



SENIOR-WISE

NORTH BERRIEN SENIOR CENTER, INC

NEWSLETTER



May 2025 • Vol. 49 • Issue 5

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



Arthritis in Your Hips & Knees?

TUESDAY, May 13th, 2025 at 2:00 PM

**Dr. Sohn from Southwest Michigan Center of
Orthopaedics & Sports Medicine**

Arthritis is a common condition that affects millions of people, especially seniors. The pain, stiffness and limited movement in joints can severely impact quality of life. If you're experiencing discomfort in your hips or knees, you're not alone. However, the good news is that there are ways to manage and improve these symptoms, and knowledge is the first step toward better joint health. On Tuesday, May 13th at 2:00 PM, join Dr. Sohn from the Southwest Michigan Center of Orthopaedics and Sports Medicine for a helpful and informative presentation. This program will provide a deeper understanding of the condition and strategies for managing the pain and stiffness commonly associated with arthritis. Please call the senior center at 468-3366 to sign up.

How can the Area Agency on Aging Help You?

Wednesday, June 11th at 1:00 PM

With Alexandra Newman

Alexandra Newman is the communications and outreach coordinator at Region IV Area Agency on Aging (AAA). In this presentation, she will give an overview of AAA programs, services and opportunities available to older adults, people with disabilities and caregivers in Berrien, Cass and Van Buren counties. Programs covered include but are not limited to the MI Choice Waiver program which provides nursing home level of care in the home, the Integrated Care at Home program which brings primary care into the homes of homebound individuals, volunteer opportunities, how to get information and assistance, caregiver resources, and so much more. Please call the senior center to reserve your spot, 468-3366.

Assisted Living at Woodland Terrace

Wednesday, June 18th at 1:00 PM

With Tammy Haner

Wondering about assisted living for yourself or a family member? Call the center to RSVP, 468-3366.

Maximizing Your Resources

With Christian Haack from MI State Extension

Wednesday, May 14th, 2025 at 1:00 PM

How can you cook once, but eat the meal 2 to 3 times? How can you extend the life of your pantry items? Christian Haack will be at the senior center to discuss these issues. This class will teach you how to use what is in your kitchen and to stretch your dollar. It will look at how you can create a meal out of some of your staple items that are in your cabinets. As we all are aware of rising food costs, learning ways to make not only your dollar stretch but the meals you prepare as well stretch is extremely beneficial. Call the senior center to RSVP for this class, 468-3366.

Potluck and Bingo

Friday, May 23rd, 2025 at Noon



The senior center is having a potluck and bingo on Friday, May 23rd at noon. *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 worth a minimum of \$4.00 per person, a prize that is intended for an adult not a child and appropriate for a man or women.

We provide the main entrée and the tableware. See you on the 23rd!



The Outside Walking Group and Pickleball are starting back up again! With the warm weather here, we are getting back outside to enjoy some sunshine! Join us on

Wednesday mornings at 9:00 AM as we walk around Coloma. Then at 10:00 AM for pickleball instruction with George Walker. Both of these activities are a great way to stay active and socialize with others.



TRIPS



Our senior center trips are designed specifically for individuals aged 60 years and older. We aim to offer enjoyable and accessible experiences for our senior community. Payment is required at the time of registration, we accept cash or check payments only (no credit cards at this time). Each trip has a specific activity level. Please carefully consider whether you can fully participate in the planned activities before signing up. Most trips will depart from the back of our parking lot. When attending, please park at the end of the parking lot, behind the garage area, to allow spaces closer to the building to be available for those using the center for daily activities or coming for lunch. Payment for all trips due at time of sign up. We appreciate your cooperation and look forward to seeing you on our upcoming trips! For questions or to sign up, please contact us at 468-3366.

