

**2nd Quarter 2026 April,
May and June**



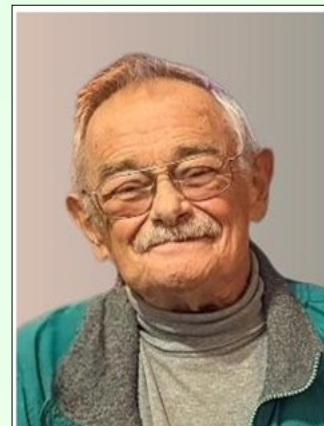
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Everyday, I receive numerous thank you's for all we do. But the "behind the scenes" heroes that you may not be aware of are our board members. They support what we do, they attend our centers and give feedback but mostly support all of my crazy ideas. These Secret Super Heroes for 2025 include: **James Abshagen, Jeannie Babcock, Nate Bitely, Annie Brown, Julie Cowie, Richard Curtis, Regina Hoover, Karen Kiry, Jerry Muenzer, Clare Olney, Roger Paul, Marilyn Rendell, and Terry Tibbs.** These board members were a significant part of so many projects including our new facility in South Haven, our partnership on the new Porter Twp and Casco Twp centers (which will be opening this spring), our affordable senior housing project and so much more. So, thank you all, for volunteering your time for an organization you care so much about.

However, as wonderful as they are, I really want to celebrate two special board members who made a huge difference in the life of Senior Service since I've been here. Both have passed on since I've been the Director and they were both instrumental in helping me along the way.

Dick Curtis— Dick passed away on January 17, 2026. He was a board member for over 20 years! With his background in engineering, he was instrumental with the Village Market project. He also helped with our ramp program, medical transportation, finance committee and much more. He was one of a kind and we will miss him so much.



Dean Beckwith—Dean passed away on October 18, 2021 and his funeral was the day of our Grand Opening of the new center. Dean was the Board Chair when I took on my position and he would come in every week to work with me. We both decided he was my mentor. He was a pastor by profession and I really appreciated how he talked me down off of ledges at the beginning. I always wish he could have been here to see the success that he helped to create.

STAFF SPOTLIGHT- Care Coordinators

Leslie

Leslie has been with us for over a year now and always has a smile on her face. She takes her job very seriously and cares deeply for her clients.



Pearlie

Pearlie has been running our Covert site for a couple of years now with her specialty in Care Coordination. Pearlie has a calm demeanor and handles problems easily with her quiet nature. Her areas of service are Covert, Arlington and Bangor.



Activities

Rhonda

Rhonda started her journey with SSVBC in 2023 as one of our cooks. She has been an Activities Coordinator for a year now in Casco. If you've met Rhonda, you know how special she is. A big advocate for her members and clients, she makes a wonderful employee no matter what department she is in.

STAFF SPOTLIGHT - Custodial



Dawn

You may remember Dawn as our RSVP Project Manager for 2 years, however she is now in charge of our Custodial Department. Dawn does an amazing job no matter what department she is in.



Ahmmad

Our newest employee, Ahmmad is a Custodian with a specialty in, special projects and maintenance. He works in the afternoons so try to catch him and welcome him to Senior Services.

John

Going on 3 years with SSVBC, John is a man with a mission! His focus is floors and bathrooms. He also cleans our Covert site for us! Thanks for all you do John.





Retired Senior Volunteer Program



Senior Services of Van Buren County and the American Red Cross (ARC) are hosting a blood drive on

April 21st, 2026 10am – 3pm at the South Haven Center, 08337 M-140

Appointments aren't required, but preferred

Make an appointment by calling Clarivel at 269-468-9410 or by using the QR Code

According to the ARC, blood supplies remain at a critical low.

Thank you for your help!

You Can Make a Difference! Become a Volunteer Driver!

We are looking for volunteers who are age 55 or older, like to help others, and have a good driving record. Does this sound like you?

The Ride Easy program provides about 60 rides a month to seniors who have no other way to get to their doctor's appointments. Volunteers are reimbursed for mileage and are covered by SSVBC insurance. You choose the days, areas, and how often you would like to drive.

We often hear from our clients how appreciative they are and that this service helps them to live independently. Our drivers are difference makers! To learn more, please call Destanie at 269-222-1705.



Thank you to everyone who donated food to the MLK Day Food Drive. Thanks to your generosity, we were able to donate to local pantries.

Also a big thank you to the Reader's Theater volunteers who helped by delivering food to local pantries.



Care Coordinators

Pearlie Jackson (269)468-9536

Arlington Twp./ Bangor City/ Bangor Twp./ Covert Twp.

Lesley Forrest (269)468-9556

Bloomington Twp./ Columbia Twp./ Decatur Twp./ Geneva Twp./ Gobles City/ Hartford City/ Porter Twp./ South Haven City/ South Haven Twp.

Care Coordination

Beat your winter Blues

Spring

Help us restock our medical closet

We are once again hosting a Stock our Medical Closet drive. Our supplies are low and we need your help. We will be collecting from **April 20th to May 1st** (pull-up briefs, pads, wipes, Etc.)

