

The Senior Sentinel

June 2017

Activities at The Senior City on 76th Street

Meet local mystery writer, Michael Carrier

Join us on Monday, June 5th at 1:15 and meet Michael Carrier, author of the Jack Handler thrillers. As of the present time, Michael has published eleven Jack Handler thrillers, with all but the first one set in Michigan. But it was that first one, *Jack and the New York Death Mask*, that attracted the attention of the Federal Bureau of Investigation, as well as the Secret Service. His goal in writing fiction was not to drive the FBI and the intelligence community nuts; but that's what he says he did. Come meet Michael and hear more of that story. Michael was born in South Haven and is a graduate of L.C. Mohr High School. He holds a Master of Arts Degree from New York University, and has done additional graduate work at the University of Pennsylvania. Please RSVP in office or by calling 269-637-3607.



Monthly Breakfast

We love to have you join us for breakfast on Friday, June 9th at 8:45am. We will be serving scrambled eggs, biscuits & gravy, bacon, sausage, egg casserole and fresh fruit. Cost is \$4.

Father's Day Lunch

Join us on June 19th at noon as we celebrate the dads in our lives. We will be serving ribs, potato wedges, coleslaw & fresh fruit. Please RSVP by calling by calling 269-637-3607.

Zentangle

Have you heard of Zentangle? Join our class on June 20th at 10am and learn all about it. The method is easy to learn, relaxing and a fun way to create beautiful images by drawing structured patterns. Katrina Jones is a Certified Zentangle Teacher and will be showing us the ins and outs of the art. There is no charge. Please RSVP in the office or by calling 269-637-3607.



Let Us Entertain You!

June 23rd at 1:15

Come for lunch at the City on 76th St at noon, and meet us in front of the stage to hear the stories from 76th Street Creative Writers. Sure to bring a chuckle, a smile, and maybe a tear or two, but sure to entertain. Enjoy stories from Marion Behrman, Marietta Kozlik, Bryan Lundgren, Glenn Sperry, Ann Stickel, Jeannine Stone, Barbara Wood, Jim Wright, "and Z" Zurowski

Blood Pressure & Root Beer Floats

Stop by on June 26 at 12pm to have your blood pressure checked by Nurse Kathy, and afterwards enjoy a Root Beer Float!!

Monthly Dinner

Join us on Wednesday, June 28th at 5pm for our monthly dinner. We will be serving Turkey Tetrazzini, veggie, side salad, biscuit, and dessert. Cost is \$5. Please RSVP to office 269-637-3607.

Pinochle

We are in need of Pinochle players. Have you been looking for a group to play Pinochle with? We are currently looking for new players to grow and expand our group here at the South Haven location. We meet every Tuesday at 1:00. Please call Laurie @ 637-3607 or stop in the office to sign up today.

See page 2 for more Senior City activities

Food Trucks are back!

We are pleased to offer several food trucks for the remainder of 2017.

The time is 11am-1pm

Wednesday July 12, Senior City, 1635 76th Street, South Haven *

Wednesday August 9th, The Lions Club, 277 CR 665, Paw Paw

Wednesday October 11th, Hartford UMC, 425 E Main, Hartford

Wednesday November 8th, Senior City, 1635 76th St, South Haven *

Wednesday December 13th, Lions Club, 277 CR 665, Paw Paw

Please come prepared for the weather. Please bring water to drink during the hot weather. If you have any questions, please call Apiffany Ryno at 269-637-3607.

*When going to the Senior City on 76th St, if using Google maps or something similar use 10781 76th St as the address.



Activities at the Paw Paw Lions Club

Activities At Freshwater

Freshwater Church will be under renovation beginning June 1st! Indoor walking will discontinue for the summer but feel free to walk on your own in the great outdoors. Yoga will continue to meet at the Paw Paw Lions Club each Monday morning at 9:30am. Bring a yoga mat, water and wear clothing which allows you to move freely. The Low Vision Support group will meet at the Lions' Club and we will continue to have Pickleball at Freshwater.

Euchre Tournament

The next euchre tournament will be held at the Paw Paw Senior Center on Thursday, June 22 starting at 10am until a winner is declared, with a break for lunch. No prior registration required. Special recognition will be given to the winners!

Father's Day Celebration

All are invited for a special father's day celebration luncheon at the Paw Paw Center on Thursday, June 20. Lunch will include: beef steak on the grill with sautéed mushrooms and onions, baked potato, vegetable, side salad and dessert. All are welcome to stay after lunch for Karaoke. Please call Noreen at 269-271-0596 before Monday, June 12 to reserve your meal.