May 8th	Gun Lake Casino
May 14th	Turkeyville – Nunsense Waiting List
May 17th – 26th	Shades of Ireland
June 23rd – 25th	Sights & Sounds of the Upper Peninsula
July 9th	Windy City's Gangsters and Shopping!
July 17th	Firekeepers
July 31st	Hamilton at DeVos Hall
August 17th – 24th	Norwegian Fjords Cruise
Sept. 4th – 10th	New York City - Waiting List
Sept. 24th	Catch Me if You Can

Windy City's Gangsters Tour and Shopping! WAITING LIST ONLY

Wednesday, July 9th, 2025
\$75.00 per Person



Join us for a day of fun as we travel to Chicago for some shopping and the Untouchable Gangster's Bus tour. The trip will start with the bus dropping everyone off at Macy's in Chicago for shopping and lunch on your own. Then we will board the bus again and enter into the Prohibition Era for the Untouchable tour. The guide is an actor who takes on the persona of a 1920's gangster. The guide presents an accurate account of the crimes and activities that were going on in Chicago during the 1920s and '30s (Prohibition Era). You will hear exploits of Capone, Moran, Dillinger and the rest of the boys on this unforgettable Chicago crime tour! Some sites included are: the St. Valentine's Day Massacre, the Biograph Theatre, and Holy Name Cathedral. The cost of \$75.00 per person includes the Untouchable bus tour, transportation, guide and driver gratuity. The bus departs at 9:00 AM and returns at 8:00 PM. Please call the senior center at 468-3366 to reserve your spot for this fun day in Chicago. **ACTIVITY LEVEL: MEDIUM**



Hamilton at DeVos Hall In Grand Rapids, MI Thursday, July 31st, 2025 \$125.00 per Person WAITING LIST ONLY

The long wait is finally over, we are going to see the musical, Hamilton, in Grand Rapids! The musical covers the life of American Founding Father Alexander Hamilton and his involvement in the American Revolution and the political history of the early United States. We will stop for lunch on your own at Pizza Ranch, on our way into Grand Rapids. The bus departs at 9:45 AM and returns at 5:30 PM. The cost of \$125.00 per person includes tickets to the musical (mezzanine seating), transportation and driver's gratuity. This trip will fill up very quickly, please do not hesitate to call and reserve your spot, 468-3366. Payment is due at time of sign up. **ACTIVITY LEVEL: MEDIUM**

CASINO TRIP - WAITING LIST ONLY Gun Lake Casino

Thursday, May 8th, 2025 \$40.00 per Person

Join us for a day at the Gun Lake Casino. Game packing includes \$10 in free slot play and \$10 towards dining dollars. Picture ID needed for this trip. The bus departs at 9:30 AM and returns at 4:30 PM. The cost of \$40.00 per person includes the gaming package, transportation and driver's gratuity. Call today to sign up, 468-3366, payment due at sign up. **ACTIVITY LEVEL: LOW**

Nunsense at Turkeyville Wednesday, May 14th, 2025 \$105.00 per Person



This is the only Turkeyville trip we will be taking this year. **WAITING LIST ONLY**

Spend the day at Turkeyville enjoying the gift shop, a wonderful lunch with all the fixings and then the play Nunsense. The gift shop has a delicious section of baked goods, and a wide assortment of treasures for everyone. Lunch at Turkeyville includes all the traditional Thanksgiving day dishes plus the dessert is amazing! Then sit back and enjoy Nunsense. The show begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. The sisters decide that the best way to raise the money is to put on a variety show, so they take over the school auditorium, which is currently set up for the eighth grade production of "Grease." The cost of \$105.00 per person includes transportation, lunch, the play, driver and wait-staff gratuity. The trip departs at 10:00 AM and returns at 5:30 PM. Call the senior center to sign up today, 468-3366. **ACTIVITY LEVEL: LOW**

TRIPS CONTINUED

Catch Me if You Can The Musical at the Marriott Theatre in Lincolnshire, IL Wednesday, September 24th, 2025 \$140.00 per Person