Help us continue to serve our seniors.

Brighten Your Home

Vitamin D from natural light can help improve your mood. Make it a daily routine to open your blinds and curtains

Anticipate An Event

Look forward to an upcoming event or create something to look forward to, such as a grandchild's visit or performance. This brings on excitement and positivity.

Stick To Your Schedule

Avoid temptation to change your routine or schedule. Remember to stick to your daily routine such as coffee with friends at the Senior Center.

Eat A Balanced Diet

Eating the right combination of foods can also lift your moods and energy. Come down to the Senior Center for our nutritious lunches.

Staying Active

Exercise can be vital in keeping a happy mood during the winter. Be sure to checkout all the activities and exercise classes we offer at the Senior Center.

Accomplish A Goal

Motivate yourself by adding and completing goals no mater how big or small cross it off your list.

Don't Forget to Socialize!!!

Lift your spirits and your perspective among friends new and old.

Food Truck Schedule 12:00 pm until 1:00 pm

April 14, 2026

Porter Township Hall, 88040 M-40Hwy,Porter

June 9,2026

Senior Services, 08337 M-140 Hwy, South Haven

SERVICES AVAILABLE

- Medical Rides
- Commodity sign-up and distributions
- Handyman services referrals
- Handicap Ramp referrals
- Meal programs & food pantries
- Referrals on behalf of another person
- Medical Loan closet
- Home visits
- Continual monitoring
- Assistance with paperwork for various programs including DHHS applications

Casino Trips

Wednesday, April 22, 2026, Wednesday, May 27, 2026, Wednesday June 17, 2026—\$25 per trip



We will be kicking off our Casino season starting on **April 22** with a trip to Gun Lake Casino. \$25 fee with some play credit and food credit included.

May 27 will take us back to Gun Lake.

June 17 will be a trip to Firekeepers in Battle Creek.

Seats are limited ~ sign up and pay now.

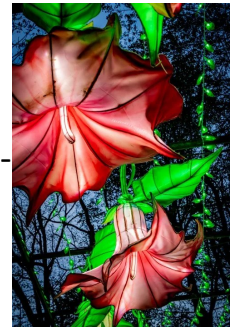
We will offer pick-ups in South Haven at 8:30 am, Bangor at 8:45am, Armstrong Corners at 9:00 am and Paw Paw Park and Ride at 9:15.

Day Trips

John Ball Zoo Lantern Festival—Thursday, May 14, 2026—\$50

Experience the John Ball Zoo Lantern Festival in Grand Rapids! Enjoy a magical evening walking through beautiful lantern displays throughout the zoo. Round-trip transportation will be provided from South Haven, and pick-up arrangements may be available. Please contact your site coordinator or Amy for details and coordination.

Departing from South Haven at 6:00 pm.



Kalamazoo Growlers Baseball Outing—Wednesday, June 3, 2026—\$90

Join us for a fun outing to see the Kalamazoo Growlers in action! Enjoy an exciting day at the ballpark with friends while cheering on the home team. Round-trip transportation will be provided from South Haven, and pick-up arrangements may be available. Please contact your site coordinator or Amy for details and coordination.

Departing from South Haven at 8:00 am, Bangor at 8:15 am, Armstrong Corner 8:30 am, Paw Paw Park & Ride 8:45 am.

Turkeyville's "Run for Your Wife Show"—Thursday, June 4, 2026—\$90

Join us for a trip to Turkeyville to enjoy the comedy show *Run for Your Wife!* Spend the day laughing along with this fast-paced, entertaining performance while enjoying time out with friends. Round-trip transportation will be provided from South Haven and Armstrong Corners, and pick-up arrangements may be available. Please contact your site coordinator or Amy for details and coordination.



Departing from South Haven at 9:30 am, Bangor at 9:45, Armstrong Corners at 10:00 am & Paw Paw Park & Ride 10:15



Fernwood Botanical Garden—Thursday, June 11, 2026—\$35

Join us for a relaxing visit to Fernwood Botanical Garden and enjoy the beautiful seasonal gardens and natural surroundings. Take a peaceful stroll, enjoy the scenery, and spend time with friends. Round-trip transportation will be provided from South Haven, and pick-up arrangements may be available.

Departing from South Haven only at 9:30 am.

Extended Trips

Virginia Beach, Colonial Williamsburg & Historic Norfolk—April 19-25, 2026

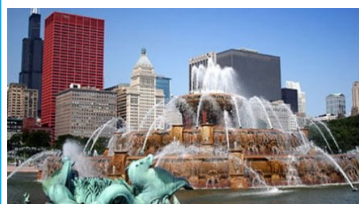
7 Days / 6 Nights—\$1,035 pp Dbl occupancy

Experience coastal beauty and American history on this unforgettable tour. Enjoy 6 nights of lodging, 6 breakfasts, 4 dinners, and visits to Virginia Beach’s famous boardwalk, Colonial Williamsburg, Historic Jamestown Settlement, and Norfolk’s Naval Base with harbor cruise.



