



SENIOR-WISE

NORTH BERRIEN SENIOR CENTER, INC

NEWSLETTER



March 2024 • Vol. 48 • Issue 3

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



TAX TIME....

Our tax service is available due to a cooperation between The North Berrien Senior Center, AARP, the IRS, and our wonderful volunteers. We are offering "DROP OFF" again this year, please call the senior center at 468-3366 to schedule an appointment.

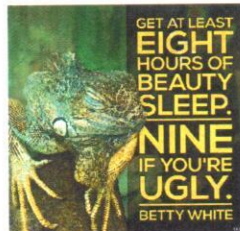
Weight Loss Management Presentation with Robin Hebard from Corewell Health Bariatric Practice Wednesday, March 20th at 1:00 PM



As we age, your weight tends to creep up to unhealthy levels. Robin Hebard a registered dietitian from Corewell Health Bariatric Practice will be here on Wednesday, March 20th at 1:00 PM to provide tips and suggestions on weight management. She will also be discussing their programs and services that is offered at the Bariatric Practice to help people as they age with their weight management issues. Call the senior center at 468-3366 to sign up for this beneficial presentation.

Getting Your Nightly Z's Wednesday, March 27th at 2:00

A good night's sleep can make you feel like a new person. If you aren't getting enough sleep, if you are waking up several times a night, is there a medical reason? Join us on Wednesday, March 27th at 2:00 to find out the answers plus information on sleep hygiene, effect's of poor sleep, use of sleeping aids, and what to expect from a sleep study. Pam Bartley from Lakeland Sleep Disorders and Treatment Center will be conducting this very informative presentation. Call the senior center at 468-3366 to sign up today.



HEALTH FAIR

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!



TRIPS

Firekeepers Wednesday, March 13th, 2024 \$38.00 per Person

Shake off the winter blues with a day trip to Firekeepers Casino. The cost of \$38.00 per person includes a gaming package of \$20.00 in free slot play and \$5.00 toward food, transportation and the driver's gratuity. The bus will depart at 9:00 AM and return at 4:30 PM. This is a very popular day trip and seats fill up quickly. Don't wait to sign up call the senior center at 468-3366, payment is due at sign up. Grab a friend and enjoy a day at Firekeepers!

ACTIVITY LEVEL: LOW

"My Way" the Music of Frank Sinatra at Turkeyville Wednesday, March 27th, 2024 \$90.00 per Person



Celebrate the unforgettable music that made Ol' Blue Eyes a legend with one of the most popular musical revues in musical theatre history! Featuring songs such as "My Funny Valentine," "I Get a Kick Out of You," "Summer Wind," and many, many more. We will start with free time to browse through Turkeyville's gift shop. Then it is time for a fantastic turkey dinner with all the fixings. Save room for dessert, it is scrumptious. The bus departs at 10:00 AM from the senior center and returns at 5:30 PM. The cost of \$90.00 per person includes transportation, lunch, the musical, and gratuity for the bus driver and the wait staff. Please call the senior center at 468-3366 to sign up today, payment is due at time of sign up.

ACTIVITY LEVEL: LOW

A Week of Southern Hospitality Asheville and Charlotte, North Carolina September 22nd - 28th, 2024 \$1,229.00 per Person (Double Occupancy)

This will be a fantastic bus trip down south that 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**



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



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**

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 with Oceania Cruises
December 3rd - 13th, 2024
Price based on Cabin Category

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

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**

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

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

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, March 20th, 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 20th, 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

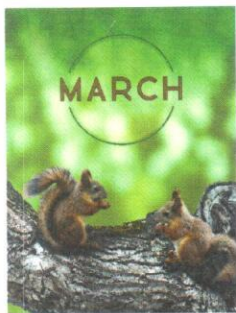
This is one game you don't want to pass on. Gather your group of four and share in the fun of pinochle on Tuesdays at 1:00 p.m.

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.



