



1st Quarter 2026 January, February and March

Senior Services

of Van Buren County

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Well 2025, you are now in the history books. The older I get the more I think about time and how fast it goes. I wonder if the world would be a better place when I'm gone, did I leave my mark, have I helped enough people in need, did I use my time wisely, etc... Phew, that's a lot of pressure, I need to stop that. We all need to relax a bit more and enjoy life. One of my favorite things to do is go to work. Lol, I feel more productive, like I can make a difference there. But in reality, we make the biggest differences with our family, friends and even people we don't know. I remember my pastor saying one time that he was never at a death bed where someone said they wish they had spent more time at work. Most of you are retired so you have the opportunity to make that difference by helping others on your terms.

Every day, I watch the interactions of our smiling front desk and lunch server volunteers with the people who come into our centers, they are making a difference! The volunteers who pick up seniors for doctor appointments, they are making a difference. Volunteers who build handicap ramps so someone can get safely out of their homes, they are making a difference. There are so many ways to volunteer in your community or church that will help to make that difference. (**shameful plug**) If you aren't sure where you'd like to volunteer, come see Clarivel in the SSVBC office area. Wink..

But it doesn't have to be volunteering. When you are kind to our staff, you are making a difference. Thinking about what will help the person in front of you rather than yourself, will make a difference. Take that extra second to acknowledge someone's talent, kindness, or even their pretty shirt, that will make a difference in more ways than you know.

So 2026, let's fill you with difference makers!

Diane Rigozzi, Executive Director

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." —Henry James

STAFF SPOTLIGHT-The Activities Crew

**Jamie**

Jamie is our new Remote Activities Manager. She has been the South Haven Activities Coordinator since 2022 and did such a wonderful job that she was promoted! We can't wait to see all the wonderful things she will do with our remote centers along with the help of the coordinators for those sites.

**Aurora**

And our new South Haven Activities Coordinator is....Aurora! We just love Aurora , she is calm and efficient and always happy. We are so sorry to the remote sites who we took her from but as you know she is amazing!!

**Amy**

Amy is a two timer. She worked for us as a Care Coordinator years ago and then came back to us after COVID as an Activities Coordinator. Currently, Amy runs our trip program, so for a good time, call Amy! And she is the queen of Puns, so she won't mind me teasing her a bit.

STAFF SPOTLIGHT - Activities Con't



Heather

Heather is one of our Remote Activities Coordinators. One of our newer employees, she has already jumped right in and won over the hearts of our members at her sites. We appreciate how much she cares about her job.



Cindy

We are so happy to introduce Cindy to the Activities Team. She enjoys playing cards, biking, spending time with her family and is excited to begin her career with SSVBC. Welcome Cindy!



Karla

Karla, or Super Woman as most of us know her by, runs our fitness programs. Karla has a heart of gold and, did you know that she has increased our fitness programs by 486% since 2022! With a sincere care for the wellness of our seniors, we are truly blessed to have Karla on our staff.

Ebony

Our newest Activities Coordinator is Ebony. Ebony is the Coordinator 5 days a week at the Covert Center. A life long resident of Covert, she knows almost everyone, so it should be an easy transition for her. I'm sure all of the Covert seniors will love welcoming her to her new position with SSVBC.



At the annual Michigan Association of Senior Centers (MASC) conference in November, Senior Services was awarded the 2025 Facility Improvement Award for our South Haven Center.

We would like to take this opportunity to thank them for recognizing our efforts with this project.

However, it would not have been a success without your participation. When accepting the award, I mentioned how we stood in a big beautiful empty building right before the opening, not sure if people would come. Well, you came, to the tune of over 4,800 NEW members.

Thank you, all of you for showing up and caring about your fellow seniors and for your community. We couldn't have done this without you!

Diane Rigozzi, Executive Director



TAX SEASON IS JUST AROUND THE CORNER!

We will be offering free tax assistance through the VITA Tax Program in February and March of 2026. Please call 269-468-9410 to make an appointment starting January 12.



Martin Luther King, Jr DAY OF SERVICE

In honor of Martin Luther King, Jr's birthday, Senior Services and RSVP of Van Buren County will be hosting a food drive with donations going to Covert Food Pantry located in the Lily of Valley church. We will be taking donations at South Haven Senior Center from 9am-2pm, January 19th- January 23rd.

"If I cannot do great things, I can do small things in a great way"

-Martin

Luther King, Jr



MEET BLU MINNIE!

She has a special job here at Senior Services. Blu Minnie is a Food Delivery van. Thank you to our volunteer meal delivery drivers that assist her in taking our hot meals from the center to our remote sites (see activities page). Together they travel many miles 3 to 4 days a week for these deliveries. She also has a special parking spot in our parking lot, marked with an orange cone in her place while she is out for delivery.

