



SENIOR-WISE

NORTH BERRIEN SENIOR CENTER, INC

NEWSLETTER



July 2025 • Vol. 49 • Issue 7

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



Grandkids and Me Day Friday, August 15th at 1:00 PM

Join us at the Senior Center for a special afternoon of fun and creativity with your grandkids! This FREE event is a wonderful opportunity to bond while making a variety of arts and crafts together. Plus, enjoy a delicious treat to top off the day!

This event is for grandparents and their grandkids between the ages of 5 and 11. Grandparent participation is required.

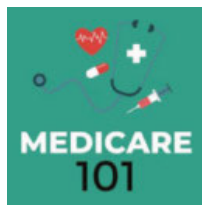


Please RSVP by August 8th so we can plan supplies and treats. Call the senior center at 468-3366 to reserve your spots.

Wellness Wednesday Medicare 101

with Jennifer Wurster from Humana
September 24th, 2025 at 1:30 PM

Join us at the senior center to learn all about Medicare. Jennifer Wurster, from Humana, will be here to educate people on the basics of Medicare including costs, eligibility, and options to consider when selecting



coverage. This will be a very informative presentation that will help with your Medicare choices especially since the Medicare Open Enrollment period will be fast approaching in the fall. Please call the senior center at 468-3366 to RSVP.

Wellness Wednesday Palliative Care, what is it? Why do I need it? With Seth Dexter from Centrica Care Wednesday, September 17th at 1:00 PM

Seth Dexter, from Centrica Care, will be here at the senior center on September 17th at 1:00 PM to discuss palliative care. Palliative care is specialized medical care focused on providing relief from symptoms, pain, and stress of a serious illness. Learn how palliative care supports patients and families and find out who can benefit from this type of care.

Don't miss this opportunity to better understand how palliative care can help you or a loved one in the future. Please call the senior center at 468-3366 to reserve a spot.



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, July 2nd 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.



The senior center will be closed on Friday, July 4th in observance of Independence Day. Have a safe and happy 4th of July!

South Haven fireworks will be Thursday, July 3rd at dusk and the Watervliet fireworks will be Saturday, July 5th at dusk.

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.

July 9th	Windy City's Gangsters and Shopping!
July 17th	Firekeepers
July 31st	Hamilton at DeVos Hall
August 6th	A Day in Saugatuck
August 17th – 24th	Norwegian Fjords Cruise
August 26th	Miss Fannie's Biscuits - Blue Gate
Sept. 4th – 10th	New York City
Sept. 24th	Catch Me if You Can
Oct. 9th	Firekeepers
Nov. 13th	Gun Lake Casino
Dec. 3rd	Million Dollar Quartet Christmas

The Rise and Fall of Miss Fannie's Biscuits At the Blue Gate Theatre Tuesday, August 26th, 2025 \$110.00 per Person

With such a great response from our previous trip to the Blue Gate Theatre we are heading back for more fun! Join the senior center as we head to the Blue Gate Theatre in Shipshewana, IN for The Rise and Fall of Miss Fannie's Biscuits. Mysteries have a way of following Fannie Miller, so when she makes it into the finals of the Tuscarawas County Baking Contest and contestants start disappearing, she calls on her old friend Foster Bates, a retired cop and part-time private investigator. Could it be that other finalists are somehow responsible for these disappearances, thinning out the competition? Like the couple on the verge of divorce who need the prize money, or the three Beiler sisters, always in a huddle whispering. One thing is for certain - Foster and Fannie will stay on the case until the end, and everyone involved will have learned something important about baking contests, solving mysteries, and life. Before the musical we will enjoy the lunch buffet at the Blue Gate Restaurant and limited time on your own for shopping around Shipshewana. The bus departs at 8:45 AM and returns at 6:00 PM from the senior center. The cost of \$110.00 per person includes the musical, transportation, lunch buffet and driver and wait staff gratuities. Please call the senior center at 468-3366 to sign up for this trip, payment is due at time of sign up.

ACTIVITY LEVEL: MEDIUM



A Day in Saugatuck! Wednesday, August 6th, 2025 \$80.00 per Person Depart at 10:30 AM

We will start off the day with browsing through the wonderful downtown area of Saugatuck with lunch on your own at one of the scrumptious restaurants. You can mellow out in surroundings reminiscent of vintage, small-town America, whose hallmarks are scenic beauty and a unique collection of shops, restaurants and art galleries. Then sit back and relax - listen to the water running off the paddlewheels as you gently glide down the Kalamazoo River. See Saugatuck from the water, a totally different view from what you see on land, and take in the majesty of Lake Michigan. The narrations are fun and informative! The bus will depart from the North Berrien Senior Center at 10:30 AM and return at 7:00 PM. The cost of \$80.00 per person includes transportation to Saugatuck, the boat cruise (lower deck seating) and the driver's gratuity. Payment is due at the time of sign up. Call us today at 468-3366, don't delay!

