4th Quarter 2026
October, November, December

Senior Services of Van Buren County

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My parents passed away several years ago. My mom passed when I was 49 and my dad passed away two years later when I was 51. When I look back, I was young compared to my friends who now are faced with caring for their aging parents. Part of me feels bad knowing the world they are entering, the decisions they will have to make, the worry every time the phone rings, the second guessing of did I leave the right pills out for them or did I forget one of their doctor's appointments. Some are still working so they must deal with that on top of it. The biggest worry I have for them is that they get caught up in all of the things they have to do, and that they don't sit back and really listen and enjoy their time with their parents. It's easy to become a machine and just take over their lives (which your parents will HATE) and stay very busy with all the "stuff" they need. One of my friends got me a book after my dad's stroke. It was called "Questions for my Father" (there is a mother version as well). It makes you sit back and talk to your parents while it guides you through questions about their lives. Questions that you may never have thought to ask, like "what was your favorite Christmas present when you were young"? I have the best memories of going through both of those books with my parents, they loved it too. I learned so much about my parents, my grandparents and my uncles from my mom and dad, and the stories just flowed right out of them. Things they had long forgotten about, we were now laughing so hard at some of the questions while other ones we cried together. I'm not trying to sell a book here, but the bigger point is, I don't want you to be so busy that you don't relax and spend time with your loved ones as they age. That is what they really need and want. Trust me, they don't want more doctors or pills, although they need that too. So, get the book, or find your own way to enjoy this season in their lives. I really wish I had that time back again.

Diane Rigozzi, Executive Director

you are not alone

ALZHEIMER'S DEMENTIA

Senior Services of Van Buren County

Have you been recently diagnosed with Alzheimer's or Dementia? This new support group may be just what you are looking for. Our program will offer support not only to men who are facing the reality of their future, but also to their caregiver spouses.

Every 1st and 3rd Monday
from 12:30 p.m.- 2 p.m
at Senior Services of Van Buren County
South Haven Center

The two groups will meet together for the first half hour and then break out into separate rooms, one for the men with Alzheimer's or Dementia and the second room for the spouses.

Both rooms can discuss the unique challenges that come along with what they are dealing with. Some meetings will be educational, and others will just be for support and discussion.

To sign up or for questions, please call Aurora at 269-256-4864

The Storytellers Senior Readers Theater

Founded 16 years ago under the direction of Phil Sturdevant, The Storytellers now includes more than 20 active members, including five original members and playwright Linda LaRocque.

Reader's theater relies on vocal expression, facial cues, and body language rather than memorization, elaborate costumes, or props. Members come from many backgrounds and become a close-knit community through their shared love of theater.
The group sees its work as both entertainment and ministry. For the past seven years, The Storytellers have performed at Western Michigan University, Andrews University, and Corewell Health Residency, helping medical students understand the experience of aging. The program is now part of Andrews University's curriculum. The Storytellers also present an annual spring show in June and a holiday performance.





AmeriCorps Seniors

Retired Senior Volunteer Program
Senior Services of Van Buren County

Medicare Open Enrollment

Open Enrollment runs from October 19th through November 30th.
We have a trained and impartial counselor available to assist with the best options for each individual's needs.
Appointment scheduling will begin on October 12th.



What to Bring

- Medicare Card
- List of Meds, dosage, and frequency
- Any issue-related correspondence

To schedule an appointment, call
Dawn- 269-682-0477

SHIP
State Health Insurance Assistance Program

Senior Services of Van Buren County and the *American Red Cross* are hosting a Fire Safety Presentation on October 27th at 1:00 PM.
The presentation will be led by Fire Chief Brandon Hinz, who will share important information on fire safety.
The American Red Cross will also assist seniors with signing up to receive free smoke detectors.

Senior Services of Van Buren County

American Red Cross

We will be hosting a food drive at the South Haven Senior Center from November 2nd through November 6th 8AM–3PM. All donations will go to food pantries throughout our county.



RSVP is Americas Largest Volunteer Network for individuals 55 Years of age or older.
84% of volunteers report stable or improved physical health after two years of service.
You decide where and when you give.