Thank you Blu Minnie and Meal Delivery Volunteers!



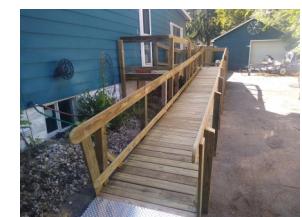
BIG THANK YOU TO OUR RAMP TEAM!

We closed out the ramp season 2025 with 29 volunteers who completed 20 ramps and 9 repairs. When a ramp is complete most of the time the team doesn't get a chance to hear the impact they've made. Here are some comments by those who have had a ramp installed by the team ramp season.

"So thankful and able to get out with minimal to no pain thanks to the ramp"-Grand Junction

"Appreciate all they do. Thank you! You all did a great job! -Hartford City

"We're very thankful for the ramp they built for mom, they have inspired me to volunteer. Thank you for what you do.-Gobles City



"Our fingerprints don't fade from the lives we touch." -Judy Blume

Care Coordination

News

Stay Warm Indoors: Ensure your home is insulated and heated. Dress in layers.

Avoid Slips and Falls: Wear non-slip shoes outdoors and use handrails on stairs. Consider a cane or walker for icy surfaces.

Stay Active and Alert: Do light exercises indoors to maintain balance. Be careful when walking outside and clear paths of snow and ice.

Prepare for Emergencies: Keep a list of emergency contacts and an emergency kit with essentials like water, food, medication, and a flashlight.

Stay Connected: Check in with family and friends regularly, or join a community group to help combat winter blues.

Senior commodities are every **3rd Thursday** of the month at the South Haven location and every **4th Friday** of the month at the Covert location. Remember to pick up your commodities at your designated locations.

Care Coordinators

Rhonda Wilson (269)682-0477

Geneva Twp. /South Haven City/ South Haven Twp.

Pearlie Jackson (269)468-9536

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

Lesley Forrest (269)468-9556

Columbia Twp./ Decatur Twp./Gobles City/ Hartford City/ Porter Twp.

Stay tuned for 2026
Mobile Food Pantry
Schedule

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

"Winter softly whispers its secrets in the crisp, frosty air, wrapping the world in a shimmering blanket of glistening snowflakes, each one unique and twinkling like tiny stars under the pale winter sun."

DAY TRIPS

Turkeyville's A Taste of Broadway—Tuesday, February 19, 2026—\$90



A special one-day musical extravaganza featuring four beloved titles, “Wicked • Guys & Dolls • Legally Blonde • Chicago”! Your ticket covers a delicious meal, live shows for all four musicals, and **tax included** (gratuity extra). Seating opens at 11:30 a.m., show begins at 2:00 p.m. **This experience will be a bit different as you will be served between acts.** Whether you’re a fan of the green-skinned witch of Oz, Broadway’s classic gamblers and showgirls, Delta-nu sorority pink, or the razzle-dazzle of ’20s Chicago — this is your day of musical theater galore.

Departure time from South Haven Center at 9:30 am, Harding's in Bangor at 9:45 am and Armstrong Corners at 10:00 am

Turkeyville's “A Salute to America”—Thursday, March 12, 2026—\$90

Celebrate the spirit of our nation with this patriotic production! Your package includes: **a delightful turkey dinner**, full live show, and **tax included** (gratuity for wait staff is extra). The morning matinee opens with doors at 11:30 a.m., meal at noon, and show at 2:00 p.m. Come enjoy dinner and a show, remembrance and celebration, all in one memorable afternoon.

Departure time from South Haven Center at 9:30 am, Harding's in Bangor at 9:45 am and Armstrong Corners at 10:00 am



Fenn Valley Winery Tasting & Charcuterie—Wednesday, March 18, 2026—\$40

Enjoy a relaxing afternoon at **Fenn Valley Vineyards** with a guided **wine tasting** and delicious **charcuterie**. Discover local favorites and share good company trying something new!

Departure time from South Haven Center at 12:30 pm, returning at 3:00 pm

The Lion King – Broadway Grand Rapids—Thursday, April 9, 2026—\$160

Travel with us to see Disney's *The Lion King* live on stage at DeVos Performance Hall in Grand Rapids! This trip includes **round-trip transportation from South Haven, matinee show ticket, and free time** before the performance to get a snack and settle in. Experience the magic of Broadway close to home — with breathtaking music, stunning costumes, and an unforgettable performance.