March 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>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m. YOGA 1:00 PM FOOT CLINIC</p> <p>Vegetarian Chili</p>	
<p>"DESPITE THE FORECAST, LIVE LIKE IT'S SPRING." LILLY POLYTEER</p>	<p>Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00 PM</p> <p>Chicken Cordon Bleu</p>	<p>Walking Exercise 9:45 Quilting 1:00 p.m. Cards & Games 1:00 Exercise Class 11:00 FOOT CLINIC</p> <p>Hamburger</p>	<p>Chair Exercise 9 LINE Dancing 10:30 Stain Glass 10-11:30 Stain Glass Beginner Class 12:30-2:00 Debility Prevention Class 12:30</p> <p>Chef Salad</p>	<p>Walking 8:30 TAP 9:45 Mah Jong & Bridge 1:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Art Class 1-3PM</p> <p>Pork Chop</p>	<p>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m. YOGA 1:00</p> <p>Cheese Ravioli</p>	
<p>Daylight Savings Time Begins</p>	<p>Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00 PM</p> <p>Sweet Potato Breakfast</p>	<p>Walking Exercise 9:45 Quilting 1:00 p.m. Cards & Games 1:00 Exercise Class 11:00 Nurse at TCV</p> <p>BBQ Chicken</p>	<p>Chair Exercise 9 LINE Dancing 10:30 Stain Glass 10-11:30 Stain Glass Beginner Class 12:30-2:00</p> <p>Firekeepers Trip</p> <p>Jambalaya</p>	<p>Walking 8:30 TAP 9:45 Mah Jong & Bridge 1:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Art Class 1-3PM</p> <p>Corn Beef & Cabbage</p>	<p>Potluck and Bingo At Noon</p> <p>No Regular Activities No Onsite Nutrition</p>	
<p>Happy St. Patrick's Day</p>	<p>Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00</p> <p>Pasta with Meat Sauce</p>	<p>Walking Exercise 9:45 Quilting 1:00 p.m. Cards & Games 1:00 Exercise Class 11:00</p> <p>Shepherd's Pie</p>	<p>Chair Exercise 9 LINE Dancing 10:30 Stain Glass 10-11:30 Stain Glass Beginner Class 12:30-2:00 Commodities 9:00-12:30 Weight Loss 1:00 Philly Cheesesteak Sandwich</p>	<p>Walking 8:30 TAP 9:45 Mah Jong & Bridge 1:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Art Class 1-3PM</p> <p>Sloppy Joe</p>	<p>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m. YOGA 1:00</p> <p>Meatless Chili Mac</p>	
	<p>Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00 PM</p> <p>Million Dollar Chicken</p>	<p>Walking Exercise 9:45 Quilting 1:00 p.m. Cards & Games 1:00 Exercise Class 11:00</p> <p>Stuffed Green Peppers</p>	<p>Chair Exercise 9 LINE Dancing 10:30 Stain Glass 10-11:30 Stain Glass Beginner Class 12:30-2:00</p> <p>Turkeyville Trip</p> <p>Chicken Ceaser Salad</p>	<p>Walking 8:30 TAP 9:45 Mah Jong & Bridge 1:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Art Class 1-3PM</p> <p>Spiral Ham</p>	<p>Good Friday Senior Center Closed</p>	
<p>Easter</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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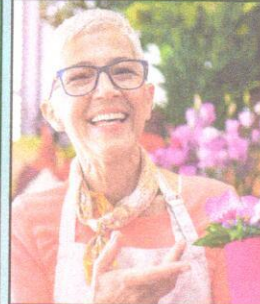
(p) 866.886.4175

(c) 269.468.4894

(e) wolvs1@hotmail.com



*\$0 copay applies to tier 1 and tier 2 drugs via mail-order with ESI and tier 1 drugs at a preferred retail pharmacy. Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal. Y0056_400040022407_M ©2023 Priority Health 12603M1 08/23



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The Nurse is in...

March is Colorectal Cancer Awareness Month

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Sometimes abnormal growths, called *polyps*, form in the colon or rectum. Some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage when treatment works best.

Symptoms of Colon Cancer

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.
- Weight loss and you don't know why.

Colorectal cancer risk factors you can change

Many lifestyle-related factors have been linked to colorectal cancer. In fact, more than half of all colorectal cancers are linked to risk factors that can be changed.

- Being overweight or obese
- Not being physically active
- A diet that's high in red meats (such as beef, pork, lamb, or liver) and processed meats (like hot dogs and some luncheon meats) raises your colorectal cancer risk. Following a healthy eating pattern that includes plenty of fruits, vegetables, and whole grains lowers your risk.
- Cooking meats at very high temperatures (frying, broiling, or grilling) creates chemicals that might raise your cancer risk.
- Having a low blood level of vitamin D may also increase your risk.
- Smoking
- Alcohol use. Colorectal cancer has been linked to moderate to heavy alcohol use. Even light-to-moderate alcohol intake has been associated with some risk. If people do drink alcohol, they should have no more than 2 drinks a day for men and 1 drink a day for women. This could have many health benefits, including a lower risk of many kinds of cancer.