Our Signature Programs

Ride Easy
Tax Assistance
Caring Crafters
Food Distribution
SHIP
Hammerheads
Site Assistance
American Red Cross

For more information call Dawn 269-682-0477







Care Coordination

Service Areas:

Arlington Twp.~Bangor City~ Bangor Twp.~Columbia Twp.~ Bloomingdale Twp. ~ Covert Twp.~ Decatur Twp. ~ Geneva Twp. ~ Gobles City ~ Hartford City ~ Porter Twp. ~ South Haven City ~ South Haven Twp.

To schedule an appointment contact Jeffrey at 269-284-1230.

"Heartfelt Testimonies: The Impact of Care Coordination"

What began as a volunteer opportunity with Senior Services soon turned into a rewarding experience, and they became like family to me. From my very first interaction, the staff treated me with kindness, respect, and genuine compassion. When I needed more than just the friendly interactions and time spent volunteering, they were there. Senior Services is more than an organization; they are a lifeline for people who need someone to guide them with dignity and compassion. They have supported me through my health issues. The Care Coordinators are always available, checking in on me to see how I am and if I need anything, and the ramp crew came out to make it easier to get in and out of the house. I wholeheartedly recommend their services to anyone who needs support for themselves or a loved one. They even brought me joy when they gave me a crazy-colored wig; though being bald wasn't so bad, the fun of showing off my new hair was unforgettable. Thank you to all of the Staff at Senior Services; you have all been a blessing.

Mean Jean



Senior Outreach

Senior Outreach is a resource that addresses the unique mental health needs of older adults in the community. As people age, they may face various challenges such as isolation, loss of loved ones, or physical health issues that can impact their mental well-being. This program seeks to provide accessible mental health services and support to seniors, ensuring they have the resources and care needed to maintain a healthy and fulfilling life. Through a combination of in-home visits and telehealth services. By fostering a supportive environment and promoting mental wellness, the Senior Outreach Program plays a crucial role in enhancing the quality of life for older adults.

For more information call 1-800-627-8904

Senior Services of Van Buren County

FEEDING AMERICA West Michigan | YOUR LOCAL FOOD BANK

Food Truck Schedule

Starts @12:00pm

October 13, 2026	November 10,2026
Decatur VFW 560	SSVBC
N. Phelps St.	8337 M-140 Hwy
Decatur, MI	South Haven, MI

Casino Trips

Wednesday, OCTOBER 21st, 2026 - $25 per

Seniors Services will travel to GUN LAKE Casino for our last casino trip of the season. Call the Casino Trip Hotline for a reservation: 269-468-9423

Departing From South Haven at 8:30 am, Bangor at 8:45 am, and Armstrong Corners at 9:00 am

Day Trips



The Notebook- Thursday, October 15th,2026 - $65

Enjoy a night at Broadway Grand Rapids with a performance of The Notebook based on the best-selling novel that inspired the iconic film. Limited Seating.

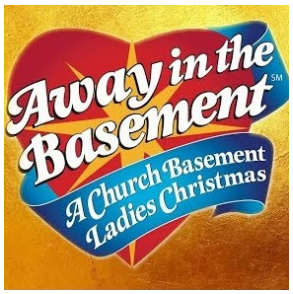
Departing From South Haven at 5:45 pm



Mystery Trip- Thursday ,October 29th, 2026 - $100

Here we go again! Another MYSTERY TRIP to amuse and entertain you! We will travel to parts unknown to participate in a fun event. Everything is inclusive - even lunch! We will be creative, interactive, and you will like it!!!

Departing From South Haven at 9:45 am



Turkeyville 'Away in the Basement'- December 10th, 2026 - $90

It wouldn't be the holidays without a trip to Turkeyville! The meal you love and a fun show to boot!

Departing From South Haven at 9:30 am, Bangor at 9:45 am, and Armstrong Corners at 10:00 am

For more information about trips contact Amy Reiher at 269-924-0668 or areiher@ss-vbc.org.