Join the senior center as we travel to the Marriott Theatre in Lincolnshire, IL for the high flying true story of a real fake. Catch Me if You Can is based on the hit movie and the incredible true story of Frank Abagnale, Jr. It is a delightfully entertaining musical comedy about chasing your dreams and not getting caught. Jet-set to the 1960's where charming, young con man Frank Abagnale, Jr. posed as a airline pilot, a lawyer and a doctor and then escaped police custody, all before he turned 22. When Frank's lies catch the attention of an FBI agent, he is pursued across the globe to pay for his crimes. Before the musical you will enjoy the Marriott's delicious lunch; **Option #1** Country Fried Chicken w/sausage gravy and mashed potatoes. **Option #2** Blackened Tilapia w/beurre blanc and mashed potatoes. **Option #3** Vegan Wellington w/roasted pepper coulis. All three options include a selection of vegetables and a fall market salad with roasted squash, pepitas, goat cheese and apple cider vinaigrette. The bus departs from the senior center at 9:00 AM and returns at 8:00 PM. The cost of \$140.00 person includes lunch, the musical, transportation and all gratuities. Please call the center to sign up today, 468-3366. **ACTIVITY LEVEL: LOW**

Summertime Casino Trip to Firekeepers Thursday, July 17th, 2025 \$40.00 per Person

Mark your calendars now for a summer casino trip to Firekeepers on Thursday, July 17th, 2025. The gaming package includes \$20 free slot play and \$5 in points. The bus departs at 9:30 AM and returns at 4:30 PM. Picture ID needed for this trip. The cost of \$40.00 per person includes, gaming package, transportation and driver's gratuity. Call the senior center at 468-3366 to sign up today. **ACTIVITY LEVEL: LOW**

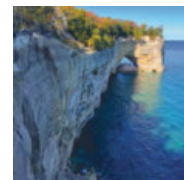
WAITING LIST ONLY

**New York City &
The Statue of Liberty
September 4th - 10th, 2025
\$1054.00 per Person (Dbl Occupancy)
FINAL PAYMENT IS DUE BY June 13th, 2025**

The senior center has fliers and insurance information if you would like to stop in and read more about these fantastic trips. **ACTIVITY LEVEL: HIGH**

Sights and Sounds of the Upper Peninsula Monday, June 23rd - Wednesday, June 25th \$525.00 per Person (DBL Occp) Waiting List

Join the senior center as we head over the Mighty Mac to the Upper Peninsula. We will be staying at the Kewadin Casino and Hotel in Sault Ste. Marie with a gaming package of \$10.00 in casino credits for Monday and Tuesday, and a \$10.00 food credit. On Tuesday, we will be taking a boat cruise to see Pictured Rocks and Spray Falls. From the water you will see the colorful sandstone cliffs that tower 50 to 200 feet above Lake Superior. After lunch we will head to Tahquamenon Falls where you will see the largest waterfall east of the Mississippi River. The cost of \$525.00 per person (double occupancy) and \$650.00 (single occupancy) includes 2 night hotel stay, 2 breakfasts, gaming package, boat cruise, entry into state park, transportation and gratuities for the driver and boat cruise. **A deposit of \$75.00 per person is due at sign up, final payment is due by April 11th.** Please call the senior center at 468-3366 to sign up. **ACTIVITY LEVEL: MEDIUM**



INTERNATIONAL 2025 TRIPS

**Norwegian Fjords Cruise
August 17th – 24th, 2025
With Grand American Cruises**

**Greece Island Hopper
October 5th – 15th, 2025
\$6,029.00 per person (DBL Occp)
Book by April 6th, 2025 and Save \$500 per Person
DBL Occupancy**

INTERNATIONAL 2026 TRIPS

**London and Paris
March 18th – 26th, 2026
\$4,929 per Person (Dbl Occp)
Book by September 19th, 2025 and Save \$100
Informational Collette Meeting on August 18th at
10:00 AM at the senior center.**

Magical Rhine and Moselle River Cruise Sept. 13th - 21st, 2026

Limited space on each cabin category, all cabins are on a first come first serve basis.