Departure time from South Haven Center at 10:45 am



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

EXTENDED TRIPS

Virginia Beach, Colonial Williamsburg & Historic Norfolk—April 19–25, 2026—\$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—\$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

Niagara Falls & Toronto Adventure—August 17–21, 2026—\$868 pp Dbl occupancy



In 5 days and four nights witness the power of Niagara Falls and explore vibrant Toronto! Your trip includes **4 nights of lodging, 4 breakfasts, 4 dinners**, a guided Niagara Falls area tour, a boat cruise to the base of the Falls, and a guided tour of Toronto.

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

Beautiful Maine—September 20–26, 2026—\$1,260 pp Dbl occupancy

A 7 day, 6 night journey along Maine's stunning coast! This tour features **6 nights of lodging, 6 breakfasts, 4 dinners**, visits to **Portland, Kennebunkport, and Boothbay Harbor**, a Seashore Trolley Museum tour, and a scenic train ride through coastal Maine.



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

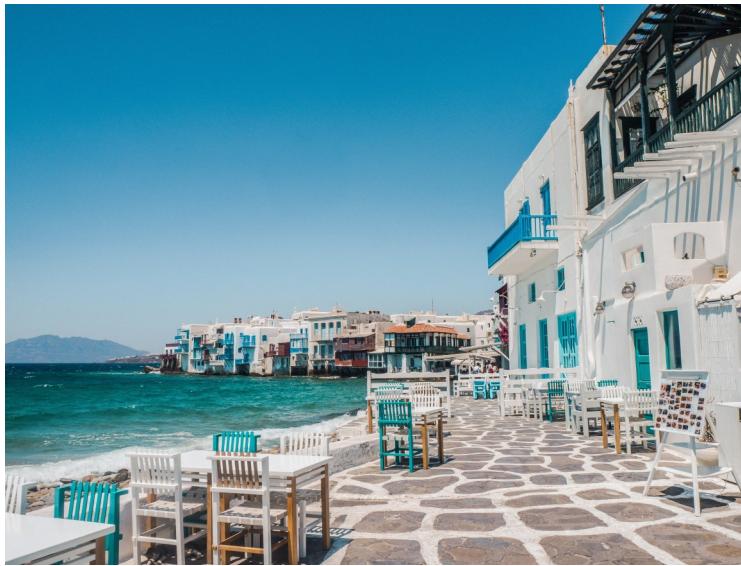


ONE NIGHT ONLY: An Evening with Brynn Cummings! - Friday, February 20th—\$50

Join Senior Services of Van Buren County for a magical night featuring local star **Brynn Cummings**—Top 5 finalist on *America's Got Talent* and an outstanding magician and ventriloquist! **Cash Bar starts at 5:30 pm, dinner begins at 6:30pm with the show to follow.** Must be 21 or older. **Seating is limited to 80 seats.**

Don't miss this unforgettable evening of entertainment and inspiration!

SPECIAL EVENTS



Discover the Magic of Greece!

11 Days | 14 Meals
Departing October 2, 2026

Don't Miss the Free Presentation!

Tuesday, January 6, 2026 | 1 PM

South Haven Senior Center Auditorium

Come dream, plan, and prepare for your Greek adventure!

<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

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)
- Average group size: 37 travelers
- Deposit: \$698 pp (refundable until Apr 3, 2026)
- Final payment due: July 2, 2026
- Passport required (valid 6 months beyond travel dates)



Simpson United Methodist Church
507 Joy Street
Bangor, MI

David Bournay
 gracing us with
 his musical piano
 talents.



The guys enjoyed
 the Halloween
 snacks.

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

Reminder:

**As a member of SSVBC you can visit any one
 of our SSVBC sites!!**

Jean, Jane, Kim, & Marva enjoying
 their Bingo win!



Birthdays:

January

David Bournay

February

Deena Hay

Susan DeRyke

March

Marva Wisser



Senior Spotlight

Marty Maurer attends our Bangor location. She is witty and so kind. Marty joins her friends for Dominos every time we meet.



**Meet Your Site Coordinator
 Heather Olney**

I'm thrilled to be your **Activities Coordinator** for the Bangor site.

Phone: 269-256-4652

Email: holney@ss-vbc.org

Bloomingdale



Bloomingdale Municipal Building
109 E Kalamazoo Street
Bloomingdale, MI

Cindy Knight—Activity Coordinator
Phone—(269) 256-6793
Email—cknight@ss-vbc.org



Join us for fitness days with Rose and Pat every 4th Friday of the month.

Did you know

Exercising during winter months can boost your mood, immunity and metabolism and may improve endurance. Staying physically active is one of the best ways to improve your mental and physical health.