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

Chicago Getaway—May 19-21, 2026 • 3 Days / 2 Nights—\$468 pp Dbl occupancy



Discover the Windy City with Diamond Tours! Your getaway includes 2 nights of hotel accommodations, 2 breakfasts, 2 dinners, a visit to the Willis Tower Skydeck, a guided Chicago sightseeing tour, and a Lake Michigan boat cruise.

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

Benefits of travel

1 Increased exercise	2 Better sleep	3 Stronger immune system	4 Longer life expectancy	5 Reduced cognitive decline
6 Increased mindfulness	7 Increased creativity	8 Feeling of life satisfaction	9 Reduced stress	10 More appreciative
11 A better person	12 A stronger sense of self	13 Closer relationships	14 Increased likeability	15 Increased knowledge

If interested in any of our offered trips please be sure to read the Senior Services of Van Buren County Adventure Policy, which can be found on our website.

www.seniorservices-vbc.org



Senior Services of Van Buren County is starting a new membership program!

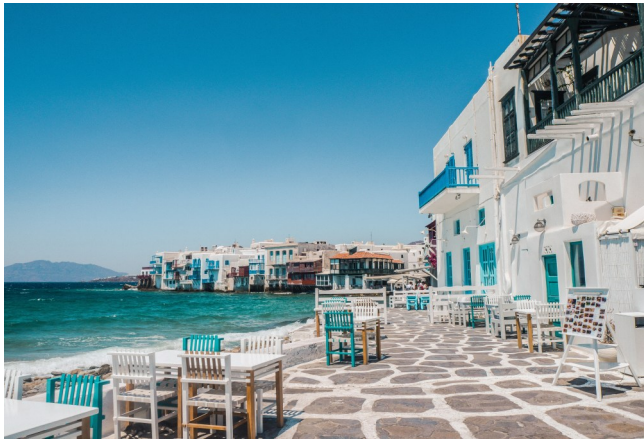
The cost is only \$150 per year

This membership is designed to provide seniors who live outside of our service areas the opportunity to go on all of our trips. Whether it’s a one day, casino, overnight or extended trip, with this membership, you will get all of the trip perks that our regular members do.



If you have any questions, contact Amy Reiher at 269-924-0668.





Senior Services

of Van Buren County

Discover the Magic of Greece!

11 Days | 14 Meals

Departing October 2, 2026

Don't miss your opportunity to check Greece off your must visit travel list!

Visit our personal link below to sign up!

<https://gateway.gocollette.com/link/1341385>

Tour Highlights

- **Athens:** The Acropolis & Parthenon
- **Mykonos:** Old Town lanes & beaches
- **Santorini:** Oia Village • Ancient Akrotiri
- Wine Tasting
- **Authentic Experiences:** Taverna Dinner Show & Greek Cuisine

Itinerary at a Glance

Days 1–3: Athens – Crowne Plaza Athens City Center

Days 4–6: Mykonos – San Marco Hotel

Days 7–9: Santorini – El Greco Hotel

Day 10: Return to Athens for Farewell Dinner

Day 11: Depart for Home



Occupancy and Per Person Rate; Double \$5,479, Single \$6,679, Triple \$5,379

Travel Details

- Moderate activity level (walking & stairs required)
- Group size: 25 travelers
- Deposit: \$698 pp due by May 13, 2026 (refundable until Apr 3, 2026)
- Final payment due: Jul 4, 2026
- Passport required (valid 6 months beyond travel dates)

Enchanted

MEMORIES
— TRAVEL —

Heather Olney

269-767-3155

Heather.emtravel@gmail.com

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**



We were delighted to celebrate a very special milestone at our Bangor site as Marlene Sharpsteen marked her 94th birthday! Surrounded by friends, smiles, and a festive cake, Marlene enjoyed a wonderful afternoon filled with warmth and good company. Moments like these make our senior center feel like family, and we're so grateful to celebrate such meaningful occasions together.

Happy 94th Birthday, Marlene!

Smiles filled the room at our Bangor site as friends gathered around the table for a festive day of games, laughter, and good company. The surprise visit from Santa added extra cheer, making the afternoon even more memorable. Moments like these remind us that our senior center is about more than activities—it's about connection, friendship, and sharing joy together.



**Activities Coordinator
Heather Olney
269-256-4652
holney@ss-vbc.org**

Birthdays

April

Robert Lesterhouse

Donna Gackowski

May

Maria Hernandez

June

Wanda Bournay

Bloomingtondale



Bloomingtondale Municipal Building
109 E Kalamazoo Street
Bloomingtondale, MI

Join us every Friday



10:30—12:00 Socialize

12:00—1:00 Lunch

1:00—2:30 Activity

Closed the 3rd Friday of the month

Activity Coordinator

Cindy Knight

(269) 256-6793

cknight@ss-vbc.org



Everyone loves bingo, my favorite part is watching them check out all of the prizes.



We all enjoyed having Rose come in and teach us some really good core & strengthening techniques.