Tea & Tour -Thursday, December 3rd, 2026 - $50

TEA and Tour at the beautiful Felt Estate on Thursday, December 3rd. We will see more than 70 decorated trees and hear the history of the Estate, then top it off with Tea in the ballroom! A lovely holiday tradition.

Departing From South Haven at 12:30 pm



ENLIGHTEN at Meijer Gardens - Wednesday, December 16th, 2026 - $50

Walk the stretch of landscaping to see beautiful night lighting on sculpture and plants. Enjoy a treat from the food vendors. Make this event a favorite for the holidays.

Departing From South Haven at 4:15 pm

Sponsored by

Senior Services of Van Buren County

The Storytellers Senior Readers Theater Presents:

THE CHRISTMAS GATHERING

A touching play for the entire family.

Saturday, Nov. 21st at 7:00 pm
Sunday, Nov. 22nd at 3:00 pm

Senior Services of Van Buren County
08337 M-140, Ste.1, South Haven, MI

Tickets are
$10



Thank you to the South Haven Moose Lodge for generously sponsoring a free holiday lunch at our South Haven Center.

Friday, December 18, 2026
11:00 a.m. to 1:00 p.m.
No Activities
The menu includes honey-glazed ham, sweet potato casserole, corn, macaroni and cheese, and a roll.

Bangor

Simpson United Methodist Church
507 Joy Street Bangor, MI

Join us every 2nd and 4th Monday

10:30 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:30 pm BINGO

For more information, contact Jamie Middleton at 269-468-9448

Multitasking is Jeannette's specialty taking phone calls while playing Bingo!







Paint markers made easy work of creating beautiful Hummingbird Houses.

An intense game of Bingo with just a few, with no prizes, several spaces to win the elusive Bingo, yet remained.

Senior Spotlight



Gwen Hills is proud to have extra time in retirement to give back and help others. She continues a tradition started by her mother by secretly helping a family in need each Christmas as a Secret Santa. Gwen wishes families had more time to play board games together and that children could once again safely play together in the neighborhood. She enjoys crafting, quilting, and painting rocks, which bring her plenty of joy.

Gwen says her friends help keep her positive through difficult times. Through Senior Services, she discovered cornhole and built a close group of friends. She believes the friendships that grow through Senior Services are something people don't realize until they join.

Bloomingdale

Municipal Building
109 E. Kalamazoo St.
Bloomingdale, MI

Join us every Friday
***except 3rd Friday**

10:30 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:30 pm BINGO

Chair Volleyball has become an exciting activity. Be careful of those cheek violations!





Bringing excitement to the game of Bingo for our Bloomingdale friends makes for the best Bingo game around!

Senior Spotlight



Doug and Sandee Haught are a wonderful example of how Senior Services brings people together. They have enjoyed getting involved, meeting new people, and being part of the fun and fellowship that comes with gathering as a community.

For Doug and Sandee, Senior Services is about more than activities—it's about friendships, laughter, and having a place to connect with others. Their involvement is a reminder that some of the best experiences can come from simply showing up, sharing a meal, and getting to know the people around them.







Activity Schedule

Mondays

11:00-11:45 Fitness Drumming
11:45-12:30 Socialize
12:30-3:00 Cards and Games

Thursdays

11:00-11:45 Seated Yoga
11:45-12:30 Socialize
12:30-3:00 Chair Volleyball

Fridays

11:00-11:45 Tai Chi
11:45-12:30 Socialize
12:30-3:00 Bingo, Crafts and more



Members thoroughly enjoyed crafting their own hummingbird houses, and we also had a blast with our sea turtle painting activity.



Casco

7104 107th Avenue
South Haven, MI

SENIOR SPOT LIGHT



Linda Willet has called the South Haven area home since she was five years old. She and her husband have celebrated sixty-three wonderful years of marriage—here's to many more! Together, they are proud parents of three children, three grandchildren, and great-grandparents of one great-grandchild.
One of Linda's favorite jobs was running her pet-sitting business, apporiatetly named Critter Sitters, for fifteen years. She is also very active in Senior Services, attending all the exercise classes and regularly joining the game at the canasta table.

Cindy- Activity Coordinator
Phone - 269-256-6793
Email - cknight@ss-vbc.org

Covert

33800 M-140 HWY
Covert,MI





What a wonderful turn out for our 2nd annual BBQ!