Paw Paw Site Closing

The Paw Paw Site will be closed for all activities on Wednesday, June 14.

Herbs in the Kitchen Summer Series - TEA THYME!

You are invited to an herbal 'Tea Tasting' on June 20 at 10:30am at the Paw Paw Center. Master Gardener Sandy Lombard will talk informally about the health benefits of herbal teas. Learn how to grow your own tea. Sample tea garden plans will be provided. Bring your favorite tea cup and enjoy refreshing tea with scones or tea cookies and wear a "tea party" hat if you like, just for fun! Cost of the class is \$2/person and is limited to 12 participants. Sign-up registration opens June 1 and can be made by calling Noreen at 269-271-0596.



Creating an Advance Directive Document...

Discuss, Decide, Document, Distribute

Have you ever thought about who would make medical decisions for you if you were not able? Please join us on Monday June 19th from 10:00-10:45 where Hilary Kerr from Bronson will discuss advance care planning. You will learn how to create an advance directive and how it differs from a living will. She will highlight ways to initiate the critical conversation with family and ideas of where to distribute the document. An advance directive is free to complete and can be an invaluable gift to loved ones to know your desired plan of care to help guide them with big decisions.

Band Performance

The Grey Matters Band will be performing at the Paw Paw Center on Thursday, June 29 following lunch around 12:30pm.

Come and enjoy music from the 40's 50's and 60's.

See page 2 for more Paw Paw activities



South Haven Senior Service Office
1635 76th Street, South Haven, MI 49090
269-637-3607 Toll Free 1-866-627-8904
Office Hours: 9 a.m. - 3 p.m. Monday - Friday
Paw Paw Senior Service Office
Mailing address: PO Box 105, Paw Paw, 49079
Physical address: 600 E. Michigan, Paw Paw
269-655-8000 Fax: 269-655-1299

Any person age 60 and over living in Van Buren County in any area funding SSVBC with millage dollars is eligible to receive services or attend activities at any of our locations.



Check out our Website at:

<http://www.seniorservices-vbc.org/>

We're Techy

Like us on:



Activities at The Senior City on 76th Street Continued

Movies & Popcorn

Monday, June 12th @ 1:15pm - **Sing** Dapper Koala Buster Moon presides over a once-grand theater that has fallen on hard times. An eternal optimist, and a bit of a scoundrel, he loves his theater above all and will do anything to preserve it. Facing the crumbling of his life's ambition, he takes one final chance to restore his fading jewel to its former glory by producing the world's greatest singing competition. Five contestants emerge: a mouse, a timid elephant, a pig, a gorilla and a punk-rock porcupine.



Monday, June 26th @ 1:15pm - **A Dog's Purpose** A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar). As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self.



Let's Paint

We are offering a six week Bob Ross "Oil Painting Event" starting Friday, July 14th to August 18th. It will be held every Friday from 10:30 to 2:30. The Cost is \$80 per person which will include all supplies needed. You must pre-register. If you have any questions please contact Laurie at 269-637-3607.

Senior City on 76th Street Volunteer of the Month

Congratulations Peggy Young, our June volunteer of the month. Peggy is a newer volunteer here at the 76th Street location. But we already couldn't do without her. Peggy helps with greeting, in the Cafe and collecting lunch money. We appreciate all you do to help us Peggy. Thank you!



Pickleball Clinic with Senior Pickleball Instructor Debbie Davidson, USPTA Tennis Professional

Please join us in the gym on Tuesday and Thursday mornings from 9:00 - 10:00 am to learn the game of pickleball, have fun and get some exercise! Beginner and intermediate players are welcome! Cost is \$5.00. You must supply your own paddle. Instruction includes stroke techniques, strategy, positioning, drills and games. Clinics will be held May 9 through September 28. Selective dates will be made available. If you have any questions, please contact Debbie Davidson at 269-332-0424 or debdwcw@aol.com.

Hartford News

The Hartford Site now offers TaiChi on Fridays at 11:30. There is no charge for this class. Please come and join us.

The Hartford site is looking for donations for bingo. New or second hand items are welcome. Please call Rhonda at 269-303-7685.

Senior Reach

Do you know an older adult whom you believe could use counseling or an aide to assist in the home? Senior Reach, a partnership between Van Buren County Mental Health and Senior Services of Van Buren Co, offers services to seniors in Van Buren Co that include counseling, care management, assessments, depression screening, and early intervention. Seniors need to live in their homes or with relatives, and be 60 years or older. If you would like to refer a senior or get more information, you may call Senior Services at 1-866-8904 and ask for Senior Reach.