Bloomingdale members enjoyed making their mosaic coasters, and pumpkin floral arrangements. Come and join us for craft day, first Friday of each month.



Lily, Donna, Jan, Sue, Dianne, Sandi, Peggy and Tom enjoyed making their own pumpkin floral arrangements.



Craft days
February 6
Valentine Wreath
March 6
Rock Painting



It's never too late to learn a new craft!
Learning a new craft as an older adult provides significant cognitive, physical, psychological and social benefits, contributing to an improved overall quality of life.

Casco



Casco Township Hall
7104 107th Avenue
South Haven, MI

If you are in need of help with:

- **PERS**
(Personal Emergency Response System)
- **Home Delivered Meals**
- **Adult Day Care**
- **Senior Transportation**
- **Essential In-Home Support**
- **Medical Loan Closet**

**Please contact a Care Coordinator at
(269)637-3607.**

Birthdays:

January

Ruth Hewitt

February

Barbara Coulter

Linda Wauchek

Susan Thomas

March

Anna Benigno



Looking for ways to stay moving while building strength and improving balance and mobility during these cold winter months? Please join us for any of our exercise classes on Monday, Thursday and Friday mornings!

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/Deanne
12:00-3:00-Bingo (1st,2nd,&4th)
12:00-Crafting (3rd)

Friday

11:00-12:00-Tai Chi classes

Friday classes are subject to change based on senior participation and preference.

Craft dates are subject to change. Please see the monthly calendar!



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

Covert



33800 M-140 Hwy
Covert, MI



Janice and Patrice smiling for the



Sam enjoying another jigsaw puzzle.

Activity Coordinator

Ebony Sanford

esanford@ss-vbc.org

(269)250-4270



Activities Schedule

Monday

- 9:00-10:00am Friends, Coffee & Donuts
- 10:00-12:00pm Scrapbooking
- 10:00-2:00pm Open Play!
- 12:00pm Eat in/take out lunch (\$5)

Tuesday

- 9:00-10:00am Friends, Coffee & Donuts
- 10:00-11:00am Bingo
- 11:00-2:00pm 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

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

Friday

- 9:00-10:00am Friends, Coffee & Donuts
- 10:00-1:00pm Open Play!
- 1:00-2:00pm Bingo



Our happy, smiling Bingo players all ready for today's winnings!!

Decatur



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



Halloween fun enjoying Elaine's birthday with bubbles from Ann's latest coverall bingo prize.

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



Armchair Travel was a hit. We learned about this amazing piece made by Dorothy Hemenway's son from a piece of the grates on the Mackinac Bridge.

Birthdays

January

Mary Broekhuizen
 Becky Elmore
 Janet Lasenby
 Susan Brigham

February

Genevieve Bournay
 Robert Hayes
 John Rankin

March

Dan McKeeby
 Mary Watson
 Tim Martin
 Susan Rankin



Meet Your Site Coordinator –

Heather Olney

I'm thrilled to be your

Activities Coordinator for the Decatur site.

Phone: 269-256-4652

Email: holney@ss-vbc.org

Senior Spotlight

Shining the spotlight on the amazing Ann Barkman this quarter. A

retired waitress and amazing conversationalist she is sure to always bring a smile to your face.



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!

Cindy Knight -Activity Coordinator-
Phone-(269) 256-6793
Email—cknight@ss-vbc.org



Grace and Theresa are newer members of Senior Services of Van Buren County. They joined in May of 2025. They met through their granddaughters, and have been friends ever since. They enjoy attending both Bloomindale and Gobles luncheons for the conversations and meeting new people in their community.

Benefits of playing Bingo!

1. Improves memory
2. Stimulates brain function
3. Increases mental flexibility
4. Win prizes!!

B I N G O				
14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

Gobles



Gobles Methodist Church
210 Exchange Street
Gobles, MI



Come and join us for lunch, conversation and Bingo. Sue, Donna and Rod are members who have been attending for a couple of years. They can tell you how they have been enjoying being members of Senior Services of Van Buren County.



Peggy and Tom Combes are members who attend both Gobles and Bloomingdale. They are also volunteers with Senior Services of Van Buren County. They have been volunteering with food trucks that are hosted by Senior Services of Van Buren County, and have enjoyed attending the Gobles and Bloomingdale luncheons.

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!

Senior Spotlight

Donna Gackowski visits two of our remote sites: Grand Junction and Bangor. She always has the best conversations

and is always ready to help a fellow member. She also loves to see Finn!



Kathy enjoying some time with the therapy dog Finn.