Craft Days

Tuesday, October 20th - Pumpkin Carving/Decorating

Tuesday, November 17th - Wreath Making

Tuesday, December 15th - Mini Tree Decortating

Activities Schedule

Monday

9:00-10:00 am Friends, Coffee & Donuts
10:00-12:00 pm Arts & Crafts
12:00 pm Eat in/take out lunch

Tuesday

9:00-10:00 am Friends, Coffee & Donuts
10:30-12:00 pm Game day
12:00-2:00 pm Open play!!

Wednesday

9:00-10:00 am Friends, Coffee &Donuts
10:00-11:00 Bingo
11:30-12:15 Seated Strength
12:30-2:00 pm Open Play!!

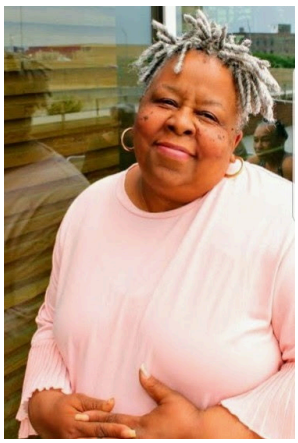
Thursday

9:00-10:00 am Friends, Coffee & Donuts
10:00-11:00 Arts& Crafts
11:15-12:15 Bid Wiz card game
12:15-2:00 Open Play!!

Friday

9:00-10:00 Friends, Coffee & Donuts
11:30-12:15 pm Chair Yoga
1:00-2:00 pm Bingo

Senior Spotlight



Diane Prather is a regular at our Covert Site. She is most proud of her grandchildren and great-grandchildren. They are the sole reason for staying positive during hard times. Diane says that they bring her joy, and she enjoys trying to make their lives better.

Diane enjoys coming to Senior Services for the arts & crafts. She's always been creative. Coming to Senior Services has given her the opportunity to come together with friends and expand their creativity, which she loves.

Decatur

New Hope Church
319 1/2 W. Delaware Street
Decatur, MI

Join us every Wednesday

10:30 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:30 pm BINGO

For more information, contact Jamie Middleton at 269-468-9448



Checking out the Bingo Merchandise, creating a strategy for their Bingo Win.





Colored marbles, paint, and a little guidance by our amazingly talented volunteer Jakki, create a beautiful ocean turtle scene.



Senior Spotlight



Tim Martin is proud to have helped start a truck driving school that gave over 100 students each year the opportunity to build successful careers and put money back into the community. He enjoys building and has even constructed a timber-frame home for his family. Tim believes self-sufficiency and simple family connections—like talking, singing, and playing games during car rides—are things worth bringing back. Through Senior Services, Tim has enjoyed new experiences, such as becoming a backup bingo caller and discovering the many services available, from meals and rides to trips. He says people don't realize everything Senior Services has to offer until they join.

Gobles

Gobles Methodist Church
210 Exchange
Gobles, MI

Join us evert 1st Monday

10:30 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:30 pm BINGO







The many faces of excitement for a Bingo Win!!

Senior Spotlight

After 52 years of marriage, Peg and Tom Combes continue to share a life filled with love, laughter, family, and tradition. They met through a community college theater program, where Tom jokes he joined to meet girls—and ended up meeting Peg! They cherish family traditions, including using Peg's mother's Christmas plates each year. Since joining Senior Services, they've especially enjoyed the luncheons and fellowship. Their story is a wonderful reminder that love, laughter, and family make life special.





Our amazing volunteer Sue DeRyke is making sure everyone has everything they need.

For more information, contact Jamie Middleton at 269-468-9448

Grand Junction

First Congregational Church
54128 CR 388
Grand Junction, MI

Join us the 2nd Tuesday of the month

10:30 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:30 pm BINGO





Record shattering numbers growing in Grand Junction. With a wager placed on how many attendees Sue DeRyke made goo on the bet, she won counting in 20+ members for the day!