Senior Services Center Locations

Bangor Center

Simpson United Methodist Church
507 Joy Street

Columbia Township

1st Congregational Church
54128 CR 388,
Grand Junction

Gobles Center

Gobles United Methodist Church
210 East Exchange Street

Decatur Center

Decatur 1st Reformed Church
319 1/2 West Delaware Street

Hartford Center

Hartford United Methodist Church
425 East Main

South Haven Center

Sr City on 76th St
10781 76th St

Lawton Center

Lawton Evangelical Mennonite Church
425 South Nursery Street

Paw Paw Center

Paw Paw Lions Club
277 CR 665
and

Freshwater Church
600 E Michigan

Paw Paw Activities Continued

Guided Painting of "Dune Grass"



Step-by-step instructions guide you through. No Experience Necessary! Join in the fun with Senior Services of Van Buren County at the Paw Paw Lions Club. The public is welcome, age 13 or older, please. The cost is only \$20/person for this 12x12 inch acrylic painting, which covers instruction & all paint supplies/aprons. Please arrive 15 minutes early, in painting friendly clothes, to get checked in. SIGN UP: Please contact Noreen Miller at 269-271-0596 or email @ nmiller@ss-vbc.org to reserve your spot! Advance registration only. PAYMENT: \$20 due at event, cash or check only.

Foot Doctor in Paw Paw

The foot doctor will be available at the Paw Paw Center on Tuesday, June 13. The doctor will start seeing clients on a first come first serve basis beginning at 11:30am until the last client is served. No reservation needed. Please have your insurance information available.

Celebration of Life &/or Marriage

Please join us the first Tuesday of each month to rejoice with members who will be celebrating a birthday or anniversary for the month. The celebration takes place at the Paw Paw Site beginning June 6 and will include a complementary slice of cake and special recognition.

Paw Paw Senior Center Volunteer of the Month

Congratulations to Nancy Eaton, May's Paw Paw Senior Center volunteer of the month. Nancy gives graciously of her time each Monday afternoon to Senior Services by volunteering to call Bingo. Nancy voluntarily brings members who need transportation to the Paw Paw site so they are able to enjoy lunch and activities. Thank you Nancy for your commitment!



Outdoor Activities

Tennis in Paw Paw

All are welcome to join in fun games of tennis (weather permitting) and more players are needed. Please bring a tennis racket and join us at the Paw Paw Middle School Tennis Courts (located next to the football field) by 9am on Tuesday mornings for fun, sun and exercise.

Fishing Club

The next outing will be on Wednesday, June 7 at Eagle Lake near Dowagiac. We will meet at the boat launch at 10:00 am. Worms and water will be provided. Bring your own fishing gear and sunscreen. Call Noreen at 269-271-0596 for directions.

Intro to Kayaking

Join us for an Introduction to kayaking class on Wednesday, June 21st at Eagle Lake near Dowagiac from 10:00 am to 12 pm. This class is designed for people with no paddling experience. The cost of the class is \$5.00 per person and is limited to 12 participants. Advance registration is required and is open June 1. If you don't own a kayak, let Noreen know. In the afternoon, from 12:30 pm to around 2:30pm, people can join us for a group paddle around the lake. If you don't own a kayak, there are 12 kayaks available on a first pay/first come basis of \$3.00 per person. Advance registration is required if you need a boat, and is open June 1. Contact Noreen at 269-271-0596 to sign up for either class or both.

County Wide Picnic

Please make plans to join us at Oak Shores Campground in Decatur for our *Annual County Wide Picnic!* Mark your calendar for Thursday, August 24 for a day of fun and fellowship. Activities will include lunch, cookie baking contest, live music, yard games and more. Please give the campground a call at 423-7370 if you are interested in camping during the week and ask about the special senior discount rate.



Activities at a Glance-

Paw Paw (269-271-0596)

Weekly Activities

Mondays

9am Chess Club
 10am Bridge or Pinochle (until noon)
 11am Moovin' & Groovin' Exercise
 11am Official Mahjong
 1pm Bingo (No Bingo May 15)
 1pm Low Vision Support at June 12 and 26
 11:45 Lunch (We serve until 12:45)
 9:30am Yoga

Tuesdays

9:30am Advanced Tai Chi
 10am-3 Euchre
 11am Crafts & More
 11am Quilt Club (until 2pm)
 11:45 Lunch (We serve until 12:45)
 12:45 Hand & Foot Cards
 12:50 Line Dancing
 1pm Yack and Yarnies
 1pm Jewelry with Gerry
 9am Pickleball at *Freshwater Church* (until 11)

Wednesdays (Closed June 14)