Birthdays:

January:

Stewart Curtis

February:

Sue DeRyke



Finn as a Fin for Halloween

Meet Your Site Coordinator – Heather Olney

I'm thrilled to be your **Activities Coordinator** for the Grand Junction site!

Phone: 269-256-4652

Email: holney@ss-vbc.org

Hartford



501 Main Street
Hartford, MI

Every Tuesday and Wednesday



11:00 am – 12:00 pm Socialization
12:00 pm – 1:00 pm Lunch
1:00 pm—2:30 pm BINGO!

Cindy Knight -Activity Coordinator
Phone-(269) 256-6793
Email—cknight@ss-vbc.org



Jean is a steel pan instructor who has been coming to the Senior Services of Van Buren County for 2 years. Jean hosts one on one workshops where she teaches about the instruments and teaches the members how to play or she brings her students along for a performance. Either way everyone seems to really enjoy the music and learning how to play.



Wanda, Verna, Carl, Esther and Marie made their own versions of floral arrangements. They really enjoyed this craft. Come and join us as we have craft day every 2nd Wednesday of each month.



I love hearing from the members what they plan to do with their craft when finished. Some of the members enjoy making crafts so they are able to gift it to a friend or loved one.

Craft Days

January 7th
canvas painting

February 11th
Valentine wreath

March 11th
rock painting



Whether you want to play a game of cards or dominoes or add a piece to the puzzle we are here every Tuesday and Wednesday!

Wanda, Verna , and some other members here at the Hartford location have been enjoying working on puzzles since August 2025. We welcome all to join us as we continue to finish more.



Every Thursday



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



Record Breaking Day in Porter with 30 attendees!

Birthdays

January

Deb Bitely
Norm Bober
Susan Wagner

February

Gary Obson
Gwen Hultquist

March

David Deines



Table of Cousins!

Meet Your Site Coordinator Heather Olney

I'm thrilled to be your **Activities Coordinator**
for the Porter site.

Phone: 269-256-4652

Email: holney@ss-vbc.org

Porter



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



Nate Bitely with his very first Brick!

Senior Spotlight

Absolutely delighted to shine this quarter's senior spotlight on Becky Rife. Becky always brings the smiles and great conversation.

She is pictured here with the first ever Brick for our Porter site.



South Haven

New Year, New You

There is no better way to start the new year: make new positive changes! Stop in our South Haven Center to get moving in one of our many exercise classes. Get your creative juices flowing with one of our crafty groups or expand your knowledge with one of our fun educational classes.

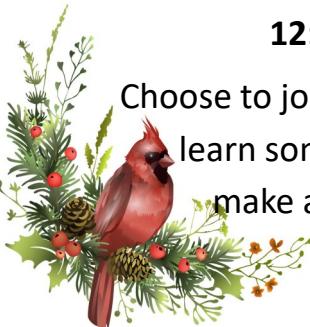
Canvas Painting

Class A Wednesday, January 14th

Class B Thursday, January 15th

12:30-2:30

Choose to join class A or B so you can learn some simple techniques to make a beautiful cardinal. This class is lead by one of our very own members.



Heart Smart Dishes

Thursday, February 12 from 1:00-2:00

Celebrate your amazing heart and everything it does for you! Join us for this **free cooking class** where you will learn to make a flavorful, heart-smart dish. You will also discover some simple tips to support heart health.



BRONSON

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 269-924-0668

Watercolor Painting

Thursdays from February 12-March 12

1:00-2:30

This class was such a hit we decided to do it again! Join Connie from the South Haven Center For The Arts to learn some watercolor techniques. You can sign up for one or all the classes!



Movie Matinee

2nd Friday of the Month at 12:30

Free Popcorn

January 9th



March 14th



South Haven

Spring Wreaths with Lillian

Wednesday, February 18th 10:00-12:00

Join Lillian to make a beautiful spring wreath. We will supply you with everything you need.



Fraud Watch Basics

Thursday, March 12 from 10:30-11:30

This class will empower you to fight fraud with proven resources and tools that will help you spot and identify fraud. You will learn about fraud trends, how to react to fraud and valuable fraud prevention strategies.



Creative Cards

Who loves getting giving cards? If this is you, join us on the first Wednesday of the Month from 10:00-11:30 to make different style cards for different occasions.



JOY Group

(Just Older Youth)

Come join the J.O.Y. group for lunch (\$5) and/or non-denominational fellowship and open discussion on the 3rd Tuesday of the month at 11:30 at Senior Services of Van Buren County South Haven Center.