Colorectal cancer risk factors you cannot change

- Age. Colorectal cancer is more common after age 50.
- A personal history of colorectal polyps or colorectal cancer
- A personal history of inflammatory bowel disease
- A family history of colorectal cancer or polyps

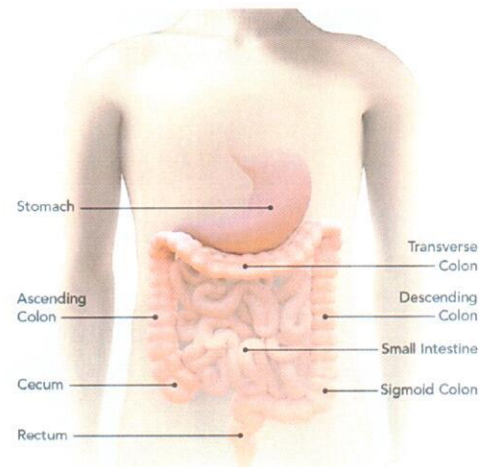
Screening

Home colon cancer screening kits are available only by prescription, and your doctor will need to prescribe the colorectal cancer screening test before you're able to order a kit. Sometimes there are false positives or false negatives but these are great tools to use if you have a low risk of developing colon cancer. A colonoscopy is the most sensitive screening process, as visualization and removal of polyps allows for prevention and further testing. Talk with your doctor about the right screening tools for you.

Colonoscopies and Medicare

Medicare covers screening colonoscopies once every 24 months if you're at high risk for colorectal cancer. If you aren't at high risk, Medicare covers the test once every 120 months, or 48 months after a previous flexible sigmoidoscopy. There's no minimum age requirement.

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.



Andrews Community Counseling Center Free Counseling Services

Depression, unresolved grief, marital, or other concerns? Andrews Community Counseling Center on the campus of Andrews University offers a wide range of counseling and psychological services to individuals, families and couples **free of charge**. The center was established as a training facility for masters and doctoral students working toward graduate degrees in clinical mental health counseling and counseling psychology in the Department of Graduate Psychology and Counseling. The professionally trained graduate students are supervised by experienced supervisors. Please call their confidential number to request services or leave a message for a call back: (269) 471-6238.



MARCH BIRTHDAYS 2024



- | | | | |
|--|---|---|--|
| 1-Clara Doornbos
Wilson Frazier
Mary Golliver
Theresa Jenkins
Dennis Schuh
Darlene Fields
Milt Stibal | 8- Sally Weeks
Phyllis Walls
Carol Ackerman | 18-Edward Mauch
Terry Bjers
Helen Wilson
Helen Lacelle
Lurette Riley
Gary Zilke | 28-Louis Schadler
Charlotte Parker
Bill Ohme
Bill Spearritt
Dan Ferguson
Clara West |
| 2-Sonia Cook
Janet German
James Galles
Lori Olejniczak
Margaret O'Neill | 9-Alice Iller
Virgil Stevens
Jean Vollrath
Barbara Lomonaco
Sandy Kraemer
Mary Richardson
Hildegard Allen
Pat Langston | 19-Esther Freed
Katherine Krause | 29- Pat Frosolone
Dave Cade
Judy VanDerAue
Dorothy Messinger |
| 3-Sam Carolla
Kathy Schmaltz
Anna Weir
Carl McCuan
Mary Baker
Margo Gruber | 10- Margot Mason
Gus Karaus
Susan Plee
Bruce Gruber | 20-Lena Drake
Geraldine Nicholson
Dora Cretors
Dorothy Farris
Mary Drogus
Sue Nilson
Jackie Aspey
Dale Whiteaker | 30-Edith Yacklich
Claudia Figlia
JoAnn Ingraham
Gary Whitney
Harold Gast |
| 4-Wayne Shell
Kathryn Davis
Patricia Collis
Josephine Perry
Betty Moore
Betty Mayes
Keith Morris
Barb Allen | 11-Lilly Evans
Betty Martin
Evelyn Murphy
Marlene Barron
Marsha Domke
Jim Gehring | 21-Paula Schroeder
Sharon Taylor
Helen Mann
Michael Alsup
Angie Keipke | 31-Helen Evans
Bonnie Evans
Donna Muff
June Musick
Peggy Alsup
Pete Mannino |
| 5- Dorothy Lewis
Nora Boone
Edward Jacob
Jo Reeves | 12-Nickie Fuller | 22-Richard Veit
John Milton
Joe Bryant
Joseph Becker | |
| 6-Sarah Fedro
Jathern Gardner
Elaine Lavander
Ann Stelter
Phyllis Hauch
Bonnie Kuehl
Ron Wagner | 13-Julie Schulz
Bob Sheldrake
Margaret Held
Joyce Smith
Bill Forrester
Dorothy Layman
Kathy Sater | 23-Viola Kelley
Leslie Brown
Erica Hensel
Pat Snow
Erna Felgner
Marge Yetzke | |
| 7-Paul Schulz
Barbara Wright
Elenora Siewert | 14-Ilajean Wolf
Harvey Schaus
Grover Loggains
Joseph Stepich | 24-Anne Rockey
Wayne Clifford | |
| | 15-Wanda Kruszka
Marie Hall
B.J. Rockwell
MaryAnn Blythe
Jan Dasse
Linda Sink
Bill Pschigoda
Greg Rudell | 25-Louise Daily
Edith Mitchell
Don Truhn
Helen Sewcyck
Karen Sawyer
Don Horton
Catherine Tsang | |
| | 16-Richard Corwin | 26-Barbara Sabelfeldt
Reta Wakefield
Richard Luther
Shirley Masters | |
| | 17-JR Irwin
Ron Lambrecht
Lydia Swerbinsky
Pat Larzelere
Patti Reed | 27-Agnes Price
Elsie Braathen
Thomas Smith
Brenda Kniebes
Janet Pudell | |

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.