**Informational Collette Meeting on
August 18th at 10:00 AM at the
senior center.**

Fliers and insurance information are available at the senior center for these trips.



MONTHLY SERVICES AND ACTIVITIES

For nearly five decades, we have proudly served seniors aged 60 and older throughout the communities of Coloma, Watervliet, and the surrounding townships. Our programs, activities, and services are specifically designed to enrich your life, connect you with others, and ensure that every senior in our area feels supported and welcomed.

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

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

CARDIO & STRETCH

On Thursday morning from 8:45-9:30 Vicki Shoemaker will be here to help you stay active and energized! Cost is \$5.00 per class.

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.

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.

DOUBLE COMMODITIES/USDA FOODS

Monthly CSFP & Quarterly TEFAP

Wednesday, May 21st, 9:00 a.m.-12:30 p.m.

We register and distribute USDA foods to participants. Call us for information on these programs. The next distribution date is Wednesday the 21st, 9:00 – 12:30. If you need help carrying out your USDA food box, please be here at that time. If you're not available on that day, please make arrangements with your authorized representative to pick your USDA food up for you. This institution is an equal opportunity provider.

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.

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.

HAND and FOOT

Join the senior center on Fridays at 12:00 to 3:00 PM to play this fun card game.

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.

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.

LINE DANCING

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

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.

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 quilts.

STAINED GLASS

Join this great group of people on Wednesdays at 10:00 AM with instructor from Gary Cook and open stained glass time to 1:00 PM.

TAI CHI

On Friday mornings at 10:00 AM Janet Snelgrove is at the center for TAI CHI class. Cost is \$60.00 for eight sessions, \$48.00 for 6 weeks, or \$10.00 drop in rate.

TAP - Resumes in the Fall

Pat Culver will be here on Thursdays starting at 10:00 AM for tap class. The class is \$20 for 4 weeks. Advanced class starts at 10:00 AM and the Beginner class is at 11:00 AM.

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 AM to 1:00 PM and is limited to certain areas of Berrien County. Donations are very much appreciated. *(Transportation supported by Area Agency on Aging IV)*



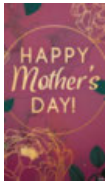



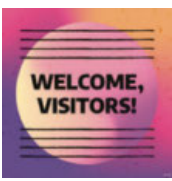
YOGA

Vicki Shoemaker, a licensed yoga instructor will be here on Mondays at 1:00 pm and Thursday at 1:30 for yoga. The cost is \$5.00 per person. Please bring your own yoga mat.