Senior Spotlight

Dianne lived in Kalamazoo for 56 years and married her best friend, Ken, when she was 19 years old. They were married for 65 and a half years. When Ken retired, they became snow birds and bought a house in Lakeland, Florida, in a place called Sand Piper Golf & Country Club. Dianne enjoys swimming and playing cards. Dianne has two children, five grandchildren, and four great grandchildren. We enjoy Dianne's wonderful personality and her heart of gold.



Casco



**Casco Township Hall
7104 107th Avenue
South Haven, MI**

Join us Monday afternoons for cards following cardio drumming! Pictured below is our card players enjoying a game of Euchre and crowns!



Activities Schedule



Monday

11:00-12:00-Cardio Drumming w/
Rhonda
2:00-3:00-Cards w/refreshments

Thursday

11:00-12:00-Chair Yoga w/Deane
12:00-3:00-Bingo (1st,2nd, & 4th)
12:00-3:00-Crafting (3rd)

Friday

11:00-12:00-Tai Chi class.

Are you looking for a fun effective way to improve mobility and strength? We offer exercise classes three days a week and we would love to see you!! Pictured below is our amazing Monday Cardio Drumming group!



**Activity Coordinator
Rhonda Prim-Snider
rprim@ss-vbc.org
(269)743-6653**

Craft Days

January 15th

February 19th

March 19th



What a great crowd for canvas painting class with our local artist Jackie Fox!!

Covert



33800 M-140 Hwy

Covert, MI

Senior Spotlight



Sam has completed his childhood dream to be a mortician. He has a great respect for others. He remains positive in life with the wisdom and knowledge he has gained through his many travels and the people he has encountered.

Activities Schedule

Monday

9:00-10:00am Friends, Coffee & Donuts
 10:00-12:00pm arts & crafts
 12:00pm **Eat in/take out lunch (\$5)**

Tuesday

9:00-10:00am Friends, Coffee & Donuts
 10:00-11:00am Casino game day
 11:15-12:15pm Seated Exercise
 (at the library)
 12:30-2:00pm open play!

Wednesday

9:00-10:00am Friends, Coffee & Donuts
 10:00-11:00am Bingo
 11:15-12:15pm Seated Exercise
 (at the Library)
 12:15-2:00pm Open Play!

Thursday

9:00-11:00am Friends, Coffee & Donuts
 11:15-12:15pm Bidwiz card game
 12:15-2:00pm Arts & Crafts/open play!

Friday

9:00-11:00am Friends, Coffee & Donuts
 11:15-1:00pm candy pong/cornhole
 1:00-2:00pm Bingo

Bingo! Everyone's favorite activity!



Activity Coordinator
Ebony Sanford
esanford@ss-vbc.org
(269)250-4270

Ann hard at work making jewelry!

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—2:00 pm BINGO**



Members at the Decatur site enjoyed a relaxing afternoon working on diamond art projects.



Senior Spotlight

Karen Baham is proud of her unique fidget collection. She treasures family holiday gatherings and wishes the tradition of Sunday dinner would make a comeback. She enjoys crocheting and stays grounded by thinks of her grandkids often. Through Senior Services, she has made new friends and says most don't realize how much fun and kindness there is at the centers.



Birthdays

- April—
Carol Wilkinson
- June—
Nadine Pride
Carolyn Decker
Anco
Broekhuizen
Linda Howe
Judy Madaras
Joy Martin
Janet Moelaart

**Activities Coordinator
Heather Olney
269-256-4652
holney@ss-vbc.org**



Our Decatur site stays active and energized thanks to Paula Mott, who leads chair exercise sessions on the 1st and 3rd Wednesday of each month. These classes are a fun and welcoming way for participants to stretch, strengthen, and keep moving at their own pace.

Gobles



**Gobles Methodist Church
210 Exchange Street
Gobles, MI**

**Activity coordinator
Cindy Knight
(269) 256-6793
cknight@ss-vbc.org**

As your new activity coordinator, I just want to say how much I have enjoyed meeting all of you. I also look forward to the 2026 year of fun!

***Reminder:**

When you register to become a member of SSVBC you can visit any of our remote sites!

Join us every 1st Monday



**11:00 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:00 pm BINGO!**

Senior Spotlight

Rod enjoys playing cards, especially bridge. He worked thirty years in the paper factory. Rod has one child, three grand children, and three great grand children. Rod served four years in the United States Air Force. Rod is a collector of thing he likes. We enjoy Rod's willingness to help others. Rod always has a kind words for others.



Come join our group at our Gobles location for some great food, good conversations, with Bingo right after.

Hello Spring



Grand Junction



**First Congregational Church
54128 CR 388
Grand Junction, MI**

Join us every 2nd Tuesday



**11:00 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:00 pm BINGO!**

Our members at the Grand Junction site, enjoying time together around tables in a bright community room. They've brought friends along, boosting attendance and creating a lively, welcoming atmosphere.



**Birthdays:
April**

Donna Gackowski

May

Terry Page

Karen Gruss



Members gather around the table sharing laughs and friendly conversation as they enjoy a lively game of bingo.