ACTIVITY LEVEL: MEDIUM

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

TRIPS CONTINUED

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

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**

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)

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.



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**

WAITING LIST ONLY

New York City &
The Statue of Liberty
September 4th - 10th, 2025
\$1054.00 per Person (Dbl Occupancy)

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.

Sept. 17th - Palliative Care & More with Seth
Dexter from Centrica Care at 1:00 PM

Sept. 24th - Medicare 101 with Jennifer Wurster, from Humana, at 1:30 PM

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.

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.

COMMODITIES/USDA FOODS

Monthly CSFP

Wednesday, July 16th, 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 16th, 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. Basic supply list is available upon request.

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 <i>Exercise Class 11:00</i> Quilting 1:00 p.m. <i>Cards & Games 1:00</i> FOOT CLINIC Salsa Chicken	2 <i>Outside Walking 9:00</i> <i>Chair Exercise 9:00</i> <i>Pickleball Instruction 10:00</i> <i>LINE Dancing 10:30</i> Stain Glass 10:00-1:00 Debility Prevention Class 12:30 Chicken Caesar Pasta	3 Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> <i>Mah Jong 1:00</i> Open Art 1-3PM <i>YOGA 1:30</i> Hamburger	4 Senior Center Closed In observance of Independence Day 	5
6	7 <i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i> Baked Chicken	8 <i>Exercise Class 11:00</i> Quilting 1:00 p.m. <i>Cards & Games 1:00</i> Spaghetti Bake	9 <i>Outside Walking 9:00</i> <i>Chair Exercise 9:00</i> <i>Pickleball Instruction 10:00</i> Stain Glass 10:00-1:00 Chicago Trip Oven Fried Chicken	10 Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> <i>Mah Jong 1:00</i> Open Art 1-3PM <i>YOGA 1:30</i> Pulled Pork	11 <i>Tai Chi 10:00</i> <i>Chair Exercise 11:00</i> <i>Hand & Foot 12:00</i> Needlecrafts (Crocheting. Knitting) 1:00 p.m. Breaded Cod 	12
13 	14 <i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i> Ragu	15 <i>Exercise Class 11:00</i> Quilting 1:00 p.m. <i>Cards & Games 1:00</i> Board Meeting Veggie Frittata	16 <i>Outside Walking 9:00</i> <i>Chair Exercise 9:00</i> <i>Pickleball Instruction 10:00</i> NO Stain Glass <i>LINE Dancing 10:30</i> Commodities FOOT CLINIC Taco Salad	17 Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> <i>Mah Jong 1:00</i> Open Art 1-3PM <i>YOGA 1:30</i> Firekeepers Trip Mediterranean Chicken	18 <i>Tai Chi 10:00</i> <i>Chair Exercise 11:00</i> <i>Hand & Foot 12:00</i> Needlecrafts (Crocheting. Knitting) 1:00 p.m. Teriyaki Meatballs	19
20	21 <i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i> Honey Mustard Chicken	22 <i>Exercise Class 11:00</i> Quilting 1:00 p.m. <i>Cards & Games 1:00</i> Sloppy Joe	23 <i>Outside Walking 9:00</i> <i>Chair Exercise 9:00</i> <i>Pickleball Instruction 10:00</i> Stain Glass 10:00-1:00 Brat	24 Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> <i>Mah Jong 1:00</i> Open Art 1-3PM <i>YOGA 1:30</i> Pizza Pasta	25 <i>Tai Chi 10:00</i> <i>Chair Exercise 11:00</i> <i>Hand & Foot 12:00</i> Needlecrafts (Crocheting. Knitting) 1:00 p.m. BBQ Chicken 	26
27 	28 <i>Chair Exercise 9:00</i> <i>Basket Making 1:00</i> <i>YOGA 1:00 PM</i> Tacos	29 <i>Exercise Class 11:00</i> Quilting 1:00 p.m. <i>Cards & Games 1:00</i> Creamy Garlic Chicken	30 <i>Outside Walking 9:00</i> <i>Chair Exercise 9:00</i> <i>Pickleball Instruction 10:00</i> <i>LINE Dancing 10:30</i> Stain Glass 10:00-1:00 Cobb Salad	31 Duplicate Bridge 12-3:30 <i>Exercise Class 12:30</i> <i>Mah Jong 1:00</i> Open Art 1-3PM <i>YOGA 1:30</i> Hamilton Trip Teriyaki Chicken 		
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...

Why are Cholesterol Numbers Important?