8:30am Breakfast (until 10am)
 9:30am Beginning Tai Chi
 10:30am Cardio Drumming

Thursdays

9:30am Advanced Tai Chi
 10am Euchre (until 2pm)
 10am Progressive Rummy
 11am Moovin' & Groovin' Exercise
 11:45 Lunch (until 12:45)
 12:45 Hand & Foot Cards
 9am Pickleball at *Freshwater Church* (until 11)

Special June Activities

June 12 9:30am Guided painting of "Dune Grass"
 June 13 11:30am Foot doctor
 June 15 11:30am Information on Health Link
 June 15 12:00pm Fathers' Day Celebration
 June 15 12:30pm Karaoke
 June 19 10:00am Creating an Advance Directive
 June 20 10:30am Tea Thyme
 June 22 10:00am Euchre Tournament

South Haven (269-637-3607)

Weekly Activities Lunch is served every day 12-1pm

Mondays

9:15am Indoor Walking
 9:00am Pickleball (until 12:30)
 10am Chess Group
 10am Computer Help (until 3pm-by appt)
 1pm Creative Writing-*June 5th and 19th*
 1:30pm Cardio Drumming
 2:45pm Struttin' Seniors Dance

Tuesdays

9:15 Indoor Walking
 10:30 Bingo
 12pm Computer Help (until 3pm-by appt)
 12pm Pickleball (until 3pm)

Wednesdays

9:00am Pickleball (until 12:30)
 9:30am Artists' Group
 10am Computer Help (until 3pm-by appt)
 1pm Knit One Chat Two

Thursdays

9:15am Indoor Walking Group
 10am Color & Chat
 11am Chimes
 10:30 Card Bingo
 12pm Pickleball (until 3)
 1pm Pinochle
 1pm Quilting-*June 1 and 15*

Fridays

9:00am Pickleball
 10:30am Bingo
 11am Line Dancing
 1pm Indoor Walking
 1pm Bridge

Special June Activities

June 5 1:30pm Mystery Writer Michael Carrier
 June 9 8:45pm Breakfast
 June 12 1:15pm Movie "Sing"
 June 20 10:00am Zentangle Class
 June 23 1:15pm 76th Street Writers
 June 26 12:00pm Blood Pressure/Root Beer Floats
 June 26 1:15pm Movie "A Dog's Purpose"
 June 28 5:00pm Monthly Supper

Hartford-Mondays, Tuesdays & Fridays (269-303-7685)

Everyday—

10am Coffee & Conversation
 12:30 Lunch
 1pm Cards

Mondays

1:15 Bingo (Timbers Rehab the 2nd Mon of the month)

Tuesdays

1pm Computer Help
 1:30pm Knitting & Crocheting

Special June Activities

Friday, June 16th at 1:30 Bible Study

Decatur-Tuesdays (269-637-3607)

June 6 Decatur 1st Reformed Church

11am Sit and Be Fit/Lunch at Noon (\$4)
 12:45pm Bible Study

June 13 Hard Times Café-join us for coffee at 11am

12:00-1:00pm Lunch (\$5)
 1:00pm Bingo with Timbers

June 20 Decatur 1st Reformed Church

11:15 Cards and Games/Lunch at Noon
 12:45 Bingo

June 27 Hard Times Café-join us for coffee at 11am

12:00-1:00pm Lunch
 1:00pm Euchre and Uno

Gobles (269-271-0596)

Fridays, June 9 and June 23

11am Games
 12pm Lunch
 1pm Bingo

Grand Junction –1st Cong. Church (269-637-3607)

Monday, May 8 at 12:30pm Lunch, Bingo & Blood Pressures

Lawton-Mondays (269-487-7935)

Regularly Scheduled Activities

10:30am Joy of Painting Class (Must have preregistered)
 12:00pm Lunch
 11am-2pm Cards and Games
 12:30pm Band Practice

Bangor-Simpson UMC (269-637-3607)

Monday, June 5 and Monday June 19 at 12:30pm
 Lunch and Bingo

Fun Trips for Seniors

"DO TIME" IN JACKSON - Who says a prison tour can't be fun! MONDAY, JUNE 19, 2017

Join us for the "First Degree Tour" of Michigan's first state prison built in Jackson in 1840. Learn the history, hear tales of famous/infamous inmates, along with stories of crime, punishment and reform. Walk thru the West Wing cellblock built by prison labor. See the transformation from historic prison to the now Armory Arts Village. As a sweet ending to the day we will stop at the Jackson Candy and Fudge Factory before heading home. Cost for the day is \$65, which includes tours, lunch and transit bus transportation. Depart South Haven 76th St. 8:00a.m.; pick up at Lions Club Paw Paw at 8:30a.m. Depart for home approximately 4:30p.m. For reservations call Marge Norman, (269) 639-0024. Final payment due not later than June 12.