Senior Spotlight

Todd Van Grouw is proud to have helped bring Cry Freedom to Holland after spending time in South Africa. He especially cherishes pizza picnics on the beach with his daughters and wishes classical music, like Bruce Hornsby, and the tradition of walking or biking places would make a comeback.

Todd is passionate about sailing and turns to “praying the piano” during difficult times. He never expected to become a bingo fan, but Senior Services changed that! Todd says people may not realize how Senior Services brings the community together and creates lasting friendships.

Join us every Tuesday & Wednesday

11:00 am - 12:00 pm Socialization
12:00 pm - 1:00 pm Lunch
1:00 pm - 2:00 pm Bingo

Hartford

501 Main Street
Hartford,MI

SENIOR SPOTLIGHT



Daniel Everts dedicated six years to serving in the United States Army. He actively travels and lends assistance to legions and VFWs. Recently, he was honored with the Marine Corps' Associate of the Year award! Additionally, Dan serves as an instructor for the NRA as a Master Firearms Expert. He also contributed to the Mount Division for Berrien County. Despite all these accomplishments, he managed to find time for a loving marriage that has lasted fifty-five years, and he is proud to have one wonderful daughter.



Everyone enjoying a friendly game of chair volleyball!



Gary and Esther unleashed their creativity to craft a beautiful hummingbird house, and they did an amazing job! Come and join the fun!

Activity Coordinator
Cindy Knight
269-256-6793
cknight@ss-vbc.org

Porter

Porter Township Offices
88040 M-40 Lawton, MI

Join us every Thursday

10:30 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:30 pm BINGO



We're grateful to Porter Township for our new gathering space at Porter Township Hall! At our first luncheon, we celebrated with an SSVBC swag raffle!

Dawn Sivley created such a beautiful Hummingbird House adding a gorgeous Hummingbird pin her friend gave her special for the project.

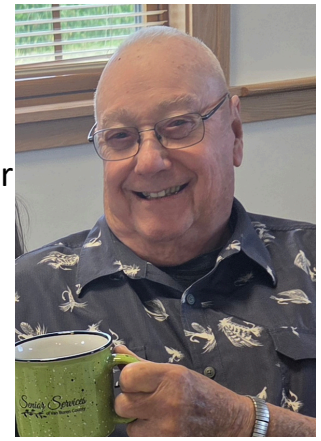






Senior Spotlight

Bob Wagner enjoys spending time with family and friends, especially gathering together during the holidays. He wishes family and friends would bring back the tradition of potlucks and the sense of togetherness he remembers from years ago. Bob's favorite hobby is traveling Up North three or four times a year to hunt and fish with his buddies. Bob credits his wife of 62 years, Sue—his high school sweetheart—with keeping him grounded and "in line." Through Senior Services, Bob has made new friends at the Porter luncheons and discovered how quickly friendships can grow. He also appreciates knowing about resources like the Loan Closet and rideshare, giving members a place to turn when they need a helping hand.



South Haven

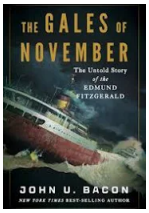


Do you love to read? Are you interested in joining a book club? Cover to Cover Book Club will meet October 15th and November 19th 12:30-1:30



October
"The Hate U Give"
By Angie Thomas

November
"The Gales of November"
by John U Bacon



For questions, contact Michelina Dominques at 269-214-8308

"A book is a gift you can open again and again."
-Garrison Keillor



Health Educator Isabel Hinton has been doing such a great job with each class that she leads. She teaches you how to make delicious and nutritious recipes. This class is **free** for all members. Look out for sign-ups to join this fun class! She has classes coming up in October and December.



Cookies For Breakfast

Thursday October 1st 1:30-2:30

Who says you can't have cookies in the morning?
National Homemade Cookie Day is October 1st, and we're celebrating with a twist on a classic treat. Join this **free** cooking class and learn how to turn simple, wholesome ingredients into a treat that fuels your day.



Wreath Making Class

October 14th 10:00-11:30

In this wreath making class Lillian will show you step by step on how to make a pumpkin wreath. All supplies are provided.