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.



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

Transportation: Mary Anne Matlow, Joyce Wigent, Linda Stuard, Joan Holcomb, Marvin Harvey, Rhonda Goerg, Norma Lou, Sarah Queen, Wayne Antosz, Carol Cornelis, Loreeta Bahr, Marilyn Cates, Judie Lake, Frank Schoenfelt, Sharon Turnbow, Dorothy Baldwin, Shirley Hagood, Terry McKinnon, Caryl Snider.

General Fund: Jewell Daniel, Sharon Urban, Janice Vollrath, James Williams, Terri Bjess.

Loan Closet: Debbie Tenter, David and Jane Helms.

Memorial: In loving memory of **Robert D. Whitney, Harriet Truhn Whitney, Jane Whitney Nichols, David D. Berkholz, Charles E. Fletcher, Darrall Eugene Lausch, Nancy Lou Truhn, Rosalie Ann Becht:** Gary W. Whitney. In loving memory of **Corinne King:** Marilyn Bartz. In loving memory of **Corrine Dubitz:** Diane and Gary Price. In loving memory of **John Schaefer:** Joyce Schaefer.

DEBILITY PREVENTION CLASS **Wednesday, March 6th at 12:30 p.m.**

If you need to learn some techniques to build up your balance, this is the class for you! Sara Franz and Jamie 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, March 6th**, for this beneficial class (as with any exercise program, know your own limitations and go at your own pace and abilities).

St. Patrick's Day Potluck and Bingo **Friday, March 15th, 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)**

An example of a hot dish to pass would be baked beans, a potato, pasta or meat casserole, or a hot vegetable dish. An example of a cold dish would be a fruit, veggie, pasta or a green salad, a premade salad from the grocery store, deviled eggs, or cut vegetables. A dessert to pass is a homemade or store bought pie, a cake or brownies.

2. **A NEW store bought bingo prize that is 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 15th, don't forget to wear your green!

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!

With Nurse Brenda On hold until Springtime

"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
On hold until springtime

****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.**

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.

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.

Senior-Wise

NORTH BERRIEN SENIOR CENTER

6648 Ryno Rd. – P.O. Box 730
Coloma, MI 49038

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BACK BY POPULAR DEMAND!!!

Memory Rescue 6 Week Class
Wednesdays April 24th - May 29th at 1:00
With Jane Oelke, ND, Phd.
from Natural Choices, Inc.

Memory Rescue 6 week class with Jane Oelke from Natural Choices is back by popular demand. People who attended last year's memory rescue classes said that this was one of the best classes they have attended. Jane discusses several different topics all relating to ways to create healthy brain function and presents in a way that people leave with simple effective changes they can make in their lifestyle to help increase their brain function. She is adding a couple of memory tests that you will take at the beginning of the 6 weeks and then again at the end to see if there is improvement in brain speed. There will be interactive discussions on what challenges to overcome about your brain health. Each week there will be two different topics discussed relating to lifestyle factors that affect brain health. If you missed last years classes or you want to hear it all again, call the senior center at 468-3366 to sign up for this beneficial and extremely helpful 6 week class today.



The North Berrien Senior Center Scholarship

The North Berrien Senior Center will present a scholarship in the amount of two thousand dollars (\$1000 for freshman year, \$1000 for sophomore year) to a 2023 graduate residing in the North Berrien Senior Center's service area.

Eligibility guidelines are listed below. Please follow the guidelines **and submit your application by May 3rd, 2024, to the North Berrien Senior Center, P.O. Box 730, Coloma, Michigan 49038.** No applications will be taken after that date.

ELIGIBILITY

Any student ranking in the top 50% academically in the current senior class who plans to pursue advanced education beyond high school. Student must reside in Coloma City, Watervliet City, Coloma Township, Watervliet Township, Bainbridge Township or Hagar Township.

APPLICATION

Any student meeting the eligibility requirement may apply for this scholarship by completing the appropriate application form and returning it to the Scholarship Committee. Please call the center at 468-3366 for an application.

SELECTION

The selection of the recipient will be made by a Scholarship Committee from the Board of Directors of the North Berrien Senior Center.