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

				1	2	3
				Cardio & Stretch 8:45 Duplicate Bridge 12-3:30 Exercise Class 12:30 <i>Mah Jong 1:00</i> Open Art 1-3PM YOGA 1:30 Turkey Breast	Tai Chi 10:00 Chair Exercise 11:00 Hand & Foot 12:00 Needlecrafts (Crocheting. Knitting) 1:00 p.m. FOOT CLINIC Salmon Burger	
4	5	6	7	8	9	10
	Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00 PM Turkey Taco Pasta	Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00 FOOT CLINIC Chicken Primavera	Outside Walking 9:00 Chair Exercise 9:00 Pickleball Instruction 10:00 LINE Dancing 10:30 Stain Glass 10:00-1:00 Debility Prevention Class 12:30 Sloppy Joe	Cardio & Stretch 8:45 Duplicate Bridge 12-3:30 Exercise Class 12:30 <i>Mah Jong 1:00</i> Open Art 1-3PM YOGA 1:30 Gun Lake Trip Omelette	Tai Chi 10:00 Chair Exercise 11:00 Hand & Foot 12:00 Needlecrafts (Crocheting. Knitting) 1:00 p.m. Senior Expo Beef & Broccoli	
11	12	13	14	15	16	17
	Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00 PM Spaghetti	Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00 Arthritis Presentation 2:00 Chicken Mashed Potato Bowl	Outside Walking 9:00 Chair Exercise 9:00 Pickleball Instruction 10:00 Stain Glass 10:00-1:00 Turkeyville Trip Maximizing Your Resources 1:00 Biscuits & Gravy	Cardio & Stretch 8:45 Duplicate Bridge 12-3:30 Exercise Class 12:30 <i>Mah Jong 1:00</i> Open Art 1-3PM YOGA 1:30 Pork Loin	Tai Chi 10:00 Chair Exercise 11:00 Hand & Foot 12:00 Needlecrafts (Crocheting. Knitting) 1:00 p.m. Beef Tacos	
18	19	20	21	22	23	24
	Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00 PM Honey Mustard Chicken	Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00 Board Meeting 1:00 Beef Pepper Steak	Outside Walking 9:00 Chair Exercise 9:00 Pickleball Instruction 10:00 LINE Dancing 10:30 Stain Glass 10:00-1:00 DBL Commodities 9-12:30 Brat	Cardio & Stretch 8:45 Duplicate Bridge 12-3:30 Exercise Class 12:30 <i>Mah Jong 1:00</i> Open Art 1-3PM YOGA 1:30 Vegetable Lasagna	Potluck & Bingo At Noon No Homebound & No Onsite Nutrition No Regular Activities	
25	26	27	28	29	30	31
	Senior Center Closed in observance of Memorial Day 	Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00 Cheeseburger	Outside Walking 9:00 Chair Exercise 9:00 Pickleball Instruction 10:00 Stain Glass 10:00-1:00 Chef Salad	Cardio & Stretch 8:45 Duplicate Bridge 12-3:30 Exercise Class 12:30 <i>Mah Jong 1:00</i> Open Art 1-3PM YOGA 1:30 Turkey Pot Pie	Tai Chi 10:00 Chair Exercise 11:00 Hand & Foot 12:00 Needlecrafts (Crocheting. Knitting) 1:00 p.m. BBQ Roast Beef	
	Pickleball Available Monday through Friday 10:00 - 2:00 			A huge "Thank You" to our sponsors of this newsletter located on pages 6, 7 and 8		This Newsletter is available on line at northberrien.seniorcenter.org Click on the Newsletter heading

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The Nurse is in... What in the World is CKD?!

Your kidneys do many important jobs. Some of the ways they keep your whole body in balance include:

- Removing natural waste products and extra water from your body
- Helping make red blood cells
- Balancing important minerals in your body
- Helping maintain your blood pressure
- Keeping your bones healthy

Chronic kidney disease (CKD) is when the kidneys have become damaged over time (for at least 3 months) and have a hard time doing all their important jobs. CKD also increases the risk of other health problems like heart disease and stroke. Developing CKD is usually a very slow process with very few symptoms at first.

Aging and Kidney Disease- Kidney disease can develop at any time, but those over the age of 60 are more likely than not to develop kidney disease. As people age, so do their kidneys. More than 50 percent of seniors over the age of 75 are believed to have kidney disease. Kidney disease has also been found to be more prevalent in those over the age of 60 when compared to the rest of the general population.

Kidney disease often develops slowly with few symptoms, and many people don't realize they have it until the disease is advanced. Awareness of kidney disease, especially for those at risk, is the first step to preventing, or slowing the progression of kidney disease, which can eventually lead to hemodialysis if left untreated.