Sign ups for unique classes are put out one month prior to the class. Sign ups will not be taken before then. You may sign up at the South Haven center or by calling Aurora 269-256-4864

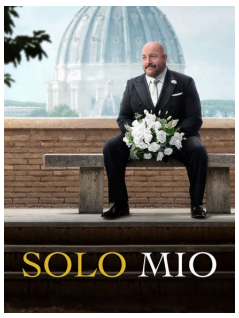
South Haven

Free Movie!
Free popcorn!
Movie Day is Every 2nd Friday of the month in the auditorium!



Movie start time is 12:30

November 13th



December 11th



Healthy Habits 24 Mondays at 11:00-12:00

Healthy Habits is a great way to explore, begin, or continue your current health journey. Be part of our supportive, like-minded community.





Creative Card Making Class
10:30-11:30

Marian has been leading creative card making class every **first Wednesday of the month.** Learn how to make cards for every occasion.



Jakki has been doing a great job with leading the canvas painting classes.

Sign-ups for unique classes are put out one month prior to the class. Sign-ups will not be taken before then. You may sign up at the South Haven center or by calling Aurora at 269-256-4864

South Haven

Mini tree Decorating Workshop
December 3rd at 9:30

We are having a mini tree decorating workshop. All supplies are provided.



Busted Canvas
December 9th 10:00-11:30

Lillian will be leading this busted canvas craft. All supplies will be provided



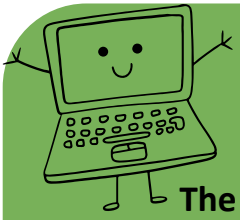


It's Getting Chilly, so Let's Make Chili
Thursday, December 10, 1:30-2:30

What better way to warm up on a chilly day than with a warm bowl of chili? Join this **free** healthy cooking class and whip up a hearty, flavor-packed chili. Plus, learn a few easy tricks to make your own chili even more nutritious without sacrificing taste.



BRONSON



Computer Lab

The computer lab is open
Monday-Friday 9:00-2:30
You can also schedule an appointment for computer assistance
Monday - 8:30-11:30 Ken
12:00-3:00 Nancy
Tuesday - 8:30-11:30 Ken
12:00-3:00 Nancy
Wednesday - 10:00-3:00 Nancy
Thursday - 12:00-3:00 Steve

Sign ups for unique classes are put out one month prior to the class. Sign ups will not be taken before then. You may sign up at the South Haven center or by calling Aurora 269-256-4864

Seniors in Motion!



I've been teaching Line Dancing since 2006! I love the dancing and the music. Line dancing keeps our brains focused. Also great for bone health! - Cookie

Line Dancing is a great way to meet people and exercise. Learning and retaining the steps keeps our brains healthy. Use it or lose it! - Don

What a fun group! Cookie is an awesome instructor. We don't take it seriously and have lots of laughs. - Sharry

Line Dancing is so much fun. A great way to improve our balance and memory! - Linda B

I lost my husband about 2 years ago. Line Dancing has helped me mentally and physically through this phase of my life. I've made many new friends in Line Dancing. It's been over 1 ½ years since I started, I never miss a class! - Linda D





Ready to kick up your heels and join the fun? No experience needed, all are welcome! Join us for Line Dancing every Thursday morning 10:30-11:30 in the Fitness Room.

GIVING CORNER







COMMUNITY, CONNECTION, CARE

Thank you to everyone who supported our 4th Annual Gala!
The night was a wonderful celebration of community.

We raised $33,500 for vital programs and the South Haven Center's building fund. Special thanks to our Silver and Bronze Sponsors and the 60 contributors who donated $13,500 in auction and grab-bag items.

Together, we enhance programs for older adults, including social and fitness activities, nutrition support, emergency assistance, and volunteering!

Thank You Gala Sponsors

SILVER SPONSORS

COMMUNITY PHARMACY
MOORE FAMILY PHARMACY

SECURE&GO STORAGE

BRONZE SPONSORS

Confidential Services, Inc.

Lakefront Roofing & Construction

Sturgis Bank

Jensen's Excavating, Inc.

SAVE THE DATE: 2027 GALA – SATURDAY, APRIL 17!