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 269-924-0668

Shawl Wall

Some of you may have noticed the shawls, scarves, necklaces and more displayed throughout the center. Did you know that these are made by members of our center? Our yarn and knitting groups have been hard at work making a vast variety of items not only for the center but also for many other groups within our community. If you are interested in joining these ladies you can meet with them on Tuesdays 12:30-2:30 and Fridays 12:30-3:00. If you are interested in one of the beautifully made items you see in the center just stop at the front desk and ask for Tracie or Aurora.

Computer Lab

Did you know that we have a computer lab on site in South Haven? We are open Monday through Friday 9:00-2:30 for you to use at your convenience. You can also schedule an appointment for skilled help with all of your computer questions or needs on the following days and times.

Mondays & Tuesdays 8:30-11:30 with Ken
12:00-2:30 with Nancy
Wednesdays 10:00-2:30 with Nancy
Thursdays 8:30-11:30 with Julie

Flourishing Friends

The Flourishing Friends grief support group met for their first holiday party. Sue Brunne hosted this astounding group of women at her home for fun, conversation and a white elephant gift exchange. They are becoming a close group of friends who like to have fun. Come join us, we meet the 2nd and 4th Monday of the month at the Senior Services of Van Buren County from 10:00-11:00.



Seniors in Motion!



Tom Chatman, Marian Forrest, Susie Whitmore,
Kevin Cooney, Sandy Strasser, John Gillett



Mari-Beth and Dave Hill



Questions about our Fitness opportunities?

Contact Karla VanderRoest, Fitness Instructor

kvanderroest@ss-vbc.org 269-924-0175

Step Into Your Goals for 2026

Walking gives me energy for my day! - Susie

I've been walking 2 miles a day, 5 days a week for 20 years. It's my fountain of youth, no one believes I'm 86! - Tom

I like walking in a safe, controlled environment, it's so important for mobility and brain+soul health. This group inspires me to go one more lap! - Sandy

I started with one lap, taking breaks as needed. Slowly over time, I've built up to walking 4 miles, 5 days a week. I've lost 70 lbs walking and using what I've learned in Healthy Habits classes at Senior Services of VBC. - Marian

As you set your sights on a vibrant and healthy year ahead, don't forget to join others on the indoor trail! Whether you're chasing fitness, friendship, or overall well being, every step brings you closer to your goals.

Let's walk into 2026 together — one stride at a time.

GIVING CORNER

CAPITAL CAMPAIGN UPDATE: HELP US REACH OUR GOAL

- ◆ **Campaign Progress:** Raised \$3.8 million of the \$5.8 million goal to transform the Village Market into a modern senior center and agency headquarters.
- ◆ **Remaining Funds Needed:** \$2 million still required to ensure the center continues to serve the community effectively.
- ◆ **Donations are Essential:** Keeps millage tax dollars prioritized for programs.
- ◆ **Our Appreciation:** Heartfelt gratitude and thanks to the generosity of the Murk family and all of our other donors for their meaningful contributions.
- ◆ **Benefits for Older Adults:**
 - The South Haven Center is a vital hub for programs at our ten centers.
 - Enhanced services and activities focused on wellness, independence, and engagement.
- ◆ **You're Invited:** Please join this crucial effort; every donation makes a difference in securing a thriving future for older adults, the center and our community!

WHAT PEOPLE ARE SAYING

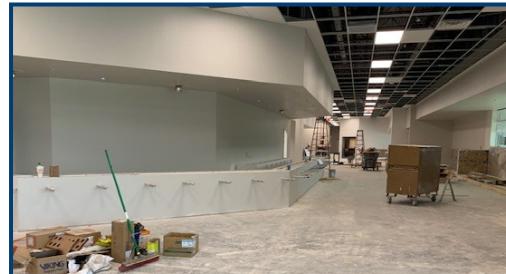
"There's very few facilities that provide seniors what this place does, and the people that work here and the volunteers, it's a great experience."

"We retired here, so we were starting over, trying to make friends and get involved in the community, and this was just the answer."

"First, the food is always great. And secondly, the companionship, the friendship is even better."

YOUR GIFT EMPOWERS AGING

Senior Services of Van Buren County is a 501 (c)(3) non-profit organization. Tax ID # 38-3200638. MICS # 11770 (Michigan Charitable Solicitation License).



Senior Village
The Murk Family





YOU ARE APPRECIATED

As we look back on the past year, we want to thank those who make our work possible for the community.

To our members, thank you for being active participants. Your enthusiasm creates lively communities where friendships grow, and everyone can age better.

We appreciate our individual donors and corporate sponsors. Your support enhances the lives of older adults. Because of you, the South Haven Center is uniquely equipped to offer seniors a variety of programs at all our centers.

