased risk of type 2 diabetes because of excess weight or obesity, high cholesterol, or a family history of diabetes. Consider these tips.

- 1. Lose extra weight.** Losing weight reduces the risk of diabetes. People in one large study significantly reduced their risk of developing diabetes by 7% of their body weight with changes in exercise and diet.
- 2. Be more physically active.** Exercise can help you lose weight, lower your blood sugar, and boost your sensitivity to your body's insulin — which helps keep your blood sugar within a normal range
- 3. Eat healthy plant foods.** Plants provide vitamins, minerals, and carbohydrates in your diet. Carbohydrates include sugars and starches — the energy sources for your body — and fiber. Dietary fiber, also known as roughage or bulk, is the part of plant foods your body can't digest or absorb. Fiber-rich foods promote weight loss and lower the risk of diabetes. Eat a variety of healthy, fiber-rich foods, which include:
 - Fruits, such as tomatoes, peppers, and fruit from trees
 - Non-starchy vegetables, such as leafy greens, broccoli, and cauliflower
 - Legumes, such as beans, chickpeas, and lentils
 - Whole grains like whole-wheat pasta and bread, whole-grain rice, whole oats, and quinoa

The benefits of fiber include:

- Slowing the absorption of sugars and lowering blood sugar levels.
- Interfering with the absorption of dietary fat and cholesterol.
- Managing other risk factors, such as blood pressure and inflammation.
- Helping you eat less because fiber-rich foods are more filling and energy rich.

Avoid foods that are "bad carbohydrates" high in sugar with little fiber or nutrients: white bread and pastries, pasta from white flour, fruit juices, processed foods with sugar or high-fructose corn syrup.

- 4. Eat healthy fats.** Fatty foods are high in calories and should be eaten in moderation. To help lose and manage weight, your diet should include a variety of foods with unsaturated fats, sometimes called "good fats."

Unsaturated fats — both monounsaturated and polyunsaturated fats — promote healthy blood cholesterol levels and good heart and vascular health. Sources of good fats include:

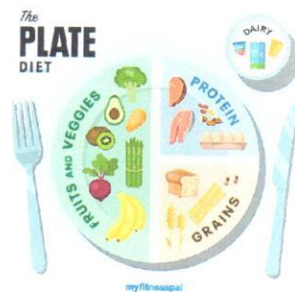
- Olive, sunflower, safflower, cottonseed and canola oils
- Nuts and seeds, such as almonds, peanuts, flaxseed and pumpkin seeds
- Fatty fish, such as salmon, mackerel, sardines, tuna and cod

Saturated fats, the "bad fats," are found in dairy products and meats. These should be a small part of your diet. You can limit saturated fats by eating low-fat dairy products and lean chicken and pork.

- 5. Skip fad diets and make healthier choices.** Many fad diets such as the glycemic index, paleo or keto diets may help you lose weight. There is little research, however, about the long-term benefits of these diets or their benefit in preventing diabetes.

Join us at our Health Fair on Wednesday April 17th for an interactive approach to learning about prevention and management through your diet.

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.

APRIL BIRTHDAYS 2024



- 1-James Dunn
Helen Elston
Alice Boyer
Christa Hoffman
Kent Churchill
- 2- Anna Miller
William Flynn
Karen Nickels
Art Skale
- 3-Jean Kienzle
Carole Foster
Ralph Bower
- 4-William Moore
Doris Queen
Helen Freye
Marilyn Blatt
MaryAnne Melvin
Michael Tsang
Steve Consolino
- 5-Dorothy Lewis
Pete Headle
Dwight Peters
Don Eisman
Nick Amicarelli
- 6-Christean Sewcyck
Janet Frazier
Siham Sayegh
Diane Price
Christine Wells
- 7-Joyce Tolbert
Virgil Schmaltz
- 8-Jean Smart
- 9-Janet Wells
Gary Walker

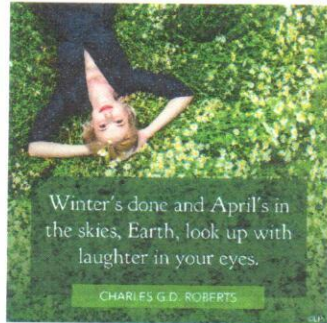
10-Helen Grosse
Else Elsner
Fred Reeves
Ron Winfield

11-Sally Bailey
Steve Harbin

12-Lola Lawson
Kathryn Ewing
Dorothy Harris

13-Peg Hettig

14-Helen Thomas
Carol Malich
Bob Hemenway
Wendy Lozeau
John Burlington
Patricia Duran