GIVING CORNER

Season of Giving

Supporting Healthy, Independent Living

Your generosity strengthens our centers and programs.
Your gift brings wellness, independence, and engagement.
Join us in making lives brighter!









Ways to Give

- Scan QR Code to Give Online
- Cash or Check to the South Haven Center
- Call Tracie at 269-256-4332
- Directly from an IRA
- With a Donor Advised Fund

Senior Services of Van Buren County
501 (c)(3) non-profit.Tax ID #38-3200638.
08337 M-140 Hwy., Ste 1, South Haven, MI 49090

CELEBRATE & REMEMBER WITH TRIBUTE GIFTS

Commemorate and honor your loved ones through tribute gifts.



Your support is invaluable, and notifying us in advance helps ensure that we can properly acknowledge the honorees.

Please note that Tribute Gifts do not automatically qualify for an item on our Giving Tree, which is displayed at the South Haven Center.

To arrange a Tribute Gift or Giving Tree item, please contact our Grants & Fund Development Manager at 269-256-4332. Thank you!

Holiday Market

South Haven Center

November 30 - December 18

9:00 am to 2:00 pm - weekdays

Holiday Crafts & Decor
Knit, Crochet & Sewn Gifts
Handcrafted Wood Decor & More

Interested in donating items for the market?

accepting new or clean, gently used holiday items & handcrafted items

November 2 - 18 only

See Tracie or Laurie at the South Haven Center

Senior Services Menu October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Services of Van Buren County			1 Sweet Chili Meatballs Over Rice Carrots Roll	2 Baked Pork Chop Garlic Mashed Potatoes w/Gravy Green Beans Roll
5 **Closed** **Staff** **Retreat**	6 **Closed** **Staff** **Retreat**	7 **Closed** **Staff** **Retreat**	8 **Closed** **Staff** **Retreat**	9 **Closed** **Staff** **Retreat**
12 Seasoned Baked Chicken Breast Wild Rice Green Beans Roll	13 Reuben Sandwich Waffle Fries Pasta Salad	14 Swedish Meatballs on Buttered Egg Noodles Peas Roll	15 Meatloaf Mashed Potatoes w/Gravy Carrots Roll	16 Pulled Pork Sandwich Kettle Chips Cole Slaw
19 SS Grilled Cheese Sweet Potato Fries Fruit	20 Country Fried Steak Mashed Potatoes w/Gravy Corn Roll	21 Chili Cheese Beef Hot Dog Potato Salad Fruit	22 Lasagna Cauliflower Garlic Bread	23 Salisbury Steak Macaroni & Cheese Peas Roll
26 Italian Sausage on Bun w/Onions & Peppers Pasta Salad Fruit	27 Chicken Alfredo Fettuccine Noodles Baby Carrots Garlic Bread	28 Meatball Sub Sandwich Chips Chunky Applesauce	29 Vegetable Beef Soup Grilled Cheese Sandwich Fruit	30 Fried Chicken Mashed Potatoes w/Gravy Biscuit

Salad Bar available at South Haven location only

Senior Services Menu November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Taco Spanish Rice Roasted Corn & Black Bean Blend	3 Roast Beef Sandwich Onion Rings Pickle Spear	4 Goulash Corn Garlic Bread	5 Pork Stew on Garlic Mashed Potatoes Fruit Roll	6 Baked Ziti w/ Sliced Italian Sausage Mixed Vegetables Garlic Knot
9 Crispy Chicken Sandwich Macaroni Salad Chips	10 Pot Roast Over Bread Mashed Potatoes w/Gravy Corn	11 **Closed In Honor of Veteran's Day**	12 Patty Melt on Rye Sweet Potato Fries Pickle Spear	13 Sweet & Sour Chicken On Rice Asian Vegetables Egg Roll
16 SS Grilled Cheese Sandwich Sweet Potato Fries Fruit	17 Spaghetti & Meatballs, Roasted Broccoli & Garlic Bread	18 Seasoned Baked Chicken Breast Wild Rice Green Beans Roll	19 Meatloaf Mashed Potatoes w/Gravy Carrots Roll	20 **Closed Staff In-Service**
23 Chili w/Meat Corn Bread Fruit	24 Au Gratin Potatoes w/Ham Peas Roll	25 Turkey Mashed Potatoes w/Gravy Dressing Corn Casserole Roll	26 **Closed Happy Thanksgiving**	27 **Closed Happy Thanksgiving**
30 Philly Cheese Steak Sandwich Curly Fries Fruit				Senior Services of Van Buren County