Thank you to our community partners and nonprofit service providers for working with us to expand services and support for seniors' well-being.

To our volunteers, we are grateful for your time and kindness. You help make our programs welcoming for everyone. Your hands-on commitment is critical to our services.

We thank the grant organizations and in-kind donors for your crucial support, which enriches our activities and services.

And, THANK YOU to our residents and municipalities whose millage tax revenue funds healthy aging activities and independent living services. Your investment helps us continue the vital work for older adults and the community.

Together, we are changing the way seniors age—with care, connection, and community!



UPDATE YOUR CONTACT INFO



MEMBERS & DONORS

STAY INFORMED ABOUT SSVBC HAPPENINGS!

Provide your address (with apartment, lot, PO Box number), email address, phone numbers so we have your current contact information.

HOW TO PROVIDE YOUR INFORMATION

- Email your name, address, email, numbers to twheelers@ss-vbc.org
- Visit <https://tinyurl.com/y6ha3cwz>
- Scan the QR code



WE LOOK FORWARD
TO CONNECTING!

Senior Services Menu

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed Happy Holiday	2 Closed Happy Holiday	
5 Chicken Fajita, Spanish Rice w/Corn & Refried Beans Or Salad Bar	6 Patty Melt on Rye Bread, Waffle Fries & Pickle Spear Or Salad Bar	7 Chicken A La King on Biscuit, Roasted Red Potatoes & Fruit Or Salad Bar	8 BBQ Pulled Pork Sandwich, Mac & Cheese & Fruit Or Salad Bar	9 Meatloaf, Mashed Potatoes w/Gravy, Corn & Roll Or Salad Bar
12 Chicken Parmesan, Spaghetti Noodles w/ Red Sauce, Broccoli & Garlic Bread Or Salad Bar	13 Baked Pork Chop, Stuffing w/Gravy, Peas & Roll Or Salad Bar	14 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	15 Tomato Basil Bisque, Turkey & Swiss Sandwich & Fruit Or Salad Bar	16 Beef & Broccoli On Rice, Egg Roll & Roll Or Salad Bar
19 SS Grilled Cheese Sandwich, Chips & Pasta Salad Or Salad Bar	20 Salisbury Steak, Mashed Potatoes w/Gravy & Corn Or Salad Bar	21 Lasagna, Vegetable Medley & Garlic Bread Or Salad Bar	22 Beef Stroganoff, On Noodles, Carrots & Roll Or Salad Bar	23 Fried Chicken, Sweet Potato Fries & Cole Slaw Or Salad Bar
26 Closed Staff Retreat	27 Closed Staff Retreat	28 Closed Staff Retreat	29 Closed Staff Retreat	30 Closed Staff Retreat

Lunch is served from 11:30—1:00
Rerun Meals are available for \$3.00 each on the following day. Dessert not included.

Senior Services Menu February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti & Meat-Balls, Broccoli & Garlic Bread Or Salad Bar	3 Butternut Squash Soup, Ham & Cheese Slider & Fruit Or Salad Bar	4 Meatloaf, Mashed Potatoes w/Gravy, Carrots & Roll Or Salad Bar	5 Pork Chop, Sweet Potato Casserole & Roll Or Salad Bar	6 Bacon Cheddar Burger, Potato Wedges & Pickle Spear Or Salad Bar
9 BBQ Pork Sandwich, Onion Rings & Cole Slaw Or Salad Bar	10 Chicken Burrito in Cream Sauce, Corn & Spanish Rice Or Salad Bar	11 Country Fried Steak, Mashed Potatoes w/Gravy, Corn & Roll Or Salad Bar	12 Chicken Alfredo, Green Beans & Garlic Bread Or Salad Bar	13 Cuban Sandwich, Kettle Chips & Fruit Or Salad Bar
16 SS Grilled Cheese Sandwich, Sweet Potato Fries & Pickle Spear Or Salad Bar	17 Orange Chicken On Rice, Green Beans & Roll Or Salad Bar	18 Baked Ziti w/ Italian Sausage, Vegetable Medley & Garlic Bread Or Salad Bar	19 Chicken Pot Pie, Mashed Potatoes & Fruit Or Salad Bar	20 Closed Staff In Service
23 Au Gratin Potatoes w/Ham, Carrots & Roll Or Salad Bar	24 Hot Turkey on Bread, Mashed Potatoes, Peas & Roll Or Salad Bar	25 Chili, Corn Bread & Fruit Or Salad Bar	26 Fried Chicken, Mac & Cheese, Cole Slaw & Corn Bread Or Salad Bar	27 Sweet & Sour Pork On Rice, Carrots & Egg Roll Or Salad Bar

Lunch is served from 11:30—1:00

Rerun Meals are available for \$3.00 each on the following day. Dessert not included.