15-Margaret Frick

16-Jane Schmaltz
Terry VanPelt

18-Warren Hendrix
Jim Sedlack
Helga Oelke
Byrl Moore
Eleanor Collins

19-Edith Vandenberg
Lillian Hurley
Tom Adamson

20-Vernette Anderson

21-Cecile Fitz
Jayne Tregoning
Bruce Hurst

22-Donna Griffin
Lester Foster
Joyce Swisher
Patricia Kliemann

23-Jenny Cope
Carol Dingler
Jack Goss
Robert Williams
Geraldine Groen
Barbara Taylor
Jim Riley

24-Patricia Gomez

25-Charlene Whitney

26-Muriel Arndt
Alice Schaaf
John Jenkins
Cathy Colgan
James Chartrand
Kim Hamrick

27-Florence Daisy
Judy Stark
Loretta Damico
Don Thomas

28-Toni Anderson

29-Pearl Collins
Ann Ruggio
William Schulz
George Patterson
Rhonda Goerg

30-Vilda Wright
Ed Hicks
Phyllis Hornus
Joyce Myers

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!

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 **FEBRUARY**. WE
APPRECIATE YOUR SUPPORT!

Transportation: Carol Cornelis, Darrell Fikes, Helen Harvey, Marvin Harvey, Pauline Stainbrook, Joan Holcomb, Linda Stuard, Marge Duvernay, Norma Lou, Linda Barber, June Sutter, Mary Anne Matlow, Bekki Vandenberg, Marilyn Cates, June Sutter, Katie Davis, Jeff Christensen, Wayne Antosz, Sarah Queen, Loreeta Bahr, Delores Hoopcough, Glenda Dokes, James and Felicia Healy, Sharon Turnbow, Marlys Reeves, Kaye Kerstetter, Rhonda Goerg, Sophie Shull, Caryl Snider, Joyce Wigent, June Butler.

General Fund: Betty Krell, Worney Skidmore, Beverly Peters, Jim and Lurette Riley, Joanne Goodrich, Christine Blankenship, Rick Michael, James and Carolyn Freeman, Ernestine SirkDeb Pena, Michaelyn Fillwock, Henry D'Agostino, Houston and Sharon Dixon, Mary Anne Melvin, Frank Gaipa, Joyce Williams, Michael Zelko, Virgie Sutherland, Wanda Cuchinski, Kathryn Watson, Jack and Holly Hyden, Barbara Nelson, Merye Wine, Arline Londowski, Ann Jenkins, Karen and Bill Behnke, Linda Stuard, Shirley Kreiger, Millie Head, Marilyn Barricklow, Tom Loomis, Deanna Elston, Frank Docktor, Irene Stankiewicz, Karen Simkins, Sally Bailey, Clara Demske, Eva baumeister, Sally Drane, Alice Mow, Helen Elston, Gretchn Klyczek, Barbara Dowd, Fritz Flowers, George and Martha Kavanaugh, Kirk Benson, Charlie Mott.

Memorial: In loving memory of **Joe Turner:** Candy Burton. In loving memory of **Art Hawkins:** Juan Delacruz. In loving memory of **Wayne Clapsaddle:** Juan Delacruz. In loving memory of **Ron Rowe:** Patrick Lynch. In loving memory of **Ben and Lena Gale:** Diane Gale. In loving memory of **Mark Bolin:** Debra and Jeffrey Morlock.

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

DEBILITY PREVENTION CLASS

Wednesday, April 10th 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, April 10th**, 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 Margaret O'Neill

Mondays and 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.**

New Quilt Raffle



This quilt is a king size Apple Core Quilt made by Karen Simkins and Wahneta 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.

When participating on our trips most of them leave from the back of our parking lot. Please park at the end of our parking lot, behind the garage area. This will help keep our spaces closest to the building open for people who are using our center for daily activities and coming for lunch. We appreciate your help in this matter.



Senior-Wise

NORTH BERRIEN SENIOR CENTER

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Coloma, MI 49038



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APRIL



House of David

Wednesday, June 12th, 2024 at 1:00 PM

Chris Sarno with the House of David will be at the senior center on Wednesday, June 12th at 1:00 PM with a movie showcasing the House of David through the years. This is always a popular presentation, please call the senior center to RSVP, 468-3366. Stay tuned for more information!

26th Annual Senior Expo

Friday, May 10th, 2024

**At the Mendel Center at Lake Michigan College
10:00 AM - 3:00 PM**

Don't miss out on local entertainment, door prizes, local vendors, drug disposal and so much more! This event is presented by Region IV Area Agency on Aging and the Herald Palladium.

Outdoor Walking Group is starting again on April 3rd! 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.

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.

Memory Rescue 6 Week Class

Wednesdays April 24th - May 29th at 1:00

With Jane Oelke, ND, Phd.

from Natural Choices, Inc.

WAITING LIST ONLY



Potluck and Bingo

Friday, April 26th, 2024 at Noon

A great way to start the St. Patrick's Day weekend 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. See you on the 26th.