Checking for CKD is easy with two simple tests: a **blood test** known as the **estimated glomerular filtration rate (eGFR)** and a **urine test** known as the **urine albumin-creatinine ratio (uACR)**

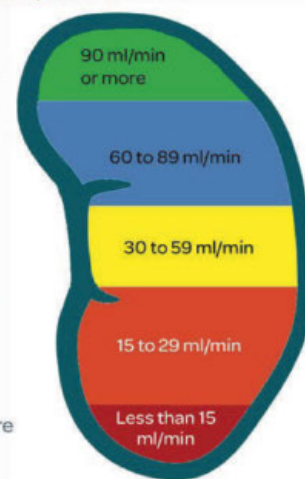
The eGFR is an estimate of how well your kidneys are removing waste products like urea (a byproduct of protein breakdown), creatinine (a byproduct of muscle metabolism), and excess water and electrolytes from the blood. A “normal” eGFR varies according to age – it decreases as you get older. Your eGFR number is used to determine your stage of CKD. Having an eGFR under 60 is an indication of disease. CKD is divided into 5 stages to help guide treatment decisions.

Take action to prevent, delay, or manage CKD:

- Lose weight if overweight.
- Be active. Physical activity helps control blood sugar levels.
- If you smoke, quit as soon as possible.
- Take all your medicines as prescribed.
- Stay in your target cholesterol range.
- Eat foods lower in salt (preferably 2300 mg / day or less).
- Eat more fruits and vegetables.
- Limit how much alcohol you drink. Alcohol can increase your risk of high blood pressure.
- Get your flu shot every year. People with CKD have a higher risk of severe illness from the flu.

eGFR levels and stages of chronic kidney disease

Stage 1	eGFR remains within a normal range, but other test results suggest signs of kidney damage
Stage 2	Slightly reduced kidney function with other tests suggesting kidney damage
Stage 3	Moderately reduced kidney function
Stage 4	Severely reduced kidney function
Stage 5	Very severe or end-stage kidney failure



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.

MAY BIRTHDAYS 2025



- | | |
|--|---|
| <p>1-Arthur Engler
Laura Ludwig
Sandra McClure</p> <p>2-Bill Hoban
Anne Loikits
Robert Howley
Bev Ostrowski
Ruth Still</p> <p>3-John Madill</p> <p>4-Carol Bushert
John Godush
Jean Bower
Richard Harris</p> <p>5-Bob Dillenbeck
Deborah Fee</p> <p>6-Anne Bankston
Judy Brant</p> <p>7-Manila Timmons
Lawrence Eckoff
MarySue Vaughn
Francis Varney</p> <p>8-Pauline McGuire
Glenda Murphy
Elizabeth Mundt
Joyce Wolff
Susie Trueblood
Rodney Sanders Sr.
Sylvia Sutton</p> <p>9- Lavina Sims
Fannie Turner
Eleanor Shaff
Opal Jewell
Jack Drummond</p> | <p>10-Caroline Baes
Eleanor Wolf
Dorothy Smith
James Doroh
Carol Bonczkowski</p> <p>11-James Miller
Al Bialik
Earl Redding</p> <p>12-Geneva Eaton
Mary Dickson
Robert Ball
Ken Groen
Madeline Spinks
Barbara Kroening</p> <p>13- Mary Ann Kelly
Tom Payne</p> <p>14-Clara Demske
Terry Rose</p> <p>15-Evadean Steams
Tina MacGirvin
Gene Riorden
June Parker</p> <p>16-Erna Friesen
Margaret Rodgers
Marian Rhodes</p> <p>17-Virginia Fillmore
Arthur Phillips
Vonnie Drake
Joseph Riccioni
Earl Walls</p> <p>18-J. Dean Grieser
Karen Tarantino
Terry Bambrick</p> <p>19- Marge Nelson
Rosanne Brogno</p> <p>20- Wanda Bouchikas</p> <p>21-Margaret Nestle
Elaine Dickinson
Thomas Denbow
Marietta Brown</p> |
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| <p>22-Elizabeth Murphy
Butch Mason</p> <p>23-Evelyn Lambrecht
Caroline Hetfield</p> <p>24-Clare Horneij
Ross Julian
Rosemary Fardello
Harry Case</p> <p>25-Marisa Cresto
Ruby Fithian
Vicki Withrow</p> <p>26- Rose Schuman
Vareta Chase
Caroline Barnes
Roger Boven
David Fuller
Mike VanTieghem
Barbara Weber
Jan Polmanteer</p> <p>27-Donna Carver
Judy Benson
Linda Hiler</p> |
|---|