Senior Services Menu March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded BBQ Chicken Breast, Cheesy Potatoes Peas & Roll Or Salad Bar	3 Sweet & Sour Pork On Rice, Carrots & Roll Or Salad Bar	4 Meatloaf, Mashed Potatoes w/Gravy, Corn Casserole & Roll Or Salad Bar	5 Parmesan Chicken On Alfredo Noodles, Broccoli & Garlic Bread Or Salad Bar	6 Cheesy Potato Bacon Soup Fruit & Roll Or Salad Bar
9 Lasagna, Broccoli & Garlic Bread Or Salad Bar	10 Salisbury Steak Mashed Potatoes w/Gravy, Green Beans & Roll Or Salad Bar	11 Crispy Chicken Breast On Kaiser Bun w/Lettuce, Tomato & Red Onion, Sweet Potato Fries & Fruit Or Salad Bar	12 Swedish Meatballs On Noodles, Corn & Roll Or Salad Bar	13 Patty Melt on Rye, French Fries & Apple Sauce Or Salad Bar
16 SS Grilled Cheese Sandwich, Macaroni Salad & Chips Or Salad Bar	17 Corned Beef, Cabbage, Potatoes w/ Carrots & Baked Bread Or Salad Bar	18 Pulled Pork Sandwich, Mac & Cheese & Baked Beans Or Salad Bar	19 Chicken Pot Pie, Mashed Potatoes w/ Gravy & Fruit Or Salad Bar	20 Closed Staff In Service
23 Chicken Cordon Bleu w/Honey Mustard Sauce, Roasted Red Potatoes, Green Beans & Roll Or Salad Bar	24 Cheese Burger, Seasoned Fries & Pickle Spear Or Salad Bar	25 Italian Sausage w/ Peppers & Onions on Penne Pasta w/Red Sauce & Garlic Bread Or Salad Bar	26 Roast Beef Sandwich w/Lettuce, Tomato, Onion & Horseradish Mayo, Potato Salad & Pickle Spear Or Salad Bar	27 Fried Chicken, Mashed Potatoes w/ Gravy, Peas & Roll Or Salad Bar
30 Pork Chop w/ Creamy Mushroom Sauce, Stuffing, Corn & Roll Or Salad Bar	31 Sloppy Joe Sandwich, Kettle Chips & Fruit Or Salad Bar			

Lunch is served from 11:30—1:00

Rerun Meals are available for \$3.00 each on the following day. Dessert not included.

South Haven Center Winter 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Classes: Classes are subject to change (day, time, and/or location) Thank you for your flexibility.	Walking Path: The walking path is available to you all day Monday through Friday 8:00am until 3:00pm. Look for more class specific information on our monthly calendars	PICKLEBALL: 8-12 M-F All Skills- rotate in 12-3 M-W-F Beginner/ Intermediate 12-3 T-TH Intermediate Women 11 times around equals 1 MILE	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	
8:00-9:30 Coffee Time 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards & Games - your choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	8:00-9:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Artist Group 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Seated with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming	8:00-9:30 Coffee Time 8:30-9:00 Tai Chi Refresh 10:30-11:30 BINGO 10:45-11:30 Core & Cardio 11:00-12:00 First Friday Music Open to Everyone 12:00-2:30 Euchre 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters
8:00-9:30 Coffee Time 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards & Games - your choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	8:00-9:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Artist Group 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Seated with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Support	8:00-9:30 Coffee Time 8:30-9:00 Tai Chi Refresh 10:30-11:30 BINGO 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:30-1:15 Chair Volleyball 12:30-2:30 Movie 12:30-2:30 Friday Knitters
8:00-9:30 Coffee Time 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards & Games - your choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	8:00-9:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Artist Group 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:00 Visually Impaired Persons 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Seated with Love 9:30-10:15 Seated Strength 10:30-11:40 Line Dancing 12:30-1:15 Fitness Drumming	Closed Staff Inservice
8:00-9:30 Coffee Time 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards & Games - your choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	8:00-9:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Artist Group 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Seated with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming	8:00-9:30 Coffee Time 8:30-9:00 Tai Chi Refresh 10:30-11:30 BINGO 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters



08337 M-140 Hwy, Ste.1

South Haven, MI 49090

NON-PROFIT
STANDARD PAID
PERMIT NO.48



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:

January 1st—2nd—Holiday Break

January 26th—30th—Staff Retreat

February 20th—Staff In-Service

March 20th—Staff In-Service