Senior Spotlight

Karel Hall is proud of her mini goats and cherishes family traditions, especially holiday and birthday gatherings. A former cheerleader and nurse for 23 years, she stays grounded through patience and humility, believing mistakes are simply part of life. Through Senior Services, she discovered a love for pickleball and meaningful friendships. Karel believes time spent together is what matters most and Senior Services is a great place to start.



Pastor Todd Van Grouw keeps the energy high, calling out numbers with humor that brings smiles all around.



**Activities Coordinator
Heather Olney
269-256-4652
holney@ss-vbc.org**

Hartford



**501 Main Street
Hartford, MI**

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



Seasoned and Strong May 12, 19, & 26 We will be learning: **Heart Health Strength Building**

We will also learn some simple home cooking, teaching us ways to eat less salt. If you attend just two out of three classes, you will receive a \$20.00 grocery gift card.



Activities Schedule

Join us every Tuesday and Wednesday

Tuesdays

11:00 am—12:00 pm Socialize

12:00 pm—1:00 pm Lunch

1:00 pm—2:30 pm Cards & Dominoes

Wednesdays

11:00 am—12:00 pm Socialize

12:00 pm—1:00 pm Lunch

1:00 pm—2:30 pm Activity

Week 1 Bingo

Week 2 Craft

Week 3 Music & movement

Week 4 Movie and popcorn

Senior Spotlight

Wanda was born in Oklahoma, her family moved to Portage Michigan when she was one year old. She loved being a teacher of forty seven years. She likes music and crafting in her spare time. She stays active by supporting local seniors and volunteering in the community. Wanda is also an active member in her church. We enjoy her big heart and sense of humor.



Craft days

April 15

May 20

June 17



Porter



**Porter Township Hall
88040 M-40 Hwy
Lawton, MI**



Porter Township welcomed **Paula Mott**, who introduced our seniors to chair exercises. The session featured gentle, seated movements that support strength, flexibility, and overall wellness, and was enjoyed by all who attended.

Senior Spotlight



Virginia Wunderlich is most proud of living a good life alongside her wonderful husband, children, and amazing grandchildren. She cherishes family holiday traditions and finds great joy in babysitting her grandkids. A stroke survivor, Virginia has made a beautiful comeback and stays

grounded by focusing on the good times during life's challenges. She says people don't realize how much fun they can truly have until they become part of Senior Services.

**Activities Coordinator
Heather Olney**

269-256-4652

Email: holney@ss-vbc.org

Every Thursday



**11:00 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:00 pm BINGO!**

Seasoned & Strong

**Tuesdays, May 14, 21, and 28
1:00 pm—2:00pm**

This FREE three week wellness program will cover heart health, strength-building and simple home cooking.

Register Now!

Attend at least 2 of the 3 classes and receive a \$20 Grocery Gift Card.



A round of Mystery Bingo brought energy and connection.

Birthdays

April

Dave Sivley
Robert Wagner
Karl Hewitt

Nadine Pride
Carolyn Decker
Becky Rife
Leonda Shroyer
Sandra Balon

May

Nate Bitely
Frank Wunderlich
Randy Van Wynen
George Aldridge

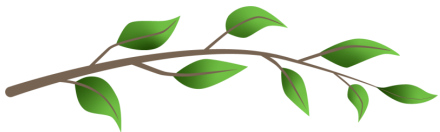


June

South Haven

08337 M-140 Ste 1

South Haven, MI



The Colorful Kitchen

Thursday, April 2nd from 1:30-2:30

Do you want to eat healthier and increase your fruit and vegetable intake but not sure where to start? Join us in this **free cooking class** where you'll discover simple, tasty ways to eat fruits and veggies and ideas for how to add more color to your plate.



Canvas Painting



April 14th 12:30-2:30



Jakki has been doing such a great job with leading these canvas painting classes. She will be leading yet another canvas

painting class. Jakki will be showing you simple techniques on how to paint these beautiful flowers.



Movie Matinee

2nd Friday of the month at 12:30

April 10th

Man on the Run



May 8th

Wicked For Good



June 12th
Go Large



Candy & Soda
\$1 each
Free popcorn



Sign ups for unique classes are put out 1 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

**08337 M-140 Ste 1
South Haven, MI**



Passport Workshop

April 28th

Do you need assistance on how to start your passport process? We can help! We will help you with:

- *Step-by-step guidance on completing the passport application.
- *Information on required documents and fees.
- *Answers to common questions and application fees.

Appointments are required.

Have any questions or need to make an appointment call **Heather 269-256-4652**



Bill Westerbeke Law Firm

Estate Planning Basics

May 12th 1:00-2:30

What happens to your assets if you become incapacitated or pass away? Who will manage your affairs? What is probate, and how does it work? Do you need a living trust? And what exactly is a Lady Bird? Who will have access to your estate? Attend this presentation to gain a clear understanding of these questions and learn the essential elements of estate planning.