Your cholesterol levels, also called lipid panel, are important because they help you know your risk for heart disease. Cholesterol is a type of lipid (fat) that helps your body perform many important functions. But too much cholesterol in your blood is harmful. It can enter your artery wall, damage its integrity and lead to atherosclerotic plaque (hardened deposits). This process of plaque buildup is called atherosclerosis. It can lead to serious problems like:

- Coronary artery disease: Blocked blood flow to the heart.
- Peripheral artery disease: Blocked blood flow to the legs and arms.
- Carotid artery disease: Blocked blood flow to the brain.

You might not see or notice its presence for a long time. You may have no symptoms until you have a heart attack or stroke. Catching high cholesterol early gives you a chance to make changes and achieve good cholesterol levels. The main cholesterol levels your provider checks are:

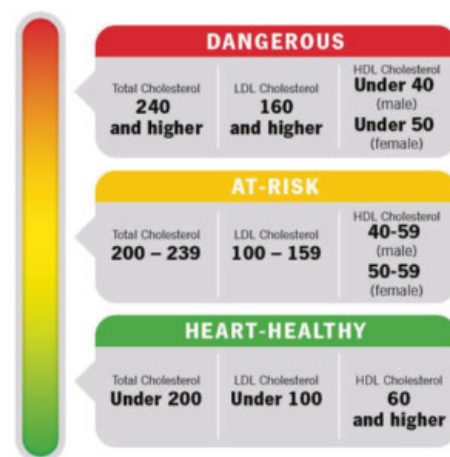
- Total cholesterol. This is the total amount of cholesterol that's circulating in your blood.
- LDL or low-density lipoprotein. This is the "bad" cholesterol that contributes to plaque buildup in your arteries, leading to heart attacks and strokes.
- HDL or high-density lipoprotein. This is the "good" cholesterol that helps clear out the cholesterol your body doesn't need.
- Triglycerides. This is a type of fat that can raise your heart attack and stroke risks.

5 Lifestyle Changes to Improve Cholesterol

1. Eat heart-healthy foods
 - Reduce saturated fats that are found primarily in red meat and full-fat dairy products.
 - Eliminate trans fats listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes.
 - Eat foods rich in omega-3 fatty acids which include salmon, mackerel, herring, walnuts, and flaxseeds.
 - Increase soluble fiber to reduce the absorption of cholesterol into your bloodstream such as oatmeal, kidney beans, Brussels sprouts, apples, and pears.
2. Exercise on most days of the week and increase your physical activity
3. Quit smoking
4. Lose weight
5. Drink alcohol only in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

You might need medication to lower your cholesterol if your level has not improved after changing your diet and lifestyle or if you are at risk of having a heart attack or stroke. Ask your doctor about the medicines you can take.

Cholesterol Levels



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.

JULY BIRTHDAYS 2025



- 1-Al Stefani
Frances DeMaria
Mary Ziemke
Barbara Grefig
Cindy Winfield
- 2-Diane Prittinen
Sally Eberhard
Kathy Case-Bradley
- 3-Santo Scordato
Denise DeMorrow
- 4-Ted Herman
- 5- PeggyJo Clemons
Catherine Ravitch
- 6-Darrell Fikes
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Lela Taylor
Sherry Bachman
- 8-Louise Johnson
Alice Curtis
Fran Smith
Roberta Rigali
George Rathgeb
Bernice Czuba
- 9- Rex Allen
Deelores Hillock
Eunice Halterman
Jerold Scoma
Paulette Lynch
Karen McGowan
- 10- Ernest Reynolds
Robert Faulkner
Helen Felder
Suzi Blough

- 11-Patsy Kramer
Wyoma Newnum
Marla Cerny
Shirley Miller
Art Stanley
Gary Lisle
Jan Yore
Allen Loomis
Carol Plana
Harriett Turner

- 12-Clara LaVanway
Dorothy Hurt
Della Veit
Joyce Ballard



- 13-Delain Barry
Kathy Debusk
Roberta Faher
Frank Alsup
Netta Alsup
- 14-Ruth Baer
Karen Matrau
Larry Polashak
- 15-Joanna Bruder
James Hennessey
Frances Temple
Virginia Scordato
Zelda Collins
Fran Konya
Debby Timmons
Jayne Metz
Margo Moore
Lyle Harrison
Joyce Schaefer
- 16-Helen Malecki
Sharon Howe
Valerie Martinic

- 17-Altha Daniel
Ethel Traxler
Richard Wise
Ruea Williams
Maggie Slavicek
Robert Beckner

- 18-Otho Benson
Eileen Healy

- 19-Anita Hicks
Mary Migala-Friese
Betty Madill

- 20-Leslie Andrews
Connie Johnson
Dot VanRyswyk
Sandy Ballinger
Jane Jeffrey
Dorothy Shene
Cletiaus Thompson
Gwinn Skidmore