LIFE COULD BE A DREAM - Turkeyville Tuesday, July 18, 2017

Take a trip with us to Springfield and meet Denny and the Dreamers, a doo-wop singng group preparing to enter the Big Wopper Radio contest to realize their dreams of making it to the big time! Trouble comes in the form of Lois, who arrives to put some polish on the boys. Denny falls in love, Wally falls in line, Eugene falls apart, and along comes handsome heartthrob Skip to send the whole situation spinning. Hits from the '60's say it all: "Fools Fall in Love," "Earth Angel," "Unchained Melody," and many more. Life Could Be a Dream will leave you laughing, singing, and cheering. Cost is \$60 (due by June 25) and includes a traditional turkey dinner, the show and transit bus transportation. Bus departs South Haven 76th Street at 9:30a.m. with pick up at Paw Paw Lions Club at 10:00a.m. Return home approximately 5:30p.m. For reservations call Marge Norman (269) 639-0024.

CAPE COD, MARTHA'S VINEYARD, & PLYMOUTH OCTOBER 8 - 14, 2017

Quaint seashore beauty comes alive on our trip to Cape Cod, Martha's Vineyard, and Plymouth. Our Cape Cod bus tour takes us from rustic, pristine beaches to quaint villages with iconic lighthouses. Guided tours will take us from Hyannis to Chatham to Sandwich and more. Highlights of the trip will be a visit to the getaway island, Martha's Vineyard, and Plymouth, MA, home of the famous "Plymouth Rock." This 7 days/6 nights trip is \$605 (double occupancy), includes 10 meals (6 breakfasts and 4 dinners), and all gratuities for step-on guides and the motorcoach driver. A deposit of \$75 is due upon signing up. Final payment is due August 1. Add \$180 for single occupancy. This trip is open thru June 24 to those 60 or older living in Van Buren County. It is open to others beginning June 25. For questions and/or reservations call Marge Norman, (269) 639-0024

FireKeepers Casino Trip

Senior Services will be hosting this trip on Thursday, June 22. Cost is \$15. (This includes transportation, \$20 free play and \$5 food credit.) Pick-ups at Senior City at 8:30 and Bangor Harding's at 8:45AM, Armstrong Corners at 9:00 AM and Paw Paw Lions Club at 9:15. We depart from the casino at 3 p.m. To sign up please call Brianne on or after Monday, June 5th at 269-332-1825. Trip sign-ups are on a first come, first served basis with priority to those 60 on up and who reside in the service area. **Leave a message** with the names of those you are signing up and your phone number and someone will call you back within 48hrs. to confirm your signup and for your player card# if you have one. Money is due one week after your reservation is made and secures your spot. Money can be sent to the South Haven Senior Center at 1635 76th St. 49090 attn: Tina

Senior Dining Out Group

The Senior Dining Out group will be getting together on Tuesday, June 13 at 4:30pm at *Hunan Gardens*, located at 5059 West Main in Kalamazoo. Please call Noreen at 269-271-0596 if you plan to join us.



Retired Senior Volunteer Program

New Volunteer Opportunity with South Haven Public Schools

Amy Nichols from South Haven Public Schools is creating a garden this summer at Baseline Middle School with students in the Migrant Program and is looking for volunteers. The program starts June 30th, and volunteers are needed on Fridays, with a morning and afternoon shift.

There will be opportunities to volunteer in the classroom with garden related activities, and also working in the garden. If this sounds like something you would be interested in doing, please contact Michelle Davis at 269-655-8000.

Community Events

Free lunch and supper every Wednesday at **Lawrence UMC**, 122 S Exchange St, in Lawrence Lunch is served from 9am to 1pm and supper is served at 6pm. Handicapped entrance located on the north side of the church.

3rd Thursday Free Community Dinner on Thursday May 18 from 5:30 to 6:30pm at **St. Mark's Church**, 412 Cedar St., Paw Paw.

Open Door Free Supper on Tuesdays at 6pm at **First UMC in South Haven**. Everyone is welcome. Church is located at 429 Michigan St in South Haven.

Opportunity to Cruise to Cuba

Sea, Land Air Travel is hosting a cruise to Cuba October 2-6, 2017. If you are interested in this cruise, please contact Sea, Land, Air Travel, Inc 515 E Michigan Avenue, Paw Paw, MI 49079 269-655-5529 www.sealandairtravel.com.



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