AARP Smart Driver 2 day Course

Monday May 14th, 9:30-2:00

Monday May 21st, 9:30-2:00

If you register, both days are required

- *Refresh your driving skill and knowledge of the rules of the road.
 - *Learn techniques for handling left turns, right of way and roundabouts.
 - *Discover proven driving methods to help keep you and your loved ones safe on the road.
- To register sign up in South Haven or call Aurora at 269-256-4864.



Smartphone: The Basics

April 30th at 9:30-11:30

This is a hands-on, practical workshop for beginners. Please make sure you bring your phone. To register sign up in South Haven or please call Aurora at 269-256-4864.



Sign ups for unique classes are put out 1 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

08337 M-140 Ste 1

South Haven, MI

Smashin' Strawberries

Thursday, June 4th, at 1:30-2:30

Summertime in Michigan means sunshine, splashes and strawberries. Join us in this class to learn how to turn these tasty summer jewels into beautiful and luscious dishes.



 **BRONSON**

Computer Lab hours

We are open for your convenience

Monday- Friday 9:00 am-2:30 am

You can also schedule an appointment for skilled help with all of your computer questions or needs on the following days and times below.

Monday & Tuesday

8:30-11:30 with Ken

12:00-2:30 with Nancy

Wednesday

10:00-2:30 with Nancy

Thursday

8:30-11:30 with Julie

Public Benefits for Older Adults

June 18th, at 10:30-11:30

- SNAP supplement Nutrition Assistance Program
- ACP- Affordable Connectivity Program
- MSP- Medical Savings Program
- LIS- Medical Extra Help Plan
- LIHEAP- Low-income Home Energy Assistance Program



Community Puzzle Table

Did you know we have a puzzle table?
Located across from the Welcome Desk

Join the fun!

Add your piece!

Stop by and say hello!

Artist Group—Every Wednesday

9:30-12:00

Did you know that we have an open artist group? A space to bring your own art projects or finish a project. Don't have any supplies at home. You are welcome to use what we have.

Sign ups for unique classes are put out 1 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

Seniors in Motion!



“Pickleball has been such a positive ‘game changer’ (pun intended!) for Chip and myself. Moving to South Haven and starting retirement 4 1/2 years ago, we were in need of a fun workout and a great way to make friends in our new town. Joining Senior Services of VBC and learning to play pickleball was just the answer! It has become a healthy and fun addition to our daily schedule. We’ve made great friends and have many laughs every morning. “ Tricia Hudson



Mark, Chip, Dave and Tom



Tricia, Cindy, Patricia and Cindy

Ready to join the fun? Senior Services of VBC members can enjoy free Beginner Pickleball Lessons! Stop by the Front Desk to reserve your spot in the next session and get started on the court.

GIVING CORNER

Heartfelt Thanks to Our Donors

With generous support, \$45,331 was raised during our Season of Giving and Giving Week.

Donors help Senior Services of Van Buren County provide much-needed services and caring support to our beloved seniors. Your kindness resonates in every smile, story shared, and positive interactions we see daily.

Thank you for changing the way seniors age—with care, connection, and community.



Season of Giving
GIVING WEEK

Holiday Market

Kind donors & happy shoppers helped raise \$3,821.

Thank You!

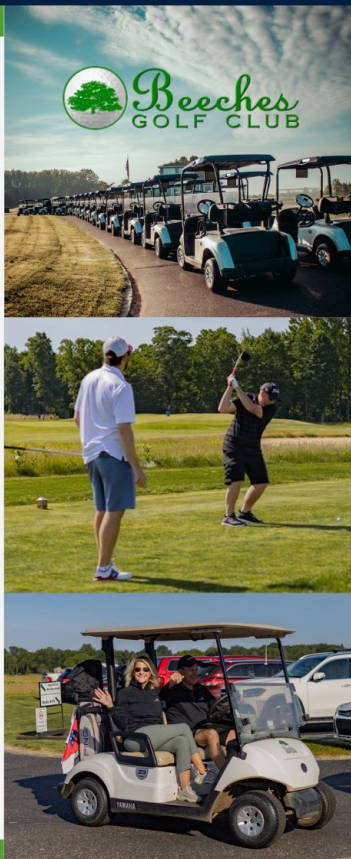


4TH ANNUAL GOLF FUNDRAISER

FRIDAY MAY 29, 2026

9:00 am Shotgun Start

*Beeches Golf Club
South Haven*



GOLFER REGISTRATION

4 Person Team Scramble

Early Bird

April 1 - April 30

\$100 a person or \$400 for team of four

Regular Rate

beginning May 1

\$125 a person or \$500 for team of four

SPONSORSHIPS

Packages

5 Levels

top 4 levels include a team of four golfers

\$100 to \$3,000

GOLF SPONSOR DONATE

- use QR Code
- bit.ly/SSVBC-golf-4th-annual
- call 269-256-4332
- at the South Haven Center
ask for Tracie or Kia



QUESTIONS

Tracie Wheeler
269-256-4332
twheeler@ss-vbc.org



Gala

4TH ANNUAL

SATURDAY, JULY 18, 2026 AT 5:00 PM

DINNER DANCING LIVE & SILENT AUCTIONS

TICKETS *

\$25 each

ONE FREE TICKET WHEN BUYING A RESERVED TABLE FOR 6 OR 8 PEOPLE

6 - \$125 8 - \$175

* Ticket sale date to be announced at our centers and on Facebook.