- 21-Annie Pipkins
Linda Lisle
Becky Kenney

- 22-Ann Barry
Sally Drane
Ricky Willoughby

- 23- Maggie Husa

- 24-Kenneth Woodward
Tom Fogarty
Pat Lynch
Gene Pastrick

- 25-Brenda Murphy

- 26-Donald Wenstrom
Stanley Walczak
Susan Lin

- 27-Wilmarie Jensen
Ruth Corey
LaVerne Flagel
Diane Gale
Merlin Hauch

- 28-Michael Kirby
Barbara Pellegrini
Betty Bitely
Rose Eldred
Cookie Burgess

- 29-Vada Langston
Deanna Elston
Julie Frazee
Mary Wutzke

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

- 30-Millie Kerschbaum
Shirley Wohler
Ellie Rauner

- 31- Sue Grantham
Clinton Kling



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

Transportation: Caroline Baes, James and Felicia Healy, Caryl Snider, Sarah Queen, Linda Stuard, Marilyn Cates, Kaye Kerstetter, Mary Anne Matlow, Loreeta Bahr, Norma Lou, Charles Miller, Darlene Marler, Janie Helms, Marvin Harvey, Joyce Wigent, Wayne Antosz, Vina Rochefort, Carole Dempsey, Mary Onofrio, Dorothy Baldwin, Rhonda Goerg, Tom Pierce, JoAnne Goodrich, Murlene Wolter, Sharon Turnbow, Frank Schoenfelt, Cindi Pietruszka, Ruth Lewis, Reba Daisy, Helen Harvey, Dianne Codman, Erwin and Wilma Kruger, Darrell Fikes, Karen Kaatz.

Loan Closet: Linda Crowder, Carolyn Nozicka, Dale and Mary First, Dale and Lois Summers.

General Fund: Martha Molter, Sharon Urban, Meldrene Hutchins, Anonymous, Karen Nilson, Judy Hasselbring.

Memorial: In loving memory of **Lena Gale**: Diane Gale. In loving memory of **Juan de la Cruz**: Office of Quality and Patient Safety at The Joint Commission. In loving memory of **Esther Freed**: CHS Class of 1966, Barry and Karen Nilson, Bill and Vicky McDonald, Maureen Pavletic, Mary Anne Melvin, Matthew Melvin, Michelle Yirchott, Melissa Yirchott. In loving memory of **Jean Stainbrook**: Barbara and Ralph Stelter. In loving memory of **Pat Neuman**: Barbara and Ralph Stelter. In loving memory of **Freda Haskin**: Barbara and Ralph Stelter. In loving memory of **Rhonda Kaucher**: Barbara and Ralph Stelter. In loving memory of **Colleen Bodfish**: Micheal and Elaine White. In loving memory of **Marge Duvernay**: Carole Sternaman, Kathy Manning, James and Diane Hogue, Bill and Judy Ott.



Exercise Programs ...

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 7/2, 7/16 and 7/30

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

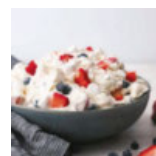
\$5.00 per class

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.

Red, White and Blue Cheesecake Salad

Ingredients:

- 8 oz. whipped topping thawed
- 1 package cheesecake pudding powder 3.4 oz.
- 2 cups vanilla yogurt
- 16 oz. sliced strawberries
- 1 1/2 cup fresh blueberries
- 2 cups mini marshmallows



Instructions:

1. In a large bowl mix together yogurt and pudding powder. Fold in whipped topping. Cover and refrigerate to allow it to set up for about an hour.
2. Add sliced strawberries, blueberries and marshmallows right before serving. Keep refrigerated.

Transportation Services for Appointments Outside the North Berrien Senior Center Service Area
As our community grows and the needs of our seniors evolve, we are receiving inquiries regarding transportation to destinations beyond our service area. The senior center provides transportation to locations within Berrien County, mainly to the Coloma/Watervliet area and to Benton Harbor and St. Joseph. We are unable to offer transportation services to the southern part of Berrien County or to locations outside of Berrien County. For those needing to travel beyond our area, there are private transportation providers, a few are listed below. Please note that these services operate independently and do charge fees for their transportation. We recommend contacting the providers directly for rates and availability.
Private Duty Transportation 269-400-6911
Michiana Mobility 269-252-2357

Senior-Wise

NORTH BERRIEN SENIOR CENTER

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



STD PRSRT
U.S. POSTAGE
PAID
Coloma, MI 49038
Permit No. 41

Address Label



Why are Senior Citizens effected more by hot weather than other people?

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues. Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's

response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat. Use these 6 Summer Safety Tips to lower your risk of heat related illness.



Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side affects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather

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