Salad Bar available at South Haven location only

Senior Services Menu December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Services of Van Buren County	1 Popcorn Chicken Bowl w/Mashed Potatoes Gravy, Corn Biscuit	2 Beef & Broccoli On Rice Carrots Roll	3 Bacon Cheeseburger Onion Rings Pickle Spear	4 Chicken Alfredo on Fettuccine Noodles Roasted Broccoli Garlic Bread
7 Butternut Squash Soup Grilled Cheese Sandwich Fruit	8 Reuben Sandwich Waffle Fries Pickle Spear	9 Chicken Breast in Creamy Garlic Sauce Wild Rice Peas Roll	10 Beef Pot Pie Mashed Potatoes w/Gravy Fruit	11 Chicken Fajita's Spanish Rice Refried Beans
14 Salisbury Steak Macaroni & Cheese Carrots Roll	15 Lasagna Roasted Zucchini Garlic Bread	16 Baked Pork Chop Garlic Mashed Potatoes Green Beans Roll	17 Meatball Sub Chips Pasta Salad	18 Honey Glazed Ham Sweet Potato Casserole Corn Macaroni & Cheese Roll
22 **Closed** **Happy Holidays**	23 **Closed** **Happy Holidays**	24 **Closed** **Happy Holidays**	25 **Closed** **Merry Christmas**	26 **Closed** **Happy Holidays**
28 **Closed** **Happy Holidays**	29 **Closed** **Happy Holidays**	30 **Closed** **Happy Holidays**	31 **Closed** **Happy Holidays**	1 **Closed** **Happy Holidays**

Salad Bar available at South Haven location only

South Haven Center Generic Fall 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Classes are subject to change(day,time,and/or location) Thank you for your felxibility	**Walking Path:** The Walling Path is available to you all day Monday through Friday 8:00 am -3:00 pm 11 times around is 1 mile	**Pickleball:** 8-11 M-F All Skill Level 11:00-2:00 M/W/F Intermediate Play 11-2:00 T/TH Intermediate Women 2-3:00 Beginners Only	**Computer Lab:**Open Monday-Friday 9:00-2:30 **Onsite Help** Mondays & Tuesdays 9:30-11:30 Thursdays 1:00-2:30 Or by scheduling an appointment	Senior Services of Van Buren County
8:30-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Pilates	8:45-10:00 Healthy Habits 9:30-12:00 Artist Group 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates	9:30-10:15 Tai Chi Refresh 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 11:00-12:00 First Friday Music-open 12:00-2:30 Euchre 10:00-2:00 Mahjong 12:30-2:00 Chair Volleyball 12:30-2:30 Friday Knitters
8:30-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 10:00-11:15 Flourishing Friends 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Pilates	8:45-10:00 Healthy Habits 9:30-12:00 Artist Group 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 1:00-2:00 Grief Support	9:30-10:15 Tai Chi Refresh 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 12:00-2:30 Euchre 10:00-2:00 Mahjong 12:30-2:00 Chair Volleyball 12:30-2:30 Movie 12:30-2:30 Friday Knitters
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Senior Services of Van Buren County

08337 M-140 Hwy, Ste.1
South Haven, MI 49090

If you live in any of the Senior Services funded areas and are over 60, you are welcome to attend any of our centers at no charge.

www.seniorservices-vbc.org

If you are over 60 and not receiving our newsletter, please call 269-637-3607 or stop by any of our centers and let us know so we can add you to our mailing list.

All Senior Services' sites and locations will be closed on the following days:

October 5th – 9th – Staff Retreat Week
November 11th - Veteran's Day
November 20th - Staff In-Service
November 26th - 27th - Thanksgiving
December 21st - January 1st - Holiday Break