BE PART OF THE GALA FESTIVITIES



Senior Services Menu April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chopped Steak w/Grilled Onions, Mashed Potatoes w/Gravy, Peas & Roll Or Salad Bar	2 Chicken in Creamy Garlic Sauce, Rice Pilaf, Cauliflower & Roll Or Salad Bar	3 Closed In Observance Good Friday
6 Chicken Parmesan on Spaghetti w/Sauce, Peas & Garlic Bread Or Salad Bar	7 Meatloaf, Mashed Potatoes w/Gravy, Green Beans & Roll Or Salad Bar	8 Chicken Fajita, Spanish Rice & Refried Beans Or Salad Bar	9 Lasagna, Corn & Garlic Bread Or Salad Bar	10 Beef & Broccoli on Rice & Roll Or Salad Bar
13 Roast Beef on Kaiser Bun w/White Cheddar, Lettuce, Tomato, Onion & Horseradish Mayo, Chips & Pickle Spear Or Salad Bar	14 Pork Chop, Garden Rice, Carrots & Roll Or Salad Bar	15 Goulash, Corn & Garlic Bread Or Salad Bar	16 Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes, Green Beans & Roll Or Salad Bar	17 Closed Staff In-Service
20 SS Grilled Cheese Sandwich, Potato Wedges & Fruit Or Salad Bar	21 Pulled Pork Sandwich, French Fries & Cole Slaw Or Salad Bar	22 Beef Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	23 Fried Chicken, Macaroni & Cheese, & Corn Bread Or Salad Bar	24 Stuffed Shells w/ Italian Sausage Link, Vegetable Medley & Garlic Bread Or Salad Bar
27 Patty Melt on Rye, Macaroni Salad & Kettle Chips Or Salad Bar	28 Scalloped Potatoes w/Ham, Broccoli & Roll Or Salad Bar	29 Chicken Cordon Bleu, Cheesy Orzo, Carrots & Roll Or Salad Bar	30 Hot Turkey on Bread, Mashed Potatoes w/Gravy & Corn Or Salad Bar	

Senior Services Menu May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Orange Chicken On Rice, Carrots & Egg Roll Or Salad Bar
4 Spaghetti w/Sweet Italian Sausage, Mixed Vegetables & Garlic Bread Or Salad Bar	5 Meatloaf, Mashed Potatoes w/Gravy Corn & Roll Or Salad Bar	6 Chicken Burrito In Cream Sauce, Spanish Rice & Corn Or Salad Bar	7 Bacon Cheddar Burger, Potato Salad & Pickle Spear Or Salad Bar	8 Chicken A La King On Biscuit, Roasted Red Potatoes & Fruit Or Salad Bar
11 Chicken Piccata, Wild Rice, Broccoli & Garlic Bread Or Salad Bar	12 Beef Stew w/ Potatoes, Carrots & Onions, Chunky Apple Sauce & Roll Or Salad Bar	13 BBQ Pulled Pork Sandwich, Macaroni & Cheese & Baked Beans Or Salad Bar	14 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	15 Closed Staff In-Service
18 SS Grilled Cheese Sandwich, Kettle Chips & Macaroni Salad Or Salad Bar	19 Lasagna, Normandy Blend Vegetables & Garlic Bread Or Salad Bar	20 Meatball Sub Sandwich, Chips & Fruit Or Salad Bar	21 Beef Stroganoff on Noodles, Carrots & Roll Or Salad Bar	22 Fried Chicken, Mashed Potatoes & Green Beans Or Salad Bar
25 Closed In Observance Of Memorial Day	26 Patty Melt on Rye, French Fries & Pickle Spear Or Salad Bar	27 Baked Chicken Breast, Wild Rice Green Beans & Roll Or Salad Bar	28 Salisbury Steak, Mashed Potatoes w/Gravy, Peas & Roll Or Salad Bar	29 Closed 2nd Annual Golf Outing