- | |
|---|
| <p>28-Claud Hobson
Michael Drake
Dorothy Thar</p> <p>29-Gerald Miller
Elizabeth Shapleigh
John Schramm
Sandra Sue Holmes
Connie Froehlich</p> <p>30- Carol Moser</p> <p>31-Ann Arntz
Marion Campbell
Mary Gibson
Bernice Gibson
Sheron Brower
Onnie McIntosh
Shirley Churchill
Dick Shaffer</p> |
|---|

If you would like to have your birth date included in our monthly birthday lists please call the senior center to be added.

University of Michigan Medicine is looking to help improve healthcare for people with dementia. If you are the main caregiver for someone with dementia, then they want to hear from you. Are you finding it hard to choose the right Medicare plan? Is it difficult to handle the person's insurance? Do you sometimes have trouble getting the health care they need? Do you have any stories or experiences about getting healthcare for them? They will interview caregivers of people with dementia for an hour about their experience choosing a Medicare plan and arranging healthcare for the person they care for. This study is funded by the National Institute of Aging. For more information please contact the University of Michigan Medicine, 888-231-8707 or you can email them at: Dementiacarestudy@med.umich.edu

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

Transportation: Darrell Fikes, James and Felicia Healy, Loreeta Bahr, Kaye Kerstetter, Darlene Marler, Wayne Antosz, MaryAnne Matlow, Murlene Wolter, Rhonda Goerg, Joan Holcomb, Norma Lou, Linda Stuard, Mary Onofrio, Marlys Reeves, Marvin Harvey, Tom Pierce, Diane Codman, Marilyn Cates, Christean Sewcyck.

Loan Closet: Deb Hammermeister, Dave Sonnenberg, Kurt and Nancy Weber, Pat and Larry Eyerly, Jim and Deb Whitney, Cheri and Bob Freed.

General Fund: Sharon Urban, Isabella Burtchett, Karen and Bill Behnke, Judy Lake, Evelyn and Ron Lambrecht, Sally Drane, Katherine Darling, Betty and James Hahn, Pat Oderkirk, Robert and Sandy Baushke, Karen Simkins, Linda Weigel, Ann Jinkens, Linda Stuard, Bob and Ruth Gearing, Marge Nelson, Kayleen and Greg Schultz, Darlene Gatchell, Jean Vollrath, Sherry MacDonald, JoAnne Goodrich, Gretchen Klyczek, Liz and Alice Smith, Phil Joslyn, Mary Anne Melvin, Jack Hyden, Sally Bailey, Brenda Fulton, Barb Grant, Patricia Hauch, Joe and Toni Engel, Eva Baumeister, Richard Veit, Donald Boyer, Barbara Lomonaco, Eleanor Collins, Deanna Elston, Connie and David Menefee, Christina Porphir, Linda Ray, Linda Pepple, Linda Bellinger, Merye Wine, Dawn and Steve Consolino, William and Jaquava Brenneke, Paulette and Jim Lynch, Tom Kimbro and Darlene Page, Terry Soderquist, Jeanette Lottridge, Steve and Charleen Wilder, Jackie Ballard, Lina Williams, Shella and Carl Ryan, Martha Paulsen, Linda Nelson, Katie Davis, Ed and Belinda Trapp, Bonnie Onofrio, Saledia Brower, Wanda Cuchinski, Clara Demske, Fritz Flowers, Tom Bancroft, Elinor VanEgmond, Donald Bahus, Joanna and Craig Hansen, Wanda Durham, Kerry and Linda Barchett, Kathleen Smith.