Senior Services Menu June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicago Style Hot Dog, French Fries & Pickle Spear Or Salad Bar	2 Sweet & Sour Chicken on Rice, Carrots & Egg Roll Or Salad Bar	3 Meatloaf, Mashed Potatoes w/Gravy, Corn & Roll Or Salad Bar	4 Chicken Parmesan on Spaghetti w/Red Sauce, Broccoli & Garlic Bread Or Salad Bar	5 Bacon Cheese-Burger, Onion Rings & Fruit Or Salad Bar
8 Ham Steak, Cheesy Rice, Carrots & Roll Or Salad Bar	9 Chicken Fajita, Spanish Rice w/ Corn & Refried Beans Or Salad Bar	10 Pork Chops, Rice Pilaf, Green Beans & Roll Or Salad Bar	11 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	12 Cuban Sandwich, Kettle Chips & Pickle Spear Or Salad Bar
15 SS Grilled Cheese Potato Wedges & Pickle Spear Or Salad Bar	16 Country Fried Steak, Mashed Potatoes, Green Beans & Roll Or Salad Bar	17 Sweet & Sour Pork On Rice, Baby Peas & Roll Or Salad Bar	18 Fried Chicken, Mac & Cheese & Cole Slaw Or Salad Bar	19 Closed In Observance of Juneteenth
22 Chicken Cordon Bleu, Macaroni & Cheese, Carrots & Roll Or Salad Bar	23 Stuffed Shells, Italian Sausage w/Red Sauce, Peas & Garlic Bread Or Salad Bar	24 Hot Turkey on Texas Toast, Mashed Potatoes w/Gravy & Green Beans Or Salad Bar	25 Salisbury Steak, Cheesy Potatoes, Peas & Roll Or Salad Bar	26 Creamy Chicken Lasagna, Roasted Broccoli & Garlic Bread Or Salad Bar
29 BLT on Toasted Sour Dough, Sweet Potato Fries & Fruit Or Salad Bar	30 Patty Melt on Rye, Pasta Salad & Chips Or Salad Bar			

South Haven Center Spring 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Classes: Classes are subject to change (day, time, and/or location) Thank you for your flexibility.</p> <p>Look for more class specific information on our monthly calendars</p>	<p>Walking Path: The walking path is available to you all day Monday through Friday 8:00am until 3:00pm.</p> <p>11 times around equals 1 MILE</p>	<p>PICKLEBALL: 8-12 M-F All Skills- rotate in 12-3 M-W-F Beginner/Intermediate 12-3 T-TH Intermediate Women</p>	<p>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</p>	
<p>Coffee Time Chair Volleyball Tai Chi Cards & Games - your choice Healthy Habits 24 Pop Up Fitness w/Dar Cornhole Yoga</p>	<p>Coffee Time Pilates Seated Strength Card Bingo Seated Strength Fitness Drumming Yarn 1-Chat 2</p>	<p>Coffee Time Healthy Habits Artist Group Canasta Core & Cardio Cornhole Yoga</p>	<p>Coffee Time Pilates Stitched with Love Seated Strength Line Dancing Fitness Drumming</p>	<p>Coffee Time Tai Chi Refresh BINGO Core & Cardio First Friday Music Open to Everyone Euchre Chair Volleyball Friday Knitters</p>
<p>Coffee Time Chair Volleyball Tai Chi Cards & Games - your choice Healthy Habits 24 Pop Up Fitness w/Dar Cornhole Yoga</p>	<p>Coffee Time Pilates Seated Strength Card Bingo Seated Strength Fitness Drumming Yarn 1-Chat 2</p>	<p>Coffee Time Healthy Habits Artist Group Canasta Core & Cardio Cornhole Yoga</p>	<p>Coffee Time Pilates Stitched with Love Seated Strength Line Dancing Fitness Drumming Grief Support</p>	<p>Coffee Time Tai Chi Refresh BINGO Core & Cardio Euchre Chair Volleyball Movie Friday Knitters</p>
<p>Coffee Time Chair Volleyball Tai Chi Cards & Games - your choice Healthy Habits 24 Pop Up Fitness w/Dar Cornhole Yoga</p>	<p>Coffee Time Pilates Seated Strength Card Bingo Seated Strength Fitness Drumming Yarn 1-Chat 2</p>	<p>Coffee Time Healthy Habits Artist Group Canasta Core & Cardio Cornhole Yoga</p>	<p>Coffee Time Pilates Stitched with Love Seated Strength Line Dancing Fitness Drumming</p>	<p>Closed Staff Inservice</p>
<p>Coffee Time Chair Volleyball Tai Chi Cards & Games - your choice Healthy Habits 24 Pop Up Fitness w/Dar Cornhole Yoga</p>	<p>Coffee Time Pilates Seated Strength Card Bingo Seated Strength Fitness Drumming Yarn 1-Chat 2</p>	<p>Coffee Time Healthy Habits Artist Group Canasta Core & Cardio Cornhole Yoga</p>	<p>Coffee Time Pilates Stitched with Love Seated Strength Line Dancing Fitness Drumming</p>	<p>Coffee Time Tai Chi Refresh BINGO Core & Cardio Euchre Chair Volleyball Friday Knitters</p>



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

 A decorative border made of white daisies with yellow centers and green leaves surrounds the text.

The Storytellers
 Senior Readers Theater
 proudly present their Spring
 production

That's Life

Friday June 5, 7pm
 Saturday June 6, 7pm
 Sunday June 7, 3pm

Tickets available May 1 at
 South Haven Senior Services
 Welcome Desk
 Sponsored by

 A smaller version of the Senior Services of Van Buren County logo is located at the bottom of the floral wreath.

 A decorative branch with green leaves is centered at the top of the box.

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:

April 3rd—Good Friday	May 29th—4th Annual Golf Outing
April 17th—Staff In-Service	June 19th—Juneteenth
May 17th—Staff In-Service	
May 25th—Memorial Day	

 A decorative branch with green leaves is centered at the bottom of the box.