Memorial: In loving memory of **Ray Evans:** Janet Evans. In loving memory of **Robin Mileski:** Sandy and Brian Kraemer.

NEW Quilt Raffle! Our wonderful quilters have done it again...we have a new floral print queen size quilt to raffle off on July 25th, 2025. The tickets are \$1.00 each or 6 tickets for \$5.00. Stop in today to purchase your raffle tickets. We can not thank our quilting group enough for all the time they spend creating such beautiful bed quilts for the senior center.



Exercise Programs ...

Cardio & Stretch with Vicki Shoemaker
Thursdays 8:45 AM, \$5.00 per class

Chair Exercise Program
Monday, Wednesday at 9:00 AM and Friday at 11:00

Debility Prevention Class
1st Wednesday of Every Month at 12:30
With Dalia Awshana PTA
from Corewell Health Rehabilitation

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

LINE DANCING with Cookie Henry
Every other Wednesday at 10:30 a.m.
This month 5/7 and 5/21

Pickleball
Outside Daily from 8:30 AM to 2:30 PM
Instruction with George Walker Wednesdays at 10:00

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

TAP CLASSES with Pat Culver - **RESUMES in Fall**
Thursdays \$20 for 4 weeks
Advanced 10:00 AM Beginner 11:00 AM

WALKING GROUP OUTSIDE!
WEDNESDAYS at 9:00 AM

“WALK SLIM” – (Leslie Sansone’s DVD)
Tues. at 9:45 a.m.

YOGA with Vicki Shoemaker
Mondays at 1:00 PM and Thursday at 1:30 PM
\$5.00 per class

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.

Wellness Wednesdays

Join us for Wellness Wednesdays throughout the month! Wednesday afternoons we host activities and presentations aimed at supporting and promoting a healthy lifestyle. Our programs will focus on **mental, physical, financial, and emotional wellbeing**. To sign up for any of these programs, please call the senior center at 468-3366.

Arthritis in Your Hips & Knees - Tuesday, May 13th 2:00

Maximizing Your Resources - May 14th at 1:00



Senior-Wise

NORTH BERRIEN SENIOR CENTER

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Sweating with Vicki! Cardio and Stretch Class

The Senior Center is starting a new exercise class to help you stay active and energized. It will be on **Thursday mornings from 8:45 AM to 9:30 AM**, \$5.00 a session, with Vicki Shoemaker. Please call the senior center at 468-3366 if you are interested in joining us. All welcome to attend!

Senior Expo on Friday, May 9th, 2025 At the Mendel Center at Lake Michigan College 10:00 AM - 3:00 PM Free Admission

Health and Wellness Pavilion from Corewell Health
Local Entertainment
Door Prizes
Local Vendors
Drug Disposal and More!

Sponsored by Area Agency on Aging, Inc. and the Herald Palladium



Fall Prevention & Safety

Debility Prevention Class With Dalia Awshana, Physical Therapist from Corewell Health Rehabilitation 1st Wednesday of Every Month

Debility Prevention will be on Wednesday, May 7th at 12:30 PM. Dalia Awshana, a skilled Physical Therapist from Corewell Health Rehabilitation will be leading a class designed to help participants develop essential techniques to improve balance and stability, a vital skill for everyone! This class is open to all, and we encourage everyone to join in for what promises to be a valuable and much-needed exercise.



Volunteer Drivers Needed! Help Local Seniors Get Where They Need to Go

The senior center provides approximately 400 rides each month to senior citizens living in Bainbridge Township, Hagar Township, Coloma City and Township and Watervliet City and Township. We're currently seeking volunteer drivers to help with transportation. No personal vehicle needed, you'll be using the senior center's vehicles. You must have a valid driver's license and be insurable. Your help can make a real difference in someone's life by making sure they get to medical appointments, grocery stores, and other essential destinations. If you are interested please contact the senior center at 468-3366.